

\$1.00

McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota

McIntosh Fire & Rescue celebrates 125 years of community service



Members of the McIntosh Fire & Rescue Squad celebrated during the 125th Annual Fireman's Ball at The Club Bar & Grill on Saturday, April 11th.



Nick Schmidt was the winner of the 17 HMR Rifle at the 125th McIntosh Firemen's Ball on Saturday, April 11th.



Happy to see the Easter Bunny, Connie Strom greeted him with a great hug during the 1st Annual Easter Egg Hunt hosted by the McIntosh Community Club on Saturday, April 4th at Erickson Park.

WEM students finish Spirit Challenge 6th in Nation

The second semester 9th grade Physical Education class at Win-E-Mac School recently participated in the IHT (Interactive Health Technologies / Adidas Spirit Challenge). The Challenge was a result of proposed federal legislation to include physical education as a core subject for the first time in history. So, IHT, adidas, SHAPE America, HealthCorps and the American Heart Association together challenged students and schools nationwide for recognition and prizes. For a 30 day period the class wore heart rate monitors. The monitors kept track of how many minutes each student maintained a moderate to el-

evated heart rate during their Physical Education class. Over 15,000 students throughout the nation competed. As a class Win-E-Mac finished in 6th place for Usage and 2nd place for overall percentage of time spent in the "Zone". Prizes were awarded to the Top 10 in each gender class. Win-E-Mac placed 7th overall out of the Top 20 in the Nation!! Award winners Award winners of the IHT / Adidas Spirit Challenge were • Instructor Vance Kaupang - 6th place over all as a class - Adidas Jacket and \$100.00 Adidas gift card.

Female winners • 5th place - Mackenzie Tadych - \$50.00 Adidas gift card. • 7th place - Varvara Kutsev - \$50.00 Adidas gift card. Male winners • 1st place - Landon Shaver - 1st place plaque, IPAD Air, \$500.00 Adidas gift card and \$100.00 iTunes gift card. • 5th place - Jordin Gunderson - \$50.00 Adidas gif card. • 8th place - Blake Glass - \$50.00 Adidas gift card. • 9th place - Connor Drewry - \$50.00 Adidas Gift Card • 10th place - Joseph Parenteau - \$50.00 gift card. Congratulations to everyone!



Awards winners of the IHT / Adidas Spirit Challenge from Win-E-Mac included (back, l-r) Instructor Vance Kaupang, Mackenzie Tadych, Varvara Kutsev, Jordin Gunderson and Connor Drewry. (front, l-r) Joseph Parenteau, Landon Shaver and Blake Glass.

Community Calendar

Wed. April 22: 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. April 23: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo @ The Club Bar & Grill 6:30 pm Fri. April 24: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm Sat. April 25: Swing into Spring Pancake Breakfast & Silent Auction 7:00am to 10:00am @ McIntosh Community Center; Community Club 5k Walk/Run @ Erickson Park 9:00am registration Mon. April 27: 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. April 28: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Serenity Seekers Al-Anon 7:00pm @ Kingo Church Library, Fosston Wed. April 19: 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. April 30: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo @ The Club Bar & Grill 6:30 pm Fri. May 1: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm Mon. May 2: 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. May 3: City of McIntosh office closed; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Serenity Seekers Al-Anon 7:00pm @ Kingo Church Library, Fosston

Don't forget Swing into Spring this Saturday

McIntosh Heritage and Arts Center will host its Annual Fundraiser, Swing into Spring on Saturday, April 25, 2015. Along with the McIntosh Community Club holding a 5k Walk/Run on the same morning. From 7:00 am to 10:00 am at the McIntosh Community Center there will be a free-will pancake and sausage breakfast hosted by MHAC. After eating, take a look at the Silent Auction items that will be available to bid on until 10:00am as well. Volunteers are needed and if you are interested, please come to the Community Center the morning of the 25th or call Judi Lindseth at 563-2205. All proceeds from this event will go to the general fund for operating expenses for McIntosh Heritage and Arts Center. The McIntosh Community Club will also host a 5k Walk/Run on Saturday, April 25, 2015. Registration will start at 8:00am and the 5K begins at 9:00am at Erickson Park on the east side of town. Register on the day of the walk/run. See you there!



MHAC revises plans for Mac School

The board of the McIntosh Heritage and Arts Center met Tuesday April 14 and decided to move forward with revised plans on roofing the school building. The board also decided to move ahead with plans to open a thrift shop as an income generator for the organization.

The board reviewed estimates for materials for a steel roof for the old McIntosh school building. Last year an attempt was made to stay the leaks with a hurricane tarp lain over the existing roof, however this has not proven reliable and the leaking continues.

As the roof slopes to the east a steel roof is an option that is economical and would be a longer term solution. The material cost is estimated to be \$20,000 for the roof or \$10,000 for each half as the roof is divided into north and south sections. DeeDee Narum said that if MHAC can provide material her brothers, who are licensed contractors, would be willing to donate a couple days to work on the school along with as many volunteers as we can get.

The board voted to move money into a dedicated roof fund at the bank to which anyone willing to help can donate money. A "thermometer" will chart the progress toward the goal and be prominently placed near the school.

