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McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Win-E-Mac graduate Kristen Kimmell recently was honored as a Top Women in Finance.

WEM kids to take part in national ReadQuest celebration

Students at Win-E-Mac are preparing to take part in ReadQuest, a nationwide reading event set for Friday, February 26, 2016.

They are among thousands of students who will join in this annual reading celebration for K-12 students.

ReadQuest celebrates reading with a one-day event that encourages students to read and share their discoveries. Students will read books, nonfiction articles, and complete Accelerated Reader comprehension quizzes on what they've read.

Students will be celebrating throughout the day. All students who participate will receive a Certificate of National Participation.

"Our students are thrilled to be participating in ReadQuest this year."

We're expecting as many as 225 students to contribute to the shared reading effort," said Mr. Svalen. "Our students will gain valuable reading practice, build close reading skills, and grow as readers."

During the event, Renaissance Learning will share the number of Accelerated Reader comprehension quizzes taken in real time, display the top books and articles read in each state, give away prizes, and share user-submitted posts, tweets, and photos.

Renaissance Learning's Accelerated Reader 360 is a K-12 program that engages students in personalized independent reading practice and close reading of nonfiction articles.

The web-based program provides over 175,000 quizzes and 1,200 high-interest nonfiction articles

New report finds health costs 8 times higher for those with chronic disease

A new report by the Minnesota Department of Health (MDH) finds that having a chronic disease can be costly for Minnesotans. Insured residents who have one or more chronic diseases spent an average \$12,800 a year on health care services in 2012.

For the first time, Minnesota can place dollar figures on the state's chronic disease spending thanks to data gathered from the Minnesota All Payer Claims Database (MN APCD).

In 2012, Minnesota's total bill for chronic disease was \$22.7 billion. That works out to an annual average for payers, insurers and individuals of \$12,800 for each insured resident with one or more chronic disease, such as diabetes, asthma or congestive heart failure. That is nearly eight times the \$1,600 average spending associated with an insured resident without a chronic condition.

"This report shows the significant financial toll chronic disease is taking on individuals, our communities and our state," said Minnesota Health Commissioner Dr. Ed Ehlinger. "We cannot afford to treat our way out of this crisis. We must more strongly focus on preventing chronic disease or delaying its progression by investing in healthier communities, public health and primary care."

While Minnesotans' overall rate of chronic disease is lower than the national average, about 35 percent of insured Minnesotans in 2012 had at least one chronic condition. More than half of those had multiple chronic conditions. Living with multiple chronic conditions adds, on average, an additional \$4,000 to \$6,000 in health care expenses per condition.

Chronic diseases are ongoing illnesses or conditions that often need to be managed through medical treatments and therapies.

Examples include heart disease, asthma, cancers and diabetes. These diseases can often be delayed or prevented through early identification, clinical treatments and lifestyle changes.

The report also found patients' costs vary significantly by location within Minnesota, even when treating the same conditions.

The widest differences occurred among patients with kidney (renal) failure. For example, average annual medical spending by patients with chronic renal failure who lived in Houston County was about \$24,690 compared to the average spending for a resident with the same condition in Stevens County of \$50,760 per patient. Note the county costs reflect the residents' cost of care, which they could have received in or outside of the county where they live.

"Seeing these costs made me reflect on the huge incentive we all have to live healthier lives," said Isanti County Commissioner Susan Morris. "It also made me optimistic that our county can use this data to focus our attention on our greatest health needs, and hopefully in the future, we can drill down to figure out what's driving cost differences and help our residents be better consumers of health care."

Care for patients with at least one chronic condition accounted for 83 percent of all medical care spending in the state in 2012. High blood pressure affects more than 900,000 insured Minnesotans.

Care for this group of patients, including for their chronic diseases, cost nearly \$13.5 billion and accounted for almost half of all medical spending for the insured in 2012.

The report analyzes health care spending, but does not include other economic costs related to chronic disease such as those of lost productivity or absences from work.

"The American Heart Association (AHA) is supportive of use of the All Payer Claims Database as a public health data tool that provides us better chronic disease information than we have access to currently," said Justin Bell, government relations director for AHA Midwest Affiliate. "Learning more about the demographics, costs and prevalence of heart disease helps us

Win-E-Mac graduate receives Top Women in Finance award

Women leaders' career paths frequently take many directions, which has been the case with Kristen Kimmell, who started her working career in our local bakery and has continued making dough, just in another form.

Kristen is a 1989 graduate of Win-E-Mac high school and the daughter of Robert and Betty Tangen of McIntosh.

