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McIntosh, Minnesota

Mac library hosts local entrepreneurs panel



The panel included many local business owners who turned their hobbies into successful businesses. The panel included: (l-r) Meghan Palubicki, The Red Poppy, Karen Norland, Northern Prairie Aromatherapy, Katherine Howard, Howard Soap Company, Andrea Stordahl, Minnesota Rust, and Margie Illes, Ginger Junker.

On Wednesday, January 26th, the McIntosh Public Library hosted a Panel featuring five local entrepreneurs who turned their hobbies into small, successful businesses.

From chippy and vintage furniture to soaps, candles, funky plants and aromatherapy these five ladies followed different paths from their original goals into jobs that they love.

Meghan Palubicki who owns the Red Poppy grew up in Fosston in a family-owned retail business. She earned a sports information degree and lived all over the country working for sports stars and professional teams before returning to Fosston. She continued her career while starting her business with floral and house and garden plants, a hobby she had picked up in college and from her mom.

She worked and created 4 locations of the Red Poppy, a business with fun plants, decorations and floral, made to order. She also offers classes where groups can get together to make their own one-of-a-kind decorations. She also

provides seasonal decorating services. Her four locations include Fosston, inside Palubicki's Family Market, McIntosh, Lake Park and her greenhouse in Fosston which is open seasonally, and all of which offer creative home and business decor, inside or outside. You can check out all she has to offer at her Facebook or Instagram pages.

Karen Norland, the owner of Northern Prairie Aromatherapy, has been a paramedic for over 30 years. She has practiced her skill worldwide, including 6 years on a helicopter. While working on a South Pacific island, Karen was introduced to alternative medicine. She started learning Ayurvedic medicine on the island but started looking into other forms of alternative medicine.

She moved to Baudette to be close to family which brought her to Fosston for a paramedic position, where she met and married her husband. Since then, Karen has earned a degree in aromatherapy and is the only certified aromatherapist in Northwest Minnesota.

Her business, Northern Prairie Aromatherapy is located inside of the Ginger Junker building, and you can also reach her on her website www.npaoils.com.

Katherine Howard of Howard Soap Company, is a Win-E-Mac graduate. After graduating, Katherine went to cosmetology school and became a stay-at-home mom for 13 years.

She started making soap and candles for herself and to give as gifts to friends and family. After she started to receive orders for her products, she opened an Etsy shop and became a wholesale supplier for Herbergers.

Four years ago, her life path found her moving back home to rural McIntosh bringing along her five children and her small business.

After being asked by Andrea Stordahl about the possibility of opening a storefront, she gave it considerable thought and a year later, opened her Howard Soap Company storefront on Main Street in

WEM School Board member Ferden named to All-State School Board

Win-E-Mac School Board member Jim Ferden was recently named to the 2022 All-State School Board, which is Minnesota School Board Association's (MSBA) most prestigious award. The award was presented at a noon luncheon on January 13, 2022 during the MSBA's annual convention held at the Minneapolis Convention Center.

Since 1971, MSBA's awards committee selects up to seven individual board members to the All-State School Board. There are nearly 2,300 school board members are nominated by superintendents, fellow board members, parents or community members for their outstanding contributions to public education. Ferden was one of six board members from across the state this year.

Criteria for the award includes MSBA training, strong leadership, excellence in boardsmanship, communication skills, visionary thinking, demonstration of concern for students, staff and taxpayers, and support for the nomination from stakeholders.

Mr. Ferden has served on the local board since being elected in 2009.

Congratulations on your selection for the award.

Year of the tiger

The lunar new year is celebrated in many cultures, but perhaps no celebration garners as much attention as China's.

The fanfare begins each year around the beginning of February.

The Chinese New Year is marked by 12 zodiac symbols, which are rotated on a 12-year cycle.

2022 is The Year of the Tiger, a zodiac sign last celebrated in 2010. The tiger holds the third sign of the Chinese zodiac, based on the tenacity he showed in crossing the perilous river during the Chinese Zodiac Race. The Jade Emperor didn't know which big cat to include in the race, with the mighty lion garnering consideration. However, the lion's raging temper repelled the



Win-E-Mac Board Member Jim Ferden was recently named to the 2022 Minnesota All-State School Board at the MN School Board's Association annual conference held January 13th. He is pictured with the other Win-E-Mac School Board members, Davin Swanson, Superintendent, Randy Bruer, Tyler Brekken, Sarah Strom, Jim Ferden and Travis Kolden. Board members not present were Shannon Brekke and Brad Sander. Picture and information courtesy of Erskine Echo.

Library...

Continued from page 1

McIntosh. She also continues with her web sales, which have kept her quite busy. You can see her products and seasonal picks at www.howardssoapcompany.com.

Raised in Fergus Falls, Minnesota, **Andrea Stordahl** went to Concordia College in Moorhead and majored in Psychology. She worked for Habitat for Humanity through Americorp-Vaster before looking for something different. She started a thrift store for Heartland Industries, a company in the Fargo-Moorhead area that works with developmentally disabled people to help them find employment after her husband, Bryce, found the job for her in the paper, thinking it was just up her alley.

The reason behind the thought was that even at that time, Andrea was accumulating lots of "stuff" on the sides of the roads and at sales.

She and Bryce moved to McIntosh to work on the Stordahl family farm to be near Bryces' brother, Brian, who had been diagnosed with cancer. Shortly after the passing of Brian, Andreas' father-in-law, Jim was also diagnosed with cancer. As

they were unable to continue with farming, due to Jims' illness, Bryce took a job with Kraus-Anderson in the Bemidji area and Andrea took to selling her ever accumulating treasures online.