As a longer term fund generator the board approved moving forward with a thrift store to be temporarily located in the upstairs at the hardware store (now McIntosh Country Store) until portion of the school building is ready for use. The plan is for donated items to be

placed for sale and proceeds to be used for MHAC projects including the school. The thrift store would be staffed by volunteers with open days and hours yet to be determined.

The board accepted the resignation of Dean Henny from the board of directors as he is now working in the oilfields of North Dakota.

Bob Bursheim moved that the board appoint Lee Narum to serve in the vacant position until the October annual meeting when the open seats will be up for election.

The Swing into Spring Pancake Breakfast is fast approaching and plans are being finalized. It's not too late to donate to the Silent Auction - please feel free to contact any of the Board members if you are interested in donating items or would like to volunteer to help with the breakfast.

There was a brief discussion about the quarterly membership meeting that was to be held on the 21st.

The board agreed that we should postpone this meeting until the following Tuesday April 28th at 6pm so that we have the results from the swing into spring to speak about as well as other news to update our members on.

The current board consists of Robin Shimpa, Dianne (DeeDee) Narum, Mae Mero, Bob Bursheim, Donna Carver, Judi Lindseth, and Lee Narum.

The MHAC board meets the second Tuesday of each month at 6:00 in the Bjella building and anyone interested in our projects or the school renovation is welcome to attend.

Pestle & Vessel By Alison Opdahl

I wrote this after hearing accounts of childhoods that I was spared, only by the grace of God. They needed a voice.

Wounded
Why can no one see the little girl in me? Perhaps it is because she is shy and often forgotten. Generally she runs to hide from strangers. Sometimes the stranger is me. Once she skipped gaily, sunshine riding her shoulders, the breeze blowing her streaming hair behind her, tickling her with scents of earth and air. Carefree and boundless was her world. But then fences started sprouting all around the valley of her childhood.

The little girl learned to avoid the pricks of the barbed wire fence and watchful of slivers from rough lumber fences. She learned that, for miles of fence, there was only one gate. More often than not, the gate was rusty. Her arms were too small to wrest it open. Sometimes the gate was padlocked and her small hands could never find the right key. Sometimes the gate disappeared like a desert mirage and she won-

Pestle & Vessel...
Continued on page 4...

City of Winger

The City of Winger is looking for a part-time summer worker for the Winger Memorial Park. If interested, please contact the City Clerk at 10 East Minnesota or call 218-938-4129 by May 11th.

Gosen hosts Darwin Halstad Family

The Gosen Luther League meets on Sunday evening, April 26th, at 7 o'clock.

The Halstad family, Darwin and Bjorg along with their family, will minister through singing and sharing the Word of God. They minister at churches, and on TV and radio, overseas also. The family plays guitar and ukulele. They sing solos, duets and harmonize. Praise the Lord and be blessed!

Refreshments will be served following the program.

Join us for an inspirational evening in honor of our Lord Jesus Christ.

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.



The Darwin Halstad Family will perform at Gosen Church on Sunday, April 26, 2015.

SANDBERG SEMI-ANNUAL RUMMAGE SALE

Saturday, April 25th
8:00am to 1:00pm at
The Erskine Community Center

Mens, Womens, Teens & Childrens clothing; cat stuff, toys, books, dining room light fixture, knick-knacks galore & many misc. items.

Gravel Quotes Wanted

King Township gravel quotes for + or - 1500 yards of Class 5 and Road Gravel.

Send quote to:

Loren Gieseke
26697 360th St. SE
McIntosh, MN 56556

Important Information Regarding Assessment and Classification of Property

King Township
This may affect your 2016 property taxes.

Notice is hereby given that the Board of Appeal and Equalization for King Township shall meet on Monday, April 27th, 2015, 2:00 pm, at the McIntosh Community Center. The purpose of this meeting is to determine whether taxable property in the jurisdiction has been properly valued and classified by the assessor, and to determine whether corrections need to be made.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss concerns. If you are still not satisfied, you may appear before the April 27th local board of appeal and equalization. The board shall review the valuation, classification, or both, and shall correct as needed. Generally, appearance before the local board of review and equalization is required by law before an appeal can be taken to the county board of appeal and equalization.

The town board regular April meeting will commence immediately following the equalization meeting.

*Loren Gieseke, Clerk
King Township*

Sletten Township Assessment Notice

Notice is hereby given that the Board of Appeal and Equalization for Sletten Township shall meet on April 28, 2015, 3:30pm, at the Sletten Town Hall. The purpose of this meeting is to determine whether taxable property in the jurisdiction has been properly valued and classified by the assessor, and to determine whether corrections need to be made.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss concerns. If you are still not satisfied, you may appear before the April 28th local board of appeal and equalization. The board shall review the valuation, classification, or both, and shall correct as needed. Generally, appearance before local board of review and equalization is required by law before an appeal can be taken to the county board of appeal and equalization.

*Terri Kaupang, Clerk
Sletten Township*

Dog & Cat Clinic

SATURDAY, MAY 2, 2015
1:00-3:00 pm

The annual Rabies Clinic, with the Cornerstone Veterinary Service of Gonvick, will be held in McIntosh, Saturday, May 2nd, from 1:00-3:00 pm, at the fire hall for all dogs and cats.

