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McINTOSH

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Times

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McIntosh, Minnesota



Jayden Gensburger played Dorothy in the Win-E-Mac / Prairie Fire Childrens Theater production of The Wizard of Oz last week. Here, she has gotten water on the Wicked Witch of the West (played by PFCT actor Katie Barnes), who is beginning to melt.



The Cowardly Lion was played by Anton Hickman and the Tinman by Jadon Kangas. Here they are with PFCT actor, Elizabeth Powell, who played the Scarecrow.



Dorothy (Jayden Gensburger) was told to follow the Yellow Brick Road by Glinda, played by Savahanna Svalen. The yellow brick road which Dorothy was to follow was played by Izabelle Ostenaa and Kyra Stuhaug.



The Winkie's were revolting against being enslaved by the Wicked Witch of the West. Playing the Winkies are: Kylie Geray, Emily Olson, Foma Cheremnov, Nevaeh Simpson, Samuel Ek, Presley Haugen, Josie Johnson and Norah Bohn.



Several Win-E-Mac Elementary Students were part of the Prairie Fire Childrens Theater production of The Wizard of Oz, which the students practiced for last week and performed for the school on Friday afternoon and the community on Saturday.

Polk County Public Health hosts open house during National Public Health Week

The Polk County Public Health will hold an Open House on Friday, April 8th in their new McIntosh Office now in the Bjella Building (across the street from the former location). The Open House is in conjunction with National Public Health Week.

What is public health? Public health promotes and protects the health of people and the communities where they live, learn, work and play. Prevention and promotion are key in the practice of public health.

While a doctor treats people who are sick, those working in public health try to prevent people from getting sick or injured in the first place. Public health also promotes wellness by encouraging health behaviors.

Public health actually encompasses more than most may realize. Vaccination of children and adults to prevent the spread of disease is a common example of public health. Education about risky behavior such as alcohol or tobacco use is another important example.

Public health plays a huge role in the workplace and school systems by setting safety standards to protect workers and nutrition programs to ensure students have access to healthy food while attending school. Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poor health than others.

This week we recognize and appreciate those working in the public health field. These individuals work hard to keep our communities safe and

healthy every day.

So, the next time you are able to drink clean water, get a flu shot or put your child in a trusted car seat, remember what public health does for you and your family on a daily

Mac Fireman's Ball is Saturday, April 9th

The McIntosh Fire and Rescue Squad will hold the 126th Annual Fireman's Ball on Saturday, April 9, 2016 at The Club Bar & Grill in McIntosh.

There will be music starting at 9:00 pm from local "Sound Sensations" featuring Jason Svalen. The Fire & Rescue squad would like to invite all community members to attend and show your support of our brave and hardworking department.

Residents for whom the Department provides services to will receive tickets for the ball in the mail. They ask that the ticket stubs and contributions be returned in the enclosed envelope. The tickets are also for the door prices and entrance into the ball. You do not need to

Neil's Quality Meats Celebrates 45 years

The year that Neil and Carol Bursheim purchased the City Meat Market in McIntosh was 1971. The couple knew it was going to be long hours and hard work, but 45 years later, the efforts of their labor are evident. Help them celebrate with cookies and coffee at an Open House on Wednesday, April 6th from 2:00 pm to 4:00 pm at Neil's Quality Meats on Main Street in McIntosh.

The year was 1971, what were the other highlights of that year in McIntosh? Here is

basis.

Polk County Public Health is now located at 220 Cleveland Ave SW in McIntosh. The Open House will be Friday, April 8, 2016 from 11:00 am to 1:00 pm.

be present to win a door prize listed on the ticket, but there will be many more prizes available for those who attend the ball. The drawing will be held the night of the Fireman's Ball.

The McIntosh Fire and Rescue Department, along with the Community of McIntosh would like to extend a thank you to Mike Boehrsen for his 24 years of fire service. Mike is retiring this year.

Donations also help to pay for continued training in the fire, rescue, and medical areas for the members of the department.

The community of McIntosh is proud of the service provided by the member's of the Department in the City and rural areas.

Neils...

A listing of some of the other events that helped shape the City:

- McIntosh Development Corporation was formed with the object of performing a community service to provide help in locating business and industry in the community. The corporation was formed under sponsorship of the McIntosh Booster Club, Roy Seicheur was the first president. 10,000

Continued on page 2 ...



Community Calendar

Wed. April 6: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. April 7: 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

Fri. April 8: Open House @ Polk County Public Health, McIntosh Office 11:00am -1:00pm; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. April 9: McIntosh Fire and Rescue Fireman's Ball @ The Club Bar & Grill 9:00pm

Mon. April 11: City Office closes at 12:30pm; 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. April 12: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. April 13: McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's

Thurs. April 14: Win-E-Mac Art Show @ Arts & Event Center 3:00pm to 7:00pm; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting @ Community Center 5:30pm

Fri. April 15: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. April 18: 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. April 19: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh Library & ECFE Celebrate Spring Craft at McIntosh Library 6:00pm

(Left) The first two winners of the February Box Tops and Soup Labels Challenge were Livaeh Kicker and Keegan Shaver. The WEM Elementary students who were the top collectors in each class were also treated to an afternoon of bingo.



