



Congratulating Pete Anderson for his service of 12 years on the KingTown Board of Directors is Diane Boucher, Manager of the insurance company. The company’s annual meeting was on Wednesday, March 9th, followed by lunch at the McIntosh Community Center.



On Wednesday, March 9th, the KingTown Farmers Mutual Insurance Company held their annual meeting at the McIntosh Community Center. The 2016 Kingtown Board of Directors: (l-r) Richard Johnson, Morris Hendrickson, Davin Swanson, Dennis Boucher Calvin Skeie, Craig Espeseth and Ray Sundrud.

Why does the world celebrate St.Patrick’s Day?

March 17 is a special day for people of Irish heritage and other celebrants across the globe. Each year, millions of people pay homage to St. Patrick, the patron saint of Ireland, with parades, parties and religious services. Celebrations occur even though many celebrants may know little about this legendary saint.

Although St. Patrick’s Day has evolved into a festivity filled with clovers, frosty mugs of beer, green clothing, and lively music, the day was once a religious feast day honoring the man many credit with bringing Christianity to Ireland.

St. Patrick was born in Britain circa AD 387. Many are surprised to learn he was not

Irish. In fact, St. Patrick first spent time in Ireland when he was captured by Irish pagans as a teen and taken to their country as a slave. After six years working as a shepherd, Patrick became familiar with the customs and spirit of the Irish and “found God.” He was able to eventually escape his imprisonment, vowing to one day return to Ireland as a free man.

Patrick was schooled at monasteries and was ordained a priest and later became a bishop. Under Pope Celestine I, he was commissioned to become an apostle to Ireland and spread the news of God and Christianity.

St. Patrick spent many years evangelizing in the

northern half of Ireland and converted thousands of people from paganism to Christianity. According to legend, St. Patrick used the three-leaf clover to explain the Holy Trinity to the Irish. Patrick’s efforts to drive out the pagans became an allegory in which he drove “snakes” out of Ireland.

Although green has become the primary color of St. Patrick’s Day celebrations, and green remains widely associated with Ireland, during the 18th century, the Order of St. Patrick, an Anglo-Irish chivalric order, adopted blue as it’s official color. That led to blue being associated with St. Patrick. However, “wearing of the green” eventually fell back into favor, and the color green



and an association with St. Patrick’s Day grew during the 19th and 20th centuries.

Although St. Patrick’s Day originated as a religious celebration in honor of a man who brought Christianity to Ireland, it has since become a larger representation of Irish pride and culture.



Saturday, March 5th, the Quilts of Valor group got together for a day of sewing and completed 6 quilt tops! The groups goal is to give away 15 quilts this year. Three Ladies came from Roseau that day to help with the sewing. Great Job Ladies! Sewing that day were: Jean Pederson, Carol Holland, Jean McDonald, all from Roseau, Garnet Aanenson, Becky Bailey, Lois Boehrnsen, Kathryn Carver, Connie Strom, Jane Aakhus, DeeDee Narum, Ilene Reiersen, Betty Tangen, Sandy Salvhus and Paulette Kringlen.

Deer ticks...already?

This mild winter and onset of warm day’s means most of Minnesota’s tick population survived. Even though it’s only mid-March, the disease-carry blacklegged ticks, also known as deer ticks, are already out and active. Many people have found them on their pets that traverse through the rural areas of East Polk County in the last week or so.

This year, the mild weather doesn’t mean there will be more ticks, but it does mean there will be more time to do more damage. After all, we are all out earlier than usual, too.

People can get Lyme disease through the bite of a black-legged tick (deer tick) that is infected with the bacteria, *Borrelia burgdorferi*. Not all black-legged ticks carry these bacteria and not all people bitten by a blacklegged tick will get sick. The tick must be attached to a person for at least 24-48 hours before it can spread Lyme disease bacteria.

Blacklegged ticks live on the ground in areas that are wooded or with lots of brush. The ticks search for hosts at ground level and grab onto a person or animal as they walk by. Ticks

do not jump, fly, or fall from trees.

In Minnesota, the months of May through July and September through October are the greatest risk for being bitten by a blacklegged tick. Risk peaks in June every year. Blacklegged ticks are small; adults are about the size of a sesame seed and nymphs (young ticks) are about the size of a poppy seed. Due to their small size, a person may not know they have been bitten by a tick.

In 2013, there were about 1,431 confirmed cases of Lyme disease were reported in Minnesota residents, up from 912 in 2012. There were also high numbers of cases of anaplasmosis (627) and babesiosis (64), two other illnesses transmitted by blacklegged ticks.

Protect yourself from Lyme disease
Prevention
Check and re-check for ticks when you are in tick-infested areas.

1. When in deer tick habitat, walk in the center of the trail to avoid picking up ticks from grass and brush.
2. Wear light colored cloth-

- ing so ticks will be more visible.
3. Create a barrier to ticks by tucking pants into socks or boots and tuck long sleeved shirt into pants.
4. Use a repellent containing DEET or permethrin, and carefully follow the directions on the container.
5. After being outdoors in tick habitat, get out of your clothes immediately, do a complete body check, shower and vigorously towel dry. Wash your clothes immediately as to not spread any ticks around your living area.
6. Pets should also be checked for ticks.

Tick removal
The risk of getting a tick-borne disease is small if the tick is removed soon after it becomes attached. Deer ticks must remain attached one to two days to transmit Lyme disease, and about one day for the other diseases.

