

\$1.00

McINTOSH

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McIntosh, Minnesota

Times



Last weekend Tavin Hewitt and his grandpa, Dan went to play at Roholt Park. While on the playground, Tavin found a tooth from the lion! Seems the lion must have not been practicing good dental hygiene. The City maintenance staff will help out the lion and get the tooth fixed soon!



Win-E-Mac elementary students recently has a successful fundraiser for the playground by selling Little Caesar Pizza Kits. The top sellers were Kirsten Anderson and Destiny Molstad (pictured) and the top selling class was Mrs. Langemo's 5th graders. There were 585 total pizza kits sold. Congratulations to all the students for a great job!



Saturday many Win-E-Mac Elementary students Jumped Rope for Heart in the school gym. A total of \$3,602.10 was raised for the American Heart Association. Top earners were, (l-r) Alexa Morberg, Lauren Kaupang and Alyssa Morberg who each earned \$275.

Win-E-Mac will hold their Annual Academic, Athletic and Fine Arts Banquet

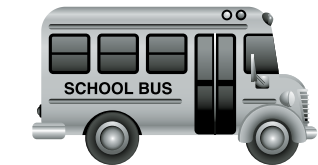
The annual Academic, Athletic and Fine Arts Banquet will be held on Wednesday, May 10th.

All students in grades 10-12 are invited to be guests of WEM at this banquet.

Following the banquet, scholarships as well as valedictorian, salutatorian, knowledge bowl, one act play, music,

art and athletic awards will be presented. Students who have been on the honor roll at least one quarter will also be recognized. Students – if you are attending this banquet you must be signed up with your Home Room teacher by Wednesday, May 3rd.

If any parents, grandparents, etc., are planning to at-



Be aware of bears this spring

Anyone living near bear habitat is reminded to be aware of bears this spring and check their property for food sources that could attract bears.

“Leaving food out in yards that can be eaten by bears can lead to property damage and presents dangers to bears,” said Eric Nelson, wildlife animal damage program supervisor for the Minnesota Department of Natural Resources. “Pet food, livestock feed, birdseed, compost or garbage can attract bears.”

As bears emerge from hibernation, their metabolism gradually ramps up and they will begin looking for food at a time when berries and green vegetation can be scarce.

Only black bears live in the wild in Minnesota. They usually are shy and flee when encountered. Never approach or try to pet a bear. Injury to people is rare, but bears are potentially dangerous because of their size, strength and speed.

The DNR does not relocate problem bears. Relocated bears seldom remain where they are released. They may return to where they were caught or become a problem somewhere else.

The DNR offers some tips for avoiding bear conflicts.

Around the yard

- Do not leave food from barbecues and picnics outdoors, especially overnight.
- Eliminate birdfeeders or

hang them 10 feet up and 4 feet out from the nearest trees.

- Use a rope and pulley system to refill bird feeders, and clean up spilled seeds.
- Store pet food inside and feed pets inside.
- Clean and store bar-b-que grills after each use.
- Harvest garden produce as it matures. Locate gardens away from forests and shrubs that bears may use for cover.
- Use native plants in landscaping whenever possible. Clover and dandelions will attract bears.
- Store garbage in bear-resistant garbage cans or dumpsters. Rubber or plastic garbage cans are not bear-proof.

People should always be cautious around bears

If they have persistent bear problems after cleaning up the food sources, they should contact a DNR area wildlife office for assistance.

Prom Night 2017

"Suit & Tie" Win-E-Mac Prom May 6, 2017 Grand March 7:30 PM



Last Wednesday, April 26th, Win-E-Mac Students from Kindergarten to 12th Grade displayed their original artwork during the Art Show held in the Arts & Event Center. There was music performed by students and staff and wonderful treats from the Foods for Today students as well. Here, Lily Breckel stands near a display with her artwork.

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Use Your Head To Fight Cancer!

On Thursday May 11, 2017 the WEM Honor Society is organizing a fund raising activity for all WEM Students to participate in. Donate \$1.00 or more to fight Cancer and earn the privilege of wearing a hat for the day at school. Funds will be given to the local Relay For Life Team. Honor Society members will be in classrooms first hour to collect funds for those participating! We invite any local business to participate as well. Call 219-563-2900 ext. 110 to join us in raising funds to fight cancer

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Community Calendar

Wed. May 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

Thurs. May 4: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. May 5: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. May 6: McIntosh Pet Care Clinic 1pm - 3pm @ Fire Station; Win-E-Mac Prom Grand March 7pm @ WEM School

Mon. May 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. May 9: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. May 10: 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; WEM AAA Banquet 6:00pm @ WEM School

Thurs. May 11: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. May 12: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. May 15: 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 16: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



Win-E-Mac Elementary Students met the challenge of collecting 2,500 Box Tops in April. They were rewarded with a movie and popcorn and Ultima Bank donated matched funds to Win-E-Mac School as well! Pictured are Danelle Schommer (center) from Ultima Bank presenting the check to Kelsi Gunafson and Kevin McKeever from Win-E-Mac School.

