

\$1.00

McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Norah Bohn had so much fun this past Saturday, when the Win-E-Mac Elementary kids took part in “Jump Rope for Heart”.



Hard working McIntosh Heritage and Arts Center volunteers during Swing into Spring last Saturday at the McIntosh Community Center. (l-r) DeeDee Narum and Mae Mero.

Tips for juggling work and family

Balancing work and family is a juggling act faced by many working parents. Responsibilities to work and family often overlap, and that can make solving the riddle of balancing work and family that much more difficult.

Single-income households have decreased dramatically over the last several decades, as escalating costs of living have made it difficult for many families to get by on just one income. But working parents can employ several strategies, both at the office and at home, as they attempt to make the job of juggling commitments to work and family a little less difficult.

Around the office

A major concern many parents have as they attempt to balance work and family is that they are not spending enough time at home with their children or not paying enough attention to their kids or even their spouses when they are home. One way to find more time at home is to inquire about the possibility of working remotely.

Advancements in technology that have made it easier to remotely communicate with clients and coworkers has led to an influx of work-from-home employees. While working from home does not mean workloads will diminish, it does save men and women the time they would spend commuting to and from work, and that translates to more time at home with the family. If working remotely full-time is not a possibility, men and women can ask if it's possible to do so one or two days a week, as such a schedule will still provide more time at home.

Another avenue men and women can explore as they attempt to achieve a better balance between work and family concerns how efficiently they do their jobs. Chatting with coworkers about issues that do not pertain to work can be a great way to reduce work-related stress, but professionals who feel as if they never have enough time to get their jobs done in a typical work day should determine if they are working as efficiently as possible. Avoid too much water cooler chitchat and resist the temptation to check personal emails or text messages while at work. Such distractions can eat up a considerable amount

of time over the course of a workday, making it harder for men and women to get their jobs done in a typical workday and forcing them to stay late or bring work home.

Men and women working to achieve a greater balance between work and family also can examine how willing they are to take on additional work. While coworkers love a team player willing to pitch in, routinely accepting extra work can drastically cut into the time men and women have to do their own jobs as well as the time they have to spend with their families. Helping coworkers out in a pinch is fine, but men and women should resist any urges to take on more than they can reasonably handle.

At home

Men and women also can take steps at home to create a better balance between work and family. Working parents who want the time they have with their children each night to be more substantive can turn off their devices upon arriving home from work. Devices such as smartphones and tablets keep working professionals attached to their offices, and many men and women are tempted to check work emails or answer phone calls and voicemails even when they have left the office for the day. Parents should resist that temptation so their families know their focus is on them and not back at the office.

Another way to create a greater balance between work and family life is to make more efficient use of time at home. Working parents can use a slow cooker so family meals are ready the moment everyone arrives home at night. That frees up time the family can spend together and gives working parents one less thing to do when they arrive home.

Working parents looking get more quality time with their families also can cut back on the time families spend watching television each night. Limit television time to an hour or two each night, using the extra time to connect with one another.

Many working parents strive to create a greater balance between work and family. While doing so is not always easy, men and women can employ strategies at work and at home to make the challenge a little less complicated.



Dozens of kids had a blast as they participated in the “Jump Rope for Heart” event at Win-E-Mac school last Saturday, April 25, 2015.



Ella and Mya Strom enjoyed some pancakes and sausage during the McIntosh Heritage and Arts Center's Annual Swing into Spring breakfast and silent auction last Saturday at the McIntosh Community Center.

McIntosh Pet Clinic this Saturday

This Saturday, May 2, 2015 from 1:00 pm to 3:00 pm, the City of McIntosh will host a Dog and Cat Clinic at the McIntosh Fire Hall.

The annual pet clinic provides an opportunity for community pet owners to have their animals rabies and distemper shots brought current and to purchase a City pet license as well.

If you live in the city of McIntosh, you are required to register your pets with the City Clerk. the cost for registration through July 1st is

\$5.00 for dogs and \$2.00 for cats.

After July 1st, the cost doubles to \$10.00 for dogs and \$4.00 for cats. You can purchase your licenses at this time.

Cornerstone Veterinary Service of Gonvick will be on hand for giving your pets shots. This cost is separate from the cost of the license.

If you have any question, you can contact the City Clerks office during regular business hours.



The Bartz Family (Chris, Amy, Carter, Clayton and Clifford) enjoyed the pancake breakfast during MHAC Swing into Spring at the McIntosh Community Center last Saturday, April 25th.