Quite by accident, Minnesota Rust became not only an online and flea market business but a brick and mortar store, when she originally rented the old McIntosh Country Store location as a storage area for her wares.

That is when it happened, people started stopping and Andrea started selling. Her fun, lighthearted personality soon had her store quite busy.

As she and Bryce looked for something larger, they decided to purchase the old bakery building and turn it into her one-of-a-kind store which craws many visitors to the community of McIntosh. She continues to sell online on Facebook and her website www.minnesotarust.com.

Andrea and her husband Bryce, also purchased several buildings on the west side of Main Street in McIntosh and have transformed them into store fronts for many other small businesses.

Margie Illes, the Ginger Junker is a St. Paul native, where she grew up and lived until 3 years ago when she and her husband, a Fosston native, decided to purchase a farm in rural Fosston and move away from the twin cities area.

Starting out her adult life she attended the University of Minnesota Duluth where starting as a Pre-Med student she changed into Psychology as well. Though she didn't become a psychologist she had many different and rewarding jobs, but her one love was decorating and finding unique and vintage items to decorate with, whether on the side of the road or in a thrift store or at a sale.

When moving up to Northwest Minnesota was a culture shock, she found that her love of vintage items was something she had in common with her new group of friends.

She began to work with Andrea and when the old hardware store location became available, she and her husband decided to live her dreams and make a go of her talents.

She currently is open during the sale days with the other shops in McIntosh and will be open most of the summer.

You can follow her on Facebook and Instagram for more information.

Senate focused on getting MN back on the right track

On Wednesday, Senate Republicans held a press conference to announce session priorities to get Minnesota on the Right Track.

Their focus this session will be on affording everyday life, reducing crime, and empowering parents. Senator Mark Johnson (R-East Grand Forks) released the following statement addressing his caucuses priorities this upcoming session:

"The Senate is prioritizing tackling the tough issues that most Minnesotans care about," Johnson said. "We are working to reduce costs and give significant tax relief for Minnesota families, improve public safety, and empower parents in their children's education. So much of our state is on the wrong track and we are committed to implementing common-sense solutions to get Minnesota back on the right track."

The state's projected \$7.7 billion surplus will be one of

the most discussed items in St. Paul. Following record inflation, Senate Republicans are pitching a series of tax cuts targeted to working Minnesotans, families, and seniors to help them afford their everyday life. Republicans passed several tax cuts in the last five years including the first income rate tax cuts in 20 years.

Record violent crime levels are dominating the headlines. The Senate is focused on addressing the urgent need to increase police presence, provide the tools and resources to fight crime, and recruit and retain police officers. Much of the crime wave can be attributed to extreme policies that only embolden bad actors. The Senate's policies will take a tough-on-crime approach. These policies have the goal of reducing crime, holding criminals accountable, and giving justice to victims.

Finally, the closure of schools due to COVID has

been an eye-opening experience for parents across the state. Across the nation, many parents have raised concerns about their kids' education coming at the cost of political activism. To that end, Republicans propose increasing transparency and accountability in our school system and are working to empower parents to be active partners in their child's education.

Senate Republicans have had control of the Senate since 2017 and consistently stopped harmful tax increases on working and low-income Minnesotans.

They stabilized the health care market in 2017 with the very successful reinsurance program, passed record funding for students in schools. Senate Republicans also continue to reduce burdensome regulations on Main Street businesses and support economic development across the state.

Groundhog Day fun and facts

Groundhog Day offers a touch of whimsy during the often bleak midwinter chill. Across the country, eager celebrants await a rascally rodent to determine if there will be six more weeks of winter or if the nation will receive an early reprieve from the cold.

It is fun to guess if an early spring is coming, and even more so to rely on a large ground squirrel to play meteorologist. To further enhance the Groundhog Day experience, burrow into these interesting facts about the holiday and the animal itself.

The world can thank the Germans for the Groundhog Day tradition. The see-

his-shadow concept was adapted from a German Candlemas Day tradition in which clergymen would bless the candles they needed for the cold season. If the candles brought a sunny day, there would be six more weeks of winter. However, clouds and rain signified that winter would end soon. Germans who settled in Pennsylvania in the 1700s brought the custom to America.

Germans once used a hedgehog as their animal forecaster. When relocating to Pennsylvania, groundhogs were used because they were more common than hedgehogs.

Punxsutawney Phil is perhaps most revered for

his forecasting abilities. However, more than a dozen states have their own prognosticating groundhogs. These include Buckeye Chuck in Ohio, Birmingham Bill in Alabama and General Beauregard Lee in Georgia.

Phil has been predicting the weather at Gobbler's Knob for more than 130 years. This is quite a feat considering groundhogs typically live between six and eight years. Folklore indicates Phil sips a magical drink that will prolong his life for seven more years.

Phil's full name is Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator

Invest in your health with a Giving Hearts Day donation

The RiverView Foundation is again gearing up for Giving Hearts Day, one of the organization's most significant annual events. Giving Hearts Day 2022 is Feb. 10.

This year marks the 15th year of the 24-hour fundraiser for non-profits. RiverView has participated in the event since the beginning. Many projects, programs, and funds exist because of Giving Hearts Day. Donations and gifts given in memory or honor of loved ones have been used to purchase essential equipment to keep our community healthy.

"Proof that local healthcare is essential to the people of Crookston and our rural area is shown in the generous support of donors who helped bring RiverView's new hospital and clinic to fruition," shared Foundation Director Randy Schoenborn. Giving Hearts Day contributions helped the Foundation raise more than \$2 million for the building project.

