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McINTOSH Times

Hub of the Thirteen Townships

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McIntosh, Minnesota



The treasure is taken by the Giant in the Win-E-Mac and Prairie Fire Theater production of Jack and the Beanstalk include Milky (Kianna Tadman), Princess Harp (Sydney Svalen), and Goose (Kallie Hand).

Polk County Panel discussion "Deadly Realities"

Tuesday, April 18th, Polk County offered a public panel discussion to Win-E-Mac residents about the deadly realities of the rising opiod drug and fentanyl impact that is on the rise in Polk County. The evening started with a viewing of the 45 minute documentary "Faded" by MeiLi Smith that follows four families in the Red River Valley that have been impacted by the use of opiod drugs, heroin and synthetic fentanyl. After the video, panelist's presented information and answered questions. The Panel included, Brandon Larson, a law enforcement officer assigned to the Pine to Prairie Drug Task Force; Greg Widseth, Polk County Attorney since 2002; Dr. Sue Britt-Beeson, a MD from Essentia Health in Fosston; Sarah Reese, who is the Polk County Public Health Director and Community Health Servies Administrator for Polk-Norman-Mahnomn Counties; Dr. Mary

Ann Sens, Medical Examiner or Polk County; Sheriff Barb Erdman, Polk County Sheriff since 2010; Karen Norland, EMS Manager at Essentia Health, Fosston; and Gary Lindsey from RiverView Recovery. Polk County Attorney Greg Widseth let the audience know that fentanyl has become a big problem in Polk County. He stated that in 2016, 40 percent of felony offenses in Polk County were drug related. He also said that nationwide, fatalities from drug overdoses are skyrocketing. Opioids are a class of drugs that include the illegal drug heroin as well as powerful pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, fentanyl, and many others. These drugs are chemically related and interact with opiod receptors on nerve cells in the body and brain. Opioid pain relievers are generally safe when taken for a short

time and as prescribed by a doctor, but they are frequently Panel... Continued on page 4 ...



Win-E-Mac Art Show

Wednesday, April 26th from 3:00pm to 7:00 pm in the Arts and Event Center. Come to see artwork by all WEM elementary students and many high school students. Listen to live musical performances by band and choir students and taste treats created by Foods for Today students.



Community Calendar

Wed. April 26: 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 27: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
Fri. April 28: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
Mon. May 1: 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 2: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm
Wed. May 3: 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. May 4: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
Fri. May 5: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
Mon. May 8: 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 9: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



On Tuesday, April 18th, a Panel of area experts from the court system, law enforcement, and health care, presented "Deadly Realities" to the Win-E-Mac Community. A public discussion about the rising opiod drug and fentanyl impact in Polk County.



The Win-E-Mac Elementary students in grades K-6 will be presenting their annual Spring program on Tuesday, May 2, 2017. This year's program will feature the Elementary Choir (Grades 4-6) and Elementary Band (Grades 5 & 6) performing several numbers each. In addition, Grades K-3 will be performing a variety of musical selections. Come out and celebrate another year of Music with our elementary students! The program will take place in the Win-E-Mac School Arts & Events Center, and will begin at 7:00 P.M.

Dose of reality: preventing prescription painkiller abuse

From the Office of Minnesota Attorney General Lori Swanson Prescription painkillers can be helpful and beneficial for treating pain when prescribed by a licensed professional and properly used, stored, and discarded. But when misused, they can be dangerous and sometimes deadly. The Minnesota Attorney General's Office, in partnership with the Anoka County Attorney's Office, recently launched "Dose of Reality" to raise public awareness on proper use, storage, and disposal of prescription painkillers. For more information, visit DoseOfReality.mn.gov. The Opioid Epidemic There is a public health crisis involving prescription opiod painkillers. Common painkillers include OxyContin, Percocet, Vicodin, fentanyl, and codeine. More people now die from opiod-related overdoses than from car accidents. About 80% of heroin users first

abused prescription painkillers. Every 25 minutes, a baby is born with opiod-withdrawal symptoms; about 1,000 people receive emergency room treatment each day for opiod abuse; and opiod abuse costs employers about \$26 billion each year in lost workplace productivity. Use Painkillers Safely You should only take prescription painkillers prescribed to you, and you should take them only for the condition for which they were prescribed. Unlike some medications, painkillers should be taken only when needed. Store Painkillers Safely About 70% of people who misuse prescription painkillers obtain them for free from friends and family. Storing painkillers in an accessible place means that they are available for children, teenagers, and others to find and abuse. Store painkillers in a secure location like a locked medicine cabinet or drawer to prevent them from falling into the wrong hands. Dispose of Painkillers Safely Because unused medications can fall into the wrong hands, it is important to safely dispose of unneeded and expired opiod painkiller prescriptions. Bring unused

