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Times

Hub of the Thirteen Townships

McIntosh, Minnesota

Win-E-Mac celebrates literacy with Read Across America week

Win-E-Mac School will celebrate Read Across America week from February 27th through March 3rd.

The week started with a colorful Monday, when elementary students were encouraged to wear as many colors as they could and then a favorite hat of theirs on Tuesday.

Wednesday is wordy Wednesday where students wear a shirt with words and Thursday students are encouraged to dress as their favorite book character.

The school week ends on Friday with Fall Asleep Friday, where the kids can wear pajamas or comfy clothing for the day.

The Win-E-Mac Box Tops Committee will host a movie night on Friday, March 3rd starting at 6:30 pm. The doors of the Arts & Event Center will open at 6:00 pm and there will be concessions available. All children must be accompanied by an adult. The movie that will be shown in Minions: The Rise of Gru.

Read Across America Week is celebrated from begins on the birthday of the beloved author, Dr. Seuss.

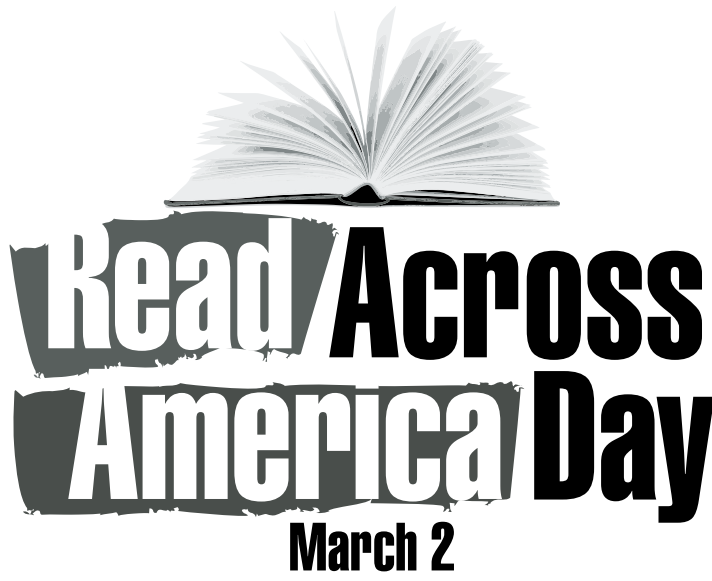
The entire month of March, in fact, is dedicated to reading. The National Education Association (N.E.A.) aims to encourage reading and educate people about its benefits, especially among children and young adults. Events are organized across the nation by schools and organizations to promote the same.

History of Read Across America Week

The act of reading has been around for thousands of years, since the invention of the written word. In the earliest years, reading was a skill that only a wealthy, educated segment of society had. Over time, more and more people learned to read and write, and reading came to be the common skill that it is today.

Since the first book that was ever written, many authors have made their mark and been remembered for their remarkable work. One such author is Theodor Seuss Geisel, better known by his pen name, Dr. Seuss. He has authored some of the most popular children's books of all time, selling over 600 million copies.

In addition to being an author, Dr. Seuss was also an



illustrator and cartoonist. After publishing his first children's book, he took a break to illustrate political cartoons and joined the animation and film department in the United States Army.

In this role, he wrote, produced and animated several projects and gained recognition for them. Following this, he returned to writing children's books and how! He went on to write 60 books, a majority of which were critically acclaimed. His work is not only

Emergency SNAP benefits end nationwide

Last payment issued in March for most.

During the COVID-19 pandemic, Minnesota received a waiver from the federal government to temporarily provide extra Supplemental Nutrition Assistance Program (SNAP) benefits known as Emergency SNAP, or E-SNAP.

The temporary increase boosted households' monthly benefit to the maximum allotment for their household size or, if they were already getting the maximum amount, households received an additional \$95 each month.

Federal officials have declared the COVID Emergency SNAP allotments will end after February. Because Emergency SNAP is issued the month after SNAP is approved, most households will get their last Emergency SNAP payment in March and benefits will return to the standard amount in April.

We understand that this is

enjoyed by children to this date; it is also a part of many different adaptations in other mediums.

