

\$1.00

McINTOSH

Hub of the Thirteen Townships

Since 1888

Times

McIntosh, Minnesota



Josie Johnson stands near her still-art picture that was displayed at the Win-E-Mac Art Show held on Thursday, April 14th.



Pointing at her work of art, Sydney Svalen was in attendance at the 1st Annual Art Show held as Win-E-Mac School last Thursday.



Many musical performances too place during the Win-E-Mac 1st Annual K-12 Art Show held last Thursday at the School. There were soloists, ensembles and many musical guests, who entertained while the community strolled through the artwork displayed by the students.

Swing into Spring is Saturday, April 30th

With the arrival of spring, comes the Annual McIntosh Heritage and Arts Center Swing into Spring Pancake Breakfast on Saturday, April 30th. The event will take place from 8:00 am to 11:00 am at the McIntosh Community Center. There will be a free-will donation pancake breakfast. Along with pancakes, there

will be plenty of time to visit with friends and neighbors. MHAC will hold a Silent Auction during the breakfast again this year. All Silent Auction bidding will close at 10:45 am with winning bids to be announced at 11:00 am. This annual event is a major fundraising effort for MHAC to

raise funds for general operating expenses and specific projects, such as re-roofing the old school building. The MHAC Thrift Store will also be reopening for the 2016 season on April 30th. Promised hours of the shop will be Saturdays from 10:00 am to noon. There is a hope to expand hours.

Spaghetti Dinner and Silent Auction to help Vet's with PTSD

There are some combat Veterans, that on our Nation's Birthday, the Fourth of July, isolate themselves from family and friends because they are triggered by the sights and sounds that the rest of us enjoy. On Saturday, April 23rd from 5:00 pm to 7:00 pm at the McIntosh Community Center, Base Camp Hope, a non-profit organization committed to providing care, hope, love and faith to military Veteran's suffering from Post-Traumatic Stress Disorder will host a fundraiser for their 3rd Annual Non-Fireworks Fourth of July event, held in Northern Minnesota, for PTSD Veteran's and their families across the state.

The Fundraiser is a free-will offering Spaghetti Dinner and Silent Auction. The money raised will offer these Veteran's and their families a safe, stress-free Fourth of July, by hosting a non-fireworks 3-day event. Each year, an unknown number of combat veterans, including active and retired soldiers diagnosed with PTSD or not, will cringe, flinch and feel anxious as the crackle of fireworks sporadically fills America's towns and cities on the Fourth of July. Though the day is a celebration of freedom, for many, who serve or have served in our military forces, is becomes one of the worst days of the year.

Approximately 22 Veterans a day take their lives due to untreated Post-Traumatic Stress Disorder. Post-Traumatic Stress Disorder (PTSD) is not a mental disorder but a normal reaction to adverse circumstances that can occur after you have been through a

traumatic event. PTSD can carry an array of chronic, otherwise invisible symptoms that flare momentarily or take root for a time. These symptoms include nervousness, hyper-vigilance, anxiety, avoidance, flashbacks, difficulty concentrating, feeling detached, and overreaction to things that seem like hum-drum, normal daily moments. These feelings are unleashed from deep in the memory, hardwired back to real, horrible events that occurred maybe once and possibly many times on a battlefield. Both visual and auditory reminders can set off these symptoms for Veterans.

Helping military veterans from the Army, Navy, Air Force, Marines & Coast Guard, Base Camp Hope's purpose is to cause Veterans to heal spiritually, mentally and physically. BCH is committed to educating veterans and the community about PTSD, using creative and alternative methods to aid our American heroes and in building a strong support system for broken families in need of restoration. Since opening its doors, Base Camp Hope has lived up to its mission by establishing core values, providing quality services and treating each client with the dignity and respect they deserve. You can help give our hero's a quiet Fourth by attending the dinner this Saturday from 5:00 pm to 7:00 pm at the McIntosh Community Center. To learn more visit www.basecamphope.org. For help with PTSD, you can call the 24-hour Crisis Line at 651-283-8459.

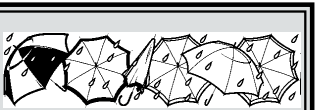
Extension recognizes leaders in NW communities

Program celebrates individual strengths and community engagement Jeremy and Sarah Hovde, Fertile, received special recognition at the Emerging Leadership Program Recognition Banquet on April 2nd in Crookston. They, along with individuals from 16 other counties in northwestern and west central Minnesota were honored for completing the leadership program and for their commitment to leadership in their community. The banquet was emceed by Agassiz Ambassadors Phill and Anastasia Mickelson (Frazee). Special guests that evening were UMC Chancellor Fred Wood, University of Minnesota Dean and Director Beverly Durgan, and NW Minnesota Foundation Board Trustee Cathy Forgit who each offered their comments about leadership and congratulated program participants. Recognized at this year's event was long time program partner, the Red River Valley Development Association, for their ongoing support to the Emerging Leadership Program since its inception in 1985. The banquet program featured leadership stories by class participants, Luke Flink (Perham), Jake Thompson (Barnesville), and Tina Swanson (Argyle). There was also the announcement of new Agassiz Ambassadors for 2016, Bryan and Stephanie Ramsrud (Bagley), who were selected for this honor from among other current participants in the program based on nominations from program participants and interviews with program alumni. Bryan and Stephanie will put their leadership skills to work in public relations, recognition, and community leadership, and will work with Extension educators to develop and deliver the educational program in 2017. The recognition banquet was the finale of the leadership program for the Class of 2016 after taking part in four training sessions since November 2014. Program seminars focused on several of the University of Minnesota Extension's educational program components to strengthen civic leadership in the region. According to Lisa Hinz, Extension educator with the program, participants reported



