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McINTOSH

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Times

McIntosh, Minnesota



Serving up hot plates of spaghetti and meatballs on Saturday for the Dinner and Silent Auction fundraiser to raise money for PTSD Veteran's to enjoy a non-fireworks 4th of July were (l-r): Judi Lindseth, Robbie Bryant and Keith Thompson.



A good visit after enjoying a spaghetti and meatball dinner last Saturday evening at the fundraiser at the McIntosh Community Center were (l-r) Laura Evans, Paul Aakhus, and Jim Wertish.

McIntosh City Council extends Poplar Meadows contract

The McIntosh City Council met in regular session on Thursday, April 14, 2016 at 5:30 pm, at the McIntosh Community Center.

The meeting was called to order by Mayor Toby Strom. Councilmembers present were Wanda Stordahl, Melissa Finseth and Ann Lian. Mayor Strom determined a quorum had been met and the meeting opened with the approval of minutes.

There were no public concerns presented to the Council.

The six month contract with Marcus and Millichap, the real estate firm contracted to list and sell Poplar Meadows Senior Living, expired on March 22, 2016. The Realtors have sent a 30-day extension to the contract due to some interest shown in the facility. The Council unanimously approved to extend the contract for the 30 days.

McIntosh Clean-up Week was discussed. Clean-up week began on April 23rd and will continue through April 30th. The services outlined on the flyer sent out are for residents in the City limits only.

The old shed at Roholt Park is set to be torn down. Mayor Strom informed the Council

that as soon as it is emptied, that is will be knocked down and hauled away. The basketball court is planned to be installed fifteen feet north of the picnic shelter.

There have been numerous volunteers willing to help with the labor to install the court. The installation could start sometime in May.

The playground equipment on the south side of McIntosh needs to be taken down for the safety of children. As of now, no plans to replace it are in the works. Council will gather information from parents and see what they would like to see replace the old equipment.

There was feedback on the ice rink from residents who asked that next winter the ice rink be a bit bigger. There are plans to enlarge it for the next winter season.

There were two resolutions passed concerning insurance with the League of Minnesota Cities. The Council accepted to renew the insurance and to not waive monetary limits for tort liability.

The Council approved a building permit for Dan Jore to build an addition to his home. Another building permit was approved for Tom Hegg to build



Rainesa and Dace Nixon checked out the silent auction items at the Spaghetti Fundraiser on Saturday at the McIntosh Community Center.

a shop on his property.

Mayor Strom received a quote for a sweeper that attaches to a mower for \$5,000. The Council agreed to table the decision until next month, so that there can be more information about it gathered and to decide if it would be a good investment for the City.

Larry Hedlund, City Maintenance Manager, informed the Council that the sign at the Centennial Park, the baseball fields on the east side of town, is broken and needs to be replaced. The Council is in agreement to ask City maintenance employee, Pete Tranby, is he could make a new sign.

Elena Boianoff, City Clerk, informed the Council that she, Larry and Pete met with two representatives from Minnesota Department of Health for the Wellhead Protection Plan.

This is a plan that will take up to 3 years to complete. Unfortunately after some more information they were informed that it will cost \$5,000 to \$10,000 to implement. This will need to be added to the budget for 2017.

The Council discussed the vacant and nuisance properties that are in located in the City and what the City and Council are able to do with these properties.

The Council approved to have the Watertower cleaned and painted this summer. The quote to have it cleaned, the exterior and interior washed, painted and inspected would be \$6,000.

Councilmember Wanda Stordahl asked if there had been any inquiries about garden plots this summer. If anyone is interested, they can contact the City Clerks office.

There also were concerns voiced about the Bjella Building back parking lot and some streets that need repair. Quotes will be found for the repair and patching.

The Council adjourned. The next regular meeting of the McIntosh City Council will be Thursday, May 12, 2016 at 5:30 pm at the McIntosh Community Center.

Swing into Spring this weekend in Mac

Join the McIntosh Heritage and Arts Center this Saturday, April 30th for the Annual Swing into Spring Pancake Breakfast. 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 a breakfast of pancakes and sausage, there will be plenty of time to visit with friends and neighbors.

There will be displays of old newspapers and photos with an opportunity to help identify missing names.

After breakfast take a look at the Silent Auction items that will be available to bid on as well. There will be many fun and exciting items for the popular event. All Silent Auction bidding will close at 10:30 am with winning bids to be picked up by 11:00 am.

There is a raffle again this year. A \$5.00 donation gives you the chance to win either a \$50 or \$100 gift certificate to Neil's Quality Meats or The McIntosh Country Store. There are only 600 tickets available.

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.

The store has lots of new donations and it is always a lot of fun to find something you can

treasure.

The Thrift Store will be open Wednesday through Friday from 10:00 am to 4:00 pm and Saturday from 9:00 am until noon throughout the summer.

Volunteers are always needed at the MHAC Thrift Store, and you can stop in if you are interested.

All proceed from the Thrift Store benefit MCHA General Funding, events, and building restoration projects.

