

\$1.00

McINTOSH Times

Hub of the Thirteen Townships



McIntosh, Minnesota



The Liberty Bell coloring contest is put on by the McIntosh VFW Auxiliary #6891. These are the winners from Mrs. Gunafson's 1st grade class at Win-E-Mac. Winners received a cash prize!
Pictured (l-r): Paige Breitbach won 1st place, Josie Johnson won 2nd place, and Peter Kolden won 3rd place.

FSA to Host Organic Meeting in McIntosh

By Mike Philipp, CED, Red Lake and East Polk County FSA Offices

An information meeting for area organic producers and those who are interested in becoming organic has been scheduled for 10 a.m. on Thursday, May 28, at the Community Center in downtown McIntosh. All area producers from Polk, Red Lake, and neighboring counties are welcome and encouraged to attend.

Region-wide Farm Service Agency (FSA) representatives will provide information regarding current programs that are available, including Farm Storage Facility Loans (FSFL), the Non-insured Assistance Program (NAP), and Farm Loan Program eligibility requirements. Producers who are not familiar with these programs may find the information useful and informative.

Jim Stordahl, UM Extension Educator, will provide a brief overview of the basics of organic production. Attendees will learn how organic producers use a system of sound ecological crop rotations, the use of compost, green manure and biological pest control while avoiding synthetic fertilizers, pesticides, growth hormones and antibiotics. Successful organic farmers exchange their conventional toolbox for one that includes a combination of time-tested practices coupled with high tech gadgetry to produce food that brings a significant premium in the marketplace.

And representatives from the Organic Crop Improvement Association (OCIA) will

be on hand to provide information and answer questions about the organic certification process. Coffee and refreshments will be served, and interested producers may contact any of the agencies listed above in advance if they have further questions.



Memorial Day Events in Mac & Winger

McIntosh:
McIntosh VFW Post #6891 and Auxiliary are sponsoring the annual Memorial Day observance in McIntosh on Monday, May 25, 2015. The annual parade will begin at 10:45am at the Country Store (parking lot across from The Office) and proceed to the Community Center where the program will begin at 11:00am.

The Memorial Day address will be presented by Bruce Malterud, Ninth District VFW Commander.

Following the program, the White Cross ceremony will be held on the lawn in front of the old school. The two VFW Auxiliary members who will help the girls and boys with the Memorial Cross event are Kristi Tofstad and Heather Hegre. Practice will be held 3:30pm - 4:30pm on Friday, May 22, 2015, as well as 9:30am on Monday, May 25, 2015. They are to wear black or dark pants and the boys are to wear white shirts. Any questions about the students' participation, call Kristi or Heather on their cell phones. Kristi- 218-779-8737 or Heather 281-979-9857.

Memorial Day is for the remembrance of our veterans who were killed in action and this program is open to everyone to show support for all Veterans.

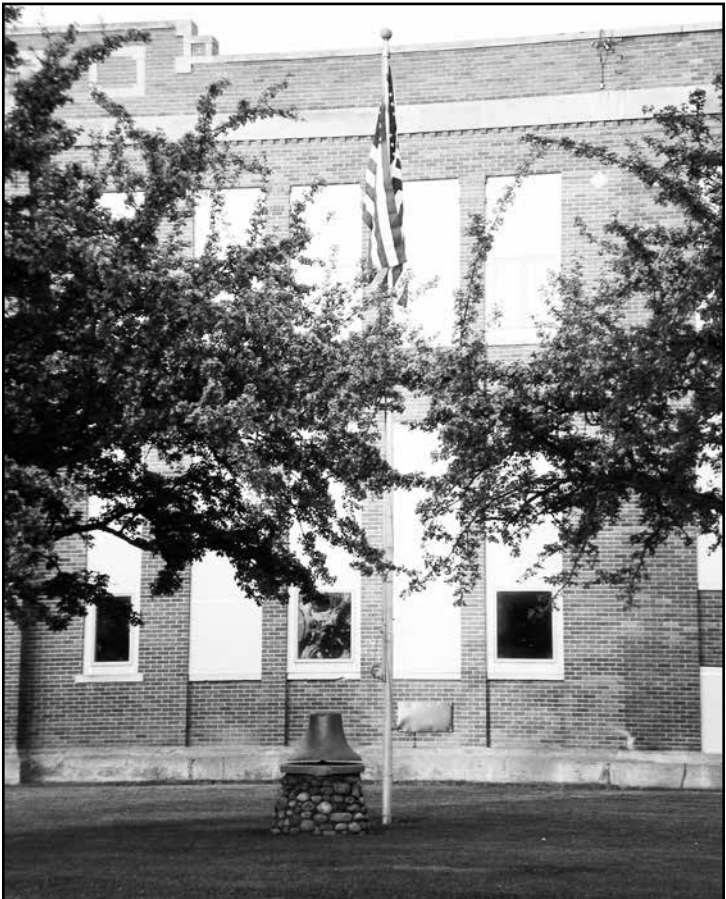
VFW members who are marching will meet at the Country Store at 10:30am.

Winger:
Winger is having a Memorial Day program on Monday the 25th beginning at 8:30 am, starting with the invocation at the Auditorium in Winger. The keynote speaker this year is Pastor Jim Binder from Clearbrook.

The program will finish with the National Anthem performed by the Win-E-Mac marching band in the Memorial Park along with the White Cross Ceremony.

Everyone is invited back to the Community Center following the service as the Ladies Auxiliary will be serving juice and rolls.

Please join us in honoring our Veterans.



The Flag flies again at the Future Home of McIntosh Heritage & Arts Center (the old McIntosh school). Thanks to the generous donation of a 5 foot by 8 foot American Flag from Craig Espeseth.

Memorial Day Breakfast in Mac

Look for VFW #6891 Poppy Donation Cans

The VFW Auxiliary #6891 will serve breakfast at the McIntosh Community Center from 8:00 a.m. to 9:30 a.m. on Monday, May 25 to all Veterans and Auxiliary members as had been the practice in the past.

