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McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



The ladies who volunteer for McIntosh Heritage and Arts Center. Cutting articles, collecting items and maintaining the Center. Pictured are: Donna Larson, Judi Lindseth, Arlene Eggers, and Toni Epema.

Successful contest for WEM musicians

On Monday, March 13, 2017, Win-E-Mac vocal ensembles and 7 instrumental ensembles participated in the annual Ensemble Contest, which this year was held in Mahanomen.

The many weeks of practice and hard work really paid off, as vocal and 6 instrumental ensembles received the coveted ** (Superior) rating, while vocal and 1 instrumental ensembles received the * (Excellent) rating.

Receiving a ** (Superior) rating for their instrumental ensembles were: Alaina Juve, Bailee Burcham, Lily Breckel and Carlie Sander (Flute Quartet), Aries Qualey & Dylan Cabrales (Alto Sax/Tuba Duet), Lily Breckel, Clarissa Neste & Tapanga Bratager (WW Trio), Katelyn Sanden & Aries Qualey (Bass Clarinet/Tuba Duet), Alaina Juve & Bailee Burcham (Flute Duet) and Aries Qualey & Joey Revier (Trombone/Tuba Duet)

Receiving a * (Excellent) rating for their instrumental ensemble were: Alaina Juve, Bailee Burcham and Lily Breckel (Flute Trio).

The students who participate in this contest work diligently to perfect their talents and are able to take their performances to the next level.

Congratulations to all Win-E-Mac musicians on another outstanding contest!



MHAC has busy start to new year

McIntosh Heritage and Arts Center has had a busy beginning to 2017. There is now more focus on research and genealogy, which is the mission of McIntosh Heritage and Arts Center.

Several genealogy seeking families have stopped by to look through MHAC's vast years of McIntosh Times newspapers and other information that has been collected by the group. Nothing is more satisfying for the Heritage Center when there is a shout of excitement from the research room because someone has found their great-grandfather's (or any other family members) obituary.

Some come with bags of photos, family sheets and records, hoping to add to their long lost relatives. Some do find things, and some don't, but the search is forever continuing.

The work continues to get important information from our newspaper collection into scrapbooks, so the search will be easier for those looking for information.

Please consider sharing your family information and

any photos that you have with the McIntosh Heritage Center, for continued research and through records of our areas past.

Contact Donna Larson at the McIntosh Heritage and Arts Center Office.

The 127th Mac Fireman's Ball

Join the McIntosh Fire and Rescue Squad at the 127th Annual Fireman's Ball that will be held on Saturday, April 1, 2017 at The Club Bar & Grill in McIntosh.

Each Year, the Fire and Rescue Squad hosts the Fireman's Ball in appreciation for the support received from all those they proudly serve in the City and rural areas of McIntosh.

The firemen will be mailing out tickets to all they serve for the ball. The cost of the tickets helps with the Squad's ability to purchase much needed equipment and supplies needed to serve our community.

Door prizes this year include a 17 HMR Rifle, 2 - \$50 gift certificates to Jered's Grocery, Fire and Carbon Monoxide de-

tectors, as well as an Electric Grill donated by Ottertail Power.

Music will begin at 9:00 pm and be provided by DJ "Sound Sensations".

Please join the McIntosh Fire and Rescue Squad on Saturday, April 1st.

WEM

Senior/Staff Basketball Game

Come cheer on both teams as the Win-E-Mac Senior Class takes on the Win-E-Mac Staff in a fun and friendly game of basketball on Thursday, March 30th at 7:00 pm

The Junior Class will serve a taco supper from 5:00 pm to 6:30 pm.

There is a cost for the supper and free will donation for the game.

Proceeds from this event will go to help with the Elementary School dance and the 2018 Senior Class Trip.

There will be a bike drawing held at the end of the game, along with split the pot tickets for \$1. The proceeds from this sale will help fund the Elementary dance.

See you there for a fun evening!



Community Calendar

- Wed. March 22:** 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
- Thurs. March 23:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. March 24:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. March 27:** 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. March 28:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Photography Club 7:00pm @ McIntosh Community Center
- Wed. March 29:** 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. March 30:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. March 31:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Sat. April 1: McIntosh 127th Annual Fireman's Ball at The Club Bar & Grill
- Mon. April 3:** 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 4:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



Family Math & Art night at WEM



Family Math & Art night will be Thursday, March 23rd at Win-E-Mac School.

Supper will be held from 5:30 pm - 6:00 pm and activities will be from 6:00 pm - 7:30 pm.

The entire night is free thanks to local business donations from Jered's Grocery, Groceries Plus, McIntosh Country Store and McIntosh Fire Department.