1. Take precautions when in tick habitat, but don’t panic if you find a deer tick on you. Not all ticks are infected, and prompt tick removal can prevent illness
2. Use tweezers to grasp the tick close to its mouth.
3. Gently and S-L-O-W-L-Y pull the tick straight outward.
4. To avoid contact with the bacteria, if present, do not squeeze the ticks’ body.
5. Wash the area and apply an antiseptic to the bite.
6. Watch for early signs and symptoms of Lyme disease.

If you develop illness within a few weeks of a tick bite, see your health care provider right away. Common symptoms of Lyme disease include a rash, fever, body aches, facial paralysis, and arthritis. Ticks can also transmit other diseases, so it’s important to be alert for any illness that follows a tick bite.

The Minnesota Department of Health is monitoring the spread of the disease across the state and working with residents to limit exposure to the ticks causing the disease.

For more information please visit the Minnesota Department of Health website at: <http://www.health.state.mn.us/lyme>.

Community Calendar

- Wed. Mar. 16:** 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. Mar. 17:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm
- Fri. Mar. 18:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm
- Mon. Mar. 21:** 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. Mar. 22:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm
- Wed. Mar. 23:** 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. Mar. 24:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm
- Fri. Mar. 25:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm
- Sat. Mar. 26:** Community Club Easter Egg Hunt @ Erickson Park 2:00pm (in case of bad weather, events will take place at Community Center)
- Sun. Mar. 27:** Happy Easter!
- Mon. Mar. 28 :** 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. Mar. 29:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm; Senior Pizza Supper @ WEM School 5:00pm followed by Senior/Staff Basketball Game 7:00pm



McIntosh Heritage & Arts Center Update

MHAC had their monthly board meeting Tuesday March 8th 6:00 PM at the Bjella Building in McIntosh. Our most important point of business was to finalize plans for Swing into Spring our largest fund raising event of the year. All donations from this event go to MHAC to help operate for the 2016 year. Also plans were finalized for the opening of The Thrift Store at The Shop.

Swing into Spring will be Saturday April 30th from 8:00 – 11:00 AM at the McIntosh Community Center.

There will be a Free Will Donation Pancake Breakfast, Silent Auction, Historical Newspaper and Photo Displays and a drawing for Raffle Ticket Winners.

Raffle Tickets are on sale now until April 30th or until sold out (only 600 tickets sold) around McIntosh or from any MHAC member.

There will be 4 prizes – so you have 4 chances to win!

\$100.00 Gift Certificate from Neil's Quality Meats

\$50.00 Gift Certificate from Neil's Quality Meats

\$100.00 from The Country Store

\$50.00 Gift Certificate from The Country Store

The Thrift Store at The Shop will open for business on Saturday April 30th from 9:00 – 12:00 in conjunction with Swing into Spring. So after breakfast you can stop by and see Debbie and find out what's new at the Thrift Store. Summer hours will be posted as soon as we have volunteers set.

Please remember we can always use volunteers and Donations for The Thrift Store at The Shop or The Second Floor Thrift Store (clothing) inside The Country Store.

Tips & Tricks

Batteries: Stuck without a D battery? The MacGyver fix is to put a C battery in the slot and add three to five quarters to mimic the size of a D battery.

Kitchen Grease: Rinse grease residue (but not pans of it) down the sink or garbage disposal with cold water, not hot. The Family Handyman points out that hot water merely "melts" grease until it reaches distant areas of your plumbing, where it solidifies, builds up, and eventually causes clogs. Cold water, however, solidifies the grease early on so it floats down the pipes harmlessly.

CHS Annual Meeting Notice

Annual meeting for patrons of the CHS-Mahnomen, Callaway, Twin Valley, Winger, Fertile & Erskine, will be held at the Shooting Star Casino in Mahnomen, MN on Monday, March 21, 2016. Dinner will be served at 6:00 pm with meeting to follow.

The business meeting will include the presentation of the annual reports, guest speakers and election of three directors. Also, reports from the General Manager and Station Manager. This will be a very informational meeting for your regional cooperative.

Gary Sonstelie, Secretary

M50-51C

Seasonal - Highway Department, Polk County

Polk County Highway Department has various seasonal/summer positions opening in the Maintenance/Construction/Ag/Ditch subdivisions. Eligible applicants must have a high school diploma, be 18 years of age or older as of June 1, 2016, have a valid driver's license and a safe driving record. Wage starts at \$11.79/hour, DOE and work assignment. For a job description and application, interested individuals may contact the Polk County Administrator's Office at 218-281-5408 or go online <http://www.co.polk.mn.us> - Job Opportunities. Applications for this position will be received until 4:30 p.m. on March 25, 2016. All qualified applicants will be considered for employment.

"An Equal Opportunity Employer"

M50-52C

NOTICE OF MEETING OF STOCKHOLDERS OF FOSSTON TRI-COOP Fosston, Minnesota

Notice is hereby given that the Annual meeting of stockholders of Fosston Tri-Coop will be held at Ventures Bar & Grill in Fosston, Minnesota on Wednesday, March 30, 2016. 5 p.m. meeting with a supper to follow.

The business meeting will include the presentation of the annual report and election of two directors, who will serve a term of three years.

Mike Vig

Secretary-Treasurer

M51-1C



The Trochmann's and Friends will perform Southern Gospel music and old-time hymns on Sunday, March 20th at Gosen Church.

Gosen Luther League

The Gosen Luther League meets on Sunday evening, March 20th, at 7 o'clock.

The Trochmann's and Friends will present a concert of Southern Gospel music and old-time hymns. Lowell (on guitar and vocal) and Lona Trochmann (vocal) have been ministering in music for 42 years. Joining them are Arlene Molskness, vocal; Gina Stoutenberg, vocal; Ken Hockert, vocal; Lorna, pianist; and Marlin Haugen, vocal, violin, and guitar.

