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McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota

Congratulations to the Win-E-Mac Class of 2015!



Celebrating their graduation last Saturday, May 23, 2015 is the Win-E-Mac Class of 2015: Kira Basargin, Derek Bekkedahl, Samantha Burcham, David Conley, Anya Eyman, Tabitha Fritsch, William Green, Sophie Gustafson, Krystal Haugen, Karenmarie Hixon, Megan Kangas, Travis Kaster, Jake Knutson, Jakson Knutson, Amanda Lende, Kaysee Mandt, Kory Peterson, Hunter Plante, Zachary Plante, Brittany Rolf, Hannah Rolf, Marea Schommer, Seth Senn, Adam Shaver, Logan Simonson, Chloe Smeby, Gregory Snegirev, Kara Sonsteli, Magdaline Spry, Madison Stuhau, Chase Svalen, Austin Tadman, Matt Thompson, Zachary Tradewell, Hanna Wiersma, and Jenna Wiersma.



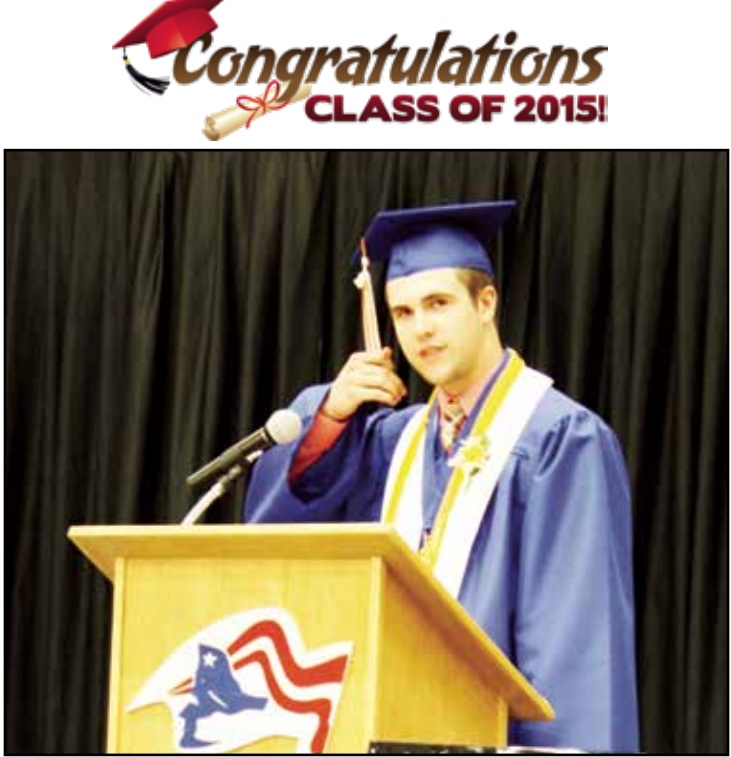
Guest Speaker at the 2015 Win-E-Mac Graduation was Mrs. Jessica Strom, math teacher extraordinaire. This is her third year being asked by the Seniors to be their guest speaker and this year, she brought along some math to show the graduates their upward climb to success! (holding the sign are graduates (l) Matt Thompson and (r) Zach Plante.



Co-Valedictorian Kaysee Mandt addressed her class during the 2015 Win-E-Mac Commencement on Saturday, May 23, 2015.



Receiving his diploma from School Board Chairperson Jim Ferden is Jakson Knutson during Win-E-Mac Graduation on last Saturday.



During the Win-E-Mac Graduation Ceremony last Saturday, May 23, 2015, Co-Valedictorian Austin Tadman spoke to his classmates, family and friends that gathered at the school.



The VFW Ladies Auxiliary #6891 meets monthly at The Club Bar & Grill in McIntosh. The Auxiliary plans and participates in many events around town, including the annual blood drive each January. Members include: front (l-r): Penny Magnell, Arlene Eggers, Ruth Bartz, Mary Goodwin, Garnet Aanenson, Marilyn Graff, Wanda Olson, and Evonne Hartel; back (l-r): Carol Burslie, Betty Tangen, Jane Aakhus, JoAnn Ekeberg, Beth Hagen, Lorraine Tranby and Lorraine Carlson.

Community Calendar

- Wed. May 27: 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. May 28: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm
- Fri. May 29: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. June 1: 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. June 2: 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; McIntosh Community Club Meeting 7pm @ Community Center
- Wed. June 3: 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. June 4: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm
- Fri. June 5: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Erskine's Got Talent 7:00 pm @ Win-E-Mac Gym
- Mon. June 8: 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. June 9: 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

Polk County holds annual hazardous waste collection

Polk County Environmental Services is once again holding its annual Household Hazardous Waste Collection events. The first collection event will be held at the Fertile Fairgrounds on Friday, June 5th from 3-6pm. The second collection will be at the East Shore Beach Area of Maple Lake off County Highway 10 on Saturday, June 6th from 9am-12noon.

Household hazardous products, if not properly used, stored, and disposed of, can pollute the air and water. These collection events, along with year-round collection facilities in Crookston and Fosston, give Polk County residents the opportunity to take part in protecting the environment.

Household hazardous wastes accepted at this event include: cleaning solvents, paints, stains, strippers, automotive products (carburetor cleaners, brake, steering or transmission fluid, etc.), aer-

Polk County... Continued on page 2

MSL Hi-Lites



Clara Albrecht performing a piano duet with her mother Shannon Albrecht at McIntosh Senior Living the afternoon of Tuesday, May 12, 2015.



McIntosh Senior Living's Cheetos Toss Champions Amber Audette and David Kochis



MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer.

Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.

M5,7,9,11,13,15,17,19C

(left) Even McIntosh Senior Living staff member Lorene Tranby got capped up for the Cheetos Toss Tourney on May 14th!