The Fossston Tri-Coop held its Annual Meeting last Thursday, March 16, 2017, at Ventures Bar & Grill. It was one of the Co-op's largest meetings with over 100 patrons in attendance. Highlights from the meeting included the financial report which stated a \$250,000 dividend, profit for the year of \$649,783, a local net profit of \$233,274 and working capital of over \$2.8 million. Three new directors (Richard Balstad, Curtis Bartz and Jim Steinmetz) were elected to a three-year term. Pictured: Fossston Tri-Coop Board Front Row: Mike Affeldt, Rick Roed, Jim Steinmetz and Mike Theis. Back Row: Richard Balstad, Curtis Bartz and Matt Bartz.



Instrumental: (Row 1) Aries Qualey, Bailee Burcham, Clarissa Neste; (Row 2) Katelyn Sanden, Alaina Juve, Carlie Sander, Lily Breckel, Tapanga Bratager; (Row 3) Dylan Cabrales, Joey Revier.



Fosston Tri-Coop had three board members retire this year. Dave Kiecker, 14 years of service, Mark Bingham, 9 years of service, and Robert Johnson with 6 years of service. The Co-op thanks them for their service and dedication.

Foods that help fight cancer

While no single food or ingredient can prevent people from getting cancer, research has shown a link between excess body fat and various cancers. A poor diet that's high in fat can contribute to excess body fat, which the American Institute for Cancer Research has linked to higher risks for developing cancers of the esophagus, pancreas, colon and rectum, and gallbladder, among others.

The AICR notes that research on foods that fight cancer is ongoing, but the follow-

ing are some of the foods that can play a role in cancer prevention.

Apples

Apples are a good source of fiber, which can help men and women lower their cancer risk. Dietary fiber can increase feelings of fullness, which reduces the likelihood that people will overeat. Men and women who do not overeat are less likely to accumulate the excess body fat that increases their risk for various cancers. In addition, apples' dietary fiber contains pectin, a polysaccharide that

bacteria in the stomach can use to produce compounds that protect colon cells.

Broccoli

Broccoli is a cruciferous vegetable, and nearly all cruciferous vegetables, which get their name because their four-petal flowers resemble a cross, or crucifer, are great sources of vitamin C. Broccoli also is a great source of the B vitamin folate as well as potassium. The AICR notes that studies have shown folate helps to maintain healthy DNA and keep cancer-promoting genes

Pestle & Vessel

by Alison Opdahl

STAND

Have you ever felt like everything you try fails? Have you told yourself you're a failure? It's common to feel this when we compare ourselves to others who seem to succeed in ways we cannot. But what if we flip that word "failure" on and use "set apart" instead? What if our struggles are setting us apart for a calling that stands out from the ones we compare ourselves to?

What if our Father has a unique design for us? One that is tailor-made to our personalities and opportunities? What if He knew us before we were born? "Your eyes saw me when I was unborn, and in Your book were written the days that were formed—when not one of them had come to be." (Psalm 139:16) What if He has a plan just for us? "For I know the plans that I have for you, declares the Lord, plans for

welfare and not for calamity to give you a future and a hope." (Jeremiah 29:11)

What if every step you have taken, dragging the weight of your struggle with you has brought you to this exact threshold? Let me tell you about this threshold. I know it. I spent years veering away from it. And you know what? When you're stuck behind walls you've constructed to keep yourself safe, it's only a matter of time before you find it again. It inevitably comes around again.

And do you know what the Father called me to do? Lay down my pride. You know, the mortar that I used to construct the walls around my heart. The walls made of the stones of bitterness, resentment, anger, hurt, betrayal, abandonment, injustice, jealousy... the list goes on. The walls I built to protect myself made me a

prisoner.

Enter the wrecking ball of the Holy Spirit and the call to repentance!

Do you know what I discovered? Repentance is a weapon. One only we can wield, in the sense that only we are capable of repentance. So let's talk about that weapon. Before I could wield it I had to offer a sacrifice. I had to put my pride on the altar and WALK AWAY. Me! The Type A, independent, go-getter, determined fixer! I had to walk away, and then you know what I had to do? I had to STAND. It was so contrary to my nature. It was painful! Then He said, LISTEN, be SILENT. Gah! Again! I'm a talker. It's what I do. I'm a fixer. It's what I do! STAND, LISTEN, be SILENT?!

And do you know what I found? I discovered the strength of vulnerability and the beauty of repentance. And when I repented He gave me something to do! Guess what



Early Pioneers of King Township

One of the earliest settlers to homestead in the area, that would become King Township, was M.T. Mandt and his wife Sissel. For his first house Mikkle dug a hole in the side of a hill. Creating a home with, as one would expect, dirt walls, a dirt floor, and a roof that consisted of poles, hay and dirt. His abode was located by the river that runs east of the McIntosh. Snakes were plentiful around the dirt house and often poked their heads through the roof. To help keep the snakes away Sissel would plant tobacco around the house. The tobacco plants would grow to over 6 feet tall, were harvested in the fall and used by the neigh-

bors. Many of those neighbors were Native Americans.