See you Saturday for breakfast and fun!

Don't forget: After you are done at Swing into Spring, swing back into the McIntosh Country Store for the Annual Chick Day event. Lots of baby chicks to buy. There will also be food sampling and specials.

WEM

Spring Band

Concert May 2nd

The Win-E-Mac Music Department is pleased to announce that the JH and SH Band will be presenting their annual Spring concert on Monday, May 2nd beginning at 7:30 P.M. The concert will take place in the Arts and Events Center. This concert will feature the JH and SH Band performing a wide variety of music for your listening enjoyment! We will also honor our seniors and the students that participated in extra music events throughout the year. Come and enjoy an evening of musical entertainment

Reminder: Sandpiper Public Meetings this week

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



Allison Opdahl displaying her debut novel, Awakening.

Opdahl discusses new book at Library

McIntosh resident Allison Opdahl recently released her first novel, Awakening. She spent the afternoon of Wednesday, April 13th at the McIntosh Library talking about the journey from writing through publishing to promoting.

Awakening is her debut novel in the First Realm Series. Alison, a professional massage therapist and partner at Marial Harbor Body Wellness Center in McIntosh, has been working on making her dream of publishing a novel come true for over 15 years. She lives with her husband, daughter, three cats and a dog. Writing is her escape and her sanity.

The book is self-published by Allison and is available for purchase on Amazon and at some local retail location such as The Red Poppy in Fosston.

Community Calendar

- Wed. April 27:** McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's
- Thurs. April 28:** No School at Win-E-Mac; 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:** No School at Win-E-Mac; 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; Win-E-Mac Jump Rope For Heart 10:00am to Noon
- Mon. May 2:** McIntosh City Office closes at Noon; 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
- Wed. May 4:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. May 5:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. May 6:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. May 9:** 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 10:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



A picture of the Ohnstad Hospital in McIntosh (Now the See-Bee apartments). Dr. Jens L. Ohnstad was the physician in McIntosh from 1903 to 1943. In 1917, while practicing from his hospital above the Reese Drug Store on North Broadway, Dr. Ohnstad hired Levor Bjella to construct a new hospital. The Ohnstad family lived in a combination house and hospital on north State Street. The second floor was entirely a hospital. The first floor was divided into living quarters in the south half, and Dr. Ohnstad's office, waiting room and treatment room in the north. Upon the death of Dr. Ohnstad, the former hospital became The Sunset Rest Home and began operations in 1943. It was the first licensed nursing home in Polk County.



Lee Narum talks with an auction-goer about some of the items available on Saturday during the Country Store Spring Cleaning Auction in McIntosh.



Talking with Oistad Auction staff during the McIntosh Country Store auction are Sharon Hedlund and Kraig Kundert last Saturday morning.



The weather was beautiful last Saturday, so even if you weren't bidding, it was well worth a visit. Here, Mark Hartel has the pleasure of visiting with Clifford Bartz.

Bridal Shower
for
Emily Ferden
Bride to be of Cory Melott
Grace Lutheran Church,
Erskine – in basement
Sat., May 14th
at 2:00pm

Time to Focus

on Roads and Bridges

Rep. Dan Fabian (R-Roseau) and Rep. Deb Kiel (R-Crookston) are joining fellow House Republicans in urging lawmakers to work together to finalize a transportation package this session. Late last week, the Senate DFL majority unveiled their proposed budget targets, devoting less than 4 percent of the \$900 million surplus to transportation.

In addition, Governor Dayton and DFL lawmakers continue to push a regressive gas tax increase and costly light rail.

"House Republicans, Senate Democrats and Governor Dayton have all expressed a shared priority in improving our transportation infrastructure this session, so let's invest in what we all agree is important: roads and bridges," said Rep. Fabian. "Folks in Northwest Minnesota, and 98 percent of all Minnesotans, rely on our roads to get to work and school each day.

"The governor has flip-flopped on the issue of whether or not to force a large gas tax on Minnesotans, but I believe we should focus on our shared priorities and pass a transportation bill this session that doesn't take more from Minnesota taxpayers."

Earlier this week, U.S. Senator Al Franken and Governor Dayton's Metropolitan Council Chair urged legislators to spend state funds on Southwest Light Rail (SWLRT) this session. The Metropolitan Council Transportation Committee estimates the total cost of the SWLRT Green Line extension has grown by nearly 50 percent, with initial estimates at \$1.2 billion while recent reports state a new cost of \$1.77 billion. Federal and local tax dollars are expected to fund part of the overall cost of the project if it moves forward.

"Why spend money on one expensive train in Minneapolis when we could repave six lanes of every interstate in Minnesota, fund four years of Metro Transit bus operations and make historic investments in a new funding program for small city road and bridge repairs?" Rep. Kiel stated.

"On top of that, we could fund needed local projects in Northwest Minnesota like improvements to Highway 59 from Sand Hill River to US 2, and Highway 75 from Kennedy to Hallock.