The McIntosh Community Club hosted a 5K Run/Walk on Saturday, April 25th as part of the Swing into Spring activities. Here (l-r) Philip Lee and his son, Silas, Wanda Stordahl, Caitlynn Ek and Shanna Carlton line up at Erickson Park at the start of the 5K.

Community Calendar

- Wed. April 29:** 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 4:** 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 5:** 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. May 6:** 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 7:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;
- Fri. May 8:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. May 11:** 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 12:** 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

“Unmask the Night” Win-E-Mac Prom 2015

Free Will Donation at Door

Grand March 7:30 PM

Win-E-Mac School Gym

Pestle & Vessel

By Alison Opdahl

Journey

Take a journey with me. A few miles down a country road the graded gravel gives way to a narrower lane. It is embellished with the wending lines of cart wheels and punctuated with the marks of hooves. You don't have to go back in time to take this journey. You only need to follow this lane to an unremarkable, black dirt driveway.

The tree-lined driveway meanders sedately from the narrow lane.

The birch, ash and box elder are starting to display their fragile yellow-green leaves against their grayish brown skeletons. Along the edge of the black track new, bright green grass pierces the blanket of dead leaves and bracken. Spring has finally come to northern Minnesota, bringing with it the promise of life and a new beginning. Yet it is an ending we honor today.

A beloved wife, mother, grandmother, great-grandmother and sister has left her mortal body for an everlasting beginning. The yard is crowded with those who have come to honor Saloma's passing. The mood is respectful but not somber. There is among those gathered an acceptance of the reality of life and death—and though death is not always an announced visitor it has not arrived here unexpectedly.

Men are gathered outside the small house, standing along the porch in their Sunday best or visiting quietly among themselves on scattered benches. Some are bearded, others are not. Most of them hold trays or bowls in their hands while eating their evening meal.

That the big house horses keep company with the wagons under the trees near the sprawling barn. Dozens of children, the boys tow-headed and the girls white-capped, mill around making their own fun with blocks of wood and each other.

The women have congregated in the big house, serving the meal and visiting among themselves. The smells of supper and wood smoke mingle in the air. I step through the generous doorway into the kitchen. In the great living room some of the women cradle children on their dark blue, skirted laps. The occasional fussing baby is rocked or passed hand to hand until the little one is comforted.

Close by and undisturbed, the body of their beloved Saloma awaits the ceremony. One that will return her to the earth, from which our first mother, Eve was made. Saloma's body no longer lives among her family but she is with them nonetheless. Her love has brought them together. Her life has made their lives more than a dream. It has

made them possible.

As I watch this testimony of life shifting and changing around me—the quiet interaction between mother and child, husband and wife, I sense no underlying futility or grief in their demeanor. There is an acceptance of what life is about; today. Today they honor the memory of one they treasured. Tomorrow they will lay her body to rest. Then there is living to be done.

As I make my way out to the pleasant evening air a dusty hand slips into mine. I look down into the brown-eyed gaze of Anna. It is her grandmother who has brought us all here today.

I cannot speak Anna's German language so I squeeze her hand gently and smile. At the door I swing her up in my arms. Her tanned little hand trails on the doorframe as I negotiate the wooden ramp.

Once we're outside, a friend makes room for us on a bench. Anna is content to sit as I settle her on my lap, straightening her blue dress over her knees. It's not long before she's playing peek-a-boo with me; hiding her sun-kissed face in my shoulder when I meet her urchin gaze.

Soon, her small hand touches my palm and I snatch it playfully. So begins our game of catch-me-if-you-can. For

twenty minutes, all she needs is my attention, my laughter and my smiles. Anna giggles when my hands trap hers or miss clumsily and instead, hug her before tickling her ribs. Leaning into my embrace Anna wiggles with delight before initiating the game once more. Other children approach us bashfully, curious eyes showing their interest, smiles lighting their faces at Anna's exuberance.

How charmingly Anna draws me into her world, where the only language needed is not spoken but expressed with the heart. It is a language of smiles and laughter. She offers both wholeheartedly. How easily she shares the sounds of life and speaks of the delight she has to be alive. How quickly two hours pass in a space carved out of the pressures and busy shuffle of life. These hours remind me of the simple joys like a dusty hand in mine and the belly laughter of a child.

You don't have to go back in time to make this journey but you might feel like you have when you're finished.

You might be reminded of a serene evening which wrapped around you with a sure embrace, enveloping you and those you cherish in its dimming rays of light.

You might breathe a little deeper, tarry a little longer and smile a little wider... if you have time enough to take this remarkable journey.



Who is this? Recently a reader asked me if I could find out who this couple was. If you have any idea, please contact me at mcintoshtimes@gmail.com or 563-3585. Thank you!