Jeremy and Sarah Hovde

several highlights from the program. She says, "They find value in learning more about their individual strengths, getting to know leaders from other counties, and visiting the State Capitol in St. Paul." The trip to the Capitol included visits with legislators, observing committee meetings, and speakers who help them better understand how the legislative process works. The Emerging Leadership Program, a program of the University of Minnesota Extension, was created to build skills in individuals while creating and sustaining a network of community leaders in the northwest and west central regions of Minnesota to focus on rural issues. This year marks the 32nd anniversary of the program and the banquet was an opportunity for program alumni and sponsors to congratulate recent graduates. It was held at the University of Minnesota Crookston, carrying on the tradition of recognizing rural leaders started by the Red River Valley Winter Shows in 1961. The Emerging Leadership Program is led by Extension Educators Lisa Hinz, Brian Fredrickson and Jody Horn-tvedt, in partnership with more than 1,000 alumni throughout the region. Soon those alumni will be coming together to select new participants for the program. To nominate someone in your county or to apply for the program, contact Brian at the Moorhead Regional Extension Office at 218-236-2120. For more information about the program contact Jody, horn001@umn.edu, and be sure to look for the Emerging Leadership Program at this website, <http://z.umn.edu/rrv-lead/>



Community Calendar

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

Sat. April 23: McIntosh Clean-up Week begins

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

Wed. April 27: 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 28: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

Sat. April 30: McIntosh Heritage & Arts Center Swing Into Spring and Silent Auction 8:00am - 11:00am @ McIntosh Community Center; MHAC Thrift Store Open 9:00 am - Noon

Mon. May 2: 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. May 3: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh Community Club monthly meeting 7:00pm @ Community Center

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

Letter to the Editor

Please be advised of the support by all county commissioners for the Enbridge pipelines that are planned for improvement and/or new construction in the northwestern Minnesota counties through which they pass.

Dear Governor Dayton: We are County Commissioners from counties along the Enbridge Mainline system and the Sandpiper Pipeline and Line 3 Replacement Project routes in northern Minnesota. We requested a meeting with you several weeks ago in the hope of sharing our support for these projects and how important they are to our constituents; the Minnesotans who have lived and worked alongside Enbridge's existing pipelines for 65 plus years. We understand that your schedule didn't align with our request and would like to thank your Chief of Staff for meeting with a few of us.

First, we would like to thank you for your continued support. We appreciate

that you understand how important these projects are to our economy and the safety of all Minnesotans located along the oil train routes that cross our state. Every day of further delay is another day that more oil is unnecessarily crossing our state on trains instead of in pipelines where it belongs.

Millions of dollars in local property tax revenue and thousands of jobs are at stake. Our area businesses benefit greatly when projects like these are constructed. Sometimes these projects are the difference between businesses closing or staying open for the area. Delays by agencies can kill projects like these. Local support for these projects is strong in our counties and we want to make sure you are aware of that.

We ask you and your agencies to work as expediently as possible in supporting the PUC so they can review and permit these projects in a timely manner. The jobs and tax and economic benefits from Sandpiper are past due and Line 3 has already lost months in the process.

We invite you, your staff or the Lieutenant Governor to visit with us and our constitu-

ents in our home counties anytime so we can further talk about how these projects would benefit our area and the state. Thank you for your time Governor Dayton.

Sincerely,
Joan Lee , Craig Buness, Nick Nicholas, Don Diedrich, Warren Strandell

Polk County Commissioners
Neal Illies, John Nelson, Dean Newland, Daniel Stenseng, Arlen Syverson

Clearwater County Commissioner
John Anderson, Joe Bouvette, Leon Olson, Craig Spilde, Betty Younggren

Kittson County Commissioner
Ken Borowicz, Sharon Bring, Gary Kiesow, Rolland Miller, LeRoy Vonasek

Marshall County Commissioners
Cody Hempel, Don Jensen, Neil Peterson, Oliver "Skip" Swanson, Darryl Trveitbakk

Pennington County Commissioner
Anthony "Chuck" Flage , John Lerohl, Charles Simpson, Dave Sorenson, Ron Weiss

Red Lake County Commissioners

Local Public Meetings on Sandpiper Pipeline Scheduled

Staff from the Department of Commerce, the Public Utilities Commission and Enbridge/ North Dakota Pipeline Company will be hosting public comment meetings regarding the proposed Sandpiper Pipeline which will run through Northwest Minnesota.

These public meetings will provide Minnesotans an opportunity to learn more about the proposed projects, as well as ask questions and provide input. Comment cards will also be available for people who wish to provide a written statement for public record.

"The Sandpiper Pipeline will help improve the safety of oil transport from North Dakota, as well and bring jobs and property tax revenue to Northwest Minnesota," said Representative Dan Fabian (R-Roseau). "I hope folks will attend one of these meeting

and share their input to keep the project moving forward."

"These meetings provide an excellent opportunity for people's voices to be heard regarding the building of Sandpiper Pipeline. Many folks have been frustrated by the politics and process regarding the project, and this will give folks a forum to go on the record and share their thoughts," said Representative Deb Kiel (R-Crookston).