Sunday, May 14th

Mother's Day BUFFET

at **Ness Cafe**

BBQ Ribs, Chicken Kiev, Meatballs, Deep Fried Shrimp, Masked Potatoes & Gravy, Au Gratin Potatoes, Glazed Carrots, Green Beans, Salad Bar & Dessert

Mother's Day Buffet
10 am- 2 pm

Breakfast Buffet served from 8 am-1 pm \$8.99

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Saturday and Sunday 7:00am-2:00pm

Dog & Cat Clinic

SATURDAY, MAY 6, 2017
1:00-3:00 pm

The annual Rabies Clinic, with the Cornerstone Veterinary Service of Gonvick, will be held in McIntosh, Saturday, May 6th, 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 1ST:	Dogs \$5.00	Cats \$2.00	
COST AFTER JULY 1ST:	Dogs \$10.00	Cats \$4.00	

Take precautions Applying manure

Minnesota feedlots with a National Pollutant Discharge Eliminations Systems permit that apply liquid manure to frozen soil must notify their county or state feedlot program representative, says the Minnesota Pollution Control Agency.

This notice should include an aerial photo clearly outlining the location of the proposed land-application. MPCA also says it's important that farmers double-check with their county about any other local ordinances.

To reduce water quality concerns regarding the impact of manure applied to the surface of wet or frozen soil, MPCs advises:

- Avoid steeper slopes. Seek fields or parts of fields with less than 6% slope for solid manure, 2 % for liquid manure, or that have greater than 30% residue.
- Stay 300 feet away from sensitive features, such as waters and tile intakes.
- Perform tillage along contours to create furrows to capture any potential runoff.
- Avoid flood or floodway zones.

• Keep application rate low enough to avoid runoff or ponding during application.

Farmers should report any discharges from land application or liquid manure storage overflows to the State Duty Officer, 800-422-0798, and take immediate action to reduce environmental impact such as:

- creating temporary berms to stop discharge
 - temporarily plugging culverts and tile intakes to prevent manure inflow
 - soaking up liquid with absorbent material, such as hay, straw, or wood shavings
- MPCA advises that farmers do not construct or modify basins without approval from the MPCA, or county feedlot officer. And farmers should not store manure in unpermitted basins.

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com

Did you know?

The American Psychological Association recommends that men and women interested in making lifestyle changes begin by making realistic short- and long-term goals and then starting small.

Unrealistic short-term goals can compromise people's efforts at making positive changes, ultimately derailing their efforts. But realistic short-term goals can pave the way to realizing the loftier long-term goals. For example, the APA recommends that people who set a long-term weight loss goal of 20 pounds begin by aiming to lose one pound a week. Accomplishing that short-term goal can give people the confidence and satisfaction they need to propel them toward achieving their long-term goal.

The APA also advises that men and women who want to change unhealthy behaviors do so one unhealthy behavior at a time, unless several unhealthy behaviors are putting their overall health in imminent danger. Quitting smoking and eating healthy requires considerable effort and dedication, and individuals may encounter problems when they try to do too much at one time. As a result, the APA recommends waiting until one new healthy behavior has become routine before attempting to change another unhealthy behavior.

NELL to present Guarding the Resources

Retired Conservation officers Dennis Huwe and Curt Nelson will share a program

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



Thank you to all who came to my retirement party. I enjoyed visiting and remembering all the years I have worked with you. Thanks to the Coop Bar & Grill for the great food. Thanks to those who gave cards and gifts. I appreciated the thoughtfulness.

Also, thanks to those who called and sent cards after my knee replacement surgery last week. I am doing well and will be up and around soon.

Thanks again,
Virgil Lerfeld M6C

Estate/Garage Sale Bernard Kaster

May 13, 2017, 8am-2pm
Address: 36121 US Highway 59, Erskine

Working appliances; w/d, stove, fridge, microwave, beautiful bedroom set, furniture, household items & kitchenware; including some antique dishes, Large Louis L'amore book collection, vinyl records, Misc. tools, garage doors, vintage tables and much much more. M5-6C

Ad deadline: Noon Friday

Bible Study

Everyone welcome! Men and Women From all Denominations. Every Wednesday Evening from 7 P.M. to 8:30 P.M. at Dovre Free Lutheran Church, Winger, MN.

At the present, we are studying: God's Appointed Feast, Leviticus 23, Passover, Unleavened Bread, First Fruits, Pentecost, Trumpets, Day of Atonement, and Tabernacles

Led by: Debbie Gunderson. If you have any questions, call Debbie @ 218-945-6288

Don't feel you have to come to every study to attend; join us when you can. God will bless you through the study of His Holy Word!!!

based on dates and events that lead from one Game Warden covering the entire state to today's force of 150 Conservation Officers.

