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McIntosh, Minnesota



Kristen Brandon, Caillie Darco, Diane Boucher, Jan Galland hosted their annual holiday open house at King Town Mutual Insurance on Friday, December 13th.



Neil's Quality Meats & More hosted A Taste of the Holiday's Open House on Saturday, December 14th and offered a variety of samples at both Neil's and at Minnesota Rust. Pictured are Bob and Laurie Bursheim, Lois Boehrnsen and Renee Sistad.



The First National Bank and Agency hosted their annual open house on Friday, December 13th. Back Row (L-R) Jodi Thompson, Charissa Larson, Taylor Dierkes; Front Row (L-R) Kim Ferden, Charise Sharp, Darlene Dierkes, Philip Lee. Not Pictured, but part of the team: Becky Merriweather.

Looking back: 2024 in review

This year was a momentous one to report on. From public opinion in the U.S. to views around the globe, 2023 was chock full of shifts creating some notable highs and lows. Spanning U.S. politics and economics, global conflict, the workplace, wellbeing, and more.

January
Members of the Win-E-Mac School Board attended the Minnesota School Board Association's (MSBA) 2024 Leadership Conference. While attending the conference, Tyler Brekken received the Rising Star Award. Annually, this award is given to one school board member in Minnesota who has demonstrated a commitment to their school in their first term on the Board through active participation and leadership on the Board. In addition, the candidate must actively participate in the ongoing educational opportunities offered by MSBA. Finally, the award winner must be actively involved in their community. While at the conference, Tyler was also elected to MSBA's Board of Directors to represent Northwest Minnesota. Tyler currently serves as Vice Chair of the Win-E-Mac School Board.

Dr. Steve Gander, Optometrist in East Grand Forks and Crookston, announced on Monday he would seek the Republican endorsement for Minnesota House District 01B, which was represented by Rep. Deb Kiel who announced her plans not to run for reelection. Gander was the winner of the race for the seat.

The 2024 Win-E-Mac School District Spelling Bee was held on Tuesday, January 16th in the Arts & Events Center. Fifteen spellers from fifth through eighth grades competed in the Spelling Bee. In the end, Megan McGlynn, a seventh grader, was the champion and competed at the Regional Spelling Bee in Thief River Falls on Wednesday, February 7th. Taking second place was Logan Johnson, from sixth grade. Taking third place was Charley Carlson, an eighth grader. In all, 126 words were used in the competition throughout 17 official rounds (plus a practice round). The championship word was "flake". This is Megan's second year going to the Regional Spelling Bee, so you know her winning wasn't a "flake"! The pronouncer was Andrew Hanson, and the judges were Adam Jore and Katrina Courneya.

Win-E-Mac hosted the sub section 29 One Act Play Competition on Friday, January 26th. The first play began

at 4:30 pm, with Win-E-Mac's play starting around 6:45 pm. The doors to the theater are always locked for each performance, to avoid interruptions for the cast. The Win-E-Mac One Act Play cast placed second in the competition.

The Win-E-Mac Literacy Committee provided a fun treat for the Elementary students and staff as a way of saying "Thank You for doing your best this Semester!" and to remind students to "DoNUT Stop Reading!" Hugo's helped with the donuts and support for the program.

The Minnesota Department of Health (MDH) held a public hearing on January 30, 2024 at 6:00 p.m. on Essentia Health-Fosston's closure of its labor and delivery services unit. According to the submission filed by Essentia Health, labor and delivery services were diverted to St. Mary's Regional Health Center, an Essentia facility in Detroit Lakes. Essentia Health-Fosston will continue to provide prenatal and postpartum obstetrics services.

Snowfest was celebrated at Win E-Mac School. The celebration started on Monday, January 29th and continued through Friday, February 2nd. Dress up Days for snowfest were: Monday- PJ day, Tuesday-Students dress as a teacher and Teachers dress as Students, Wednesday- Dress as something starting with the first letter of your name, Thursday-BBQ Dad and Soccer Mom, Friday- Spirit Day. There was also pepfest on Friday, February 2nd.

On Wednesday, January 31st Vitalant set up a blood donation site at the McIntosh Community Center and many members of the community were on hand to offer support and donate blood. There was a total of 46 donors who offered to give blood. Three of those who were there to donate were unable. Because of the 7 donors who donated double, there was a total of 50 units donated. The goal of the staff was to collect 45 units, so the goal was exceeded.