Refreshments will be served following the program.

Join us for an inspirational evening in honor of our Lord Jesus Christ.

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461

'Coming of Age'

The Clearwater County Historical Society Presents 'Coming of Age, The 1968 Generation,' a Traveling Exhibit on view now is on temporary loan from the Minnesota History Center in St. Paul.

Visit the History Center in Shevlin on a special Sunday afternoon open house to see "Coming of Age, The 1968 Generation," a traveling exhibit that explores the self-expression, upheaval, change and sounds of the 60's and Vietnam War. The museum will be open from 1:00- 4:00 Sunday March 20. In "Coming of Age, The 1968 Generation," visitors will glimpse into the lives of Minnesotans who grew up in and around 1968.

The History Center in Shevlin is open Tuesday- Friday between 10am and 4pm, and by appointment. Admission is free.

Come one! Come all!

Our Savior's Lutheran Church, McIntosh invites you to their new member Sunday scheduled for Sunday, April 10, 2016 at 11:15 am.

Come and join our worship service with Pastor Gordon Syverson.

If you are interested in becoming a member or have a question please call the church office at 563-3495 on Monday, Tuesday, Thursday or Friday 10:00 am – 3:00 pm, or by email: oursaviors@gvtel.com.

If you are unable to make it please contact Pastor Ernie Christensen, visitation Pastor at 218-689-7247 or by email, ekfarm@gvtel.com.

Pastor Ernie is fond of saying, "Each person who enters the church is the most important person."

Please come and join us for new member Sunday.

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

Fr. John Suvaeken, Pastor

Wed. Mar. 16: 5:30pm Mass at St. Mary's, Fosston; 6:30pm Stations of the Cross

Fri. Mar. 18: 11:30am Mass at St. Mary's, Fosston

Sat. Mar. 19: 9:30am Mass at St. Joseph's, Bagley

Sun. Mar. 20: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Mar. 23: 11:30am Mass at St. Mary's, Fosston

Thurs. Mar. 24: 7:00pm Holy Thursday Mass at St. Mary's, Fosston

Fri. Mar. 25: 6:00pm Good Friday Services at St. Mary's, Fosston

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

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou Supply Pastor

Gordon Syverson

Wed. Mar. 16: 6:00pm Soup Supper at Calvary; 7:00pm Lenten Service at Calvary; 8:00pm Immanuel Council

Sun. Mar. 20: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary; 6:00pm Father/Son Banquet at Immanuel

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson

Sun. Mar. 20: 10:00am Sunday School; 11:15am Worship Service

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor

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

Wed. Mar. 16: 1:30pm Bible Study at The Country Place

Sat. Mar. 19: 8:00pm Prayer Meeting

Sun. Mar. 20: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service; 7:00pm Luther League (see article elsewhere in the paper)

Tues. Mar. 22: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Mar. 23: 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.

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:

Sun. Mar. 20: 9:30am Sunday School; 11:00am Worship Service

Mt. Carmel:

Wed. Mar. 16: Parables of Holy Week; Pastor Michael Fleschig, The Unknown Hour, Matthew 24:36-51

Sun. Mar. 20: 9:30am Worship Service; 11:00am Sunday School; 12:30pm Confirmation

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Mar. 20: 9am Worship; 10:15am Sunday School

Sun. Mar. 27: 9am Worship

DOVRE

FREE LUTHERAN Pastor Don Edlund

Wed. Mar. 16: 7:00pm Bible Study: Breaking the Apocalypse Code

Sun. Mar. 20: 10:00am Worship Service; 11:00am Sunday School; 7:00pm Lenten Service

Wed. Mar. 23: 7:00pm Bible Study: Breaking the Apocalypse Code

Sun. Mar. 27: 9:30am Worship; 10:45am Sunday School; 7:00pm Lenten Service

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. Linden Wendzel, Pastor

Sun. Mar. 20: Palm Sunday; 8:45am Divine Worship with Holy Communion; 10:00am Sunday School & Confirmation

Thurs. Mar. 24: 5:00pm Maundy Thursday Service

Sun. Mar. 27: 8:45am Easter Sunday Divine Worship

with Holy Communion followed by a Easter Brunch

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

Library Offers Fine Forgiveness for Food Donations

Local libraries are encouraging customers to take advantage of "Food for Fines", a fine forgiveness program that will be held during the month of March. Customers can watch their overdue balance go down to zero simply by bringing unexpired, non-perishable food items to the library, which will be delivered to local food pantries. For each item donated, two dollars will be waived. Lake Agassiz Regional Library (LARL), headquartered in Moorhead, Minnesota with 22 library service locations in northwest Minnesota, is offering this program at each of its locations.

Customers without fines to clear are also invited to bring food donations to the library. "Food for Fines" is not valid for charges incurred because of missing or replaced items.

Polk County Public Health

Polk County Health provides monthly foot care clinics at locations throughout the county. Foot soaks and nail trimming are provided. This is not a diagnostic clinic. Referrals are made to medical doctors when necessary. A fee of \$20 is charged per client participating in the clinic. County residents are encouraged to call Polk County Public Health for further information. All clinics are open to the public. Please register for an appointment at the location of your choice.

The foot care clinic will take place in McIntosh at the McIntosh Office of Polk County Public Health in the lower level of the Bjella Building on Thursday, March 17, 2016, starting at 9:00 am. You can call 218-281-3072 for an appointment. Foot care is by appointment only, you must call the office if you wish to visit a schedule.

If you have any questions about foot care clinics or other services provided by PCPH, please call offices at: Crookston 281-3385; East Grand Forks 773-2431; or McIntosh 563-2010.

