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McINTOSH

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Times

McIntosh, Minnesota

McIntosh Volunteer Fire & Rescue Squad celebrates serving our community for 126 years



The members of the McIntosh Volunteer Fire & Rescue Squad celebrated during the 126th Annual Fireman's Ball held at The Club Bar & Grill on Saturday, April 9th. Pictured (l-r): Gary Schommer, Dean Roy, Brook Johnson, Dave Senn, Josh Long, Toby Strom, Rick Grove, Mark Simonson, Tamara Ostenaar, Shawn Hedlund, Chief Justin Shultz, Bernie Marshall and Ron Lemer.



Celebrating Neil Bursheim's 75th Birthday during the Birthday Open House on Saturday at the McIntosh Community Center were (front l-r), Carol Bursheim, Neil's wife, Becky LaFontant, Neil's daughter; (back l-r) Neil, Laurie Bursheim, Neil's daughter-in-law, and Bob Bursheim, Neil's son. Neil's daughter Becky surprised her family when she arrived late Friday to help in the celebration.



Polk County Public Health held an Open House on Friday, April 8, 2016 at their new location in McIntosh, now located in the Bjella Building, in conjunction with National Public Health Week. Pictured are PCPH employees (l-r): Julie Seeger, Sarah Reese, Jill Sonstelie, and JoAnn Munter.

MN Severe Weather Awareness Week and Skywarn Training

The week of April 11 – 15, 2016 has been designated Minnesota Severe Weather Awareness Week. Severe Weather Awareness Week is a public education campaign promoted by the National Weather Service, Minnesota Department of Public Safety and local Emergency Management Agencies. Polk County is participating in the campaign and promoting preparedness as we head into Minnesota's severe weather season.

There will be two state-wide tornado drills conducted on Thursday, April 14th.

Minnesota's state-wide tornado drill will take place on Thursday. Outdoor warning sirens and NOAA Weather Radios across the state will be sounded at 1:45 pm and 6:55 pm. The two drills are intended to allow workplaces and schools an opportunity to test their severe weather plans. The second drill is to allow second shift workers and families at home an opportunity to test their plans. In accordance with the Association of Minnesota Emergency Manager's best practice guidelines, outdoor warning sirens in Polk County are used for tornadoes and intense thunderstorms with

expected winds in excess of 70 miles per hour. There is never an "all clear" activation for sirens. According to the National Weather Service, Minnesota experiences an average of 40 tornadoes per year. In 2012,

Weather...
Continued on page 4 ...

2016 Polk County Skywarn Training
Polk County Emergency Management, in conjunction with the National Weather Service, will conduct Storm Spotter training classes. These training classes are beneficial for those who simply wish to become better informed, as well as those who want to be designated storm spotters. The training will be conducted by a Warning Coordination Meteorologist from the National Weather Service.

Individuals are taught the basics of thunderstorm development, storm structure, what constitutes severe weather, and how to report this information. Additional information on severe weather safety is also covered. These classes

Skywarn...
Continued on page 4 ...



Youth and adults from Vernes Lutheran, Our Saviors Lutheran, and Grace Lutheran traveled to Grand Forks on April 2, 2016 to help pack food for the Feed My Starving Children project. Along with 125 other people, this group packed 165 boxes during a 2 hour shift. This food will be enough to feed 95 children for a year. Plastic bags were filled with rice, soy for protein, dry vegetables, and other ingredients. Each bag is enough for six meals. Food will be sent to children in Haiti and Uganda. Local participants included (back, l-r) Jim Ferden, Emily Ferden, Dawn Jacobson, Dustin Osland, Gavin Walker, Kobe Hamre, and Jakson Knutson. (middle, l-r) Austin Scheff, Alex Jacobson, Noah Ostenaar, Bryce Duchamp, Gary Walker, and Tanya Hamre. (front, l-r) Will Tofstad, Carmen Bauer, and Dylan Roy.

Community Calendar

- Wed. April 13:** Allison Opdahl @ McIntosh Library to discuss new book 1:00pm; 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; Celebrate Spring with the McIntosh Library at ECFE my making a April showers craft 6:00pm
- Wed. April 20:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. April 21:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. April 22:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. April 25:** 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 26:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Upcoming events this spring in McIntosh

Author Allison Opdahl at McIntosh Library: Local author Allison Opdahl will be at the McIntosh Library today, April 13th at 1:00pm to discuss her new novel, Awakening.

Spring Clean-up Week: The City of McIntosh will host a Clean-Up week for City residents from April 23 - 30, 2016.

Property owners within the city limits may bring items to the lift station located on the east end of First Street (south of the baseball field). Be prepared to show proof you own property or reside within the city limits of McIntosh.

McIntosh Heritage and Arts Center host Swing into Spring: An annual event each year in McIntosh is Swing into Spring. Again, this year, MCAC will be the host of the Pancake Breakfast and Silent Auction on Saturday, April 30, 2016 from 8:00 am to 11:00 am. Mark your calendars and be sure to come for breakfast, bidding and visiting with your neighbors and friends.

Annual Dog & Cat Clinic: The City of McIntosh will host the annual Rabies Clinic, with the Cornerstone Veterinary Service of Gonvick on Saturday, May 14th from 1:00 pm to 3:00 pm at the fire hall for all dogs and cats that reside in the City limits of McIntosh.