"Let's utilize tax dollars wisely and invest in projects that positively impact our whole state, not just a handful of people taking light rail in the metro."

Governor Dayton and the Senate DFL majority continue to push the largest gas tax increase in state history.

The proposal forces drivers to pay a minimum of 16 cents per gallon more at the pump, a figure that would only rise as the price of gasoline increases. If a 16 cent per gallon tax is added on top of Minnesota's gas tax today, our state would move to the second highest state gas tax.

Furthermore, technology advancements and increases in fuel efficiency mean gas tax revenues will continue to decline in the near future and become a less and less reliable funding source.

The Republican plan uses taxes Minnesotans are already paying on car parts, auto repairs, vehicle leases, and rental cars and dedicates that revenue through a special fund called the Transportation Stability Fund.

By adding in a portion of the \$900 million budget surplus and bonding, the Republican plan would fix 15,500 lane miles of roads and 330 bridges statewide.

Open House
Bridal Shower
for
Kelsy Thompson
10:00 am
Saturday, May 7th
McIntosh
Community Center
Kelsey and Travis are
registered at Target

Maple Syrup Facts:

No one knows who first discovered how to make syrup and sugar from the sap of a maple tree. Native Americans who lived near the Great Lakes and the St. Lawrence River produced maple sugar and syrup long before explorers came to North America. Early French and English explorers wrote of the "sweet water" that the natives drew from the trees, collected in buckets made from bark, and heated to make maple products. The Native Americans processed the sap by either freezing it and scooping off the layer of ice which formed on top, or filling the buckets with hot stones that caused the excess water to evaporate.

Native Americans in the Northeast seasoned virtually all their food with maple syrup and sometimes used cakes of maple sugar as currency.

Maple sap is generally harvested from early February until mid-April when freezing nights interspersed with warmer days make for ideal wather conditions for collecting sugary sap. The Average maple tree produces some forty gallons of sap a week.

The average taphole in a maple tree yields between five and fifteen gallons, depending on the tapping method, tree size, and seasonal variations. A single taphole can produce up to eighty gallons of sap in a single year.

Garden Club News

The McIntosh/Erskine Garden Club will meet Monday, May 2nd at 4:00 pm at the McIntosh Community Center and carpool to Mark Hendrickson's home north of Bagley, where Mark makes guitars.

We will meet and eat afterwards at The Sportsman's Lodge at Pine Lake.

STITCH It Up!
Need a Zipper, Hem or Patches?
I'm here to do the job!
CALL ME at
563-2520
Mary Jane

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 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 Tuesday, Wednesday and Thursday.

If interested contact Robin Shimp at 563-2040 or send an email to mcintosh.heritageandartscenter@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.

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, May 5, 2016, starting at 9:00 am, and Thursday, May 19, 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

Aluminum Can & Battery Collection

A trailer will be parked in Our Savior's Church parking lot on April 30th 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

Ad deadline:
Noon Friday

Community Birthday and Anniversary Calendar

Wed. April 27: *Steve & Devra Carlson

Thurs. April 28: Amber Olson, Teresa Syverson, *Marvin & Barb Rolf
Fri. April 29: Tavin Hewitt, Carol Anne Reese

Sat. April 30: Wes Kaupang

Sun. May 1: Ava Carlson, LaVern Tofstad, Reggie Galland

Mon. May 2: Casey Bartz, Jessica Strom, Stacy (Kringlen) Sith, *Philip & Ashlee Lee, *Sherman & Pat Tranby
Tues. May 3: Donna Skeie, Roxanne Stordahl, Bonita Shaver

McINTOSH Times

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CHURCH DIRECTORY

ST. MARY'S CHURCH

Fosston
Fr. John Suvakeen,
Pastor

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

Sun. May 1: 8:15am Confession; 8:45am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

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

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou
Supply Pastor
Gordon Syverson

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

Sun. May 1: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

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

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh
Supply Pastor
Gordon Syverson

Sun. May 1: 10:00am Sunday School; 11:15am Worship Service

GOSEN LUTHERAN CHURCH

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

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

Fri. April 29: 10:00am Telecast of the Luther League program on Garden Valley Cable TV - Channel 2

Sat. April 30: 8:00pm Prayer Meeting

Sun. May 1: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues. May 3: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. May 4: 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. May 1: 9:30am Worship Service

Mt. Carmel:

Sun. May 1: 11:00am Worship Service

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

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

Sun. May 8: 9am Worship; 10:15am Sunday School

DOVRE

FREE LUTHERAN

Pastor Don Edlund

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

Sun. May 1: 10:00am Worship Service

Wed. May 4: 7:00pm Bible Study: Breaking the Apocalypse Code

Sun. May 8: 10:00am Worship Service

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Linden Wendzel,

Pastor

Sun. May 1: 8:45am Divine Worship with Holy Communion; 10:00am Sunday School; 10:00am Quarterly Voter's Meeting

Sun. May 8: 8:45am Worship Service; 10:00am Sunday School

Tues. May 10: 3:30pm Ladies Aid

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

BUSINESS & PROFESSIONAL GUIDE

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Winger News
by Linda Pulskamp

Hello again from our little neck of the woods in Winger and the Union Lake areas, where our weather kinda stinks, had a nice day or two and then cool, windy and rainy. The rain was ok as we needed it but now we need some sunshine to warm things up.