Fun times with this crew making sausage at Neil's Quality Meats sometime in the 1990's. Pictured (l-r): Becky (Bursheim) LaFontant, Donna Larson, Bob Bursheim, Jason Breckel, Rachel (Larson) Stevenson, and Cathy (Bursheim) Horsley.

Polk County's health ranking improves

The latest County Health Rankings are in, and Polk County has improved its ranking 7 places. In 2015, the County was ranked No. 76 out of a total 87 Counties in Minnesota. In 2016 the County has improved to be placed No. 69.

The rankings use a variety of sources to compile county-level data on 35 measurements. Each county receives two scores: one for health outcomes (an indication of the current health of the county's population) and another for health factors (an estimate of how healthy that population will be in the future).

The annual County Health Rankings measure vital health factors, including high school graduation rates, obesity, smoking, unemployment, access to healthy foods, the quality of air and water, income, and teen births in nearly every county in America.

This year, the report also measures new factors: housing, transit, access to mental health providers, injury-related deaths, food environment, and access to physical activity. The report gives states insight into the disparities occurring within a state, and which counties may need more resources.

The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. They provide a starting point for change in communities.

That is why we also provide the Roadmaps that provide guidance and tools to understand the data, and strategies that communities can use to move from education to ac-

tion. The Roadmaps are helping communities bring people together from all walks of life to look at the many factors that influence health, focus on strategies that we know work, learn from each other, and make changes that will have a lasting impact on health.

Changing our health means ensuring conditions that give everyone the opportunity to be healthy.

Join us in celebrating National Public Health Week 2016 and become a part of the movement for change:

Build a nation of safe, healthy communities.

Health must be a priority in designing our communities, from healthy housing to parks and playgrounds.

Help all young people graduate from high school Education is the leading indicator of good health, giving people access to better jobs, incomes and neighborhoods.

The relationship between increased economic mobility and better health The science is clear: Poverty and poor health go hand-in-hand. It's time to fix our country's growing income inequality and the unhealthy stresses it puts on adults and children.

Give everyone a choice of healthy food. Our food system should provide affordable food with nutritious ingredients.

Strengthen public health infrastructure and capacity. Strong and consistent funding levels are necessary for the public health system to respond to both everyday health threats and also unexpected health emergencies.

Neils...

Continued from page 1.... shares of the corporation were for sale at \$10 per share.

- R.L. Edwards was the mayor of McIntosh. A new police officer was hired in McIntosh, Larry Gilstad began his duties on December 1. Late in December, Alice Warford was named McIntosh Village clerk.

- There was a postage rate increase at the USPS on May 16, 1971. McIntosh Postmaster Stordahl said the rates had not been increased since 1967. The rate for a first class letter went from 6 to 8 cents per ounce.

- Warford Drug became Strom Drug when Alice Warford sold the business to Pharmacist, Ron Strom.

- The new McIntosh V.F.W. Club held its Grand Opening on Saturday, March 27th. The building is now The Club Bar & Grill.

- Ann Stordahl was award-

ed the John Phillip Sousa award at McIntosh-Winger High School and the McIntosh Lions Club named Dale Tangen and Terry Haaven as Athletes of the Year. The 66th Annual graduation for McIntosh-Winger High School saw 47 seniors receive diplomas.

- Marilyn Sannes was named McIntosh - Winger Homecoming Queen in October of 1971.

- A pound of green grapes was 49 cents at Gordy's Fairway Foods, Ginger Snaps were 25 cents a dozen at the McIntosh Bakery, a subscription to the McIntosh Times was \$4 a year, and Ground Beef at Neil's Quality Meats was 69 cents a pound.

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, April 7, 2016, and Thursday, April 21, 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.

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

Ad deadline:
Noon Friday

VFW Auxiliary #6891 News

The McIntosh VFW Auxiliary will hold their April meeting on Monday, April 11, at 5 p.m. at The Club in McIntosh. Election of Officers as well as program chairmen will be the main topic of the meeting. All Auxiliary members are urged to attend.

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.

Craft, Bake

& Rummage Sale

Fosston United Methodist Church will host an event on May 7 from 9 a.m. to 1 p.m. at the Church. It will be a craft sale, bake sale, and rummage sale. Lunch will be served. Anyone that would want to reserve a table for the craft or rummage sale are asked to contact Phyllis Smeby (218-435-6886) or Joyce Quick (218-435-1526) or Garnet Aanenson (218-563-2753).

Think Spring!