There will be a fee for shots and you may purchase your annual City License at the same time.

1st Annual WEM Spring Art Showcase on April 14th

Win-E-Mac's 1st Annual Spring Art Showcase will be held Thursday April 14th from 3:30-7:00.

The show will feature artwork created by Kindergarten through 12th grade students. All work created by K-6th grade students will be included and any work created by high school students who are participating in an art class this school year.

The event will take place at in the new Arts and Event Center as well as throughout the entire school! This is going to be a big show!

We will also be showcasing interactive music projects from 6th grade students. Mrs. Jore's

Housing and Design class will also have projects on display. Mrs. Jore's Foods class will also be preparing and serving a little treat!

Science is also included in this event! Mrs. Bakken's science students will have projects and experiments to view as well.

Musical guests are scheduled to perform for some "pop-in" performances as you browse the artwork.

This is going to be a wonderful event to celebrate the arts in our school. And a big THANK YOU goes out to the Erskine American Legion for their donation to support this event.

In Memory of Lynn (Bucky) Nornes

3-12-48 – 4-15-06

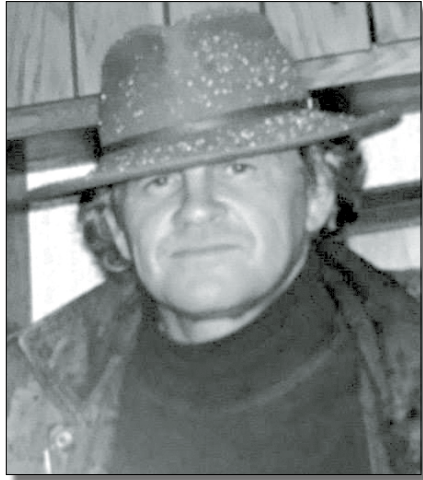
Your life was a blessing, your memory a treasure...

You are loved beyond words and missed beyond measure.

Ten years have past since we have been apart,

But you will always be forever in our hearts.

Family of Lynn



M3C



Thank you very much to the McIntosh Fire Department for donating the bike I won at the Easter Egg Hunt in McIntosh.

Kyra Stuhauq M3C



A big Thank you to our customers and friends who made the 45th Anniversary Week and Open House for Neil's Quality Meats & More along with the 75th Birthday Party for Neil Bursheim on Saturday such a success.

We appreciate your business and friendships.

The Bursheim Family M3C



Neil Bursheim, 75 years young. With his cake during his Birthday Celebration on Saturday.

Important Information Regarding Assessment and Classification of Property

This may affect your 2017 property tax payments.

The Board of Appeal and Equalization for the township of Sletten will meet on Tuesday, April 26th, 3:30 pm, at the Town Hall. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Given under my hand this February 9th, 2016

Clerk of the township of Sletten

M3-4C



Along with the entire roof on Immanuel Lutheran Church in McIntosh, the steeple is getting new shingles. Here Dave Faldet's crew is working on the very tall structure last week.

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

Community Sewing Day

On Saturday, April 16 the McIntosh Community Center will once again be the place to be starting at 9:00am or whenever you choose to come. Bring any craft that you would like to work on be it sewing, card making, knitting or crocheting or just to sit and visit!

Pot luck lunch again at noon, why some of us were still there for supper last month!

Sew hope to see you there Saturday April 16 at 9:00 am at McIntosh Community Center! Bring a friend. Any questions call Connie Strom at 563-2666

REGULAR COUNCIL MEETING

McINTOSH
Thurs., Apr. 14, 2016,
5:30 PM

— COMMUNITY CENTER —

CALL TO ORDER:
PLEDGE OF ALLEGIANCE:
ROLL CALL:
DETERMINATION OF QUORUM:
AGENDA ADDITIONS:
APPROVAL OF MINUTES:
a. MARCH 10, 2016 REGULAR COUNCIL MINUTES
PUBLIC CONCERNS:
OLD BUSINESS:

a. POPLAR MEADOWS UPDATE
b. CLEAN UP DAY
c. BACKFLOW MAINTENANCE
d. IRP FUNDING
e. PARKS
NEW BUSINESS:
a. RESOLUTION – LEAGUE OF MN INSURANCE RENEWAL
b. RESOLUTION – LEAGUE OF MN LIABILITY POLICY
c. BUILDING PERMIT – JORE, ADDITION TO HOME
d. 2015 AUDIT
e. SWEEPER FOR MOWER
f. CENTENNIAL FIELD SIGN
g. WELLHEAD PROTECTION PLAN
h. VACANT NUISANCE PROPERTIES
i. REHAB LOAN INQUIRY

APPROVAL OF MONTHLY BILLS:
COUNCIL & STAFF REPORTS:
NOTICES & CORRESPONDENCE:
ADJOURNMENT

M3C

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

Polk County Public Health

Polk County Health provides montly 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 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.

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.