CITY LICENSES WILL BE SOLD AT THAT TIME.			
COST THROUGH JULY 1 st :	Dogs	\$5.00	Cats \$2.00
COST AFTER JULY 1 st :	Dogs	\$10.00	Cats \$4.00

Legal Notice

NOTICE OF MORTGAGE FORECLOSURE SALE

THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

NOTICE IS HEREBY GIVEN, that default has occurred in conditions of the following described mortgage:

DATE OF MORTGAGE: October 11, 2001

MORTGAGOR: Curtis W. Johnson and Krista M. Johnson, husband and wife.

MORTGAGEE: Advanced Family Mortgage.

DATE AND PLACE OF RECORDING: Recorded October 17, 2001 Polk County Recorder, Document No. 587536.

ASSIGNMENTS OF MORTGAGE: Assigned to: National City Mortgage Co. dba Accubanc Mortgage. Dated October 11, 2001 Recorded October 17, 2001, as Document No. 587537. And thereafter assigned to: PNC Bank, National Association. Dated February 19, 2015 Recorded March 4, 2015, as Document No. A000694906.

TRANSACTION AGENT: NONE

TRANSACTION AGENT'S MORTGAGE IDENTIFICATION NUMBER ON MORTGAGE: NONE

LENDER OR BROKER AND MORTGAGE ORIGINATOR STATED ON MORTGAGE: Advanced Family Mortgage

RESIDENTIAL MORTGAGE SERVICER: PNC Bank, National Association

MORTGAGED PROPERTY ADDRESS: 625 Jensen Avenue Southwest, McIntosh, MN 56556

TAX PARCEL I.D. #: 90.00297.00

LEGAL DESCRIPTION OF PROPERTY:

Lots 3 and 4, in Block 1, of King's Addition to the city of McIntosh

COUNTY IN WHICH PROPERTY IS LOCATED: Polk

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$50,400.00

AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE, INCLUDING TAXES, IF ANY, PAID BY MORTGAGEE: \$42,157.23

That prior to the commencement of this mortgage foreclosure proceeding Mortgagee/Assignee of Mortgagee complied with all notice requirements as required by statute; That no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage, or any part thereof.

PURSUANT to the power of sale contained in said mortgage, the above described property will be sold by the Sheriff of said county as follows:

DATE AND TIME OF SALE: June 4, 2015 at 10:00 AM

PLACE OF SALE: Sheriff's Office, Law Enforcement Center, 600 Bruce Street, Crookston, MN

to pay the debt then secured by said Mortgage, and taxes, if any, on said premises, and the costs and disbursements, including attorneys' fees allowed by law subject to redemption within six (6) months from the date of said sale by the mortgagor(s), their personal representatives or assigns unless reduced to Five (5) weeks under MN Stat. §580.07.

TIME AND DATE TO VACATE PROPERTY: If the real estate is an owner-occupied, single-family dwelling, unless otherwise provided by law, the date on or before which the mortgagor(s) must vacate the property if the mortgage is not reinstated under section 580.30 or the property is not redeemed under section 580.23 is 11:59 p.m. on December 4, 2015 unless that date falls on a weekend or legal holiday, in which case it is the next weekday, and unless the redemption period is reduced to 5 weeks under MN Stat. Secs. 580.07 or 582.032.

MORTGAGOR(S) RELEASED FROM FINANCIAL OBLIGATION ON MORTGAGE: None

"THE TIME ALLOWED BY LAW FOR REDEMPTION BY THE MORTGAGOR, THE MORTGAGOR'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES, SECTION 582.032, DETERMINING, AMONG OTHER THINGS, THAT THE MORTGAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN FIVE UNITS, ARE NOT PROPERTY USED IN AGRICULTURAL PRODUCTION, AND ARE ABANDONED."

Dated: April 1, 2015

PNC Bank, National Association Mortgagee/Assignee of Mortgagee

USSET, WEINGARDEN AND LIEBO, P.L.L.P.

Attorneys for Mortgagee/Assignee of Mortgagee

4500 Park Glen Road #300 Minneapolis, MN 55416 (952) 925-6888

4 - 14-008267 FC

THIS IS A COMMUNICATION FROM A DEBT COLLECTOR.

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

Church News

ST. MARY'S CHURCH Fosston
Rev. Manny Sundaram, Pastor
Wed. April 22: 7:00pm Holy Mass at St. Mary's Fosston
Fri. April 24: 8:45am Holy Mass at St. Mary's, Fosston
Sun. April 26: 8:15am Confession; 8:45am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley
Mon. April 29: 11:30am Holy Mass at St. Mary's, Fosston

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

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou
Interim Pastor Melody Kirkpatrick
Sun. April 26: Calvary worship 10:00am; Immanuel worship 8:30am
Sun. May 3: Calvary worship 10:00am; Immanuel worship 8:30am

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh
Interim Pastor Melody Kirkpatrick
Sun. April 26: 10:00am Sunday School (last day); 11:15am Worship; 12:15pm Sunday School and Congregational Picnic following Worship

GOSEN LUTHERAN CHURCH Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Wed. April 22: 1:30pm Bible Study at The Country Place
Sat. April 25: 8:00pm Prayer Meeting
Sun. April 26: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service; 7:00pm Luther League (see article elsewhere in the paper)
Tues. April 28: 10:00am: Sunday worship service telecast on GV Cable TV - Channel 2
Wed. April 29: 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.

