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McIntosh, Minnesota



23 Win-E-Mac Senior's graduated last Saturday, May 27th.



Co-Valedictorians, Brianna Carroll and Olivia Simonson delivered their speech together at the Win-E-Mac Graduation Ceremony on Saturday, May 27th.



Junior attendees for the 2017 Graduation Ceremony at Win-E-Mac School were (l-r): Sydney Tadman, MacKenzie Fuller, Tyra Wilson and Patience Reep.



Mr. Doug Johnson, a teacher at Win-E-Mac school was the guest speaker for the 2017 graduating class.



How cute are these girls? The photo booth during the Elementary school dance held at Win-E-Mac on Thursday, May 25th.

Win-E-Mac celebrates with the Class of 2017

The Win-E-Mac Class of 2017 celebrated with family and friends on Saturday, May 27, 2017 at Win-E-Mac School as the 23 Seniors received their diplomas and started the next chapter in their lives.

The Commencement Exercises began with traditional graduation music and the National Anthem performed by the Win-E-Mac Junior and Senior High Band members.

Graduating Senior, Noah Klinkhammer welcomed the crowd to the ceremony.

Next, Win-E-Mac teacher Doug Johnson gave an inspiring speech the Seniors and the crowd.



This year, Co-Valedictorian's Brianna Carroll and Olivia Simonson gave their address together.

After more music by both the Win-E-Mac Choir and Band, the graduates were presented their diplomas by School Board members, Jim Ferden and Jason Carlson.

Farewells were given in the

closing by Bailee Burcham.

Attendees from the Junior Class included MacKenzie Fuller, Patience Reep, Sydney Tadman and Tyra Wilson.



Noah Klinkhammer

Polk County Fair celebrating a new barn

On Friday, June 2, the Polk County Fair will hold a county-wide celebration of their new premier livestock show barn. It's been many years in the making. The Polk County Agricultural Fair Association, created in 1903 is located in Fertile, MN. The Fair has become one of the largest family events in northwestern Minnesota. It consistently draws more than 50,000 people and now ranks as the tenth-largest fair in the State.

This year, after many hours of debate, the Fair's Board of Directors agreed to construct a new livestock barn. The existing barns are all many years old and have served their purpose. Its time for something new. The design includes the same square footage of the current barns into one structure. It's large – 144ft. x 180ft. When completed it will be the largest and best equipped Livestock Show Barn in Northern Minnesota. The new barn also

comes with a large price tag too, costing over \$510,000.00.

BARN DANCE

On Friday, June 2nd the Polk County Fair Board of Directors is hosting a celebration. The event starts with a Supper at the Industrial Building on the Fairgrounds in Fertile – serving to start at 4:30 p.m. - this is a free will offering meal. A huge “Silent Auction” kicks off the event starting at 4:00 p.m. The auction concludes at 7:30 p.m. There will be musical selections all afternoon and through dinner raffles of all sorts meat, guns and fun all at the same time. Games for the kids and prizes too starting at 4:30. The event concludes with the “Barn Dance” with music provided by 4-Wheel Drive.

And don't forget the reason for the get-together – tours of the new barn will be conducted all afternoon and into the evening. Come and see the Premier Livestock Barn in Northern Minnesota!

The other reason for the event is to raise funds to pay for the new barn. Through their affiliate organization “Friends of the Polk County Fair”, donations are now tax deductible. Friends of the Polk County Fair is associated with the Northwest MN Foundation in Bemidji, which serves as the legal 501-c-3 entity enabling the Fair to receive donations and allow the contributor a vehicle to legally deduct that amount.

Your help and your contribution is necessary. If you are interested please contact a member of the Fair Board or a member of Friends of the Polk County Fair.

Thank you for your consideration! Call 218-945-6708 for details.

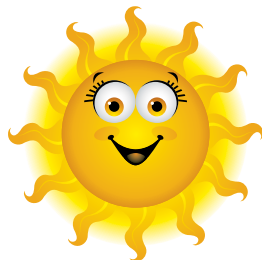
Did you know?

A barn dance is any kind of dance involving traditional or folk music with traditional dancing, occasionally held in a barn, but, these days, much more likely to be in any suitable building.

The term “barn dance” is usually associated with family-oriented or community-oriented events, usually for people who do not normally dance. The caller will, therefore, generally use easy dances so that everyone can join in.

A barn dance can be a Ceilidh, with traditional Irish or Scottish dancing, and people unfamiliar with either format often confuse the two terms. However, a barn dance can also feature square dancing, Contra dancing, English Country Dance, dancing to Country and Western music, or any other kind of dancing, often with a live band and a Caller. Modern Western square dance is often confused with barn dancing in Britain.

Barn dances, as social dances, were popular in Ireland until the 1950s, and were typically danced to tunes with 4/4 rhythms.



Community Calendar

- Wed. May 31:** 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. June 1:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. June 2:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. June 5:** 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 6:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. June 7:** 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 8:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. June 9:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. June 12:** 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 13:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



Minnesota Commerce Department issues warning about real estate closing scam

Spring is the time of year when home buyers, sellers and real estate professionals are busy making deals. Unfortunately, crooks are also busy trying to get their hands on the money that is exchanged in these real estate deals.

Minnesota Commerce Commissioner Mike Rothman is warning home buyers and sellers, as well as real estate professionals, about a wire transfer scam that targets real estate closings.

The Commerce Department is currently investigating several Minnesota real estate transactions in which hundreds of thousands of dollars were diverted and stolen as a result of fraudulent wire transfer instructions received via fake emails.