In spite of the weather the farmers have been busy in the fields getting the crops planted between the rain showers.

The grass is getting green and the trees too are budding and there is tinge of green in the groves of trees.

With the end of April right around the corner and May to follow, area school proms are on the horizon and after that graduation is next.

Wednesday April 13th Pastor Christianson was an afternoon visitor with Fern and Milton Carlson at the Carlson home. Later that same afternoon Judy Gieseke visited with Fern and Milton, and also that same afternoon Donna Carlson, along with Nikki and Dusty Wayne Carlson were visitors.

Mark and Betty Syverson were visitors last Saturday with Helmer and Verlys Homme at the Pioneer Home.

Dick and Wanda Donovan of St. Francis arrived last Friday at the Fern and Milton Carlson home and spent the week end with the family.

Candace Stordahl of Cantonment, Florida spent a week visiting her Mother Carol and also visited with her sisters. She left again on Tuesday morning April 19th to her home in Florida.

Lucy Brtek was among a large group of family and friends that attended a 60th birthday party last week honoring Sandy Schultz at Sandy's home.

Paul and Donna Carlson visited last Saturday afternoon with Dick and Wanda Donovan and Fern and Milton Carlson at the Carlson home. Later in the day Fern and Milton and Dick and Wanda were visitors at the Lonnie and Judy Gieseke home.

Visitors last week end at the Pulskamp home were Marv Engesether of Plummer, Reha Stanstead of Erskine and Kelly Johnson.

Gary and Maxine Walters were visitors last Friday with Helmer and Verlys Homme at the Pioneer Home.

Dick and Wanda Donovan of St. Francis returned to their home last Sunday after spending the week end as house guests at the Fern and Milton

Carlson home.

Lucy Brtek visited last Friday with Wilma Wang at Wilma's home in Fosston.

Chris, Sheila, Jade, Jasmine and Carson Benesh were visitors last Sunday evening at the Fern and Milton Carlson home.

Again this is the bits and pieces that I was able to gather this week, if any one wants to take over the news, it is up for grabs or there may be none. It is getting harder and harder to continue this without your input.

From Bun Manor:

Brian and Elizabeth Massmann shot down to the cities for a quick trip to watch Mumford & Sons perform at the "X" along with Christopher Wang and Kristen Warren.

On the way back home Friday, Brian and Elizabeth stopped in Fargo to pick up the newest addition to their family, Ruby (puppy). Saturday, Steve and Lorri made a trip to Crookston to meet the newest Grand Puppy. They enjoyed her company along with supper before heading home to Winger.

Matthew returned home last week after spending a few days in Japan with his Uncle Kenny Massmann. We will be hearing more about the trip from Matthew later.

On April 16th, Jill Sonsteli went with Denise Ness from Erskine to Boulder City, Nevada to visit her daughter Heidi Ness. They also went to Las Vegas and visited Fremont Street for the laser show followed by the water show at the Bellagio on the strip.

On Friday, April 22nd Jill and Kyle Sonsteli drove to Ventura Iowa and picked up a Silver Lab puppy!! They have still haven't named him yet!! Bun thinks they should call him Otis.

Tuesday afternoon Linda and Odney Hegrenes of Brooklyn Park, MN. came up to visit brother Tim for the day. They had just got back home from helping their son Tory move from Rhode Island to Key West. Tory is in the navy and will be stationed there for a couple of years. They met Pam Wang for lunch in Erskine. Pam had some baby pictures of her grandson Gradon. He is a little cutie and of course a genius. Odney and Linda headed to Moorhead to spend the night with Judy. Lloyd had went down to Milaca to turkey hunt with Greg. He got one on Wednesday and drove back to meet his son Doug at his lodge on long lake near Vergas. They cleaned the bird and will eat it

at a later date.

Gerri and Floyd Balstad had Joann and Carsten Zahl out to their place for supper on Saturday evening. Gerri commented on what a joy it is to have them out to visit.

Bun's puppy Chewie ran away from the manor on Sunday and as of Monday morning he hadn't been located. Bun couldn't find his collar or

East Polk Farm
Service Agency Update

By Mike Philipp, CED, East Polk/Red Lake Counties

Office Activity Update- Our offices are gearing up for the expected increase in customer traffic during the upcoming months.

Activities will include 2016 ARCPLC Enrollment, producers picking up aerial maps, and finally Acreage Certification (July 15th deadline). We generally appreciate an appointment, especially as we get closer to deadlines, but we will always make our best effort to assist walk-ins.

Remodeling at Red Lake Falls FSA- The USDA offices in Red Lake Falls (both FSA and NRCS) will undergo some remodeling (painting/carpets) during the month of May, so please be aware that our services may be affected at times when you call or stop in. During this time the FSA office will temporarily be operating out of the downstairs conference room, adjacent to our regular office.