The Foundation Board has determined that undesignated 2022 Giving Hearts Day contributions will go toward the following two equipment needs in RiverView's Emergency Room, with an estimated cost of \$125,000:

- An automated medication dispensing system that safely stores and quickly releases medication with proper physician orders. This system will provide necessary medications to treat patients in the Emergency Room 24 hours a day, regardless of the physical presence of a pharmacist.
- A portable ultrasound machine specific to the rapid assessment of heart and abdominal injury of trauma patients. Called a FAST (Fast Assess-

ment Sonography for Trauma) exam, Emergency Room physicians perform this screening exam on admission without the delay of calling in an ultrasound technician.

The Dakota Medical Foundation (DMF), Impact Foundation and Alex Stern Family Foundation host Giving Hearts Day. On Feb. 10, DMF and other generous donors will provide significant match contributions to the RiverView Foundation up to \$50,000 to stretch donations even further to make the maximum impact.

The match funding is only available on Thursday, Feb. 10 (12:00 a.m. – 11:59 p.m.). Donations must be made online with a link available that day at riverviewhealth.org or through the Foundation office. A link for donations will also be provided on Feb. 10 on the KROX website at kroxam.com.

If you do not want to wait until Feb. 10 to make your do-

Storytime at Mac Library

McIntosh Public Library invites the community to Storytime on Mondays.

The McIntosh Public Library has been offering weekly Storytimes for children, encouraging caregivers to bring their children to the library for a weekly early literacy experience.

Storytime is held on Mondays at 10:30 a.m. Each week library staff will explore a different theme through stories, songs, fingerplays, flannel boards and/or a craft. The McIntosh Public Library is located at 115 Broadway NW.

Did you know?

According to the National Institutes of Health, exercise is an effective way for individuals to reduce their risk for heart disease. Exercise strengthens the heart and improves circulation, an increase in blood flow that raises oxygen levels in the body.

That's a significant side effect, as it helps lower an individual's risk for various types of heart disease, including high cholesterol, coronary artery disease and heart attack. Exercise also is an effective way for individuals to maintain a healthy weight. That, too, benefits the heart, as the American Heart Association reports that people who have excess body fat - especially if it is at the waist - are more likely to develop heart disease and stroke, even if they have no other risk factors

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 14, 2022 at 7:00 p.m. at the Ray Sundrud hunting shack. Call Ray for directions. The Clerk's financial records shall be open for review.

Raymond O. Sundrud,
Clerk/Treasurer
Hill River Township
Phone: (218) 435-1029

of Prognosticators, and Weather-Prophet Extraordinary.

Groundhogs also are called woodchucks and are a species of rodent known as marmots. They typically weigh between 12 and 15 pounds. Woodchucks really have nothing to do with wood or chucking. The name stems from an Algonquian name wuchak.

The National Oceanic Atmospheric Administration says Phil has seen his shadow more times than not between 1887 and 2019. Statistically speaking, six more weeks of winter is often the norm.

Groundhogs prefer to live in open country or at woodland edges. They are never far from a burrow made in well-drained soil. Most have summer and winter dens.

Groundhogs are adept at predicting the arrival of spring, just not in the way people have come to know from Groundhog Day. Since they hibernate, when groundhogs emerge from their burrows, it's a sure sign spring is on its way.

The 1993 movie "Groundhog Day" starring Bill Murray helped solidify Punxsutawney Phil as a national hero and household name. Since then, crowds numbering as high as 30,000 have made the pilgrimage to see Phil in person.

Groundhog Day brings some levity to an otherwise uneventful time of year.



Community Birthday and Anniversary Calendar

Wed. Feb. 2:	Groundhog Day
Thur. Feb. 3:	Felicity Andress, Katelyn Johnson, Jazmine Burthwick
Fri. Feb. 4:	Paul Schow
Sat. Feb. 5:	Rebecca (Lee) Kleven, *Craig & Lynette Espeseth
Mon. Feb. 7:	Mavis Finseth, Tori Lee Weber, Lydia Herem, Hazel Burthwick, *Ron & Nicole Grande
Tues. Feb. 8:	Renee Brekke, Ardell Opdahl

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McINTOSH Times

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nation, you can schedule your gift ahead of the big day by going to <https://app.givinghearts-day.org/#/charity/106>. When you check out, the default for the date of the gift should be checked for Feb. 10.

"Thank you for your past support and consideration of a gift to Giving Hearts Day 2022," Schoenborn stated. "Your belief and trust in our mission will make a positive difference in the future health and vitality of our rural region."

For more information about the Giving Hearts Day program, contact Schoenborn at rschoenborn@riverviewhealth.org or call 218-281-9249

LSS Meals Menu

687-2262

Erskine LSS Meals is located at the Erskine Community Center. Inside dining at 11:30 am. Drive-up at 11:00 am. Call to reserve your meals.

Mon. Feb. 7: Chicken Chow Mein, Brown Rice, Oriental Vegetables, Mandarin Oranges, Pudding w/Whipped Topping, Milk

Tues. Feb. 8: Meatloaf, Butternut Squash, Au Gratin Potatoes, Bread, Spice Cake, Milk

Wed Feb. 9: Spaghetti w/ Meat Sauce, Romaine Salad w. Dressing, Green Beans, Texas Toast, Cookies, Milk

Thur. Feb. 10: Creamy Chicken, Mashed Potatoes, Peas & Carrots, Bread, Warm Fruit Crisp, Milk

Fri. Feb. 11: Pork Loin, Candied Yams, Broccoli, Bread, Dessert, Milk



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

Wed. Feb. 2: 11:15am Mass at St. Mary's, Fosston

Thurs. Feb. 3: 11:30am Mass at St. Joseph's, Bagley

Fri. Feb. 4: 8:00am Adoration & Benediction at St. Mary's, Fosston; 8:30am First Friday Mass at St. Mary's, Fosston