Community Birthday and Anniversary Calendar

Wed. April 13: Deb Mjelde, Neil Bursheim, Charlotte Rolf, Eileen Votava, Liam Kringlen, Brooklyn Ostenaa

Thurs. April 14: Kevin Mandt, Benjamin Roue, Curtis W. Johnson

Fri. April 15: Kristi Skeie, Paul Votava, Mike Sultvedt, Trevor Lecy, Izabelle Ostenaa, Suzandra Reinbold

Sat. April 16: Mary Goodwin, Dick Brock, Brandon Olson, Ruby Breckel, *Lowell & Sue Ostenson

Sun. April 17: Brian Carlson, Raiden Hewitt, Clyde Kringlen

Mon. April 18: Jeremy Finseth, Lexi Ostenaa, Scott Ostenson

Tues. April 19: Kylee Mandt, Mike Aakhus, Nancy Burslie, Debbie Kaupang

B-B Cafe Menu

Wed. April 13: Chicken Cordon Bleu, Mixed Vegetables, Roll and Dessert

Thurs. April 14: Ham or Turkey on Hoagie, Potato Salad and Dessert

Fri. April 15: Cheeseburger, Cup of Soup and Dessert

Mon. April 18: Crispy Chicken Salad and Dessert

Tues. April 19: BBQ Meatloaf, Baked Potato, Green Beans, Roll and Dessert

Wed. April 20: Country Steak, Mashed Potatoes & Gravy, Corn, Roll and Dessert

Thurs. April 21: Turkey, Mashed Potatoes & Gravy, Stuffing, Cranberries, Roll and Dessert

Fri. April 22: Hot Hamburger and Dessert

Report finds strong link between income and diabetes

A Minnesota Department of Health (MDH) report has found adult Minnesotans living in households earning less than \$35,000 per year are nearly two and a half times more likely to have diabetes than Minnesotans living in households with annual incomes more than \$35,000.

The diabetes rate for working-age (18- to 64-year-olds) Minnesotans living in households with incomes less than \$35,000 is 12.5 percent, compared to a rate of 5 percent for working-age Minnesotans living in households with incomes greater than \$35,000.

"This research highlights the close links between health,

Diabetes...

Continued on page 3 ...

BUSINESS & PROFESSIONAL GUIDE

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CHURCH DIRECTORY

ST. MARY'S CHURCH

Fosston

Fr. John Suvakeen, Pastor
Fri. April 15: 11:30am Mass at St. Mary's, Fosston

Sat. April 16: 5:00pm Mass at St. Mary's, Fosston

Sun. April 17: 8:15am Confession; 8:45am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. April 20: 11:30am Mass 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

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

Sun. April 24: 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 17: 10:00am Sunday School; 11:15am Worship Service

Sun. April 24: 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 13: 1:30pm Bible Study at The Country Place

Sat. April 16: 1:00 p.m. Baby Shower for Chara and Ebony Johnson; 8:00pm Prayer Meeting

Sun. April 17: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service

Tues. April 19: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. April 20: 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 17: 11:00am Worship Service

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

Sun. April 24: 9:30am Worship Service; 11:00am Sunday School; 12:30pm Confirmation

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. April 17: 9am Worship; 10:15am Sunday School
Sun. April 24: 9am Worship; 10:15am Sunday School

DOVRE

FREE LUTHERAN

Pastor Don Edlund

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

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

Wed. April 20: 7:00pm Bible Study; Breaking the Apocalypse Code

Sun. April 24: 10:00am Worship Service; 11:00am Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Linden Wendzel, Pastor

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

Sun. April 24: 8:45am Worship Service; 10:00am Sunday School & Confirmation

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

McINTOSH Times

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"Serving the Win-E-Mac area"

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THE WINGER ENTERPRISE

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Wednesday, April 13, 2016

Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas where our weather has been “crappy” cold, windy, rainy and snowy.

Feels more like February or early March than April. Not much we can do about it but grumble. It could always be worse.

It's the time of the year again where spring concerts are taking place, area proms are right around the corner and from there it will be graduation for area schools.

Farmers are getting anxious to get into the fields, to the south of us there has been some field work done but in the local area nothing much to speak of.

As you drive through Eers- kine going west on Highway 2 you will notice construction has started on the Dollar General Store that will be opening there in the near future. Always good to hear our little towns are getting in new businesses.

Friday April 1st, Judy Gieseke was a visitor with Fern and Milton Carlson at the Carlson home.

Last Saturday afternoon Mark and Betty Syverson were visitors with Helmer and Verlyns Homme at the Pioneer Home. Verlys enjoys these visits with their many friends who stop in so faithfully and especially the games of Rook they are get involved in.

Boyd and Sylvia Bratager attended a surprise birthday party a week ago Saturday for Shirley Salvesson that her daughter Karen hosted at her home in Glyn- don. There were many family and friends that helped to make Shirley's day a very memorable one.

Paul and Donna Carlson were last Sunday afternoon visitors at the Fern and Milton Carlson home..

Martha Henney visited by phone with her Brother Orton Stardig who is still at his winter home in Texas.

A week ago Saturday after attending the birthday party for Shirley Salvesson in Glyn- don, Boyd and Sylvia Bratager were visitors with Truman and Darlene Johnson at the Johnson home in Dilworth.

Richard, Betty and Janelle Brtek were visitors last Monday at the Lucy Brtek home and they enjoyed dinner together at Moran's.

Butch and Linda Puls- kamp, and Marge and Dave

Siedschlag were visitors on Wednesday afternoon with Donnie Johnson of Maple Lake, MN and Nola Abele at the Abele home in Fosston.

