



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota

Have breakfast with Santa this Saturday in Winger, and mark your calendars with area events

Despite the frigid temperatures over the past weekend, McIntosh was bustling with activity for the Very Merry McIntosh event. There was much to do, including shopping, a parade, a fish dinner and hot chocolate and s'mores gathered around a bonfire.

This Saturday brings Santa Claus to the Winger Community Center for the annual Winger Lions sponsored Breakfast with Santa. The event will take place on Saturday, December 10th with a pancake breakfast served by the Winger Lions starting at 9:00 am to 10:00 am with Santa arriving at 10:00 am. There will be gift bags for each child that attends the breakfasts and visits with Santa. The Moms of Winger group will also help out and do some activities during the event. There will be a picture ornament with Santa, a coloring contest and postcards to Santa, along with many other activities, Christmas movies and snacks.

The Win-E-Mac Junior High Band and Choir concert will be on Friday, December 12th at 7:00 pm in the Arts & Events Center at the School. The concert will feature the Junior High School Band and Choir performing



several selections, including holiday music.

Community Wide Open Houses in downtown McIntosh will take place on Friday, December 16th including: First National Bank, KingTown Insurance, and Neil's Quality Meats and More. Stop in to these businesses for special offers, snacks and a chance to visit with neighbors and community members.

The Win-E-Mac Elementary Holiday Programs will be presented on Friday, December 16th. The programs will take place in the Win-E-Mac School Arts & Events Center. The K - 3 program will begin at 12:45 pm, and the 4th grade through 6th grade program will begin at 2:00 pm. The K - 3 program is under the direction of Amanda Shultz will feature many holiday songs for you to

enjoy. The 6th grade band will be performing holiday music in the auditorium commons before the 4th grade to 6th grade program. The 4th grade to 6th grade program will begin with all students performing the play "Starbucks: The Musical" which will feature many acting, singing, and speaking parts. The kids are very excited to be able to put on a Holiday play again. A great program to all members of the community this holiday season.

Santa Claus Day will take place at the McIntosh Community Center on Saturday, December 17th. Starting at 9:30 am, the day will feature activities, treats and a special visit from Santa Claus and door prizes for the kids.

The Win-E-Mac Senior High School Band and Choir concert will be presenting their annual Fall/Winter concert on Monday, December 19th at 7:00 pm. The concert will take place in the Win-E-Mac School Artd & Events Center and will feature the band and choir performing a wide variety of music for your listening enjoyment. As traditional, the concert will conclude with the singing of "Peace, Peace" by candlelight. Come and enjoy an evening of musical entertainment.



Santa and Mrs. Claus made there way down the parade route for A Very Merry McIntosh and then stopped in to Neil's Quality Meats & More for a visit with community kids and anyone who needed to check their place on the naughty and nice list.

WEM school warns of early spike in influenza numbers

As you know, flu (influenza) season is upon us. Win-E-Mac school is seeing cases earlier than last year and cases are rising quickly. There have been confirmed influenza cases in Win-E-Mac school district, and it is important that we work together to keep our children healthy.

Please take some time to wash and disinfect hats, gloves, lunch bags/boxes and backpacks. Viruses and colds spread easily among children in schools. You can help prevent the spread of flu and colds by following a few simple steps:

- Remind your child to cover his/her nose and mouth with a tissue when coughing or sneezing and dispose of the tissue immediately. Teach them to

cough or sneeze into the bend of their elbow or to cough down into the front of their shirt to help keep as many germs as possible off their hands.

- Have your child wash his/her hands frequently with soap and water for at least 20 seconds.

- Use hand sanitizer if soap and water is not available. Always follow with soap and water as soon as it is available.

- Disinfect frequently touched surfaces and shared items at least once daily.

- Teach your child not to touch his/her mouth, nose and eyes.

- If possible, you and your child should get a flu shot to help prevent infection with the flu.

Your child should stay home from school if they are experiencing any of the following flu or cold symptoms:

- Fever (over 100 degrees)
- Headache
- Fatigue
- Cough
- Sore Throat
- Body Aches

Your child may return to school after his/her temperature has been consistently below 100 degrees for 24 hours (without the use of fever reducing medication such as Tylenol/Motrin) and they have been free of vomiting or diarrhea for 24 hours.

You may contact Win-E-Mac school health aides, Heidi Strom or Ashley Solie with questions or concerns.



The McIntosh Fire Department decked out their water truck with holiday lights and Toby Strom drove it for the parade in downtown McIntosh last Saturday evening.