Once settled, Mikkle bartered his gold watch in trade for a cow. As a result of this purchase he needed to dig another hole in the hillside to make a stable. Hunting for birds, rabbits, and deer provided meat for his family. The hunting was done with front loading a musket.

The Mandt's did not have any horses or oxen so they cut their hay crop with a scythe and carried the hay to the stock. Their grain was also cut by a scythe and was threshed with a club.

A log home was built in 1883; in 1910 lumber was hauled from near Gonvick to build a new home on the homestead. The homestead later became the Orvin Hartel farm and is now owned by Mark and Peggy Hartel.

Source: The Saga of the Thirteen Towns; The Centennial History of the Thirteen Towns.

GENERAL NOTICE TO CONTROL OR ERADICATE NOXIOUS WEEDS POLK COUNTY, MN

Notice is hereby given this 1st day of May, 2017, pursuant to Minnesota Statutes, Section 18.83, Subdivision 1 (2009) that all persons in Polk County, Minnesota, shall control or eradicate all noxious weeds on land they occupy or are required to maintain. Control or eradication may be accomplished by any lawful method, but the method(s) applied may need to be repeated in order to prevent the spread of viable noxious weed seeds and other propagating parts to other lands. Failure to comply with the general notice may mean that an individual notice, *Minnesota Statutes, Section 18.83, Subdivision 2 (2009)*, will be issued. An individual notice may be appealed within two working days of receipt to the appeal committee in the county where the land is located. Failure to comply with an individual notice will result in the inspector having jurisdiction to either hire a third party to complete the work or seek a misdemeanor charge against the person(s) who failed to comply. If it becomes necessary for the inspector to hire a third party, the costs incurred will be placed as a tax upon the land and collected as other real estate taxes are collected.

The supervisors of each town board and the mayor of each city shall act as local weed inspectors. They shall examine all lands, including highways, roads, alleys, and public grounds within their respective municipalities and see that the control or eradication of noxious weeds has been carried out.

A list of the plants that are designated as noxious can be obtained from the Polk County Ag and Drainage web page at www.co.polk.mn.us/agdrainage or by contacting the County Agricultural Inspector at 218-470-8263.

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



inactive. But men and women should speak with their physicians regarding how much folate to include in their diets, as animal studies have suggested that high amounts of folate may promote development of certain types of cancer, including colon cancer.

Cranberries

Like apples, cranberries are high in dietary fiber and vitamin C. Diets high in foods containing vitamin C have been linked to a reduced risk for cancer of the esophagus. In addition, studies have shown that vitamin C protects cells' DNA by trapping free radicals, which can damage the body, and inhibiting the formation of substances called carcinogens, which are capable of causing

Food...

Continued on page 3 ...

Mt. Carmel

Special Meetings

Living in The Quiet Power of the Risen Christ
April 2 - 5, 2017

Pastor Don Richman, founder of the Eastern European Missions Network

Sunday, April 2nd:
9:30am Trinity

11:00am Mt. Carmel

Sunday April 2 to Wednesday April 5 at 7:30 pm each evening at Mt. Carmel.

Gosen Luther League

The Gosen Luther League meets on Friday evening, March 24th, at 7 o'clock. (NOTE: change of day). New to our concert series are Allen and Matt Carlson, a father and son duo from Hamburg, Minnesota. They share a passion for music, especially country gospel, and hymns.

Allen and Matt enjoy encouraging their audiences with positive, uplifting messages vocally and instrumentally.

Refreshments will be served following the program.

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

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

For information, call 268-4242 or 687-3461.

Salem

Lutheran Meeting

Salem Lutheran Cemetery Association of McIntosh will be having their annual meeting on April 2, 2017 at 7:00 pm at the McIntosh Community Center. All are welcome to come

Food for Fines at Mac Library

At Lake Agass Regional Library, during the month of March, you can bring your overdue library materials back to the library with unexpired, non-perishable food items and we will erase your late fees! 1 non-perishable food item equals \$2 fine waived. The donations will be donated to the local food pantries.

Community Birthday and Anniversary Calendar

Wed. March 22: Diane Roed

Thurs. March 23: Roy Ostenaar, Mark Lee, Nicole Violette, Kelsey (Thompson) Mahlum

Sat. March 25: Anya Modac

Sun. March 26: Steve Haaven, Kris Johnson, Dayton Espeseth, *Chris & Tiffany Wirth

Mon. March 27: Eileen Hegg, Bruce Haaven, Don Boehrnsen, Patrick Roed, *Toby & Jessica Strom, *Larry & Melissa Finseth

Tues. March 28: *Wayne & Vicki Strom

Find us on Facebook
www.facebook.com/mcintoshtimes

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.