The VFW Post #6891 Auxiliary has put poppy cans in various stores throughout McIntosh. You can make a donation and get a poppy. You are not required to make a donation to receive a poppy.

The poppies will also be available on Memorial Day, May 25th, at the McIntosh Community Center.

All poppy donations are put in a Relief Fund which helps and supports veterans in our community.

More than \$471,000 of GVTL Capital Credits paid in May

Over 15,500 checks, totaling more than \$471,000, were issued on May 14 to Garden Valley Telephone Company members who had service with the cooperative in 2000 and/or 2014, including over \$28,000 for members with McIntosh and Winger addresses.

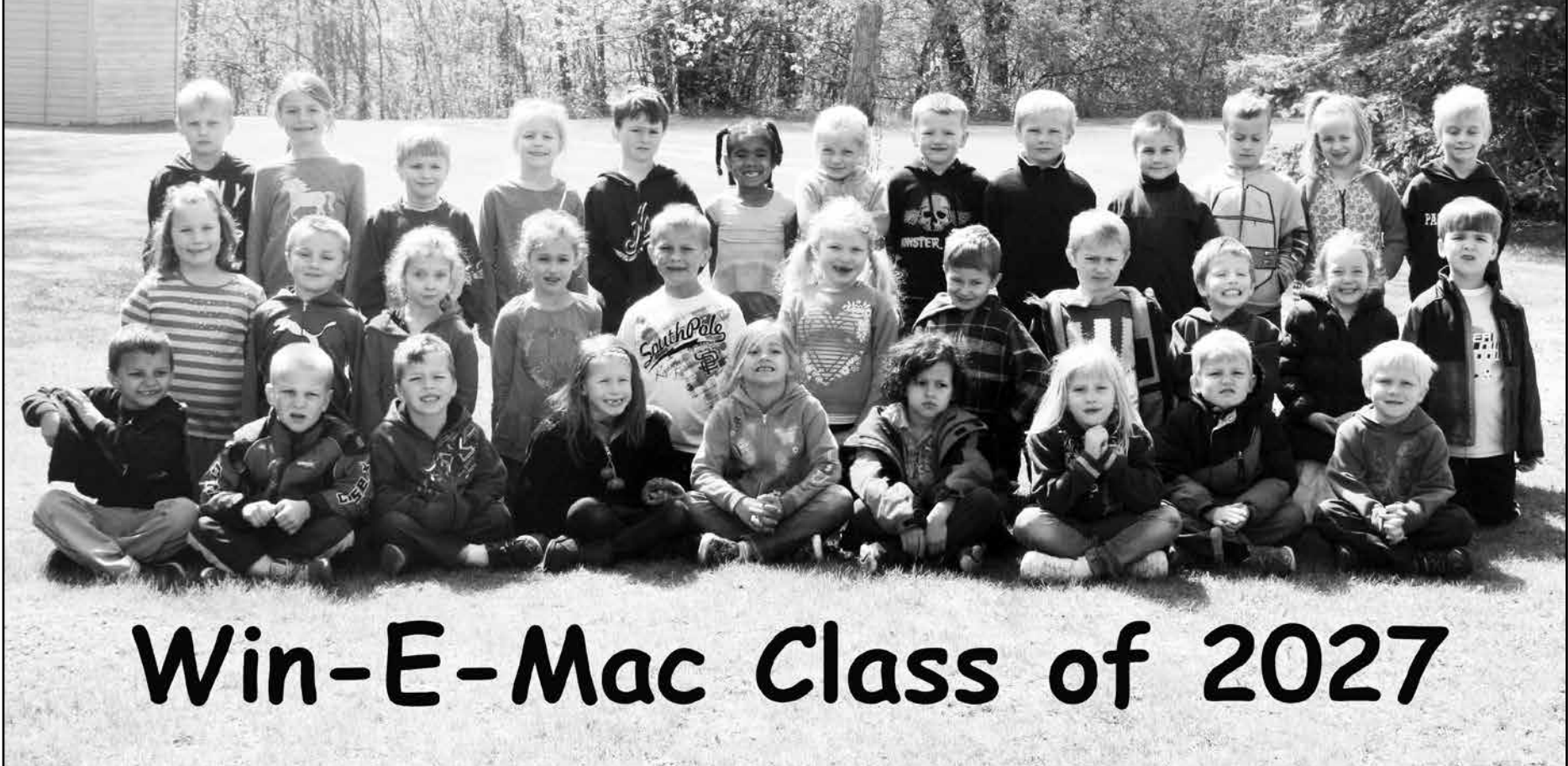
There are advantages of a Cooperative including: More than \$14-million of capital credits have been authorized by the Board of Directors for payment to Garden Valley members over the last ten years.

Article VII of the cooperative's By-Laws provides that capital credited to members may be retired and paid if the financial condition of the cooperative will not be impaired.

110th Annual Meeting
Garden Valley's 110th annual membership meeting will be held in the auditorium of the Win-E-Mac Public School near Erskine on Tuesday, June 2, 2015 beginning at 10:30 a.m. Registration starts at 8:30 a.m. and "The WoodPicks" will entertain during registration.



Winger held its annual "clean-up days" last Friday and Saturday, when residents and volunteers joined together and made Winger shine! Pictured here are volunteers from Ultima Bank Minnesota and Titan Machinery. (l-r) Ron Lemer, Kathy Iverson, Sara Miller, Karen Martin, Brenda Hole, Amanda Swanson. Thanks to all the volunteers and residents who did their part to make the day a success!