"Guarding the Resources" will explore Minnesota's Game Warden/Conservation Officer Service from its inception in 1887 to the present.

Dennis Huwe was a Game Warden/Conservation Officer for 27 years, retiring in 1995. He resides near Bagley with his wife Kathy and winters in Arizona.

Curt Nelson was a Game Warden/Conservation Officer for 20 years. He resides near Fosston with his wife Narda.

The program will be Wednesday May 10 at 9:30 am at McIntosh Community Center.

NELL programs are free and open to all ages.

For more information contact Tamara Edevold, program coordinator at 694-2856

Notice of Public Hearing

NOTICE

The City of McIntosh has developed a Wellhead Protection Plan in accordance with Minnesota Wellhead Protection Rule, Minnesota Rules, Parts 4720.5100 to 4720.5590.

There will be a Public Hearing on Thursday, May 11, 2017 at 5:00 pm at the following location:

McIntosh Community Center, 115 Broadway NW McIntosh, MN 56556

The purpose of the meeting gives an opportunity for residents of the City to learn more about why this plan was developed and what this plan means to you and the protection of your drinking water. M6-7C

VFW Auxiliary #6891 News

The McIntosh VFW Auxiliary #6891 May meeting will be held on Monday, May 8, at Moran's in Winger. The Installation of new officers will be held at 5 p.m. and the dinner will follow. Each member will pay for their own meal but the Auxiliary will pay for one drink, onion rings and the tip for the meals. Auxiliary Members are urged to attend this Installation meeting.

The new officers for 2017-2018 are as follows: President Garnet Aanenson, Senior Vice President, Marilyn Graff, Junior Vice President Carole Burslie, Treasure Wanda Olson, Chaplain Penny Magnell, Conductress Jane Aakhus, Guard Eva Rolf, Patriotic Instructor Mary Goodwin, Membership Patti Benson, new Trustee Patti Benson, and Secretary Arlene Eggers.

On Monday, May 22, Auxiliary members will be putting new poppies on the Memorial Day wreaths. They will meet at 1 p.m. at the Community Center.

Kristi Tofstad and Heather Hegre will be instructing the students of the laying of the wreaths by the crosses on the school lawn. More information on this to be given later

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. M6-25C

Community Birthday and Anniversary Calendar

Wed. May 3: Donna Skeie, Roxanne Stordahl, Bonita Shaver

Thurs. May 4: Connor Haaven, *Nick & April Ostenaar

Fri. May 5: Anne Schow, *Carey & Elaine Burslie

Sat. May 6: *Gary & Rebecca Schommer, *Clyde & Paulette Kringle

Sun. May 7: McKenzie Smith

Tues. May 9: Kayla Jore, Clara Roed, *Nick & Amber Olson

McINTOSH Times

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Sun. May 7: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. May 14: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou Supply Pastor

Gordon Syverson

Sun. May 7: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. May 14: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh Supply Pastor

Gordon Syverson

Sun. May 7: 11:15am Worship Service.

Sun. May 13: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com

Face Book: Gosen Church

Wed. May 3: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's

Sat. May 6: 8:00pm Prayer Meeting

Sun. May 7: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues. May 9: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. May 10: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's

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.

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Thurs. May 4: 7:00am Men's Breakfast at Mt. Carmel

Sun. May 7: 9:30am Worship at Trinity; 10:45am Sunday School at Trinity; 9:45am Sunday School at Mt. Carmel; 11:00am Worship at Mt. Carmel; 12:15pm Confirmation at Mt. Carmel

Thurs. May 11: 7:00am Men's Breakfast at Mt. Carmel

Sun. May 14: 9:30am Worship at Trinity; 10:45am Sunday School at Trinity; 9:45am Sunday School at Mt. Carmel; 11:00am Worship at Mt. Carmel; 12:15pm Confirmation at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson

Sun. May 7: 9am Worship
Sun. May 14: 9am Worship

DOVRE

FREE LUTHERAN Pastor Don Edlund

Wed. May 3: 7:00pm Bible Study

Sun. May 7: 10:00am Worship Service; Sunday School to follow worship service

Wed. May 10: 7:00pm Bible Study

Sun. May 14: 10:00am Worship Service; Sunday School to follow worship service

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. John Anderson, Pastor

Sun. May 7: 8:45am Worship Service

Sun. May 14: 8:45am Worship Service

Holy Communion 1st and 3rd Sundays



Piano Recital

The Piano Stuents of Mavis Finseth will present their piano recital on Sunday, May 7, 2017 at 4:00 pm at Vernes Lutheran Church in Rural McIntosh.

All are welcome to attend!