IMMANUEL LUTHERAN CHURCH McIntosh
Rev. Mark Peske, Pastor
Sat. April 25: 9:00am LWML Spring Rally, St. John's Lutheran, Thief River Falls
Sun. April 26: 9:30am Worship Service; 11:00am Sunday School & Confirmation
Service Broadcast, TV Channel 12 Wednesdays at 10am - Holy Communion 1st and 3rd Sundays

DOVRE FREE LUTHERAN Pastor Don Edlund
Wed. April 22: 7:00pm Bible Study
Sun. April 26: 9:15am Sunday School; 10:30am Worship Service
Wed. April 29: 7:00pm Bible Study
Sun. May 3: 9:15am Sunday School; 10:30am Worship Service

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

McINTOSH Times

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"Serving the Win-E-Mac area"

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VERNES LUTHERAN CHURCH (LCMC) McIntosh
Pastor Paul Magelson
Sun. April 26: 8am Worship
Sun. May 3: 8am Worship

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson Trinity:
Sun. April 26: 9:30am Worship Service; 10:45am Sunday School
Sun. May 3: 9:30am Worship Service; 10:45am Sunday School
Mt. Carmel:
Sun. April 26: 9:45am Sunday School; 11:00am Worship Service.
Sun. May 3: 9:45am Sunday School; 11:00am Worship Service.

Letter to the Editor

Dear Editor:

Now that spring is here (it is here, right?), the local farms that raise chickens will be producing an abundance of beautiful fresh eggs. It's easy to overlook something as common as an egg, but I'd like to point out how lucky we are to have so many local farms in our area where we can get those great tasting eggs with the hard shells and dark yellow yolks. If you're a baker, you know how much of a difference it makes to use eggs from a chicken that's been allowed to run around in the grass. Those pale, thin-shelled factory farm eggs are a sad substitute and I don't want to think about the chickens packed into cages that produced them.

If you're looking for a place to buy eggs, there are many farms and farmers markets nearby that sell them. (I'd be happy to give you a list.) And when you think about all the things you can do with eggs, they really are a great deal. How many people can you feed for \$3 using any other food? Some farmers will even deliver them on a weekly basis or bring them to a central drop off location. Do yourself a favor and find some eggs from a local farmer. You will be glad you did!

Quinn Olson
Fosston

Protect and Serve Your Community!

B-B Cafe Menu

Wed. April 22: Roast Beef Hero, Mac Salad or Soup, and Dessert

Thurs. April 23: Pork Roast, Mashed Potatoes & Gravy, Corn, Roll, and Dessert

Fri. April 24: Burger, Cup of Chili, and Dessert
Mon. April 27: Taco Salad, Garlic Toast, and Dessert

Tues. April 28: Baked Chicken, Mashed Potatoes & Gravy, Mixed Vegetables, Roll, and Dessert

Wed. April 29: Rueben Sandwich with Soup or Fries, and Dessert

Thurs. April 30: Roast Beef, Mashed Potatoes & Gravy, Corn, Roll, and Dessert

Community Birthday and Anniversary Calendar

Wed. April 22: James Lee, Will Tofstad
Thurs. April 23: Bruce Murphy, Jennie Shaver

Fri. April 24: Alex Ugalde, Wayne Strom, *Ben & Kristi Tofstad

Sat. April 25: Chris Wirth

Sun. April 26: Karen Krossen, *Kenneth & Harriet Rolf

Mon. April 27: *Steve & Devra Carlson

Tues. April 28: Amber Olson, Teresa Syverson, Tanner Hewitt, *Marvin & Barbara Rolf

BUSINESS & PROFESSIONAL GUIDE

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Richards Publishing Co.

M3-28C

Winger News

by Linda Pulskamp

Greetings again from Winger and the Union Lake areas, with another week behind us we are already past the half-way mark in April, and that means proms, spring concerts and then graduations will be upon us shortly. Time marches on. With the warmer temps and the atrocious winds we have been having the area lakes all open and it is fun to watch the ducks, geese and swans as they settle into the waters.

Not only are the waterfowl happy but I have been watching the robins busy listening for and pulling worms out of the ground, except a couple days when it was cold and snowy I am sure they wondered what they were doing back here.

Farmers are hustling to get the crops into the ground, but it is so dry and dusty. A couple days this week the dirt was blowing and the visibility was as bad as if it were a winter blizzard. There was also a sprinkle of rain this morning but it hardly settled the dust.

The gardners are getting anxious to plant their gardens too as I have seen several that have been tilled, won't be long until they are planted too.

Judy Gieseke was a visitor at the Fern and Milton Carlson home on Thursday the 9th.

Last weekend Boyd and Sylvia Bratager met Brian and Marilyn Bratager in Alexandria where they spent the week end together.

Paul Carlson stopped in at the Fern and Milton Carlson home last Friday on his way to work.

Donnie Johnson of Maple Lake and Nola Abele of Foss-ton were last Saturday visitors at the Pulskamp home. Dean Johnson and Kelly Johnson were also weekend visitors at the Pulskamp home.

Martha Henney is so very thankful for the many cards and well wishes she received for Easter. She also had a very pleasant visit by phone with her cousin Audrey Ellingson.