Polk County Sheriff's Office to collect unused prescriptions April 29th

On Saturday, April 29, from 10 a.m. to 2 p.m. the Polk County Sheriff's Office and the Drug Enforcement Administration (DEA) will give the public its 13th opportunity in 7 years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your pills for disposal to the Fosston Law Enforcement Center located at 220 E. 1st St. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked. Last October, Americans turned in 366 tons (over 730,000 pounds) of prescription drugs at almost 5,200 sites operated by the DEA and more than 4,000 of its state and local law enforcement partners. Overall, in its 12 previous Take Back events, DEA and its partners have taken in over 7.1 million pounds—more than 3,500 tons—of pills. This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug

abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards. For more information about the disposal of prescription drugs or about the April 29 Take Back Day event, go to the DEA Diversion website or the Polk County Website located at www.co.polk.mn.us/sheriff.

Praise Gathering April 30th

There will be an offering of Scripture and Song unifying our community in purposeful praise to God on Sunday, April 30, 2017 at the McIntosh Community Center beginning at 4:00 pm. All are welcome to attend and worship.



WEM "Beyond the Bell" Summer activity program ideas

Win-E-Mac School is in the process of trying to learn how many parents or families of students in grades K-6 who would be interested in a program that would allow their children to be supervised in a school setting that would give them access to technology activities, academic based activities, arts and crafts, physical education activities, and access to summer recreation activities such as baseball, softball and swimming lessons. The program would consist of 3 Plans that could be purchased separately or one could choose to access any or all of the 3 program Plans. Plan A: This program would consist of access to the Summer Activity Block. Students could be dropped off at the school at 7:30 a.m. and could be picked up at 2:30 p.m. or earlier if more convenient to your schedule. The students would work through different activity blocks throughout the day which could consist of technology, arts and crafts, physical education, Summer Recreation, and academics to name a few. All summer recreation practices would take place at the school and students would

access their practice or games from the school. Breakfast and lunch will be provided to students as part of the program. This program would run from June 5 – July 21. Plan B: This program will consist of child supervision for the hours after the Summer Activity Block. Supervision that could be purchased for the hours from 2:30-5:30 p.m. This would allow working parents to still get supervision of their child until they are able to get off from work and pick up their child. Plan C: Once the "Beyond the Bell" Summer Activity Program ends for kids, parents may still be in need of child supervision for the remainder of the summer. Child Supervision will be made available at the school from 7:30 a.m. to 5:30 p.m. Breakfast and Lunch will be provided during the day as part of the cost. These Plans will come with a cost and the family can pick and choose what fits their needs. ***A survey will be sent home with each elementary student and we would like them to be returned. A family registration will be held at the end of April at the school.



Amy Bartz, Family Service Specialist, Win-E-Mac School, accepts a donation to the Backpack Program from Winger Lions Club. The donation was presented by Scott Revier. The Backpack program provides additional food for children in need both in elementary and high school, that are identified. If you are interested in learning more about the Program or if you wish to donate you can contact Amy Bartz, Family Service Specialist, Win-E-Mac School at 687-2236. Checks can be written to the Grace Backpack Program and mailed to Grace Lutheran Church, PO Box 124, Erskine, MN, 56535



A backpack program donation was presented by Curt Bartz, and accepted by Kevin McKeever, Win-E-Mac School Principal. Curt presented the donation on behalf of the Win-E-Mac Community Choir: Good Friday Contata, held at Win-E-Mac School on Good Friday. The Contata had a free-will offering, which contributed toward the donation to the Back Pack Program.

Pestle & Vessel

by Alison Opdahl

Time

Well, I thought, time to write a column that is a little more lighthearted and maybe even humorous... What better way than to write about motherhood? Because really, you can cry or you can laugh. At the end of the day, that's what it usually boils down to. But guess what? It still turned out reflective and sobering in some regards. So, I guess this is the road the Father has me on and I have found it saves time if I just listen and not resist. And as it happens, this one IS about "time."