When Kristen graduated from the University of Jamestown with a B.A. in accounting and business administration, she did not devote much energy to mapping out a detailed long-term career plan, instead she decided that she needed to remain adaptable, and willing to learn. "That is what I emphasize to other people. The more adaptable you are, the happier you will be," said Kristen in a recent article.

She began her formal career in accounting and moved through numerous finance positions and across multiple business lines. She is now Chief of Staff for the seventh-largest full-service securities firm in the U.S., where she has been for the last 19 years. She feels fortunate that she did not have to leave the company to gain different career experiences and encourages all women, "not to focus too much on progressing to the next logical step on the corporate ladder. Rather, be willing to take new opportunities, they can help you develop and hone the leadership skills which will help you gain future advancement."

Kristen relied on many mentors to provide guidance and enable her to overcome

challenges in her life and career. "These mentors have impacted me significantly," says Kristen. Sometimes she even gained knowledge, that others may not of even know, simply by watching and learning. She now finds it one of her most important responsibilities, being a mentor for others.

IN 2015, Kristen Kimmell was awarded a Top Women in Finance from Finance & Commerce magazine. This impressive award honors those women who are making great strides in their career and communities. An expert panel of judges representing business and academia selected the 2015 honorees.

"Remaining adaptable, building relationships, learning from everyone, and welcoming change. These are essential components to overcoming obstacles. When you encounter unexpected challenges, be confident that you can manage them, and recognize that, far from impeding you, they can actually help you succeed."

Kristen is married, living in the Twin Cities area. She and her husband, Robert, have 2 girls.

Kristen on her Mom, Mary

When asked, Is there a role model who has had a profound impact on your career and/or life? What did he/she do to motivate you? She answered, "The person who has been a role model and had a profound impact on my career is my mother."

"As a child, I was able to see my mother's career develop and flourish and witness the passion she had for what she was

doing. She worked hard and, at times, had to work tirelessly to accomplish her goals. That made a significant impression on me and, although I didn't know it at the time, helped me establish my own work standards and goals.

"We lived in a small farming community so having an education was important to her. Although it was unspoken, I knew it was an expectation to succeed academically."

"Someone once asked me what brought me to this industry coming from a small town and inspired me to be what I am today. I simply responded, 'Because my parents never told me I couldn't.'"



Win-E-Mac Senior Madison McKeever was recently awarded AAA Award at a banquet at Shooting Star Casino in Mahanomen. See back page for full story. Congratulations Madison!

Minnesota Solar rebates and incentives

This northern state is known for its plethora of lakes, broad swathes of forest, and the unique accent of its residents. It also has a thriving renewable sector, and has established itself as a leader in incentives and renewable energy policy

Minnesota's renewable portfolio standard (RPS) is one of the strongest in the nation, and requires utilities to source 25 percent of their electricity from renewable sources by 2025.

Solar energy saw a massive up-tick with the 2013 passage of the Solar Energy Jobs Act, which mandates that solar provide 1.5 % of energy sales by 2020 and encourages utilities to reach 10 % by 2030. Xcel Energy, the largest single Minnesota utility, expects to reach and possibly exceed those goals.

Minnesota has a diverse energy portfolio, with a strong reliance on natural gas and nuclear power. Interestingly, the state produces nearly as much energy from renewables as it does coal. Additionally, the state's emphasis on efficiency means that though the state has brutally cold winters, it ranks 25th in the country for per capita residential energy use.

The solar industry is not without its critics, however. Although energy efficiency and reduced carbon footprints are top priorities for both Republicans and Democrats in Minnesota, whether solar and other renewables are the best investment receives debate at the state capital. Solar won a vic-

tory this year with the approval of a 100 MW solar project in mid-2015, but solar advocates certainly fear a turn-around in the state's strong policy.

Commerce announces 2016 Made in Minnesota solar incentive amounts

The Minnesota Department of Commerce announced on Nov. 6, 2015 incentive amounts for Made in Minnesota solar panels for the third year (2016) of the 10-year, \$15-million-a-year Made in Minnesota Solar Incentive Program.

The solar incentive program is available to customers of investor-owned electric utilities who install solar electric systems (also known as solar photovoltaic (PV)) using solar modules certified as manufactured in Minnesota. Modules from four Minnesota companies—tenKsolar, Silicon Energy, Heliene and Itek Energy—have been certified for the program to date.

Applications will be accepted annually from January 1-February 28 each year through 2023 and will be selected by lottery.