Aerial Maps- During the past few months county FSA offices have been reviewing and updating the aerial maps which are used by producers for certifying their crops and also used as a record of official fields, wetlands, and highly erodible land. Producers and land owners will be notified if there's been any changes to their fields.

With that project complete we are now ready to print the new maps and distribute them for the 2016 crop season.

Producers are encouraged to contact the office prior to stopping by so that we can have your maps ready, and we can also email them out if you have access to a color printer. As fields are planted this spring the maps should be filled in with the crop and planting date and then call for an appointment later this spring when planting is complete so we can get the farm certified.

As in the past, farmers will then be provided a copy of the 2016 certification for their records and their crop insurance agent.

2016 ARCPLC Enrollment- Some producers are

I.D. so unfortunately he has no identification. If anyone sees a brown and white Shih Tzu with a pronounced under bite running around the lake area give Bun a call.

Best wishes and God's blessings to Bob Lerfald of Erskine on his recovery from heart surgery. Keep him in your thoughts and prayers.

still surprised that there is more to do with regards to the farm program decisions they made last year.

The good news is that there are no difficult decisions to make for a while, but farm operators still need to "enroll" the farm/s each year by signing another contract at our office. If you have time now please stop by or call because we would like to get as many done as possible before we get really busy with certifying. One idea may be to pick up your maps and get the enrollment done now, then come back to certify when you're done planting.

As always if there are any changes to the land you operate or in shares, be sure to bring those in now so that the farm records can be adjusted accordingly.

Thank you in advance and have a safe spring.

USDA is looking
for input from
local food producers

Survey to collect data on marketing practices from producers nationwide

The United States Department of Agriculture (USDA) is seeking input from Minnesota local food producers. The USDA's National Agricultural Statistics Service's first-ever Local Foods Marketing Practices Survey will collect benchmark data about local food from producers nationwide.

The survey will produce information about the number of producers selling directly to local consumers, the value of local foods sales, and marketing practices and expenses.

The survey aims to provide a comprehensive look at the number of farms marketing local foods in Minnesota. The agricultural industry, all levels of government, and related businesses and organizations will be able to use information gained from the survey.

This knowledge will help evaluate, inform, and implement many of the USDA programs that support the local foods sector. Results from the survey will be published in December of 2016.

The USDA's National Agricultural Statistics Service reported that Minnesota farm families sold \$33.6 million dollars of agricultural products directly to consumers in 2012.

Additional funding for local food sector sustainability was written into the most recent Farm Bill to help support farm-based businesses.

Within the state, the Minnesota Department of Agriculture provides support for local foods through the Minnesota Grown, Farm to School, and the Organic and Diversified Agriculture programs.

Local food producers in Minnesota are encouraged to respond to the Local Foods Marketing Practices Survey. Responses are due by May 2, 2016.

More information and a copy of the survey can be found at http://www.agcensus.usda.gov/Publications/Local_Food/.



50 years ago...1966: A rose for teacher. Students by way of appreciation presented instructor Miss R. Argent a corsage at the style show, left to right are Donna Hendricks, Bonnie Knutson, Caren Holm, Miss Argent and Janet Milliander.



40 years ago...1976: Cadette Girl Scouts who were raking at the Jim Noyes residence in McIntosh this week were Chris Thompson, Kelley Thompson and Christy Hagen. The girls will receive a voluntary contribution to be used for Girl Scout Camp this summer.



30 years ago...1986: Gary Lee of the Soil Conservation Service spoke with the third grade class on Arbor Day and presented each student with a Black Hills spruce tree for planting.



20 years ago...1996: Role models from the Win-E-Mac Senior Class visited the Sixth Grade DARE classes in Erskine on Wednesday, April 3rd. Students had the opportunity to ask questions of the older role models regarding peer pressure and taking a stand against alcohol abuse and drugs. (Back L-R) Sixth grade student, Kevin Branstner and role model, Russell Johnson. (Front L-R) Sixth grade student Marvin James and role models, Corey Hanson and Katie Brumwell.



10 years ago...2006: This group of students in grades 4, 5, and 6 may have been smaller than in years past but their efforts were big. The group raised \$2,041.50 for the American Heart Association. The money raised helps to fight America's #1 and #2 killers - heart disease and stroke. The event was organized by 6th grade teacher, Mr. Daryl Halvorson who this past year had his own experience with heart disease.

Table 1. Average number of plants per foot of row for different row spacing and plant densities per acre.

Row Width	Plants per acre (times 1 million)							
	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5
6"	9.2	10.3	11.5	12.6	13.8	14.9	16.1	17.2
7"	10.7	12.1	13.4	14.7	16.1	17.4	18.7	20.1
10"	15.3	17.2	19.1	21.0	23.0	24.9	26.8	28.7
12"	18.4	20.7	23.0	25.3	27.5	29.8	32.1	34.4

Table 2. Adjustment factors to multiply the number of plants inside a hoop and convert the number in to number of plants per acre.