Sheldon and Rita Trandem were visitors with Helmer and Verlys Homme at the Pioneer Home last Friday and again on Sunday.

Paul and Donna Carlson were visitors Sunday the 12th with Fern and Milton Carlson at the Carlson home.

Lucy Brtek visited this past week at the Elim Troyer hom.. She stated that the family is busy and the children are growing so fast. She also mentioned that little Sammy is doing ok. Marie Troyer has their greenhouse full of flowers and vegetables that will soon be ready to be transplanted outside.

Judy Gieseke was a Monday visitor with Fern and Milton Carlson at the Carlson home.

Until next week may you all have a good one.

From the manor:

Monday afternoon Lori Lucken and her children, Nevaeh, Niles and Noah stopped by the manor for a short visit. She is selling shirts in memory of Nash. The shirts are for awareness to donate blood.

Tuesday afternoon Bun headed over to Fertile to have lunch with Shelly Broden and her daughter Ashley before heading to the dreaded tax lady. He forgot there was Ladies Aid in Winger that day and so did two ladies who were supposed to serve lunch. Any-one interested having lunch, remember it is always held on the 2nd Tuesday of the month.

Wednesday, the ice on Union Lake went off during the night. Bun and his buddy Bert were having lunch at the Depot when three hot gals, Lois Ostena, Joyce Balstad and Judy Hagen from McIntosh walked in. They had been at Moran's for lunch and stopped by the place to check out the wine specials.

Saturday afternoon Bun met Steve, Ole and Dale in Erskine. They delivered the grill to the community center for the pancake benefit on Sunday.

They stopped at the local establishment and visited some of the regulars. When it came time to leave, Bun's automatic side doors on his van wouldn't open and the engine wouldn't start. After frogging around for awhile they tried taking the key out and putting it back in the ignition. The van started. If something goes funky. You know it is likely that it will happen to Bun.

Wit & Wisdom

The mailman was making a delivery to Ole's house and noticed a penguin walking around the side yard. After asking Ole where it came from and finding out that it just showed up a couple of days before, he told Ole that penguins don't normally walk around Minnesota and maybe Ole should take him to the zoo. Ole agreed with him and said he would do it that afternoon.

The next day while driving by Ole's, the mailman noticed the penguin was still there. He stopped and said to Ole, "I thought you said you were going to take the penguin to the zoo yesterday?"

Ole replies, "I did, and we had so much fun that dis afternoon we are going to a Twins game!"

USDA reminds farmers to certify conservation compliance

Producers May Need to Take Action to Remain Eligible for Crop Insurance Premium Support

The U.S. Department of Agriculture (USDA) reminds farmers that the 2014 Farm Bill requires producers to file a Highly Erodible Land Conservation and Wetland Conservation Certification form (AD-1026) with their local USDA service center by June 1, 2015, in order to become or remain eligible for crop insurance premium support.

Most farmers already have a certification form on file since it's required for participation in most USDA programs such as marketing assistance loans, farm storage facility loans and disaster assistance.

However farmers, such as specialty crop growers who receive federal crop insurance premium support, but may not participate in other USDA programs, also must now file a certification form to maintain their crop insurance premium support.

"USDA employees are working very hard to get the word out about this new Farm Bill provision," said Agriculture Secretary Tom Vilsack. "While many producers will not need to take action, we want to help make sure that those who are required to act do so by the June 1 deadline. We want all eligible producers to be able to maintain their ability to protect their operations with affordable insurance."

Producers should visit their local USDA service center and talk with their crop insurance agent before the June 1, 2015, deadline to ask questions, get additional information or learn more about conservation compliance procedures. Producers that file their form by the deadline will be eligible for federal crop insurance premium support during the 2016 reinsurance year, which begins July 1, 2015. USDA will publish a rule outlining the linkage of conservation compliance with federal crop insurance premium support. Go to <http://go.usa.gov/3Wy5J> to view a copy of the rule.

The Highly Erodible Land Conservation and Wetland Conservation Certification form is available at local USDA service centers or online at www.fsa.usda.gov/AD-1026form. When a farmer completes this form, USDA Farm Service Agency and Natural Resources Conservation Service staff will outline any additional actions that may be required for compliance with highly erodible land and wetland provisions. USDA's Risk Management Agency, through the Federal Crop Insurance Corporation, manages the federal crop insurance program that provides the modern farm safety net for America's farmers and ranchers.

Recipe Corner

Celebrate National Pretzel Day this Saturday with this fun dessert. You can substitute strawberry Jell-O and frozen strawberries for the raspberries if you prefer. Either way it will be a sure crowd pleaser.

Raspberry Pretzel Jello Salad
6 oz package Raspberry Jell-O
2 cups boiling water
2 cups pretzels
¼ cup sugar
1 stick butter
1 (8oz) package cream cheese - softened
1 (8oz) package Cool Whip - thawed
1 cup sugar
1 bag frozen raspberries - thawed in refrigerator
Pre-heat oven to 350°F.
Combine 6 Oz packet of Jell-O with 2 cups of boiling water and set aside to cool to room temperature.
Crush 2 cups of pretzels in a ziploc bag, using a rolling pin.
Melt 1 stick of butter

than add ¼ cup sugar in saucepan. Add pretzels and mix together.