Part of the Very Merry McIntosh Christmas parade, Bryce Stordahl (along with Santa) traveled the parade route with a bucket full of kids and lots of blankets.



Carter Bartz (with dad, Chris) is ready to enjoy some hot chocolate during the freezing temperatures during the Very Merry McIntosh event that took place on main street in McIntosh last Saturday evening.



Brothers, Wayne and Joel Strom enjoying a fish supper at the McIntosh Fire Department last Saturday evening during a Very Merry McIntosh. The fire department held a fish supper fundraiser where many community members gathered to warm up and visit.



Dan Salvhus recently celebrated his 70th Birthday with an Open House. Here he is pictured with his grandchildren who were on hand to help with the celebration. Pictured (l-r): Raiden Hewitt, Tyus and Trey Mahlen, Dan Salvhus, Tavin Hewitt, Josiah and Mara Erickson.

Health officials call for renewed progress to combat antibiotic resistance

Minnesotans can help keep antibiotics effective by using them properly – and only when necessary.

Mirroring a trend seen nationally, Minnesota's progress toward reducing antibiotic resistance lost ground in recent years, but the Minnesota Department of Health (MDH) is aiming to work with health care partners to renew and accelerate the push to preserve antibiotic effectiveness.

Following years of reductions in antibiotic-resistant infections, hospital-related resistant infections and deaths increased at least 15% nationally during 2020, the first year of the COVID-19 pandemic, according to a new report from the Centers for Disease Control and Prevention (CDC), "COVID-19: U.S. Impact on Antimicrobial Resistance." Progress on improving the ways in which antibiotics are used has also taken a step back during the pandemic, according to the report.

"The last few years presented many challenges," said Minnesota Commissioner of Health Jan Malcolm. "We know that our health care system has been strained and this has contributed to the growth of antibiotic resistance. However, preventing antibiotic resistance is extremely important. We must regain and accelerate the progress we had been making before the pandemic hit. People's lives may depend on it."

Antibiotic resistance happens when bacteria – germs that cause many serious infections in people – become able to resist the medications designed to kill them or slow their growth. Bacteria that become resistant to antibiotic medications can lead to much more severe infections and even deaths that would not otherwise occur.

Hill River Township 2022 One Fund Drive Results:

Multiple Sclerosis \$85
Salvation Army \$290
Diabetic Research \$185
Heart Fund \$260
Cancer Fund \$515
Red Cross \$130
DAC \$170
Leukemia Society \$70
Northland Rescue Miss \$50
MN Medical Foundation \$25
Samaritan's Purse \$50
Total - \$1,830
Solicitors: Tim Disrud, Mike Sundrud, Leah Smeby, and Sidney Frinseth.
Chairperson: Betty Syver-son
Presented by: Raymond O. Sundrud, Clerk/Treasurer, Hill River Township

The more that antibiotics are used inappropriately or when they are not needed, the more likely bacteria are to develop resistance. The problem of antibiotic resistance is one with both local and global impact, as even common infections are becoming harder to treat, health officials say.

In Minnesota, one group of extremely drug-resistant germs (carbapenemase-producing Gram-negative bacteria) was detected in an average of 30 patients each year from

2009–2018. During 2019–2021, detections increased by 90% to an average of 57 patients per year. Of great concern, through October 2022, these very hard-to-treat germs have already been detected in 68 patients, making this a record year for this dangerous threat.

In the decade prior to the pandemic, Minnesota, like the U.S., made progress in reducing rates of infections caused by antibiotic-resistant germs. This was achieved by increased infection prevention and con-

trol efforts in health care facilities to prevent the spread of resistant germs, and improvements in the way antibiotics are used. Much of the progress in improvement of antibiotic use has been driven by education of health care providers, patients, and families.

Antibiotics...
Continued on page 3 ...



The McIntosh Community Club wants to thank all the folks that donated to local kids during our winter clothing drive! Cassie Subbert of Alluma and Win-E-Mac school was on hand to assist in distributing donations to local kids.



Each month, area businesses are showcased on a Saturday afternoon at Little Bobby's Bar & Grill. The three presenters for November pictured are Melissa Olson from Melissa's Home Massage, Jordan Gunufson from Icesaw.com and Karen Norland from Northern Prairie Aromatherapy.

Treat guests to a beloved holiday staple

The holiday season is steeped in tradition. Many traditions are decades if not centuries old, while others do not have such lengthy histories.

The peppermint mocha was introduced to Starbucks® customers during the 2002 holiday season. The beverage became something of an instant classic.