"This scam has been spreading around the country and now it's begun to hit Minnesotans," said Rothman, whose agency regulates the real estate industry in the state. "Crooks are hacking into computers, getting private information about real estate transactions and using it to rip people off. We want to stop these thefts and make sure Minnesotans are on guard against fraud when they buy their dream homes."

This is how the scam typically works:

To get information about upcoming real estate closings, crooks hack into the computers or email accounts of real estate professionals. This may be done by sending an email containing an attachment or link that, when opened, downloads malware that lets the crooks gain access to the computer or email account.

As a closing date approaches and arrangements are made to wire funds to the sellers, the scammers send a bogus email to the closing agent with a "last minute" change in instructions to send the money to a different account. The email, which purports to be from the seller's title company, looks legitimate and often contains accurate details about the transaction.

Once the funds are unwittingly wired to the fraudulent account, the money is quickly withdrawn, never to be seen again. It is suspected that many of these criminals are operating from overseas, and the Commerce Department is working with other law enforcement agencies.

For a safe and successful real estate closing, the Commerce Department offers the

following tips:

- Never send financial information via email, unless it is encrypted.

- Never wire money for a real estate transaction based only on an email.

- Confirm all money transfer instructions, preferably in person or through a trusted and independently-verified phone number. Don't rely on a phone number or website address in an email.

- Be suspicious of any "last minute" changes in payment instructions.

- Do not open an attachment or link in an email unless you are absolutely sure who sent it to you. It may contain malware that allows a hacker access to your computer.

- Practice good computer protection. Regularly change your passwords and make sure your computer's operating system, browser and security software are up-to-date.

Commerce is here to help

If you have a question or concern about a real estate issue, contact the Commerce Department's Consumer Services Center by email at consumer.protection@state.mn.us or by phone at 651-539-1600 or 800-657-3602 (Greater Minnesota).

Rural MN saw biggest insurance gains from ACA

New analysis by the Minnesota Department of Health shows the number of Minnesotans without health insurance dropped more sharply in Greater Minnesota than in urban areas since 2011.

The percentage of rural residents under age 65 who were uninsured dropped from 12 percent in 2011 to 5 percent in 2015, a decrease of 7 percentage points. During the same period, the urban uninsured rate dropped by 5 percentage points.

Importantly, this closed the gap between the rates of insurance coverage for urban and rural Minnesotans. In 2011, rural children had significantly higher uninsured rates than urban children, but by 2015 the child uninsured rates in both areas were equal at 3 percent. In addition, the gap between urban and rural insurance rates previously seen among people of color and American Indians was eliminated.

The Affordable Care Act (ACA), also known as "Obamacare," went into full effect in 2014.

"It is encouraging to know that in recent years Minnesota made significant progress on a key health equity issue by eliminating insurance disparities between rural and urban residents," said Minnesota Health Commissioner Dr. Ed Ehlinger. "However, it is also clear that this important gain could be in jeopardy. This study shows that any repeal of the ACA without a replacement ensuring similar rural coverage levels would dispropor-

tionally hurt rural Minnesotans."

MDH has released three reports related to rural health care: Health Care Access in Minnesota (PDF), Finance in Rural and Urban Hospitals (PDF) and Public and Individual Health Insurance Trends in Rural Minnesota (PDF).

Repealing the ACA could cost Minnesota \$2.5 billion a year and impact coverage for 1.2 million people, according to the Minnesota Department of Human Services.

The MDH analysis also found that rural Minnesota continues to have a higher proportion of residents enrolled in the state's public insurance programs (Medical Assistance or MinnesotaCare). By 2015, 28 percent of rural Minnesotans under 65 were covered by public insurance, compared to 22 percent of those in urban areas.

Further analysis shows where Minnesotans obtained coverage after ACA implementation. While the majority of rural Minnesotans got their coverage through an employer, 7 percent purchased their own coverage in the individual market. Minnesotans from rural areas were more likely to purchase their own coverage than in urban counties, and by 2016, were more likely to obtain it through MNsure.

While insurance coverage improved, some residents still struggled to access and pay for health care services. Nearly a quarter of rural Minnesotans had difficulty paying medical bills and 1 in 5 did not get needed health services because of cost.

"Rural Minnesotans – including farmers, entrepre-

neurs, children and communities of color – have made tremendous gains in health care under the ACA," said Minnesota Human Services Commissioner Emily Piper. "Despite this progress, these reports demonstrate that we have work yet to do. Minnesotans served by the individual market continue to see high premiums and cost sharing. As part of his commitment to serve the needs of rural Minnesota, Gov. Mark Dayton has proposed allowing individuals and families to buy into the affordable coverage of MinnesotaCare."

Overall, the findings in this analysis suggest that even as rural Minnesota has seen significant improvements in key measures of health care access – particularly insurance coverage related to the ACA – gaps remain between rural and urban areas, as do weaknesses around the availability, cost and use of health services.

"When Minnesotans have health care coverage our state is healthier and our economy is stronger," said MNsure CEO Allison O'Toole.

Did you know?

According to the National Institute of Mental Health, obsessive-compulsive disorder, often referred to as "OCD," is a common, chronic and long-lasting disorder. When a person has OCD, he or she has uncontrollable, reoccurring thoughts, or obsessions, and behaviors, or compulsions, that he or she feels an urge to repeat over and over. Common symptoms that a person is suffering from obsessions associated with OCD are a fear of germs or contamination; unwanted forbidden or

was named by General Pershing as one of America's one hundred bravest soldiers. He was one of three Minnesota's awarded the Congressional Medal of Honor.