If you are in need of spring yard clean-up, the 2016 Grace Lutheran Mission Trip Group is available to help. Please call 218-280-3760 to schedule a time to get your yard back in shape

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. MS2-27C

Community Birthday and Anniversary Calendar

Wed. April 6: Caillie Boucher, Kassi Schow, Judi Lindseth

Thurs. April 7: Al Carver

Fri. April 8: Ethan Shimp, Brenner Sylstad, Charles Lindseth

Sat. April 9: Dylan Roy

Sun. April 10: Bobby Strom

Mon. April 11: Don Sultvedt

McINTOSH Times

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CHURCH DIRECTORY

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

Wed. April 6: 3:30pm Mass
First Care Nursing Home, Fosston

Fri. April 8: 8:45am Mass at St. Mary's, Fosston

Sun. April 10: 8:15am Confession; 8:45am Mass at St. Mary's, Fosston; 10:30am Easter Mass at St. Joseph's, Bagley

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

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou
Supply Pastor
Gordon Syverson

Sun. April 10: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

Sun. April 17: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh
Supply Pastor
Gordon Syverson

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

Sun. April 17: 10:00am Sunday School; 11:15am Worship Service

GOSEN LUTHERAN CHURCH

Independent
Gary Johnson, Pastor

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

Wed. April 6: 1:30pm Bible Study at The Country Place

Sat. April 9: 1:00 p.m. Baby Shower for Chara and Ebony Johnson; 8:00pm Prayer Meeting

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

Tues. April 12: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. April 13: 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. April 10: 11:00am Worship Service

Mt. Carmel:

Sun. April 10: 9:30am Worship Service; 11:00am Sunday School; 12:30pm Confirmation
Sun. April 17: 9:30am Worship Service; 11:00am Sunday School; 12:30pm Confirmation

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. April 10: 9am Worship; 10:15am Sunday School
Sun. April 17: 9am Worship; 10:15am Sunday School

DOVRE

FREE LUTHERAN
Pastor Don Edlund

Wed. April 6: 7:00pm Bible Study: Breaking the Apocalypse Code

Sun. April 10: 10:00am Worship Service; 11:00am Sunday School

Wed. April 13: 7:00pm Bible Study: Breaking the Apocalypse Code

Sun. April 17: 10:00am Worship Service; 11:00am Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Linden Wendzel,
Pastor

Sun. April 10: 8:45am Worship; 10:00am Sunday School & Confirmation; 10:00am Council Meeting

Tues. April 12: 7:00pm Ladies Aid/LWML

Sun. April 17: 8:45am Divine Worship with Holy Communion; 10:00am Sunday School & Confirmation; 10:00am Quarterly Voter's Meeting

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



Correspondence from Early Settlers

Correspondences from some of the early settlers in Polk County describe the trials and tribulations of being pioneers. One such pioneer wrote, "I do not know anything that is interesting to tell about the pioneer's life unless it could be the manner in which the first wheat harvests were threshed. It was late in the fall and it was cold. Then water was poured on the ground and allowed to freeze until it was stone-hard, next the wheat bundles were laid on the ice and the cows and oxen set to tramp on them until the wheat was separated from the straw. This did not go fast, nevertheless if they were done by Christmas Eve, it was considered well done."

Halstein Lade, an early settler in the 13 Towns area wrote, "Yes I came truly into the wilderness, 56 miles from the nearest railway station.

I began immediately to clear a little patch for a new settler's cabin for the family and myself...". After his first day of work clearing trees he set out to visit his neighbor, who lived ¾ mile away. He proceeded to walk in a circle and ended up back at his clearing and realized his error only after recognizing his own tools.

Halvor H. Aarhus, an immigrant from Laurdal, Telemarken, settling in the Melvin area was said to have emigrated in 1868 on the ship "Amalie". The Amalie "sailship" was described as "barely seaworthy". Halvor's story goes: "They were not so particular about what kind of ship the emigrants were transported in, and at this time they had to bring their own provisions and be their own cook. After a few days sailing, a fierce storm blew up, the ship developed a leak and it was only through great exertion that it was saved from sinking. After the crew had worked themselves dead-tired with the pumps came the turn of the male passengers. After 14 weeks of sailing, they reached Quebec. The journey continued further to Lyle Minn., where they lived for a time. From there they traveled in the usual way up through Minnesota to Detroit

took 4 weeks. Four weeks in a row, the family was bound to their wagon box with canvas as a roof. The canvas was stretched over some bows that were fastened to the wagon box. It is clear that it was tight and uncomfortable in there, where they also had their furnishings. Even worse, when the roads were such that every moment one feared the wagon would tip over. And they often met frost or rain and mud that increased the trip's unpleasantness significantly.

After stopping for a time in Detroit the journey continued to the Red River Valley. Across the prairie lay masses of buffalo bones...

On the 17th May, the whole company were to take permanent residence on their homesteads, but the roads were, as usual not much, one after another got stuck in the mud, and when they were going to cross a river, both the livestock and loads threatened to float away. On arrival at Wild Rice, a furious snow storm blew up, but they still got to their land, where they immediately began to plow up turf for their sod huts in which they soon began to feel at home."

The work of the settlers was laborious; they cleared trees, plowed the land, built homes,

sowed grain and harvested crops. They also had to protect against prairie fires. Frequently fires broke out in dry prairie grass creating a roaring blanket of flames that covered several miles. The dangers and the damage of prairie fires were worsened with the strength and speed of the prairie winds, sparing nothing in its path.