Toddlers have a profound way of teaching me things about life. Please tell me I'm not the only Momma out there who has been humbled by the unfettered response of a child. Recently, I decided it was time to try a toddler sleepover. Crazy, I know. I also know some of you can do this without blinking. I am NOT one of you! It went well. My daughter and her cousin were virtually inseparable. Snacking, playing, painting (I am still finding evidence of that!) giggling and talking were all on the menu. I ignored the mess... in the liv-

ing room, the kitchen, the playroom, my closet, the hallway... The imagination of a toddler knows no bounds. My walk-in closet is still full of pipe-cleaners and various paraphernalia for some pretend scheme.

As I watched them I began soaking up their girlhood and was reminded of my own. When dreams were not impossible and days weren't ruled by clocks, unless your parents were around. There was a flow to their interaction and the way they flitted from one thing to the next. Like bees sampling several flowers in a garden of life. I took time to listen outside the room they were in, made them a tent fort in the living room and gave them a picnic lunch to be eaten under it... and felt some locked away part of me come alive again. My little girl came out to play too. I was reminded that life is about relationship and the coin required is "time."

In the morning I was a tired Momma, because of course, you cannot have a sleepover unless you have conversations in the night, right? After I got them back to sleep I laid there wide awake. Sigh. After church and

Baby Shower

Megan Sveen and baby Evalynn

Sat., April 29th
@ 11am

IMMANUEL
LUTHERAN
CHURCH, McIntosh
Registered at Target

lunch out with two girls—reluctant to part ways—the only way my daughter would nap is if I lay down with her. Not a problem!

Later, she was not ready to be awake so I talked to her gently about all the things she had done while stroking her head. Finally, I asked, "Do you know what my favorite part of today was?" She looked at me, "What, Momma?" I replied, "Taking a nap with you." She looked at me with that artless gaze of hers and soaked in my words. Then she wrapped both of her arms tightly around mine and buried her head in my shoulder. I knew in that moment that I had spoken words she felt through her whole being. It was humbling and sliced to my core. I realized that I needed to start speaking of her value to me more, that I needed to validate her more, that as much correcting as she needs to keep her safe, that her sense of safety is much more about feeling emotionally safe than physically safe.

Moments are precious jewels. Will we gather them or let them slip through our fingers? Time can string them together in stunning array. Do I dare say that if our treasure does not satisfy our hearts then we are seeking the wrong jewels? "For where your treasure is, there will your heart be also." Luke 12:34

Accepting Gravel Quotes

King Township is accepting gravel quotes for 2017.

Quotes will be accepted until April 30, 2017.

Quote should be for 1000 +/- yards of gravel.

Mail Quotes to:

Loren Gieseke
King Township Clerk
26696 360th St SE
McIntosh, MN 56556

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

East Polk SWCD offers cost share for sealing unused wells

The East Polk Soil and Water Conservation District has a limited amount of cost-share funds available to assist well owners with sealing abandoned (unused) wells.

Cost-share funding is available in amounts up to 50% of the total well sealing cost.

All property owners within the East Polk Soil and Water Conservation District are eligible.

Eligibility Requirements:

- The well must be located within the East Polk Conservation District (Badger, Brandsvold, Chester, Columbia, Eden, Garden, Garfield, Godfrey, Grove Park/Tilden, Gully, Hill River, Johnson, King, Knute, Lessor, Queen, Rosebud, Sletten, and Woodside Townships).

- The well must have been used in the past for water supply. Monitoring wells, pollution recovery wells, observation wells, test wells, dewatering wells, and soil borings are not eligible for this program.

- Wells that have been previously sealed by a licensed contractor are not eligible for funds.

Dose of reality...

Continued from page 1 ...

painkillers to an approved local disposal site. Many local police departments or pharmacies maintain free collection facilities. To locate disposal sites near you, an interactive map (searchable by zip code) is available at <https://DoseOfReality.mn.gov/drug-takeback/find-a-take-back-location/>.

You can dispose of unneeded medications at collection receptacles year-round. National Prescription Drug Take Back Day is Saturday, April 29. This is also a good time for community members to dispose of medications at community events organized with local law enforcement. Local take back events may be found on the DEA's website at https://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

For more information about treatment resources, contact the Substance Abuse and Mental Health Services Administration at 1-800-662-HELP (4357) or <https://findtreatment.samhsa.gov>, or the Minnesota

Guidelines:

1. Do not seal your well before you are notified of approval/disapproval of your application. Sealed wells are ineligible for receiving cost-share grant funds. You cannot apply to the program. Sell the well without approval, and expect to receive cost-share funds.