February
Polk County Sheriff's Office member, K9 Jax has received a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc. K9 Jax's vest was sponsored by Joan and Mark Lee of McIntosh, Minnesota and embroidered with the sentiment "Born to Love - Trained to Serve - Loyal Always".

Justin Courneya and Luella Strom attended the Triple A banquet for Region

8A, representing Win-E-Mac as the school winners. Luella was also selected as the Sub-Section 30 girl's winner as well. This award is given out by the Minnesota State High School League to Seniors who excel in Academics, Athletics, & the Arts.

Win-E-Mac Girls Basketball Kids' Night took place on Thursday, February 1st. The team lined up and signed t-shirts for the kids in attendance.

Win-E-Mac School has a new addition to their extracurricular activities for the 2023 - 2024 school year. eSports, short for electronic sports, refers to competitive video gaming. It involves players or teams competing against each other in various video games, often in organized tournaments or leagues. eSports has gained significant popularity in recent years, with millions of viewers and participants worldwide.

Congratulations to Win-E-Mac Patriot Samuel Lundy, a member of the Win-E-Mac eSports team. Sam is Win-E Mac's first ever eSports competitor to qualify for the Fen works State Tournament. This tournament will take place at UND on February 22nd - 24th. Sam Lundy will be competing in the individual title Super Smash Bros Ultimate. He is ranked 13th in our region in that title.

March
The Minnesota Department of Natural Resources is restricting the open burning of vegetative debris due to increased wildfire risk resulting from unusually warm temperatures and exceptionally dry conditions across most of Minnesota.

The Win-E-Mac Robotics teams competed at the Vex State Robotics Tournament in St. Cloud, Minnesota. They competed and represented Win-E-Mac well. A special congratulations to team 5300D, Ferdaboyz, a team comprised of Nathaniel Spry, Carter Fortman, Hayden Johnson, and Tayyib Tameem. This Patriot's team has qualified to compete at the Vex World Robotics tournament in Dallas, Texas.

Win-E-Mac Elementary students will celebrate Read Across America Week from March 4th through March 8th with fun activities and, of course, a week worth of dressing up.

Win-E-Mac 5th graders enjoyed their field trip to Detroit Mountain on March 8th in Detroit Lakes. The kids

2024.....
Continued on page 2 ...



Carole Burslie & Charles Svalen were part of the crowd during the First National Bank Open House in McIntosh on Friday, December 13th.



Joel Strom & Dan Dierkes share some wise thoughts and a chuckle with each other at the First National Bank Open House.

3 short-term fitness goals that can lead to long-term success

As New Year's Day 2024 approached, millions of individuals were preparing to make changes they hoped would improve their fitness. In a Forbes Health/One Poll survey of 1,000 adults in the months leading up to the start of 2024, nearly half (48 percent) of respondents indicated improving their physical fitness would be a top priority over the course of the new year.

Fitness-based resolutions are popular every year, but people who aspire to make such changes recognize how difficult it can be to achieve them. In fact, the Forbes Health/One Poll survey found that roughly 44 percent of respondents indicated their resolutions flamed out at the two- or three-month marker. Though there's no one-size-fits-all strategy for sticking with and ultimately achieving a resolution, identifying short-term goals that can help people stay motivated can lead to long-term progress. Individuals who want to improve their physical fitness can consider these three short-term goals and use them as measuring sticks as they pursue more long-term objectives.

1. Aspire for incremental weight loss. Weight loss goals were the fourth most popular New Year's resolution for 2024 among participants in the Forbes Health/One Poll survey. Though that survey sepa-

2024..

Continued from page 1..... enjoyed learning the basics of downhill skiing and riding the ski lift after passing a skiing course. The Winger Lions donated to help with the cost of the trip.

Community members are rallied together to kickstart fundraising efforts for a much-needed addition to the school's local sports facilities: a Field House, strategically positioned between the football and baseball fields. This proposed Field House aims to address various needs, including indoor restrooms, an upgraded concessions stand, locker rooms, a dedicated changing area for cheerleaders, and ample storage space. Jumpstarting this initiative, the community organized the "Field House Fun Night" event taking place at

MN DNR looking to fill 200 paid summer internships

The Minnesota Department of Natural Resources is looking for passionate and dedicated students interested in learning more about natural resource careers through paid summer internships.