Sun. Feb. 6: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Interm Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. Feb. 6: 9:30am Coffee Hour; 10:30am Church Service

Sun. Feb. 13: 9:30am Coffee Hour; 10:30am Church Service

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson

Sunday Services
9:30 Mt Carmel
1100 Trinity
Video Sermon -
GVTel Channel 30
9:00am Sunday
Repeated 6pm Wednesday
Also available on the McIntosh Free Lutheran YouTube Channel

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

Sun., Feb. 6: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch.com](https://www.facebook.com/gosenchurch.com));

Tues. Feb. 8: 10:00am Sunday worship service telecast on GVTV--30

Wed. Feb. 9: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

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Managing pain
& symptoms in hospice care

by Kelly Haneca, RN, CHPN

Hospice care focuses on comfort and quality of life during the last months of life. Hospice care helps people live comfortably and with a sense of normalcy, regardless of a terminal illness. It is not intended to prolong someone's life, rather to help people live the fullest life possible while maintaining comfort and dignity.

Pain is one of the main concerns for people as they near the end of life. Pain can be caused by many physical factors, such as a tumor, nerve issues, skin sores, swelling or disease progression. There are also several other ways a person can experience pain that are not physical.

Emotional pain/suffering is very common for people who are seriously ill. It can be described as an inner feeling of distress, discomfort or unhappiness. Some people may also experience spiritual pain, which can be expressed as loneliness, feeling separated or abandoned, empty, guilty, fearful or even hopeless.

The hospice team includes nurses, social workers, certified nursing assistants (CNAs) and chaplains who are specially trained to help patients and their caregivers with all types of pain. Additionally, the team continually works with our hospice physician and/or nurse practitioners to provide comfort according to the person's specific needs. Pain and symptom management are important in hospice care because both factors can affect the person's overall well-being, including physical, emotional, personal and spiritual.

Managing a person's pain is a high priority. The hospice

team is experienced in assessing pain through listening and observing symptoms. The team pays special attention to non-verbal cues when a person is not able to verbally communicate their pain. With frequent communication and visits from the Hospice team, most people who are on hospice care can attain comfort.

Assessing Pain

Hospice of Red River Valley nurses are specially trained in end-of-life pain and symptom management, and they help individuals to be as comfortable as possible. They also receive ongoing education to best manage our patients' symptoms.

During a visit with a hospice nurse, he or she will fully assess the patient for any symptoms, educate the patient and caregiver on the disease and dying process, provide guidance on what to expect, explain symptoms to watch for, and give caregivers tips about what can be done to relieve symptoms.

The Hospice team also develops a plan of care for each individual patient when they begin hospice care. This plan of care helps determine each patient's individual goals for pain control, and what level they would like to keep their pain under. During each visit, hospice staff will have the patient rate their pain to make sure the patient's pain level is controlled, according to their plan of care.

The patient and their caregivers play an important role in addressing pain. Clearly explaining the patient's pain with their hospice care team makes it easier to treat the pain. The longer the pain goes unmanaged, the more challenging it

becomes to get it under control. It's also helpful to keep a log of the pain the person is experiencing, as well as the different things measures that have been used to control it. This is important information to communicate to the hospice team.

Medication & Other Ways to Treat Pain

People often first think of medications to control pain and symptoms, but medications are just one way hospice nurses help a person be comfortable. Hospice nurses take great care to educate family members and caregivers about what causes symptoms, as well as ways to relieve discomfort through medicinal and non-medicinal ways. The goal of using medication is to get relief from pain and symptoms with as few side effects as possible.

- Non-medicinal practices are often encouraged alongside the use of medications, including:
 - Relaxation techniques
 - Breathing exercises
 - Massage
 - Applying heat or ice
 - Elevating one's head or repositioning
 - Using assistive equipment

Effective pain and symptom management can help reduce suffering at end of life—everyone deserves the best quality of life possible. When a person's pain is reduced, they can take part in the things they enjoy and create meaningful moments with the ones they love.

If you feel you or a loved one could benefit from hospice care, contact Hospice of the Red River Valley to learn more: www.hrrv.org or (800) 237-4629.

Kelly Haneca is a registered nurse with Hospice of the Red River Valley.

4 common heart conditions

Cardiovascular disease is the leading cause of death across the globe. According to the World Health Organization, an estimated 17.9 million people die each year from cardiovascular diseases, which are a group of disorders of the heart and blood vessels.

The sheer volume of deaths caused by heart disease each year suggest there's little people can do to avoid it. However, the Canadian organization Heart & Stroke notes that healthy behaviors like eating a heart-healthy diet and exercising regularly can help individuals delay the onset of heart disease by as much as 14 years.

Education is another valuable asset in the fight against heart disease.

Individuals who are aware of common heart illnesses can discuss them with their physicians and take measures to reduce their risk.

1. Angina: Heart & Stroke notes that angina is another word for chest pain. The discomfort associated with angina, which can feel like squeezing, suffocating or burning, is caused by a temporary disruption in the flow of blood and oxygen to the heart. Though angina symptoms typically do not last long, they are considered warning signs for heart attack and should be discussed with a physician immediately after they appear.

2. Atherosclerosis: Ath-

erosclerosis is characterized by the buildup of plaque on the interior wall of an artery. That buildup makes the walls of the artery thick and hard, thus restricting the flow of blood, and can potentially contribute to a blockage. The experts at Johns Hopkins Medicine note that risk factors for atherosclerosis include high cholesterol, high blood pressure, obesity, and a poor diet that includes lots of saturated fats. Atherosclerosis can cause angina, though many individuals with the condition experience no symptoms until it has reached an advanced stage. Blockages in the leg may cause cramping when exercising or walking, while those in the arteries of the heart can cause heart attack. Blockages that develop in the brain can cause stroke.