Judy Gieseke was a dinner guest on Tuesday the 5th at the Fern and Milton Carlson home.

Once again this is all the gatherings I have to share and until next week, THINK SPRING!

From Bun Manor:

On Friday night, Matthew, Dale, and Ole met at Moran's for supper before heading to the Shooting Star Casino to listen to the legendary Ronnie Milsap. The 73 year old country great, with 40 number one hits, put on a pretty solid show. Everyone agreed that the show was certainly worth the trip down.

On Saturday, Steve, Lorri, and Matthew headed down to Alexandria for the Easter celebration. Dinner was had at the Massmann's along with the inaugural running of the newly restored Oliver 880. It was a good thing Matthew was there to offer some pointers to get 'er running. A card game was also enjoyed where Steve came in nearly last place.

Easter Sunday dinner was enjoyed at Lorri's sister and brother in law's Jodi and Joel. A fine spread of ham, meat- balls, and the fixins' were enjoyed before heading Mass- mann's for a bit to visit. Evan was able to visit via telephone for a bit and sent some nice pictures of the snow in Kansas City.

Steve and Lorri Massmann attended the 126th. annual McIntosh Fireman's Dance on Saturday evening. While there Steve was lucky enough to win a meat bundle. To share the wealth Steve and Lorri had the neighbors Carsten and Joanne Zahl over for a meal of grilled pork tenderloins and all the trimmings. Despite the cold wind everything turned out fine.

The ice on West Union Lake disappeared on April 4th. The west side of the lake is usually the last to freeze over and the last to open up in the spring. The lakes in the area seem to lose their ice earlier in recent years than they did back in the nineties and early 2000s.

Bun and Lars were having their standard lunch at Ness Café last week when an avid

Bun manor reader stopped in to say hi and was wondering if he would be mentioned in the news. That man was Mike Hanson from McIntosh.

Bun stopped in to see Judy Erickson (the leech lady) at her place near Sarah Lake last week and bought some pure maple syrup that she had made. He gave a quart to Elaine Bertiles from Fertile for her birthday. She may have some left if anyone is interested.

Mark Broden stopped in for a day in Gillette, Wyoming on his way to California to see Chris Wang. They went out and visited a local coal mine and the next morning before Mark continued on his journey they had breakfast and one of the local diners.

Karen and Dick Hagen were up for a few days last week visiting with family and friends. Thursday afternoon Bob and Sharon Hegland from Mac stopped out at Dale's and enjoyed some of Karen's fresh homemade brownies that she had made that morning.

Bob Finkle and his girl- friend Connie stopped in and visited with Bun. It sounds like they are going to move to Duluth from Fargo for awhile. Bob has some property he is going to fix up and sell.

Later on Todd and Darcy Lewis stopped by to visit Bun. They were out for a joyride and were heading back home to have k-bobs on the grill. The occasion was to celebrate Darcy's birthday.

Ole returned home after spending a couple of nights in Fargo. He went there to attend the wedding of his nephew Kevin Schow to Hunter Heyerman. She is originally from Harwood. They got married at Bonanzaville. Congratulations to both of them!

Diabetes...

Continued from page 2 ...

income and financial stability,” said Minnesota Health Commissioner Dr. Ed Ehlinger. “It's an unhealthy cycle in which low income can contribute to getting diabetes, and having diabetes can limit a person's earnings and ability to work.” The research brief can be found on the MDH website at Reports – Income, Employment and Diabetes in Minnesota.

About 1 million Minnesota adults live in households with an annual income below \$35,000. The research also indicates adults 18- to 64-year-olds who have diabetes are more likely to be unable to work than 18- to 64-year-olds who do not

have diabetes. About 26 percent of Minnesotans who are unable to work report having diabetes as compared to a diabetes rate of 4 percent among working-age adults who are employed.

The Minnesota Department of Human Services is working to support diabetes prevention efforts and increase access to diabetes prevention programs for low-income Minnesotans. This includes removing coverage limits among providers, such as community health workers, who deliver the National Diabetes Prevention Program.

“These findings demonstrate the critical need to continue working to address health care disparities in Minnesota,” said Department of Human Services Commissioner Emily Johnson Piper. “We are proud of our recent successes in removing barriers to participation for our enrollees in the National Diabetes Prevention Program, and we will continue to focus on closing the gaps so that all Minnesotans can live healthier lives.”

The MDH data provide a snapshot in time and do not shed light on which comes first, lower income or diabetes. However, this and other studies suggest a complex interplay between poverty and diabetes onset, and illustrate the ways that the disease limits earning power.

The research suggests the following approaches to addressing diabetes in Minnesota:

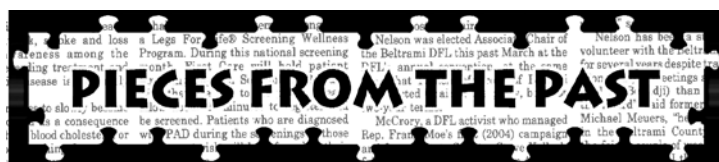
Invest in diabetes prevention strategies ranging from building environments that support healthy eating and physical activity to improving food access and affordability, and offering research-tested programs designed to help people at increased risk for developing diabetes lower their risk.