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

Garden Club News

The McIntosh/Erskine Garden Club will meet Monday, May 4th at 3:45pm at the McIntosh Community Center and carpool to Landsverk Dairy near Fosston.

We will tour the barn as they milk 25 hours a day.

We will meet & eat at The Club Bar & Grill in McIntosh after the tour.

Anyone interested in this tour is welcome to join us.

Contacts: Judi Lindseth, 563-2205 or Kathie Peterson, 687-2876



Piano Recital

The piano students of Ma-vis Finseth will present their recital on Sunday, May 3rd at 2:00pm at the Vernes Church north of McIntosh.

Participating this year will be Clara, Eli, Senora and Malachi Albrecht, Kia and Cari Bachand, Tapanga and Tabitha Bratager, Amera Carlson, Jayden Gensburger, Carl and Max Johnson, Jesse, Adrianna and Nadalie Quam, Karlie Schow and Savahanna Svalen.

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.

R2-7C

The McIntosh Times Office Hours

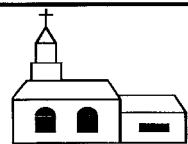
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

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 29: 11:30am Holy Mass at St. Mary's, Fosston

Fri. May 1: 5:30pm Holy Mass and Adoration at St. Mary's, Fosston

Sat. May 2: 9:00am Rosary, followed by Holy Mass at St. Mary's, Fosston

Sun. May 3: 5:00pm Holy Mass at St. Mary's, Fosston -NO Mass in the morning; 10:30am Holy Mass at St. Joseph's, Bagley

Wed. May 6: 1:00p Holy Mass at McIntosh Nursing Home

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

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Interim Pastor

Melody Kirkpatrick

Sun. May 3: Calvary worship 10:00am; Immanuel worship 8:30am

Sun. May 10: Calvary worship 10:00am; Immanuel worship 8:30am

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Interim Pastor

Melody Kirkpatrick

Sun. May 3: 11:15am Worship

Sun. May 10: 11:15am Worship

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

Wed. April 29: 1:30pm Bible Study at The Country Place

Fri. May 1: 10:00am Telecast of the Luther League program on Garden Valley Cable TV-Channel 2

Sat. May 2: 8:00pm Prayer Meeting

Sun. May 3: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service

Tues. May 5: 10:00am: Sunday worship service telecast on GV Cable TV - Channel 2

Wed. May 6: 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 1/2 mile north of Winger; then 1/2 mile east on County Road 206.

IMMANUEL LUTHERAN CHURCH
McIntosh
Rev. Mark Peske, Pastor

Sun. May 3: 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 29: 7:00pm Bible Study

Sun. May 3: 9:15am Sunday School; 10:30am Worship Service

Wed. May 6: 7:00pm Bible Study

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. May 3: 8am Worship

Sun. May 10: 8am Worship

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:

Wed. April 29: 7:30pm Bible Study

Sun. May 3: 9:30am Worship Service; 10:45am Sunday School

Wed. May 6: 7:30pm Bible Study

Mt. Carmel:

Sun. May 3: 9:45am Sunday School; 11:00am Worship Service.

Sun. May 10: 9:45am Sunday School; 11:00am Worship Service.

Spiritually Speaking

Is everything permitted?

One clear message from the New Testament is that we are under a new covenant, that Jesus has changed the rules of the game. There is clearly a debate of sorts going on amongst the writers of the New Testament about adherence to the rules and laws of the Old Testament. This debate continues to rage even in our own times. Some churches advise strict adherence to dietary strictures and the rules of morality while some are a lot looser. It may be the case that everything under the sun has its proper use and thus that nothing is inherently "unclean" and yet common sense tells us that not everything is good for us. Many foods and drugs have their appropriate uses but are unhealthy or even deadly if misused. Perhaps everything is permitted in the narrow sense that nothing created by God is inherently bad, but it does not follow that its unrestricted use is advisable. Just because you can do something doesn't mean that you should. Bacon may be okay in small amounts, just like morphine, but it will kill you if you consume too much of it. So we should consider carefully how we use nature's bounty.