2016 Solar Incentive Amounts

Commercial For Profit—for systems less than 40 kW

- Silicon Energy Voyager Module = \$.23/kWh
- tenKsolar Module XT-A = \$.13/kWh
- Heliene Modules = \$.13/kWh
- Itek Energy Module = \$.18/kWh

Tax Exempt/Nonprofit/Government—for systems less than 40 kW

- Silicon Energy Voyager

Module = \$.25/kWh

- tenKsolar Module XT-A = \$.15/kWh
- Heliene Modules = \$.15/kWh
- Itek Energy Module = \$.20/kWh

Residential—for systems less than 10 kW

- Silicon Energy Voyager Module = \$.30/kWh
- tenKsolar Module XT-A = \$.23/kWh
- Heliene Modules = \$.23/kWh
- Itek Energy Module = \$.27/kWh

Incentives for PV systems are performance-based—established by a system's energy production—and paid out over 10 years. Incentive amounts vary based on manufacturers' installed costs and other factors.

The Made in Minnesota Solar Incentive Program is administered by the Minnesota Department of Commerce with an annual budget of up to \$15 million for 10 years, of which up to \$250,000 per year can be reserved for solar thermal rebates.

About 50 percent of the incentives will go to residential systems and about 50 percent to commercial.

If you are interested in powering your home with solar energy, Commerce is to here to help. More information on Made in Minnesota program is available on the Commerce website. Questions can be directed to the Department of Commerce Energy Information Line: 651-539-1886 or toll free at 1-800-657-3710.

Community Calendar

- Wed. Feb. 17:** McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; 7:00pm Polar Bach Snowmobile Club Monthly Meeting @ The Coop Bar & Grill
- Thurs. Feb. 18:** McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Feb. 19:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb.22:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tues. Feb. 23:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. Feb. 24:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 25:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council meeting @ Community Center 5:30pm
- Fri. Feb. 26:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 29 :** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; McIntosh Library closed; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tues. Mar. 1:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh Community Club Meeting 7:00pm at Community Center

WEM labels contest ends February 26th

Clip the UPC codes from all Labels for Education, Sunny D and Our Family Products. For Box Tops clip the box top label. Please check for expired or missing dates on box tops as those can't be sent it and will not count. This contest will be an individual contest so each student needs to bring their labels in a sealed baggie with their first and last name on it along with teacher and grade.



Another picture from the past, that the McIntosh Heritage and Arts Center recently ran across. Do you know who these people are?



The Cree: The First Likely Inhabitants of Polk County

Historically it is believed that the Cree were the first identifiable people to have visited and were likely to have lived intermittently within Polk County, as they moved through northern Minnesota, particularly along the Red River. Others had come before, but who they were is unknown.

The Cree, a peaceful people, lived a nomadic life and were generally unsettled, following their food supply and were eventually attracted to the plains by the buffalo.

Later, in 1640 it is documented that Cree could be found in the area of Lake Winnipeg, the Pembina area, and the lower Red River Valley, "dwelling on the rivers of the north sea (Hudson Bay)". In 1750, according to the Dictionary of the Cree Language by Lacombe, they "inhabited for a time in the region about the Red River, intermingled with Chippewa and Muskegon. They came up the Red River in tiny boats making villages among small groves of trees found along the river and its tributaries. They stayed in this part of the country for many years hunting and trapping, and sending the furs downriver to the Hudson's Bay fort at Lake Winnipeg.

In 1820 the Cree left Minnesota, going up into Manitoba and other Canadian provinces. It is speculated that they left the area to avoid fighting the Chippewa.

The Chippewa came to occupy the area of the Red River as a result of a conquest of war. Allegedly this occupation

of northern Minnesota was to gain possession of the wild rice tracts around the lakes, rivers, and streams. The Sioux controlled the output of wild rice and required a tribute payment from the Chippewa in order for them to gather the grain. (The Chippewa called wild rice, mahnomen). The Chippewa were very dependent on this crop for food and would travel from their homes near Lake Superior, at a great risk, for the grain.

Objecting to the payment of the tribute and the desire to possess the wild rice beds, a war ensued between the Sioux and the Chippewa. The date of the final and decisive or great battle is uncertain. Some authorities believe it to have occurred on the eastern shores of Mille Lac in the Sioux town of Kathio, around 1750. Others speculate that the battle was in 1657, a difference of over 100 years. There is no written documentation to neither prove nor deny either date.

After the Chippewa moved into northwest Minnesota, they continued to hold this area, including Polk County against the Sioux as they proceeded to move west. Skirmishes, raids and battles between the two nations continued until 1863, as they battled for control of the Red River Valley and northern Minnesota, possibly including area near the Sand River or the Red Lake River, where Crookston now stands.