Find us on Facebook

www.facebook.com/mcintoshtimes
Announcements • Photos • Community Updates



Photo is of Game Wardens 1935 with a canoe on the car.



McIntosh Heritage & Arts Center

MHAC Heritage Recipe

Buttermilk Pancakes

Lynnette Carver-Ross of Sletten Township recently passed a buttermilk pancake recipe down to her daughter Kynndyl (Ross) Shanonatti at her bridal shower last August. She gave her daughter the recipe that her mother, Gloria (Covlin) Carver had passed down to her.

The recipe originated with Mildred Hendrickson of Winger. Gloria remembers, "As a child my dad, my sister, and I would visit Carl and Mildred Hendrickson. The adults had a table and played Canasta (card game), and the kids also played Canasta. She made the best pancakes and I got the recipe from Mildred."

The Carvers are five generations strong in Sletten, on Lynnette's paternal side and

five generations on her maternal Covlin side within the Thirteen Towns of Polk County (originating in Winger Township-three generations and then Sletten Township).

Lynnette has served these pancakes to the high school volleyball and basketball teams Saturday mornings before a few tournament games and they are always a big hit.

Buttermilk Pancakes

2 Cups buttermilk

3 Eggs

Beat buttermilk and eggs

Add:

1 ½ Cups flour

1/3 Cup sugar

2 tsp Baking Powder

2 tsp Baking soda

¼ tsp salt

2 TBLS cream

Cook on griddle until

batter bubbles, pops and

makes holes; flip and cook

until dark golden brown.

Generally served with

butter and maple syrup-only

REAL butter on the family

farm, Lynnette now often

serves them with strawberries

and whipped cream as an

option for breakfast.

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Winger News

Linda Pulskamp

Hello again from Winger and the Union Lake areas where Mother Nature has dealt us some rather unwelcome, and unwanted cold, windy and snowy weather. As I do my news tonight (Thursday) the ground is still fairly white after some melting today. Could be worse as other areas have much more snow than we do. Hopefully this is the end of it now. The trees are budding out, and as I watched the snow come down yesterday and the wind blowing, there were a bunch of robins hunkered down in the evergreen trees.

There is still a lot of colds and flu going around, have talked to several people who still are fighting the bug. Hope it goes away soon.

April is soon behind us and May is on the way, speaking of May it brings a lot of activities along with it, spring concerts and the prom in the schools, before we know it graduation will be here, but before graduation will be Mother's Day and opening fishing.

On the news and it is very scant, if it doesn't get better soon, there may be none.

Last Friday the 21st Milton Carlson was a visitor at the Dustin and Nikki Carlson home in Fosston where he for the first time met his newest great granddaughter Evelyn Nicole. Of course she is the cut-est!

Steve Johnson of Coon Rapids was a house guest last week end at the Pulskamp home.

Mark and Betty Syverson were visitors last Saturday at the Pioneer Home at Erskine with Helmer and Verlys Homme. The four enjoyed an afternoon of visiting and playing rook.

Last Saturday afternoon Paul Carlson was a visitor with Milton Carlson at Milton's home.

Linda Pulskamp attended memorial services in Red Lake Falls last Saturday afternoon for Jerry Hinrichs. Jerry and Linda had worked together at the Court House in Red Lake Falls.

Last Sunday Paul brought dinner to the Milton Carlson home that they both enjoyed together while visiting.

Last Friday afternoon visitors at the Reha Sanstead home in Erskine were Marv Engesether of Plummer, Butch and Linda Pulskamp and Steve Johnson of Coon Rapids.

Last Sunday Cecil Malme's Trio presented a concert at the Pioneer Home in Erskine. Cecil is Verlys Homme's cousin. Bar-

ry and Kay Malme and Orris Moen of Fargo were also at the Home to take in the festivities, along with Helmer.

Along with house guest Steve Johnson, visiting at the Pulskamp home last Saturday afternoon were Dean Johnson, Kelly Johnson and his Grand-daughters Lilly and Teegan, Marv Engesether of Plummer and Reha Sanstead of Erskine.

Tuesday the 25th Judy Gieseke was a visitor and dinner guest with Milton Carlson at the Carlson home.

Please people if you want to continue seeing the "Winger Page" in the paper, we need your input other wise it will go away.

Until next week think SPRING!

From Bun Manor:

Tuesday afternoon Bun headed to McIntosh to have a hair affair at Krissys. He met Joyce afterwards for lunch at the Coop. Bun told Joyce he got a haircut and took his hat off to show her. Joyce replied, "It looks better with your hat on". Shot down again! No offense to the gal who cut my hair. Bun just had bad hat hair.

Bun also ran into Diane Boucher and Jan Galland who were just finishing lunch. They were both sporty enough to buy a book of Lion's raffle tickets.

Wednesday, April 26th. Woke up to snow on the ground. Only in Minnesota can you go from the sixties one day to snow the next.