-Christopher Simon

Remember This: I have the right to do anything, you say, but not everything is beneficial.-1 Corinthians 6:12

B-B Cafe Menu

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

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

Fri. May 1: Crispy Chicken, Breadstick, and Dessert

Mon. May 4: Spaghetti, Garlic Toast, Dinner Salad, and Dessert

Tues. May 5: Hot Beef, and Dessert

Wed. May 6: Potato Klub or Baked Ham, Carrots, Roll, and Dessert

Thurs. May 7: Fish Sandwich, Cup of Soup, and Dessert

Fri. May 8: BBQ Ribs, Baked Potato, Mixed Vegetables, Roll, and Dessert

Community Birthday and Anniversary Calendar

Wed. April 29: Tavin Hewitt, Sherry Frank, Carol Anne Reese

Thurs. April 30: Wes Kaupang

Fri. May 1: Mary Mellgren, Reggie Galland

Sat. May 2: Casey Bartz, Jessica Strom, Stacy (Kringlen) Smith, *Philip & Ashlee Lee, *Sherman & Pat Tranby

Sun. May 3: Donna Tradewell, Donna Skeie, Roxanne Stordahl, Bonita Shaver

Mon. May 4: Connor Haaven, Tanya Monson-Ek, *Ken & Verniz Jore, *Nick & April Ostenaa

Tues. May 5: Ron Strom, Annie Schow, *Carey & Elaine Bowslie

BUSINESS & PROFESSIONAL GUIDE

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Winger News

by Linda Pulskamp

Greetings once again from Winger and the Union Lake areas. It has been an interesting week as far as the weather goes. Last Saturday was a beautiful day but then came Sunday and the cooler temps and strong winds which have persisted all week with a little bit of rain and snow too. Hopefully this will soon change and we will have warmer and more settled weather.

Next week at this time we will have turned the calendar into May and that being a busy month, with Mother's Day, fishing opener and graduations. No wonder the time goes so fast with all the activities to keep us busy.

On to the news and once again it is very scant.

Judy Gieseke was a Wednesday the 15th visitor with Fern and Milton Carlson at the Carlson home.

Truman and Darlene Johnson of Dilworth were weekend guests at the Boyd and Sylvia Bratager home.

Craig Johnson of Monticello arrived on Friday afternoon and was a guest until Sunday at the Pulskamp home.

Last weekend Gail and Terry Johnson of Karlstad visited with Gail's Mother, Martha Henney at Martha's home in Poplar Meadows.

Paul Carlson was a visitor at the Fern and Milton Carlson on Thursday the 16th.

Reha Sanstead of Erskine, Marv Engesether of Plummer and Kelly Johnson were last weekend visitors at the Pulskamp home.

Last Sunday Bill and Marlene Henney of Fosston picked up Martha Henney and Dean Henney and they all traveled to Bemidji and were visitors with Jeff and Leona Molnar at the Molnar home. Bill and Marlene had recently returned from Florida where they had spent the winter.

Truman and Darlene Johnson of Dilworth were visitors last Sunday afternoon at the Dean Johnson home.

Paul and Donna Carlson and their Grandson Dustin Wayne Carlson were last Saturday visitors with Fern and Milton Carlson at the Carlson home.

Lucy Brtek was a visitor with Wilma Wang at Wilma's home in Fosston last Monday.

Thursday evening when I visited with Martha Henney

by phone, her granddaughter Laura Grant was visiting with her and had brought her a beautiful bouquet of flowers.

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

Martha Henney had a very enjoyable visit by phone with Eugene Dahlgren of California this past week. Eugene's father had been a pastor in McIntosh at one time.

I want to thank those of you who are so faithful to contribute your "news" to help keep our "Winger" page in the paper, and Bunny too for contributing as he has, I want to stress that if it continues to be this hard to come up with the "news" I will choose to quit it.

In closing, it's not what we have in life, but who we have in our life that matters.

Thank You

Steve & Barb Gaalswyk would like to thank all the friends and family who came to the Breakfast Benefit at the Erskine Community Center on Sunday, April 19th. What a fantastic turnout - very humbling. This was a wonderful show of support to help Steve through this disease. We are so grateful for all the prayers and will continue to need this support, with God's help, in the days to come. Much appreciation to the Winger Lions Club for sponsoring and serving a delicious breakfast. This is truly proof of the value of living in a small town where people care and help one another.

MSC

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.

M4-5C

Ad deadline:
Noon Friday

Regional Ag News

Jim Stordahl,
Extension Educator

Potential Cold Weather Crop Damage

With air temperatures dropping into the high teens last week, there is concern about damage to early seeded wheat, barley, oats (or any crop for that matter), especially after a few mornings with frozen soil conditions after planting.