The National Education Association launched Read Across America in 1998 as a year-round program to celebrate reading. Given Dr. Seuss' impact on the reading world, his birthday (March 2) was declared Read Across America Day. This also commences Read Across America Week and Read Across America Month.

a hard time for many Minnesotans. The following resources are available to help provide extra food help.

Minnesota Food Helpline provides help to people looking for food shelves, farmer's markets, market bucks and food programs. Call 1-888-711-1151 or visit www.mnfoodhelpline.org. MN Food Helpline does not have case-specific information.

MNFoodHelper.org helps people with applying and recertifying for SNAP benefits.

WIC (Women, Infants and Children) provides nutritious food to low-income pregnant, postpartum, and breastfeeding women, infants and children up to age 5. Call 1-800-942-4030 or visit health.state.mn.us/people/wic.

2-1-1 provides a variety of human services resources and information. Call 2-1-1 or visit 211unitedway.org for help with food resources, energy assistance, or rent assistance.



McIntosh Council to decide on backyard chicken ordinance

After many community members have expressed interest in having backyard chickens in the recent months, the McIntosh City Council will hold a Public Hearing on the subject on Thursday, March 9, 2023 at 6:30 pm at the McIntosh Community Center. The public will be able to comment on the request to allow chickens in the city limits on lots less than 10 acres.

With the price of eggs on the rise recently, about 20 cities, including Minneapolis and St. Paul do allow chickens.

Along with providing a food source, urban chickens have other benefits such as chickens can help keep yards clean by eating bugs, pests and weeds. Chicken droppings can be composted and used as fertilizer as long as safe composting practices are used.

There are many upsides to backyard chickens including:

- Housing chickens can also reduce food waste because instead of throwing many foods, they can be used for chicken feed.

- Chickens are surprisingly simple to care for and maintain. Organizing and routinely caring for chickens is surprisingly simple, with a bit of self-discipline. Your top priorities are to keep them well-nourished and exercised, as well as to keep their living quarters clean and secure.

- The the number one reason most people get backyard chickens is for eggs. The eggs are supremely good. The yolks are bright yellow and they stand up nicely. A basket of fresh eggs on the counter is a beautiful sight. The colors of the shells are lovely and picking them up, warm from the brooder, is the most positive sign of freshness one can imagine. Eating fresh eggs is a sublime culinary adventure. For this reason alone, you should

get your own chickens.

- You will not have chickens for long before you realize how wonderfully entertaining they are. Chickens are full of personality and are often very funny. They push each other around, fly up and down, scratch and peck, roll in the dirt and the clucking! They have a wide range of vocalizations and listening to them "talk" to each other is endlessly interesting. Something about watching chickens makes people happy. It's relaxing, it's fun, and it reminds people of simpler times. A flock of chickens makes a yard a home.

Some of the down sides of backyard chickens include:

- A chicken is not a seed packet. It's an animal and a responsibility. And unfortunately, that means taking the bad with the good and facing the difficult along with the fun.

- Chickens are cute, fun, and full of personality. Chickens also poop everywhere, and they poop A LOT. And the poop accumulates and smells. You can put down straw, or diatomaceous earth, but these are band-aids. Prepare to do a lot of particularly gross cleaning to keep the coop and yard in an acceptable state.

- A raccoon, an owl, the neighbor's dog, an unexpected illness – eventually, something bad is almost sure to happen to at least one of your chickens. For all the fun times and idyllic evenings spent watching your chickens at play, there will be sad, difficult and potentially ugly moments as well.

- Chicken sexing is quite reliable, but nothing is 100%. You may think you've bought all hens, but the day may come when you realize that "Penelope" has started to try out a little beginner crow. This is a problem. Roosters are beautiful, noisy, often aggressive, and probably illegal in your municipality. And there are the neigh-

bors to consider – people who may be happy to live next to a flock of burbling hens won't be quite as happy to be awakened at 5 am every morning by the full-throated crow of a rooster, no matter how gorgeous. You will need an emergency plan in the event that one of your hens is actually a rooster.