2. The East Polk Soil and Water Conservation District Board of Supervisors will vote to approve or disapprove funding.

3. You must include a copy of the completed "Well and Boring Sealing Record" (prepared by your contractor) and a receipt from your licensed well contractor.

4. At the board meeting, the Board of Supervisors will authorize payment.

5. Payment will be processed and you will receive your check in the mail.

Please contact the East Polk Soil and Water Conservation District with any questions you have at 218-563-2777 or stop in the Bjella Building at 240 Cleveland Avenue, McIntosh, MN 56556.

Estate/Garage Sale Bernard Kaster

May 13, 2017, 8am-2pm

Address: 36121 US Highway 59, Erskine

Working appliances; w/d, stove, fridge, microwave, beautiful bedroom set, furniture, household items & kitchenware; including some antique dishes, Large Louis L'Amore book collection, vinyl records, Misc. tools, garage doors, vintage tables and much much more.

Department of Human Services at (651) 431-2460 or DHS. ADAD@state.mn.us.

Keep It
Local

Community Birthday and Anniversary Calendar

Wed. April 26: Karen Krossen

Thurs. April 27: *Steve & Devra Carlson

Fri. April 28: Amber Olson, Teresa Syverson, *Marvin & Barbara Rolf

Sat. April 29: Carol Ann Reese, Hally Catahan, Tavin Hewitt

Sun. April 30: Wes Kaupang

Mon. May 1: Reggie Galland, Lavern Toftstad, Ava Carlson

Tues. May 2: Stacy (Kringlen) Smith, Jessica Strom, Casey Bartz, *Sherman & Pat Tranby, *Phillip & Ashlee Lee



ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. April 26: 11:30am Mass at St. Mary's, Fosston

Fri. April 28: 8:30am Mass at St. Mary's, Fosston

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

Sun. May 7: 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. April 30: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. May 7: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. April 30: 11:15am Worship Service.

Sun. May 7: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book:

Gosen Church

Wed. April 26: 1:30pm Bible Study at The Country Place.

Sat. April 29: 8:00pm Prayer Meeting

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

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

Wed. May 3: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's

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

Thurs. April 25: 7:00am Men's Breakfast at Mt. Carmel

Sun. April 30: 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

Thurs. May 4: 7:00am Men's Breakfast at Mt. Carmel

Sun. May 7: 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

McIntosh

Pastor Jill Torgerson

Sun. April 30: 9am Worship

Sun. May 7: 9am Worship

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. April 30: 9am Worship

Sun. May 7: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. April 26: 6:00p Confirmation Class; 7:00pm Lenten Services, Youth serving afterwards

Sun. April 30: 10:00am Worship Service; Sunday School to follow worship service; 7:00pm Bible Study: Jesus the One and Only

Wed. May 3: 6:00p Confirmation Class; 7:00pm Lenten Services, Youth serving afterwards

Sun. May 7: 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. April 30: 8:45am Worship Service

Sun. May 3: 8:45 Worship Service

Holy Communion 1st and 3rd Sundays

Ad deadline:
Noon Friday



Dog & Cat Clinic

SATURDAY, MAY 6, 2017

1:00-3:00 pm

The annual Rabies Clinic, with the Cornerstone Veterinary Service of Gonvick, will be held in McIntosh, Saturday, May 6th, from 1:00-3:00 pm, at the fire hall for all dogs and cats.

CITY LICENSES WILL BE SOLD AT THAT TIME.

COST THROUGH JULY 1st: Dogs \$5.00 Cats \$2.00

COST AFTER JULY 1st: Dogs \$10.00 Cats \$4.00

Important Information Regarding Assessment and Classification of Property

This may affect your 2018 property taxes.

The Board of Appeal and Equalization for township of Sletten will meet on Tuesday, April 25th, 3:30 pm, at 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 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 10, 2017

Terri Kaupang, Clerk of the Township of Sletten



This picture is from Lowell Ostenson of the Stardig log home and Stardig family. At this time, the log home had a small addition built on to the side. Currently Lowell has been working on restoring the cabin, and the addition is no longer there. For more information, or to share photos or memorabilia with McIntosh Heritage Center call 563-2040 or email at mcintoshheritageandartscenter@gmail.com.