According to Dr Jochum Wiersma, UM Small Grains Specialist. The fastest way to detect damage is to dig up some seed, or seedlings, and place them on a moist paper towel at room temperature and cover with plastic wrap to maintain a moist environment. Within 24 hours, you should see elongation of the coleoptile of the seedlings. With seed that had yet to germinate, you may have to wait another day before you see a radicle and coleoptile appear. If the seed and the germ are damaged by frost they will turn to mush within 24 hours at room temperature. If the crop had already emerged, you can simply cut the above ground leaf material and place the seedling on the moist paper towel and wait for new growth to elongate. Just be sure the paper towel remains moist throughout the duration of the experiment.

There are more reports of alfalfa winter injury in the Southern two-thirds of Minnesota. The condition of alfalfa in our part of the State remains to be seen, but it's only prudent that producers continue to monitor the early spring growth. Following is more detailed information from the UM Forage Team.

Winter injury may not be immediately apparent. It may be indicated by slow or uneven spring growth, or could go undetected until after the first cut.

The most direct assessment of spring plant health is

root color and turgidity. Dig a few plants from representative areas of the field, and split the taproot down the center. Healthy roots should be off-white in color and turgid (firm and hydrated). Damaged or winterkilled roots will be dark, dehydrated, and "ropey".

One easy assessment of overall stand health, and production potential, is achieved through stem counts per square foot: (Bear in mind, this is "stems", not plants.)

• 55 stems per square foot = Density is not limiting to production

• 40-55 stems per square foot = Some reduction has occurred, but adequate production is still likely

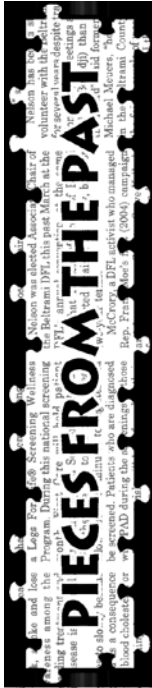
• Fewer than 40 stems per square foot = May want to consider termination or supplementary options

If winter injury is a concern, it is also important to watch for slow or uneven regrowth, and monitor regrowth closely following the first cut. Reduced stem count or plant vigor may occur as a result of mild winter injury. Depending on plant health and severity of the damage, production may decrease throughout the year -- or recover. Recognize that every stand and every field is different and could require specific assessment and management planning.

Last week, I offered several suggestions to "thicken" existing stands, or crop alternatives if the field is severely damaged. If you would like greater detail, Google: "Forage Options Following Alfalfa Winterkill", or UWEX Forage Team to see a host of articles related to forages. As always, the other option is to contact me at 800-450-2465 or stordahl@umn.edu. Sources: Jochum Wiersma and UM and UWEX Forage Teams.



30 years ago...1985: The chorus line from "Dames at Sea": Sonja Borud, Teresa Hegg, Kristen Tangen, Sheila Olson, Becky Bursheim, Jane Vesledahl, Missy Benson, Nikki Hegg and Jeanie Votava.



20 years ago...1995: Brave indeed were the four couples who volunteered to answer questions from Carol Black during the Newlywed Game segment of the Winger Variety Show on April 22. Shown are Carsten and Joanne Zahl, John and Edie Mattson, Neil and Carol Bursheim, and Dan and Bonnie Skanson. The winners were Carsten and Joanne Zahl who answered all but one question the same.



10 years ago...2005: Calie and Courtney Maruska took a seat on the Case Skidsteer that was on display at the Sportsman Show in McIntosh on April 23rd during the Swing into Spring events.

2015 Haying Bids Requested for FWS Lands in NW Minnesota

The Detroit Lakes Wetland Management District is releasing a bid package requesting bids on about 600 acres of haying on 11 Waterfowl Production Areas in Becker, Clay and Polk Counties.

One hay cutting may be completed on these 11 sites from August 1 to September 15, 2015. This is a mechanical treatment to control trees that

allows us to extend the time-frame for using prescribed fire to set back tree encroachment. Haying is also used for birds that key into short grass vs tall grass. Haying creates some structural diversity in our grasslands for these species.

The timing of this haying is necessary to reduce the impacts to ground nesting birds. By waiting until Aug 1, we can

ensure that many more birds are able to get their young fledged from the nest so that they are not killed during the haying treatment.

Bids will be accepted from May 1 to June 1, and the cooperators will be selected by June 4.

If you would like a bid package or more information, please contact Stacy Salvendy at 218-844-3403 with any questions.

The U.S. Fish and Wildlife Service is the principal Federal agency responsible for conserving, protecting, and enhancing fish, wildlife, and plants and their habitats for the continuing benefit of the American people.

The Service manages the National Wildlife Refuge System that includes more than 560 refuges nation wide. Within Becker County, the Service is represented by the Tamarac National Wildlife Refuge, Hamden Slough National Wildlife Refuge, and the Detroit Lakes Wetland Management District.