Embrace worksite wellness programs, which could reach up to two of every three working-age adults.

Remove cost-related barriers to program participation, such as co-pays, for people with low income.

Make connections outside of workplaces; more than 33 percent of adults 18-64 years of age who are living with diabetes are not working.

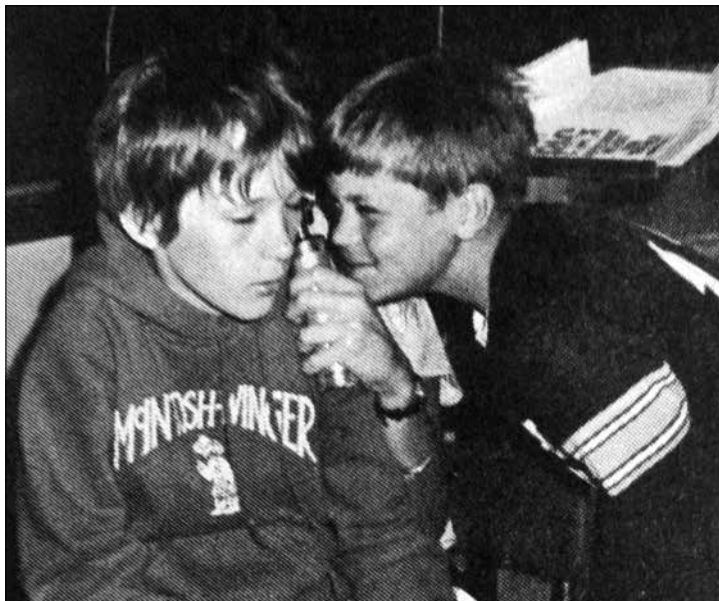
Address broader issues associated with poverty – lack of employment or under employment, housing, food security, health coverage and educational opportunity. Ensuring equitable access to these resources will contribute to efforts to prevent and better manage diabetes in Minnesota.



50 years ago...1966: Trombone Quartette, Curtis Mosser, Owen Smeby, David Jore, Ronnie Grundyson, will participate in the Select Band at the Regional Music Festival in Clearbrook.



40 years ago...1976: This vocal sextet were winners at the Ensemble Contest recently and will advance to the State-Region contest at Crookston on April 30th. Left to right: Karen Shurson, Gladys Finseth, Mary Burslie, Renita Molstre, Yvonne Hagen and Janet Svalen. Congratulations Girls!



30 years ago...1986: Cherri McDowell, P.H.N., shows Jeremy Pearce how to use the otoscope to check Jesse Brinkman's ears.

Regional Ag News

Jim Stordahl, Extension Educator

Tips for Planting Corn

Below is an article provided by Dave Nicolai, Extension Educator, UM Extension. Keep in mind the article was written for all producers in Minnesota.

Few decisions for corn production are as important as those related to planting. Hybrid selection, row width, planting date, and planting rate can influence corn yield and net return. Decisions related to planting rate are especially important, since seed represents around 15% of the total cost of corn production. Dr. Jeff Coulter, University of Minnesota Extension Corn Specialist provides the following guidelines for consideration about corn planting dates and planting populations:

Maximum corn yield is generally obtained when planting occurs in late April or early May. In years when spring arrives early, a mid-April planting date also will produce similar yield if young plants are not damaged by a freeze in May. In years when there are few growing degree days during late April and the first half of May, maximum corn yield also can be obtained when planting occurs in mid-May.

Typically there is a rapid decline in corn yield as planting is delayed beyond mid-May. However, advantages from timely planting according to the calendar can be negated if planting occurs when soils are too wet. When corn planting is delayed beyond the third week in May, switching late-maturity hybrids to earlier-maturity hybrids reduces the risk of corn freezing in the fall before it has reached maturity. Research from Illinois and Minnesota indicates that the optimum final plant population for corn is not affected by planting date.

Planting rates of 34,000 to 36,000 seeds/acre maximize net return in most fields harvested for corn grain. Fields harvested for silage can have lower rates, closer to 30,000, perhaps lower on very light soils. Optimum planting rates tend to be near or above the high end of this range for early-maturity hybrids. While optimum planting rate differs somewhat among hybrids, hybrid selection generally impacts yield more than fine-tuning planting rate by hybrid.

Early hybrids would be the 79-82 day range while late hybrids would be in the 87-89 day range for NW Minnesota. Generally speaking we do switch to early hybrids only when planting is delayed to June. Also research at Crookston has shown a benefit for high populations in 22 inch rows. Not sure if the current market price still support the high population rate though. Moreover, any yield advantage of corn in 22 inch rows would have to be reconciled with the cost of tooling up for narrower rows.