McINTOSH Times

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. March 22: 5:30pm Mass at St. Mary's, Fosston

Fri. March 24: 8:30am Mass at St. Mary's, Fosston

Sun. March 26: 8:00am Confession 8:30am Mass at St., Mary's Fosston, 10:30am Mass at St. Joseph's, Bagley

Wed. March 29: 5:30pm Mass at St. Mary's, Fosston; 6:30pm Stations of the Cross

Fri. March 31: 8:30am Mass at St. Mary's, Fosston

Sun. April 2: 8:00am Confession 8:30am Mass at St., Mary's Fosston, 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou Supply Pastor Gordon Syverson

Sun. March 26: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. April 2: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Sun. March 26: 11:15am Worship Service

Sun. April 2: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com

Face Book: Gosen Church

Wed. March 22: 1:30pm Bible Study at The Country Place.

Fri. March 24: 7:00pm Gosen Luther League presents Allen and Matt Carlson

Sat. March 25: 8:00pm Prayer Meeting

Sun. March 26: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service;

Tues. March 28: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. March 29: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study

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 1/2 mile east on County Road 206.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Thurs. March 23: 7:00am Men's Breakfast at Mt. Carmel

Sun. March 26: Trinity Friends and Neighbors Day Service times are reversed 9:30am Mt. Carmel and 11:00am Trinity; Dinner following the service at Trinity

Thurs. March 30: 7:00am Men's Breakfast at Mt. Carmel

Sun. April 2: 9:30am Worship at Trinity; 10:45am Sunday School at Trinity; 9:45am Sunday School at Mt. Carmel; 11:00am Worship at Mt. Carmel; 12:15pm Confirmation at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson

Sun. March 26: 9am Worship

Sun. April 2: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlund

Wed. March 22: 6:00p Confirmation Class; 7:00pm Lenten Services, Youth serving afterwards

Sun. March 26 : 10:00am Worship Service; Sunday School to follow worship service; 7:00pm Bible Study: Jesus the One and Only

Wed. March 29: 6:00p Confirmation Class; 7:00pm Lenten Services, Youth serving afterwards

Sun. April 2: 10:00am Worship Service; Sunday School to follow worship service; 7:00pm Bible Study: Jesus the One and Only

Immanuel Lutheran Church McIntosh

Rev. John Anderson, Pastor

Sun. March 26: 8:45am Worship Service

Sun. April 2: 8:45 Worship Service

Holy Communion 1st and 3rd Sundays

BUSINESS & PROFESSIONAL GUIDE

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Winger News

Linda Pulskamp

Greetings again from Winger and the Union Lake areas where we still have had some pretty frigid temps and the cold wind just doesn't seem to want to quit blowing. But am thankful that is all we are having and not what the east coast has gotten in the last couple of days.

With the time change last week end the evenings are light much longer which makes the day seem longer, although it is dark later in the mornings yet but that too will soon change.

Word was received here by the family of Allen Versdahl that he had passed away, he leaves his two brothers, Norman and Manley and his sister Doris Olson of McIntosh. Memorial services will be held on Saturday the 18th at the Anderson Family Funeral home in Mahanomen. SYMPATHY to the family.

Judy and Lonnie Gieseke were Wednesday the 8th visitors and dinner guests with Milton Carlson at the Carlson home. Paul Carlson stopped in at Milton's for a visit that evening on his way home from work.

Saturday visitors at the Pulskamp home were Kelly Johnson and Granddaughter Lilly, and Craig and Bev Helgaas of Glenwood. Craig and Bev were here to attend the funeral for James Stordahl that morning, they were all class mates.

Lucy Brtek is recovering at her home after being hospitalized in Fosston for a few days. Speedy recovery to you Lucy.

Paul and Donna Carlson were Saturday evening the 11th visitors and brought supper with them for Milton that they all enjoyed together.

Helmer Homme attended the funeral in Fargo last Saturday for his cousin Lawrence Skiple.

Monday Billy Brtek and his friend Michelle Coyer were visitors with his Mom, Lucy Brtek at her home, bringing with them home made vegetable soup that Lucy said was delicious and hit the spot.

Sunday afternoon March the 12th Brent, Jennifer, McKenzie, Josh and Dominic Carlson of Erskine were visitors with Milton Carlson at his home. That evening Chris, Sheila, Jade, Jasmine and Carson Benesh brought supper and were visitors at the Carlson home. Joining them for supper were Paul and Donna Carlson.

The news is short this week

Specialty crop research and development grants available

The Minnesota Department of Agriculture (MDA) is encouraging fruit, vegetable, and other specialty crop organizations to apply for Specialty Crop Block Grants to help increase the competitiveness of their crops. Applications are due by 4:00 PM Central Time on Thursday, April 27, 2017.

"These grants are a great opportunity for Minnesota's specialty crop growers to be innovative both on and off the farm," says MDA Grant Administrator David Weinand. "We're looking for projects that will benefit growers sector-wide through research and development."

Grants are available to fund innovation in production, aggregation, processing, and packaging; improve operational efficiency; increase access to

as I did it early as I will be out of town for the rest of the week, so hopefully next week will bring more.

In closing if life were easy it wouldn't be difficult.