Information and data regarding locations and dates of battles fought in the territory that is now Polk County is lacking and unreliable. There is no definitive data, no dates, no locations or true evidence that they even occurred. The Compendium of History and Biography of Polk County states, "Doubtless there was many an Indian fight in Polk County which will never be noted."

Source: The Compendium of History and Biography of Polk County.

RiverView Foundation has Record Giving Hearts Day

With more than \$106,000 in Donations, RiverView sets record.

Thanks to the caring people that make up the RiverView Health community, the RiverView Foundation was able to raise \$106,825 during the 2016 Giving Hearts Day event held Thursday, Feb. 11th.

Two-hundred and seventy eight donations came in during the 24-hour, on-line, give-a-thon for non-profits. This year's success brings the Foundation's nine-year total to \$625,825 for the annual event.

Overall, this year's Dakota Medical Foundation-sponsored fundraiser combined 326 charitable causes, and brought in a total of \$8.2 million in donations, more than last year's total of \$6.9 million.

This was a record breaking year for the RiverView Foundation and RiverView community. Not only did the generous donors break previous giving records, but 2016 is now the year to beat for the most contributions given during the 24-hour marathon, a reflection of the growing desire of donors to give back to our hospital, said Kent Bruun, RiverView Foundation director.

"Our goal was to make a significant difference in our community and the lives of our patients in 1-day," Bruun shared. "As a result of this strong donor support we can complete the priority projects that will provide increased benefits to our patients.

"The Foundation would like to thank the generous donors for being a part of this important program, and for their continued support of the RiverView Foundation."

The following projects were touched by the 2016 Giving Hearts Day event:

- Vital sign monitors for ED
- Audiometer for Rehab Services
- Whirlpool tub for Care Center
- SimPad System & CPR mannequins for life saving training
- Children's lead poisoning

RiverView Health to host Hospice Presentation

RiverView Health will host a session on Hospice care in an effort to share options when caring for a loved one with an illness, before a serious crisis occurs. "Living Well – It's Your Choice" will be held Tuesday, Feb. 23rd from 6 to 7:30 pm at RiverView Health in Crookston, 323 South Minnesota Street. The presentation will take place in Meeting Room 4 – please use the Rehab Entrance on the south side of the building.

Tracee Capron, executive director of Hospice of the Red River Valley and Brenda Iverson, director of Community Relations for Hospice, will present on handling sensitive topics and making difficult decisions, especially when emotions are high.

The event is free and open to the public. For more information, call Kalie Crayton, RiverView Care Center activities director, at 218-281-9458.



Cherries add flavor to favorite desserts

Cherries are an unsung fruit. Though often overlooked, tart cherries are growing in popularity as more scientific evidence links cherries to various health benefits. In addition to containing 19 times more vitamin A than blueberries or strawberries, cherries are full of antioxidants and have been used as an anti-inflammatory. The Cherry Marketing Institute, an organization funded by American tart cherry growers and processors, says cherries may also provide heart-healthy benefits and could reduce post-exercise muscle and joint pain.

While cherries are nutritious when eaten alone, they also make for delicious additions to various recipes, including dishes that range from sweet to savory. In fact, cherries are quite commonplace in many popular desserts, especially when paired with chocolate.

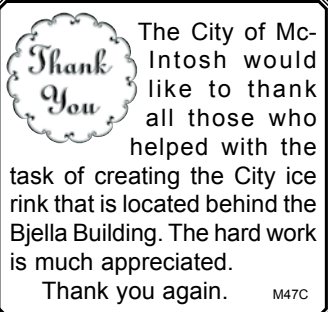
Enjoy the tart taste of cherries in "Black Forest Roulade," a rolled dessert, courtesy of "Chocolate," a collection of recipes published by Parragon Books, Ltd.

Black Forrest Roulade
Serves 8-10
1 teaspoon sunflower oil, for oiling
6 ounces semisweet chocolate
2 to 3 tablespoons kirsch or cognac
5 eggs
1 cup superfine sugar
2 tablespoons confectioners' sugar, sifted
Filling
1 1/2 cups heavy cream
1 tablespoon kirsch or cognac
12 ounces fresh black cherries, pitted, or 14 ounces canned sour cherries, drained and pitted

Preheat the oven to 375 F. Lightly oil and line a jelly roll pan with nonstick parchment paper. Break the chocolate into small pieces and place in a heatproof bowl set over a saucepan of gently simmering water. Add the kirsch and heat gently, stirring until the mixture is smooth. Remove from the pan and set aside.