- A continuous supply of fresh eggs requires a continuous supply of hens of laying age. A typical hen starts laying at around 6 months of age and tapers off by age 3. By age 4 most hens are no longer laying. However, a well-kept city chicken in a safe location can easily live to age 8 or 10, leaving you buying chicken feed, doing chores twice daily, and cleaning just as much poop as ever for years while purchasing farm-fresh eggs from the co-op or farmers' market the whole time. Bear in mind, too, that there is likely a legal limit to the number of hens you can own at one time, so non-laying hens will be taking up the "spots" you could otherwise fill with new young egg producers.

Before you embark on your chicken-keeping project, you MUST decide how you will handle this fact of life because it WILL become an issue. You may choose to keep your well-loved hens as pets for as long as you can and count the money and time spent with them as a natural cost of pet ownership. Or you may decide to take a more pragmatic approach and face the reality of culling your flock regularly to make room for replacements.

Because chickens are sociable birds who do not perform well on their own, you should have at least more than one bird. As a rough estimate, two to three chickens per family member should be enough for egg production, or four if your

Chickens...
Continued on page 2 ...



The Win-E-Mac 5th grade class took a field trip and went tubing at Detroit Mountain in February. The class enjoyed the fun day together.

Small renovations that can make a big impact

Home renovations provide a host of benefits. Such projects can increase resale value and improve on the safety, aesthetics and functionality of a home. Some homeowners may employ the mantra "go big or go home" when they embark on home improvements, thinking that only the largest renovations produce noticeable change. But that's not the case. Various smaller renovations can provide a lot of bang for homeowners' bucks as well.

• **Countertops** (and hardware): A complete kitchen overhaul may stretch some homeowners' budgets. However, changing an older countertop for a new material can provide the facelift a kitchen needs. And while changing the cabinets may be homeowners' ultimate goal, swapping hardware in dated finishes for newer handles and pulls can provide low-cost appeal.

• **Paint:** Painting a space is an inexpensive improvement that adds maximum impact. Paint can transform dark and drab rooms into bright and airy oases. Paint also can be used to create an accent wall or cozy nooks. Homeowners also can showcase their personalities with their choice of paint colors. • **Lighting:** Homeowners should not underestimate what a change in lighting can do. When rooms or exterior spaces are illuminated, they take on entirely new looks. It's worth it to invest in new lighting, whether it's a dramatic hanging light over the dining room table or task lighting in dim spaces.

• **Weatherproofing:** Im-



proving windows, doors, weatherstripping, and insulation in a home can offer visual appeal and help homeowners save money. The initial investment may be significant, but those costs will pay off in energy savings. According to One Main Financial, space heating is the largest energy expense the average American homeowner has, accounting for around 45 percent of all energy costs.

• **Mudroom:** Turn an entryway into a more functional space with the addition of cabinets, benches or custom-designed storage options that perfectly fit the area. Cubbies and cabinets can corral shoes, umbrellas, hats, bags, and much more.

• **Accent updates:** Any space, whether it's inside or outside a home, can get a fresh look with new decorative accents. Invest in new throw pillows and even slipcovers for living room sofas. Use new tile or paint the brick on a fireplace in a den, then update the mantel with decorative displays. Purchase wall art that can bring different colors into a

room. Change the cushions on deck furniture and buy color-coordinated planters.

These subtle changes will not cost as much as full-scale renovations, but they can still help homeowners transform their homes.

Chickens...

Continued from page 1

family is very fond of eggs or wants to give them away occasionally.

Chickens don't need a lot of room. If they are "cooped up" with no access to the outside, your coop should give at least 4 square feet per chicken. On the other hand, if they'll have an outdoor "run" space or be permitted to wander freely, which is ideal, they can get away with just two square feet per bird inside the coop as long as the outside run is at least 10 square feet.

If you would like to contribute to the conversation with the McIntosh City Council, please make sure you attend the meeting on Thursday, March 9, 2023 at 6:30 pm at the McIntosh Community Center.

Essentia Health advances heart disease research through All of Us

Heart disease is the No. 1 cause of death in the United States.