Thank You

I'm very grateful to the Winger Lions Club for all they did for the benefit on my behalf. I sure appreciate the help! Thank you to those who attended and donated. It will help a great deal to defray the medical expenses for my breast cancer treatment.

Sincerely,
Wanda Marshall MSC

Thank You

The City of McIntosh Council thanks Bob and Laurie Bursheim for trimming the trees along the street! Thank you for helping our town looking great!

MSC

Thank You!

The City of McIntosh Council would like to extend a great thank you to all who made Swing Into Spring and 5k a phenomenal success!

MSC

Polk County...

Continued from page 1...

sols, adhesives, pool chemicals, photographic chemicals and hobby chemicals.

Products that are NOT accepted include: business and agricultural wastes, compressed gas, explosives, radioactive materials, tires, fluorescent bulbs or used oil.

Polk County's collection events are part of the Northwest Minnesota Household Hazardous Waste Program in cooperation with Polk County Environmental Services, the Maple Lake Improvement District and the city of Fertile. Polk County Environmental Services accepts household hazardous wastes from Polk County residents year-round. This ongoing collection in Crookston is located at the Polk County Transfer Station and is open M-F from 7-5:30. For more information on household hazardous waste or how to package and transport it, please contact Polk County Environmental Services at 1-800-482-6804.

Search for Mrs. Polk County Announced

Applications are being accepted for the title of Mrs. Polk County!

Mrs. Polk County will have the honor of representing her county at the Mrs. Minnesota pageant, which will be held at "Ritsche Auditorium", March 12th, 2016 in St. Cloud, MN.

The woman chosen as "Mrs. Polk County" will become an ambassador from the Polk County area and will receive the official title and sash!!!

The woman chosen as Mrs. Minnesota will receive a prize package worth \$7,000 and the chance to represent Minnesota at the "2016" Mrs. International Pageant in July.

The American Heart Association's "Go Red for Women" is the Official charity of the Mrs. Minnesota pageant. To learn more visit: www.goredforwomen.org

The current reigning "2015 Mrs. Minnesota" is Kate Howe of Burnsville, MN. Traveling all across the state, Kate speaks on her platform "Ignite the Imagination"

One in Four children in America will grow up not being able to read. These Children will ultimately face poor educational, employment and health outlooks affecting all of us. Kate will help solve these problems by educating parents on the importance of early childhood literacy and continuing to break down the single largest barrier to the development of literacy- access to books. For more information go to: www.firstbook.org

Competitions in the pageant are: personal interview, Fitness wear and evening gown. (There are no talent or swimsuit competitions)

For married women living in Polk County that are interested in applying:

Write for a bio-form: MRS. MINNESOTA International Pageant P.O. Box 240537

Apple Valley, MN 55124-0537; Or an online application can be filled out on our website: www.mrsminnesota.com; Or call for information: (952)432-6758 fax: (952)953-3896; Email: pagunltd@frontiernet.net



Gosen presents Hearts in Song

The Gosen Luther League meets on Sunday evening, May 31st, at 7 o'clock.

Hearts In Song will present a sacred concert. This duet ministry includes Rhonda Rothenberger of Roseau, MN, and Noah Chelliah of Grand Forks, N.D. They are both recording artists.

Rhonda is both a school bus driver and a massage therapist. She has dedicated her singing talent to the Lord and loves to sing, particularly to comfort those who have lost their loved ones in death.

Noah is a cardiologist who has been providing care for patients with heart disease in the greater Grand Forks area for the last 32 years.

He loves to sing in praise of his Savior Jesus Christ.

His hobbies include music (he plays the piano, organ and guitar), Amateur Radio and photography. Noah also manages a Christian FM radio station (KEQQ 88.3) in Grand Forks that is on the air 24/7 as well as the Internet at www.logoradio.us.

Hearts In Song presents a variety of timeless songs in Southern Gospel Style that will inspire you and remind you of reasons you have to praise God.

Their uplifting message of hope touches hearts, encouraging listeners they can have joy every day as they trust God.

Refreshments will be served following the program.

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 McIntosh Times Office Hours

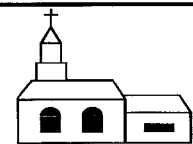
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

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

Sun. May 31: 8:15am Rosary; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

Wed. June 3: 12:00pm-8:00pm Adoration at St. Mary's, Fosston

Sun. June 7: 8:15am Rosary; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

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

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou

Interim Pastor

Melody Kirkpatrick

Sun. May 31: Joint Parish worship at Calvary 10:00am; Holy Trinity Sunday

Sun. June 7: Calvary worship 10:30am; Immanuel worship 9:00am

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Interim Pastor

Melody Kirkpatrick

Sun. May 31: 10:00am Joint Parish worship at Calvary

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. May 27: 1:30pm Bible Study at The Country Place

Sat. May 30: 8:00pm Prayer Meeting

Sun. May 31: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service; 7:00pm Luther League

Tues. June 2: 10:00am: Sunday worship service telecast on GV Cable TV - Channel 2

Wed. June 3: 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 1/2 mile east on County Road 206.

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Mark Peske, Pastor

Sun. May 31: 9:30am Worship Service

Sun. June 7: 9:30am Worship Service

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



Hwy 2 Cruisers News

Highway 2 Cruisers regular meetings are now the 4th Thursday of the Month at DiMaggio's in Erskine at 7:30 p.m.

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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McIntosh Senior Living resident Ben Lopez tossing Cheetos at his staff partner Cindy Schmiedeberg trying to stick as many to her shower cap as he can that is covered in shaving cream during the our Cheeto Toss Tourney held the afternoon of May 14, 2015.



On Tuesday, May 12, 2015 Mavis Finseth came to McIntosh Senior Living along with some of her current piano students to put on a recital for the residents. They loved not just the music but seeing the children as well!