3. Cardiomyopathy: The Centers for Disease Control and Prevention notes that cardiomyopathy often goes undiagnosed, making it hard to determine just how common the condition is. But the CDC estimates that as many as one in 500 adults have cardiomyopathy. Cardiomyopathy is a disease of the heart muscle that makes it harder for the heart to pump oxygen-rich blood to the body at optimal capacity. Heart & Stroke notes that cardiomyopathy can lead to heart failure. Early stages of cardiomyopathy may not produce any symptoms, but as the

disease gets worse individuals may experience fainting, irregular or rapid heartbeats, light-headedness, and swelling of the hands and feet, among other things.

4. Coronary artery disease: Heart & Stroke notes that coronary artery disease (CAD) is the most common form of heart disease. CAD occurs when one or more of the coronary arteries narrows or becomes blocked. CAD causes damage or disease to major blood vessels that supply blood, oxygen and nutrients to the heart. Certain risk factors for CAD, such as age, are beyond individuals' control. However, many risk factors are within a person's control. Individuals can speak to their physicians about how to maintain a healthy blood pressure and a healthy weight, limit stress, and reduce their cholesterol, all of which can lower risk for CAD.

Heart disease claims the lives of millions of people each year. Recognizing common heart conditions and how to prevent them can help individuals lower their risk for this deadly, yet often preventable disease.

A fusion of flavors for big game snacking

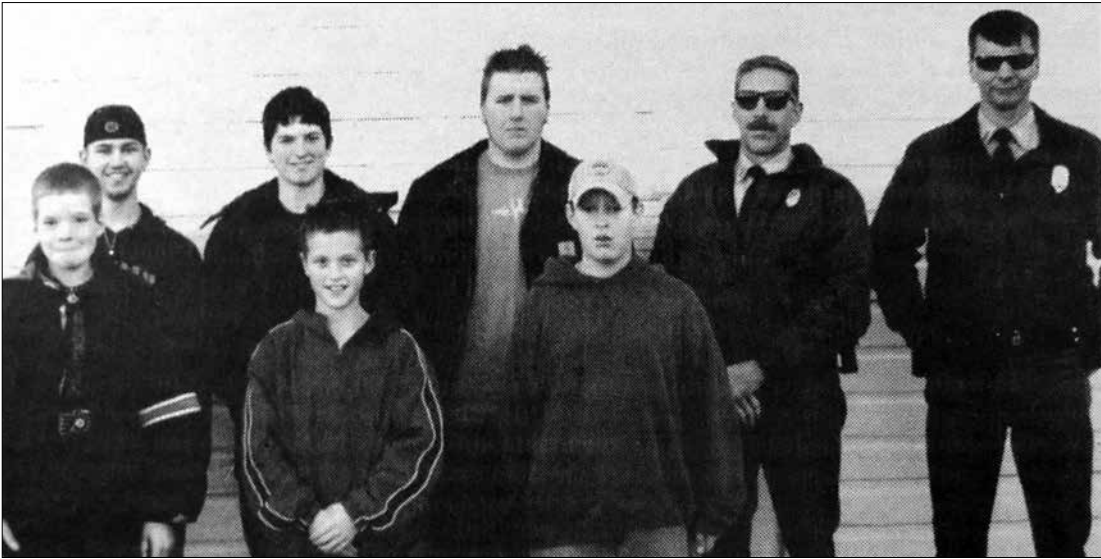
Each year, football fans gather to watch their favorite teams battle it out on the gridiron. Those battles can get pretty fierce, and football fans know they're best watched with some delicious food on hand.

This recipe for "Philly Cheesesteak Dumplings" from "Judy Joo's Korean Soul Food" (White Lion Publishing) makes for a great addition to any game watch party table. These crispy appetizers meld Korean and American flavors together for a truly unique offering.

Philly Cheesesteak Dumplings
Makes about 45
50 thin square eggless wonton wrappers (around 4 inches in size)
Vegetable oil, for frying
Filling:
5 ounces shiitake mushrooms, stems removed and finely chopped
1 tablespoon roasted sesame oil
1 pound, 2 ounces cooked, shredded beef short ribs



40 years ago...1982: At about 3:45 pm on Monday afternoon, Burlington Northern's Locomotive Engine No. 1404 called in an alarm to the McIntosh Fire Department. The train was on the tracks about a mile west of McIntosh. The engineers first noticed the danger when it began to get smoky in the cab. The problem was apparently an electrical fire in the generator. The engineers reportedly saw three foot flames shooting from the generator when they opened the door. The flames subsided before the firemen arrived but shot up again and the firemen were able to extinguish them with the portable chemicals. Boarding the locomotive were McIntosh volunteer firemen: Tom Bauer, Craig Burslie, Russ Horacek, John Middleton and Jim Wertish. Also responding to the call were Melford Grundyson, Richard Keller, Clyde Kringlen, Dick Parent, Sherman Tranby and Jerry Wertish.



20 years ago...2002: Sharing in the clay pigeon shooting outing at the Schimanski home in rural McIntosh were Scouts (Front) Michael Okstad, Jesse DeFrang, Chris Venem, (back) Skyler Schimanski, Mike Brinkman, Tony Hand, and Conservation Officers Neil Fiborg and Stuart Benson.



10 years ago...2012: There were many people who took part in the Christmas Caroling in Winger on December 22nd. There were about 24 people that sang around the town of Winger. Orrie Flermoen brought a tractor and hay wagon for everyone to ride on. The group had a BBQ supper at Calvary Church before heading to the nursing home to sing.