Place the eggs and sugar in a large heatproof bowl and set over the saucepan of gently simmering water. Whisk the eggs and sugar until very thick and creamy and the whisk leaves a trail when dragged across the surface. Remove from the heat and whisk in the cooled chocolate.

Spoon into the prepared jelly roll pan, the tap the pan lightly on a counter to smooth the top. Bake in the preheated oven for 20 minutes, or until the top feels firm to the touch. Remove from the oven and immediately invert onto a whole sheet of parchment paper that has been sprinkled with confec-



tioners' sugar. Lift off the pan and its lining paper, then roll up, encasing the new parchment paper in the roulade. Let stand until cooled.

For the filling, whip the cream until soft peaks form, then stir in the kirsch, reserving 1 to 2 tablespoons. Unroll the roulade and spread the cream over to within 1/4-inch of the edges. Scatter the cherries over the cream. Carefully roll up the roulade again and place on a serving platter.

Cherry Facts:
George Washington may have cut down the cherry tree, but Cherry Month is here to build up the humble cherry, to celebrate its delectable deliciousness, and to make all possible forms of edible cherry delights.

Since ancient times, cherries have been enjoyed for their yummy, sweet taste and their anti-inflammatory and pain-relief properties.

As it turns out, recent research adds to the cherry's resume highlights to include anti-oxidant, and heart disease and cancer fighting properties. Cherries have been elevated to the super-fruit category, and Cherry Month includes suitable super events.

Some people celebrate cherries in a gigantic way, like those in Oliver, BC who made their way into the Guinness Book of World Records in 1990 with a 20-foot-diameter cherry pie weighing nearly 38,000 pounds. Don't have a pie-plate that big?

Don't worry – pit-spitting and pie-eating are also contested hotly by cherry-loving merry-makers during Cherry Month.

NOTICE ELECTION AND ANNUAL MEETING HILL RIVER TOWNSHIP

The annual election and meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Tuesday, March 8, 2016 at the Hill River Town Hall.

The Polls will be open from 5:00 p.m. to 8:00 p.m. to elect one (1) Supervisor for a term of three (3) years and one (1) Clerk/Treasurer for a term of two (2) years.

The annual meeting will start as soon as possible after the polls close to conduct all and any business that comes up at the meeting.

If necessary, the storm date shall be one week later. Notice will then be given over the Fosston Radio Station.

*Raymond O. Sundrud,
Clerk/Treasurer
Hill River Township M47-48C*

Sletten Township Notice

Sletten Township will hold it's normal monthly meeting at 4:30pm at the Sletten Town Hall on March 8.

We will hold our township election on March 8, 2016 from 5:00pm-8:00pm at the Sletten Town Hall. We will be electing one supervisor for a term of 3 years and one clerk for a term of 2 years.

Our annual meeting will be held after the election, at 8:00pm.

The McIntosh Times Office Hours

Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



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

Wed. Feb. 17: 5:30pm Mass at St. Mary's Fosston, Stations of the Cross during Mass

Fri. Feb. 19: 11:30am Mass at St. Mary's, Fosston

Sun. Feb. 21: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Feb. 24: 5:30pm Mass at St. Mary's Fosston, Stations of the Cross during Mass

Fri. Feb. 26: 11:30am Mass at St. Mary's, Fosston

If you have any questions about the schedule please call 435-6484.

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

Wed. Feb. 17: 4:30pm-6:00pm WELCA Supper at Immanuel; 7:00pm Lenten Service at Immanuel

Sun. Feb. 21: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

Wed. Feb. 24: 7:00pm Lenten Service at Calvary

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

Sun. Feb., 21: 10:00am Sunday School; 11:15am Worship Service

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

Wed. Feb. 17: 1:30pm Bible Study at The Country Place

Thurs. Feb. 18: 10:30am Ladies Aid program at the Pioneer Memorial Care Center

Sat. Feb. 20: 8:00pm Prayer Meeting

Sun. Feb. 21: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service

Tues. Feb. 23: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Feb. 24: 1:30pm Bible Study at The Country Place

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
Trinity:**

Sun. Feb. 21: 9:30am Sunday School; 11:00am Worship Service

Wed. Feb 24: Parables of Holy Week: Pastor Arlo Feiock, The Two Sons, Matthew 21:28-32

Sun. Feb. 28: 9:30am Sunday School; 11:00am Worship Service

Mt. Carmel:

Wed. Feb. 17: Parables of Holy Week: Pastor Alan Arneson, The Fig Tree, Matthew 24:32-35