Win-E-Mac Class of 2027

Win-E-Mac Kindergarten and Class of 2027: Back Row: L-R Vallerian Basargin, Macie Haskett, Jareth Walk, Clara Kolden, Nathaniel Spry, Caralina Janisch, Livia Basargin, Kolten Schow, Carter Fortman, Rodney Erofeeff, Hayden Johnson, Kalli Roy, Dominic Carlson; Middle Row: L-R Cora Altepeter, Jayden Haugen, Victoria Holmes, Lauren Ramberg, Tysen Bohn, Isadora Slack, David Zarkoff, Austin Langseth, Teddy Moritz, Jade Bendickson, and Rian Bergh; Front Row: L-R Theodore Childress, Jackson Schouville, Ashton Anderson, Marfa Basargin, Cloe Jerdee, Raja Holmes, Lillian Shimpa, Yakov Kutsev and Lucas Eggl. Not pictured: Austin Johnson

Community Calendar

Wed. May 20: 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 21: McIntosh City Office Closed; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm

Fri. May 22: Last Day of School for Win-E-Mac Students; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. May 25: Memorial Day

Tues. May 26: 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 27: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. May 28: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm

Fri. May 29: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. June 1: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. June 2: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Serenity Seekers Al-Anon 7:00pm @ Kingo Church Library, Fosston; McIntosh Community Club Meeting 7pm @ Community Center



Graduation News

During the graduation ceremony on Saturday, May 23, 2015 at Win-E-Mac School, there will be laundry baskets, with each graduates name on them, set up in the commons area before and after graduation, for those people who will not be able to make it to all of the graduation open houses.

Graduation will take place this Saturday at 2:00pm.



Notice:

The McIntosh Times will be delivered one day late next week, due to the observance of Memorial Day on Monday, May 25, 2015.

Thank you.

Graduation Open House

Please join us for a Graduation Open House in honor of Chase Svalen. May 23rd from 4-7pm at the home of his grandparents, Russ and Becki Haugen, 306 Ross Ave., Erskine, MN. M7-8C

Graduation Open House

Please join Krystal Haugen on Saturday, May 23, 2015 after the Win-E-Mac commencement ceremony at the Bjella Building in McIntosh to celebrate her graduation. M8C

Graduation Open House

Please join Zach Plante in celebration of graduation on Saturday, May 23, 2015 at his home following the graduation ceremony at Win-E-Mac. M8C

Graduation Open House

Please join Kaysee Mandt in celebration of graduation on Saturday, May 23, 2015 at the McIntosh Community Center following the graduation ceremony at Win-E-Mac. M8C

Graduation Open House

You are invited to an Open House for Matt Thompson at his home in the shop following Win-E-Mac Commencement on Saturday, May 23. M8C

From the Polk County Commissioners

The Polk County Board of Commissioners took action on May 5, 2015 on matters involving the current pending appeal brought by Polk County Attorney Greg Widseth regarding the setting of his salary on December 16, 2014.

The Board, on December 16, 2014, increased the County Attorney's salary from \$98,144 to \$105,500, a 7.5% increase. On December 24, 2014, County Attorney Widseth filed an appeal of this decision. This matter is set to be heard by The Honorable Paul E. Rasmussen on July 24, 2015.

The County Board, recognizing the continuing costs of litigating this issue, chose in the interest of saving taxpayer dollars to first undo part of the resolution entered into on

December 16, 2014 relative to the setting of the annual compensation of County Attorney Widseth, and second, entertained and passed a motion increasing County Attorney Widseth's salary retroactively effective January 1, 2015 to \$112,000.

The County Board has also directed administration to collect comparative data and other pertinent information prior to the setting of all elected official's salaries for 2016 for consideration by the County Board during the fall of 2015.

Ad deadline:
Noon Friday


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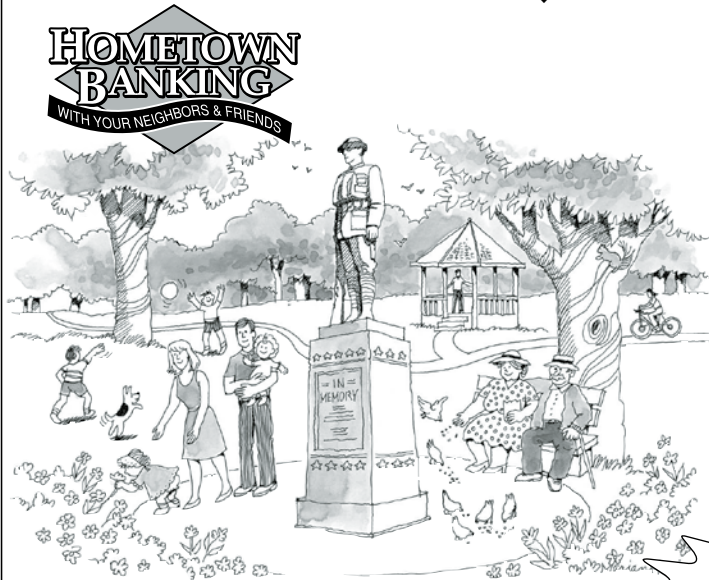
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McIntosh Senior Living would like to say Awesome Job to these 6 ladies as they participated in McIntosh Senior Living's 4th Annual run at the Fargo Marathon on Saturday May 9, 2015!! Pictured left to right are Jodi Landsverk(6.75 miles), Mariah Perez(5.5 miles), Paige Gieseke(6.8 miles), Tricia Hove(13.1 miles), Janna Syverson(13.1 miles), and Elena Basargin(7.15 miles)

Memorial Day



Memorial Day, also known as Decoration Day, originally honored those who fought and died in the Civil War.

This Memorial Day, we as a nation pause to honor all servicemen and women who have given their lives for our country.

First National Bank of McIntosh will be closed Monday, May 25th for the Memorial Day Holiday.



260 Cleveland Ave. SW
PO Box 129
McIntosh, MN 56556
www.fnbmcintosh.com

Phone
(218)
563-2865

M8C

Poplar Meadow Tidbits

Well we are back by request! Much has happened since you last heard from us, yet we are still the same happy folks here at Poplar Meadows!

We are enjoying the blooming flowers and trees, along with all the robins that all met here before heading to their final destination. Even the dandelions are a good conversation topic!