11 ounces cabbage kimchi, drained and finely chopped
3 1/2 ounces spring onions, finely chopped
3 ounces pickled jalapeños, finely chopped
1 pound, 2 ounces mature cheddar cheese, grated
Sea salt and freshly ground black pepper, to taste
To serve:
Silgochu (dried chilli threads)
1 spring onion, julienned and soaked in ice water until curled, then drained
Sriracha
For the filling, first sauté the mushrooms in the sesame oil in a large nonstick frying pan over medium-low heat until just softened. Remove from

the heat and set aside. In a large bowl, combine the rest of the filling ingredients with the mushrooms. Mix together using your hands, really breaking up the short rib meat to make a uniform texture.
For the dumplings, line a couple of baking sheets with parchment and set aside. Fill a small bowl with water. Unwrap the wonton wrappers and cover lightly with a piece of clingfilm to keep them moist. Lay a wrapper on a clean work surface and put 1 ounce of the meat filling in the center.
Dip a forefinger into the water and run it along the edges of the wrapper to moisten the surface. Now bring the open edges to the center, and pinch

where the edges meet each other, creating four seams in a cross shape.
Set aside and cover with clingfilm or a damp tea towel while you shape the rest. Repeat with the remaining wrappers and filling, making sure the dumplings are not touching on the baking sheets.
To a medium saucepan, add the vegetable oil and heat to 340 F (170 C). Working in batches, place the dumplings on their sides in the pan in a single layer without crowding. Cook for 3 to 4 minutes until golden brown.
Transfer the fried dumplings to a wire rack or kitchen paper-lined plate to drain. Repeat with the remaining dumplings.
If you don't plan on cooking them straight away, you can freeze them on the baking sheets, then bag them up and store in the freezer.
Top with some of the silgochu and curly spring onion and serve immediately with the sriracha.

Priced Out? Super Bowl tickets

Modern-day fans of the National Football League, which is one of the most popular and most-watched sports leagues in the world, may aspire to one day see their favorite teams play in-person in the Super Bowl.

While there may be nothing stopping fans' favorite teams from making the big game, fans themselves might be priced out.

According to Ticketmaster®, the average price for a Super Bowl ticket in 2019 was \$3,295. But even that figure is something of a low estimate, as tickets to Super Bowl LIII between the New England Patriots and the Los Angeles Rams were only sold in pairs, meaning tickets cost closer to \$6,590, and that's before hefty service fees were applied. For many fans, that price is simply



too high. But the average fan hasn't always been priced out of attending the NFL's annual championship game. In fact, History.com notes that the average ticket to Super Bowl I, which took place on January 15, 1967, at the Los Angeles Coliseum, was just \$12.
Perhaps even more surprising to today's NFL fans? The inaugural Super Bowl did not even sell out.

Pandemic-era job postings reveal top occupations offering remote work

Data offers glimpse at potential future trends.

According to job postings collected from June 2020 to October 2021, the share of Minnesota jobs offering the option of working remotely nearly doubled, going from 5.3% to 10.4%. The possibility to perform remote work obviously differs by job type, with certain jobs having 0% incidence and others having more than 30% incidence.

The top 11 occupational groups were suitable for being performed remotely even before the pandemic, but the pandemic accelerated existing trends. On top of the list, not surprisingly, we find Computer and Mathematical Occupations, which nearly doubled from a 17% incidence of remote work in 2020 to 31% a year later.

While remote work in IT and other occupations that involve spending many hours in front of a computer is not surprising, it could be surprising in occupations that are commonly thought of as requiring a high degree of face-to-face contact, like social service workers and salespeople. During the pandemic some social services were transitioned online, including mental health and correctional treatment counseling. The 4% growth in the incidence of remote work in Community and Social Service Occupations suggests that some clients or patients appreciated remote service delivery options. Even Sales and Related Occupations experienced growth in the availability of remote work, going from very low levels (2% in June - September 2020) to 5% in the second half of 2021.

And some direct health care jobs proved suitable for remote work. Job roles such as "telephone registered nurse" and "nurse case manager -remote" existed before the pandemic and may continue to exist.

Other types of jobs, in contrast, did not offer any or only very few remote work options in 2020 and continued to remain unaffected by these trends due to the nature of the work: food preparation, construction/maintenance/repair, transportation, manufacturing, farming.

A new talent recruiting tool

The COVID-19 pandemic, and the resulting economic disruption caused by closures and layoffs, changed job searching methods and job-seekers expectations forever, creating winners and losers among employers in the talent recruiting race.

At a time when telecommuting and flexible work schedules are becoming the norm, employers who cannot offer these perks to jobseekers find themselves at a disadvantage. In fact, it is not an accident that the jobs employers are currently struggling the most to fill: Healthcare Support, Food Preparation & Serving, Installation, Construction, Manufacturing, Transportation & Material Moving.

Which workers have the ad-

vantage when employers can hire from anywhere? In terms of occupation, those with the flexibility most likely to be able to work remotely. All of these jobs require post-secondary credentials except for Sales Representatives of Services and Customer Service Representatives. This suggests that workers who are already in high skilled and high paid positions are most likely to benefit from the availability of remote work options.

Sales probably provides the largest group of remote work opportunities for people with a high school education. Jobs in sales, especially business-to-business sales, that are advertised on LinkedIn with the keyword "remote work" attract more applicants than those that do not offer this option (author's analysis).

In terms of geographic location, it shows that firms in the Twin Cities metro have an advantage, with a 12% incidence of remote work in postings from June 2020, likely because that's where most high-tech firms are concentrated. Large high-tech companies have the technology and the resources to offer remote work policies, in part because they are increasingly developing and selling them to other businesses.