Hoop Diameter	Multiply by
30"	8,900
32"	7,800
34"	6,900
36"	6,200
38"	5,500

For more information contact me at stordahl@umn.edu or 800-450-2465. This article was provided by Jochum Wiersma, UM Small Grains Specialist.

Random Things and Stuff



Hey Diddle Diddle

By: Emily L. Ferden

Most of you are probably familiar with the nursery rhyme "Hey Diddle Diddle". From this nursery rhyme, the end line states, "...and the dish ran away with the spoon". Just for the sake of creative writing, let's say that the dish and the spoon were madly in love and that is why they ran off together. Here is a short story that I have written expanding on this line, I hope you enjoy it.

"Let's run off together" whis-

pered the dish to the spoon as they watched the dog laughing at the cow jumping over the moon, and listening to the soft playing of the fiddle that the cat orchestrated. "Where to?" asked the spoon. The dish grabbed the spoon's hand, and started off down the hill. They giggled as they ran farther away from the hill, guided by the moonlight and the faint sounds of crickets. They went on and on until they found a small village. It was almost sunrise, and they were exhausted. The dish opened the door to an abandoned cottage, and they both went inside. They slept until late afternoon, and when they awoke, they decided that they wanted to start their lives over in this little cottage as husband and wife. The dish and the spoon quickly ran out to find a priest who would

be able to marry them, and it was set. At sunset, the two became husband and wife. They fixed up the little cottage in the days after, and a year after their marriage, they decided to start a family of their own. Now the years passed by, and the dish and the spoon continued to grow in love, nurturing their children and filling each day with new adventures. Even in their old age, they still remembered the day that they met, under the moonlight of that hill. If they really tried, they could still hear the laughing of the dog, and the soft playing of the fiddle. The End.

"Hey, diddle, diddle. The cat and the fiddle. The cow jumped over the moon. The little dog laughed. To see such sport. And the dish ran away with the spoon."



Celebrate Screen-Free Week

Regardless of whether children are consuming "good" or "bad" programming, it's clear that screen media dominates the lives of far too many kids, displacing all sorts of other activities that are integral to childhood. Children who spend less time with screens are more likely to have a more healthy diet, be more active, do better in school, and spend more time in creative play. In addition, it is primarily through screens that children are exposed to harmful marketing. Screen-Free Week is a fun and innovative opportunity for families to take a break from digital entertainment and reduce their dependence on it.

On May 2-8, 2016 children, families, and communities around the world will rediscover the joys of life beyond the screen.

Unplug from digital entertainment and spend your free time playing, reading, daydreaming, creating, exploring, and connecting with family and friends.

Screen-Free Week started in 1994 when Henry Labalme and Matt Pawa came up with the idea of a national organization to reduce the screen-time habit. As each successive Screen-Free Week (formerly TV-Turn-off) grew, the organizers found more and more support and millions participate annually.

Changing children's screen habits can be a challenge for both kids and parents. Here are some tips to help out your family:

Unplug to Connect: Screen-free connections don't have to take a lot of time; they can easily happen every day. Chat on the way home from daycare or school. Cook meals together as a family: Kids love to stir and measure! Share songs and stories as you take a walk as a family.

Unplug to Learn: Choose books without added noises and moving pictures, and let kids use their own imagination. Take time to be creative together.

Unplug for Health: Encourage outdoor, free play as often as possible, it helps to develop strong, healthy bodies. Keep screens out of bedrooms, and make bedtime routines screen-free, to help kids have less sleep problems.

Organizations endorsing Screen-Free Week include the American Academy of Pediatrics, the National WIC Association, KaBOOM!, the American

Academy of Child and Adolescent Psychiatry, Alliance for Childhood, the National Black Child Development Institute, and the American Public Health Association.

For more information visit screenfree.org or commercial-freechildhood.org.

Decreasing family screen time

Smartphones and tablets appear to have staying power. The Pew Research Center confirms that smartphone penetration has surpassed the 50 percent mark among mobile subscribers. Many others are routinely using tablets to access books, television shows, movies, and magazines. In multi-screen homes, televisions are still king. According to a 2012 Nielsen report, the average American over the age of two spends more than 34 hours a week, or more than 4 hours per day, watching live television. Those findings should raise an eyebrow, as health experts warn that excessive screen time can be hazardous to one's health.

A sedentary lifestyle spent in front of computers and video game consoles contributes to poor health. Of the leading industrialized countries, the United States has the highest obesity statistics, and Canada is not far behind. Obesity can impact cholesterol, cardiovascular health, risk for type 2 diabetes, and risk for stroke. Excessive screen time can lead to sleep and eating disorders, interfere with a person's ability to focus and negatively affect a person's performance at school or work. Getting a family active and reducing time spent in front of a screen can have profound effects, and reducing screen time doesn't have to be difficult.