Pictured left to right; Tapanga Bratager, Tabitha Bratager, Clara Albrecht, Senora Albrecht, Nadalie Quam, Adriana Quam, and Jesse Quam

BUSINESS & PROFESSIONAL GUIDE

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Community Birthday and Anniversary Calendar

Wed. May 27: Zach Plante, DiAnn Koenig, Jackie Huschle, Donna Larson, Charlie Roed, Gordon Goldsmith

Thurs. May 28: Megan Olson, Elizabeth Kl-emer

Fri. May 29: Gordie Ostenaa, *Rob & Sandy Mayer

Sat. May 30: Julie Nord, Patti Benson, Betty Sultvedt, *Kyle & Kim Mandt

Sun. May 31: Dolly Lee

Mon. June 1: Ruby Holt, *Darrin & Kris Fal-det

Tues. June 2: Evonne Hartel, Christine (Lee) Weber, *Curt & Kris Johnson

Winger News

by Linda Pulskamp

Greetings again from Winger and the Union Lake areas, after a wet and rainy week end, and then some very frosty nights our last couple of days have been sunny and quite nice. Farmers are back in the fields hurrying to finish their spring planting before more rain comes in again as predicted later in the week end.

Many will be traveling this first long holiday week end of the summer, many to campgrounds but many more to their cabins and summer lake homes so hopefully you all had safe travels and a good week-end.

With the month of June right around the corner the Erskine Water Carnival is the next big event coming up the first week end in June, hopefully the weather will be nice for that but usually it manages to rain sometime during their week end.

Friday May 15th Dick and Wanda Donavon of St.Francis and their granddaughter Josylyn Peterson of Isanti arrived at the Fern and Milton Carlson home to spend the week end. Visiting with at the Carlson home that evening were Paul and Donna Carlson.

Last Thursday the 14th of May Sheldon and Rita Trandem were visitors at the Pioneer Home in Erskine with Helmer and Verlys Homme.

Last Friday evening Kelly Johnson, Marv Engesether of Plummer and Butch and Linda Pulskamp visited at the Sanstead home in Erskine with Reha and Leonard Taylor of AZ who is spending the summer back here.

Saturday May 16th Joe, Laura and Mason Peterson of Hanover arrived at the Fern and Milton Carlson home. The Peterson family, along with Dick and Wanda Donavan and granddaughter Josylyn Peterson and Fern and Milton Carlson were dinner guests at the Judy and Lonnie Gieseke home for an early birthday celebration honoring Fern. Joe, Laura and Mason returned to their home in Hanover that evening.

Saturday the 16th Mark and Betty Syverson's visited with Helmer and Verlys Homme at the Pioneer Home.

Joanne Zahl received word that her Aunt Irene Marek had passed away on Mother's Day, May 10th in a health care center in New Prague, MN at the age of 97. Irene was born on July 12th 1918 in Winger to Axel and Anna (Lundin) Olson. She attended Gosen school, rural Winger. She moved to New Prague to be a nanny for her sister. She graduated from New Prague High School. Irene was married to George Marek in October 1938 and lived in

various areas before settling in New Prague. Her husband George died in April of 2011. Sympathy to the families of Irene.

Sunday the 17th Fern and Milton Carlson and Dick and Wanda Donavon and Granddaughter Josylyn Peterson attended church services at Calvary Church in Fosston. Treydon Carlson of Fosston was one of the confirmands.

Later on Sunday Dick and Wanda and Josylyn left for their homes.

Last Sunday Roy and Judy Raben visited at the Pioneer Home in Erskine with Helmer and Verlys Homme.

Tuesday the 19th Judy Gieseke was a visitor with Fern and Milton Carlson at the Carlson home. Paul Carlson stopped in at Carlson's that day also and did some handy work for Milton.

On Monday Helmer and Verlys Homme took a walk on over to Joey Espeseth's for a visit.

WINGER APPRECIATION DAYS! On June 27th there will be activity of all sorts in Winger, Winger Appreciation Days will be held. There will be a car show, and antique tractor show along with a Farmers Market and a Flea Market. This year also marks the 100th year for the Winger Fire Department and in conjunction with that there will be a Fireman's Ball in the evening. And of course, the Winger Lions 31st annual fish fry will be held also. Events will begin at noon.

For market entry contact Jerry or Kathy Kaupang at (218) 694-3158 or on Facebook at Fosston Farmers Market. Look forward to seeing you all there.

Jerry and Kathy have been working hard at this, so let's all come out and support them and make this a great day for all.

Until next week have a good one.

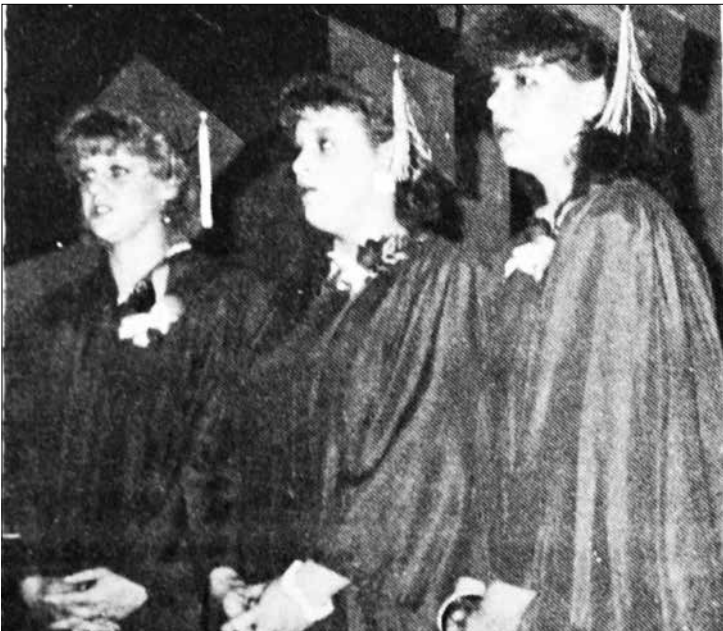
From the Manor:

DeAnna Haagenson came out to the Manor last week and helped Bun clean part of his house. The day was so nice they had to inspect the yard and lake. Scrap has things pretty much under control. The dock and boat are next.