Bun called Dorothy Sandberg up on the phone to wish her a happy 75th birthday. They were talking about keeping up with the times. She told him that her and Joe are from the old school. They have no internet and no cell phone. She thinks they may have to get a cell phone in case something happens on the road. One doesn't dare trust people to ask for help. She told him that when she was ten years old she used to hitchhike into Fertile from her farm three miles southwest of Fertile. Most of her rides came from truck drivers. Back then one never worried about getting rides or help from strangers.

Bun also called his sister Linda on the 26th to wish her a Happy 70th. Sister Judy and husband Lloyd went down to her place to help her celebrate.

Saturday afternoon, Gary Sonsteli and Jim Votava went down to the Anoka county to attend the Minnesota Pilots Association meeting. They also visited The Golden Wing Aircraft museum. There were at

least fifty vintage airplanes in the museum ranging from the late twenties to early forties. Most of them were fully restored and were flight worthy.

Saturday evening Bun got together with some friends at Moran's in Winger for an observance dinner on what would be his 40th anniversary of his accident at the Winger elevator. Those who attended were Steve, Lorri, Elizabeth and Brian Massmann, Kory, Kristen, Grayson, Jill and Gary Sonsteli, Ole, Dale and Kathy and Aaron Iverson. Special after dinner guests were Kyle Sonsteli and Mark and Karen Thompson from Mac. Bun's life changed that day but he is happy to still be around to bring you trival news.

Sunday afternoon Gary took Jill and their dog Remington to Terry McCollum's place southeast of Bejou for obedience school. The obedience school was for the dog, Not Jill.

On Sunday afternoon Carsten, Joanne Zahl, and Pam Wang joined Steve and Lorri Massmann to Detroit Lakes. While there they enjoyed a bite to eat at The Brew. Afterwards the group went over to Matthew Massmann's residence to see his place.

After a tour of Matthew's house everyone settled in for a visit before heading back to Winger

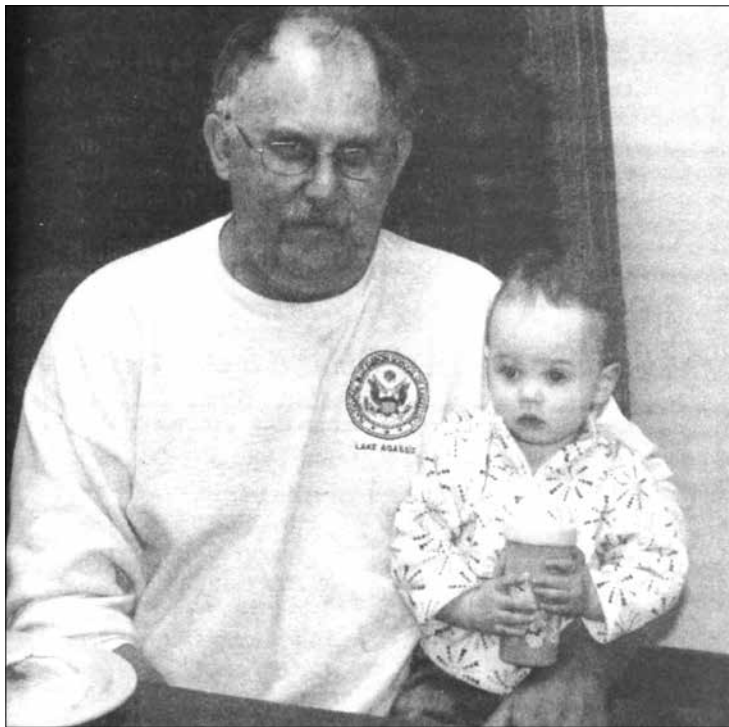
President proclaims National Small Business Week

National Small Business Week celebrations commenced in the nation's capital at the US Institute of Peace with more than 85 national award winners from across the country and U.S. territories convening to be awarded and recognized for their major accomplishments. The two-day award ceremony will conclude with the announcement of the National Small Business Person of the Year and three runners-up.

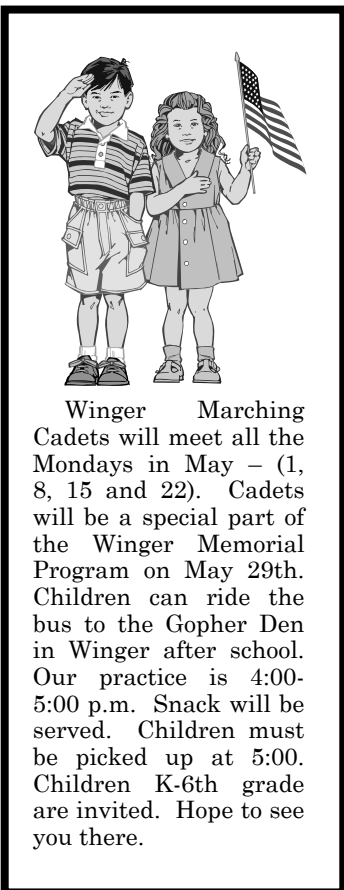
The annual event is hosted by the U.S. Small Business Administration and is designed to recognize the nation's top small businesses, entrepreneurs, and business advocates. The week-long event will continue through May 6, with SBA Administrator Linda McMahon hosting planned national events in New York, Indianapolis, Dallas and Fresno, Calif.