Becker County enjoys an impressive diversity of both plants and wildlife as a result of its location where the eastern deciduous forest meets the prairie.

Plan a visit to experience Tamarac, Hamden Slough, or one of the many Waterfowl Production Areas and enjoy your public lands.

Recipe Corner

Cooking Mediterranean-style is a simple and delicious way to eat healthy! Foods from the regions alongside the Mediterranean are packed with healthy fats, antioxidants, and other heart-healthy ingredients. Plus, Mediterranean ingredients are easy to add to chicken dishes, and enhance their flavor and appeal. Mediterranean chicken is stuffed with nutritious and tasty ingredients like kalamata olives and sun-dried tomatoes, and it's easy to prepare. The next time you're looking for healthy chicken recipes, look to the tangy and earthy ingredients of the Mediterranean.

Mediterranean Stuffed Chicken Breast
4 boneless, skinless chicken breasts
1/4 cup crumbled feta cheese
1/4 cup sun-dried tomatoes, not packed in oil
1/4 cup pitted Kalamata olives, chopped
1 tablespoon chopped fresh dill
1 tablespoon chopped parsley
2 scallions, chopped
2 tablespoons olive oil
Salt and fresh ground

pepper, to taste
Preheat oven to 375 degrees F.

Season the chicken breasts with salt and pepper. Using a sharp paring knife, cut a slit in the sides of the chicken breasts, forming a pocket. Be careful not to cut all the way through.

Combine the feta, tomatoes, olives, dill, parsley, scallions and 1 tablespoon olive oil in a bowl. Stir until mixed well. Carefully stuff the chicken breasts with the feta mixture and seal the sides shut with water if necessary. Don't over-fill.

Heat a large skillet over medium high heat. Add the remaining olive oil and sear each chicken breast until browned. Transfer to a parchment lined baking sheet. Bake for 12-15 minutes, until chicken is cooked through.

Allow the chicken to rest for 5-10 minutes before slicing and serving.

Mediterranean Roasted Potato Salad
1-2 tsp olive oil
2 cups of fingerling potatoes, cut in half
Handful of grape tomatoes
3 tbsp red onion, sliced
15 kalamata olives, sliced in half
2 tbsp fresh parsley, chopped
2-3 tbsp feta cheese
2 tbsp olive oil

1 tbsp lemon juice
1 tbsp red wine vinegar
1 tsp Dijon mustard
1 clove of garlic
• 1/4 tsp dried oregano
Sea salt and freshly cracked pepper, to taste

Preheat the oven to 425 degrees. Line a baking sheet with tin foil and coat with cooking spray. Cut the fingerling potatoes in half and place on the baking sheet.

Drizzle 1-2 tsp. olive oil on the potatoes and season with sea salt and freshly cracked pepper, to taste. Toss to coat evenly then place in the oven and roast for 15-20 minutes, or until tender.

While the potatoes are roasting make the vinaigrette. In a small bowl, combine the olive oil, lemon juice, red wine vinegar, Dijon mustard, minced garlic, oregano, sea salt and freshly cracked pepper, to taste. Whisk until well blended then set aside.

Remove the potatoes from the oven, toss with half of the vinaigrette and set aside until they cool. Once the potatoes are cooled, add the grape tomatoes, red onion, kalamata olives, parsley, and feta cheese. Drizzle the remaining vinaigrette on top and toss to coat evenly.

Serve immediately.

Statement from Rep. Kiel on Avian Flu

Last Thursday, the Minnesota House of Representatives declared an urgency, suspending the rules to debate and pass legislation that provides emergency funding to the Department of Agriculture and Board of Animal Health in order to respond to the avian influenza outbreak that has devastated Minnesota turkey flocks.

On Tuesday, the Senate DFL majority added a provision to that legislation, significantly unrelated to avian influenza or emergency response, refusing to pass a clean bill to help Minnesota's turkey farmers.

"Minnesota is the country's leading turkey producer, and the Avian Flu outbreak is devastating our agricultural community," said Rep. Deb Kiel (R-Crookston). "Getting this legislation signed into law will procure the much needed funding for state agencies to continue their work of studying, preventing and containing this virus. State leaders need to come together on this issue quickly because it's not about politics, it's about our farmers and the health of their flocks, the workers in the processing plants who could lose their jobs if this gets worse, and the consumers who purchase Minnesota turkey every day."

To date, 14 counties in Minnesota have been affected by avian influenza including Ottertail, Roseau, Kandiyohi, Stearns, Cottonwood, Lac Qui Parle, Le Sueur, Lyon, Meeker, Nobles, Pope, Redwood, Swift and Watonwan.