Community Birthday and Anniversary Calendar

Wed. March 16: Marion Carlson, Lee Narum

Thurs. March 17: Jens Stordahl, Leslie Finseth, Amie Erickson

Fri. March 18: Bill Woods, Jay Mahlen, Jason Voxland

Sat. March 19: Kelsi Ostenson, Harald Thompson

Sun. March 20: Larry Hedlund, Brady Strom, Bonita Hubbard

Mon. March 21: Ron Grande, Chester Morvig, *Richard & Corrine Richards

Tues. March 22: Dianne Roed

EASTER DINNER at Ness Cafe

Sunday, March 27th
Serving Dinner
at 10:00am

REGULAR MENU AVAILABLE!

Breakfast served
all day every day,
at Ness Cafe!

Your choice of Baked Ham w/Pineapple,
Prime Rib, our Famous BBQ Ribs,
Ribs & Broasted Chicken Combo, Meatballs,
Walleye or Butterfly Shrimp

• Choice of mashed or baked potato

• Trip to our fresh homemade salad bar plus free dessert!

Call for reservations 687-2101

Erskine, MN

Open 7 days a week!

Monday thru Friday 7:00am-8:00pm

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

EASTER EGG HUNT

SATURDAY, MARCH 26TH
AT 2 P.M.

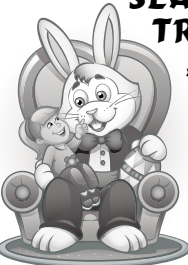
AT ERICKSON PARK

if inclement weather, activities will be at the McIntosh Community Center.

SEARCH FOR EGGS FILLED WITH
TREATS, ENJOY REFRESHMENTS
AND SEE THE EASTER BUNNY

Drawings will be held
for bikes donated by the
McIntosh Fire Department.

Event sponsored by
McIntosh Community Club



M51-52C

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M3-28C

THE WINGER ENTERPRISE

3

Wednesday, March 16, 2016

Winger News

by Linda Pulskamp

Hello once again from Winger and the Union Lake areas where we have been enjoying some very pleasant spring like weather. Temps have been pretty mild with a lot of thawing happening, matter of fact the fields are looking pretty black.

On Tuesday there was a mixture of weather with some thunder and rain along with some snow showers. Did not see the lightening tho. Been some foggy mornings too, that make driving a bit challenging but spring is right around the corner.

One more thing that is a sign of the changing season is daylight savings time starts on Sunday morning, so I hope you all turned your clocks ahead on Saturday night before you retired for the night.

I am seeing more and more geese flying, don't see that to many have settled in yet in the area but but most of the lakes and ponds are still frozen over, but they will be open soon too.

Happy St. Patrick's Day to all the Irish out there! Will be a day of corned beef and cabbage and green beer, even if we aren't Irish. Seems like that is a tradition now, same as lute-fisk and lefse is at Thanksgiving and Christmas.

Judy and Lonnie Gieseke were visitors and dinner guests on Wednesday the 2nd at the Fern and Milton Carlson home.

Later that evening Paul and Donna Carlson visited at the Milton Carlson home.

Sheldon and Rita Trandem were visitors at the Pioneer Home on Tuesday, March the 1st with Helmer and Verlys Homme. They all enjoyed playing a game of rook.

Bruce McWilliam visited briefly on Tuesday with Martha Henney at her home in McIntosh.

Paul and Donna Carlson brought taco's to the Fern and Milton Carlson on Friday which they along with Judy Gieseke enjoyed for dinner.

Joan Helland of Fargo and her friend Jim of West Fargo and Kelly Johnson were last Saturday afternoon visitors at the Pulskamp home.

Gary and Maxine Walters were last Thursdays visitors at the Pioneer home with Verlys and Helmer Homme.

Myles Henney of St. Hilaire visited last Monday with his Mom, Martha Henney at her home in McIntosh.

Sharon (Knutson) Mes-selt, Gerri (Sollie) Engdahl and Camilla (Aasen) Pearsall met at IKEA on Saturday the 5th. They had a wonderful time reminiscing. Good classmates, never forgotten, always friends.

Paul and Donna Carlson and Grandson Dusty Wayne Carlson were visitors visitors Monday, March the 7th at the

Fern and Milton Carlson home.

Shirley (Bratager) Salveson of Moorhead and her daughter Karen of Glyndon were recent visitors at the Boyd and Sylvia Bratager home.

Martha Henney received a call from her daughter Carol Wang of Billings, MT this past week. Carol and Lindsay are back in their home in Billings after spending the winter in Georgia.

Judy Gieseke was a visitor on Tuesday the 8th with fern and Milton Carlson at the Carlson home.

Last Sunday Helmer Home brought Verlys to Dove Church for Sunday services after which they enjoyed dinner together at Moran's. Helmer then brought Verlys their home farm for the afternoon, after which they enjoyed a treat at the Dairy Queen in Fosston before bringing her back to the Pioneer Home. She was a very tired but happy Verlys after spending such a enjoyable day.

Thursday the 10th Granddaughter Laura Wang along with Ashton and Kirsten Trandby were visitors with Martha Henney at her home.

Lucy Brtek is anxiously waiting the arrival of babies! Her exotic pheasants are sitting on eggs and waiting the little ones to make their appearance.

Sheldon and Rita Trandem were Monday, March 7th visitors with Helmer and Verlys Homme at the Pioneer Home.

Until next week, don't let the shadows of yesterday spoil the sunshine of tomorrow, live for today.

From Bun Manor:

Andrew Broden and his daughter Ashlyn Broden stopped by the manor last week and brought over some pizzas that he bought from his son Gavin for a wrestling fund raiser.