Being in a remote environment and prior to their ability to produce all that a family would need, many of the early settlers would travel to established settlements to earn extra money, once the farm work was done. Necessities were costly. A team of oxen cost \$200.00, which is nearly \$5600.00 in today's dollars. A cow cost \$50.00 and a team of horses would run between \$400.00 and \$500.00. Wheat was \$1.50 and oats around \$0.50 per bushel. Purchasing meat to feed your family set a settler back \$0.15 per pound. Times were tough, the long roads were tougher and winters were unforgiving, but the settlers prevailed.

Sources: <http://www.rootsweb.ancestry.com/~mnnorm/miscellaneous/earlysettle.htm>

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Winger News by Linda Pulskamp

Hello again and greetings from Winger and the Union Lake areas. Easter week end weather was very pleasant, but has been a bit of a change since then but no major storm for us as March is moving out and on to April, as we turn the calendar tomorrow. Hopefully there will be April showers to bring May flowers.

The little bit of rain we did have during the night this past Tuesday wasn't much but I can see the green showing in the grass. I hear many are anxious to get their gardens started but it may be a bit to early, the nights are still pretty cool. Farmers are anxious to get into the fields too but, ground is still cold. It is coming tho, think spring.

I was hoping that there would be more news to bring you because of the Easter holiday but, not so much.

Gail Johnson of Karlstad spent Easter Sunday with her Mother Martha Henney at Martha's home in McIntosh. After enjoying Easter dinner together they went for a ride together.

Judy Gieseke was a dinner guest at the Fern and Milton Carlson home on Wednesday

the 23rd.

Dale and Kristy Metler of Spring Valley, MN were guests at the Helmer Homme home last Friday and Saturday and also visited with Verlys Homme at the Pioneer Home at Erskine. Kristy is Helmer's neice.

Jade, Jasmine and Carson Benesh were visitors last Thursday at the Fern and Milton Carlson home.

Lucy Brtek visited this past week with Wilma Wang at Wilma's home in Fosston.

Donna Carlson and Dusty Wayne Carlson were visitors last Friday with Fern and Milton Carlson at the Carlson home.

Butch and Linda Pulskamp visited at the Kelly Johnson home last Saturday afternoon.

Mary Iverson of Mahnomen visited this past week with Lucy Brtek at Lucy's home.

Easter Sunday Fern and Milton Carlson gathered together with the Carlson families at the Paul and Donna Carlson home, there were about 30 family members in attendance for Easter dinner. That evening Fern and Milton were guests at the Mike, Kari, Terry and Oliviayah Keller home at Bejou for supper along

with Lonnie and Judy Gieseke and Roy, Lisa and Ryan Schaumburg.

Friday afternoon Butch and Linda Pulskamp and Marv Engesether of Plummer were visitors at the Reha Sanstead home in Erskine.

Until next week, this is all the bits and pieces for this week.

In closing, be thankful for what you have before it's what you had.

From Bun Manor:

Bun was feeling better last week so he got ahold of Lars and Stue for their standard lunch date at Ness café on Tuesday. Special guest for pie was Jerry Wang from Winger.

Brother Andy came up last week to spend some quality time with his brother Tim. Thursday evening they went to Fosston and attended their National Wildlife Turkey Federation banquet. They sat with Spike and Aaron Iverson along with their children Luke, Micha, Josie, Issac and brother-in law Jr. Knutson. Everyone at the table except Bun won a prize.

Friday morning Andy met up with Dick Larson and went for a bird hunt at McCullough's game reserve near Bejou. They had a successful hunt and should have had more kills but their aim was a little off.

Sat. found the brothers heading to Winger to attend the Winger Lion's Fun Night at the community center. A good crowd and everyone had a fun time. The Lion's sure appreciate the support from the people in the area.

Andy took off early Sunday so he could pick up Linda and head to Duluth to see their newest grandchild. Megan gave birth to a eight pound healthy baby boy on Saturday evening. His name is Mason Timothy Reed. Congratulations to her and her husband Adam.

Bun headed into Winger on Sunday afternoon to attend the awards banquet and dinner for the Winger fantasy football league. This years champion is Mark Broden.

There are 12 people in the league. Steve Massmann hosted the event at his place and did a terrific job cooking the dinner.

Carsten and Joanne Zahl spent Easter weekend in Duluth with family. Son Dan lives there, as well as 2 granddaughters and 5 great-grandchildren. A great time was had. They played some cards and ate well at Dan's house.

Granddaughter Kelley and family came to Dan's house on Saturday evening. On Sunday, after church, all went to Granddaughter Erica and family's home for a great, large brunch. Carsten and Joanne returned on Monday.

Last week, one day, Carsten and Joanne went to Thief River Falls to visit Joey Espeseth at Oak Park Nursing Home. They also went over to Stephanie Daley's house for a visit. She lives downtown Thief River Falls. Stephanie used to live with Joanne and Carston.

Winger Lion's raffle winners

1st place \$250.00 Paul Noyes, Erskine, MN.

2nd place \$100.00 Bryan Dahl, Bejou, MN.

3rd place \$50.00 Lavonne McWilliams Winger, MN

2 - \$25.00 winners Connie Smeby, Winger, MN and Debbie Haaven. McIntosh, MN.