Avian Influenza Facts

Background
DNR wildlife staff collect environmental samples from floating platforms for avian influenza testing.

In November 2014, a highly pathogenic avian influenza (HPAI) virus, H5N2, was identified in commercial poultry, backyard hobby flocks and wild birds in British Columbia, Canada and several western states including Washington, Oregon and Idaho.

In March 2015, it was first identified in a domestic turkey farm in Pope County. Since the first detection, HPAI has been found on multiple poultry facilities in multiple Minnesota counties. When infected flocks are identified, the birds are quarantined and any remaining birds are depopulated to prevent the spread of the disease.

What has DNR done in the past?

While this virus is new, DNR has conducted extensive surveillance in the past. From 2006-2010, more than 12,000 birds (9,000 as part of a DNR

Avian flu...
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Win-E-Mac School Awards Banquet planned for May 6th

The annual Win-E-Mac Academic, Athletic and Fine Arts Banquet will be held on Wednesday, May 6th at 6:00 PM in the gym at the Win-E-Mac School.

All 10th, 11th and 12th grade students are invited to be guests at this banquet.

Students who are planning on attending the banquet must sign up in the office no later than Wednesday, April 29th. Parents, grandparents, siblings and the general public are also invited to attend, but

must purchase a ticket for the banquet.

Tickets will go on sale at the school office beginning Wednesday, April 22nd. Adult tickets are \$8.00 per person and students in grades K-9 are \$5.00. These tickets must be purchased by 3:00 PM on Monday, May 4th. There will be no ticket sales at the door.

Following the banquet, the Senior Scholarships will be given out as well as the Valedictorian and Salutatorian Awards, Knowledge Bowl

Awards, One Act Play Awards, National School Choral Award, John Philip Sousa Award, the Mark Schimanski and Randy Helgaas Sports Awards, and the Senior Outstanding Male and/or Female Awards. Students who have been on the Honor Roll at least one quarter will also be recognized.

If you do not wish to attend the banquet, but would like to attend the Awards Program only, the banquet should be over about 7:00 PM.

Avian flu...

Continued from page 3

project and 3,000 as part of a U.S. Department of Agriculture surveillance effort) were tested for HPAI and no virus was detected. Complete details are in the research summary.

What is DNR doing now?

The DNR works in concert with other state and federal agencies to coordinate wildlife surveillance, educate stakeholders on disease issues and formulate and implement wildlife disease response plans.

When HPAI was detected in Pope County on March 6, DNR staff conducted an aerial survey using fixed-wing aircraft in a 700 square-mile area around the infected farm in Pope County and found very little open water and few waterfowl. In total, there were approximately 100 resident mallards contained in one group near Starbuck, five miles west of the farm and 18 swans clustered in three groups.

DNR, in cooperation with U.S. Department of Agriculture Wildlife Services, collected 148 environmental samples from the wild waterfowl identified from the aerial survey. Two samples were positive for avian influenza but not the H5 or H7 strains. All remaining samples were negative.

With the discovery of HPAI in other counties, DNR staff are working to collect samples within Board of Animal Health identified surveillance areas. As part of this comprehensive effort, DNR staff have been baiting sites in the surveillance areas with the expectation to take environmental samples from waterfowl to test for HPAI.

DNR staff will not be entering the actual farms; rather, they will be collecting samples from areas known to contain waterfowl. We are not attempting to capture live waterfowl because the landscape is changing daily and the most efficient surveillance method right now is to collect and test droppings.

Our goal is to do our best determine if wild waterfowl are harboring the virus; however, no surveillance method is perfect and we do not expect to be to provide a definitive answer, regardless of the results.

Have your turkey tested

DNR is asking successful hunters in Kandiyohi, Pope, Meeker, Swift and Stearns counties to call to schedule an appointment at one of the participating wildlife offices and allow a sample to be collected from their turkey. Samples will include a swab of the trachea and, if the bird has not yet been field dressed, a swab of the cloaca as well. Successful turkey hunters in these counties must call the following offices beginning April 20 to schedule an appointment.,

Sampling only takes a few minutes and the hunter will retain the bird. Hunters are asked to keep wild turkeys in their vehicles, and DNR staff

will come out to take the samples at the vehicles. Hunters also will be asked to provide their contact information, harvest information and approximate harvest location.

What about other dead birds?

DNR wildlife staff have been notified to be extra vigilant for sick or dead raptors (hawks, eagles, owls) and wild turkeys. They have received instructions on carcass handling if any are identified.