Lightly press pretzel mix into a 13x9 -inch pyrex dish and bake for 10 minutes at 350°F, then cool to room temperature.

While pretzel mix is cooling down, beat 8 oz of cream cheese and 1 cup sugar on medium/low speed until well-combined.

Next, stir in Cool Whip using a spatula and mix until well combined.

Spread mixture over cooled pretzels and go all the way to the edges of the dish to create a seal. You don't want the jello to leak into the pretzels. Refrigerate 30 minutes.

Place raspberries evenly on top of the cream filling..

Pour Jell-O over raspberries and refrigerate until jello is set.



Regional Ag News

Jim Stordahl,
Extension Educator

Options for Winterkilled Alfalfa

After a mostly open winter, some areas of Minnesota are reporting winter damaged alfalfa stands, leaving farmers wondering about their forage options.

Interseeding back with alfalfa is risky due to a variety of factors, but mostly the risk of auto-toxicity. The level of auto-toxicity is greater in older stands (3+ years) than in younger stands. While interseeding has been successful on rare occasions, it is generally not a practice we recommend.

According to Dan Under-sander, University of Wisconsin Forage Agronomist, a small grain-field pea mixture may be the best choice for those needing forage in early/mid summer.

The primary benefit of peas mixed with small grains is to improve quality; yield effects are variable ranging from 0 to 0.5 t/a. increase. Peas may be mixed with oats, triticale, or barley. Barley tends to be ready to harvest earlier than the other two species.

There does not appear to be a best species - the top yielding varieties of each species perform better than the poorer yielding varieties of all other small grain species. Small grain-pea mixtures have a wider harvest window. The recommended seeding rate for optimum yield and quality are for 10-15 oat seeds/ft2 (60 lb/a) and 4 pea seeds/ft2 (50 lb/a) of Trapper peas. Size of pea seed varies greatly among varieties and poundage rate should be

increased as pea size increases to keep the same seeding rate (4 seeds/sq ft).

Whether the small grain is planted alone or mixed with peas, the forage should be harvested based on the maturity stage of the small grain. These mixtures should be harvested at the late boot (few heads showing) for lactating dairy cows and soft dough stage for heifers and beef cattle.

Italian Ryegrass may be another option to thicken an existing stand. However, this may work best if you have access to a no-till drill. The downside of IRG is that it's difficult to harvest as dry hay; it is best harvested by a grazing animal, baleage or haylage. If planted into moisture, it should be ready to harvest about 50 to 60 days after seeding. With adequate moisture, you should be able to harvest two to three crops before winter. IRG will stay green long into the fall and can be grazed as stockpiled forage.

Corn silage is another good choice because of high yield, good quality, and familiarity. Two other choices are sorghum-sudangrass hybrids (for hay or silage) and sudangrass (for hay or grazing). These crops do well in drought. They need high temperatures to produced good yield and will yield little in cool years.

The sorghum-sudangrasses and sudangrasses should be seeded at 20 to 30 lbs/acre. They can be cut whenever they reach about 30 inches height for high quality or 36 inches height for heifers and beef

cattle. Plants should be cut at 6 inch height if expecting regrowth. Foxtail or pearl millets are another choice provided that seed is available.

Forage sorghums are normally drilled at 12 to 15 lbs/a into 20 to 30 inches rows and harvested as corn silage would be.

When planted late, forage sorghums will likely need to be killed by frost to dry sufficiently for ensiling. Do not harvest within 1 week of a killing frost to reduce potential for prussic acid poisoning. Forage sorghums may not be the best

choice if the year is average to cool in temperature. Turnips can be planted anytime during the season and harvested about 45 days later by grazing. This forage is generally not harvested for hay or silage due to the low yield. After 1 or 2 grazings, the turnips can be dug (with a disc) and they can be grazed. Turnips are high in copper and may be detrimental to sheep.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Source: University of Wisconsin.

Crop	Maturity Date	Yield (t/a)	Crude Protein (%)	RFV
Forage needed in early July				
Oats & peas	late June	2.5-3.0	16-20	120-135
Spring triticale & peas	mid-July	2.5-3.0	16-20	120-135
Barley & peas	mid-June	2.5-3.0	16-20	120-135
Oats	late June	2.5-3.0	13-16	100-120
Spring triticale	mid-July	2.5-3.0	13-16	100-120
Barley	mid-June	2.5-3.0	13-16	100-120
Total-season forage				
Alfalfa w/ cover crop	late June	4.0-6.0	16-22	120-150
Corn silage	mid-Sept.	5.0-8.0	9.0-10.0	95-105



40 years ago...1975: Randi Schleicher and Debbie Heideman, Mac-Winger Seniors, received an A rating on their vocal duet, "Oh, Lord Most Holy", by Caesar Franc, at the Clearbrook District Music Contest last week. Also receiving an A rating was the Boys' Quartette, with Joel Rolf, Todd Tranby, Danny Zahl and Tim Reitmier, singing "Laura Lea".



30 years ago...1985: Alfred Voxland translating Norwegian for Roy Quam when Trinity Church celebrated cornerstone opening. The box contained an old McIntosh Times dated June 23, 1912, some old Norwegian papers, and other church publications. There was also a Lutheran Hymnal a New Testament and a catechism. The McIntosh Times contained an article on the 75th celebration and other mementoes from the celebration. The box was last opened 25 years ago.