At a time when a greater than typical number of workers are voluntarily quitting their jobs presumably to look for work that is a better fit for them and their families, flexible hours – including remote work options – can be a powerful retention and recruitment tool for employers who can offer them.

Will remote work persist after the pandemic?

How do we know if these trends towards greater use of remote work are here to stay even after the pandemic is over? One clue of the long-term nature of this trend can be gleaned by the emergence of new job roles related to remote work technologies. Based on an analysis of job title keywords, there has been an increase in demand for workers with skills in cloud computing, data/network security, and technologies enabling the safe transmission and analysis of large volumes of data to be accessed virtually. One example of these trends is the two-fold increase from Quarter 3 2020 to Quarter 3 2021 in job postings classified as Computer & Mathematical Occupations containing the keyword "cloud" in the job title 1. Furthermore, some job postings explicitly promote the availability of remote or hybrid work models in the long term. Here are four examples that point to a broader trend:

Currently working remotely and following local COVID-19 bylaws and guidelines with the majority of our offices being remote until July 2021. Upon return, we will be embracing a hybrid work environment consisting of in-office and remote work.

Long-term, this position offers you the flexibility to work remotely 1-2 days per week

We are a remote company

(this isn't temporary).

Our hybrid work model gives you the flexibility and choice so you can create a career that enhances your life, allowing you to work remotely 1-2 days/week.

These trends are not generalizable to all job roles, but to those most suitable for remote work.

Besides attempting to gauge, like we've done in this study, the potential for remote work to be extended indefinitely in certain sectors, an even more important question to try to answer is the following: What could be the impact of remote work technologies on day-to-day tasks and skills sets required to work in the jobs of the future? Since the technologies that enable remote work proved very successful at boosting productivity, they have the potential to transform the skills sets needed in many jobs even in the event that workers will return to their physical office locations after the pandemic emergency is over.

The ability to use remote/virtual technologies to communicate with customers wherever they are (for example through web presentation applications like Zoom), enter and share records using Salesforce or other cloud-based applications aimed at centralizing customer information, ensure data security and privacy, and search patterns in data to support sales and product development/testing are poised to become increasingly valuable skills sets across a variety of industries and occupations. These trends should be monitored very closely by education and training institutions to better align their curriculum to the most in-demand skills businesses are going to need in the near future.

Which categories of workers might be most attracted by remote work options?

Expanding remote work options could be a game-changer for many job seekers, including women with school-age children, workers in rural areas of the state, workers without independent transportation, worker with disabilities and workers with underlying health issues or who are over 60 who are worried about exposure to COVID-19 in the workplace. Given Minnesota's winter weather conditions, the ability to work from home would translate to real savings in terms of commuting time and transportation costs.

However, these opportunities can be seized only by workers with reliable access to high-speed internet and with a minimum level of digital literacy.

If remote work will become permanent in certain job roles, and if remote work technologies will be adopted across the economy, it is essential to start boosting digital and data literacy in the workplace, especially among workers with no formal education beyond high school who are more at risk of being left behind by these global transformations.

Arts Legacy grants of up to \$10,000 & Arts Project grants of up to \$3,000 due March 1st

Grant Writing Workshops will be Feb. 8th &16th

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.

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.

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 with a required cash match.

Applications funded through these two very important 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.

We are offering two grant writing workshops online or in person to assist you with your application. You are welcome to come to our office in Warren for the workshop or to work on your grants in our new setting. RSVPs are required for grant writing sessions – please email director@nwartscouncil.org. Sessions will be held Tuesday, February 8 at 11:30 am or Wednesday, February 16 at 5pm. You can also set up a time to work one-on-one with our director on the grant writing process.

Schools in our seven-county region can also apply now for an Artist Residency grant of

\$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster online is a great resource to view artists available to teach in our area.

Go to our www.NorthwestMinnesotaArtsCouncil.org website and click teaching artist roster on the left navigation bar. Another resource to view artists available to enhance curriculum is COMPAS.

Also available on a first come-first served basis are Quick Turn Around Grants for \$500.

These grants can be used for missed gigs and income due to the pandemic. Use the Quick Turn Around application in the Individual Artist grants. See our website for more information and to apply!

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 Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Please contact her at director@NWAartsCouncil.org or call 218-745-8886.

Apply for the NW MN Annual Art Exhibit - Open now

The Northwest Minnesota Arts Council is pleased to announce their latest "Call for Entries" for the 2022 Annual Art Exhibit. The deadline to submit your artwork is February 28, 2022.

This year, the annual Art Exhibit will be in Thief River Falls at the NWMAC Gallery at Northland Community and Technical College. Artwork will be immediately put up for viewing at our gallery starting March 7th through the end of

April.

Artists from our 7 county-service region can enter into this art exhibit and will be competing for \$2,300 in cash awards. Artists must reside in Kittson, Marshall, Norman, Polk, Pennington, Roseau, or Red Lake counties to be eligible. Both adult and student artists are encouraged to enter. Exhibit cash award winners will be chosen while the exhibit is on display by a qualified juror. They will be recognized

and receive their check at the Artist Reception in Thief River Falls at the end of April.

Visit our website at <https://northwestminnesotaartscouncil.org/nwmnartsexhibit> to apply for more information, including the exhibit entry rules and directions. If you would like the application mailed to you, please contact our office 218-745-8886 or director@nwartscouncil.org. The application must be submitted no later than February 28, 2022.

Nominations open for "Of the Year" awards

Applications are open for nominations for the Northwest Minnesota Arts Council Of the Year Awards.

Three awards are given each year to recognize artists and arts advocates within our region who stand out in terms of artistry or volunteerism in the arts. Often people serve in both roles.