In fact, more than 8,500 people in Minnesota died from heart disease in 2021. Scientific advances are key to fighting these conditions and improving outcomes.

That's one reason Essentia Health is proud to partner with the National Institutes of Health's All of Us Research Program. Of the research program's participants in Minnesota, 449 of them reported having heart disease. Their contributions through All of Us — a years-long effort aimed at building a diverse health database featuring one million participants — are advancing medical research.

Essentia collaborates with All of Us to help ensure people in Minnesota, including those historically underrepresented in medical research, have the opportunity to participate in this landmark program. Their participation is equipping researchers with data that could lead to more tailored approaches to prevent and treat heart disease, and further our understanding of a range of different diseases and disorders.

"Everyone has a health story. For some, it may be high blood pressure or a family history of heart attacks," said Dr. Catherine Benziger, a cardi-

ologist at Essentia. "By sharing health data with All of Us, participants can contribute to thousands of research studies and help change the trajectory of medical research for generations to come. Researchers are able to use information that participants provide about their health history, lifestyle and where they live, alongside data from electronic health records and DNA, to get a more complete picture of health than has previously been available to study."

People interested in participating or learning more about the All of Us Research Program can visit EssentiaHealth.org/AllofUs or call (877) 340-8058.

Nationwide, more than 35,000 All of Us participants reported having different heart problems on a survey about their personal health history — including atrial fibrillation, congestive heart failure, coronary artery disease, heart attack and heart valve disease. This makes All of Us one of the largest groups of heart disease patients providing data for research.

Overall, more than 400,000 participants have joined All of Us since it began national enrollment in 2018.

About 80% of participants represent communities that have been historically underrepresented in medical re-

search, and nearly 50% identify with a racial or ethnic minority group.

Heart disease is responsible for 1 in 5 deaths in the U.S., according to the Centers for Disease Control and Prevention. Individuals from racial and ethnic communities historically underrepresented in medical research face a disproportionate toll. In 2018, African-Americans were 30% more likely to die from heart disease than non-Hispanic whites, and American Indians/Alaska Natives were 50% more likely to be diagnosed with coronary heart disease than people who are white, according to the U.S. Department of Health and Human Services.

Serve a warm supper with a slow simmered soup

Looking for crock pot soups to keep you warm all fall and winter long? Try this Crock Pot Cheeseburger Soup. This awesome cheeseburger soup is cheesy and creamy and filled with flavorful ground beef, potatoes and carrots. It will keep bellies full and happy a long time after it's eaten.

All of the flavors of your favorite cheeseburgers, but in a fantastic slow cooker soup

Crockpot Cheeseburger Soup Ingredients

4 small russet potatoes peeled and diced

1 small white or yellow onion chopped

1 cup shredded carrots

1/2 cup diced celery

1 teaspoon dried basil

1 teaspoon dried parsley

3 cups chicken broth

1 pound lean ground beef

3 Tablespoons butter

2 Tablespoons all-purpose flour

2 cups milk I use 2%

1/2 teaspoon salt

1/2 teaspoon black pepper

1 package (16 ounces) Velveeta processed cheese, cubed OR 2 cups shredded cheddar cheese

Instructions

Place potatoes, onions, carrots, celery, dried basil and parsley in a large crock pot. Pour chicken broth over veg-

etables. Cover with lid. Cook on low heat 6 to 8 hours OR on high heat 4 to 5 hours or until potatoes are tender.

About 45 minutes before serving, cook and crumble ground beef in a large skillet over medium-high heat. Drain any grease. Pour cooked ground beef into crock pot. Carefully wipe out hot skillet with a paper towel then add butter. When butter is melted whisk in flour and cook until golden brown and bubbly (about 1 minute.) Whisk in the

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Cooperative development
grant bill heard in Senate committee

A bill to fund cooperative development grants was laid over for possible inclusion in the omnibus agriculture bill after a hearing in the Senate Committee on Agriculture, Broadband, and Rural Development on Monday.