Michele's little four pound toy poodle dog, Fe Fe, got itself into a little predicament at the manor. She managed to eat one of Bun's pills he had dropped in his bed and got all whacked out. She was stumbling around and freaking out at the walls and barking at the garbage can. Michele got ahold of the vet and was told to get the dog to drink hydrogen peroxide so it could get rid of the contents in it's stomach. Thankfully



50 years ago...1965: McIntosh High School Class of 1965: Shirlee Hassel, Charles Berg, Linda Domier, Donald Olson, Chyrl Hustad, Larry Bartz, Susan Bovee, Mary Hegg, Jon Wertish, Noel Thompson, Bonnie Quam, Charles Roux, La-vonne Miliander, Earl Roed, Barbara Knutson, Mark Langemo, Marvin Neste, Pamela Hoidahl, Harold Kaupang, Mary Lou Haugen, Ray Hedahl, Patricia Goodwin, Roger Pearson, Daniel Jore, Betty Lou Kiecker, James Halvorson, Sharyl Ferden, David Aaseng, Linda Anderson, Rebecca Ramse, Clifford Thompson, Gloria Omang, James Rolf, Beverly Knutson, Roy Ostenaar, Linda Johnson, Alan Messelt, and Lynn Henney.



30 years ago...1985: Jane Vesledahl, Becky Bursheim, and Sheila Abraham - senior girls perform "Starmaker".

the contents were removed from the stomach outside and the dog got better. Bun had to laugh a little because it was a big day for Michele as her new Camaro she ordered six weeks ago was ready to be picked up and she thought she might have to take the dog to the vet. Leaving her no time to get the car.

Bun's nephew Dr. Dougie came up on Friday to spend overnight at the manor. He was helping set up sound equipment for Reo Speedwagon, who were playing at the casino.

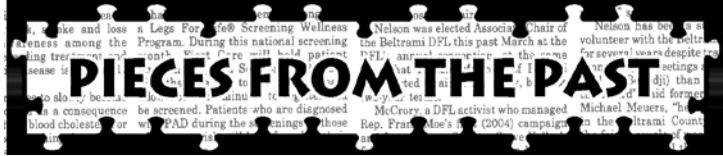
Greg and Linda Anderson came up on Saturday afternoon to spend a couple of days with Tim. Bun attended two graduation parties in Winger on Saturday. He went over to Samantha Burcham's party first. She is the daughter of Shelly and Shannon and granddaughter

of Steve and Becky Vesledahl. Next stop was Jill and Gary Sonstlie's to help their daughter Kara celebrate. Bun got to hold Kory and Kristen's newborn boy Grayson Bun Lyle. That was a joy for him.

Sunday afternoon, Lars Lucken, Panzer and Mark and Shelly Broden came out to the lake to visit and enjoy grilled turkey.

That evening Andy was fishing off the dock and he caught a 24 inch long walleye. He released it so she would have a chance to make more Walleyes.

Andy and Linda stopped and attended the Memorial day Veteran program in Winger on their way home. There was a pretty good turnout. Don't ever forget to remember our vets. Without their sacrifices, we would not be enjoying the liberties we have now. God bless all of them.



20 years ago...1995: (L-R) Jim Nichols, Josh Roed and Jason Breckel show the happy faces of seniors who are ready for their graduation ceremony. Forty-one seniors took part in the Commencement program at Win-E-Mac on Saturday, May 27.



10 years ago...2005: Connie Strom with her son, Bobby, in the reception line following Commencement Exercises on Saturday, May 28th.

Regional Ag News

Jim Stordahl,
Extension Educator

Frost Injury to Soybean

Last week's frost created concern for soybean producers, especially those with emerged beans. Although most area soybeans were still protected below ground, or still in the bag, some beans had emerged. Following is recent information from Bruce Potter, UM IPM Specialist.

Spring frost damage to soybean is relatively rare in Minnesota, as the last average frost dates usually occur before soybeans are normally planted. However, soybean planting and emergence is well ahead of the 5-year average, leaving the crop more vulnerable to early season frost events. Temperatures dropped into the upper 20s (F) in the west-central and northwestern parts of the state, likely resulting in some degree of frost injury to emerged soybeans in select areas.

Temperatures at or below 28-30° F for several hours are usually needed to kill soybean tissue. However, an air temperature of 28° F does not guarantee that a soybean crop will freeze.

Although emerged corn was likely frost-damaged, corn seedlings are at a lower risk of death from freezing temperatures than are soybeans, because the growing point of corn remains below ground until the fifth leaf stage.

Frost damaged corn will likely recover and should begin to regrow within a few days. In soybean however, the growing points are above ground

and are exposed after the cotyledons open. Freezing of all growing points is fatal. However, soybean is better able to compensate for partial stand losses than is corn.

Newly emerged soybeans are protected by the nearby warm soil, and small, emerging and cotyledon stage soybeans can be a bit more tolerant to freezing temperatures than older soybean or corn leaves. For example, in a 2001 study at NDSU, the temperature required to kill 1/2 of the seedlings was as low as 24°F. Older soybeans are less freeze tolerant.

Crook stage soybeans will be killed if the crook tissue below the cotyledons is killed. Likewise, frozen tissue below the cotyledons of any older soybean will result in death. However, if the frost only affects the tops of the young soybean, those with one or more intact cotyledons might recover from surviving axillary buds. In more advanced early season soybeans, regrowth may occur from one of the vegetative buds in the leaf axils. If leaf axils haven't been frozen, the frost-died soybean should regrow from one of these growing points.