WWII, Korea, Vietnam, and more recent battles have called up more brave souls to active duty for the sake of their country and to the pride and gratitude of our community. Although their method of departure may have changed over time, the painful goodbyes will never change. To the men, women and children who have sacrificed so much, we thank you. For all who have served in times of conflict and in times of peace, may our community remember each and every day the rich heritage of self-sacrifice.

those who survived and made it home to live a life that was forever changed, for all who have given so much, we are forever grateful.

When we look to the railroad tracks, look at them with the knowledge that these are the lines that not only helped the city of McIntosh and the surrounding area to grow in the early days, they also carried away many young men and women to fight in battle. President Wilson declared war on Germany in April 1917. In the following months the train would arrive at the depot platform, families hugged and said their painful goodbyes, and young men boarded the train. Many of the men enlisted, others were drafted. Sadly, some of those soldiers never made it home.

Nels T. Wold was one of those men, lost to war. Wold

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 the McIntosh First Responders for your quick service after my fall. You are a great bunch of people.

God bless you all,
Lorraine Lee M10P

MISSING

**FROM MOVING SALE
LAST SUMMER:**

A large popcorn tin with 2 small framed pictures and green cloth earring case.

REWARD \$50.

Call **870-435-5544** M10-11P

NOTICE OF PUBLIC HEARING

Notice is hereby given that the McIntosh Senior Living will hold a Public Hearing on 06/12/17 at 4:00 pm at McIntosh Senior Living in the conference room.

This will be an informational meeting to discuss the proposed project of new construction of the building including economic and environmental impacts, service area, alternatives to the project, and potential funding sources, including USDA Rural Development. All residents and property owners within the McIntosh, MN are encouraged to attend. M10C



The winner of the Neil's Quality Meats & More Memorial Day drawing was Kim Bjerke, pictured with her granddaughter Shea.



Community Birthday and Anniversary Calendar

Wed. May 31: Svea Carlson, Dolly Lee

Thurs. June 1: *Darrin & Kris Faldet

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

Sat. June 3: Clayton Bartz

Sun. June 4: Megan & Nicolai Sveen

Mon. June 5: Madison Norton

Tues. June 6: Bernice Voxland, Theresa Agnes, *Albert & Karen Plante

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Announcements • Photos • Community Updates

McINTOSH Times
OF THE THIRTEEN TOWNSHIPS

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

Sun. June 4: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. June 11: 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. June 4: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. June 11: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh
Supply Pastor

Gordon Syverson

Sun. June 4: 11:15am Worship Service.

Sun. June 11: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent
Gary Johnson, Pastor

www.gosen-church.com
Face Book: Gosen Church

Wed. May 31: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's

Sat. June 3: 8:00pm Prayer Meeting

Sun. June 4: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service; 7:00pm Luther League (see article elsewhere in paper)

Tues. June 6: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. June 7: 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
Wed. May 31: 6:30pm Youth Group at Mt Carmel; 7:30pm Bible Study at Mt. Carmel

Thurs. June 1: 7:00am Men's Breakfast at Mt. Carmel
Sun. June 4: 9:30am Worship at Trinity; 11:00am Worship at Mt. Carmel

Thurs. June 8: 7:00am Men's Breakfast at Mt. Carmel
Sun. June 11: :30am Worship at Trinity; 11:00am Worship at Mt. Carmel

Thurs. June 15: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh
Pastor Jill Torgerson

Sun. June 4: 9am Worship

Sun. June 11: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. May 31: 7:00pm Bible Study

Sun. June 4: 10:00am Worship Service

Wed. June 7: 7:00pm Bible Study

Sun. June 11: 10:00am Worship Service

Wed. June 14: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH

McIntosh
Rev. John Anderson, Pastor

Sunday June 4: 8:45am diving Worship with Holy Communion and Confirmation

Sunday, June 11: 10:45am Divine Worship Service (please note time change)

Holy Communion 1st and 3rd Sundays



As we Remember-Memorial Day

As we take a day to reflect on all that has been lost and all that has been gained by the sacrifices of so many from our community, we remember the men and women who sacrificed their lives, the children who lost a parent left to be guided by a memory and the selfless example of a soldier, the spouses who were left to fill the shoes of both mother and father, and the parents who lost children and the generations of children that should have followed. To

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Winger News
Linda Pulskamp

Hello again from Winger and the Union Lake areas where we have been blessed with some cooler, wet and windy weather, did get some rain which helped to make the grass turn greener and the trees seem to look a brighter green too. Farmers are still busy getting the finishing touches on their spring planting and for the most part are done.

By the time you read this we will have seen the month of May come to an end and move into June, is hard to believe that we are already half way through another year.

Some gardens are planted and others have yet to plant theirs, but maybe with the frost we had they are better off with nothing planted.

In driving through the areas, families remembering loved ones have decorated the graves in the local cemeteries in preparation for the Memorial Day weekend.

Sympathy to the family of Marguerite Hodus, former Winger resident who passed away Sunday May the 14th at Bethany Retirement Home in Fargo.

Last Friday Paul and Donna Carlson rode their lawn mowers to Milton Carlson's home and both mowed the yard for Milton.

Martha Henney had a very enjoyable visit by phone with her cousin Audrey Ellingson this past week.

Richard and Betty Brtek and their Daughter Janell and their Grandson Derek were visitors with Lucy Brtek at her home last weekend.

Last Saturday visitors at the Pulskamp home were Reha Sanstead of Erskine, Marv Engesether of Plummer, Kelly Johnson and his Granddaughter Lilly.

Last Saturday, May 20, James, Roxanne and Jayden Peterson of Isanti and Judy Gieseke were visitors at the Milton Carlson home.

Last Friday afternoon Gary and Maxine Walters were visitors at the Pioneer Home with Helmer and Verlys Homme.