From Bun Manor:

Well the news at Bun Manor was a bit on the light side this week so after placing a call to the Balstad residence it was discovered that a few things had occurred. The young Balstad boys had recent basketball tournaments in Thief River Falls and Bemidji. These contests had resulted in a first place finish for Grant Balstad and a well earned second place for Everett Balstad after facing some very athletic and talented opponents.

The final tournament of the season is coming up for Everett next weekend in Crookston. Their mother, Shawnn, recently attended a legislative bus trip to the state capitol with others from Minnesota Wheat-grower's and Farm Bureau. Shawnn reported the newly renovated capitol building looks amazing and she recommends all readers make an attempt to see it soon

Sunday, April 2nd from 10:00 A.M. To 1:00 P.M. The Winger Lion's club will hold a pancake brunch for Jody(Stubby) Danielson of Winger. The last 34 years Stubby has been helping with the cooking down at Moran's Supper Club.

Stubby was diagnosed with graves disease which effects his eyesight. He has been down to the cities a number of times and needs to go a few more times. All proceeds go towards Stubby's expenses. Everyone is welcome and encouraged to attend. Menu includes pancakes, real whipped cream Neil's sausages and beverage.

The Massmann's including Steve, Lorri, Matthew, Brian, and Elizabeth, along with Matthew's friend Haley, ventured to Euclid on Friday evening to enjoy crab legs at the One and Only. Following dinner, they made their way back to Crookston and spent the night at Brian and Elizabeth's where an evening of games and visiting was enjoyed.

On Saturday, Brian prepared biscuits and gravy for the crew before they made their ways back to Winger. Haley was also able to experience the five star service of the Sioux Oil, as Jon replaced a couple tires on her car.

distribution systems and new markets for specialty crops; increase the demand for and supply of locally produced specialty crops; research on pest and disease control; and research on practices that encourage conservation, environmental stewardship, and production.

The United States Department of Agriculture (USDA) defines specialty crops as fruits and vegetables, dried fruits, tree nuts, horticulture and nursery crops, including floriculture. Non-profit organizations, producer organizations, government agencies, universities, and other agricultural groups are encouraged to apply.

For more information and to apply, visit the Specialty Crop Block Grant Program web page or call 651-201-6500.

Your Legal Rights: Beware of "Can you hear me?" Scam Call

From the Office of Minnesota Attorney General Lori Swanson

"Can you hear me?" "Are you there?" "Is this you?" Most people have been asked these questions in a phone call. News outlets and organizations across the country report that people are receiving calls from individuals who ask questions designed to get a "yes" answer. But responding "yes" may leave people on the hook for more nuisance calls and maybe even unauthorized charges. This new scheme is called the "Can You Hear Me?" Scam.

The calls go like this

"Chris" received a call while he was eating dinner. He answered the call, and a person asked, "Can you hear me?" Chris replied "yes." He then heard a recording that claimed he had won a free cruise. Chris realized the call may be part of a scam and hung up.

How the scam works

The details of this scam vary, but it always begins with a call, usually from a telephone number that appears to be local. When the person answers the call, the scam artist tries to get the person to say "yes"—most often by asking, "Can you hear me?," "Is this the lady of the house?," or a similar question. By responding "yes," people notify robo-callers that their number is an active telephone number that can be sold to other telemarketers for a higher price. This then leads to more unwanted calls.

In some cases, the caller may record the person saying "yes." Scam artists may be able to use a recorded "yes" to claim that the person authorized charges to his or her credit card or account. How can scammers access your account? Some companies share their customers' information with third party companies or allow third parties to charge customers' accounts (called

"cramming") in exchange for payment. Scam artists may also obtain financial information from data breaches or leaks or through identity theft.

How to protect yourself

Whether the "Can you hear me?" calls are simply nuisance calls or something more sinister, there are steps you can take to avoid falling victim to phone scams.

• Check phone numbers closely. Scam artists spoof calls to make them appear to be from a local telephone number. Even if a number appears to be local, it is best to avoid calls from numbers with which you are not familiar.

• Hang up. If you answer a call that seems suspicious, hang up. Remember, "Minnesota Nice" does not apply to scammers. It is not rude to hang up abruptly on a suspicious caller. In fact, the more time you spend on the phone with a scam artist, the more likely you are to be roped into a scam...and to get even more nuisance calls down the road.

• Carefully review your financial statements and telephone bills. Whether or not you have been targeted by a scam, it is a good idea to review your bills line-by-line for unauthorized or fraudulent activity. The law provides some protection for people to dispute unauthorized charges to their credit cards and bank accounts, but these laws generally impose time limits. It is important to check right away for charges you did not make or approve so you have time to file a dispute.