The bill, SF1256, is sponsored by Sen. Heather Gustafson, DFL-Vadnais Heights, and co-sponsored by Sens. Bruce Anderson, R-Buffalo; Gene Dornink, R-Hayfield, and Judy Seeberger, DFL-Afton. It allocates \$400,000 in fiscal years 2024 and 2025 for cooperative development grants. The House companion bill, HF1034, is led by Rep. Kristi Pursell, DFL-Northfield, and has 22 co-authors.

In her testimony before the committee, Gustafson said the legislation builds on work started last session to re-establish cooperative development grants. The language mirrors legislation that was in effect prior to 2003, when the grants were cut due to a state budget deficit. The grants will help farmers develop cooperatives to process and market products grown in Minnesota. Coop-

eratives are a way to diversify farm income, develop supply chains for emerging crops and keep more wealth in rural communities, Gustafson said.

Cooperatives are well-known and well-respected in Minnesota, said Kevin Edberg in his testimony. Edberg, who formerly worked for the Minnesota Department of Agriculture, is the executive director of Cooperative Development Services (CDS), which works to start and grow cooperatives in Minnesota, Iowa and Wisconsin. Last year, CDS assisted more than 100 cooperatives. Minnesota is also home to the nation's largest cooperative.

Cooperatives aggregate purchasing power, allow for distribution of net income in fair and reasonable ways and deal with issues of aggregating capital and monopoly power that are rampant in the U.S. economy, Edberg said.

"Developing a cooperative is a lot of work, but it's also empowering for farmers so I'm proud that Minnesota Farmers Union is leading on this issue," said Minnesota Farmers Union (MFU) Vice President Anne

Schwagerl, who is involved in establishing a cooperative to market kernza. "Farmers are growing kernza, but there isn't an established marketing channel. Our cooperative is helping farmers diversify their income, grow a new crop with environmental benefits and keep more money in our communities. A grant to help cover some of the start-up costs would help more fledging cooperatives launch in Minnesota."

Minnesota is the home state of Rep. Andrew Volstead, who was the House sponsor of the Capper-Volstead Act, known as the Magna Carta of Cooperatives, which was signed into law on Feb. 18, 1922.

About MN
Farmers Union

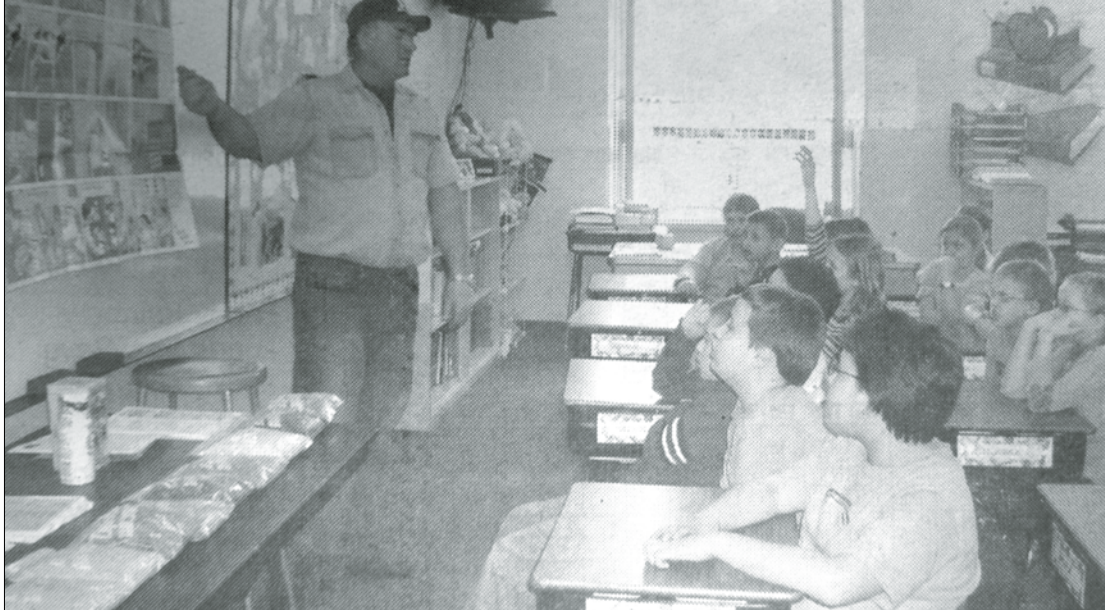
Minnesota Farmers Union works to protect and enhance the economic interests and quality of life of family farmers and ranchers and rural communities. MFU is a nonprofit membership-based organization. Membership is open to everyone. Learn more and join at www.mfu.org, and follow MFU on Facebook, Twitter and Instagram.