Once a month we are treated to something special. How about a rootbeer float, banana split, funnel cake or a nice birthday cake? We all enjoy the tacos that the kitchen makes as well. They do a really good job! They even grill for us, when the weather is nice.

We celebrated Mother's Day here at Poplar Meadows with lots and lots of flowers and visitors for nearly everyone!

We always have morning and afternoon coffee downstairs in the dining room together. We like visiting and spending time with each other. Come and join us someday, everyone is welcome!

We have had some new residents and have a full house! We have one new resident that came from Bemidji, and one that moved here from Mentor. We also have a "gardener" that moved in from Michigan. He is anxiously waiting to plant our garden. We have a waiting list for anyone who is interested, you can call and talk to Julie.

We have had some music lately as well. Greg Bruce came and performed for us as well as Phil and C Dale Jore. It is always so nice to have such lovely entertainment.

Don't forget that we also have weekly Bible Study and Sunday services here at Poplar Meadows as well.

With the weather improving, next time we will be able to update you on or chickens and our garden. Enjoy spring!

Hwy 2 Cruisers Meeting

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

What's Your Talent?

Can you sing? Dance? Play an instrument? Are you a juggler? Comedian? Magician? If so, please join us for Erskine's first ever "America's Got Talent" event!

Why should you enter? Well, for starters, there are prizes! First prize wins \$100! Second wins \$75 and third prize wins \$50. How do you win? The audience will "vote" for their favorite contestant by putting money in the container with their name after all the performances are done--so bring your friends and family to vote!

This is a fundraiser for the American Cancer Society, so they (and you) will be supporting a great cause! You can register online at www.gracerelay.org. "Erskine's Got Talent" will be held on Friday, June 5th at 7:00 p.m. in the Win-E-Mac School Gym.

One person or group acts, ages 5 and up, can register. Contact Andrew Hanson (687-2063 or aehanson@gvtel.com) with any questions.

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

Sand Hill Cemetery Assoc. to hold Meeting

The Sand Hill Cemetery Association will hold their Annual Meeting on Memorial Day, May 25, 2015 at 2:00pm. The meeting will be held at the Chapel on the Gerald and Joyce White farm. M7-8C

The McIntosh Times Office Hours

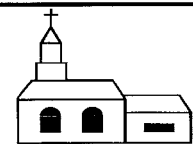
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



Church News



ST. MARY'S CHURCH Fosston Rev. Manny Sundaram, Pastor

Sun. May 24: 8:15am Rosary; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

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

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

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou Interim Pastor Melody Kirkpatrick

Wed. May 20: WELCA Supper @ Immanuel 4:30pm-6pm; Immanuel Council 8:00pm

Sun. May 24: Calvary worship 10:00am; Immanuel worship 8:30am; Day of Pentecost, please wear red in honor of the coming Holy Spirit

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

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

Sun. May 24: 11:15am Worship

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

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Wed. May 20: 1:30pm Bible Study at The Country Place

Sat. May 23: 8:00pm Prayer Meeting

Sun. May 24: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service

Tues. May 26: 10:00am: Sunday worship service telecast on GV Cable TV - Channel 2

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

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of HWY 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. Mark Peske, Pastor
Sun. May 24: 9:30am Worship Service

Sun. May 31: 9:30am Worship Service

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

Notice:

Local Singers come join the McIntosh Community Choir to honor our veterans on Memorial Day.

There will be just one practice at 9:30am on Monday, May 25th at the Community Center. Then the performance will be during the Memorial Day Program later in the morning.



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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KIM HEDLUND, EDITOR

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DOVRE FREE LUTHERAN Pastor Don Edlund

Wed. May 20: 7:00pm Non-Denominational Bible Study. Everyone Welcome!

Sun. May 24: 9:45am Sunday School; 10:30am Worship Service

Wed. May 27: 7:00pm Non-Denominational Bible Study. Everyone Welcome!

Sun. May 31: 9:45am Sunday School; 10:30am Worship Service

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Paul Magelson
Sun. May 24: 8am Worship
Sun. May 31: 8am Worship

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:
Wed. May 20: 7:30pm Bible Study

Thurs. May 21: 7:00am Men's Breakfast

Sun. May 24: 9:30am Worship Service

Wed. May 27: 7:30pm Bible Study

Mt. Carmel:
Sun. May 24: 11:00am Worship Service

Tues. May 26: 7:00pm WMF
Sun. May 31: 11:00am Worship Service.

SALEM LUTHERAN CHURCH Gordon Olson, Lay Pastor

Sunday, May 31st, 10:30 AM: Holy Communion; Potluck dinner with congregational meeting to follow



Non-denominational Bible Study for men and women

Everyone is invited to a Beth Moore DVD study on Revelation led by Debbie Gundersen at Dovre Free Lutheran Church in Winger, MN.

The study will begin on Wednesday, June 10, 2015 from 7:00pm to 8:30pm.

Workbooks for the program at \$13.00 and you need to be registered for your workbook by May 20, 2015.

You can call Debbie Gundersen at 218-945-6288 or 218-289-0535 for additional information or to register.

There is also ongoing non-denominational Bible study for men and women each Wednesday evening from 7:00pm to 8:30pm at Dovre Free Lutheran Church. Feel free to join any Wednesday evening that works for you.