What are the risk factors? Cold air settles into low-lying areas, heavy residue tends to keep rising soil heat at or below the soil surface, and dry soils tend to lose heat more quickly than moist soils; these environments are more likely to produce freeze injured soybeans. Many other factors like

cloud cover, wind, soil temperature, soybean stage, previous weather and genetics influence injury from frost. This often leads to very spotty injury across the landscape.

Soybean frost injury appears as water-soaked lesions on the cotyledons, leaves, or hypocotyl that dry and turn brown after several days. Assessing frost damage should be delayed 3 to 5 days after the event to allow the soybean plants to show signs of new growth. Check for firm, healthy stems, cotyledons and growing points. By this time, it should be evident whether the soybeans are recovering or are dead. If a significant proportion of the population is dead, replanting may be justified. For more information on replanting decisions, see: The soybean grower's guide for evaluating crop damage and replant decisions.

Freeze injury is a traumatic physiological event for the plant and can slow development of soybeans for several days. Affected areas of the field with significant stem and cotyledon damage should be replanted if recovery remains slow. Areas with greatly reduced stands can be replanted by spiking in a full seeding rate alongside the old rows, when replanting can be accomplished by late May.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Source: Bruce Potter, UM IPM Specialist.

Recipe
Corner

What is better on a hot summer day than a cold, frosty popsicle? Here are a few homemade recipes to give a try. Dig through the cupboards to find those popsicle molds or paper cups work for molds as well.

Kool-Aid Yogurt Pops
Plain or Vanilla yogurt
Kool-Aid Liquid Drink
Mix

Add one squirt of concentrated Kool-Aid drink mix to yogurt and stir to incorporate.

Fill your popsicle mold and freeze. (4-6 hours for traditional popsicle molds)

Notes:

Use Plain Chobani Greek yogurt or whatever yogurt your family loves.

I do not suggest adding powdered Kool-Aid. The liquid concentrate comes already sweetened.

If you cannot find the liquid concentrate you can omit the Kool-Aid and use your family's favorite fruit flavored yogurt.

Rainbow fun: Rainbow Pudding Pops Recipe

2 large boxes (5.1 oz) instant pudding mix (light colored, banana or vanilla is always good)

milk (amount called for on pudding package)

food coloring

10 -12 Dixie Cups (5 oz.)

popsicle sticks

Prepare pudding according to the directions. (you may need to add a little more milk to make the pudding pourable.)

Let pudding stand until it has thickened a bit. Divide into 5 parts and color each part with food coloring.

Layer each color of pudding into small dixie cups. Cover with tin foil. insert popsicle sticks.

Chill in refrigerator 2 hours, then place in freezer to completely freeze.

To eat, peel off dixie cup paper and enjoy your pudding pop!

Strawberry Cheesecake Popsicles

1/2 cup graham cracker crumbs
2 tablespoons melted butter
1 (8-ounce) package cream cheese

2 cups strawberries, halved
1/2 cup confectioners' sugar
1/3 cup milk

1/4 cup Greek yogurt
In a small bowl, combine graham cracker crumbs and melted butter until a crumbly, moist mixture forms; set aside.

In the bowl of a food processor, combine cream cheese, strawberries, confectioners' sugar, milk and Greek yogurt. Scoop the mixture evenly into popsicle molds, leaving 1-inch for the crust.

Press graham cracker crumb mixture over the top of each mold, using your fingertips to gently press the crumbs into the batter.

Add popsicle sticks to the center of each cup.

Place into freezer until fully

frozen, at least 4 hours.

No-Drip Jell-o Popsicles

1- 3oz package of Jell-O
4 cups of water
1/3 cup granulated sugar (optional)

Bring 2 cups of water to a boil. In a medium bowl mix sugar and Jell-O powder. Stir in boiling water, stirring constantly until Jell-O and sugar are completely dissolved (about 2 minutes).

Stir 2 cups of cold water into bowl and then pour mixture into popsicle molds.

Funfetti Pudding Pops
1- 3.4 ounce package of instant vanilla pudding

1 3/4 cup 2% milk
1/4 cup multi-colored jimmies (sprinkles)

Whisk milk and pudding mix for about 1 minute or until it begins to thicken.

Whisk in jimmies, pour into popsicle molds, and freeze until firm (at least 3 hours). Once frozen, remove from popsicle molds and enjoy immediately

Root Beer Float On A Stick

1- 12oz. root beer or 1 1/2 cups

1/2 cup sweetened condensed milk

Mix root beer and sweetened condensed milk together with a whisk. If it gets foamy set it in the fridge for a bit to settle down. Pour into popsicle molds. I prefer dixie cups and **popsicle sticks**. I let the popsicles set up (about an hour) before I insert the sticks.



Win-E-Mac 4th and 5th grade classes spent the last week building rockets from cardboard and paper towel rolls. The rockets were then launched on Thursday, May 20th at the Win-E-Mac school.



Last Thursday, May 21st, the Win-E-Mac Elementary dance was a huge success. Estimated to be over 200 students and parents attended the dance. Over 50 full bags of non-perishable food was brought to the food shelf at Grace Lutheran Church.



Dance, Dance, Dance!

(pictured above and below) The Win-E-Mac Commons was packed full of Elementary students and their parents for the kick-off to summer dance held on Thursday, May 21, 2015. Teacher Jason Svalen dj'ed the event and kept the kids dancing until the sun went down!



Win-E-Mac recognizes Honor Roll Students for 2014-2015

The following students achieved the Honor Roll for at least one quarter for the Win-E-Mac school year of 2014-2015.