House launches MNSure Page

The Minnesota House Republicans launched a website to gather comments and feedback from Minnesota families, taxpayers and small business owners affected by MNSure. Whether it's a late 1095-A tax form or long wait times to get through at a call center, MNSure is continuing to struggle to provide basic services to folks across the state.

If you have a personal story you'd like to share about your MNSure experience, you can visit the website here: <http://www.house.leg.state.mn.us/cmt/comment>.

Too often we don't hear about problems with MNSure until people share their stories, and this website will help bring these issues to light and hold that agency accountable

MNSure Comment Page

Are you one of the tens of thousands of Minnesotans waiting on your 1095-A form from MNSure? Are you concerned about being penalized by the IRS for filing your taxes after the April 18 deadline or being unable to provide proof of your health insurance coverage? Are you struggling to update coverage through MNSure after getting married or having a child?

We want to hear from you.

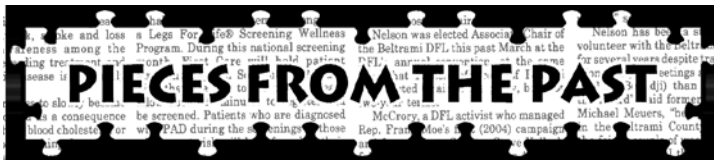
Minnesotans are frustrated with MNSure's inability to mail 1095-A forms. Federal law required MNSure to send this document by January 31, 2016 to anyone who purchased a qualified health plan through MNSure in 2015. Without this document, Minnesotans are to complete their federal tax return and risk penalty and interest for not filing by the April 18 deadline.

Others are experiencing rude customer service and long wait times from MNSure, are unable to update their coverage after getting married or having a child, or waited months for their insurance card after buying coverage through MNSure.

Minnesotans shouldn't be punished for problems and delays created by MNSure.

Problems with MNSure too often get swept under the rug unless Minnesotans speak out. Your stories are instrumental in understanding the real-life impact MNSure's mistakes have on the hardworking taxpayers, families and small business owners of our state.

If you are one of the thousands of Minnesotans who has not yet received your 1095-A form, or if you have experienced other difficulties with MNSure, we'd like to hear from you.



50 years ago...1966: Afraid...some afraid he will and some afraid he won't. These are some of the fifth and sixth graders who played exhibition basketball to help the McIntosh Band Boosters Saturday night. Winger, white jerseys, lost to McIntosh 27-35.



40 years ago...1976: Cindy Strom, Lyle Olson, Scott Gustafson, Rachel Doll, Stephanie Tobel, Brian Versdahl, Paulette Mazzucco are in a reading group in the first grade room of Mac-Winger schools under the Right-to-Read program. Mrs. Sherman Tranby is their teacher.



30 years ago...1986: Effective May 1st, Ken Jore will retire from his duties as Executive Vice President at the First National Bank in McIntosh. Ken (right) is congratulating Bob Hulst who will succeed him.



20 years ago...1996: Elementary students of the Sunday School in Winger recited verses prior to the presentation of the Passion Play on Sunday, March 31 at Dove Free Lutheran Church. Pictured are (front) Anna Bendo, Nick Johnson, Mike Finn, (back) Betsy Olson, Georgette Maxfield, Sylvia Finn, Caleb Bonbo, Danny Olson and Kyle Kaupang.



10 years ago...2006: Pictured here are the winners of the collection contest from the WEM Elementary, each of these students contributed over 400 labels. They were awarded a Certificate and cash prizes for their efforts.

This year the school collected over 14,000 labels, 6,000 bottle caps, and 9,000 box tops. This will allow the district to purchase several things to support the reading, math and other programs in the elementary.

Pictures from left to right are: (back row) Noah Knutson, Sydney Tadman, Alania Juve, Alayna Espeseth, Chantel Wibbels, Zack Lene, Hunter Plante and Ryan Schaumburg; (Front Row) Megan Espeseth, Brylie Lene, Brittany Lee, Kaysee Mandt, Samantha Lee, Jonah Salvhus, and Cassie Kinne.

Regional Ag News

Jim Stordahl,
Extension Educator

Keeping Chickens

With such a beautiful spring unfolding before our eyes; it's a good time for an annual reminder about getting started with a small flock of chickens.

Keeping a small poultry flock can be a fun and rewarding experience for anyone interested in producing their own food. Chickens can be kept by just about any member of the family and make great 4H projects.

Chickens are typically kept for eggs or meat, but they are also great for pest control, they love all bugs, including wood ticks. Indeed, it's joy to have colorful animals around the home that provide healthy, nutritious homegrown food.

The first decision to make is whether your flock will produce eggs or meat – or both. Once that decision is made, selecting a breed is the first task. Although some breeds are considered dual purpose, breeds are typically divided into two groups, breeds best adapted for the production of either eggs or meat.

Most store-bought eggs have white eggshells, but most farm flocks are comprised of breeds that produce eggs with brown shells. Brown egg layer breeds are generally a better fit for small flocks because they tend to be hardier, more docile and colorful.