The following local meetings have been scheduled in Crookston and Thief River Falls:

Wednesday, April 27, 2016, from 6:00 to 9:00 PM Crookston Inn and Convention Center, 2200 University Avenue, Crookston, MN 56716

Thursday, April 28, 2016, from 6:00 to 9:00 PM, Ralph Engelstad Arena, 525 Brooks Avenue North, Thief River Falls, MN 56701

House Unveils Broadband Proposal

On Wednesday, April 13, House Republicans unveiled a series of proposals to increase broadband access throughout Minnesota. The proposals total \$35 million including \$7 million dedicated to improving broadband access for Minnesota students through new, innovative grant programs. Representatives Dan Fabian (R-Roseau) and Deb Kiel (R-Crookston) have been advocates for expanding broadband access in Northwest Minnesota.

"We want Greater Minnesota to have access to fast, reliable internet like they do in the Twin Cities," said Rep. Fabian. "These innovative broadband proposals will help everyone from kids taking the bus to school every day to small business owners on Main Street."

"Underserved areas in our communities will benefit from our innovative proposals to expand broadband, helping

students, families, businesses and local government have consistent and reliable access to internet," added Rep. Kiel. "This proposal would create a historic investment in broadband infrastructure and is a win-win for folks across the state."

Of the \$7 million of broadband funding in the supplemental education proposal, \$5 million would be used as grants for broadband Wi-Fi hotspots, while \$2 million would be allocated to build broadband capacity. Inner city, suburban, and rural districts can use the grants to purchase mobile hotspots for student use or provide Wi-Fi hotspots to adult education classes and displaced workers.

Along with broadband education funding, Republicans proposed an additional \$28 million for rural broadband expansion. Combined

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

NOTICE

HILL RIVER ASSESSMENT NOTICE

Notice is hereby given, that the Board of appeal and Equalization of the township of Hill River in Polk County, Minnesota, will meet at 9:30 a.m. in said township, at the Town Hall, on Monday the 25th day of April for the year 2016. The purpose of this meeting is to determine whether taxable property in the jurisdiction has been properly valued and classified by the assessor, and to determine whether corrections need to be made.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you are still not satisfied with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board shall review the valuation, classification, or both if necessary, and shall correct it as needed. Generally, an appearance before your local board of appeal and equalization is required by law before an appeal can be taken to the county board of appeal and equalization.

Given under my hand this 1st day of April, 2016.

Raymond O. Sundrud
Clerk/Treasurer of Hill River Township

M3-4C

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.

VFW Auxiliary #6891 News

The McIntosh VFW Auxiliary met at The Club last Monday evening.

Election of Officers and Committee Chairperson were established.

Results of the grades K-2 Flanders Field Coloring contest and Grade 4 POW-MIA posters were announced. Winners in Kindergarten Class were: 1. Owen Strom, 2. Krista Shimp, 3. Haylee Beckett; Grade 1: 1. Marie Haskett, Nathaniel Spry, 3. Livia Basargin; Grade 2: 1. Carson Dinsdale, 2. Clair Juve, 3. Courtney Lecy; Grade 4: 1. Kjersten Anderson, 2. Clare Stuhau, 3. Ella Strom.

Total amount of the awards was \$120 which was donated to the Auxiliary from the VFW Post.

There were so many that entered the contest and very hard to pick winners to receive the money. The other entries were also very good and it was evident that the students really tried hard to express their ideas of the two themes.

The Installation of Officers will be held at 5 p.m., Monday, May 9, at The Club. The supper will follow with the Auxiliary paying for some of the appetizers. All Auxiliary members should plan to attend.

Gosen Luther League

The Gosen Luther League meets on Sunday evening, April 24th, at 7 o'clock. The Ottosons will be in concert.

Dan and Merilee Ottoson will present the Gospel with southern Gospel music, hymn sing-alongs, children's magic trick and object lesson, humor, testimonies, and a saxophone solo for the offertory.

Refreshments will be served following the program.

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

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

Aluminum Can & Battery Collection

A trailer will be parked in Our Savior's Church parking lot on April 23 from 8 am - 5 pm for the purpose of collecting aluminum cans and old batteries. Proceeds from the recycling of these items will be used by the 2016 Grace Lutheran Mission Trip Group to help with the expenses of their mission trip to Kentucky later this year. Please call 218-280-3760 if you have any questions

Indexing the Newspaper

Do you want to help the McIntosh Heritage & Arts Center but don't know how? You are invited to help us index the McIntosh Times newspaper over the life of its publication beginning in the late 1890's.

Why? Because there is no easy way to access the multitude of information available from over 125 years of newspapers just for McIntosh alone.

Who? Anyone with 2-4 hours a week can volunteer. No special skills are needed, just bring your enthusiasm for making this project a reality.

When? Can be accomplished at the MHAC office, located in the Bjella Building from 10:00 am to 2:00 pm during the week.

If interested contact Robin Shimp at 563-2040 or send an email to mcintoshheritageandartscenter@gmail.com.