B-B Cafe Menu

Wed. May 20: Roast Pork, Mashed Potatoes & Gravy, Mixed Vegetables, Roll, and Dessert

Thurs. May 21: Meatballs, Mashed Potatoes & Gravy, Green Beans, Roll and Dessert

Fri. May 22: French Dip on a Hoagie, Potato Salad, and Dessert

Mon. May 25: Closed. Have a great Memorial Day

Tues. May 26: Baked Chicken, Mashed Potatoes, Carrots, Roll, and Dessert

Wed. May 27: BBQ Meatloaf, Baked Potato, Corn, Roll, and Dessert

Thurs. May 28: Reuben's, Regular or Sweet Potato Fries, or Soup, and Dessert

Fri. May 29: Grilled Ham & Cheese, Cup or Tomato Soup, and Dessert

Community Birthday and Anniversary Calendar

Wed. May 20: Tyus Mahlen, Linda Sylstad, Arlene Eggers, Marvin Wikstrand

Thurs. May 21: Robin (Goodwin) Andres

Fri. May 22: Gary Schommer, Walter Sylstad

Sat. May 23: Kris Faldet

Sun. May 24: Pete Schultz, Joyce Sultvedt

Mon. May 25: Memorial Day

Tues. May 26: Chad Smeby, DeeDee Narum, Raine Haaven

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Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas where we have been getting some much needed rain. Everything seems so much greener, trees, grass and the crops that are up. Did even hear some lawn mowers going between the rain showers.

Congratulations to the graduating seniors in our area schools, these young people will move on to the next phase of their lives and I wish them all the best in what ever the choice to do.

The Mother-Daughter banquet was held at Calvary Church on Wednesday evening the 13th and was very well attended with a good program and the food served was delicious.

Word has been received here that former Winger resident Joanne Solberg passed away last Sunday. Sympathy to the family of Joanne.

Thursday the 7th Paul Carlson was a morning visitor with Fern and Milton Carlson at the Carlson home, later in the day Judy and Lonnie Gieseke were visitors and coffee guests of Fern and Milton's.

Visitors with Helmer and Verlys Homme at the Pioneer Home last week end were Gary Walters, Sheldon and Rita Trandem, Mark and Betty Syverson and the Roy Rabens.

Mary Espeseth of Thief River Falls treated Lorraine and Bob Lee of McIntosh and Joey Espeseth to dinner last Sunday to honor the two Mom's on Mother's Day.

Orton and Joyce Stardig of Bemidji were visitors a week ago Sunday with Martha Henney in McIntosh. They all went on out to the Henney farm and were treated to lunch that Dean had made.

Paul and Donna Carlson were visitors at the Fern and Milton Carlson the morning of May the 9th.

Mother's Day guests at the Reha Sanstead home in Eerskine were Gerry and Jamie Mattison of Plummer, Pete Mattison of Thief River Falls, Tom, Terrill and Bailey Bradford of Mentor, Marv Engesether of Plummer, Butch and Linda Pulskamp.

Dean Henney treated Martha Henney to dinner at Moran's on Mother's Day. Gail Johnson of Karlstad visited on Mother's Day afternoon with Martha Henney.

Richard Brtek treated Mom, Lucy Brtek to supper at Erickson's Smokehouse in Fertile last Saturday evening in honor of Mother's Day.

Mother's Day dinner guests at the Fern and Milton Carlson home were Paul and Donna Carlson and Lonnie and Judy Gieseke, that evening Carlson's Fern and Milton accompanied Paul and Donna to Fosston for a piano recital. Nikki Carlson did an excellent job playing her violin accompa-

nied by her instructor.

Barry amd Kay Malme of Fargo were last week end visitors with Helmer and Verlys Homme at the Pioneer Home.

Lucy Brtek, Richard and Betty Brtek and Rick Senum all had breakfast together on Tuesday morning.

Miles Henney of St.Hilaire visited on Thursday the 14th of May with Martha Henney at her home in McIntosh.

Sara Lucken and her granddaughter were visitors with Lucy Brtek at Lucy's "Old McDonald" farm to see the baby colts that Lucy had out there.

With Memorial Day week end right around the corner, remember to take in, if you can the Memorial Day Service that honor those who have served our country. For those of you traveling may your travels be safe to your destination and home again.

Food for thought in closing, don't count the days, make the days count

From the Manor:

Brother Andy returned to his home on Wednesday after spending a few days at the manor. Scrap and him went turkey hunting a couple of days in the rain and didn't see any birds. Maybe they will have better luck next year if they decide to try it again.

Bun invited himself to The Club on Friday to have lunch with the three hotties from Mac. Joyce, Judy and Lois. They were nice enough to buy some Lion's raffle tickets and Lois was sporty enough to buy Bun's lunch. Bun thanks you.

Bun called Mary Beth Espeseth on the 15 to wish her a Happy 55th. birthday. He told her about a couple of perks she can now get. Ten percent off your car insurance if you take a 55 alive class and she is also eligible for the 55+ menu at Denny's. No class needed.

Bun stopped in Winger and wished Lori Lucken a Happy birthday. Little Lori girl turned 40 on the 16th. Uffda! Where does the time go?

Mayor Ole and Bun cruised the streets of Winger on Saturday afternoon making sure everything was in order. They stopped over at Joey Espeseth's and talked to her sons David and Brian. They were going over stuff that they need to clear out before they sell it. Another one of the Original Winger families moving on.

Carsten, his lovely wife Joanne and their lovely daughter Denise met Dale, mayor Ole, Bun, Steve and Lorri for a couple of beverages at the corner before heading back home to enjoy the pork that Dee had in the oven. Denise was home for a visit and left on Sunday.

Bun headed into Winger on Sunday in the pouring rain to attend the Lion's pancake benefit for Wanda Marshall at the community center.

He saw Bruce Solberg and

his sister Emma Jean leaving church and told them to go and enjoy the brunch but Bruce and his sister where no shows.

Congratulations to Brian and Elizabeth Massmann on being married for one year on the 17th. May the Lord bless your marriage for many more years and make you fruitful and multiply grandchildren for Steve and Lorri. They're starting to get a little impatient

Important Deadline nears for MN Producers

USDA's Natural Resources Conservation Service (NRCS) reminds agricultural producers seeking federal crop insurance that they must have their Highly Erodible Land Conservation and Wetland Conservation Certification form, commonly called form AD-1026, on file with their local USDA service center by June 1, 2015.

Many farmers have their certification form on file meeting conservation compliance provisions since it's required for participation in other USDA programs, including NRCS conservation programs. But producers, like specialty crop growers who receive federal crop insurance premium subsidies and do not participate in other USDA programs, must now file a certification form with USDA's Farm Service Agency (FSA).