40 years ago...1983: "Why don't Swedes eat M & M's? Because they are too hard to peel, claimed this charming foursome of identifiable Winger lasses. The group entertained the Valentine's Day party held Monday at Mac Manor. Although they admitted to coming from "Vinger", they will remain unnamed in order to protect the innocent, namely, their families, husbands, and loved ones. If any of you readers are concerned Winger citizens, you may want to buy up the remaining copies at the Hartz store before they hit the streets. Then again, if you can recall that great ethnic hit of yesteryear, "Nincompoops have all da fun", you may wish to engage their fanciful femmes for your fun time activities.



30 years ago...1993: Students who attended the Peace Prize Forum at Concordia College in Moorhead were Kristi Evenson, Tina Haaven, Amber Vaughn, and Tiffany Haaven. They are with Mr. and Mrs. Walter Mondale.



20 years ago...2003: Clayton Bartz, a McIntosh dairy farmer, visited the Win-E-Mac school on Tuesday, March 11th and spoke to the 5th grade students about how products move from the farm to the table.

Start your genealogy journey

Genealogy fascinates much of the general public. The number of people learning more about their families and heritage through genealogy increases year to year. According to FamilyTree.com, genealogy is the second only to gardening as the most popular hobby in the United States.

People explore genealogy for many reasons, including learning about their ancestry. A rundown of the basics of genealogy can make such pursuits more enjoyable.

Genealogy and family history are subtly different

Genealogy is a line of descent traced continuously from an ancestor, while family history is defined as the history or narrative of a family. They are intertwined but not synonymous.

Vital records are key

Genealogists explore vital records to obtain information about their ancestors. Vital records include documentation of ancestors' life events, including births, deaths, marriages, and more. Civil registration began at different times around the world, and even across North America, so it's often challenging, though entirely possible, to develop an accurate history.

Surnames may be different

Surnames were not commonplace until around the eleventh century in Europe, according to S.C. Perkins, who is the author of a mystery series featuring a Texas genealogist as the protagonist. Surnames fall into four general categories:

1. Place or geographical features (i.e., "Hill")
2. Nicknames or appearance ("Little")
3. Occupation ("Baker")
4. Father's name ("Peter-son")

Some names may not have been recorded correctly, so a



person's last name actually may be a derivative of the real name or a misspelling. Often immigrants changed their own surnames to make them sound more American or more native to wherever they were emigrating to.

Cities change

Discovering records of ancestors can be even more challenging because of shifting borders or municipalities, which change over time. The Family Tree Factbook provides European maps from throughout history and a timeline of European border changes that can help with research.

Preserve family history

In addition to uncovering mysteries of one's heritage, dabbling in genealogy helps to preserve family history by confirming tales and tracing ancestors' journeys. It also may help shed light on the history of artifacts or jewelry that ancestors owned and passed down.

Connect with others

A motivator behind genealogy research is to uncover relatives. Cousins from all over the world can discover they are related and bridge the gap between them through shared genetics and history. This may be particularly important to those who were adopted and hope to understand more about where they came from for personal or health-related reasons.

Genealogy is a growing hobby that can be quite rewarding. Thanks to the internet and growing databases of civil records, it's now easier than ever to trace family histories.

Have a
Story to
Share?
If you have a story or
photos you want to
share,
please send to:
mcintoshtimes@gmail.com



10 years ago...2013: Win-E-Mac Knowledge Bowl students will be seen competing against Ada-Borup on KXJB. Front row (l-r): Reed Klinkhammer, Michelle Soto, Austin Parenteau, Marshall McKeever; Back row (l-r): Micah Ferden and Danny Revier.