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

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

B-B Cafe Menu

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

Mon. April 25: Ham Dinner,, Baked Potato, Carrots, Roll and Dessert

Tues. April 26: Chicken Pot Pie and Dessert

Wed. April 27: Roast Beef Sud, Mac Salad and Dessert

Thurs. April 28: Pork Roast, Mashed Potatoes & Gravy, Corn, Roll and Dessert

Fri. April 29: Hamburger, Cup of Chili or Salad and Dessert

Community Birthday and Anniversary Calendar

Wed. April 20: Cathy (Votava) Haden, Olivia Lindseth

Thurs. April 21: Geri Hulst, Scott Salvhus

Fri. April 22: James lee, Will Tofstad

Sat. April 23: Bruce Murphy, Jennie Shaver

Sun. April 24: Alex Ugalde, Wayne Strom, *Ben & Kristi Tofstad

Mon. April 25: Chris Wirth

Tues. April 26: Karen Krossen, *Kenneth & Harriet Rolf

McINTOSH Times

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"Serving the Win-E-Mac area"

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CHURCH DIRECTORY

ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. April 20: 11:30am Mass at St. Mary's, Fosston

Fri. April 22: 11:30am Mass at St. Mary's, Fosston

Sun. April 24: 8:15am Confession; 8:45am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. April 27: 11:30am Mass at St. Mary's, Fosston

Thurs. April 28: 10:00am Mass at St. Mary's, Fosston

Fri. April 29: 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

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

Sun. April 24: 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

Wed. April 27: 6:00pm - 8:00pm Confirmation @ Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

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 20: 1:30pm Bible Study at The Country Place

Sat. April 23: 1:00 p.m. Baby Shower for Chara and Ebony Johnson; 8:00pm Prayer Meeting

Sun. April 24: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service; 7:00pm Luther League (see article elsewhere in paper)

Tues. April 26: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2; 10:30am Ladies Aid program at McIntosh Senior Living

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

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

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:

Sun. April 24: 11:00am Worship Service

Mt. Carmel:

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

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. April 24: 9am Worship; 10:15am Sunday School Sun. May 1: 9am Worship; 10:15am Sunday School

DOVRE

FREE LUTHERAN Pastor Don Edlund

Wed. April 27: 7:00pm Bible Study: Breaking the Apocalypse Code

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

Wed. April 27: 7:00pm Bible Study: Breaking the Apocalypse Code

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Linden Wendzel, Pastor

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

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

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Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas and with another week behind us our weather has been rather cold and rather windy, but then it is April in Minnesota and Mother Nature is proving that she can throw us bunch of curves. The last couple of days have been much warmer and not so much wind, so maybe we have turned the corner. Some rain is predicted for the week end and I do believe that we probably could use some.

Along with the warmer weather the farmers got very busy in the fields the last couple of days. Talked to a few individuals that were working up their gardens and ready to put in onions, and some had already put in potatoes.

James Iverson was a visitor on Friday the 8th at the Milton and Fern Carlson home. That evening Paul Carlson visited with Fern and Milton at the Carlson home.

Donnie Johnson of Maple Lake and Nola Abele of Fosston visited briefly on Tuesday at the Pulskamp home.

Brent, Jessie, Sidnie, Sky-lie and Brylie Pulskamp of Wahpeton were last week end house guests at the Pulskamp home.

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

Carol and Becky Stordahl, Cindy Horvath and Deb Matson attended a bridal shower for Erin Beattie at the Fosston Library on Saturday the 9th. Erin will become the bride of Tanner Christianson in the near future.

Martha Henney had a call this week from her brother Orton Stardig who is still wintering in Texas but will be returning to Minnesota soon.

Judy Gieseke was a visitor on Monday with Fern and Milton Carlson at the Carlson home.

Lillian (Bjerk) Habadank of Boston called and visited with Martha Henney this past week.

Visitors at the Pulskamp home this past week end besides the Brent Pulskamp family were Dean Johnson, Kelly Johnson and his Granddaughter Lily, Nick, April, Brooklyn and Avery Ostenaa of Gully, Stephanie Tofstad and her friend of McIntosh and Josh Brevik.

Paul and Donna Carlson were Sunday visitors at the Fern and Milton Carlson home, while there Paul did some handywork for Carlson's.

Marlene Henney of Fosston was a recent visitor with Martha Henney at Martha's home in McIntosh. Bill and Marlene recently returned home after spending the winter in Florida.

Tuesday Donna Carlson

was a visitor at the Fern and Milton Carlson home.

This does it again for this week, I did miss some of you this week, so hopefully I will catch up to you next week.

Food for thought, learn from yesterday, live for today and look to tomorrow.

From Bun Manor:

Brian and Elizabeth Massmann spent the weekend in Sioux Falls with Justin and Kayla Ohleen (Elizabeth's sister and brother in law). While the trip was short, they did take a culinary tour of the city. The cuisines they enjoyed during their tour included Vietnamese, Ethiopian, Mediterranean, Mexican, Cambodian, Indian, and Afghan. Some of the highlight dishes were De-lut, Num Ansom Chrouk, Lengua tacos, Pho, and Vindaloo. Who would've thought there was that much culture just a few miles down the road?

Some of the area farmers were busy last week getting their wheat planted until the weekend when we got some much needed moisture. The area is still dry and could use more rain.

Bun wasted a couple of days for Scrappy last week. They went to Grand Forks on Wednesday to get a new backrest for Bun's wheelchair. They gave Bun a loaner chair to use while they put the new backrest on. They stopped by Jo Jo's hair salon and saw Joann Miller. They hadn't seen her in twenty years. She used to be engaged to Chris Wang. She is doing well and looking good. They also went to the mall and Bun got baby boy Mason some onesies at the kid store. They sure have some pansy bright colors for boys these days. The rehab girls called them and they went back only to find out the backrest wouldn't work and they were going to have to do some homework to rectify the problem.