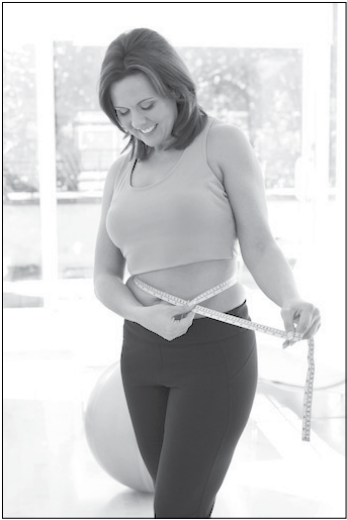
DNR summer interns receive valuable training, develop key skills and contribute in important ways to the department's mission of working with Minnesotans to conserve and manage natural resources, provide outdoor recreational opportunities, and provide for commercial uses of natural resources in a way that creates a sustainable quality of life.

The DNR has a wide variety of internship opportunities throughout the state, including in fisheries, forestry, park operations, watercraft inspections, communications and more.

Interns work 20 to 40 hours per week and receive a competitive wage of \$19 per hour. To be considered for an internship, fulfilling an academic requirement or receiving academic credit is required.

To review the internship opportunities and apply for those of interest, visit the state of Minnesota careers website (mn.gov/mmb/careers/).

Select "Search for jobs" from the toolbar. In the External Applicants box, select "Search for jobs now" and select "View all jobs." Filter by "Natural Resources Dept" in the Agency category and "Student Worker and Internships" in the Job



rated fitness goals from weight loss goals, the two are certainly linked. Individuals who aspire to lose 10 pounds undoubtedly recognize that such a goal cannot be achieved overnight, so why not aspire to lose small amounts of weight at predetermined intervals? For example, if the end goal is losing 10 lbs., aim to lose two pounds by the end of January. Incremental progress can motivate individuals to stay the course and ultimately propel them toward achieving a more substantial, long-term goal.

2. Exercise for a predetermined number of days each week. Another way to gradually build toward achieving long-term fitness goals is to establish monthly minimum

exercise sessions. Individuals accustomed to a sedentary lifestyle can resolve to exercise three days per week in the first month of their resolution, and then increase that by a day in the second month. A consistent schedule when designing this goal is imperative, which is why it can make more sense to plan for three days per week as opposed to 12 days per month.

3. Resolve to walk a mile per day. Walking is an accessible cardiovascular activity that can have a profound effect on overall health. Walking also can help condition sedentary individuals' bodies for more strenuous activity, which is a transition many people aspire to make when setting long-term fitness goals. A daily one-mile walk won't require a significant commitment of time, but it can help acclimate the body to routine exercise. As the effects of a daily walk begin to take hold, individuals may find it easier to engage in more strenuous physical activities, making this an ideal stepping stone on the way to achieving long-term fitness goals.

Short-term goals can help people remain motivated as they pursue more substantial goals that take longer to achieve. Such an approach can be especially useful for individuals resolving to improve their physical fitness at the start of a new year.

FNB Prize winners

First National Bank of McIntosh would like to wish everyone a Merry Christmas and thank you to all who attended our Open House.

We would also like to congratulate the following winners of door prizes:

- ¼ Ham- JoAnn Munter, Bruce Haaven, and Les Fins-eth
- Charcuterie board- Roxanne Boehrnsen
- Pyrex Storage Set- Greg Jackson
- Auto Owners Jacket- Karen Plante
- Bully Brew Gift Card- Julie Oppegard
- Louie's Mercantile Gift Card- Joe Louks
- Ninja PossibleCooker- Leah Smeby

NOTICE
Hill River Township Filing Notice

The filing dates for the Township of Hill River, County of Polk, State of Minnesota will be from Thursday, January 2, 2025 until 5:00 p.m. on Tuesday, January 14, 2025.

Filing will be for one (1) Supervisor for a term of 3 years.

The filing fee is \$2.00 at the clerk/treasurer's home.

Scot Thompson, Clerk/Treasurer
28354 350th Ave SE • Trail, MN 56684 • 218-268-4299

PUBLIC HEARING NOTICE
Notice of Intent to Amend Polk County Land Use/Zoning Ordinance

Pursuant to MN Statute §375.51 and §394.26, notice of intention to adopt amendments to the Polk County Zoning Ordinance is hereby given. Polk County Planning Commission will hold a public hearing for input on the following date: January 24, 2025 at 9:30 a.m. in the Polk County Environmental Services Building conference room at 320 Ingersoll Ave, Crookston, MN 56716.

Language to be amended is listed below:

Section 26 to be established to address cannabis businesses in unincorporated (outside city limits) within Polk County for the purposes listed below:

PURPOSE:

The purpose of this ordinance is to implement the provisions of Minnesota Statutes, Chapter 342, which authorizes Polk County (County) to protect the public health, safety, and welfare of County residents by regulating cannabis businesses within the legal boundaries of the County.