Winger was named town of the week (not McIntosh or Erskine) a couple of weeks ago on a local television channel. Kristen Erickson nominated Winger and Winger received more votes then their contender Hitterdahl. Congratulations Winger on a well deserved honor.

Carsten and Joann Zahl along with Floyd and Gerri Balstad checked out the wall-eye fry at St.Lawrence Catholic Church near Maple Lake on Thursday evening.They served around 150 people. Carsten thought there would be more people attending.

Ole and Bun met Greg and Linda at the fancy restaurant located in the Mahnomen casino on Friday evening. Bun had used comps for a meal, rooms and the Blood Sweat and Tears concert. Greg and Linda used the tickets and the room.

Greg and Linda stayed overnight at Bun's on Saturday before returning back home on

Sunday morning.

Dale made pancakes for his mother Joyce because she wanted to try some rhubarb syrup that her grandson got her for Christmas. You will have to ask Joyce how they tasted. Hint. Dale didn't join her in tasting them.

Son David took Joyce out for a joyride to Mac on a gorgeous Saturday afternoon to play cards with her girlfriends Judy and Lois. They had many laughs and Lois provided a very tasty lunch.

Dale and Ole enjoyed Saturday afternoon down in Detroit Lakes. They ate at the Main Street Café where they serve breakfast all day. Ole bought.. Bun finds this hard to believe because he is never around when he supposedly buys.

Bun called Carsten on Sunday to wish him a Happy 87th. Birthday. Steve Massmann went fishing on Sarah and brought Carsten some fish for his birthday.

Bun must apologize to Steve for saying he wasn't generous with his fish. He gave him some fish fillets on Tuesday, and Scrap cooked them up. Thanks Steve!

Sunday afternoon Elmyrna Kaupang attended a dance recital in Crookston to watch her great grandchildren Katelyn and Taylor Schultz.

Brian and Elizabeth Massmann, Kyle and Matt Perker-wicz and Christopher Wang and Kristen Warren traveled to scenic Colorado for a few days. While in Colorado they spent a few days staying in the mountains enjoying everyone's company and the majestic wildlife. During the trip the crew spent a day skiing at Copper Mountain (everyone came home without any medical attention...barely), took in a couple brew tours, and spent one afternoon with the locals trying the local cuisine. The trip went quick and everyone had a great time

The youth group will be serving soup and Sandwich Weds. at Calvary before services at seven. All are welcome.

Opportunities for Organic Farmers

The U.S. Department of Agriculture (USDA) announced its intent to assist organic farmers with the cost of establishing up to 20,000 acres of new conservation buffers and other practices on and near farms that produce organic crops. USDA Farm Service Agency (FSA) Deputy Administrator for Farm Programs, Brad Pfaff, issued the announcement today at the Midwest Organics and Sustainable Education Service conference in La Crosse, Wis.

"This financial assistance will help tailor existing conservation practices to the needs of organic farmers, helping to improve soil and water quality while also providing more wildlife habitat," said Pfaff, a rural La Crosse County native who previously served as FSA Wisconsin State Director.

"This is one part of the wide variety of services available to all segments of agriculture at local FSA offices, in addition to credit, risk protection, on-farm storage and other services."

The financial assistance is available from the USDA Conservation Reserve Program (CRP), a federally funded voluntary program that contracts with agricultural producers so that environmentally sensitive land is not farmed or ranched, but instead used for conservation benefits. CRP participants establish long-term, resource-conserving plant species, such as approved grasses or trees (known as "covers") to control soil erosion, improve water quality and develop wildlife habitat. In return, FSA provides participants with rental payments and cost-share assistance. Contract duration is between 10 and 15 years.

For conservation buffers, funds are available for establishing shrubs and trees, or supporting pollinating species, and can be planted in blocks or strips. Interested organic producers can offer eligible land for enrollment in this initiative at any time.

Since 1985, CRP has sequestered an annual average of 49 million tons of greenhouse gases, equal to taking 9 million cars off the road; prevented 9 billion tons of soil from erosion, enough to fill 600 million dump trucks; and reduced nitrogen and phosphorous runoff by 95 and 85 percent, respectively. The program has allowed for the restoration of 2.7 million acres of wetland and protects more than 170,000 stream miles with forests and grasses, enough to go around the world seven times.

Other USDA FSA programs that assist organic farmers include:

The Noninsured Crop Disaster Assistance Program that provides financial assistance for 55 to 100 percent of the average market price for organic crop losses between 50 to 65 percent of expected production due to a natural disaster.

Marketing assistance loans that provide interim financing to help producers meet cash flow needs without having to sell crops during harvest when market prices are **FSA...**

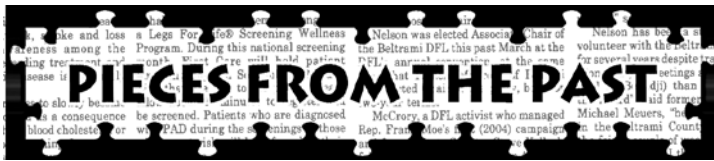
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Thank You

I would like to thank everyone who sent me get well cards and prayers for healing and recovery. All the visitations were greatly appreciated and made the days brighter. Also thank you to the staff at the Mac Senior Living for being so kind, helpful and fun.

Thanks again,
Joyce Balstad

M51P



50 years ago...1966: Sign of Spring: A sign of spring is when farmers start talking seed and fertilizer. An opportunity for talking over spring plans was afforded by the McIntosh Farm Services on Tuesday this week, in the form of an open house and appreciation day. Here Joe Johnson of north of McIntosh talks over fertilizers with the president of Northern Chemicals, Inc., W.H. Rasmussen, Roy Scheicher, operator of McIntosh Farm Services and Earl Gjernes, Northern Chemical representative.