Holiday hosts can bring the peppermint mocha into their own homes this holiday season thanks to Starbucks®.

Though Starbucks® notes the following DIY recipe for the "Peppermint Mocha" isn't the official recipe.

DIY Peppermint Mocha
Makes one 12-ounce beverage

1 fluid ounce coffee or 1 shot espresso, such as Starbucks Christmas Blend or Starbucks Espresso Roast Coffee
1/2 cup milk (or dairy alternative)
2 tablespoons peppermint-flavored syrup
3 tablespoons mocha sauce

Whipped Cream
Dark chocolate or shaving
1. On a stovetop, heat milk on medium setting. Whisk the milk to make foam about 30 seconds. Set aside. (Or, use an electric milk frother at home if you have one.)
2. Pour two tablespoons chocolate sauce and two tablespoons peppermint syrup into bottom of 12-ounce or larger coffee mug.
3. Add one shot of brewed espresso. (Don't have an espresso machine? Make concentrated coffee by using less water in an alternative brewing method.)
4. Fill mug with steamed milk.
5. Top with whipped cream and garnish with chocolate shavings.



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

Wed. Dec. 7: 11:30am Mass at St. Mary's, Fosston
Thurs. Dec. 8: 5:30pm Mass - Immaculate Conception of the Blessed Virgin Mary
Sun. Dec. 11: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Dec. 14: 11:30am Mass at St. Mary's, Fosston
Fri. Dec. 16: 8:30am Mass at St. Mary's, Fosston

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

Sun. Dec. 11: 10:00am Coffee Hour; 10:30am Worship Services
Sun. Dec. 18: 10:00am Coffee Hour; 10:30am Worship Services

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:
Interim Pastors John Anderson and Phil Rokke

Sunday Services
11:00am Mt Carmel
9:30am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

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

Sun. Dec. 11: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. Dec. 13: 10:00am Sunday worship service telecast on GVTV-30

Wed. Dec. 14: 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.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Lee Laaveg

Sun. Dec. 11: 9:00am Worship
Sun. Dec. 18: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH
Winger

Sundays: 9:45am Sunday School; 10:00am Coffee Fellowship; 10:30am Worship

GRACE LUTHERAN CHURCH-NALC
Erskine
Rev. Pam Thorson

Sundays: 10:30am Worship

Legal Notice
STATE OF MINNESOTA
IN DISTRICT COURT
Filed November 22, 2022
COUNTY OF POLK
NINTH JUDICIAL DISTRICT
PROBATE DIVISION
524.3-502#10, 524.3-801#8
Court File No. 60-PR-22-1852
In Re: Estate of
CLARK M. MCGLYNN JR,
Deceased.

ORDER AND NOTICE OF HEARING ON PETITION FOR ADJUDICATION OF INTESTACY, DETERMINATION OF HEIRSHIP AND APPOINTMENT OF PERSONAL REPRESENTATIVE IN UNSUPERVISED ADMINISTRATION AND NOTICE TO CREDITORS

TO: ALL INTERESTED PERSONS AND CREDITORS:

Notice by publication is hereby given that on December 29, 2022, at 9:00 a.m., a hearing will be held in the above named Court at Crookston, Minnesota, for the adjudication of intestacy and determination of heirship and for the appointment of **Clark M. McGlynn III**, whose address is 39304 225th St SW, Fisher, MN 56723, as personal representative of the estate of the above named decedent in unsupervised administration. That, if proper, and no objections are filed, said personal representative will be appointed to administer the estate, to collect all assets, pay all legal debts, claims, taxes and expenses, and sell real and personal property, and do all necessary acts for the estate. Upon completion of the administration, the representative shall file a final account for the allowance and shall distribute the estate to the persons thereunto entitled as ordered by the Court and close the estate.

Notice is further given that **ALL CREDITORS** having claims against said estate are required to present the same to said personal representative or to the Court Administrator within four (4) months after the date of this notice or said claims will be barred.