The County finds and concludes that the proposed provisions are appropriate and lawful land use regulations for the County, that the proposed

Girls outnumber boys in 2024 births at RiverView Health

In a time when many rural hospitals no longer offer labor and delivery services, RiverView Health is proud to report 77 babies came into the world at RiverView in 2024.

In all shapes and sizes, and with names ranging from classics – like Sophia and Robert – to the unique – like Dakota Rose and Achilles Everest – these babies made their way into the world at all hours of the day and night.

In a reversal from 2023, girls outnumbered boys with the birth of 41 vs 36 boys.

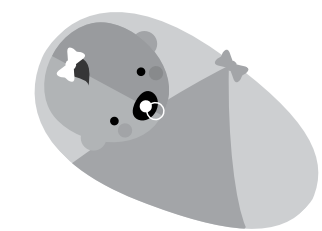
Names stretched from Aaliyah to Valerie for the girls and Ace to Zayd for the boys. There were no first name crossovers from gender to gender; however, Lee and Cole were used several times as middle names for both genders.

Madalynn/Madelyn was the top name for girls, with a strong plant theme following, including Clover, Daisy Iris, Hazel, Rose, and Lillie. Ace and Logan tied for the top spot on the boys' side.

Team Baby
RiverView's outstanding Obstetrics (OB) Team helped these little ones with their grand entrances. Erik Kanten, MD, and Lauren Rose, DO, are family medicine physicians and OB providers. Dr. Kanten has been delivering babies in Crookston for well over 30 years. Often, he has delivered the newborn and the newborn's parents. Dr. Rose began her practice at RiverView in 2021 and is known for her compassionate care and expertise.

Crookston native Kari Weissman, MD, rounds out the team of physicians. Dr. Weissman specializes in gynecology and obstetrics. Over the years, she has delivered many, many sets of multiples and led women through high-risk pregnancies. The trio of providers sees patients for office visits in RiverView Clinics in Crookston, Fertile, Red Lake Falls, and East Grand Forks.

RiverView's labor and delivery nurses are a huge part of every pregnancy journey and delivery. These nurses are caring and knowledgeable and with the patient every step of the way. A private nurse stays with the delivering patient



throughout labor and delivery, focusing only on mom and baby.

A certified lactation counselor and three certified lactation specialists are available for breastfeeding education and assistance.

First Class Care, Facility
RiverView Hospital, built in 2020, includes an OB Unit with three labor and delivery rooms (with a fourth if needed). Each room has a private bathroom, a large floor plan to allow caregivers space to provide exceptional patient care, and comfortable accommodations for family and friends wanting to stay close. The family area has sleeping room to support family bonding and 24-hour rooming-in with the baby.

The Unit includes enhanced technology, allowing mom and baby to be monitored in-room or remotely from the nurses' station or the OB provider's office. A nursery/procedure room is just off the nurses' station for little ones needing closer monitoring.

Security is a high priority, with an enhanced infant security system in place.

RiverView Health is a great place to bring new life into the world. If you would like more information on OB services at RiverView, call 281.9200. For a peek at some of the babies born in Crookston, check out the website at riverviewhealth.org and look under the Little Stars heading.

Grace Community Food Shelf

East end of Grace church
Open: Thursday, January 9th from 2:00pm - 6:00pm and Thursday, January 16th 10:00am - 2:00pm
Questions: foodshelf@grace-churcherskine.org or call 218-687-2250 leave a message.

McIntosh blood drive

McIntosh Community Blood Drive will be Monday, January 20th from Noon - 5:00 pm at the McIntosh Community Center. Please contact Mary Goodwin if you are interested in donating blood or online at www.vitalant.org

Community Birthday and Anniversary Calendar

Wed. Jan. 8: Katelynn Schulz, Tina Farrell

Thurs. Jan. 9: Paige Breckel, Jessica Shimpa

Sun, Jan. 12: Julie Schow, Amanda Roue, Sydnee Ogaard

Mon Jan. 13: *Les & Mavis Fins-eth

Tues. Jan. 14: Jan Galland

McINTOSH Times

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

Sun. Jan. 12: 8:00am Confession at St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 19: 8:00am Confession at St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlberg
Synodical Authorized
Rachel Roggenbuck, SAM

Sun. Jan. 12: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Jan. 19: 10:00am Coffee Hour; 10:30am Worship Services