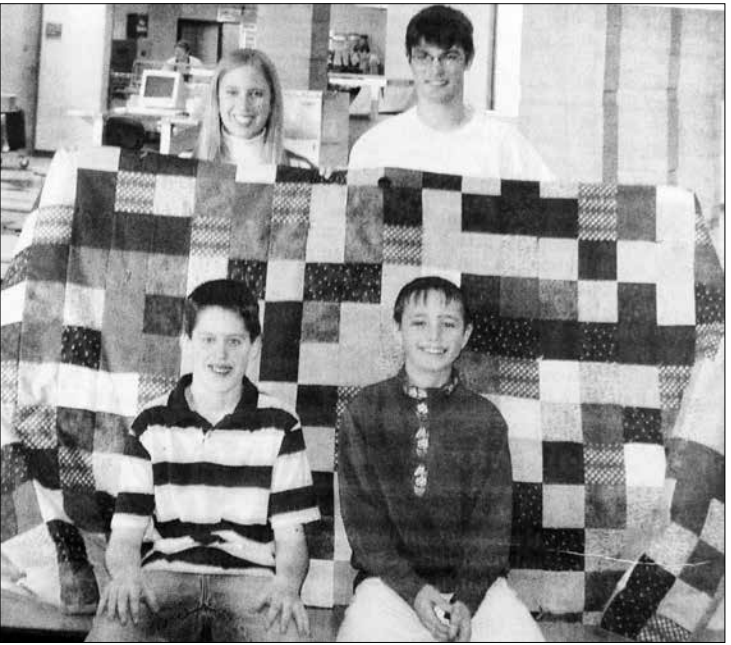
40 years ago...1976: Enjoying the new fallen snow and mild temperatures on their snowmobiles which transported them to the 6th grade Pancake Supper at Winger School this week, were Craig Burslie, Ken Jore, Sherman Tranby, and Ken Sabourin of McIntosh.



30 years ago...1986: Mac-Winger Instrumental Contest winners Jill Brevik, Missy Middleton and Tracey Vesledahl performed "A Rovin". Erin Hammer is missing from photo.



20 years ago...1996: Mary and Vergil Lerfald were special guests of the McIntosh Booster Club at their supper meeting on March 7th. Virgil spoke to the group about plans to move FARMChek Services, Inc., into the newly constructed office building on Main Street in McIntosh.



10 years ago...2006: Pi Memorization Contest winners Leah Tranby, Casey Hanson, Brett Walker and Safrom Erofeeff. The top prize was this quilt made by Jessica Strom. The Win-E-Mac Math Department celebrates Pi Day on March 14th by having a contest memorizing as many pi digits as possible.

Regional Ag News

Jim Stordahl,
Extension Educator

Frost Seeding Legumes

The past few years have left many pasture stands overgrazed with depleted root reserves. With little snow cover and dry soil conditions, it's possible that some plants will not survive the winter, leaving unproductive bare spots creating an ideal environment for germinating thistles.

One easy way to improve pastures, without complete renovation, is to frost seed legumes into the pasture during the early spring.

Frost seeding is a simple system of introducing a legume into an existing pasture to improve the forage quality. The concept is simple; you merely broadcast the seed on the ground in the spring. In Wisconsin, farmers report that frost seeding works 60 to 70 % of the time. Although that may not seem overly impressive, it may be worth the risk because it's simple and inexpensive, and in the long haul, it works.

While frost seeding is less expensive than using traditional planters, it is also riskier than seeding with a drill because there is less seed-soil contact. And, when it does work, the resulting stand may not be consistent across the pasture. This is one reason it's not generally recommended for improving established hay

fields. But, if you have rocky pastures where conventional equipment cannot be used, frost seeding may your only option to introduce a legume to the pasture.

The best time for frost seeding is early in the spring after the snow is gone but while the ground is still frozen or beginning to thaw.

The freeze-thaw cycle creates tiny cracks on the soil surface allowing seeds to fall-in enabling the seed to be incorporated.

Once the seed is in the moist soil environment, germination can occur. With the normal spring rains, a near idea environment is created for the seedlings to grow.

Chances for a good "catch" will be improved if the pasture residue has been removed to allow the seed to reach the soil surface. If your pastures had very little residue going into to winter, the following may not be necessary. But, if needed, this can be done by different methods:

- Frost seeding tends to be most successful if the pasture was heavily grazed last summer or fall which tends to suppress the existing grasses. It is best if grazing results in some soil showing -- not ideal if the area is prone to erosion.

- During legume seedling development, use short peri-

ods of heavy grazing to reduce the shading of the seedlings by grasses. Light grazing allows livestock to select the legumes. Grazing periods longer than 5 days during establishment may harm the establishing legumes.

- Legumes tend to be more successful than grasses in frost seeding. Use a legume which has relatively inexpensive seed, with good seedling vigor, and with tolerance to your soil conditions. Good choices include red or white clover, or perhaps birdsfoot trefoil. Alfalfa is not recommended because it does not germinate at temperatures as low as the clovers.

If you want to try a grass, plant Italian (annual) ryegrass at 8 to 10 lbs/acre and orchardgrass at 4 lbs/acre. Other grasses have been frost seeded with less success. But, grasses would establish well with a no-till drill.

Frost seeding on top of snow is not a good practice because rapid snow melting may cause the seed to be washed off the pasture.

So wait until the snow is gone, but the ground is frozen enough to drive on without damaging the soil surface. The ideal window is on us right now, so if you are so inclined to try this practice, now is a good time to do so.