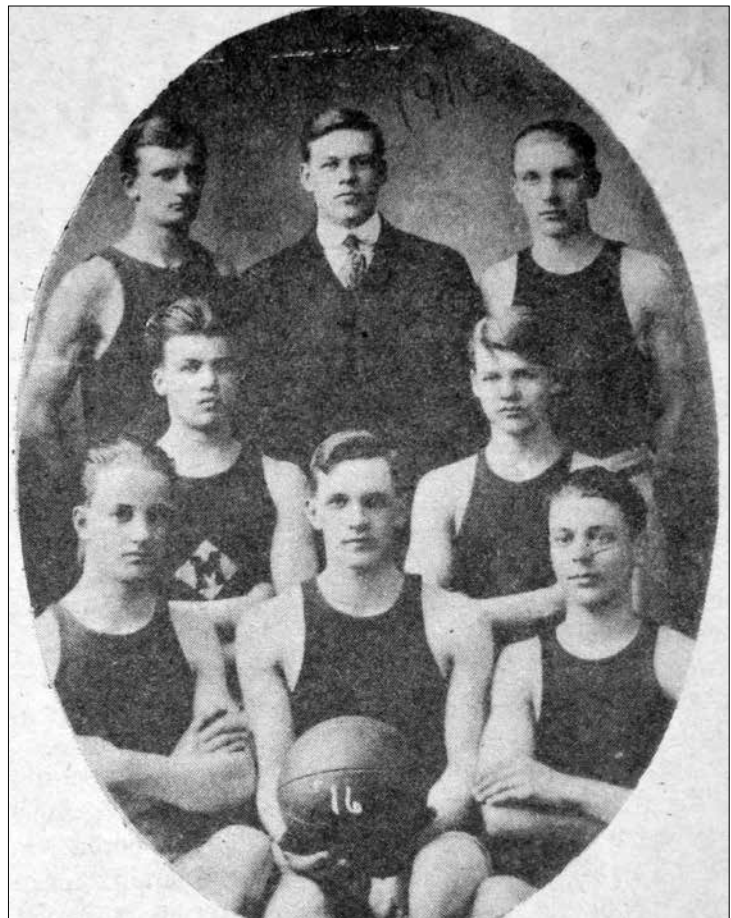
The economic optimum planting rate for corn is related to yield level. Research in the U.S. Corn Belt has shown that the optimum planting rate increases by about 800 to 1,000 seeds/acre for each 10 bushel/acre increase in yield level. Very high planting rate generally does not reduce corn yield, but does reduce net return. In recent trials in northwestern Minnesota where growing season rainfall was just 10 to 15 inches, grain yield ranged from 100 to 130 bushels/acre and was no yield gain or reduction at rates as high as 44,000 plants/acre.

High corn yields can still be obtained if planting is delayed until mid-May. Consider earlier-maturity hybrids when

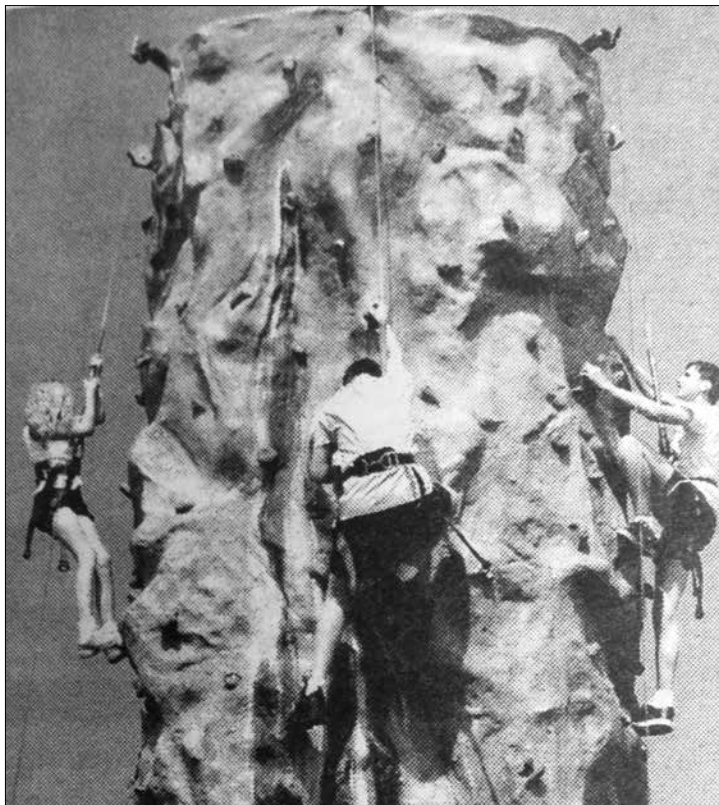
planting is delayed beyond the third week of May. When corn is planted into good soil conditions, optimum planting rates generally do not differ with planting date.

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

Pictured below: 100 years ago...1916: Basketball team in McIntosh included the following players. First row: Clarence Holten, Coach, Olander Alrick. Second Row: Bill Conger, Lauritz Stovern. Third Row: Olaf Scheie, Henry Manger, Jules Lindeley.



20 years ago...1996: The McIntosh Volunteer Fire & Rescue Squad will host the 106th Annual Firemen's Ball on Saturday, April 13th. Members of this emergency department have given years of fire protection and medical assistance to McIntosh and the surrounding community. Members pictures include: (Back L-R) Mark Thompson, Jim Kerssen, Bruce Haaven, Clyde Kringlen, Russ Horacek, Larry Hedlund and Carey Burslie. (Back L-R) Dick Parent, Rod Nichols, Mike Pearce, Pam Kerssen, Mike Boehrnsen and Gary Schommer.) Many not present for photo.)



10 years ago...2006: Kristi Olson, Derek Gieseke and Alec Lisoff inch their way to the top of the National Guards rock wall. This group of climbers are 7th grade students at Win-E-Mac.