Thursday afternoon Panzer came from Crookston to help Scrappy get into the dentist chair in Fosston. Bun thought he had a loose tooth in the front but after spending around 150 bucks the dentist told him all looked well. Better than finding out something wrong

Notice of Meeting of Board of Appeal and Equalization

The Board of Appeal and Equalization Meeting for Winger Township will be held Wednesday, April 27th, 2016 in the Winger Town Hall. The Meeting will begin at 10:30 am.

M4C

Regional Ag News Jim Stordahl, Extension Educator

Grazing Stick to Monitor Pasture Production

Monitoring grazing resources can help producers determine when to remove livestock from a pasture to prevent overgrazing. Monitoring helps determine how much forage has been consumed.

The North Dakota State University Extension Service, with support from the Natural Resources Conservation Service, has developed a grazing monitoring stick (GMS) as a tool to help producers measure and monitor pasture and rangeland utilization. The GMS, a modified yardstick with information related to grazing management, measures forage utilization.

"Forage utilization is a measure of the percent of the plant that has been consumed and/or destroyed by grazing animals," says Miranda Meehan, NDSU Extension livestock environmental stewardship specialist. "Utilization should be monitored throughout the grazing period to ensure you achieve proper utilization, maintain plant health and prevent overuse of key species."

As a general rule of thumb, proper utilization is achieved when 50 percent of the total plant weight (not height) of key species has been utilized, according to Fara Brummer, area Extension livestock systems specialist at NDSU's Central Grasslands Research Extension Center.



conversion chart (<http://tinyurl.com/NDSUGrazingStick>) to estimate the percent of weight removed.

"Monitoring utilization of range and pasturelands using the GMS provides a way to assess how much forage livestock have consumed, helping determine when livestock should be removed from a pasture," says Kevin Sedivec, NDSU Extension rangeland management specialist. "The GMS can assist North Dakota livestock producers and other land managers in monitoring forage for long-term grass production."

Visit <http://tinyurl.com/NDSUGrazingStick> for more information on using the GMS and <http://tinyurl.com/buyGrazingStick> to purchase a stick.

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

This article was provided by NDSU Extension.



The Red River Valley Emerging Leadership Program Class of 2016. The class had their recognition banquet on April 2, 2016 at the University of Minnesota, Crookston Campus. The program celebrates individual strengths and community engagement of each of the participants.

and spending more money. Still a waste of time and money.

Friday evening found Ole and Bun meeting Vern and Michele at the fancy café down at the casino. They had a nice dinner and Bun gave Vern and Michele his comp tickets to go see Rick Springfield in concert. He ran into Cindy (Tangen) Johnson and her cronies from the Gonvick - Gully area. They're big Springfield fans.

Saturday found Steve and Lorri Massmann digging in the backyard building a new flower garden. They took a break and went for a walk around town. One of the town-folk great Dane dog was on the loose and followed them back to their place and left two nice

presents for them in the yard. Steve said "He had six blocks to dump and he had to pick my place."

Stacey Myhrum went down to Rock Rapids, IA. to visit family and friends. Her brother helped her clean and prep the house she is going to move into sometime in June.

Correction: Kain Schow not Kevin got married last week. Julie, Bun had it written correct. The editor was the one who wrote Kevin.

Bun note: Remember readers Linda and Bun need your news. They get tired of writing about themselves. No matter how inconsequence or irrelevant you think it may be it is still news.

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

With an adjustment for the new numbers, this commentary amounts to a repeat of what was written about a year ago. In case you have forgotten the size of those numbers talked about then, read on. They will get your attention.

The amount of money spent on social services in Polk County in 2014 — the last year for which the information is available — totaled \$93,120,710. That's up about 5 percent from the 2013 total of \$88,587,699.

If you brushed over the total, it was \$93.1 million.

Polk County property taxpayers contributed \$4,804,197 (or just over 5 percent) of that total. The federal government provided \$45,017,020 (not quite 49 percent) and the State of Minnesota contributed \$42,203,281 (a little more than 45 percent). The remaining \$1,096,212 came from miscellaneous sources.

For a county of 31,545 residents that \$93.1 million amounts to \$2,952 per person.

The federal and state contributions basically pay for programs that they have been

mandated through legislation. A good part of Polk County's role in social service is to distribute those state and federal dollars to the individuals determined eligible to receive them.

Of the \$93.1 million total, "Medical Assistance" (M.A.) accounted for \$55,702,285 (59 percent) of the total. "Social service" programs required \$29,391,395 (32 percent). The remaining 9 percent was spent on "support" programs.

A brief explanation of what is included in these three areas of assistance follows:

M.A. includes care in nursing homes or immediate care facilities, health and dental care, child and teen check-up programs, and programs that assist clients in staying in their homes rather than in expensive medical facilities.

Social service programs are those that address the well-being of children (adoption, protection, life skills training, and child welfare), childcare, chemical dependency, mental health, developmental disabilities, and adult services.

Support services provide supplemental aid for the aged, blind or disabled. They also assist families in working out of poverty and they fund cash assistance programs, employment training, child support enforcement collections, and group residential housing for persons who would normally be cared for in nursing homes.

While the cost of social services often seems to be questioned, we all need to accept the fact "that there, but for the grace of God, go I."