Although some layer breeds can be used for meat production, most chickens destined for meat production tend to be a crossbred. The most common one is a Cornish x Rock cross that lives to eat – and gain weight. Some of the fastest growing crosses can be ready for the freezer in a little as eight weeks. The slower growing crosses may take ten to twelve weeks, while a dual

purpose breed takes up to 20 weeks.

Getting started is as simple as a trip to your local feed store, hardware store or grain elevator. In fact, most of our area communities will have someone that sells day-old chicks. If not, they can be ordered and delivered through the mail or purchased in a nearby town.

Newborn chicks require additional heat since their mommy is not there to keep them warm and safe nestled under her wings.

Typically a simple heat lamp and a small pen is all that is needed to get started. The chicks should be "brooded" at 92-95° for the first week, followed by a reduction of 5 degrees per week until a steady 70° is reached.

Once the birds get larger, they need housing that will allow about 4-5 square feet of space when they reach the age to lay eggs – typically at about five months of age. A corner of the barn, an unused out-building or even an abandoned playhouse can be adequate. Chicken housing is limited only by your imagination.

Most small flock owners feed a completely balanced feed ration. However, most flock owners utilize table scraps, garden waste, and whole grains to supplement purchased feed. During the summer, chickens allowed to roam will find about one-third of their ration from grass, weeds and bugs. These pigment rich feeds create a darker yolk richer in the healthy omega-3 fatty acids and carotenoids both of which are beneficial to human health. In fact, a recent study in Pennsylvania found pastured chickens produced eggs that contained 10% less fat, 34% less cholesterol, 40% more vitamin A, and four times as much

omega-3 fatty acids compared to standard values reported by the USDA. Indeed, this is why eggs often referred to as nature's multivitamin.

Waterers and feeders can be purchased or made with the most basic carpentry skills. The investment in equipment can literally be nothing if you can scrounge-up makeshift feeders and containers for waterers. If you would rather purchase these, the investment is minimal, typically less than \$50.

If you would like to have maximum egg production during the winter, laying hens require at least 14 to 16 hours of light each day. This can be accomplished with a simple timer and a small light bulb. So as you consider housing options, consider the need for electricity, for light as well as a small heater to keep the water from freezing in the winter. Electricity in the coop is convenient but not an absolute necessity.

Predators may be your greatest production challenge. Chickens allowed to roam will head for the chicken coop to roost as the sun begins to set, but you still need to protect them from various critters. The most common predators are skunks, raccoons, raptors, weasels and foxes – as well as domestic dogs. Indeed, protecting your chickens from someone's meal will be a primary concern and should be high on your "to-do" list. We're not the only ones that like chicken.

Keeping a small flock can be rewarding on many levels, but will be most evident when you begin to eat the fresh eggs or meat. You'll marvel at the flavor of free-range eggs and will wonder when commercial chicken lost some of its flavor.

For more information contact me at stordahl@umn.edu or 800-450-2465.

Random Things and Stuff



Hidden Meanings

By: Emily L. Ferden

Think back to when you were a child, or had your own children, and would read nursery rhymes.

Most of these are used to soothe the children whether they be read to them, or sang to them. But did you know that there are some hidden meanings behind some of these nursery rhymes? According to whatculture.com, here are 9 nursery rhymes that on the surface seem to be jolly, but actually have a deep dark meaning:

1. Three Blind Mice: In this role play of despair the 'three blind mice' are reference to the three nobleman who adhered to the protestant faith during the reign of Mary I, and were therefore convicted against plotting against the queen, who is represented by the farmer's wife. To be fair – she didn't actually have them dismembered and blinded like the rhyme suggests – they just burnt at the stake.

2. Here We Go Round the Mulberry Bush: You thought this was just a catchy tune for child-ren to skip around small shrubbery to? Nope. Local historian R.S. Duncan suggests that the song originated from female prisoners at HMP Wakefield. A sprig was taken from Hatfield Hall in Stanley, Wakefield, which grew into a fully mature mulberry tree around which prisoners exercised in the moonlight.

3. Ring a Ring o' Roses: Commonly thought to be about circling a rose bush, it's actually to about the bubonic plague. The symptoms of the plague were a rosy red rash in the shape of a ring on the skin, and another was sneezing. People filled pockets and pouches with sweet smelling herbs (posies) as they believed the disease was transmitted by bad smells. The plague was estimated to have killed 75-200 million people in the years 1346-53, but good to know such a merry jingle came from it.

4. London Bridge Is Falling Down: Not only the lengthiest of the nursery rhymes, but one with the most theories behind it. They range from the Vikings to Henry VIII, however one that really stood out was – and wait for it – the 'child sacrifices' theory. Yup, if things aren't getting twisted enough we are throwing the burying of, perhaps even alive, children in the foundations of the bridge into the mix. This idea was first advanced by Alice Bertha Gomme in 'The Traditional Games of England, Scotland and Ireland (1894-1898)'. It's based around the idea that the bridge would collapse unless the body of a human sacrifice was buried at its foundations (however, where Alice got that this had to be a child from remains unsure...). The line 'Set a man to watch

all night, Watch all night, watch all night' is reference to this human sacrifice, who can forever watch over the bridge. There is no archaeological evidence to support this theory however, so it's either one of the greatest cover ups in history or Alice has some deep rooted childhood issues she needs to work through.