Seeding need not be a com-

Random Things and Stuff



Silver Lining

By: Emily L. Ferden

Sometimes it is rather hard to find the silver lining, or beauty, in something that is as ugly as war, fear, hate, or cruelty. What can be beautiful in those four things?

Can anything be found in those that could be considered a silver lining?

I challenged myself to do some positive thinking within these four things to find the silver lining, at least one, in each one. I am not going to say it was easy, but I think the more positively we can think and act as a society, this could bring on a more positive change to the world around us.

The first one I analyzed was war. By definition, war is “a conflict carried on by force of arms, as between nations or between parties within a nation; warfare, as by land, sea, or air.” When I think of war, I get images of soldiers fighting through the toughest conditions imaginable, all for the love of their country. Another image that comes to mind is extremists, and their acts of terrorism on countries.

What good can come from war? The first thing that I can think of is the acts of true patriotism and love for the country that these soldiers have. That because of their passion and commitment, we are able to

WEM ECFE

Fun Friday Playdates! Fridays 10-11:30am WEM Prek Room Ages 0-5yrs old

Tues 3/15 Special St. Patrick's Day Fun with ECFE and Head Start @ the McIntosh Public Library 6-7pm

Fri 3/18 Move to the Music! 10-11:30am

Fri 3/25 Good Friday-No School

Join us in our classroom for themed learning stations, stories, songs and snacks!

ECFE is for children 0-5 yrs old and families. Classes and Events are FREE unless noted. Pre-registration is not required. Contact Shannon Svalen, Early Childhood Director at 218-687-2236. Like us on Facebook “WEM Early Childhood Family Education”, or email: ssvalen@win-e-mac.k12.mn.us

WEM School Menu

Wed. March 16: *Breakfast:* Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Chicken Chow Mein or Sweet and Sour Chicken over Rice, Egg Roll, Oriental Vegetables, Pineapple Upside Down Cake, Fruit Choice, Milk Choice

Thur. March 17: *Breakfast:* Assorted Cereal, Breakfast Pizza, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Crispy Chicken Wrap, Assorted Sun Chips, Pasta Salad, Cookie, Fresh Vegetables, Fruit Choice, Milk Choice

Fri. March 18: *Breakfast:* Assorted Cereal, Sweet Rolls, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Pepperoni or Cheese Pizza, Lettuce Salad w/dressing, Fresh Vegetables, Sherbet Cup, Fruit Choice, Milk Choice

Mon. March 21: *Breakfast:* Assorted Cereal, Breakfast Bites, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Taco Salad (lettuce, tomato, sour cream, cheese, black olives), Refried Beans, Red Peppers, Fruit Choice, Milk Choice

Tues. March 22: *Breakfast:* Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* BBQ Chicken Slugger, Baby Bakers, Broccoli, Dinner Roll, Fresh Vegetables, Fruit Choice, Milk Choice

Wed. March 23: *Breakfast:* Assorted Cereal, Breakfast Pizza, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Ham & Cheese on Bun, Potato Wedges, Baked Beans, Cookie, Fruit Choice, Milk Choice

Thurs. March 24: *Breakfast:* Assorted Cereal, Omelet, Toasted English Muffin, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Chicken Kiev, Mashed Potatoes w/ Gravy, Green Beans, Dinner Roll, Dessert, Fruit Choice, Milk Choice

Fri. March 25: No School

stay in a land where we have the freedom to do many things.

The second one I analyzed was fear. By definition, fear is “a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid.” Fear is not something that most people would describe as their favorite feeling in the world. It is usually the things we choose to avoid at all costs.

The first thing I think of are heights. I don't enjoy being in high places, which is why I joke around that I didn't grow any more.

The one thing that first comes to mind as a silver lining with fear to me is having a drive to do something. For example, someone may work harder at their school work or their jobs, for fear of not providing for themselves or family later on in life. Fear can be a motivator, but only to a certain extent.

The third one that I analyzed was hate. By definition, hate is “to dislike intensely or passionately; feel extreme aversion for or extreme hostility toward; detest.” The image of hate that comes to mind for me is the hatred of Jews that the Nazis had, or the hatred of African Americans that the KKK had.

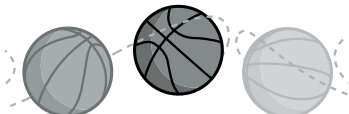
These were very intense feelings of dislike towards a specific group of people; that resulted in many acts of violence.

Just like fear, I feel that hatred can drive people in their passions in life. Now, I am talking about in a more positive way than the way Hitler used his hatred. For example, if you hate pollution and the effects it has on the environment, you can use that hatred to propel you to do more for the environment and support others in the same cause.

The last one that I analyzed was cruelty. When I think of cruelty, the image I picture are things like animal cruelty and bullying. This one for me was the hardest to come up with a silver lining to. However, what it comes down to is that cruelty can also drive a person to change the acts of cruelty.

For example, if you are against animal cruelty and bullying, you may be propelled to get involved with others who have the same mind set to make a positive change.

“Clouds must go, and they all have a silver lining. For behind each cloud you know, the sun, or moon, is shining.”



WEM Staff/Student Basketball Game

The 4th Annual Staff vs. Student basketball game will take place on Tuesday, March 29th at the Win-E-Mac school.

The game will begin at 7:00 pm and there will be a split the pot drawing and a bike drawing for the kids as well.

Come a little early for a pizza and salad bar starting at 5:00 pm. The Senior class will be serving and the proceeds will go toward the Senior Class Trip.

The game always proves to be a lot of fun and there are always a lot of surprises! Come out and enjoy the evening.