Looking back at a good outcome:

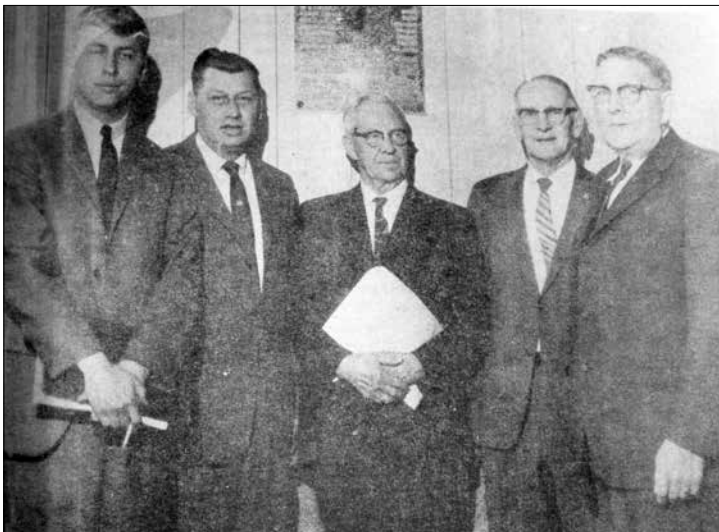
The County Board decided some 19 years ago that something had to change about the cost of "out of home placements." Those costs had grown to \$2.4 million a year and the prediction was that they would keep right on going.

Some background: Troubled and or abused juveniles are sent to "out of home placement" facilities when their behavior gets them into serious trouble or when their homes are determined to be unsafe and/or lacking appropriate parenting. The cost for placements in these facilities in other counties can be more than \$300 a day, almost all of which is paid directly by county residents through their property tax bills.

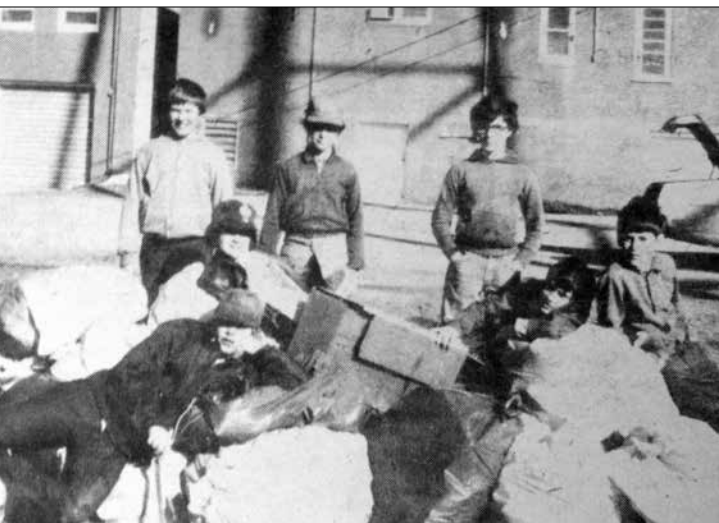
With direction from the County Board, representatives of the local agencies that have a role in determining out of home placements — the County Attorney's office, District Court judges, Tri-County

County Line...

Continued on page 4...



50 years ago...1966: Council Members - One council member was unable to be at the dedication ceremonies for the new Municipal Building on Saturday due to illness. He was Walter Shoholm. Preset were, left to right, Peter Bovee, trustee; Hilmer Carlson, Clerk; C. L. Roholt, Mayor; Gene Warford, Trustee; and George Hegland, Treasurer.



40 years ago...1976: The McIntosh Boy Scouts who voluntarily helped to collect 20 bags of garbage from around the city of McIntosh last Saturday were: (l-r) Ricky Parent, Kevin Haugen, Steve Aanenson, Russ Bly, Paul Bly, Danny Thompson, and Patrick Schimanski. Paul and David Vateva, Joey Svalen, and Billy Anderson also helped, but are not in the picture which was taken behind the Municipal Building where the City arranged a pick up.



30 years ago...1986: Bruce Grundyson, president of the McIntosh Men's Action Club, receives the PTO's Golden Apple Award from Principal Michael Verdun. The MACs organization received this year's honor as a result of the support for high standards in educational excellence in our school.



20 years ago...1996: Charlie Reitmeier and Paul Anderson are a team, dishing up special sauce, spaghetti, garlic toast, dixie cups, milk and coffee for the Lions Annual Spaghetti Supper. Guest began filing into the McIntosh Community Center at 5:00 pm on Wednesday, April 10th and picked up plates heaped with spaghetti that was smothered with the Reitmeier's own delicious recipe!

Random Things and Stuff



The "I Don't Know" & "Anything"

By: Emily L. Ferden

I am sure many of us, me included, have answered with "I don't know" or "Anything" when asked what we want to get for food. Most of the time, at least in my case, I really don't know what I would like, or nothing really does sound good. Other times, it could be that you know what you want, but someone else you are with won't like the same thing so you answer with that to try get their opinion.

With this in mind, what if there really was a food item called the "I don't know" or "An-anything"? That whenever you went and got this item, it would be exactly what you wanted at the moment, changing based on your subconscious wants, and you wouldn't have to actually make a decision. This would be an incredibly discovery, would it not?

If something like this were to come about, how would you ever place a price on it? How would you store it? How would you have to prepare it? These are all valid questions that I want to leave you with to stir up a little imagination.

"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

— Albert Einstein

Story to Share?