20 years ago...1995: Dressed in coon skin caps and packing muskets, these young woodsmen brought back memories for their older members of the audience with a rendition of Davy Crockett. Pictured are Danny Olson, Dustin Carlson, Daniel Omang. The group was part of the Winger Variety Show on Saturday, April 22.



10 years ago...2005: A feature of the afternoon Volunteer Recognition program hosted by Mac Manor on April 21st was the Bell Choir. Seven of the residents of the facility played the bells offering music from the pop tune, "How Much is that Doggy in the Window" to the calming, "Peace Like a River" melody.

Random Things and Stuff



Teens & Sleep

By: Emily L. Ferden

Most of us have heard about sleeping at least 8 hours a night to be considered a healthy amount of sleep right? Well, did you know today's teens are at an all-time high of sleep deprivation? This has to do with the many different technology devices teens are using and the amount of usage at night right before they are going to go to bed. Being exposed to the brightness of TV screens, computer screens, or phone screens has the same effects on the brain as the sun does; lowering your melatonin levels which promote sleep. It is recommended that you shut off your bright devices at least ½ an hour before falling asleep to give your brain time to produce more melatonin.

Sleep is what fuels your brain, and lack of sleep can cause detrimental consequences. With a lack of sleep you can look bad, have mood swings, and perform poorly in school. Behind the wheel, a lack of sleep can be deadly! Drowsiness and falling asleep behind the wheel cause more than 100,000 car crashes every year! With the lack of sleep, you are more likely to have an accident, injury, or illness.

Here are some facts, consequences, and solutions taken from the sleepfoundation.org:

FACTS:

- Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.

- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm.

- Teens need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep -- one study found that only 15% reported sleeping 8 1/2 hours on school nights.

- Teens tend to have irregular sleep patterns across the week -- they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.

- Many teens suffer from treatable sleep disorders, such as narcolepsy, insomnia, restless legs syndrome or sleep apnea.

CONSEQUENCES:

Not getting enough sleep or having sleep difficulties can:

- Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your home-



Northern Rebels compete in Melrose and take first in the silver

Pictured front row: Alayna Espeseth, Olivia Simonson, Jessica Simonson and Kail Olson back row: Tyra Wilson, Indiana Nornes, Kelsey Knutson, Sydney Tadman, Lauren Strom, Kylie Stuhau, Maci Hamre and Breanna Carroll. Thank you coaches Randy Knutson, Shelby Kaster and Courtney Nordby

work or a date with a special person in your life;

- Make you more prone to pimples. Lack of sleep can contribute to acne and other skin problems;

- Lead to aggressive or inappropriate behavior such as yelling at your friends or being impatient with your teachers or family members;

- Cause you to eat too much or eat unhealthy foods like sweets and fried foods that lead to weight gain;

- Heighten the effects of alcohol and possibly increase use of caffeine and nicotine; and

- Contribute to illness, not using equipment safely or driving drowsy.

SOLUTIONS:

- Make sleep a priority. Review Teen Time in this toolkit and keep a sleep diary. Decide what you need to change to get enough sleep to stay healthy, happy, and smart!

- Naps can help pick you up and make you work more efficiently, if you plan them right. Naps that are too long or too close to bedtime can interfere with your regular sleep.

- Make your room a sleep haven. Keep it cool, quiet and dark. If you need to, get eye-shades or blackout curtains. Let in bright light in the morning to signal your body to wake up.

- No pills, vitamins or drinks can replace good sleep. Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda/pop and chocolate late in the day so you can get to sleep at night. Nico-

tine and alcohol will also interfere with your sleep.

- When you are sleep deprived, you are as impaired as driving with a blood alcohol content of .08%, which is illegal for drivers in many states. Drowsy driving causes over 100,000 crashes each year. Recognize sleep deprivation and call someone else for a ride. Only sleep can save you!

- Establish a bed and wake-time and stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine.

- Don't eat, drink, or exercise within a few hours of your bedtime. Don't leave your homework for the last minute. Try to avoid the TV, computer and telephone in the hour before you go to bed. Stick to quiet, calm activities, and you'll fall asleep

It is often difficult as you progress through high school and college to get a good amount of sleep each night. Being a full-time college student and having a full-time job where I work a lot of nights or overnights does take its toll on my body. Learning to go to bed early when I can, and napping before night shifts is the best I can do at the moment. Life does happen, and sleep is sometimes the thing we put on the back burner. But in the end, sleep is what we need to survive, and it is just as important to our bodies as eating and drinking. Take care of yourselves, and work to get enough sleep!

Pestle & Vessel...

Continued from page 2

dered if it had ever really been there.

For whatever reason, through whichever season, her trust was broken. The pieces of her heart where shattered, trod upon. She learned to build her own fences. Her fences became walls so she could survive. Windows looked out on the valley of her childhood, but as childhood receded it moved out of focus. Not even she could call it back. Sometimes she didn't want to for it had not been idyllic.

Why did the sweetness

of your breath speak only of the drink you could not leave alone? Why did your touch not only bruise my skin but scar my soul? Why did your words bombard me like body blows? Why did your expectations crush me? Why couldn't you listen to me without understanding me? Why couldn't you protect me instead of betraying me?