Sun. Feb. 21: 9:30am Worship Service; 11:00am Sunday School; 12:30pm Confirmation

Sun. Feb. 28: 9:30am Worship Service; 11:00am Sunday School; 12:30pm Confirmation

Wed. Mar. 2: Parables of Holy Week: Pastor Karl Anderson, The Final Judgement

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DOVRE FREE LUTHERAN Pastor Don Edlund

Wed. Feb. 17: 7:00pm Bible Study on Jewish Roots

Sun. Feb. 21: 9:30am Worship Service; 10:45am Sunday School

Wed. Feb. 24: 7:00pm Bible Study on Jewish Roots

Sun. Feb. 28: 9:30am Worship; 10:45am Sunday School

IMMANUEL LUTHERAN CHURCH McIntosh Rev. Linden Wendzel, Pastor

Sun. Feb. 21: 8:45am Divine Worship Service with Holy Communion; 10:00am Sunday School & Confirmation; 10:00am Council Meeting

Tues. Feb. 23: 6:00pm Lenten Service

Sun. Feb. 28: 8:45am Worship Service; 10:00m Sunday School & Confirmation

Tues. Mar. 1: 6:00pm Lenten Service

Service Broadcast, TV Channel 12 Wednesdays at 10am - Holy Communion 1st and 3rd Sundays

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson
Sun. Feb. 21: 9am Worship; 10:15am Sunday School

Sun. Feb. 28: 9am Worship; 10:15am Sunday School

Bible Study Entitled: Breaking the Apocalypse Code

Men and women's non-denominational study. Through this 16 week DVD based Bible study produced by Perry Stone; you can unlock and understand the Book of Revelation.

The study will be led by Debbie Gunderson at the Dovre Free Lutheran Church, Winger, MN. Starting Wednesday, February 24th at 7 p.m. to 8:30 p.m. in the church basement.

You need to register by February 5th to get a study syllabus.

For further information and to register, call Debbie Gunderson 218-945-6288.

Polk County Public Health

Polk County Health provides montly foot care clinics at locations throughout the county. Foot soaks and nail trimming are provided. This is not a diagnostic clinic. Referrals are made to medical doctors when necessary. A fee of \$20 is charged per client participating in the clinic. County residents are encouraged to call Polk County Public Health for further information. All clinics are open to the public. Please register for an appointment at the location of your choice.

The foot care clinic will take place in McIntosh at the McIntosh Office of Polk County Public Health in the lower level of the Bjella Building on Thursday, February 18, 2016, starting at 9:00 am. You can call 218-281-3072 for an appointment. Foot care is by appointment only, you must call the office if you wish to visit a schedule.

If you have any questions about foot care clinics or other services provided by PCPH, please call offices at : Crookston 281-3385; East Grand Forks 773-2431; or McIntosh 563-2010.

**Ad deadline:
Noon Friday**

Community Birthday and Anniversary Calendar

Wed. Feb. 17: Jennifer Dekeyser

Thurs. Feb. 18: Karen Olson, Taylor Schulz

Fri. Feb. 19: Bruce Grundyson, Remy Goodwin

Sat. Feb. 20: Sunny Burslie, Kinlee Faldet, Katie Roed, Kolten Schow, Erin Ostenson

Sun. Feb. 21: Jason Svalen, Dave Erickson, area Schommer

Tues. Feb. 23: Shawn Hedlund

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Winger News

by Linda Pulskamp

Source: Joel Bagg - Forage Specialist/OMAFRA

Random Things and Stuff



How I Use Facebook

By: Emily Ferden

February 4th, 2004 our way of using social media changed forever. Mark Zuckerberg introduced us to Facebook. Ten years later, 1,390 million people were using this form of social media. If you are not aware of what Facebook is, "Facebook is an online social networking service. Its name comes from a colloquialism for the directory given to students at some American universities" (Wikipedia).

Today, we have other forms of social media, such as Twitter and Instagram. Just the other day, a professor of mine asked if Facebook was even a thing any more. Younger people, I find, would say that they don't use it as much as they used to because it has turned into an "old person" media. However, I find this site very convenient and something I use often. Here are ways that I utilize Facebook:

1. **Positivity:** I like to share positive, uplifting quotes to my friends on Facebook to brighten their day. I feel like there is enough negativity in the world, and if I could share just a little positivity into someone's day, I have made a difference.

2. **Faith:** I like to share quotes and Bible verses with my friends on Facebook as a daily reminder of the faith we share.

3. **Communication:** I love being able to see pictures of what my friends and family are doing all over the world.