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

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/>

WEM School Menu

Wed. April 20: Breakfast: Assorted Cereal, Omelet, Toasted English Muffin, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Hot Dog on a Bun w/ Chili & Cheese, Cheesitos, 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

Mon. April 25: Breakfast: Assorted Cereal, Mini Pancakes, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Beef Nachos (lettuce, Tomato, sour cream, salsa, black olives), Refried Beans, Red Peppers, Fruit Choice, Milk Choice

Tues. April 26: Breakfast: Assorted Cereal, Breakfast Pizza, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Salisbury Steak, Mashed Potatoes w/ Gravy, Green Beans, Dinner Roll, Cookie Salad, Fruit Choice, Milk Choice

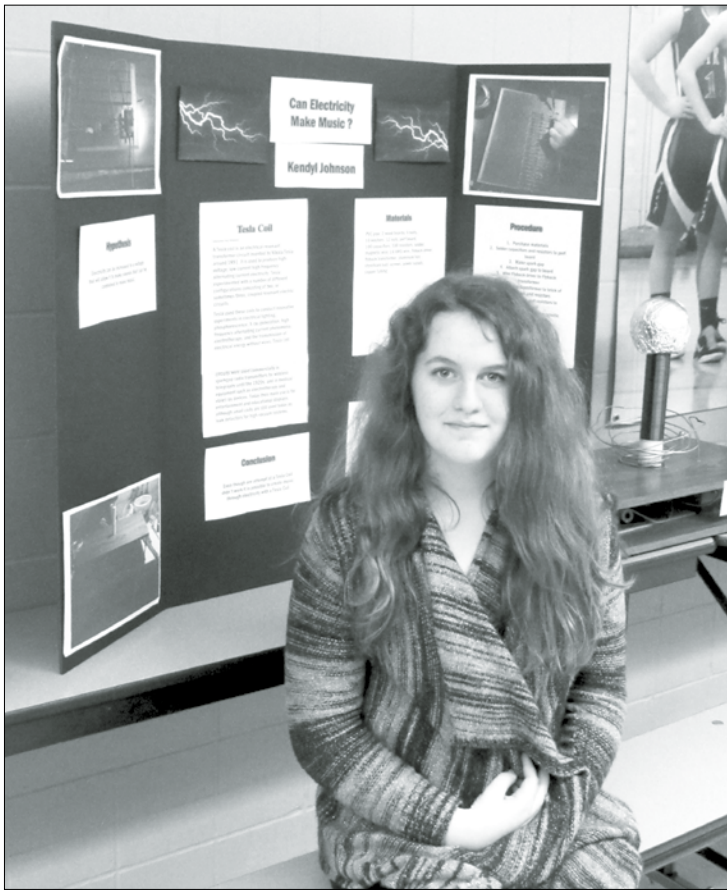
Wed. April 27: Breakfast: Assorted Cereal, Sausage Gravy over Bisuit, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk Lunch: Hamburger on Bun, Potato Wedges, Baked Beans, Broccoli Slaw, Jell-O, Fruit Choice, Milk Choice

Thurs. April 28: NO SCHOOL for students, teacher's workshop

Fri. April 29: NO SCHOOL for students, teacher's workshop



Savannah Svalen shows her original and fun Win-E-Mac 6th grade Science Fair project board. The 6th grade science class of Miss Bakken were required to think of a project, experiment and display their findings.



If you would like to know if electricity can make music, you should check out the 6th grade Science Fair project of Kendyl Johnson at Win-E-Mac school.



One of the many musical entertainment selections during the WEM Art show was performed by Mrs. Shultz and Mr. Hanson, both teachers at school.

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 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

Attention volleyball players/parents grades 3rd through 11th – camp registration forms for the FUNDamental volleyball camp that will be here in WEM are due by May 12th. Pick up forms in the office and return to the office as soon as possible. FUNDamental camp will be in August before the start of the WEM 2016 fall season! Meeting the deadline guarantees a camp T-shirt.

WEM ECFE

Fun Friday Playdates!

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

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

Congratulation to the WEM high school. Raising a total of \$589 for the Lymphoma and Leukemia Society last week in the Pennies for Patients War. Congratulations to the 10th grade for winning the pizza party. Your total at the end was \$110.90. The student council is sponsoring a surprise root beer float party to the class that generated the most money; which was the seniors, who got bombarded with \$113.30 of silver.

Don't forget! There will be no school at Win-E-Mac on Thursday, April 28th and Friday, April 29th.



MN Twins offer free hat in DNR partnership

Anyone with a 2016 Minnesota hunting or fishing license can receive a free camouflage and blaze orange Twins logo baseball cap by being among the first 500 to buy Minnesota Twins tickets through a special offer online, good for these upcoming home games:

•Sunday, June 12, vs. the Boston Red Sox

•Sunday, June 19, vs. the New York Yankees

•Sunday, July 3, vs. the Texas Rangers

•Sunday, Aug. 14, vs. the Kansas City Royals

•Saturday, Sept. 3, vs. the Chicago White Sox

•Saturday, Sept. 24, vs. the Seattle Mariners.

Tickets are available in upper and lower decks with varying prices by location and game. Ticket buyers pick up their cap at the game. Purchase tickets online at the DNR website and enter the transaction number, which is printed on the hunting or fishing license. The offer is available only through the DNR's Twins Web page.

Local Kids jump for their hearts and help to save lives

Local kids are jumping at the chance to fight heart disease and stroke, our nation's No. 1 and No. 4 killers. On April 30, 2016 our annual Jump Rope For Heart event to raise money for the American Heart Association, which funds lifesaving heart and stroke research and community and educational programs for our youth.

Jump Rope For Heart teaches kids how physical fitness benefits the heart and shows them that volunteering can be a fun and positive experience for the whole community. The need to educate children about the importance of physical activity couldn't be timelier. According to recent studies, about one-third of children ages 2 to 19 are overweight and obese.