Our Savior's 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 FREE LUTHERAN AFLC
McIntosh Trinity / Mount Carmel:
Pastor: Jerry Moan

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 9:30am; 10:45am Sunday School

Mt. Carmel: (305 State St. NE, McIntosh) 9:45am Sunday School; Sunday Worship: 11:00am

Wednesdays: 6:30pm Confirmation; 7:15pm Free Lutheran Youth meets at Pastor Moan's home

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

Sun, Jan. 12: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Jan. 14: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Jan. 15: 6:30pm Bible Study at Connie Parr's

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
PastorLee Laaveg

Sun. Jan. 12: 9:00am Worship
Sun. Jan. 19: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

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

DOVRE LUTHERAN CHURCH
Winger, MN

Sundays: 9:00am Adult and Children's Sunday School; 10:00am Worship Service
Wednesdays: 7:00pm Bible Study

CALVARY LUTHERAN CHURCH
Winger

Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH- NALC
Erskine
Rev. Pam Thorson

Sundays: 9:15am Sunday School; 10:30am Worship

Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

Thriving Life Church
Erskine, MN

Sunday service at 10:00 am
Call or visit us at: 22722 350th Street; 218-687-2343

BUSINESS & PROFESSIONAL GUIDE

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Business planning for
agritourism businesses

Do you have an agritourism business idea, but unsure if it'll be successful? Are you wanting to add value to your current farming operation, but not sure where to begin? Or perhaps you're new to farming, but have an awesome idea of how to connect the public with food production?

University of Minnesota Extension will present a roadshow of workshops, both online and in-person across the state January through February. Writing a business plan can dramatically increase the success of implementing your business ideas and goals.

In these workshops, participants will learn what an agritourism business is - the intersection of farming and tourism. Participants will learn the steps to writing a useful and effective business plan and will learn how using AgPlan, an online business planning software that can give tips and examples to make the writing process easier.

"Sustained business success doesn't come from chance, fate or good luck", says Susanne Hinrichs, Extension educator with the Agricultural Business Management team at University of Minnesota Extension, "To run a successful and profit-

able business, it is critical that a person understand, implement and value the process of effective business planning and this workshop will get you started or jump start your existing plan."

These workshops are free and will guide you in creating a business plan to bring your agritourism vision to life.

- January 14: In-person at Cambridge, 9:00-11:00 a.m.
- January 15: In-person at Virginia, 2:30-5:30 p.m.
- January 22: In-person at Pelican Rapids, 4:00-6:00 p.m.
- January 27: In-person at St. Joseph, 4:00-6:00 p.m.
- January 28: Webinar, 6:00-7:30 p.m.
- January 28: In-person watch party at Cologne, 6:00-8:00 p.m.

To register or find out more about these 2-hour workshops, go to z.umn.edu/agritourism.

Also, a five-part agritourism business planning series will happen in February and March to give participants a more in-depth cohort experience. Each week a different section of AgPlan will be featured. There is no cost to attend, but registration is required. To find out more information about any of these offerings, go to z.umn.edu/agritourism.



Choosing seeds and
plants to avoid pests and
pathogens in your garden

Planning ahead for your garden can help mitigate potential risks.

By Maya Sarkar, The Minnesota Department of Agriculture

Gardening is exciting! It can bring food to your table, provide habitat for the creatures around us, and deepen our connection with our environment. Even though we are currently embracing winter in Minnesota, it's never too early to daydream about spring and start planning for the growing season.

Planning ahead for your garden can help mitigate potential risks, including plant disease and pests. One way to avoid plant disease and pest risks is to learn how to prevent them from entering your garden. Prevention is much easier than treatment when it comes to plant pathogens and pests, including noxious weeds. Here are a few strategies to avoid bringing in unwanted hitchhikers on seeds or plants.

Obtain seed and plants from a reputable source.

To minimize the introduction of pathogens and noxious weeds, it's important to get seeds and plants from a reputable source. This could mean buying from a reputable seed company or nursery or knowing your neighbor's garden is free from disease before taking up their offer to share their plants with you. If you get seed from a community seed library or seed swap, make sure that the seed was grown locally to prevent introduction of invasive pests from other areas. Using local seeds and plants is always the safest option.

Do not use seed from grocery store produce.

It is important to use seed that is intended to be planted. Fruits and vegetables found in the grocery store are not screened for plant pathogens that hide in seed. Growers of seed-producing plants gather seed from healthy plants and test seed for diseases prior to sale. Produce intended for human consumption does not go through the same plant pathogen screenings, so make sure to instead get seed from a repu-

table source.