Last Saturday, May 20, Lois Plante entertained at the Parkview Apartment for guests Evelyn Swenson of Fosston, Carol Stordahl, Betty Lou Myhrum, Deb Matson and Jerome Doll. Lois served coffee and lemon cake with cream cheese frosting that she had made. Lois also treated some of the other residents that were unable to be at her party. The guests all loved the cake that she had made and had a very enjoyable time visiting with each other.

Milton Carlson attended church services last Sunday at Immanuel Church in Bejou where Confirmation was held. Among the four confirmands was Milton's Granddaughter Oliviyah Keller. Kari Keller served cake and coffee in her honor at the church after the

services.

Lindsay and Carol Wang of Billings, MT have been visitors this past week with Martha Henney at the Pioneer Home at Erskine and also with other family and friends in the area. Carol returned to their home in Billings, but Lindsay remained for a longer stay in the area.

Last Sunday, Manley and Vangie Hillestad of Mahnomen were visitors with Helmer and Verlys Homme at the Pioneer Home.

Butch and Linda Pulskamp were visitors with Donnie Johnson and Nola Abele and Nola's sister Vera and husband Norris of the Twin Cites at the Abele home in Fosston on Wednesday.

Miles and Renee Henney of St. Hilaire and Gail and Terry Johnson of Karlstad were visitors with their Mother Martha Henney at the Pioneer Home on Mother's Day.

Paul and Donna Carlson were visitors last Sunday evening with Milton Carlson at Milton's home.

As we celebrate the Memorial Day weekend let's remember all the Veteran's that served and are serving our country.

In closing with enthusiasm anything is possible. Until next week may you all have a good one.

From Bun Manor:

Bun was having lunch at Ness Café last week when he ran into Ruth and John Stimpert from North Dakota. They used to live on union lake before they moved. Ruth is a sister of Bruce Solberg.

Tim's sister Judy met him in Fertile on Wednesday for lunch at the Side Street. The food was very tasty and if you're in Fertile stop in and check it out. He also noticed that the big barn that they're putting up at the fairgrounds has a roof over it. The barn will replace the older shelters that had been housing animals for the fair.

Following lunch the two of them went out to Bergeson's to get some flowers for the cemetery. After years of going out to the nursery it's still amazing how one gets overwhelmed by all the varieties of plants they have.

Andy came up on Friday afternoon to spend the weekend with his brother Tim. Saturday morning Mike Vesledahl and him went fishing. Pretty slow. Mike caught a crappie and his trophy catch was a camouflaged lawn chair that he snagged and pulled out of the water. A little dirty but still in good shape.

Congratulations go out to Winger area students Kallie and Nick Olson, Bailee Burcham, Olivia Simonson and Alayna Espeseth on their graduation from the Win-E-Mac school. Andy and Bun attended the party for Nick, Kalli, Olivia and Bailee at the community center in Winger. There was

VBS 2017
EXPEDITION NORWAY
"Fuel Kids' Faith from a Fresh Perspective"

"Historic Gossen School" in Winger

June 5th, 6th & 7th

* Experience Great Music
* Learn some Norwegian
* How does the Bible guide us today?
* Taste some Norwegian treats
* Make crosses, flower bombs and slime
* Meet new kids ... HAVE FUN!

Monday and Tuesday, we will start at 8AM and end at 2PM.
At 10AM each day the area communities are invited to share coffee, lemonade, treats and see what the kids are learning.

JUNE 7TH we will start at 1PM and end at 6PM

We acknowledge that parents may not be able to transport their kids to VBS due to work so we have volunteers who will pick up the kids and bring them home. We do hope that parents can come on Wednesday Night to see the program and have supper.

On Wednesday evening, we will have an open house at 5PM so parents and our communities can see the crafts created (will be displayed in the School). The kids will provide a program. We encourage parents and all interested community members to bring a chair as there we will be hot dogs and s'mores for everyone. There will be a fire ring and lots of opportunities for visiting and singing.

COME, RELAX HAVE FUN!

VBS is open to kids of all faiths from pre-school through the 9th grade. We are planning for more than 50 kids so we are excited that there will be kids from more than our parish. We encourage kids to bring a friend and we think that you will make lots of new friends too.

If you have questions or would like to volunteer, please call Devra Carlson @ 218-563-2197.

a bunch of Vesledahl's there along with friends. Bun talked to former Winger residents Tommy Vesledahl and his sisters Carol and Leona amongst others.

Sunday afternoon, Andy and Bun headed over to Michele and Vern Anderson's place in Fertile to partake in their last boy's graduation party. It seems hard to Bun that little Jonny graduated. He was only three when Bun first met him.

Monday morning, Judy and Lloyd Schulz along with their son Dr. Dougie and his friend Cassie came to Winger for the Memorial day remembrance service at the Community center. There was standing room only for the service. Winger always draws a big crowd. Bun hopes they can keep the tradition going by having programs every Memorial day. God bless all those Vets who have left us and for those who are still with us.

The Schulz's treated Tim and Greg to brunch at the Lunch Box in Winger before returning back to Long lake.

Erskine will be holding their annual Water Carnival this weekend. Check it out if you get the chance.

Again Bun and Linda need news. Please e-mail or call them.

VBS 2017:
Expedition Norway
"Fuel Kids' Faith from a Fresh Perspective" on June 5th, 6th and 7th at "Historic Gossen School" in Winger.
Experience Great Music; Learn some Norwegian; How

does the Bible guide us today? Taste some Norwegian treats; Make crosses, flower bombs and slime; Meet new kids; Have fun!

Monday and Tuesday, we will start at 8:00 am and end at 2:00 pm. At 10AM each day the area communities are invited to share coffee, lemonade, treats and see what the kids are learning.