WEM ECFE

Fun Friday Playdates! Fri days 10-11:30am WEM Prek Room Ages 0-5yrs old

Join us in our classroom for themed learning stations, stories, songs and snacks!

2/19 Brush Brush! Dental Health Month!

ECFE is for children 0-5 yrs old and families. Classes and Events are FREE unless noted. Pre-registration is not required. Contact Shannon Svalen, Early Childhood Director at 218-687-2236, Like us on Facebook "WEM Early Childhood Family Education", or email: ssvalen@win-e-mac.k12.mn.us

WEM School Menu

Wed. Feb. 17: Breakfast: Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Chicken Ala King, Buttermilk Biscuit, Cole-slaw, Green Beans, Brownie, Fruit Choice, Milk Choice

Thur. Feb. 18: Breakfast: Assorted Cereal, Breakfast Pizza, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Sub Sandwich w/ all the fixings, Baked Chips, Cookie, Fresh Vegetables, Fruit Choice, Milk Choice

Fri. Feb. 19: Breakfast: Assorted Cereal, Sweet Roll, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Pizza, Corn, Lettuce Salad w/dressing, Granola Bar, Fresh Vegetables, Fruit Choice, Milk Choice

Mon. Feb. 22: Breakfast: Assorted Cereal, Breakfast Bites, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Italian Meatball Sub, French Fries, Broccoli Slaw, Carrots & Celery, Fruit Choice, Milk Choice

Tues. Feb. 23: Breakfast: Assorted Cereal, Breakfast Pizza Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Chili, Corn Chips, Corn Bread, Fresh Vegetables, Fruit Choice, Milk Choice

Wed. Feb. 24: Breakfast: Assorted Cereal, Sausage Gravy over Biscuit, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Meatloaf, Mashed Potatoes & Gravy, Creamed Corn, Frosted Cake, Dinner Roll, Fruit Choice, Milk Choice

Thur. Feb. 25: Breakfast: Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Bratwurst on a bun, Cheesy Hash Browns, Baked Beans, Fresh Vegetables, Cookie, Fruit Choice, Milk Choice

Fri. Feb. 26: Breakfast: Assorted Cereal, Yogurt Parfait, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** French Toast w/Syrup, Cheese Omelet, Hash Brown Stick, Hot Apple Slices, Juice Choice, Fruit Choice, Milk Choice

The people that I may not get to talk to as much as I would like to, or get to see as much as I would like to, I still get to be a small part of their life.

4. **Documenting:** I like that I can document my thoughts as well as pictures. I have access to pictures I have taken on old phones or saved on a computer that crashed years ago, without worrying that I will ever lose them.

5. **Groups & Pages:** I like being able to be parts of "groups" on Facebook or "pages", that are specific to things that I am interested in. It is easy for me to find more about things I am interested such as certain nursing groups, as well as keeping people fully connected with what is going on like in our Youth Group page. I also started posting my articles on a closed-group on Facebook for my friends that may not get the newspaper, but would still like to read what I write.

However you utilize your social media, just remember this: everything that you put on the internet is readily available to multiple people. So remember to always use caution and internet safety.



Win-E-Mac Book Fair February 16th - 19th

Win-E-Mac will host a Scholastic Book Fair Tuesday, February 16th through Friday, February 19th, from 8:00 am to 3:00 pm. Funds raised will help purchase books for the media center and classroom libraries. Families, faculty, and the community are invited to attend this fun reading event that helps inspire children to become lifelong readers.

The Book Fair will feature a special open house the evening of parent teacher conferences with door prizes and crafts on Thursday, February 18th, from 1:00 pm to 7:30 pm.

When: The Book Fair will be open daily from 8:00 am to 3:00 pm, Tuesday, February 16th through Friday, February 19th.

Where: Win-E-Mac Media Center The Book Fair offers specially priced books and educational products, including popular series, award-winning titles, new releases, adult bestsellers, and other great reads from dozens of publishers.

WEM School Announcements

Drivers Ed at WEM

Win-E-Mac Community Ed will offer Drivers Education Classroom instruction beginning March 14, 2016 from 3:15-6:15 P.M.

The classes will be held at the Win-E-Mac School in room 45 – Mr. Hendrickson's math room.

Instruction will be held on the following dates: March 14, 15, 16, 17, 21, 22, 23, 24, 28, 29. Please note that March 29 will be test day and March 31 will be a make-up day.

This class will complete the 30 required hours of instruction. The cost per student for this class is \$40.00 and should be sent in with this registration form by March 9, 2016. Troy Reynolds is the instructor for this class.