Random Things and Stuff



Wide Awake

By: Emily L. Ferden

How many of you in the morning reach for a cup of coffee? An energy drink? A soda? Most people do reach for something highly caffeinated to give them that energy boost in the morning to make it through their day. Caffeine is defined as, "a crystalline compound that is found especially in tea and coffee plants and is a stimulant of the central nervous system" (Mir-riam-Webster Dictionary).

In reality, it is actually NOT beneficially for you to be consuming a lot of caffeine. In moderation, caffeine can be used to stimulate your body system to wake up, but taking in excess, it can be harmful. According to healthline.com, excessive use can cause jitters, headaches, irrita-bility, confusion, heartburn, increased urination, diarrhea, nausea and vomiting, increased blood pressure, increased heart rate, can contribute to osteoporosis, muscle aches, painful breast lumps, it can travel to the placenta and cause effects on the fetus, and too much caffeine can cause fer-tility issues.

Here are some better options to include in your diet versus caffeine (found on livestrong.com):

1. Boost vitamin B intake: B vitamins help your body metabolize the foods you eat, which means they are essential for the production of energy.

2. Protein: Including protein in your diet can help boost your mood, improve your concentration skills, supply you with energy and maintain your energy levels. Replacing your afternoon cup of coffee with a serving of protein can achieve the same energy-boosting results.

3. A glass of water: Dehydration can cause lack of energy and fatigue, so boosting your en-ergy level can be as simple as drinking more water instead of fueling up on caffeinated beverages. The American Council on Exercise suggests that women consume 91 ounces of water each day from foods and drinks and that men consume 125 ounces.

WEM School Menu

Wed. April 13: Breakfast: Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Chicken Ala King, Buttermilk Bisuit, Green Beans, Chocolate Chip Bar, Fruit Choice, Milk Choice

Thurs. April 14: Breakfast: Assorted Cereal, Sausage Gravy over Biscuit, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Lasagna, Lettuce w/ dressing, Corn, Breadstick, Fresh Vegetables, Fruit Choice, Milk Choice

Fri. April 15: Breakfast: Assorted Cereal, Sweet Roll Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Patriot Pizza, Lettuce Salad w/dressing, Sherbet Cup, Fresh Vegetables, Fruit Choice, Milk Choice

Mon. April 18: Breakfast: Assorted Cereal, Breakfast Bites, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Philly Steak Sandwich, Seasoned Fries, Peppers & Onions, Coleslaw, Fruit Choice, Milk Choice

Tues. April 19: Breakfast: Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Taco & Tator Bowl (lettuce, tomato, sour cream, cheese, salsa, black olives), Fresh Vegetables, Fruit Choice, Milk Choice

Wed. April 20: Breakfast: Assorted Cereal, Omelet, Toasted English Muffin, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Hot Dog ona Bun w/ Chili & Cheese, Cheestos, Pudding w/topping, Fresh Vegetables, Fruit Choice, Milk Choice

Thur. April 21: Breakfast: Assorted Cereal, Breakfast Pizza, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Mashed Potato Bowl, Popcorn Chicken, Gravy, Corn, Applesauce, Fruit Choice, Milk Choice

Fri. April 22: Breakfast: Assorted Cereal, Yogurt Parfait, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Choice of Soup, Choice of Sandwich, Yogurt, Grasshopper Cake, Fresh Vegetables, Fruit Choice, Milk Choice



Ms Saltee's First Grade Class Honors Madison McKeever with Book Dedication. Ms. Saltee's First Grade Class last week presented Madison McKeever with a copy of their hard cover book for the year. The class decided to Dedicate the Book to Madison for being such and role model to the school along with her accomplishments. Madison was overjoyed with the Dedication and will be a great memory when she starts Studying Elementary Education this fall.

4. Herbs: Certain herbal remedies can replace your usual dose of caffeine, though you should always speak with your doctor before adding these to your daily routine. Ginseng, for example, is often added to energy-promoting beverages, tonics and other concoctions, according to Dr. Elson M. Haas, author of "Staying Healthy With Nutrition, 21st Century Edition." Schizandra berry extract and ashwagandha are additional herbs used to boost energy, Haas notes. Guarana, purple willow bark, cayenne pepper and ginger root might also boost mental alertness and increase metabolism, according to a 2006 article published in the "Journal of the International Society of Sports Nutrition."

The root of all health is in the brain. The trunk of it is in emotion. The branches and leaves are the body. The flower of health blooms when all parts work together.

~Kurdish Saying

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 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

WEM ECFE

Fun Friday Playdates!

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

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



Superintendents Notes

By Randy Bruer

Win-E-Mac Playground

The Win-E-Mac Playground Committee has met several times over the last few months and have been hosting fundraisers that the students and committee members have been working on. Some of the fundraisers you will see will be Win-E-Mac Travel Center coupon booklets, Patriot Pizza sales, and Patriot clothing. If you are not contacted for any of these fundraisers or are interested in a donation, please give the school a call and speak with someone in the office or the Superintendent. The 16" pizzas which sell for \$10 have been a great hit for our student fundraising. If you would like pizzas, please call for information as we will be making them on April 16th and 17th of this month. 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. Our current playground requires a lot of upkeep and several safety concerns have been brought to our attention. Our pre-school students cannot use the existing equipment due to safety regulations, so part of the new playground equipment will fit this age of children

We are close to completing a proposed layout of the playground so K-6 students will share the picture in the near future. We will be sharing this information with the community and it will also be available at area businesses and in the papers. If you are curious to see what we have been working on please stop out and see Mr. Bruer at the school. The students are eagerly waiting to play on new, functional and safe equipment! Thank you for your support with this project!