No matter the childhood, it is mourned for its fleeting moments or its stolen innocence. Now that I'm old enough to see, why can't my little girl find me? The wounds have healed but the scars still pull at me, twisting my reason. Saying I am at fault. Blaming, shaming and damning me.

My arms are stronger now. My hands are clever now. My will is formed now. I will shape a gate in my wall. I will put a drawbridge down into the valley of my childhood. I will throw myself out of the gate with abandon and swing that little girl up into my arms with acceptance and joy. Her valley can be as big as the world for her loving Father has never trampled her heart.

Only He, who gave up His only Son, can comprehend the ache of not being understood. For who can fathom His mercy? Only He can protect her from the evil without and the evil within. Only He can see the marks on her soul and make it whole. Only He can speak the words of grace which save her. Only He can breathe the sweet breath of life into her.

What does He ask in return? A small thing, an offering: the heart of a wounded little girl.



Alyssa Morberg (l) worked hard at keeping track of her sheep in the WEM rendition of "Sleeping Beauty". Here she is with Lauren Longyear of Prairie Fire Theater Company and Jayden Gensburger (r).



(l-r) Tommy Revier and Neveah Simpson were part of the "movie crew" as cast members during the WEM/Prairie Fire Theater production of "Sleeping Beauty" on Friday, April 10th at Win-E-Mac School.



The "production staff" in the play "Sleeping Beauty" included (l-r) Nadelly Neubert, Erich Gensburger, and Bret Duchamp as Chauncy, Chancy and Chintzy on Friday, April 10th.



In this rendition of "Sleeping Beauty", Grace Kaupang (l) was receiving a lesson in counting sheep. The sheep were played by, Danielle Winter, Ruby Breckel, Presley Haugen, Luella Strom and Livaeh Kiecker.

Natural ways to beat seasonal allergies

The arrival of warmer weather changes the landscape completely. Animals come out of hiding and hibernation while trees and flowers bloom anew. The spring season can be an exciting time for naturalists and lovers of the great outdoors because they can immerse themselves in the sights, sounds and smells of nature. But for many people, spring also marks the start of allergy season and spending time outdoors can become downright uncomfortable for them.

The American College of Allergy, Asthma & Immunology says nasal allergies affect approximately 50 million people in the United States. Allergic diseases, including asthma, are the fifth most prevalent chronic diseases among people of all ages and the third most common in children. Allergic rhinitis, or hay fever, can occur in spring, summer and/or early fall. People who experience hay fever often can attribute their symptoms to sensitivity to pollens from trees, grasses, weeds, or airborne mold spores.

No two allergy sufferers are alike, so medications that may work for one person may be only mildly effective for another. Many medications can cause side effects, which may be just as frustrating as the initial allergy symptoms. Treatments may target sneezing and itching but fail to clear up congestion. Drowsiness, dry mouth and nasal irritation may be side effects of common

allergy drugs.

People who want to avoid allergy medication can look to natural remedies to alleviate their symptoms. Whether used alone or in concert with traditional medicine, these remedies may make spending time outdoors more pleasant.

Try probiotics. Probiotics, those friendly bacteria that reside in the digestive system, can do more than just treat an upset stomach. Naturopathic doctors say that probiotics also can influence the immune system and may help strengthen its response to common allergens. Since probiotics are good for replenishing healthy bacteria in the body anyway, many people may want to keep taking them once their allergy symptoms have come and gone.

Use neti pots or saline sprays. A small amount of saltwater can rinse away allergens, such as pollen, that get lodged in the nose. These rinses also can help clear up congestion and flush out any other irritants.

Load up on omega-3s. A German study published in the journal Allergy found that participants who ate foods rich in omega-3 fatty acids were less likely to suffer allergy symptoms than those who didn't regularly eat these foods. Omega-3s can help fight inflammation. Drinking more fluids and using spices in cooking can help flush out allergens as well.

Don't forget vitamin C. Vitamin C is an immune-system booster and may help prevent the formation of histamine in the body, a substance responsible for many allergy symptoms.

WEM School Announcements

Lace 'Em Up Basketball Camp – June 1-5, 2015. Camp is open to any boys or girls who are currently in grades K-11. Camp is set up to run from 8:00-11:30 for grades 6-11 each morning, and from 12:00-3:30 p.m. for grades K-5. Cost of camp is \$60. Forms are available in the office

ALL Labels Contest

Starting April 6th AND Ending May 1st

Clip your UPC codes from all Labels for Education, Sunny D and Our Family Products. For box tops, clip the Box Tops for Education symbol. Please check for expired box tops as they will not count. Put ALL LABELS in one baggie and drop them off in your classroom box.

The class with the most labels on May 1st will win a root beer float party!!

Short-Call Sub's Needed in NW MN

Do you have a four year college degree and interested in being a substitute teacher?

The Northern Coalition Education Center is offering a two day training for a Two Year Limited, Short-Call Substitute Teachers License on Tuesday-Wednesday, July 22 & 23, 2015, at the NW Service Cooperative in Thief River Falls.

For more information, please contact: Bev Thompson, NCEC Coordinator, NW Service Cooperative, 114 First Street West, Thief River Falls, MN 56701 - 218-681-0900 x 110