"Most producers already have a certification form on file, but we want to ensure all producers interested in USDA benefits take the steps to be eligible," said Walter Albarran, NRCS acting state conservationist in Minnesota. "We want to make sure producers interested in crop insurance know of the upcoming June 1 deadline. We encourage you to contact your local USDA service center to ensure you're in compliance."

Producers should visit their local USDA service center before the June 1, 2015 deadline to ask questions, get additional information or learn more about conservation compliance procedures. Producers that file their form by the deadline will be eligible for federal crop insurance premium subsidies during the 2016 reinsurance year, which begins July, 1, 2015. The June 1 deadline does not apply to producers seeking benefits from FSA and NRCS programs.

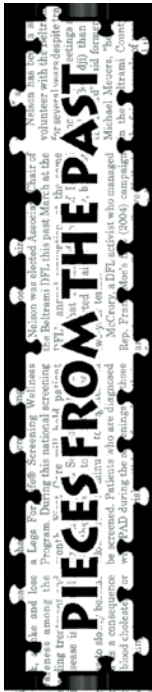
Additional information on conservation compliance is available at nrcs.usda.gov/compliance, including a Five Steps to Meet Conservation Compliance guide and answers to frequently asked questions.

Story to Share?

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



30 years ago...1985: The Mac-Winger High School Band during the McIntosh Memorial Day parade.



20 years ago...1995: Down with the old! Up with the new! Each year the Winger American Legion Auxiliary presents the Sioux Oil Company with a new American Flag to fly proudly throughout the year on Highway 59. Pictured are members of the 4th grade Winger Flag Cadets who presented Lynn Aasen with the flag on Wednesday, May 17th. (Christopher Wang, Danial Omang, Angie Johnson and Nicole Randall.



10 years ago...2005: The flag Cadets proudly carry flags and wear shirts stating "Proud to be an American". The cadets go through a class in flag etiquette in preparation for their Flag Cadet duties.

Regional Ag News

Jim Stordahl,
Extension Educator

Lawn Mowing Season is Here

Lawn mowing is perhaps the most important practice performed in home lawn care. The simple practice of mowing impacts not only the appearance of your lawn, but also can impact the turf's ability to ward off problems.

Regardless of whether the lawn is fertilized, irrigated or other management practices, proper mowing practices are essential for a high quality lawn. Properly mowed lawns will have fewer weeds, will better withstand mid-summer moisture stress and will have a more pleasing appearance.

Regular mowing with a sharp mower blade at the proper mower height keeps grass growing vigorously and maintains adequate plant density to thoroughly cover the soil surface. Continually scalping turf seriously weakens grass plants, leaving an opening for weed invasion.

Mowing too short creates problems. For most lawns, mowing at a height of 2½ to 3½ inches screens out light to the soil surface, thus preventing weeds (such as light-loving crabgrass seeds) from germinating. Also, a higher cutting height encourages slightly deeper root systems, allowing them to gather moisture and

nutrients from a larger soil volume, thereby increasing a grass plant's stress tolerance. If your grass has become very long (e.g., during extended rainy periods), lower the mower blade height gradually rather than cutting grass back all at once to reduce unnecessary stress on plants.

Mulching mowers and mulching attachments for mowers reduce the size of grass clippings, thus increasing the rate at which they decompose. And mowing on a regular basis with a sharp mower blade produces clippings that decompose fairly quickly.

Allow the clippings to remain on the lawn whenever possible. They do not contribute to thatch build-up because when they decompose they become a valuable organic source of nutrients for grass plants. In fact, yearly nitrogen applications may be reduced by 1/3 to 1/2 when grass clippings are left on the lawn. However, remove clippings that form large clumps on top of the grass. Moreover, mulching the clippings will also save the time in clipping removal. Turf mowed with the new mulching mowers has grass that has nearly the same swept or vacuumed appearance as when the turf surface was mowed with bagging attachments

The direction of mowing should be altered every one to two mowings. Mowing at right angles (90 degrees) to the previous direction will help prevent the grass from repeatedly being pushed in one direction, an important consideration at high mowing heights. Also if scalping areas of the lawn is a problem, the different mowing directions will help minimize continual scalping in any one area.

All mowing equipment should be kept in good working condition. Having the mower serviced prior to the heavy spring mowing period will help ensure routine, maintenance-free mowing. Mower blades should be sharpened each spring and as needed during the season. A dull mower blade frays the ends of blades and results in brown tips which are unsightly and indicate damaged turfgrass.

Turfgrass should be mowed when it is dry. Wet grass is more difficult to cut and has the tendency to clog under rotary mowers. Mowing should not, however, be delayed for long periods of time because the grass is wet.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Sources: UMN, NDSU and OSU.

Recipe Corner

With Memorial Day weekend being the start of the summer season, for most of us.

Here are a few side dish salads to take to your next barbecue.

Cornbread Salad

1 head of green leaf lettuce (You can use romaine too)

½ bag baby spinach
3 roma tomatoes, chopped

1 cucumber, chopped
½ red onion, sliced
1 recipe of baked corn bread (box of Jiffy Cornbread)

1 package real bacon pieces

Dressing:

1 cup sugar
½ cup apple cider vinegar

½ cup water
1 tbsp paprika
1 tbsp grated onion
1 tsp yellow mustard
1 tsp salt
1 cup vegetable oil
• 1 recipe of baked corn bread (Jiffy Cornbread mix works well)

• 1 package real bacon pieces

Cut cornbread into cubes. Layer salad ingre-

dients in a big bowl: lettuce, spinach, tomatoes, cucumber, cubed cornbread, bacon pieces, and onions.

Cover and chill until ready to serve.

Dressing:

In a blender, blend all ingredients except oil until combined.

With blender on slowly pour in oil and continue to blend until well combined. Pour in a jar and seal or cover and refrigerate until ready to serve. Right before serving, shake well and pour desired amount over salad.