Kindergarten Round-up Open House at Win-E-Mac

For the 2016-17 school year
When: Wednesday, March 30, 2016 from 4:00-6:00 PM

Where: Room #25 at the Win-E-Mac School.

If your child turns five years old before September 1st, 2016 and you plan to enroll them at Win-E-Mac, please plan to attend. Bring a copy of the immunization records.



On Wednesday, March 9th, 2016, the Win-E-Mac Student Achievement Committee hosted the Students of the Quarter Breakfast for Third Quarter at Win-E-Mac School in the FACS room. The students were selected by various departments in the secondary school for overall performance and leadership in the classroom. Following a wonderful pancake and fruit breakfast, the students were introduced by nominating staff members and received certificates and gifts for their great work! The students selected for the third quarter are: (L to R) Andrew Bryant, Sydney Tadman, Kendra Thompson, Shayley Espeseth, Dustin Osland, and Bailee Burcham. Missing: Mikah Olson. Congratulations!

FSA..

Continued from page 3 ...

low, and deficiency payments to producers who forgo the loan in return for a payment on the eligible commodity.

A variety of loans for operating expenses, ownership or guarantees with outside lenders, including streamlined microloans that have a lower amount of paperwork.

Farm Storage Facility Loans for that provide low-interest financing to build or upgrade storage facilities for organic commodities, including cold storage, grain bins, bulk tanks and drying and handling equipment.

Services such as mapping farm and field boundaries and reporting organic acreage that can be provided to a farm's organic certifier or crop insurance agent.

Visit www.fsa.usda.gov/organic to learn more about how FSA can help organic farmers. For an interactive tour of CRP success stories, visit www.fsa.usda.gov/CRPis30 or follow #CRPis30 on Twitter. To learn more about FSA programs visit a local FSA office or www.fsa.usda.gov. To find your local FSA office, visit <http://offices.usda.gov>.

CRP was re-authorized by the 2014 Farm Bill, which builds on historic economic gains in rural America over the past seven years, while achieving meaningful reform and billions of dollars in savings for taxpayers. Since enactment, USDA has made significant progress to implement each provision of this critical legislation, including providing disaster relief to farmers and ranchers; strengthening risk

Superintendents Notes

By Randy Bruer

Win-E-Mac Playground Committee

Our current playground requires a lot of upkeep and safety concerns have been brought to our attention. With the number of students who use this equipment daily, it's taking a toll on the moving parts of the equipment. Because our present playground does not meet all of the mandatory safety regulations our pre-school students can no longer use the existing equipment. We have formed the Win-E-Mac Playground Committee, which is made up of parents, teachers and administration. This committee will be looking at alternatives to replace our existing playground equipment. I would like to inform the Win-E-Mac Community on the upcoming fundraisers that the students and committee members will be doing over the next several months.

These fundraisers will help cover the cost of the new Win-E-Mac School playground which is projected to be built in the summer of 2017. The Playground Committee has been busy working and meeting with sales reps to find a fitting design which will meet the needs for our school and students. Some fundraisers you may see in the next couple months will be Win-E-Mac Travel Center coupon booklets, Patriot Pizza sales, Patriot clothing sales and community coupon books. We are hoping to send home a proposed picture of the playground in K-6 student's backpacks in the near future. We will also be sharing the proposal with the community by having information available at area businesses and the local newspapers. If you are curious to see what this committee has been working on please stop out and see me at the school. The students are eagerly wait-

ing to play on new, safe and functional equipment. Thank you for your support with this project.

MCA Testing

Our mission at school is to help all of our students reach their full potential, and that is our commitment to students from the district to the classroom levels. MCA testing will begin soon and the Win-E-Mac School District students generally perform better than state averages on the Minnesota Comprehensive Assessments Series II tests (MCA IIs) so, “We need to celebrate the proficiency of the majority of our students, while addressing the achievement needs of students who are struggling.”

What Can Parents Do To Help Their Students Succeed?

Parents play an important role in a child's education. Wake kids up in the morning cheerfully and send them off to school with a good attitude. Parents need to read stories to their kids regularly and help with their homework. Reading is essential as everything we do requires reading interpretation. Parents need to ask questions about the school day such as “what did you do in PE today” or “what did you learn in math today”. Ask about their friends and who they were hanging out with. Don't ask open ended questions like “how was school today” as the child will most likely reply, “fine”. Children need to feel safe, wanted and listened to.

Importance of Free and reduced applications

The school years come and go very quickly and we need parents to return qualified applications for free and reduced lunches even if you choose not to use them for the lunch program. These forms are extremely important to access all



types of funding for our school. If you are the parent of a child and know you may meet the eligibility requirements of the program, please fill them out and return them to me, or the school. They are confidential and it does not mean you need to take advantage of what the form has to offer, but we still ask you to fill it out. It does affect our compensatory funding, free or reduced meal money for kids, 0% interest on QZAB loans, Title 1 funding, Federal funding, computer, technology and equipment grants, after school snack programs and learning materials. Next year or anytime during the year we ask parents or custodial parents to fill out the free and reduced request forms.

Please visit our district web site at www.win-e-mac.k12.mn.us to find out current information.

Win-E-Mac Extra-Curricular

We have had a terrific year of extra-curricular activities. The Knowledge Bowl students are still participating and doing a fantastic job running from sport programs to academic programs.

Fall and winter programs have had terrific success and we hope you have enjoyed this season. “Go Patriots”



Lots of work goes into making a quilt top, sewing and ironing, over and over. Here Garnet Aanenson works on a quilt top during Quilts of Valor sewing day on March 5th.



Connie Strom and Paulette Kringlen take a look at some quilt top instructions during the Quilts of Valor sewing day at the McIntosh Community Center on Saturday, March 5th.