In his April 28th proclamation declaring April 30 – May 6 as Small Business Week, President Donald Trump stated, "Small business owners embody the American pioneering spirit and remind us that determination can turn aspiration into achievement. This week, we affirm our commitment to removing government barriers to the success of American small businesses." He added "America's small business owners transform ideas into reality. They are a strong testament to the opportunities a market economy affords. During this week, we recognize the incredible contributions small businesses make to our country and pledge to foster the conditions that enable them to prosper and thrive."

The President's proclamation closes with "by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim April 30 through May 6, 2017, as Small Business Week. I call upon all Americans to recognize the critical contributions of America's entrepreneurs and small business owners as they grow our Nation's economy."



10 years ago...2007: Carey Burslie holds granddaughter Annika Shimpa as they enjoy pancakes at the Swing into Spring breakfast at the Community Center in McIntosh.



Grilling foods to be safe and healthy

People rely on indoor and outdoor grills to prepare foods all year long. Not only can menu items made on the grill taste delicious, but they also may be healthier than foods cooked via other methods. When done correctly, grilling is a versatile way to cook tasty foods relatively quickly.

One of the challenges of cooking over high, open heat is the difficulty in determining just how long to keep foods over the flame. Take them off too soon and they may be undercooked. Wait too long and items may be dry and charred. Use these tips to make grilling easy and safe.

Preheat and prepare the grill

Be sure to preheat the grill to between 400 F and 500 F. Use a nonstick spray on the grates while the grill is heating. This way foods will not stick and create a mess that will ultimately require considerable cleaning.

Buy a meat thermometer

One of the easiest ways to take the guesswork out of grilling is to use a meat thermometer. By knowing internal temperatures in a few seconds, grillmasters can have juicy foods that are cooked to the correct temperature so food-borne illnesses do not become a problem. Cooking by sight is inaccurate, as the outside of the food may look well done even though the inside is still pink. Thermometers allow cooks to avoid cutting open foods to check doneness, spilling out tasty juices in the process.

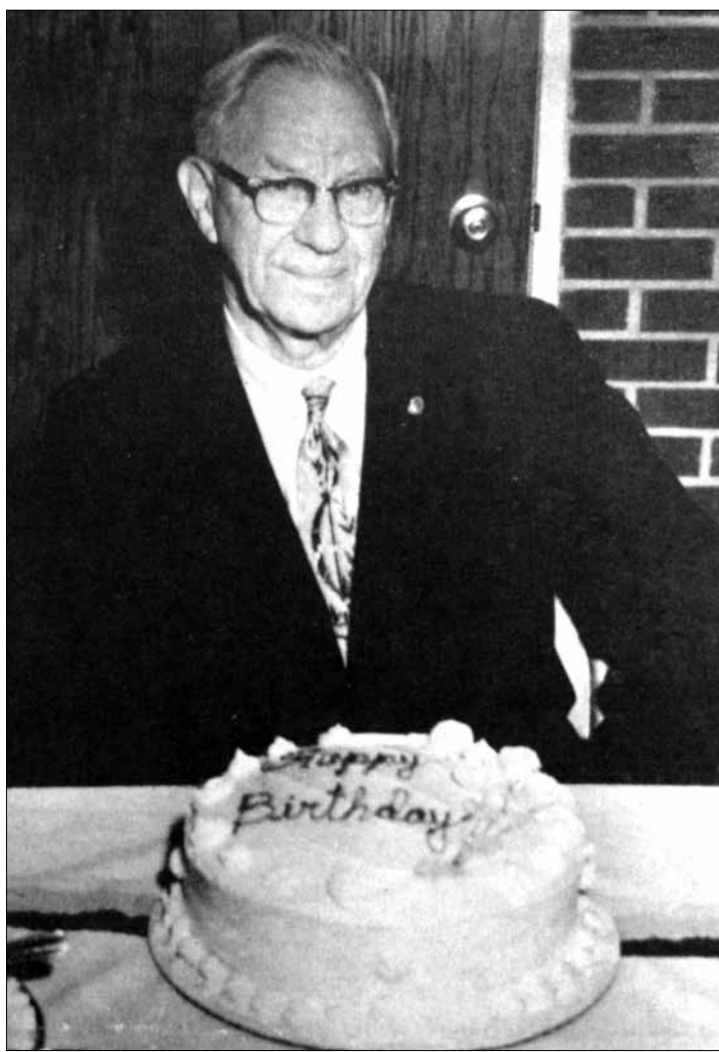
The U.S. Department of Agriculture advises on minimal internal temperatures for meats and poultry (https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index). Keep in mind that food continues to cook when it is taken off the grill. Therefore, removing a few minutes before it has reached a certain temperature is ideal.