Pimento Pasta Salad

1lb cellentani pasta, or your favorite pasta

¾ - 1 cup mayonaisse
8oz jarred pimentos (drained and chopped)

3 cups sharp cheddar cheese (shredded)

2 scallions (sliced thin)
1/4 cup diced green chilis
1/2 teaspoon cayenne pepper

1 teaspoon ground black pepper

Boil pasta according to package directions.

Pour into a collender and rinse well with cold water. Set aside

In a large bowl, mix the remaining ingredients. Stir in the pasta and chill for an hour. Serve and keep chilled for best flavor.

Note: Add shrimp or chopped

chicken breast and you can make it a main dish.

Summer Broccoli Salad

Salad:

4 cups fresh broccoli florets

10 strips bacon (cooked crisp and crumbled)

¾ cup medium cheddar cheese (shredded)

1/2 cup red onion (chopped)

1/2-¾ cup cashews

1/4 cup raisins

Dressing:

1 cup light mayonnaise (You can use regular, but it tastes great with light)

1/3 cup sugar

4 T red wine vinegar

Prepare the salad ingredients and combine them in a large bowl. If you don't have quite enough broccoli, you can stretch it by using the stems.

(Here's the secret to making them taste just as yummy as the florets: Cut the pieces you want to use, then peel off and discard the tough outer skin.)

Mix the dressing ingredients well, and pour it over the salad. Mix well and chill.

Note: If you don't love cashews, try sunflower seeds instead. Or, leave out the nuts entirely (but you'll be missing out).

Random Things and Stuff



Surviving the Night Shift

By: Emily L. Ferden

One thing I have learned with the profession I am going into is that there will be night shifts. In my current job and even the jobs I have had in the past, I have had to work night shifts. These shifts are often the ones that are highly dreaded, but usually the ones with the least amount of work. The hardest part of the whole shift is STAYING AWAKE!

To help with others of you out there that also work night shifts, here are some tips I have found that help me get through night shifts (found from nursewithoutborders.org) and can hopefully help you do so as well:

1. Make sure to sleep during the day before your night shift! Even if you don't really feel tired, you will feel it later that night. Make your room as dark as possible to simulate nighttime. Try not to stare at any electronic screens right before trying to fall asleep, as these will stimulate your brain to be more awake. Try to get the same amount of sleep that you would in a regular night, but make sure to make time to eat too. For example, you could sleep from 8am-noon, wake up and eat, then go back to sleep 1pm-4pm.

2. Use your caffeine choices wisely! You want these products to keep you awake throughout your shift, but you also want to be able to come home and sleep after your shift. It is usually a good idea to have whatever caffeine choice you want to early in your shift, and not have much after over half of the shift has gone by unless really necessary. Caffeine will stimulate your level of alertness and is beneficial, but should also not be overdone. Too much caffeine can leave you having some health issues as well, so make sure to know your limit.

3. Eating a good, hearty meal before your shift packed with nutrients can be very beneficial. This meal will give you the energy you will need to get through the night. It is a good idea to also bring snacks with for during your shift, but make sure these snacks are also good, healthy choices. You want to try avoid foods that would cause you to feel sleepy or a "crash and burn" affect. Some good ideas for snacks include nuts, fruits, salads, and vegetables. Things that are high in protein and low in fat are good options. Try to avoid eating large amounts of refined sugar (such as doughnuts, cookies and cakes), which can deliver an instant boost of energy, but can also lead to extreme mood swings and a crash later on in a shift. Dried fruit provides a sweet boost of energy with fewer harmful effects on the body than the typical sugar-filled junk food item. Lessen the chances of fatigue and headaches caused by dehydration by drinking fruit juice and water.

4. Working the night shift can have a detrimental effect on a person both physically and mentally if he or she does not effectively monitor their health. The NSF reports night shift workers face a higher risk of experiencing insomnia, daytime sleepiness, high blood pressure, diabetes, menstrual irregularities, colds, and weight gain than day shift

employees. Make sure you are aware of your health and monitor any changes to report to your doctor.

5. Try to find constructive ways to pass the time. Another factor to take into consideration about the night shift is it tends to be more "low key," which can make the shift feel longer. Try to do things that would the job usually doesn't have time for during the day shifts, and do them during the night shifts to stay busy. If you can do so, bring a book, crafts, or homework to do to also pass the time.

6. People who work the night shift tend to experience the most fatigue and drowsiness around 4 a.m., and should avoid completing the most tedious or monotonous tasks during that time. The NSF suggests engaging in a bit of exercise as a way to fight back when a feeling of fatigue starts to take over during the night shift. Staying active during breaks is an effective way to reboot energy levels. Even just walking around a little bit can help!

7. Create a healthy balance between home and work life. People who work the night shift may experience bouts of feeling 'out of the loop' or isolated from family and friends. Night shift employees often find themselves working harder to maintain relationships with loved ones who have conflicting schedules. Getting loved ones 'on the same page' also plays an important part in not only surviving the night shift, but also establishing a sleep schedule that allows a person to juggle his or her daytime and nighttime commitments. You have to schedule everything (appointments, errands) just like you do on the day shift. You have to plan to sleep, and plan your other activities around the night shift. When you're not working nights, you have to conform to the rest of the world. However you plan it, remember adequate sleep is a priority.

8. One of the most important things after your shift is done is to get home safely! According to an Institute of Medicine report on "Sleep Disorders and Deprivation," nearly 20 percent of all serious car crash injuries in the general population are linked to a sleepy driver who is not affected by alcohol or drugs. In an effort to combat fatigue, many drivers will let down car windows or turn up the volume of the radio – an alarming signal that fatigue can greatly affect the safety of a driver. The NSF says that these methods of trying to stay awake and alert while driving do not work, and pulling over immediately is the best thing a person can do if he or she has reached this dangerous level of fatigue.