School Year Success

It has been a great year for staff and students here at Win-E-Mac Schools and we look forward to a productive 2016/2017 learning year for students. Our Drama Department, Art classes, Knowledge Bowl, Music and Sporting programs have all participated competitively this year with great success. This year has been a test run for our new Arts and Events Center! The stage, the sound and the lighting are now complete and we look forward to many more performances in this state of the art facility!

Summer Projects

This summer the district will be doing some general maintenance to our facility including painting, replacing the Commons floor covering and some carpet replacement in classrooms. We will also do some bathroom stall maintenance, as these are showing wear. Bathrooms will need some thoughtful consideration in the near future with some plumbing and counter replacement. These are areas that visitors see when they first enter our school.

Important; Free and Reduced Applications

These forms are very important in accessing 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 out the form and return them to 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. Please visit with the Superintendent if you have any



questions regarding the free and reduced applications. It does affect our compensatory funding for our school, free or reduced meal money for kids, 0% interest on QZAB loans, reduced phone and internet bills for our school, Title 1 funding, Federal funding, computer, technology and equipment grants, and learning materials. Next year or anytime during this year, we ask parents or custodial parents to fill out the free and reduced request forms.

For Sale

The school has some larger items (Heavy Duty Commercial Hobart kitchen mixer and a used Convection Oven) which need a home. If you are interested in one of these items, please give the School District a call @ 218-563-2900.

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 ex165 to register today!

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

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

TRF

Community Theater youth auditions

Auditions for the ThiefRiver 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/>

Weather...

Continued from page 1 ...

37 twisters touched down. A record was set in 2010 with 104 tornadoes across the state. Understanding this threat and knowing what to do when a tornado is approaching can save lives.

Weather Alerts and Warnings: Several different types of watches and warnings may be issued for an area. Remember that watches mean that conditions are favorable for the development of severe weather or tornadoes, and warnings mean that severe weather or tornadoes are occurring, likely to occur, or are imminent. Advisories and special weather statements may come from the National Weather Service for storms that will impact an area, but don't quite meet warning criteria. Thunderstorms are considered severe when they have one inch hail or winds higher than 58 miles per hour.

Severe weather: Hail develops during thunderstorms when a strong updraft is featured, especially in supercell thunderstorms. Hail causes nearly a billion dollars in damage annually and can range from pea size to over the size of softballs. Lightning kills around 100 people each year, more than tornadoes. If you are outdoors and encounter lightning, remember the saying, "When thunder roars, go indoors." Lightning can strike ten miles from a storm and can strike even when it isn't raining.

Flooding: Flooding kills approximately 200 people, and in Minnesota floods kill more people than other weather events. Flooding deaths occur at night 75% of the time, and of those deaths, half die in vehicles. As little as six inches of rapidly flowing water can knock you off your feet. Never drive through flooded roadways, a foot of water will float most vehicles. Turn around, don't drown.

Heat related emergencies: During the summer month, even here in Minnesota, temperatures can soar to near or over 100 degrees. Combined with high humidity, these temperatures can create dangerous conditions. To avoid heat related ailments, drink plenty of non-alcoholic fluids, avoid strenuous activity during the hottest time of

day, check on the elderly, wear light weight loose clothing, and never leave children or pets in vehicles. Even on warm days, vehicles act like a greenhouse and temperatures can rise to lethal levels in minutes.

Don't forget! The statewide tornado drills are Thursday, April 14, 2016 at 1:45pm and 6:55 pm. Please take this opportunity to review emergency plans and procedures, and conduct emergency drills at work and at home.

Please use Severe Weather Awareness Week to register for CodeRED Weather Warnings by going to the Polk County Emergency Management website and following the line for CodeRED (www.co.polk.mn.us/EM). By signing up for CodeRED Weather, citizens will get real time updates for severe weather warnings by phone call, text message or email.

Skywarn...

Continued from page 1 ...

are multi-media presentation which includes detailed video.

The Basic Class is designed as both an informational class for the general public and a first step in the Skywarn Spotter training series.

The Advanced Class is designed for the experienced Skywarn Spotter who wishes to maintain or develop proficiency.

The BASIC Storm Spotter training classes will begin at 6:30 pm. After the completion of the basic class there will be a short break followed by the ADVANCED Storm Spotter training, which will start at approximately 8:00 pm.

Monday, April 18th: Embassy Community Center, Fosston, MN

Tuesday, April 19th: Knutson Community Center, Fertile, MN

Wednesday, April 20th: Kiehle Auditorium, UMC, Crookston, MN

It is free, informative training and you can become a National Weather Service Official Storm Spotter.

For more information, contact Polk County Emergency Management at 218-470-8263, visit the website at www.co.polk.mn.us/EM or email jody.beauchane@co.polk.mn.us.

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