"By including physical activity into their daily routines, kids can significantly reduce the onset and burden of heart disease," said Ross Roragen. "By raising money through Jump Rope For Heart, we are preventing heart disease and obesity for the next generation of Americans. Kids are literally jumping into a heart healthier life while becoming passionate about raising money for other kids with sick hearts."

For 36 years, millions of students have jumped rope and learned about heart health and how nutrition and physical activity can help prevent heart disease and stroke. Jump Rope For Heart is co-sponsored by the American Heart Association and SHAPE America-Society of Health and Physical

Educators.

Please help our students help others by making a donation.

If you would like to help more, call 1-800-AHA-USA1 (1-800-242-8721). You can also visit us online at heart.org/jump.

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Mary Jane M4C



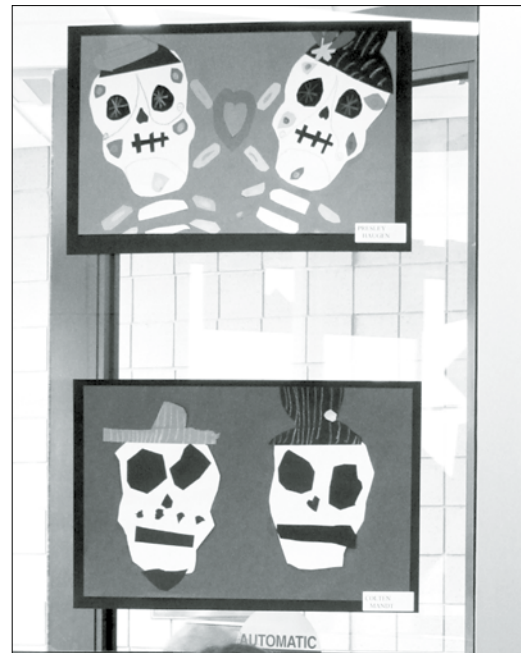
Just about everyone at Win-E-Mac School had art displayed during the 1st Annual Art Show last Thursday. Here, Cameron Svalen stands next to his picture that was displayed with his classmates pictures.



Barns were the subject of artwork for Ruby Breckel and her classmates. Along with the pictures, the class also displayed their string art.



Jacob Eggl stands near his artwork during the WEM Art Show. Each student in his class had two pictures on display.



Every grade had fun and original artwork to display at the Win-E-Mac Art Show, sponsored by the Erskine American Legion. Here, Presley Haugen stands below her original work of art!



Every grade had fun and original artwork to display at the Win-E-Mac Art Show, sponsored by the Erskine American Legion. Here, Presley Haugen stands below her original work of art!

County Line...

Continued from page 3...

Community Corrections, Public Health, Sheriff's office, Northwestern Mental Health and public defenders along with the county administrator — got together to develop a way to address most of these issues "in-county" rather than elsewhere. The plan was to hire five family-based service providers (FBSPs) who would work directly with the kids and their parents to address the problems.

The short story is that the strategy worked. The \$2.4 million cost in 1997 was more than cut in half in just four years. And it has regularly stayed in the \$1 million range since. And that's in spite of the effects of inflation.

However, because of a number of things, the cost of out-of-home placements in 2015 jumped to \$1,333,577, which was a significant increase from the \$1,074,577 total in 2014. The hope now is that this was a one-time bump and not the start of an upward trend.

Still, the best part of this story is that through the FBSP program kids can usually remain in their homes — and in local schools — while they and their parents are involved in working on the issues. Staying home just works a lot better for everyone.

Thoughts for the day:

Opportunity is not what may come to us tomorrow but

what we make of today. — Grandma's Dictionary

I've learned that everyone wants to live on top of the mountain but all the happiness and growth occurs while you are climbing it. — Andy Rooney

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners

National Infant Immunization Week

National Infant Immunization week is being held April 16-23rd.

"During National Infant Immunization Week (NIIW), we celebrate the success of immunizations in preventing deadly diseases," said Nan Widseth, Polk County Public Health Disease Prevention and Control Coordinator. "Maintaining high immunization rates by vaccinating on time, every time is the key to keeping dangerous diseases away from our communities."

Check your child's immunization records and make sure they are up-to-date in their shots. For copies of your child's immunization records, talk to your doctor or call the Minnesota Immunization Information Connection (MIIC) at 651-201-5503 or 1-800-657-3970.

If you're concerned about the cost of shots, the Minnesota Vaccines for Children program can help. Children who are

uninsured, Medicaid-eligible, Native American or Alaskan native, or have insurance that does not cover the cost of the vaccine can get their shots free of cost through the Minnesota Vaccines for Children program. Call your health care provider or local public health agency to ask if they participate in the Minnesota Vaccines for Children program.

For more information about National Infant Immunization Week or childhood vaccinations visit www.health.state.mn.us/immunize.

Laughter, the best medicine

Research indicates that people who laugh a lot are much healthier and may live longer than those who don't find time to chuckle. A good, deep belly laugh can provide your body and mind with a great workout. Dr. Lee Berk found that laughing lowers levels of stress hormones and strengthens the immune system. Laughter can cause blood pressure to drop, blood to become oxygenated and endorphins to kick in, which can improve mood. And that's just the beginning. Laughing can help reduce stress and promote stronger relationships between people who laugh together. Data indicates children around the age of six laugh the most, laughing roughly 300 times per day, while adults average only 15 to 100 laughs per day.