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THE MCINTOSH Times

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"Serving the Win-E-Mac area"

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Winger News

Linda Pulskamp

Hello again from the Winger and Union Lake areas, another week behind us and we are looking May right in the eye, time flies way to fast. Hope all had a good Easter weekend, weather was fairly nice, a bit cool and windy but other wise it was good. Some had their Easter egg hunt outside and some had theirs inside, but it was all fun for the youngsters.

Have had a few sprinkles in the last couple of days but nothing significant, but what little we had seemed to green things up. Will soon be mowing lawn, and that will continue on until at least the end of July or maybe August.

Some of the farmers have been in the fields and some planting has been done, but is still early and the ground is cold and wet yet.

Wednesday the 12th, Jade Benesh stopped by Grandpa Milton Carlson's for a visit after her day of student teaching in Thief River Falls.

Brent, Jessie, Sidnie, Skylie and Brylie Pulskamp of Wahpeton spent the Easter week end at the Pulskamp home.

Thursday the 12th, Milton Carlson was joined by cousin's Vivian (Benson) Hanson, LaVerne Benson and Marlene Ross at the Grace Lutheran Church in Erskine for supper as their children were serving the supper. They all had a very enjoyable visit over their supper.

Easter Sunday Betty Myhrum, David Myhrum, Sue and Chris Eischens, Devon, Branden and Alex of New Folden along with Kjeslie Haugen and Steve Cullen of Thief River Falls were guests at the Dakota and Kjerstie Poissant home in Fertile for a pot luck dinner that was hosted by Dakota and Kjerstie.

Friday the 14th Milton Carlson, Lonnie and Judy Gieseke and Roy, Lisa and Ryan Schaumburg were supper guests of Mike, Kari, Oliviayah and Terry Keller at the Keller home at Bejou.

Saturday evening visitors at the Pulskamp home were Danny and Angie Brtek and Marv Engesether of Plummer and Reha Sanstead of Erskine.

Bill and Kris Mettler and children of Spring Valley and Dale Chambers were weekend visitors at the Helmer Homme home.

CONGRATULATIONS! Milton Carlson was blessed with a Great Granddaughter on April the 14th. A daughter was born to Dusty and Nikki Carlson of Fosston, big brother Dusty Wayne welcomed home his sister Evelyn Nicole.

Helping Michelle Gagner celebrate her 50th birthday last Saturday at the Gagner home near Mentor were Lucy Brtek and Kyle, Samantha and Gideon O'Bierne of Bemidji.

Last Saturday Dick and Wanda Donavon of St. Francis arrived at the Milton Carlson home to spend the Easter week end. Donna Carlson and Dusty Wayne Carlson were visitors at Milton's with the family. That evening Dick and Wanda Dona-

von and Milton Carlson along with James, Roxanne, Justin, Jamie, Jayden and Joslyn Peterson of Isanti were all supper guests at the Lonnie and Judy Gieseke home.

Butch and Linda Pulskamp were Easter Sunday afternoon visitors with Donnie Johnson of Maple Lake, MN and Nola Abele at the Abele home in Fosston.

Dean Henney of Austin, TX spent several days in the area during the Easter week visiting with his Mother Martha Henney and other family and friends.

Lucy Brtek visited this past week with Wilma Wang and Sheldon Lee at their homes in Fosston.

James Iverson was a Tuesday afternoon visitor with Milton Carlson at Milton's home.

Helmer and Verlys Homme along with the Schow families were Easter Sunday dinner guests at the Dan and Mary Schow home near McIntosh.

Monday visiting at the Milton Carlson home with Milton and Dick and Wanda Donavon were Judy Gieseke and Paul Carlson. Later in the day Dick and Wanda left for their home in St. Francis.

Wednesday the 19th Lucy Brtek had a very pleasant phone visit with her Sister Barbara Bridges in Arizona, it was especially to bring Barbara birthday wishes.

Easter Sunday dinner guests at the Henney farm home were Martha Henney, Orton and Joyce Stardig of Bemidji, Martha's cousin Audrey Ellingson of Battle Lake, and Jerry Schnobel of Bemidji, Jerry was a former teacher of Dean's from Bemidji College. The dinner was prepared and hosted by Dean.

Chad, Michelle, Trayden and Melissa Carlson of Fosston were last Sunday visitors with the family gathered at the Milton Carlson home.