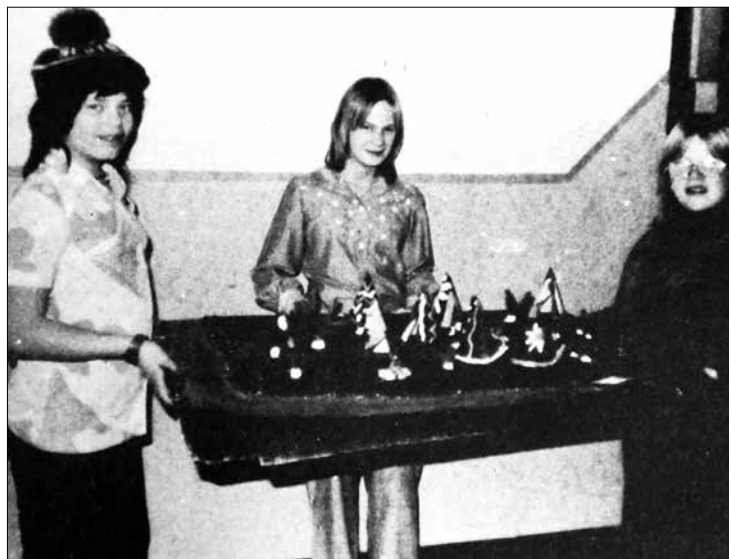
Reporting unwanted calls

The FTC may be reached as follows:

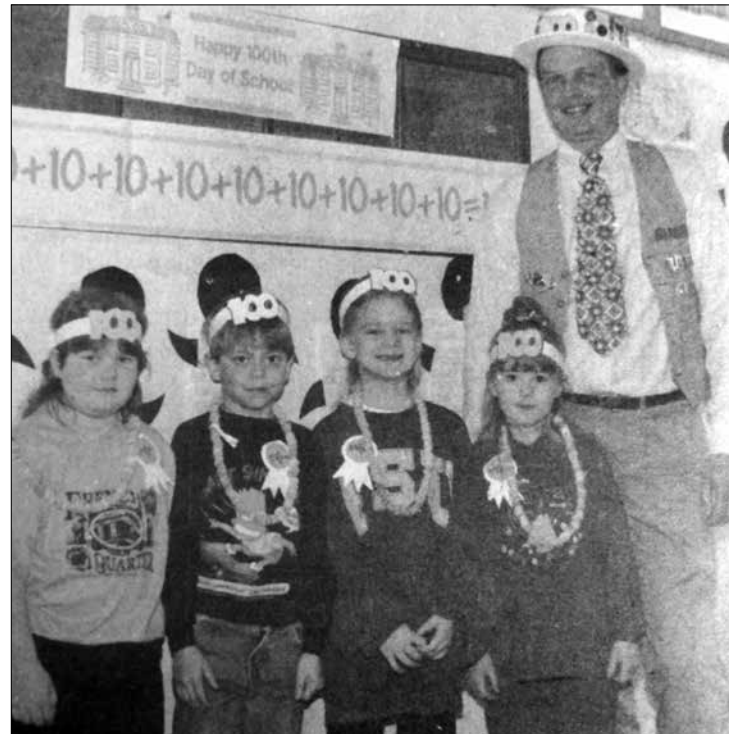
Federal Trade Commission, Consumer Response Center, 600 Pennsylvania Avenue Northwest, Washington, DC 20580, Toll-free: (877) 382-4357, Website: www.ftccomplaintassistant.gov



50 years ago...1967: The McIntosh Unit of the American Legion Auxiliary entertained local post members at a birthday party marking the 48th anniversary of the American Legion. Preparing for the cake cutting are Marvin Christianson, Post 349 Commander; Mrs. Kate Levorson, Ninth District President; Mrs. Harold Johnson, Department President; and Mrs. Sherman Tranby, McIntosh Unit President.



40 years ago...1977: This Sioux Indian Village with campfires, tepees, skin drying, birch bark canoe and Sioux Indians was the 2 week 6th grade project of Dawn Parent, Julie Olson and Diane Westcott in Winger School.



20 years ago...1997: Pictured with Principal Gevens with all his 100th day gifts are (l-r) Raquel Lindseth, Jeff Larson, Jarin Bjerke and Brittany Berg.



30 years ago...1987: "The Three Little Pigs" was the puppet show presented by kindergartners. (In box) Tony Kopaska as 1st pig, Sterling Balstad as 3rd pig, (in front) Adam Carlson as the Wolf and Candae Dahl as 2nd pig.



10 years ago...2007: A group of eight instrumentalists performed a piece called "The Corporal's Guard" written by Murray Houllif. The group included: Megan Syverson, Molly Paquin, Lesa Grant, Lindsey Juhl, Danelle Schommer, Brittani Dargus, Anna Benbo and Brittany Stennes. The performance was a unique one. They performed a body percussion piece, consisting of thigh pats, tummy taps, foot taps and vocalization. Congratulations on a performance well done!

Food...

Continued from page 2

cancer in living tissue.

Legumes

Legumes include kidney and black beans, yellow split peas and red lentils. Dry beans and peas are great sources of fiber and good sources of protein, and each also make excellent sources of folate. In addition to their ability to contribute to the protection of colon cells, legumes also contain various phytochemicals, which researchers feel may decrease chronic inflammation, a risk factor for many cancers. In addition, these phytochemicals may increase the self-destruction of cancer cells.