5. Oranges and Lemons: As charming as this rhyme begins, the nasty turn at the end is more than just child's play. The 'great bells of bow' were used to time the executions at Newgate prison, which for many years were carried out by means of beheading. The poor soul awaiting execution would be kept on death row, and was informed by the warder the night before execution, hence 'here comes a candle to light you to bed'. Executions commenced when the bells all started chiming, which in this rhyme is represented by the chit chat these bells seem to be enjoying, and finished when the bells stopped.

6. Ladybird, Ladybird Fly Away Home: Even though this one is immediately a little darker than the rest, discussing little red bugs houses being set alight, the real meaning behind it is even worse. As you can probably guess from what is trending, someone meets a sticky end, or in this case is burnt. 'Ladybird' is a derivative of the catholic term for 'our lady', and was believed to be used as a warning to Catholics who refused to attend protestant services as required by the act of uniformity (1559). The law disallowed priests to both say mass and attend it, therefore Mass was therefore held in secret in open fields. If caught, priests were subject to either being burnt at the stake or hung drawn and quartered.

7. See-Saw Margery Daw: Originally believed to be about the use of child labor in the work houses during the Victorian period – children who had to live on minor work for pittance. As if the ethical work issues here aren't enough, it's thought that the rhyme relates to this matter as it was a taunt used by children against one another, implying that their families didn't earn enough money and were destined for the work house. Play nicely

now, children.

8. Jack and Jill: So, onto adultery we go. The small English town of Kilmersdon claims that this is about a couple in 1697 who used to sneak up a hill for some hanky panky. Long story short; sordid affair, Jill gets pregnant, Jack dies from falling on a rock and subsequently caving his skull in (didn't break a literal crown he accessorized with) and Jill then dies from childbirth.

9. Mary, Mary Quite Contrary: And now for the most deceiving of the lot; Mary, Mary Quite Contrary, quite contrary indeed. With 'silver bells and cockle shells' conjuring pretty images of delicately arranged gardens and good looking maids – it is all a lie. Queen Mary I is again the menace of this nursery rhyme, with the 'silver bells', 'cockle shells', and 'maids' are actually all just instruments of torture and death. Silver bells are thumb-screws; cockleshells were attached to the genitals and maids where a device used to be-head people – actually called 'The Maiden.' The garden is to give the allusion of grave-yards, which were increasing in size with those who dared comply with the protestant faith. Well that's that, sorry everyone. Now that we've turned your childhood on its head we're going to go break the news to some children that the Easter bunny got mowed down in a hit and run, just to stay in the spirit of things.

3rd Quarter Win-E-Mac Honor Roll announced

The following Win-E-Mac Senior High and Junior High School students have attained either an "A" or "B" average in academic subjects for the third quarter of the 2015-2016 school year. Congratulations! To be eligible for the "A" or "B" Honor Roll, you need to have attained a 3.76 – 4.00 grade point average and to be eligible for the "B" Honor Roll, you need to have attained a 3.00 – 3.75 grade point average.

Seniors "A"

Andrew Bryant; Megan Espeseth; Shayley Espeseth; Jessica Kasprzak; Kelsey Knutson; Madison McKeever; Rachel Morberg; Indiana Nornes; Mikayla Vesledahl

"B"

Nathan Brekke; Justin Carlson; Andrey Erofeeff; Kinlee Faldet; Amanda Farrell; Katelyn Johnson; Suzanna Martushev; Aaryk Neubert; Hunter Parenteau; Michael Revier; Kyle Walters; Joshua Young

Juniors "A"

Breanna Carroll; Hunter Chaput; Alayna Espeseth; Alaina Juve; Noah Klinkhammer; Olivia Simonson; Jessica Thompson

"B"

Bastian Benson; LaTayna Bring; Bailee Burcham; Jorey Carlson; Alec Kiecker Adreanna LaCourse; David More; Anthony Smith

Sophomores "A"

Mackenzie Fuller; Blake Glass; Jarrin Gunderson; Maci Hamre; Patience Reep; Grace Spry; Lauren Strom; Kylie Stuhaug; Sydney Tadman; Tyra Wilson

"B"
Mackenzie Best; Jordin Gunderson; Emelian Kaya; Bryce Neubert; Joseph Parenteau; Cole Shaver
9th Grade "A"
Tapanga Bratager; Lily Breckel; Brekken Lindberg; Mariah McKeever; Aries Quayley; Hannah Smeby; Mason Spry
"B"
Kylie Brekke; Garret Erickson; Roman Erofeeff; Searra Gerber; Clarissa Neste Madyson Plante; Joseph Revier
8th Grade "A"
Abby Lende; Elliana Lindberg; Natasha Salsbery
"B"
Alina Basargin; Lindsey

Espeseth; Nathan Fortmann; Rylee Haugen; Katrina Jackson; Lydia Kutsev; Dustin Osland; Isaac Salvhus; Carlie Sander; Adeline Spry

7th Grade "A"

Paige Breckel; Bryce DuChamp; Nikon Erofeeff; Remy Goodwin; Alex Jacobson; Brianna Johnson; Reed Neubert; Noah Ostenaar; Dylan Roy Bryer Strom; Mia Thompson

"B"

Felicity Address; Serendipity Holmes; Grace Kaupang; Jordan Lemke Berzins; Avtonom Martushev; Delvin Morel; Kendyl Nelson; Jhana Sealand; Will Tofstad; Brock Trandem; Gavin Walker



There were even flying monkeys in the PFCT production of The Wizard of Oz that was performed by the WEM Elementary students last week. Here, Josh Carlson and Kianna Tadman play two of the flying monkeys.