Dated: 11-22-22
s/Corey Harbott
Judge of the District Court

(COURT SEAL)

KATHY NARLOCK,
Court Administrator

s/Melissa Epema
Deputy Court Administrator

Charles A. Seuntjens, #0348843
PEMBERTON LAW, P.L.L.P.
Attorneys for
Personal Representative
903 Washington Avenue | Detroit
Lakes, Minnesota 56501
Telephone: 218-847-4858
CAS:11/2022-2666.600

M37-38C



Wed. Dec. 7: David Sannes, Alicia Graff, Mary Salvhus, Sandy Mayer

Thurs. Dec. 8: Noah Roragen, *Lavern & Anna Tofstad

Fri. Dec. 9: Hannah Brouse, Camille Springer, DeAnna Haagenston

Sat. Dec. 10: Mason Spaeth, Jill Schulz, Stephanie Frisk, Ethan Finseth, Danielle Finseth, Amber Herri-man

Sun. Dec. 11: Coby Burslie, Mya Haaven

Mon. Dec. 12: Valerie Brekke, Heidi (Vesledahl) Haaven, *Patrick & Karen Rolf

Tues. Dec. 13: Teresa Horgeshimer, *Don & Lois Boehrnsen

McINTOSH Times

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"Serving the Win-E-Mac area"

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Make fitness more fun and engaging

Many people stop heading to the gym or working out at home because their exercise routines become stale. By making fitness more engaging and fun, individuals may be more likely to stick with a new regimen.

Exercise with a friend

It can be tough to get motivated to exercise. However, when you have a buddy invested in the same activities, you can inspire one another to stick with the routine. A little healthy competition also can keep both of you focused.

Head outdoors

Exercising outdoors means there will always be something new to experience. Rather than seeing the same four walls of a gym or a home fitness area, venture outside and embrace

fresh air and sunshine, allowing the great outdoors to provide all the motivation you need.

Try something new

Change your routine every so often. This will force your brain and body to adapt and work a little harder and provide new inspiration for doing the workout. While you don't have to engage in a trendy workout if you don't want to, settle for trying one new class or machine a week to figure out what you may enjoy.

Vary your schedule

Think about scheduling different types of activities for particular days of the week. For example, Monday may be for walking, Tuesday for swimming and Friday for some a recreational sports activity.

This can make exercise more engaging.

Use an exercise playlist

Download several upbeat songs that can get you energized for exercise. There even are specially curated playlists that match the songs' beats per minute with exercise cadence, to help you run or workout at a desired pace.

Find ways to exercise when engaging in daily activities

Exercise can come in all shapes and forms. Even when you're pushing a vacuum cleaner or weeding the garden, you're engaging in physical activity. If these types of things are more enjoyable for you than traditional exercises, do more of them.



Bob Bursheim led the Very Merry McIntosh Christmas parade last Saturday evening. The parade traveled down the main street of town then visited both McIntosh Senior Living and Poplar Meadows.

Antibiotics...

Continued from page 2

In response to the recent setbacks, MDH will refocus educational efforts and expand its work with partners to slow the development and spread of antibiotic resistance. It will use its surveillance data to guide and measure progress on prevention-focused initiatives in hospitals and nursing homes to detect and prevent resistant bacteria. Also, recommitment to progress will be the theme for the state's antibiotic stewardship conference in Spring 2023.

"Antibiotic stewardship and infection prevention leaders are an integral part of care teams on the front lines as we combat resistant infections and the spread of resistant germs," said Rahul Koranne, M.D., president and chief executive officer of Minnesota Hospital Association. "As was highlighted throughout the pandemic, we can make a bigger impact on critical problems like antibiotic resistance by working together, across industries and between public and private sectors."

Governor Tim Walz has proclaimed Nov. 18-24 "Antibiotic Awareness Week (PDF)" in Minnesota. The week coincides with U.S. Antibiotic Awareness Week (USAAW) and similar observances across the globe to raise awareness of antibiotic resistance and the importance of improving how antibiotics are used.

"Antibiotics are critical to medicine and public health," said Dr. Amanda Beaudoin, director of the Minnesota One Health Antibiotic Stewardship Collaborative. "We count on them daily to treat bacterial infections, but their impact is waning. For them to remain effective, we must commit to using them responsibly."

Each year in the U.S., millions of unnecessary antibiotic prescriptions are written in

doctors' offices, dental clinics, emergency rooms, and hospitals. During cold and flu season, it can be tempting to insist on an antibiotic from a health care provider to help one feel better, but antibiotics will not work against the common cold, influenza, and other viral illnesses, like COVID-19. Taking antibiotics when they are not needed can do more harm than good, by increasing one's risk of a bad reaction to a medication or getting an antibiotic-resistant infection later.

There are some things that everyone can do to help fight antibiotic resistance:

Reduce the need for antibiotics by avoiding infections. Wash your hands properly, cover your cough, stay home if you are sick, and stay up to date with recommended vaccinations.

Do not ask for antibiotics if your health care provider (including your dentist) thinks they are unnecessary.

When you are prescribed antibiotics, take them exactly as directed and for the full amount of time directed.