The **Arts Advocate of the Year** award is \$500.00 and often goes to a local leader who lives in the area where the artist reception will be held. But anyone is eligible to be nominated. Arts includes all disciplines.

The **Artist of the Year award** can be given to any discipline artist including visual,

performing, or creative writing who are emerging or at a midway point in their artistic endeavors. It is a cash award of \$500.00 to use however they see fit.

Artists can only receive our **Northwest Star Award** once, as a lifetime achievement award. This award is for \$5,000.00 and can be a wonderful gift to those who have chosen a hard career path related to artistic expression.

The deadline for nominations is February 28. Please consider nominating someone who you view as a deserving candidate from our seven-county service area in northwestern Minnesota. Persons who believe their nominee

would qualify for this award and have questions should contact the Northwest Minnesota Arts Council office at (218) 745-8886 or email director@NWAartsCouncil.org for more information. The nomination form is on our website.

Awards will be presented at the Northwest Minnesota Arts Exhibit reception in Thief River Falls at Northland Community and Technical College at the end of April. Stay tuned for more information. Funding for Northwest Star and Northwest Artist of the Year comes from The McKnight Foundation. Funding for Northwest Arts Advocate of the Year comes from the Minnesota State Legislature.

Qualities to look for in a post-retirement job

The notion of relaxing on a beach all day in one's golden years is still a retirement dream for millions of adults across the globe. But many individuals also harbor a desire to keep working after retiring.

Whether it's a volunteering gig or a part-time job retirees are looking for, certain qualities can make an opportunity uniquely suited to a post-retirement job.

- **Flexibility:** Retirees may be looking to contribute to their communities or simply earn a little spending money, but they will likely still want the freedom to travel or spend time with their families whenever they choose. So flexibility is something to look for in a post-retirement job. This is what makes consultant work so attractive to retirees. In-person hours may not be required of consultants, who can then offer their input while visiting their grandchildren or traveling the world.

- **Socialization:** Though the ability to work from home can make it easier for retirees to earn some extra money, some seniors aren't concerned about their finances but want to work so they can get out of the house. In that case, look for a job that offers the opportunity to socialize and meet new people. Socializing as an older adult is a great way to fend off loneliness. In addition, one study published in 2007 in the



journal of the American Public Health Association found that social support networks have a positive effect on cognition among older adults. So a post-retirement job that enables retirees to socialize could delay or reduce the severity of age-related cognitive decline.

- **Engagement:** A job seniors find engaging also is more likely to provide the types of benefits seniors are looking for in post-retirement work. For example, researchers at Boston College's Sloan Center on Aging and Work found that seniors who find a job or volunteering opportunity truly engaging are more likely to benefit psychologically from those experiences than those whose post-retirement work is not engaging. If seniors find themselves simply going through the motions with their post-retirement work, they can look for opportunities that they can be more enthusiastic about.

- **Pressure-free:** Regard-

less of what retirees did for a living prior to calling it a career, chances are they dealt with work-related stress. In fact, the American Stress Institute reports that 83 percent of workers in the United States suffer from work-related stress, while Statistics Canada reports that 62 percent of Canadian workers say work is their main source of stress. After a lifetime of confronting work-related stress, individuals who want to work in retirement should look for pressure-free opportunities. This is an important quality, as the ASI indicates that stress has been linked to increased rates of heart attack, hypertension and other disorders.

The right post-retirement job may differ from what individuals looked for during their careers.

Various qualities can combine to make for a post-retirement gig that benefits seniors in myriad ways.

CITY OF McINTOSH SUMMARY BUDGET STATEMENT ALL GOVERNMENTAL FUNDS

The purpose of this statement is to provide summary 2022 budget information for the City of McIntosh to interested citizens. The budget was published in accordance with Minnesota Statutes 471.6965. The complete City budget may be examined at City hall.

	2021 Budget	2021 Actual	2022 Budget
REVENUES			
Property taxes	99,298.00	168,020.00	102,277.00
Special assessments	52,700.00	39,782.16	52,700.00
Debt levy	162,000.00	85,496.70	162,000.00
Licenses and permits	2,100.00	1,262.00	2,200.00
Intergovernmental Revenues:			
Federal Grants and Aids	-	32,009.65	-
State Grants and Aids	246,323.00	452,685.70	252,975.00
Interest earnings	700.00	1,277.91	700.00
Charges for services (Rents, Utilities)	257,028.00	265,855.45	262,737.00
Contributions	-	2,125.00	-
Fines & penalties	-	1,625.58	-
Miscellaneous	101,080.00	13,058.14	117,133.00
Other Financing Sources			
Transfers from other Funds	100,000.00	106,000.00	100,000.00
TOTAL REVENUES & OTHER FINANCING SOURCES	929,940.00	1,169,198.29	941,722.00
EXPENDITURES			
Current:			
General Government	232,717.00	110,626.90	251,581.00
Public Safety	57,395.00	30,043.85	56,900.00
Street & highways	160,552.00	97,001.82	165,922.00
Sanitation	40,750.00	35,105.00	40,750.00
Health			
Parks & recreation	10,400.00	14,663.05	10,400.00
Debt levy			
Economic Development	205,400.00	205,400.00	205,400.00
Capital outlay	31,250.00		31,250.00
Other purchases (land, supplies, etc)	144,111.00	253,107.00	132,154.00
Grant disbursements (Polar Beach, Housing grants)		166,164.79	
OTHER FINANCING USES:			
Transfers to other funds	92,765.00	160,192.25	92,765.00
TOTAL EXPENDITURES & OTHER FINANCING USES	975,340.00	1,072,304.66	987,122.00