On June 7th we will start at 1:00 pm and end at 6:00 pm and on that Wednesday evening, we will have an open house at 5PM so parents and our Communities can see the crafts created (will be displayed in the School.) The kids will provide a program. We encourage parents and all interested community members to bring a chair as there we will be hot dogs and s'mores for everyone. There will be a fire ring and lots of opportunities for visiting and singing. Come, relax and have fun!

We acknowledge that parents may not be able to transport their kids to VBS due to work so we have volunteers who will pick up the kids and bring them home. We do hope that parents can come on Wednesday night to see the program and have supper.

Vacation Bible School is open to kids of all faiths from pre-school through the 9th grade. We encourage kids to bring a friend and we think that you will make lots of new friends too.

If you have questions or would like to volunteer, please call Devra Carlson @ 218-563-2197.



50 years ago...1967: The McIntosh High School graduating class of 1967.



30 years ago...1987: Graduation day at Win-E-Mac. The 1987 Valedictorian Nikki Hegg addresses the crowd.



10 years ago...2007: Kyle Kaupang, Susanna Kulikov, Rebecca Lee, Jessica Morberg and Casey Nornes awaiting the start of the graduation ceremony at Win-E-Mac.

Regional Ag News

Ed Gindele,
Extension Educator

Fertilizing
Your Grasses
for Hay and Pasture

Several forage grasses and grass mixtures are adapted to Minnesota. As with other crops, adequate fertilizer programs are needed for optimum economic production. This is true for grasses grown for either hay or pasture.

Nitrogen

The grasses and grass mixtures, whether grown for hay or pasture, are perennial crops. Therefore, previous crop is not a consideration when making fertilizer guidelines. Nitrogen fertilizer guidelines are based on expected yield. The expected yield will vary with such factors as intended use, management intensity, and soil texture. The suggestions for each expected yield are listed in Table 1.

Expected yields of 4 or more tons of dry matter per acre are reasonable for situations where soils have a good water holding capacity and intensive management practices such as the use of rotational grazing are used. Without irrigation, expected yields of 2 ton per acre are more reasonable when grasses are grown on sandy soils where moisture is usually limited. It's

not possible to assign a yield expectation for every situation in Minnesota where forage crops are grown. This is a decision for the individual managing the production of forage grasses.

The time of nitrogen fertilizer application should match the growth pattern of the forage grasses. With cool season grasses, the majority of the growth takes place in late spring and early summer. Therefore, early spring application of nitrogen is suggested for these grasses. Bromegrass, orchardgrass, and reed canarygrass are three major cool season grasses grown in Minnesota.

Timing for warm season grasses should be different. These grasses thrive when temperatures are warm in mid-summer. Therefore, a late spring application of nitrogen is suggested. Switchgrass is an example of a warm season grass.

Split application of nitrogen fertilizer is an option for intensive management situations when expected yields are greater than 4 ton per acre. If the split application is an option, ¾ of the nitrogen should

be applied in early spring and ¼ in late August.

Phosphate and Potash

The phosphate fertilizer guidelines are listed in Table 2 while the potash fertilizer guidelines are listed in Table 3. The listed rates are for all forage grasses and grass mixtures. The needed fertilizer should be broadcast to established stands in early spring for cool season grasses, and late spring for the warm season grasses.

Other Nutrients

Research trials in Minnesota have shown that forage grasses and grass mixtures have not responded to the application to other nutrients in a fertilizer program. Therefore, none are suggested.

Source: Daniel E. Kaiser, Extension Soil Scientist; John A. Lamb, Extension Soil Scientist; and Roger Eliason, Director, University of Minnesota Soil Testing Laboratory

Story to Share?

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

Expected Yield	N to apply
ton dry matter/acre	lb./acre
2	60
3	90
4	120
5 +	150

Table 1. Nitrogen guidelines for grasses and grass mixtures in Minnesota.

Expected Yield	Bray:	Phosphorus (P) Soil Test, ppm *				
		0-5	6-10	11-15	16-20	21 +
ton/acre	Olsen:	0-3	4-7	8-11	12-15	16 +
		— P ₂ O ₅ to apply (lb./acre) —				
2		40	30	20	10	0
3		50	40	30	20	0
4		60	50	40	30	0
5 +		70	60	50	40	0

* Use one of the following equations if a phosphate guideline for a specific soil test and a specific expected yield is desired.

$$P_2O_5_{rec} = [19.12 - 0.723] (\text{Bray P, ppm})] (\text{Expected Yield})$$

$$P_2O_5_{rec} = [19.12 - (1.012) (\text{Olsen P, ppm})] (\text{Expected Yield})$$

Table 2. Phosphate fertilizer guidelines for grasses and grass mixtures.

Expected Yield	Potassium (K) Soil Test, ppm *				
	0-40	40-80	80-120	120-160	160 +
ton/acre	— K ₂ O to apply (lb./acre) —				
2	90	60	30	0	0
3	100	70	40	10	0
4	110	80	50	20	0
5 +	120	90	60	30	0

* Use the following equation if a potash guideline for a specific soil test and a specific expected yield is desired.

$$K_2O_{rec} = [40.43 - (0.286) (\text{Soil Test K, ppm})] (\text{Expected Yield})$$

Table 3. Potash fertilizer guidelines for grasses and grass mixtures.



Win-E-Mac mom's who have graduating Senior's. Each is reaching a milestone, (l-r) Teresa Klinkhammer and Tina Chaput with their youngest child graduating and Jenessa Kiecker with her eldest graduating.