Seniors: Kira Basargin, Sammi Burcham, Tabitha Fritsch, Sophie Gustafson, Krystal Haugen, Karenmarie Hixon, Megan Kangas, Travis Kaster, Jake Knutson, Amanda Lende, Kaysee Mandt, Zach Plante, Hunter Plante, Brittany Rolf, Hannah Rolf, Marea Schommer, Adam Shaver, Logan Simonson, Chloe Smeby, Kara Sonsteli, Maggie Spry, Madison Stuhau, Chase Svalen, Austin Tadman, Zac

Tradewell, Hanna Wiersma and Henna Wiersma.

Juniors: Nathan Brekke, Andrew Bryant, Andrew Carlson, Shania Christianson, Hannah Davidson, Caitlynn Ek, Andrey Erofeeff, Megan Espeseth, Kinlee Faldet, Amanda Farrell, Natalia Frolov, Jessica Kasprzak, Kelsey Knutson, Suzanna Martushev, Madison McKeever, Ashley McKinney, Rachel Morberg, Aaryk Neubert, Indiana Nornes, Hunter Parenteau, Cecilia Peterson, Mikayla Vesledahl, Anne Weik, and Josh Young.

Sophomores: LaTanya Bring, Bailee Burcham, Bre-

anna Carroll, Hunter Chaput, Alayna Espeseth, Alaina Juve, Alec Kiecker, Noah Klinkhammer, Christopher Kuznetsov, David Morel, Kalli Olson, Olivia Simonson, and Jessica Thompson.

Congratulations Students on this great achievement!



Mac Library to host “Read to the Rhythm” this summer

The McIntosh Public Library will host a summer reading program starting on June 1, 2015 with the theme “Read to the Rhythm”.

Events will be throughout the summer and all kids are encouraged to join in the fun!

The first event on Monday June 1, 2015 from 10:00am to 3:00pm is the Summer Reading Program Kickoff. Come to the library at any time during regular library hours to sign up, receive your reading logs and participate in a craft.

On Monday June 8th, Dazling Dave, a professional yoyo performer, will be at the library and ready to show you all sorts of tricks.

Stop in on Tuesday, June 9th because all adults and kids are invited to help the library design a costume! Show off your skills at drawing animals and one will be selected as the best design!

Dive into the world of frogs on Monday, June 15th at 10:30am as the library pres-

ents Splashy, Flashy Frogs. The Agassiz Environmental Learning Center will be on hand so the kids can hear the many sounds of our noisy, little froggy friends. Then, create a frog “chorus” and end with a fun activity to help learn about the difference between toads and frogs.

Dance to the rhythms of Jason Svalen and Russ Haugen during the big dance party at the Library on Monday, June 29th at 10:30 am. You will be able to dance away, move, groove and shake to music you can pick!

More fun activities will take place at the library throughout the summer and everyone is welcome to sign up and have fun!!

For more information on any of the events you can log on to www.larl.org/srp or visit the McIntosh Library.



changed, and now they need to be stowed under the seat or in the overhead bin when not in use, just like everything else you carry-on with you.

5. Pay for In-flight WiFi: Business travelers and the constantly connected will be thrilled to learn that many carriers now offer in-flight wireless internet -- for a fee, of course. But for those whose time is money, it's worth it to stay productive and in the loop while in the air. The price isn't prohibitively steep, especially if you can expense it. Gogo In-flight Internet, to use one example of the service, charges about \$12 for one flight's worth of internet service. A monthly pass for frequent travelers runs about \$30. The connection isn't annoyingly slow, and the ability to tweet from 30,000 feet (9.1 kilometers) above is priceless.

6. Drink Water: The air in the cabin isn't humidified, which leads to that all-too-familiar parched feeling. Lips chap, nasal passages dry out, skin feels papery and the likelihood of blood clots can even increase. Sounds great, right? But the good news is that all these things can be mitigated by staying hydrated -- simply drinking water. Start early, drinking as much water in the airport gate area as you can hold comfortably for about an hour. That's about how long it typically takes for the seatbelt light to be switched off, allowing you to visit the restroom. Then keep drinking water, about 8 ounces (0.2 liters) every hour or two, while you're in the air. Don't try to substitute coffee, soda or a tiny bottle of booze for water either. Caffeine and alcohol will dehydrate you -- the opposite of what you're trying to achieve. If you're concerned about the waste of plastic water bottles or the price of buying water in the airport, bring a reusable bottle from home. You can't bring it through the security line full of water (or anything other liquid, for that matter), but you can fill it up at a drinking fountain or a bathroom faucet once you're at your gate. While you're in the bathroom filling the bottle, don't forget to wash your hands for at least 20 seconds to rid yourself of bacteria and viruses.

7. Bring Hand Sanitizer: It's easy enough to be a vigilant hand-washer while you're still on the ground, where soap and water are pretty easy to come by. The airplane bathroom has both, too, so make good use of them. But sometimes, you're sitting in the window seat with a sandwich on your tray and a rumbling stomach. Wait! Don't pick up that sandwich! Not yet, anyway. First squirt a little alcohol-based hand sanitizer into your palm and rub it around. Airplanes have lots of surfaces that everyone touches, like arm rests, tray tables, overhead bin handles, in-flight magazines, light switches -- the list goes on and on. A simple preventative measure, like using hand sanitizer, can help keep at least some of everyone else's germs out of your system.

8. Bring Healthy Snacks: Save yourself some cash, probably some heartburn and even some time on the treadmill by packing your own healthy snacks rather than relying on airport and airline food. Simple, cheap snacks can keep you healthy and prevent your blood sugar from dipping too low during a long flight. Crunchy snacks like carrot sticks, celery sticks and whole-wheat crackers are satisfying and require a minimum of fuss to eat in your seat. Granola, nuts and dried fruit are also great choices, but they often have more calories than you might think, so check the labels and serving sizes when you pack these items. Sandwiches can be good to bring along, too, but make sure to use ingredients that will last the entire journey. Mayonnaise eaten at the end of a cross-country flight is never a good idea. Just be sure that whatever you bring is easy to eat, doesn't require refrigeration and doesn't need utensils.