Fish is fast

Don't avoid grilling fish because of its delicacy. Using wood planks or any of the new-

grill...

Continued on page 4...



50 years ago...1967: Dr. C.L. Roholt was honored by the nurses and doctors at the Fosston Hospital on the occasion of this 80th birthday on Monday. The McIntosh doctor could well be one of the oldest practicing physicians in the nation. Dr. Roholt came to McIntosh in 1951 and built the McIntosh Clinic. He was born in Norway in 1884 and came to the United States in 1903. He practiced medicine in Waverly, Minnesota for 30 years before coming to McIntosh.



40 years ago...1977: Kelly Lucken, Mac-Winger Junior and a member of Mrs. Salvesson's Art Class, spent about a week painting this life size portrait of "The Crucifixion" in color, as an Easter back drop in Calvary Lutheran Church in Winger. The scene is 6 ft. wide and 8 ft. tall.



30 years ago...1987: Fire Chief Craig Helling accepts a check from Joyce Balstad, Winger Lioness President, for purchase of medical emergency equipment for the Winger Fire Station.



20 years ago... 1997: LaVerne and Mable Sandberg were served their pancakes, hash browns and sausage by their great-grandson, Cory Sandberg. Cory, a student in the Win-E-Mac sixth grade class, was a waiter, hustling from table to serving counter bringing plates, coffee, syrup and milk to diners at the annual pancake supper.



Felicity Andres displayed a artistic "J" during the Win-E-Mac Art Show.



Last Wednesday, Kaitlyn Sanden displayed some of her creative work during the Art Show held at Win-E-Mac School.



There was beautiful and creative art displayed by many Win-E-Mac students, including this picture from Kalli Roy, at the Win-E-Mac School Art Show.

grill... Continued from page 3 ...

er grilling gadgets available can keep flaky fish from falling through the grates. Plus, fish is an ideal go-to when one is really short on cooking time. If necessary, experiment with varieties of fish that are durable, such as salmon or tuna.

Leave an empty spot

Have an unheated area of the grill or one that is set to a low temperature so there is somewhere to move food if a flare-up occurs or if something is cooking too fast. This is also a good spot to finish foods that may need a little more time over indirect heat - such as burgers that require melted cheese.

Use sauce at the end

Avoid charring foods by using sugary sauces toward the end of cooking. Otherwise, the sauce can burn quickly and contribute to potentially carcinogenic char.

Grilling can be made easier with a few tricks of the trade. The results will be delicious, healthy and safe to enjoy.

WEM School Announcements

Lace Em Up Basketball Camp – June 5-9, 2017 in Red Lake Falls. Open to anyone in grades K-11. Cost of the camp is \$60 with a max of \$100/per family. If you register before May 20th, you will receive a camp T-shirt. After May 25th, registration will be \$70 and the family max will be \$120. Registration forms can be picked up in the office.

The Progress report period 'Mid-term 4' ended on 4/19/2017 grading period has ended at Secondary. Please check ParentVUE for your student's current grades! Thank you for participating in the success of your student(s).

The Volleyball Tournament during the Erskine Water Carnival is back again this year and will be held on June 3rd from 11 AM till 3 PM at the Win E Mac School. Teams will notice there are



Lukas Gensburger points up to his artwork that was displayed at the Win-E-Mac School Art Show last Wednesday afternoon.

some changes and new rules this year:

This year no last minute or at the door registrations and payments will be accepted. All the forms/payments must be received in the mail BY May 20th. If your team is not signed up by May 20th you will not play. This is to ensure the correct number of prizes are established, and any costs related to the tournament are paid in a timely manner. It will also help avoid last minute confusion. Fee this year is \$30 per team. Forms will be available at Ness Café, Fuel & Things, Groceries Plus, and American State Bank.

Also new this year – we will be looking for 6 person teams instead of five person teams. The sixth person will be an alternate who will be there in case someone else on the team is late and also to be an official

during the other games. When you're team arrives at the gym please have this alternate report in to the organizers so we know who is helping us. Rotation between games will be allowed if this sixth member wants to play too but games will still be played with only five people on the court.

Also another issue that has come up – scoring. This year we are going to try something different – we will play Rally to 15 points - all three sets. This is in an effort to speed the games along without any confusion. As usual you need to win two out of three sets to win the match.

Flyers will be up around town and reminders posted as needed, plus updates on the Facebook page. If you have any questions you can call : 218-687-2157.