Until next week and may you all have a good one.

Conservation Program taking applications in NWMN

Private landowners in northwestern Minnesota interested in conservation on their lands are encouraged to apply to a conservation program run in partnership by Audubon Minnesota and the Minnesota Land Trust. The program is focused in the Tallgrass Aspen Parklands region and is aimed at protecting and restoring Minnesota's Important Bird Areas.

This opportunity is open to all types of property with the landowner retaining agreed-upon management rights, including lands used for grazing and haying as part of habitat management. Lands enrolled in this program will stay in private ownership. Round two of the application period is now open, with applicants being reviewed as they are received. This is an open application process, but funds are limited, so early applications will be prioritized. Applications will be

ranked based on the habitat qualities of the land, including the size of the parcel, ecological features, the location relative to other protected lands and the price landowners competitively bid per acre.

The Tallgrass Aspen Parklands is a globally unique transition zone between the eastern forests and the western prairies. Northwest Minnesota is the only area in the country in which this type of habitat is found. Alex Wardwell, Audubon Minnesota's Restoration Specialist said, "We are looking for landowners within the Tallgrass Aspen Parklands to protect and restore high-quality bird habitat that will benefit many other wildlife species as well."

The program uses conservation easements that provide financial incentives for the protection of native prairies, grasslands, aspen woodlands, wetlands and other natural landscapes on private lands. A conservation easement is a voluntary agreement between a landowner and a land trust or other qualified agency that permanently protects wildlife habitat by limiting certain uses of the land. Landowners continue to own and enjoy the land and are still responsible for property taxes. Once created, the conservation easement is binding on all future owners of the property.

"We are excited to be work-

Cutting production cost in HRSW

This post may be a day late and a dollar short as the drills are already rolling across much of Minnesota. Nonetheless, I'm going to share some thoughts about how to reduce input cost in HRSW without sacrificing much, if any, yield. Consider whether you really need to:

- Use a seed treatment - only if you have scabby seed with poor germination, know that you had a loose smut in the field that you saved for seed, and/or have a history of common root rot and/or wire worm in a field should you consider a seed treatment.

- Use a grass herbicide across every acre - Wild oat is a very competitive weed and already causes yield losses at very low densities. Fortunately, presence of wild oat tends to be patchy and therefor you may not need a grass herbicide across every acre. The use of Roundup Ready crops has reduced wild oat pressure over the years in many fields, further reducing the need to use a grass herbicide across every single acre.

- Use a fungicide mixed in at the time of weed control - If there is no tan spot, powdery mildew, or stripe rust already present, tank mixing a fungicide at the time of weed control doesn't make sense as the application will not protect any new growth anyway. Research has shown that only when disease was already present at the time of application that an economic return could be expected.

- Use an insecticide mixed in with your fungicide at the time of your late season disease control - Likewise if there are no or very few aphids present

ing with landowners in this unique landscape," said Patrick Anderson, Program Manager for Minnesota Land Trust.

Landowners who are interested in this program can visit Audubon Minnesota's website at mn.audubon.org/TAP to learn more about the Tallgrass Aspen Parklands program or contact: Alex Wardwell by phone 218-687-2229 x11) or by email (awardwell@audubon.org). Learn more at www.mn-land.org/protecting-land.

Audubon Minnesota uses science, education, and advocacy to deliver conservation results by focusing on creating bird-friendly communities, protecting water for birds and people, and shaping a healthy climate. To learn more, visit mn.audubon.org.

The Minnesota Land Trust is a membership-based non-profit organization. Its mission is to protect and restore Minnesota's most vital natural lands in order to provide wildlife habitat, clean water, outdoor experiences and scenic beauty for generations to come. The organization has completed 500 conservation projects permanently protecting nearly 47,500 acres of natural and scenic land and over a million feet of fragile shoreline statewide. Founded in 1991, Minnesota Land Trust is one of the first nationally accredited land trusts in the country.

at Feekes 10.51, you shouldn't expect an economic return of the insecticide.

- Use a pre-harvest glyphosate application to control any late season weeds. Research has shown that in Minnesota, there is little to no advantage to using pre-harvest glyphosate to speed-up dry-down of the HRSW crop itself.

The last inputs to debate their need are fertilizer (in particular N) and the late season fungicides. Ultimately it is not about being the lowest cost producer per acre but being the lowest cost producer per bushel.