9. Bring a Portable DVD Player: Savvy parents know that kids get bored in the air, even if the flight isn't a terribly long one. Portable DVD players can be found online and at big-box electronics stores for as little as \$100, and they're definitely worth the price. You know that SpongeBob SquarePants DVD your kid wants to watch over and over -- and over? Well, an airplane is the perfect place to let him or her indulge. Just remember to bring headphones for your little travel companion to keep fellow passengers (and you, too) from having to hear that theme song for the 15th time.

10. Get in Your Seat and Power Down: When you board the aircraft, find your seat, place your carry-on in the overhead bin (if you didn't check it at the gate for free)

and sit down. Then turn off your cell phone, iPod, portable DVD player, or whatever electronic device you have with you and wait patiently for the announcement from the captain or the flight crew that it's safe to switch your approved electronic devices back on once again. That announcement is usually made just a few minutes after the plane is in the air. No airplane can take off while people are standing or talking on the phone. And no flight attendant is going to look very kindly upon you when he's had to ask you for the fifth time to turn off your phone. And while it's very considerate of you to offer to switch seats with one half of a couple who are sitting apart, wait until the flight is in the air and the seatbelt sign is off to play musical chairs. Tensions can run high for passengers and flight crew alike, thanks to new regulations and the number of people packed into the cabin eager to get moving. Do your part to get the plane off the ground and it'll be a better flight for everyone on board.

WEM School Announcements

Cadet Baseball

First practice will be June 5th from 9-10:30 at the Win-E-Mac softball field.

All those signed up for cadets should report to this practice. We will split the teams up then and hand out the practice schedules.

Win-E-Mac T-Ball

Come out for a fun experience with your children as they learn the fundamentals of baseball and softball. No prior registration is needed, just show up and play!

Please plan on being present with your child, do not plan on dropping your child off and returning to pick up.

T-ball will take place at the Win-E-Mac softball field on Monday nights starting June 1st through July 27th. Anyone ages 2 to Summer Rec age and their parents are welcome to join in the free fun starting at 6:00pm until 7:30pm.

Bring your baseball/softball glove, rubber spikes if you want, and all other material will be provided.

If you have any questions, contact Aaron Cook at 218-687-2148.



Summer swimming lessons forms are now available in the office -- first session is from June 8-25th and second session is June 29-July 16th. Lessons are from 3:45-5:30 Monday-Thursday and cost is \$45 per child.

WEM Basketball camp June 23-26 (Tuesday-Friday), ½ day sessions, for grades 4-11 (school year 2015-2016), boys and girls -- 8:30-12:30 p.m. Coach Johnson and Coach Galovich will be hosting a basketball camp at WEM. Please pick up forms in the office -- cost of the camp is \$50 (which includes a camp T-shirt).

Popular baby names for 2014

Each year, the Social Security Administration releases its annual list of popular baby names over the Mother's Day weekend. Name popularity is based on names used for new social security number cards. You can learn more or see how popular your name is, or how a given name's popularity has changed over time at www.socialsecurity.gov/oact/babynames/. The website shows name information for any year beginning with 1880. Here is the list of most popular names nationally for 2014.

Top Baby Names for 2014:

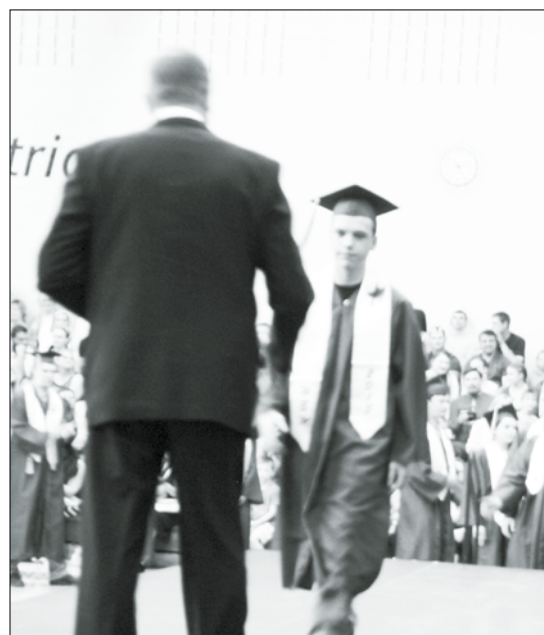
- Male Name:**
- Noah
 - Liam
 - Mason
 - Jacob
 - William
 - Ethan
 - Michael
 - Alexander
 - James
 - Daniel
- Female Name:**
- Emma
 - Olivia
 - Sophia
 - Isabella
 - Ava
 - Mia
 - Emily
 - Abigail
 - Madison
 - Charlotte



The Win-E-Mac 4th & 5th Grade Classes held a Wax Museum on Friday, May 8th. Each student had to pick a historical person to learn about and portray. Here Jonathan Mortz is Albert Einstein.



Senior Class President Kara Sonsteli addressed students and guests during the 2015 Win-E-Mac Graduation Ceremony last Saturday, May 23, 2015.



Seth Senn receives his diploma during the 2015 Win-E-Mac Graduation Ceremony.



Last Saturday Brittany Rolf received her diploma during the Win-E-Mac Commencement.