*** Gradually implement changes.** Families immersed in electronic devices can cut down on screen time slowly and over the course of several weeks rather than tuning out cold turkey. Start by reducing time spent watching television or playing video games by one hour per week, and gradually reduce time spent devoted to such activities in the ensuing weeks.

*** Hide devices.** The mantra, "out of sight, out of mind" can work with respect to digital devices. If tablets or smartphones are tucked away, family members may feel less inclined to reach for them at

any given time. Just as you wouldn't stock your pantry full of fattening foods while trying to lose weight, don't make digital devices readily available throughout the day.

*** Keep televisions out of the bedroom.** Children who have televisions in their bedrooms tend to watch an additional 90 minutes of programming per day than those who do not have televisions in their room. Keep the television in a shared area of the house so that time spent watching the TV can be monitored and adjusted.

*** Establish guidelines.** Set firm limits on how much screen time will be allowed per day and stick with it. Adults can lead by example.

*** Plan more family activities.** Boredom can easily give way to time spent fooling around on the Internet or channel surfing. Parents should have a cache of ideas at the ready that promote active family time. Neighborhood walks or tossing around a baseball in the yard are enjoyable activities that cut back on time spent being sedentary. Encourage indoor activities, such as puzzles or board games, if the weather is not cooperating.

*** Be steadfast.** Do not throw in the towel too soon. Families should stand their ground when attempting to decrease their screen time in favor of healthier activities.

5K Walk/Run and Kids' ½ Mile Fun Run

RiverView Health will hold a 5K Walk/Run and a Kids' ½ Mile Fun Run on Saturday, May 14th. Registration will begin at 9:00 am at the Rehab entrance on the south side of RiverView Health in Crookston. The Kids' ½ Mile Fun Run begins at 9:30 am with the 5k Walk/Run to start at 10:00 am. No pets, bikes or rollerblades will be allowed, but strollers are welcome. Registration forms are available at www.riverviewhealth.org, under "Events". The Kids' ½ Mile Fun Run is free. There is a \$15.00 entry fee for 5k registrations postmarked May 2nd or before and a \$20.00 entry fee for 5k registration forms postmarked after May 2nd. All pre-registered 5k participants will receive a t-shirt. Race day registration will be accepted as well, but you may not get a t-shirt. Families are welcome and encouraged to attend. For more information call 218-281-9211.



Playground Donation: Here are the top winners of the February Box Tops and Soup Labels Challenge: left to right- Kianna Tadman, Joise Fortman, Hunter Westcott, Macie Haskett, Ella Langemo, Melissa Smeby, Randy Bruer, Abraham Cheremnov, Kolton Schow, Lauren Kaupang, Shawn Smith, and Gavin Kesper. They are presenting a \$500 check from Box Tops to the Chairman, Melissa Smeby, and Superintendent, Randy Bruer for the Win-E-Mac Playground Fund.

Heartsaver First Aid Training Course May 5th

RiverView Health in Crookston will host an education course for individuals interested in basic first aid. The program, developed by the American Heart Association, is open to the general public. Participants in this First Aid Course will learn to provide first aid for acute injuries and sudden illnesses such as burns, bites, poisoning, and seizures. This course is excellent for day care providers, school employees and parents.

The four-hour class will be held on Thursday, May 5th from 6 pm to 10 pm in Meeting Room 4 at RiverView Health.

The cost of the class, including the book and card, is \$45. The American Heart Association is not responsible for any fees charged for this course.

The class is an American Heart Association (AHA) Community Training Center affiliated course. Contracted Community Training Centers (CTCs) and their affiliated sites are the only facilities permitted to offer AHA courses to the public and professionals through their affiliated instructors and programs.

To register or for more information on this class or

other courses offered through the CTC, call 218-281-9405 or 1-800-743-6551, extension 9405.

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.



PSEO available to WEM High School Students

Postsecondary Enrollment Options (PSEO) is a program that allows 10th-, 11th- and 12th-grade students to earn both high school and college credit while still in high school, through enrollment in and successful completion of college-level, nonsectarian courses at eligible participating postsecondary institutions. Most PSEO courses are offered on the campus of the postsecondary institution; some courses are offered online. Each participating college or university sets its own requirements

for enrollment into the PSEO courses. Eleventh and 12th-grade students may take PSEO courses on a full- or part-time basis; 10th graders may take one career/technical PSEO course. If they earn at least a grade C in that class, they may take additional PSEO courses.

There is no charge to PSEO students for tuition, books or fees for items that are required to participate in a course. Students must meet the PSEO residency and eligibility requirements and abide by participation limits speci-

fied in Minnesota Statutes, section 124D.09. If a school district determines a pupil is not on track to graduate, she/he may continue to participate in PSEO. Funds are available to help pay transportation expenses for qualifying students to participate in PSEO courses on college campuses. Schools must provide information to all students in grades 8-11 and their families by March 1, every year. Students must notify their school by May 30 if they want to participate in PSEO for the following school year.