Inspect plants for problems before purchase.

When picking out plants to bring to your garden, it's important to do your own inspection of the plant. To avoid unwanted bacteria, viruses, and worms, it's important to inspect all of the material they may be hiding in. This includes checking the leaves, stems, and roots for healthy tissue as well as the soil for pests. Healthy plants should have leaves free of spots or discoloration; firm, uniformly colored stems; and roots with fibrous, healthy growth. Choosing healthy plants from the start is a good way to ensure your garden stays healthy.

Carefully review online sellers before buying seed or plants.

While many folks still purchase seed and plants from physical stores, online sales of seeds and plants are increasing. It's important to remember that if the deal seems "too good to be true," it probably is. Be wary of cheap seed and plants. For seeds, try to find the full label which includes the kind of seed, its test or expiration date, and the labeler name and address. If you can find the labeler name, try to find their website and order directly from them.

For plants, don't be afraid to call the seller and ask about where the plants are grown and how they will be shipped to you.

If you end up getting seeds or plants you are unsure about, remember to isolate plants in separate pots until you can assess their health, and don't plant seeds that are a mystery to you.

You can learn more on an upcoming episode of the Minnesota Department of Agriculture's (MDA) podcast, Smarty Plants. The January episode will cover the best practices for obtaining seeds and plants to avoid pests and pathogens. It will feature a conversation with two MDA experts. Smart Plants podcast episodes are available on the MDA website, our YouTube channel, Apple Podcasts, and Spotify.



January 2024: Congratulations to Win-E-Mac Blue knowledge bowl team consisting of team members: (l-r) Ella Strom, Alyssa Morberg, Jaime Stuhr, Wyatt Davis and Oscar Moldestad for their top-six finish at our first meet of the season. The team now qualifies to compete in the first round of the post-season tournament.



February 2024: The 2023 - 2024 eSports team at Win-E-Mac includes: (row1, l-r) Liam Schow, Vasily Kutsev; (row 2) Stella Davis, Ben Tollefson, Andrew Austin; (row 3) Lillian Shimpa, Ayden Smith, C.J. Brown, Jareth Walk; (row 4) Axel Fuglseth, J.P. Parades, Logan Abrahamson, Bryst English; (Row 5) Owen Fuglseth, Tayyib Tameem, Johnathan Haverkamp, and Samuel Lundy. Head Coach is Andrew Hanson and assistant coach is Dovlyn Moody. Not pictured from the team are Teddy Moritz, Wyatt Davis, Kalin Erofeeff, and Kolton Schow.



March 2024: Congratulations to the Win-E-Mac art students who attended the Region 8 Art Festival in Fosston held on Wednesday, March 27th. Pictured: James Moritz, Klaudia Kutsev, Bergan Howard, Alyssa Morberg, Josie Johnson, Lauren Kaupang, Shelby Long, Jamie Stuhr, and Emma Strom. They did a fabulous job. Together they received 3 Excellent Certificates, 13 Superior Awards and 3 Spotlight on the Arts awards (best in category). Spotlight recipients are Emily Strom (drawing), Klaudia Kutsev (ceramics) and Lauren Kaupang (printmaking). These students can advance to the state art show.

HOLIDAY OPEN HOUSE



Stopping for a treat and some visiting with friends and neighbors, Doug and Helen Johnson were some of the many guests at the Annual First National Bank Open House that was held in McIntosh on Friday, December 13th during the banks regular hours.



Betty Tangen, Clellie Kiecker, Bonita Shaver, Mic Evenson, Bud Kiecker, and Jim Wertish all had a visit and some tasty treats at the First National Bank of McIntosh Holiday Open House held on Friday December 13th.



Pam Aanenson with Carol and Clayton Bartz.



Four generations of Hagens: Judy Hagen with one of her daughters, Beth Pries, granddaughter Madisen and husband Cody Osland, and great grandchildren Avery and Greyson.



Kim Ferden with aunt and uncle, Ron and Elaine Roed.



Lance Erickson, Danny Peterson and Mark Lee enjoy a snack and a visit.



Former First National Bank employees gathered again to enjoy the festivities: Paulette Kringle, Nikki Grande and Sherri Breckel.



Boyd Oppegaard, Julie Oppegaard, Karen Plante and Teresa Syverson enjoyed snacks and shared some Christmas joy during the Open House on Friday, December 13th at the First National Bank in McIntosh.