If you see a dead wild turkey or raptor or it appears sick (ruffled feathers, swollen wattles, discoloration of the feet and impaired balance), do not touch or move it to minimize any potential risk of unintentionally spreading the virus if the animal is infected.

Mark the location by GPS if possible and contact DNR with the coordinates.

Protocols are in place to sample these birds if it's determined that HPAI may be the cause of mortality.

At this time, we are only looking for raptors and wild turkeys. We are not taking samples on other species of birds unless five or more are found dead in the same location.

Information for hunters

Hunters should take extra precautions when handling harvested waterfowl because they are reservoirs for low pathogenic AI virus, too. Even though waterfowl do not get sick, the virus affects other birds very differently.

Wild turkeys are presumed to be susceptible to the virus so turkey hunters should follow the same precautions.

In the field

Do not harvest or handle wild birds that are obviously sick or found dead.

Dress your game birds in the field whenever possible.

Use dedicated tools for cleaning game, whether in the field or at home. Do not use those tools around your poultry or pet birds.

Always wear rubber gloves when cleaning game.

Double bag the offal and feathers. Tie the inner bag, and be sure to take off your rubber gloves and leave them in the outer bag before tying it closed. Place the bag in a trash can that poultry and pet birds cannot access. This trash can should also be secure against access by children, pets or other animals.

Wash hands with soap and water immediately after handling game. If soap and water are not available, use alcohol wipes.

Wash all tools and work surfaces with soap and water. Then, disinfect them. Do not eat, drink or smoke while cleaning game.

At home

If you clean a bird at home, keep a separate pair of shoes to wear only in your game cleaning area. If this is not possible, wear rubber footwear and clean/disinfect your shoes

before entering or leaving the area.

Wash all tools and work surfaces with soap and water. Then, disinfect them.

Avoid cross-contamination. Keep uncooked game in a separate container, away from cooked or ready-to-eat foods.

Cook game meat thoroughly. Poultry should reach an internal temperature of 165 degrees F to kill disease organisms and parasites.

The USDA has published an information sheet specifically geared to hunters; this information is particularly important if you have backyard poultry or pet birds at home as they are susceptible to avian influenza. Basic safety precautions can keep the disease from spreading and reduce the risk of exposing wildlife, your poultry or pet birds to avian influenza.



Congratulations to Madison McKeever who was named to the Minnesota All-State Basketball Team!

Madison was named to the Minnesota Girls Basketball Coaches Association all-state team for the 2014-2015 girls basketball season.



Win-E-Mac 1st grader, Jayden Moore, won a new bike in the bike drawing during the Shrine Circus last Friday when she and the rest of the WEM 1st graders went to the circus! Congratulations Jayden!

WEM Students Jump Rope for Heart



Everybody jump! They Win-E-Mac elementary students has fun jumping rope for the American Heart Association last Saturday, April 25, 2015 at the school gym. The kids raised money by collecting for how many times they jumped their rope.



(L-R) Jamison Nichols, Jayden Gensburger, and Christopher Roragen all participated in "Jump Rope for Heart" at Win-E-Mac School on Saturday, April 25th.

WEM Elementary Spring Program

The Win-E-Mac Elementary students in grades K-6 will be presenting their annual Spring program on Monday, May 18, 2015. This year's program will feature the Elementary Choir (Grades 4-6) and Elementary Band (Grades 5 & 6) performing several numbers each. In addition, Grades K-3 will be performing a variety of musical selections. Come out and celebrate another year of Music with our elementary students! The program will take place in the Win-E-Mac School gymnasium, and will begin at 7:00 P.M.



Lauren Kaupang and Destiny Molstad make jumping rope look fun! Last Saturday at Win-E-Mac School "Jump Rope for Heart" event.

WEM All-School Choir Concert

The Win-E-Mac School vocal music department is proud to present their annual all-school choir concert "I Have a Song to Sing" on Monday, May 11, 2015. The concert will take place in the Win-E-Mac School gymnasium. This concert will feature the Junior High choir and Sr. High choir, as well as the Men's Group and Women's Group. In addition, three outstanding ensembles will perform. Once again, a highlight of the concert will be the massed choir (made up of all students in these choirs) singing together. Awards will also be presented. Everyone is welcome to come and enjoy a wide variety of musical entertainment!



Isabell Ostenaar was one of the many kids who were jumping rope last Saturday at Win-E-Mac School.



What an exciting day for the Win-E-Mac 1st graders! They went to the Shrine Circus at the Ralph Engelstad Arena in Thief River Falls last Friday, April 24, 2015. Pictured are Mrs. Gunafson and Miss Saltee's classes.