While there are no magic foods that can guarantee men and women won't one day develop cancer, there are many foods that research has shown are capable of reducing a person's risk of developing this po-

tentially deadly disease. More information on cancer-fighting foods is available at www.aicr.org

Wit & Wisdom

• You can learn many things from your children – like how much patience you have, for instance.

• Feed your faith, and your doubts will starve to death.

• The two most important days of our lives are the day we are born and the day we find out why.

• Faith is the ability to not panic.

• A grudge is a heavy thing to carry.

• There is no key to happiness, the door is always open.

WEM School Announcements

Last Chance to order a 2016-2017 yearbook to be called "To Infinity & Beyond!" The cost is \$40. Yearbooks can be purchased during students' noon hours or from Mrs. Winter (room 51) or order forms are available in the office. Yearbook pre-sale ends on March 31, 2017!!!

The Grade report period 'Quarter 3' ended on 3/17/2017 grading period has ended at Secondary. Please check ParentVUE for your student's current grades!

The Patchwork for Kindness Quilt is being created by the 9th graders in FACS. It is a teal and grey color full size quilt. They are now raffling off tickets. The proceeds will be given away in an Act of Kindness. Thank you for your support.

Prom sign-up forms are available in Mrs. Winter's room. All couples must sign-up ahead of time for admittance and planning purposes. WEM seniors and juniors are invited to attend the prom with a guest who is a sophomore or older in or out of school but no older than 20 years of age. Prom will be held May 6th.

SENIORS: Your caps and gowns are in – you may pick them up in the office from Kristi. If you still owe money **YOU WILL NOT BE ABLE** to get your cap and gown until payment is paid in full. If you think that you still owe money, please see Kristi.

Anyone in grades 6-12 interested in playing softball this spring on the Eastpork Northstars please sign the list on room 40's (Mrs. Lee's) door.

WEM ECFE

Friday

Morning Play dates!

Join us every Friday for a mixed aged play date! Explore our themed learning centers, listen to stories, sing a song, enjoy a snack! 10:30am PreK Rm. Ages 0-5yrs old.

March Special Events:

Tuesday 3/28 Daddy/Grandpa and Me Night! 6-7pm PreK Rm Bring out daddy & grandpa and make bird feeders! Supper provided!

April Special Events:

Tuesday 4/11 Lego Night! 6-7pm Come to the library to create and build with LEGO'S. Enter your name for a drawing at the end of the night!

Friday 4/14 No ECFE class-Good Friday

Tuesday 4/25 Book Bingo! 6-7pm PreK Rm Bring along a few gently used books to exchange for bingo. Everyone wins books to bring home! Supper provided!

May Special Events:

Baseball/Softball Buddies Night! (date to be announced!) Tuesday 5/9 Bugs! Bugs! Bugs! 6-7pm Join us at the McIntosh library for some "not-so creepy" bug activities and stories!

WEM Early Childhood Family Education classes are for ages 0-5 yrs old and families. Events are FREE and pre-registration is NOT required unless noted. For more information, contact ECFE Coordinator, Shannon Svalen 218-688-2170, ssvalen@win-e-mac.k12.mn.us, or LIKE us on Facebook: WEM Early Childhood Family Education.

Random Things and Stuff

Flying Worries
By: Emily Lynne



Have you ever flown on an airplane before? Did you enjoy your experience? Well, if you did, I commend you. I am the type of person that would rather drive if possible than fly on an airplane. This has nothing to do with the threat of another terrorist attack, but a variety of reasons. For me, these are the reasons I really don't enjoy flying in an airplane:

1. Leg Room: no matter where you sit, it seems like you will never have enough leg room. That being said, even if you miraculously have enough leg room, you just can't get comfortable otherwise. You never want to be "that person" that puts their seat too far back and annoy the person behind you, even if you really want to get comfortable.

2. Price: it amazes me that



Win-E-Mac Vocal Ensemble participants: (Row 1) Jo Jo Parenteau, Blake Glass; (Row 2) Aries Qualey, Andrea Reandeau, Gretchen Finseth, Sydney Tadman, Mackenzie Tadych; (Row 3) Kolton Stuhau, Gabriela Qualey, Bailee Burcham, Kendra Thompson, Kylie Brekke, Madyson Plante, Maci Hamre, Breanna Carroll; (Row 4) Dustin Osland, Mason Spry, Jarrin Gunderson, Mikah Olson, Emelian Kaya, Dylan Cables; (Row 5) Joey Revier, Brekken Lindberg.



Congratulations to the entire Win-E-Mac girls' basketball team on earning All-Academic Team Gold Level.

everyone could have paid a different price to be on the same exact flight and go to the same exact place. Why can't we all just be treated like first class? Why is first class a thing?