How to keep kids engaged over school breaks

Children in North America will spend, on average, more than 900 hours attending school in a given year. The average school year in the United States lasts 1,016 hours, the equivalent of 42 continuous days.

According to the Organization for Economic Cooperation and Development, many developed countries begin their academic years in September and end them in June. Some, like Australia, feature four terms with two-week breaks in between each term. Others go to school for most of the year - with various holiday breaks in between - and then get the bulk of their time off during the summer.

As much time as kids spend in school, there will be times when they are left to their own devices, and during these times it's easy for them to forget classroom lessons. Sometimes called "summer learning loss" or "summer slide," this forgetfulness sees many students fail to retain all of their lessons over prolonged breaks from school.

Studies indicate that students score lower on standardized tests at the end of the summer compared to their

performance on the same tests at the beginning of summer. Anywhere from between one to three month's worth of educational achievement can dissipate during prolonged breaks from the classroom. To help ensure that those hard-earned lessons are not so easily forgotten, parents can help children remain intellectually engaged in various ways over school breaks.

- **Stick to a schedule.** Try to maintain a schedule similar to school, with children waking at the same time each day and going to bed at similar hours. This will make it much easier to get back into a routine when a new school year begins.
- **Encourage reading.** Set aside time for reading each day. All it generally takes is 15 to 30 minutes of reading per day for kids to remember their vocabulary lessons and maintain their fluency and comprehension skills. Children may enjoy picking their own books rather than having a required reading list.
- **Keep a math book handy.** On long car trips or rainy days, children can do a few math problems to keep their skills sharp. This will help keep learning loss to a

minimum. Math workbooks may be available at bookstores, or parents can look online or ask a teacher for a summer to-do packet.

- **Plan educational trips.** Vacations and day trips can be fun, entertaining and educational all at the same time. Science centers, museums and living history locations can bring to life information learned in the classroom, even on family vacations.
- **Learn at camp.** Many children attend camp for a portion of their school breaks. Look for camps that do not simply babysit children, but engage them through enrichment activities.
- **Take a class.** Children and families can learn together by exploring new skills. Enroll in something educational and enjoyable, such as a music or dance class, a STEM seminar or something else that engages the mind and body. This gives everyone a chance to learn something new and have a great time together as a family.

Parents and educators can reduce lesson loss over school breaks by encouraging families to remain intellectually engaged in any way they can.

8 ways to use less energy when the weather warms

The temperature is rising, and that can be a good thing for those people who love long days of outdoor recreational activities. Consistently hot temperatures may become uncomfortable and even dangerous. Finding ways to keep cool without spending a fortune or using a lot of energy is challenging but possible.

- 1. Find your comfort zone**

Determine an indoor temperature that works best for the household. Keep the thermostat set as high as possible to maintain that comfort level. If you will be out most of the day, set the programmable thermostat at a higher temperature, and then lower the temperature about an hour before you plan to return home. This reduces the number of hours the air conditioner is running.
- 2. Keep curtains closed**

Draw the blinds and close curtains on south- and west-facing windows during the hottest times of the day. This prevents the interior of the home from heating up.
- 3. Maintain air circulation**

Invest in ceiling fans, which can move air through the home.

This will help prevent pockets of hot air in certain spaces. According to the U.S. Department of Energy, even in homes with air conditioning, ceiling fans enable homeowners to raise the thermostats on their AC units by about 4 F with no reduction in comfort. Attic fans can draw heat out of a home through vents, also helping to reduce indoor air temperatures. These devices can reduce reliance on air conditioners, especially on moderate days or cool nights.

- 4. Cook outdoors**

Put that backyard grill to good use. Plan meals around outdoor cooking so the ambient heat will stay outside and you will not have to turn on the oven or the stovetop. Include side dishes, such as salads, fresh vegetables and fruits or gazpacho, that can be served cold. If you must heat something indoors, try doing so in the microwave.
- 5. Run appliances at night**

Wait until the washing machine or the dishwasher is full before turning on the cycle. Temperatures are cooler at night, and you may not notice the extra heat in the home generated by such appliances.

Consult your energy bill as well. Sometimes energy rates are lower in the evening than during the peak hours of the day.

- 6. Line dry clothes**

Maximize that fresh air and warm sun by hanging freshly washed clothes to dry outdoors. This also works for quickly drying swimsuits and towels used at the pool or the beach.
- 7. Rely on natural light**

In the summertime, the sun stays out longer, so you'll be less reliant on electric energy to keep things illuminated. Spend more time outdoors so you can read, play or chat in the sunlight while keeping indoor lights off.
- 8. Determine pool filter efficiency**

Experiment with reducing the amount of water filtration time until you come up with an amount of time that still maintains water sanitation. If you think your filter and pump are no longer working efficiently, consult with a pool supply retailer.

When the heat is on, learn strategies to keep homes cool and use less energy in the process.

BARN DANCE

FRIDAY, JUNE 2 * 4 PM-MIDNIGHT
INDUSTRIAL BUILDING * POLK COUNTY FAIRGROUNDS * FERTILE, MN

SUPPER SERVED 4:30-7:30
-FREE WILL OFFERING-

HUGE SILENT AUCTION 4PM-7:30PM

FUN & GAMES FOR KIDS AND ADULTS!
ENJOY MUSICAL ENTERTAINMENT ALL DAY LONG

TOUR THE PREMIERE LIVESTOCK SHOW BARN
LARGEST AND BEST-EQUIPPED LIVESTOCK SHOW BARN IN NORTHERN MINNESOTA!

DANCE BY THE ICONIC 4-WHEEL DRIVE



Superintendent Randy Bruer addressed the graduating Seniors at the Commencement Ceremony last Saturday at Win-E-Mac School.