Source: Jochum Wiersma UMN Extension Small Grains Specialist

Did you know?

If you think that the only way to exercise and burn calories involves gym equipment, think again. Yard work can be just as challenging as a thorough aerobics workout at a nearby fitness club. To reap the greatest benefits, gardeners should use as little motorized machinery as possible. Manual tools will get you moving and can burn a substantial amount of calories. Try to vary positions and alternate which hands you use to reduce strain and get an even workout. Fitness experts say that gardening can improve strength, increase endurance and assist with flexibility. According to a report in the UK publication The Telegraph, clearing a pond or weeding can burn some 300 calories in an hour. Forty-five minutes worth of gardening can burn as many calories as 30 minutes of aerobics.



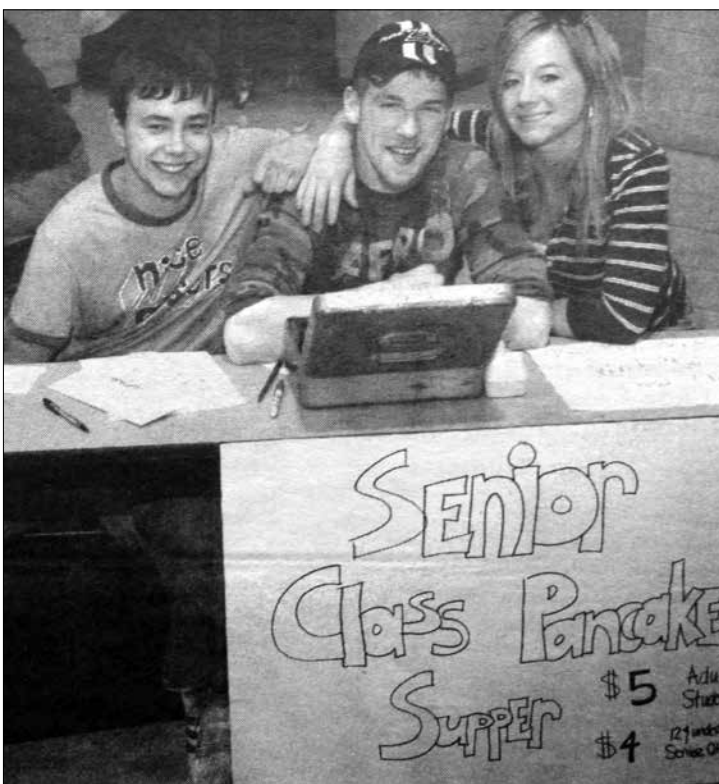
50 years ago...1967: Details of the Republican women's Neighbor to Neighbor appeals were worked out at coffee parties this week in McIntosh. Planning the activity are (standing) Mrs. Ken Mosser, Mrs. Arnie Haagenon, Mrs. Luther Rodvik, (seated) Mrs. John Jensen of Crookston, county Republican Chairwoman and Mrs. Sherman Tranby.



40 years ago...1977: Darrel Johnson hands over his Chief of Police Badge to new McIntosh Chief of Police, Pierre Uebe, while Carole Uebe is taking on the duties of the McIntosh City Clerk.



30 years ago...1987: Commander Julian Helgaas and Adjutant Orville Messelt are about to cut the birthday cake made for the Legion's 68th birthday dinner.



10 years ago...2007: Seniors Spencer Anderson, Kyle Kaupang and Camille Smeby worked the cash box for their fundraiser pancake feed last week.

Regional Ag News

Ed Gindele,
Extension Educator

Alfalfa winter injury in Minnesota

Jared Goplen, Lisa Behnk-en, and Dan Martens

As the weather warms and the 2017 growing season gets rolling, it is time to evaluate alfalfa stands for winterkill and winter injury. There have been numerous reports of alfalfa fields across Minnesota with varying levels of winter injury and winterkill. Many reports are of low areas in the field suffering the greatest damage, with affected field areas ranging from 10 – 40%. Lack of snow cover along with cold temperatures, freezing and thawing in February, and ice sheeting are some possible causes for winter injury and winterkill this year.

To get an accurate assessment of winter injury, walk fields now to evaluate how the alfalfa plants are growing. Are all plants actively growing or do some look stunted compared to neighboring plants? Are only potions of the crowns growing?

Check areas of the field that are greening up as well as the brown and slow growing areas. It is important to dig up some alfalfa plants to evaluate

crown and root health. Healthy plants will be symmetrical, have a number of shoots, and will be off-white and turgid, similar to a potato.