3. Snacks: Would you like peanuts, cookies, or pretzels? Coca-Cola product, coffee, or water? Well, I recently learned that if your flight goes less than 600 miles, you are only asked if you want cookies or pretzels, no peanuts. Weird, right? I think it would be nice if they had the option of vegetables, fruits, or something along the lines of lunchables.

4. Stay Hydrated: you are supposed to drink at least a gallon of water a day, and at least 24 ounces for every hour you are on an airplane. How many of us really want to drink a lot of fluids on the plane? Not many, because we don't want to have to get up and go to the bathroom on the plane. This is why we get so dehydrated during a flight and often get headaches.

5. Move Around: people at risk for developing blood clots or swelling are supposed to get up and move around as much as possible periodically while flying. How are you supposed to do this if you are not in an aisle seat? What about if the captain never takes off the buckle seatbelt sign?

6. Tight Quarters: unless you are in a row seat by yourself, you are most likely arm to arm with another person. This can be quite the ordeal if you are squished next to the side of the plane or a person that gets claustrophobic easily. Hopefully everyone has put on deodorant before getting on the plane.

7. Out of Control: I like being able to see where we are going and having control over what is going on. On a plane, you literally have no control over this. You sit in your seat and trust in the pilot's abilities to get you where you are going safely. This really makes me nervous!

8. Temp Control: no matter how you try to control your temperature, it seems like you are either freezing or too warm. Usually, I get too warm and have the air on. However, once I turn it on I am way too cold. I can never find a happy medium when it comes to temperature control on a plane.

The benefits of taking a gap year

Whereas high school graduates once felt compelled to enroll in college the fall after receiving their high school diplomas, nowadays a greater number of teens are opting to take time off between graduating high school and going to college. Known as a "gap year," this trend has become increasingly popular in recent years.

According to the American Gap Association, attendance at Gap Year Fairs, which aim to bring together Gap Year organizations, interested students and parents, has increased by 294 percent since 2010. While there are no statistics indicating just how many students take gap years before going to college, the increase in fair attendance suggests more students are interested in taking a year away from school after earning their high school diplomas.

Each student is different, so what entices one student to

take a gap year may not do the same for his or her classmate. However, the following are some of the potential benefits of taking a gap year between high school and college.

Gap years give more time to find a major. Many incoming college freshmen feel pressured to choose a major even though they are uncertain about which courses of study they hope to pursue. Colleges and universities may not require incoming freshmen to choose majors, but that does not stop many from doing just that. Students who have no idea what they want to study can benefit from the time gap years afford them to further explore their interests. The year away may help students discover hidden interests, while volunteering during gap years may inspire some to pursue careers they otherwise may never have considered had they not found the time to volunteer.

Gap years may provide students with opportunities to travel. Some organizations now connect students taking gap years with opportunities to work overseas. The work may not be lucrative, but it can give students the chance to experience life in other countries. Such an experience may prove invaluable and help students to better understand the world that awaits them upon graduating college.

Gap years give students a chance to exhale. Students who spent their high school years working hard in the classroom and engaging in extracurricular activities may benefit from the time to breathe and relax that gap years afford. Stepping away from a hectic schedule

can provide students with the chance to reflect on their interests and explore how they want the next chapter of their lives to unfold.

Gap years can help students earn some money. While gap years may not make young students rich, students who spend their gap years working can earn money that can help them pay for college tuition or cover the additional costs associated with going to college, such as room and board.

Gap years give young stu-

dents a chance to learn about themselves and more time to explore what they want to do with their lives after high school.

Story to Share?

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

Conservation Volunteers Honored During National Volunteer Week

SAINT PAUL, MINN., March 17, 2017—USDA's Natural Resources Conservation Service (NRCS) is celebrating by thanking and honoring its Earth Team volunteers for their service to celebrating National Volunteer Week April 23-29, 2017 by thanking and honoring its Earth Team volunteers for their service to conservation.

Earth Team is the agency's volunteer workforce, and nationally, in fiscal year 2016, more than 28,500 people donated 3012,219 hours of service to NRCS valued at over \$7.1 million.

"Volunteers work closely with our staff, and they play an important role in our state's conservation work," said Cathee Pullman, state conservationist.

The Earth Team is a program that partners volunteers with NRCS employees. It was created in 1985 and offers many

opportunities to individuals 14 and older who are interested in volunteering to improve the nation's natural resources. Earth Team volunteers help NRCS conservationists provide private landowners and others a range of services from conservation technical assistance to teaching and generating awareness about conservation through community projects.

Earth Team Volunteers allow NRCS to stretch available resources and help put additional conservation practices on the ground. Volunteer efforts help improve land and wildlife habitat and contribute to cleaner water and air for everyone.

Learn more about the Earth Team Volunteer Program online at: <http://www.nrcs.usda.gov/earthteam> or by calling (toll-free) 888-526-3227. For more information on NRCS visit www.nrcs.usda.gov.