Wings to make any barbecue fan blush

Chicken wings are beloved by people of all ages and appetites. While many people only eat wings when out on the town, this lovable bar food can be enjoyed at home as well. The next time the big game is on or you simply have a hunger for homemade wings, try your hand at the following recipe for "Virgil's Smoked Chicken Wings With Blue Cheese Dip" from Neal Corman's "Virgil's Barbecue Road Trip Cookbook" (St. Martin's Press).

Virgil's Smoked Chicken Wings With Blue Cheese Dip
Serves 4

Blue Cheese Dip
2 cups blue cheese crumbs, divided

1 cup mayonnaise
1/2 cup buttermilk
2 teaspoons hot sauce
1 teaspoon Worcestershire sauce
1/2 teaspoon kosher salt
1/4 cup finely chopped scallions
1/4 cup finely chopped celery

Marinade
1/2 cup vegetable oil
1/2 cup hot sauce
4 tablespoons Virgil's Dry Rub (see below)
4 tablespoons granulated garlic
4 tablespoons granulated onion
Juice of 1/2 lemon

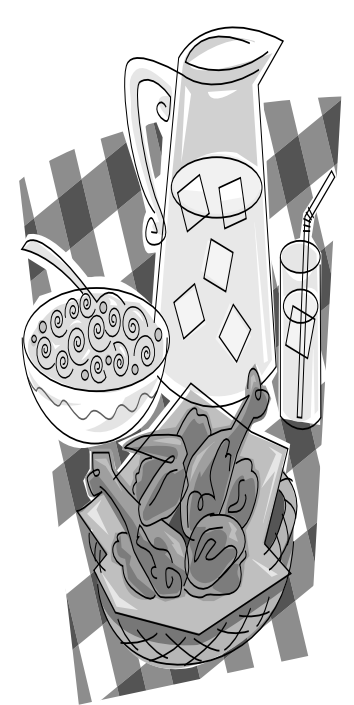
Wings
8 large chicken wings
1/2 cup Virgil's Dry Rub (see below)

Sauce
10 tablespoons unsalted butter
1 teaspoon cornstarch
4 tablespoons white vinegar
3/4 cup hot sauce
1/4 teaspoon cayenne pepper

per

1. To make the dip, combine 1 cup of the blue cheese, mayonnaise, buttermilk, hot sauce, Worcestershire sauce, and salt in the bowl of a food processor and blend on low until smooth.
2. Remove to a medium mixing bowl and fold in the rest of the blue cheese, scallions and celery, being sure to break up the larger blue cheese crumbles. Place in a covered container and refrigerate overnight.
3. Mix all the marinade ingredients in a large mixing bowl. Place the wings in a large container with a lid and pour the mixture over the wings. Toss until the wings are thoroughly coated. Cover and refrigerate for 2 days.
4. Preheat the grill or smoker to 245 F.
5. Spread out the wings on a sheet pan and wipe away any excess marinade. Sprinkle liberally with the dry rub, coating the wings all over.
6. Position the wings on the grill away from the direct heat of the coals or burners, and add hickory to the smoker or hickory chips on the coals or gas burners.
7. Cook the wings for about 3 hours, flipping every 30 minutes (their internal temperature should be about 165 F when cooked).
8. While the wings are cooking, cut the butter for the sauce into 1-inch cubes and refrigerate. Whisk the cornstarch into the white vinegar, in a small bowl.
9. In a medium sauté pan over medium heat, bring the hot sauce to a simmer and whisk in the thickened vinegar. Return to a simmer, cook for 1 minute, and remove from the heat.
10. Add the cayenne and slowly whisk in the cold butter. Keep warm until serving.
11. Remove the wings from the smoker or grill and put half of them into a bowl, cover with the sauce, and toss. Repeat with the remaining wings and serve on a platter, with the blue cheese dip on the side.

Virgil's Dry Rub
Makes 5 to 5 1/2 cups
2 1/2 cups sweet paprika
1 cup granulated sugar
1/2 cup Texas-style chili powder
1/2 cup minced onion
1/2 cup granulated garlic
1/4 cup dried parsley flakes
6 tablespoons kosher salt
Combine all of the ingredients in a medium bowl and whisk together until completely incorporated. Transfer to a covered bowl with a tight-fitting lid. Store in a cool, dry place



Enjoy summer: homemade sorbet

Dessert and summer are a match made in heaven. Sweltering summer afternoons might not be comfortable, but any discomfort can be quickly washed away with a refreshing dessert, such as the following recipe for "Kiwi Fruit Sorbet" from Lou Seibert Pappas' "Ice Creams & Sorbets" (Chronicle Books).

Kiwi Fruit Sorbet
Makes about 1 quart

2 teaspoons grated lime or lemon zest
3/4 cup sugar, divided
3/4 cup water
2 pounds kiwi fruit (about 8 kiwi fruit), peeled and quartered
6 tablespoons freshly squeezed lime or lemon juice
2 limes, quartered

In a small bowl, mash the zest with 1 teaspoon of the sugar to release the oils. Combine the remaining sugar and water in a small saucepan and bring to a boil, stirring to dissolve the sugar. Cook until the syrup is clear. Remove from the heat and let cool to room temperature. In a food processor or blender, purée the kiwi fruit with the juice, syrup and sugared zest. Transfer to a container, cover and refrigerate until thoroughly chilled, about 3 hours.

Freeze in an ice cream maker according to the manufacturer's instructions. Or, to freeze without an ice cream maker, pour the mixture into a 9-inch nonreactive square pan. Cover with aluminum foil or plastic wrap and freeze just until solid, 2 to 3 hours. Scrape out into an electric mixer or food processor and process briefly until light and fluffy. Serve at once or transfer to a container, cover, and freeze until firm, about 2 hours. At serving time, garnish with a lime wedge to squeeze over each serving.