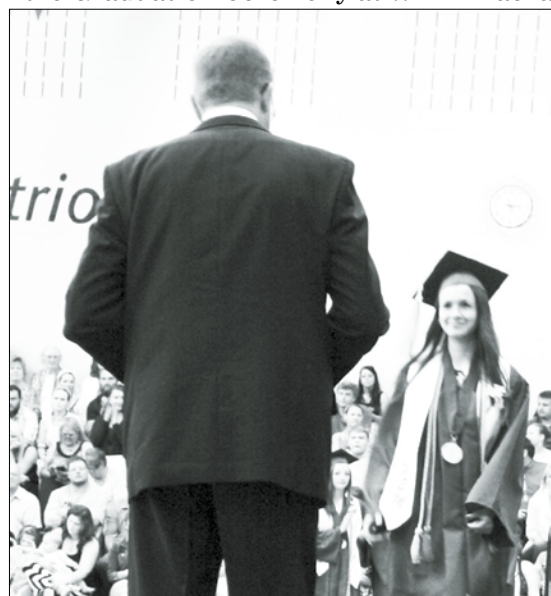
School Superintendent Randy Bruer, Principal Kevin McKeever and School Board Member Mark Thompson congratulate the graduates after the ceremony last Saturday at Win-E-Mac School.



Matt Thompson receives his diploma from his dad Mark during the Win-E-Mac Graduation Ceremony last Saturday, May 23rd.



Co-Valedictorian Austin Tadman received his diploma from his dad, Jim during the 2015 Graduation Ceremony at Win-E-Mac last Saturday.



Maggie Spry walks on stage to receive her diploma last Saturday during the Win-E-Mac Graduation Ceremony.



Receiving his diploma during the 2015 Win-E-Mac Graduation Ceremony is Travis Kaster.



Co-Valedictorian Kaysee Mandt receives her diploma during the Graduation Ceremony at Win-E-Mac last Saturday.



Zac Tradewell gets a hug from his mom along with his diploma last Saturday afternoon.

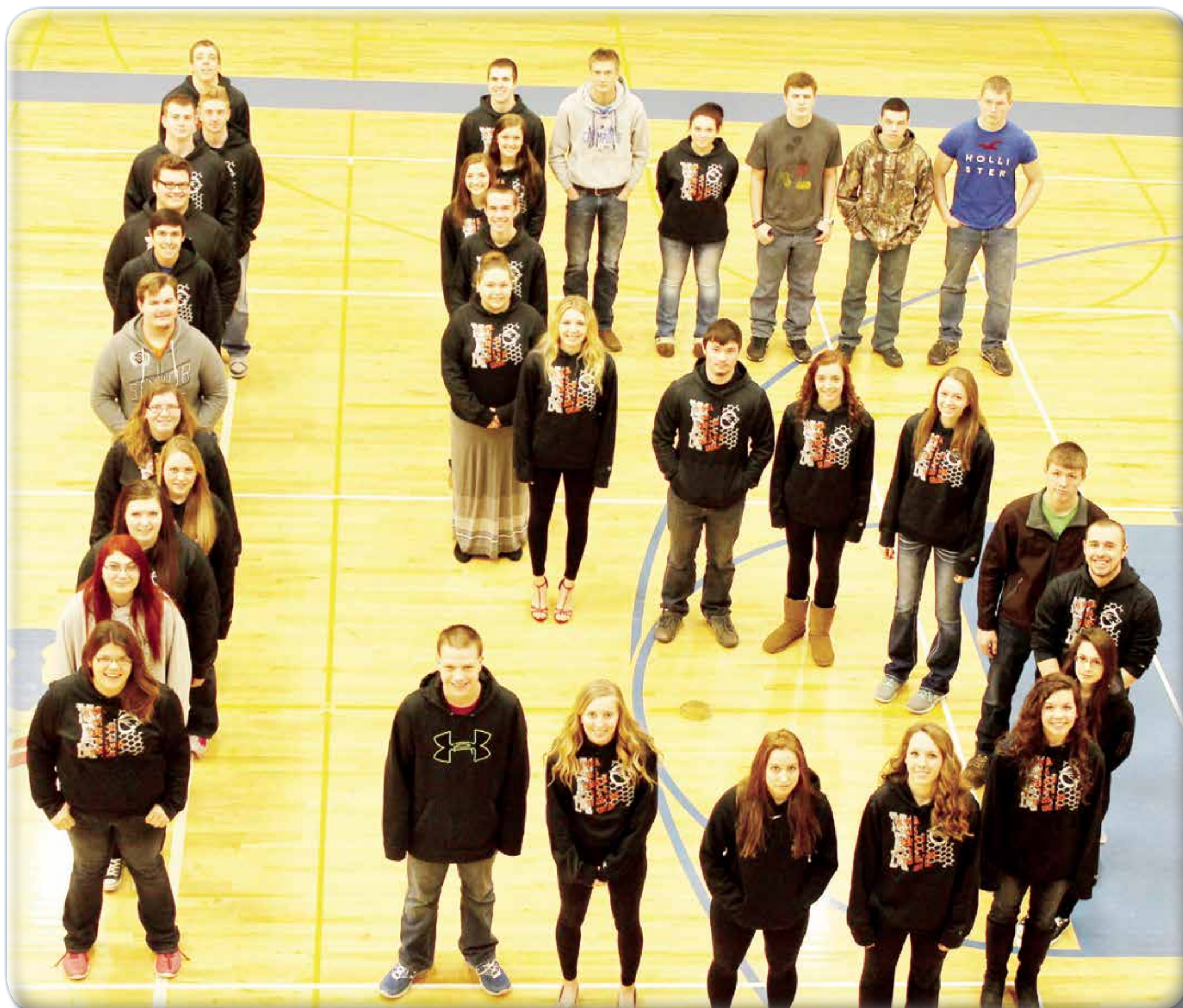


Zach Plante receives his diploma during the Graduation Ceremony at Win-E-Mac School last Saturday afternoon.





Congratulations **CLASS OF 2015!**



Congratulations, Win-E-Mac Class of 2015!

Congratulations and Best Wishes from the following sponsors:

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