The Mac High Majorettes from 1941. Pictured (l-r): Margaret Hoyne, Peggy Lindblad Randall, Joan Rasmussen, Wenonah DeFrang Frisk and Donna Alrick. Picture submitted by Jane Aakhus. Thanks Jane!

WEM School Announcements

FYI - Midterm report cards are now available on Student/ParentVue to review.

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

There will be a volleyball tournament again this year during the Erskine Water Carnival! The tournament will be on June 4th (Saturday) at the Win E Mac School building, from 11 AM until 3 PM.

We are looking for five person team's ages anywhere from 10 to 100 and all ability levels. Entry fee is \$25 per team, and this will cover all the prizes and luncheon. Registration sheets will be available at Ness Cafe, Groceries Plus, and Fuel & Things in Erskine. Registration fees must be received by May 21st. Teams are asked to wear matching or similar colors.

Call 218-687-2157 with any questions.

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.

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
4/29 No School.

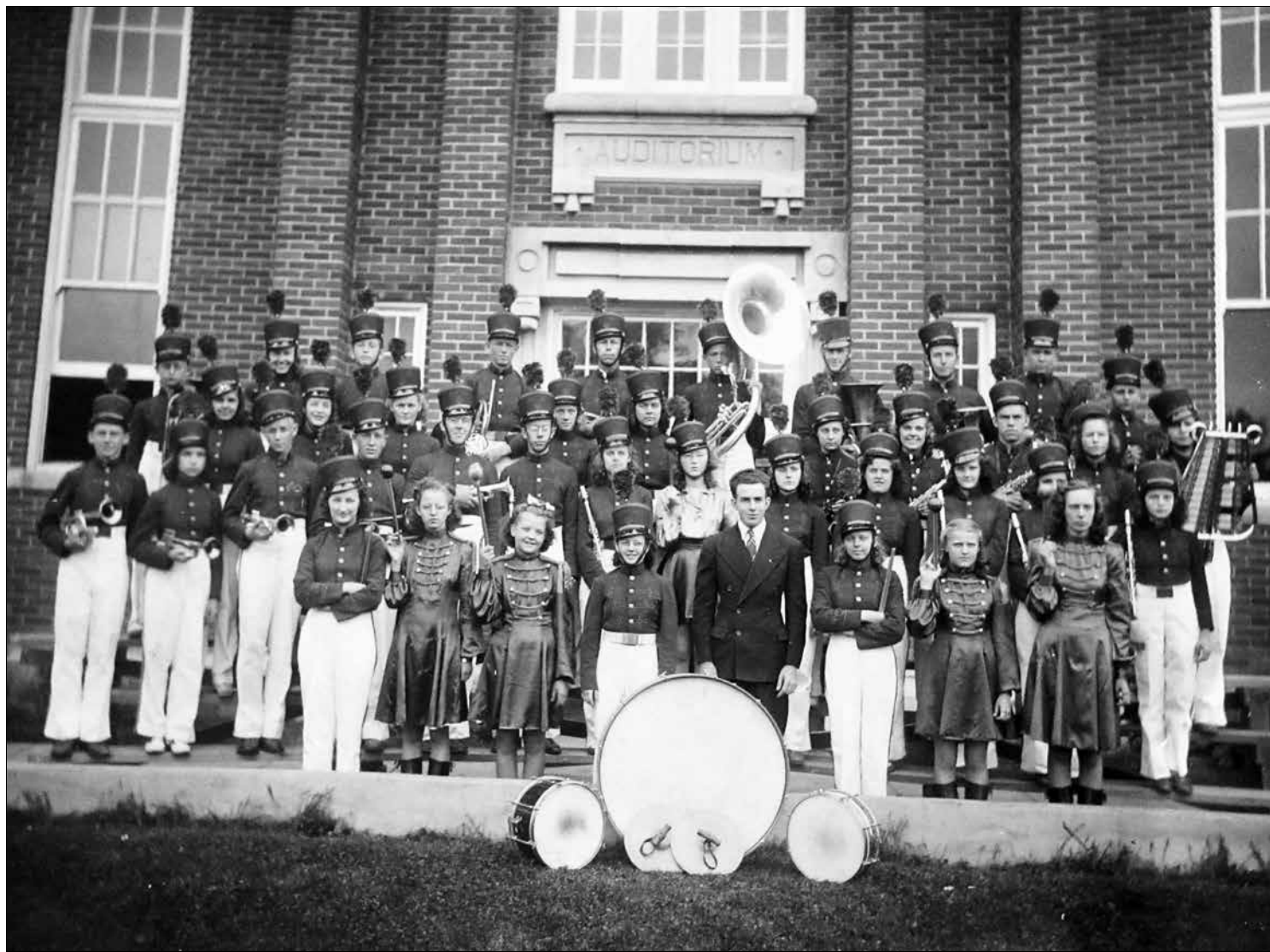
Join us in our classroom for themed learning stations, stories, songs and snacks!

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



A great picture of the 1941 Mac High Marching Band. This picture was brought into the Times office by Jane Aakhus. Her Grandmother Peggy Lindblad Randall was a Majorette with the band.