Win-E-Mac Senior High Choir under the direction on Mrs. Amanda Shultz performed "Here Comes the Sun", arranged by Alan Billingley. The choir was accompanied by Mrs. Diane Boucher.

Random Things and Stuff



22 Things

By: Emily Lynne

Especially around graduation time, everyone likes to pass on a few words of wisdom. More often than not, this advice goes to new graduates as they start the next chapter of their lives. Graduates also tend to give advice to younger classmates to "survive" their future years. This article is different. This article is 22 things I have learned in the 22 years I have been alive that can be for anyone, young or old. I hope you enjoy this list, and that you are able to use any of these in your own lives.

1. If you ever decide you are going to jump off of a snow hill, make sure there isn't ice at the bottom and that you can land safely.

2. Make sure to backup your photos on something other than your computer. Whether it be on your Cloud, a USB drive, memory card, or CD.

3. Don't pick a fight with anyone. If you do, at least make sure you have a chance at winning.

4. If your ATV runs out of gas and you end up having to push it back home, remember to put it into neutral. You could always use the reserve tank as well.

5. No matter how good of a driver you think you are, always check to make sure you are in reverse when you want to backup and not in drive.

6. If your gut is telling you something is wrong, listen to it.

7. Travel as much as possible. When you do, be open to new opportunities and go with an open mind.

8. Church really can be fun, and hey, you might learn a thing or two.

9. When you hear, "Everyone is doing it", more than likely nobody is doing it.

10. Spend as much time with your grandparents, parents, siblings, etc. as you can.

11. Volunteer your time serving others, you never know the impact it will have on those people.

12. If you are going into the car wash, always remember to keep your windows closed and the sunroof.

13. Don't rely on your mirrors only when backing up, make sure to turn your head and watch out the back window as well.

14. No matter how long you stare at your dirty laundry, it won't wash itself.

15. Sometimes, with technology, the best thing to do is shut it off and turn it back on.

16. If the gas light, oil light, or any other notification in your car goes off, don't just ignore it.

17. At the end of a long day, kick back and elevate your feet.

18. No matter how cute the shoes or outfit, don't settle for uncomfortable.

19. Don't forget to love yourself while loving others.

20. With everything you do, make sure it is something people would want to remember you by.

21. Don't compare yourself to others; you are unique and the only you there is.

22. Sing and dance, even if you think you are bad at it.

Did you know?

Studies have shown that music can have a beneficial impact on both mental and physical health. In a meta-analysis of 400 studies, researchers at McGill University in Montreal found that music can reduce stress and boost the immune system. That's because listening to music increases the body's production of immunoglobulin A, an antibody that plays a critical role in the function of the immune system and cells that attack viruses. A 2013 study even found that music can help children during visits to the emergency room. Researchers at the University of Alberta studied 42 children between the ages of 3 and 11, discovering that those who listened to relaxing music while having an IV inserted reported less pain than children who did not listen to music. In addition, children who listened to music during the administration of the IV exhibited less anguish than the children who did not listen to music. Healthcare workers even noted the ease of administering IVs to children who were listening to music compared to patients who were not listening to music.

WEM School Announcements

Playground Build

We are looking for volunteers to help with the WEM Playground Build!!! The build will take place June 20-23rd. Start times would be 7 am until dark around 10pm. If you would like to help us, please indicate below a time frame and dates that would work best. We are going to set up shifts for each day. Lunch and Supper will be provided each day at 12 and 5 pm. Again, thanks for all that you do, and continue to offer to the WEM School! Check any days that would work and call the school asap! Tues June 20th Wed June 21st Thurs June 22nd Friday June 23rd Shifts: 7am-12pm 12pm-5pm 5pm-10pm Call when you can!!! Thanks! 218-563-2900

Coach Wanted

The Win-E-Mac School District is currently seeking a Head Girls Basketball Coach. Please send letter of application or contact Aaron Cook: This position will stay open until filled.

Aaron Cook,
Activities Director
Win-E-Mac School
District #2609
23130 345th St SE
Erskine, MN 56535
218-563-2900
acook@
win-e-mac.k12.mn.us

ISD#2609 is an equal
opportunity employer

M9-10C



The Win-E-Mac Elementary students donated 208 pounds of food to the food shelf at Grace Lutheran Church in Erskine for area families in need. This food was donated by the students and parents that attended the elementary spring dance. Mr Svalen's class took the food to the food shelf on the last day of school.

WEM end of the year Hawaiian dance was fun for all!



Win-E-Mac golfers, Bailee Burcham, a senior, and Abby Lende, a freshman, both advanced to the Section 8A golf tournament.



Win-E-Mac Class of 2017



Win-E-Mac 2017 Graduates:

Rimma Basargin, Bastian R. Benson, Tanya Lynn Bring, Bailee J. Burcham, Jorey Michael Carlson, Breanna Jean Carroll, Hunter Joseph Chaput, Alayna Rose Espeseth, Alaina Nicole Juve, Alec James Kiecker, Noah E. Klinkhammer, Alex Alekseyavich Kutsev, Christopher I. Kuznetsov, Adreanna R. LaCoursiere, Vassa A. Mametieff, David L. Morel, Nicholas H. Olson, JayDee M. Reandeau, Olivia Kay Simonson, Anthony C. Smith, Elena I. Snegirev, Elena I. Snegirev, Kolton A. Stuhau, Jessica Hannah Thompson.

Congratulations & Best Wishes
in all your future endeavors!



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