Students who enroll in Drivers Education Classroom need to be 15 years old by June 1, 2016. This class needs to be completed and the written Driving Exam passed prior to the Behind the Wheel Instruction.

The class size will be limited to 25. The oldest will be given first chance and the remaining openings will be filled on a first come first serve basis. There will be another class offered next fall.

A bill passed by the 2014 legislature will require all driver education programs to offer a supplemental parental course for the primary driving supervisor.

The course must be at least 90 minutes and cover GDL information, safety risks for teen drivers, potential adult influence on teen driving behavior, and additional resources.

If the primary driving supervisor chooses to not complete the parent supplemental course, the primary driving supervisor must verify on the driving log that the teen has driven at least 50 hours, with

Most popular and stable majors

Many high school graduates continue their educations once high school ends. Thousands upon thousands of students trade in their hall passes and senior sweaters for syllabi, electives and core classes in college. Recent graduates increasingly recognize the importance of a college degree, as holding a degree has become essential in today's competitive workplace, since having any advantage can mean the difference between establishing a stable career or struggling to make ends meet.

Many graduates also recognize the importance of choosing a major that translates well in the job market. Certain majors have historically been more popular than others among students. However, popular majors do not always make the best choices for jobs. The following are some of the popular majors and also majors that present the best track record for success and financial security.

Popular undergraduate majors

Business Administration: According to the National Center for Education Statistics, of the 1,650,000 bachelor's degrees conferred between 2009 and 2010, the greatest numbers of degrees were given in the field of business, and those numbers remain quite steady. Business administration graduates can find work in various industries.

Psychology: From psychologists to school therapists, the possibilities for work in the psychology field abound, making this a popular choice for college students. Psychologists study how the mind works and what causes human behavior, but a psychology degree can land graduates work in some surprising fields, including advertising and public relations.

Health: Degrees in nursing and medicine will always be in demand. Medical careers continue to be some of the most stable, and the need for doc-



Logan Johnson sure had a good time on Wednesday, February 3rd at Win-E-Mac School Family Math Night as he put together a puzzle.

McKeever scores the Region 8A AAA Award

Madison McKeever was named the Region 8A Triple "A" Award winner at a luncheon held in Mahanomen on February 10th. Previously Madison was named the Sub-Section 30 Triple "A" Award winner.

In the 28 years that the Minnesota State High School League has been sponsoring this award Madison is the third Win-E-Mac student to receive this prestigious award "The Triple "A" Award is one of the most coveted awards presented to students in Minnesota," said Jody Redman, associate director of the Minnesota State High School League. "Since its inception in 1988, over 11,000 students have represented their school in the Triple "A" program." There are a total of 32 students who have reached the final round of this competition. Four



Madison McKeever and her family, Marshall, Mom, Bernice, Madison, Mariah and Dad, Kevin.

students will be named the 2016 Minnesota State Triple "A" Award Winners. Each of the four students will receive a four-year \$1,000 scholarship from the Minnesota State High School League. The 28th Annual Academics, Arts and

Athletics Award Banquet will be held during the Minnesota State Boy's Basketball Tournament in March. Madison, her parents and representatives from the Win-E-Mac School will be invited to the banquet and awards ceremony

Education: Teaching careers continue to be some of the most prevalent and stable. The field of education is essentially recession-proof, as there will always be a demand for educators in one capacity or another. Students looking for a stable, moderately paying career can consider earning a degree in education.

Engineering: Engineers are some of the best-paid and most highly-coveted workers. Engineering careers cover many disciplines. Mechanical engineering, electrical engi-

neering, general engineering, and civil engineering are just some of the careers engineering majors can pursue.

Math: Math and computer science majors should also be successful finding jobs. These number crunchers hold careers that span computer coding to math professors to corporate analysts.

Certain majors are popular, but others do better in the real world. Understanding the difference can help students choose the best options when selecting a major.



Thinking hard about the puzzles that were available during Family Math Night at Win-E-Mac are Brent DuChamp and Laila Roragen.



Giving Family Math Night a "thumbs up" is Erich Gensburger with his friend Christopher Roragen.



The third grade classes at Win-E-Mac school spent Tuesday, February 2nd at the Agassiz Environmental Learning Center in Fertile, MN having fun in the wintery outdoors. Here they are seen enjoying some warmth from a campfire where they roasted some hotdogs to eat.

Below: The walls in the hallways at Win-E-Mac School are covered with Congratualtions Madison posters hand made by the elementary students after Madison McKeever scored a record setting 3000 points in basketball.