Only take antibiotics prescribed for you; do not share or use leftover antibiotics. Antibiotics treat specific infections. Taking the wrong medicine might make things worse.

Do not save antibiotics for your next illness. Properly dispose of any leftover medication as soon as the prescribed course of treatment is completed. Information on proper disposal of medication can be found at Minnesota Pollution Control Agency: Don't flush medicines down the drain.

Minnesota's commitment to antibiotic stewardship goes beyond an awareness week and beyond health care. MDH works with the Minnesota Department of Agriculture, the Minnesota Board of Animal Health, the Minnesota Pol-

lution Control Agency, and other partners to ensure that progress on appropriate antibiotic use is made in all settings where antibiotics are used, including in the veterinary clinic and on the farm. Together, state agencies and partners also ensure that pharmaceutical drugs, including antibiotics, are disposed of properly to prevent them from ending up in our natural environment.

For more information, visit the MDH Antimicrobial Resistance and Stewardship website.



The McIntosh Fire Department held a fish fry in the fire hall, on Saturday, December 3rd, during a Very Merry McIntosh event. Some members braved the frigid temperatures and fried fish and fresh french fries outdoors while others served the many people who came to enjoy supper and visit with friends. Here, Toby Strom, Justin Shultz and Luke Syverson serve up supper to hungry visitors. The winner of the Yeti cooler which was raffled during the supper was Mary Senn.



Paul and Diana Lindseth came out to take part in the Very Merry McIntosh Christmas parade held last Saturday evening.



Carver Racing, with their new rig, were a special part of the Very Merry McIntosh parade held in the freezing weather last Saturday in downtown McIntosh.



In a win over the Clearbrook- Gonvick Bears last Tuesday, Win-E-Mac's Lauren Kaupang brings the ball across the court.



Nadelly Neuberg driving for the basket for Win-E-Mac.



Lauren Kaupang #5 looks for an opening against the Clearbrook-Gonvick Bears.



Kallie Hand, senior for Win-E-Mac passing the ball.



Luella Storm being guarded by Allison LaVine.

WEM School
Announcements

Win-E-Mac School will once again be having their annual Giving Tree. We will be sharing the “ornaments” virtually this year. We will anonymously post “ornaments” for children in the Win-E-Mac School District that may have a need this holiday season for clothes, toys, or other items. Their wish list will be linked to their Star number

If you are interested in taking a Star or donating, please follow the link posted on the school website (wemschools.org)

There you will find prompts that allow you to choose a child by age and it will display their wish list. All gifts will need to be delivered, unwrapped, to the school no later than December 15th so they can be distributed to the families.

If you need some assistance or you know of a child or family that may be in need this

holiday season, please contact Cassie Subbert, Emily Stoner or Alyssa Hickman at the school, 563-2900 or 687-2236.

The Giving Tree also accepts monetary donations. The donations go toward food gift certificates for families to use over the holidays.

If you are interested or have questions about donating, please contact one of the people stated above.

The Win-E-Mac High School play will take place Saturday, December 10th at 7:00 pm, and Sunday, December 11th at 3:00 pm. The play, Murder at the Renaissance Faire will take place in the Win-E-Mac Arts & Event Center.

The Community Fitness Center is open. Memberships are currently being taken in the main office.

Please stop in to get a membership form or call the school to have a form mailed to you.

Cost of a yearly membership is only \$40.

The hours to the events center once open will be from 3:30 pm to 8:00 ma. All members will be given an access card to enter the fitness center at the hours that are convenient for you to exercise.



The Patriots won the game 49-39 against the Clearbrook-Gonvick Bears.



Skylar Ballard and Lauren Kaupang battling for the ball.

Did you know?

Public health agencies like the Centers for Disease Control and Prevention advocate for annual flu shots as an effective way to avoid potentially serious complications that can arise when individuals get the influenza virus.

But why the need for annual vaccinations? According to the CDC, flu viruses are constantly changing, so a vaccination that might have been effective one year will not necessarily provide significant protection in the following year. In addition, the protection provided by the flu vaccine wanes over time, so people won't necessarily be well fortified against the flu if they aren't vaccinated each year.

Researchers work to determine which flu viruses are likely to be common in a given year.

The vaccinations administered in that year reflect that research and provide the greatest protection against the viruses that are likely to be circulating throughout flu season.

Ad deadline:
Noon Friday



The cold weather made the warm bonfires on the main street of McIntosh extra special as visitors gathered around to keep warm, take some photos and enjoy the fun evening at A Very Merry McIntosh last Saturday evening.