Renée Rongen (left on photo) and Kathryn Vigness (right) shown pictured as guest speakers at the Thrivent Financial women's event held at New Journey Church last Friday 4/21/17. Over 305 pairs of pajamas were collected for crisis centers across our region. Approximately 220 women from across the area attended. Renée Rongen gave a strong message of laughter, love, mental health and stepping into the light of who we truly are. Very inspirational evening!!! Kathryn Vigness and Renée also spoke to dozens of teen girls the next day at New Journey Church with an inspirational message of identity and Faith. Highlighted Renee's new book: "I'm a Girl. That's Why!" Visit www.thrivent.com to find an office near you! Or visit the Renée Rongen experience at www.reneeRongen.com.

City of McIntosh

2016 Drinking Water Report

PWSID: 1600011

The City of McIntosh is issuing the results of monitoring done on its drinking water for the period from January 1 to December 31, 2016. The purpose of this report is to advance consumers' understanding of drinking water and heighten awareness of the need to protect precious water resources.

Source of Water

The City of McIntosh provides drinking water to its residents from a groundwater source: two wells ranging from 206 to 210 feet deep, that draws water from the Quaternary Buried Artesian aquifer.

The Minnesota Department of Health has made a determination as to how vulnerable our systems' source(s) of water may be to future contamination incidents. If you wish to obtain the entire source water assessment regarding your drinking water, please call 651-201-4700 or 1-800-818-9318 (and press 5) during normal business hours. Also, you can view it online at www.health.state.mn.us/divs/eh/water/swp/swa.

Call Larry Hedlund, Maintenance Supervisor, 218-563-3747 if you have questions about the City of McIntosh drinking water or would like information about opportunities for public participation in decisions that may affect the quality of the water.

Results of Monitoring

No contaminants were detected at levels that violated federal drinking water standards. However, some contaminants were detected in trace amounts that were below legal limits. The table that follows shows the contaminants that were detected in trace amounts last year. (Some contaminants are sampled less frequently than once a year; as a result, not all contaminants were sampled for in 2016. If any of these contaminants were detected the last time they were sampled for, they are included in the table along with the date that the detection occurred.)

Key to abbreviations:

MCLG—Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

MCL—Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

MRDL—Maximum Residual Disinfectant Level.

MRDLG—Maximum Residual Disinfectant Level Goal.

AL—Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirement which a water system must follow.

90th Percentile Level—This is the value obtained after disregarding 10 percent of the samples taken that had the highest levels. (For example, in a situation in which 10 samples were taken, the 90th percentile level is determined by disregarding the highest result, which represents 10 percent of the samples.) Note: In situations in which only 5 samples are taken, the average of the two with the highest levels is taken to determine the 90th percentile level.

ppm—Parts per million, which can also be expressed as milligrams per liter (mg/l).

ppb—Parts per billion, which can also be expressed as micrograms per liter (ug/l).

N/A—Not Applicable (does not apply).

Contaminant (units)	MCLG	MCL	Level Found		Typical Source of Contaminant
			Range (2016)	Average /Result*	
Arsenic (ppb)	0	10	N/A	4.94	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes.
Barium (ppm) (12/09/2014)	2	2	N/A	.09	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits.
Fluoride (ppm)	4	4	.53-.94	1.03	State of Minnesota requires all municipal water systems to add fluoride to the drinking water to promote strong teeth; Erosion of natural deposits; Discharge from fertilizer and aluminum factories.
Haloacetic Acids (HAA5) (ppb)	0	60	N/A	1.2	By-product of drinking water disinfection.

*This is the value used to determine compliance with federal standards. It sometimes is the highest value detected and sometimes is an average of all the detected values. If it is an average, it may contain sampling results from the previous year.

Contaminant (units)	MRDLG	MRDL	****	*****	Typical Source of Contaminant
Chlorine (ppm)	4	4	1.1-1.5	1.48	Water additive used to control microbes.

****Highest and Lowest Monthly Average.

*****Highest Quarterly Average.

Contaminant (units)	MCLG	AL	90% Level	# sites over AL	Typical Source of Contaminant
Copper (ppm) (08/27/2014)	1.3	1.3	.4	0 out of 10	Corrosion of household plumbing systems; Erosion of natural deposits.
Lead (ppb) (08/27/2014)	0	15	1.3	0 out of 10	Corrosion of household plumbing systems; Erosion of natural deposits.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. City of McIntosh is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Monitoring may have been done for additional contaminants that do not have MCLs established for them and are not required to be monitored under the Safe Drinking Water Act. Results may be available by calling 651-201-4700 or 1-800-818-9318 during normal business hours.

Compliance with National Primary Drinking Water Regulations

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.

Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, the U. S. Environmental Protection Agency (EPA) prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at 1-800-426-4791. M6C