Win-E-Mac T-Ball

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

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

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

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

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



Jacob Eggl portrayed Orville Wright at the 5th/6th graders Wax Museum on Friday, May 8th at Win-E-Mac School. Here Mr. Svalen put a coin into Jakes cup and he told some interesting facts about Wright.



(l-r) Favea Boianoff and Layla Roragen were part of the Wax Museum put on by students at Win-E-Mac school on Friday, May 8th. Favea was Anne Frank and Layla was Eleanor Roosevelt.

Fosston Tri-Coop Scholarship 2015 Recipients

By Jen Howard

This is the third year the Fosston Tri-Coop is participating in our local scholarship program. "We believe it is important to invest in the next generation of leaders to ensure a bright future for the agricultural industry. With that we decided to establish the Fosston Tri-Coop Scholarship Fund last year. In 2015 the Coop is awarding four recipients with a \$2,500 scholarship" states Mike Breckel, Manager of the Fosston Tri-Coop. "Graduating seniors from Fertile-Beltrami, Fosston, Clearbrook-Gonvick, Mahnomen, Bagley, Win-E-Mac, Goodridge and Grygla with plans for post-secondary education in the agricultural field were encouraged to apply."

Scholarship applicants are required to write an essay showing knowledge on a special topic. Examples given were "Why are cooperatives important to agriculture?", "What impact has the agricultural industry had on your life?", and "What do you believe is the single best challenge or opportunity for our country's agricultural farmers or industry?"

Applicants were also required to fill out an application, submit one letter of recommendation, a current high school transcript and a recent photo.

Recipients were selected based upon their essay, their

involvement in agricultural with the youth and their academic achievements.

"Fosston Tri-Coop is proud to award this year's scholarships to Zack Plante of McIntosh, Reid Olson of Fosston, Madison Ulrich of Clearbrook and Monica Reichert also of Clearbrook", announced Mike Breckel. "It was a tough decision," he continued. "We had several applicants, and each one had a great essay and outstanding academic achievements. But, in the end, our scholarship committee decided on these four because their thoughts about Cooperatives and farming, as well as their ability to express them in writing. We wish them luck and success in pursuing their dreams as they begin their college careers!"

Zach is the son of Albert and Karen Plante and plans to attend University of North Dakota majoring in Business/Agribusiness with thoughts of moving back to the area in the future working at a local agriculture business. Zach was involved with Football, Basketball, Band, Choir, Student Council, National Honor Society and Breakfast on the Farm along with many other activities.

Reid is the son of Harlan and Sheila Olson and plans to attend Northland Community and Technical College majoring in Sales, Marketing and



During the Wax Museum fundraiser put on by Win-E-Mac 5th and 6th graders on Friday, May 8th, Bret DuChamp portrayed Amelia Earhart.

Fosston Memorial Day Events

By Judy Newton

Whatever your Memorial Day plans may be, you will want to begin your day's celebration at the Magelssen Elementary School in Fosston. The East Polk Heritage Center will get you started with a hearty breakfast of pancakes, scrambled eggs, sausages, coffee and orange juice; all this for a free-will donation, beginning at 8:30 until 10 AM.

After breakfast in the elementary school's cafeteria, you will want to stay for the Veterans Memorial program held in the auditorium at the Magelssen Schoolhouse. The program honoring all military veterans is a yearly event sponsored by the Memorial Day Committee, headed by Bob Saeter of Fosston and many volunteers. That program will conclude across the road at the Veterans Memorial Park along Hwy. 2.

The East Polk Heritage Center officially begins the 2015 season on Memorial Day, May 25. The Larson House and Moen Schoolhouse will have many attractions you will

want to peruse before leaving the Memorial Park and Heritage Grounds. Vicki Strom is organizing another quilt show in the schoolhouse, this year to honor military veterans by featuring red, white and blue quilts, wall hangings and table runners. If you have quilts, etc. of this nature that you would like to include in the quilt show, contact Vicki in McIntosh at 563-3138 for details.

Along with the Patriotic Quilt Show at the school, Vicki and Katherine Carver plan to organize military displays with photos and military memorabilia that any veterans in the area will allow us to showcase. They also hope to have U.S. military uniforms on display from every war beginning in the 20th Century with WWI, up to and including, the wars in Iraq and Afghanistan. If any of you veterans still have a uniform, from any branch of the military, from any war since WWI, please give Vicki a call. The Heritage Center has some military uniforms that were donated to us that will be on display, but many more uniforms from the many wars are needed to make an impressive Memorial Day display honoring all U.S. military veterans on this special day. Please contact Vicki Strom, 563-3138, by May 20 if you have quilts, uniforms, military photos or memorabilia to get details of what you can add to help us make this Memorial Day a special event.

With everything else going on at the Heritage Center this Memorial Day, the Farmer's Market will also be set up on the Heritage Grounds beginning at 8 AM.

Events in Fosston will end around noon, so, join us in Fosston for a great way to start a memorable day.

A Night to Remember!

Summer Kick-off Party!
Thursday, May 21st
7:00 - 8:30 pm
Win-E-Mac
School Commons
Grades Pre-k to 6th grade

****Parent Escort required****

Awesome Prizes!
girls & boys bike
Free Food!
Contests!
Music!
D.J. Light Show!

Admission: 1 non-perishable item for Food Shelf per family!



The 4th and 5th grade classrooms have been working on biographies during the months of April and May. They had a living "wax" museum on May 8th from 1-2:30 pm in the Win-E-Mac gymnasium. This is how it worked. Each student needed to pick a famous person in American History that they would like to research and report about. They were asked to write a biography of that person during writing class in school. Once they had completed the biographies they wrote their biography as a speech. During the wax museum, each student dressed up as their person. They were standing by a cup. When visitors to the museum put a coin in the cup, they "come alive" as the person they are representing, and told the interesting facts about their lives and accomplishments. All the money made was to be donated to the Polk County Humane Society in Crookston. The classes made \$296.18. Thank you for all your support! Mr. Svalen and Mr. Hanson