The top winners from the box top February Challenge from each class enjoyed playing a few games of Bingo. There were a variety of prizes for the students to pick from. Our Box Top Coordinator, Maggie Haskett, did the calling for Bingo. Thank you, Maggie! Keep saving and watch for the next challenge!



WIN-E-MAC ART SHOW

Thursday April 14th 2016



Win-E-Mac 1st Annual K-12 Art Show
Arts and Events Center
Thursday April 14th 3:30-7:00 pm

Join us at the Art Show to see art exhibits and projects from all students who have been in an art class this year! Musical performances by soloists and ensemble groups as well as other musical guests! Snacks provided and SO MUCH MORE

Sponsored by Erskine American Legion

MAC

WEM School Announcements

Spring MCA Testing Schedule

Please make sure your students are present the days they are to be tested or let teachers know if they will be absent. Thank you.

April 5 & 6 – Gr. 6, Gr. 7 and Gr. 8 Reading

April 7 & 8 – Gr. 4 and Gr. 5 Reading

April 12, 13, 14, & 15 – Gr. 3 Reading

April 18 – Gr. 6 Math

April 19 & 20 – Gr. 5, Gr. 7 and Gr. 8 Math

April 21 & 22 – Gr. 3 Math

April 21 – Gr. 6 Math

April 26 & 27 – Gr. 4 Math and Gr. 11 Math

May 9 – Gr. 8 Science

May 10 – Gr. 5 Science

May 11 – Gr. 10 Science

May 12 Gr. 8 Science

May 13 – Gr. 10

TRF Community Theater youth auditions

Auditions for the Thief River Falls Area Community Theater youth programs are coming up in April.

We have two shows for youth this season:

How to Eat Like a Child (and Other Lessons in Not Being a Grown Up) for elementary students who will be in 3rd through 5th grades during the 2016-17 school year, and Bye Bye Birdie for teens who will be in 6th through 12th grades during the 2016-17 school year.

Details can be found on our website: <http://trfact.org/april-auditions/>

WEM ECFE

Fun Friday Playdates!

Fridays 10-11:30am WEM Prek Room Ages 0-5yrs old

4/8 April Showers! Umbrellas, puddles and mud, oh my!!

4/15 Rainbows! Make beautiful rainbow art, explore colors, dance a rain dance!

4/19 Special Spring Event with Headstart @ McIntosh Library! 6pm

4/22 Early Childhood Screening 3 & 4 yr olds. Register for fall preschool. Contact Shannon Svalen to register today!

4/29 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

Ready, Set, ... Grow!!

Registration for Win-E-Mac Early Childhood Screening!

All children in the WEM school district who are 3 or will be 4 by September 1, 2016!

WHERE: Polk County Nursing Services Building in McIntosh

WHEN: April 22, 2016

WHAT: Early Childhood Screening is a simple, FREE check of your child's health and development and is required before entrance into preschool and kindergarten in Minnesota.

~Meet the Win-E-Mac Prek and ECFE teachers!

~4 year olds can register for fall preschool!

~3 year olds can learn about ECFE classes and home-based programs!

Registration has started!

Call: Shannon Svalen, WEM ECFE Coordinator at 687-2236 ext165 to register today!

Email: ssvalen@win-e-mac.k12.mn.us

Facebook: "Like" and message WEM Early Childhood Family Education



Entertaining the crowd before the game last Tuesday was the Win-E-Mac pep band having fun with Mr. Svalen and Mrs. Shultz.



On Tuesday, March 29th, the WEM Senior's played the staff in the 4th Annual Staff/Senior Basketball Game. Taking part in the fun-filled event were: Seniors (on the right): Kelsey Knutson, Rachel Morberg, Kinlee Faldet, Jessica Kasprzak, Anne Weik, Aaryk Neubert, Indiana Nornes, Madison McKeever, Shaley Espeseth, Carver Sannes, Mark Kulikev, Mikey Revier, Hunter Paranteau, Kyle Walters, Jordan Olon, Andrey Erofeeff, Caitlyn Ek, Megan Espeseth, Justin Carlson, Nathan Brekke, and Coach CeCe Peterson. Staff included (on the left): Kristi Plante, Jeremy Morganroth, Bill Solheim, Randy Bruer, Dave Kiecker, Bret Johnson, Jason Svalen, Kelsi Gunufson, Vance Kaupang (pictured in his "Scots" uniform), Ryan Breitbach, Kevin McKeever, Tahlor Ose, Stephanie Frisk and Terri Kaupang.