More details on evaluating an alfalfa stand, as well as a video tutorial can be found here:

- Alfalfa stand assessment: Is this stand good enough to keep? (<http://www.extension.umn.edu/agriculture/forages/growth-and-development/winter-injury-of-alfalfa/docs/umn-ext-alfalfa-stand-assessment.pdf>) - University of Minnesota

- Assessing Alfalfa Stand Condition in the Spring (http://www.uwex.edu/ces/forage/pubs/assessing_alfalfa_in_spring.pdf) - University of Wisconsin

- Alfalfa stand assessment (video) (<https://www.youtube.com/watch?v=hoJUUIrmCko>) - University of Wisconsin

If the alfalfa field has a substantial area affected, there are a number of considerations to be made.

Before making the decision to keep, terminate, or supplement the stand, it is important to evaluate forage and animal

inventory as well as the various cropping and replant options. Whether a field should be rotated out of alfalfa or affected areas seeded to a supplemental forage crop will vary by operation. Resources to assist in crop management decisions can be found here:

- Alfalfa assessment: Factors leading to winter injury (<http://www.extension.umn.edu/agriculture/forages/growth-and-development/alfalfa-assessment/>) - University of Minnesota

- Winter injury of alfalfa: Putting the pieces together for livestock producers (<http://www.extension.umn.edu/agriculture/forages/growth-and-development/winter-injury-of-alfalfa/>) - University of Minnesota

- Assessing alfalfa stands ([http://ipcm.wisc.edu/download/Assessing Alfalfa Stands for Winterkill.pdf](http://ipcm.wisc.edu/download/Assessing%20Alfalfa%20Stand%20for%20Winterkill.pdf)) - University of Wisconsin

If alfalfa stands are thin or patchy and termination of the stand is not an option for your operation, there are a number of forage options to seed into winterkilled areas. Informa-

tion on seeding into standing alfalfa can be found here:

- Seeding into an existing alfalfa stand (<http://fyi.uwex.edu/forage/files/2014/01/Thickening-Alfalfa-StandsFOF.pdf>) - University of Wisconsin

Deciding how to manage a winterkilled or injured alfalfa field can be difficult and will add unexpected costs. However, walking fields, evaluating forage needs, considering options and making a plan now is critical to make a good decision for your farm. The resources provided will help you make the decision to keep or terminate the stand, seed supplemental forage, purchase additional forage, and/or plant new stands of alfalfa. The right answer for you will depend on your specific field and operation.

Resources related to alfalfa winter kill and winter injury, as well as other forage information can be found at the University of Minnesota Extension Forage website: <http://www.extension.umn.edu/agriculture/forages/>

WEM School Announcements

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 Eastpolk Northstars please sign the list on room 40's (Mrs. Lee's) door.

Lace Em Up Basketball Camp – June 5-9, 2017 in Red Lake Falls. Open to anyone in grades K-11. Cost of the camp is \$60 with a max of \$100/per family. If you register before May 20th, you will receive a camp T-shirt. After May 25th, registration will be \$70 and the family max will be \$120. Registration forms can be picked up in the office.

There are Shrine Circus tickets available in the office for kids in grades K-8 who would like to pick up a ticket.

Huge thank you to all students and staff that sold little ceasar pizzas for the playground. It was a great success! Congrats to Mrs. Langemo's 5th grade for being the top selling class and also to Kirsten Anderson and Destiny Molsstad for being the top sellers. 585 total pizza kits were sold! Great job to all!

The Progress report period 'Mid-term 4' ended on 4/19/2017 grading period has ended at Secondary. Please check ParentVUE for your student's current grades! Thank you for participating in the success of your student(s).

The Volleyball Tournament during the Erskine Water Carnival is back again this year and will be held on June 3rd from 11 AM till 3 PM at the Win E Mac School. Teams will notice there are some changes and new rules this year:

This year no last minute or at the door registrations and payments will be accepted. All the forms/payments must be received in the mail BY May 20th. If your team is not signed up by May 20th you will not play. This is to ensure the correct number of prizes are established, and any costs related to the tournament are paid in a timely manner. It will also help avoid last minute confusion. Fee this year is \$30 per team. Forms will be available at Ness Café, Fuel & Things, Groceries Plus, and American State Bank.

Also new this year – we will be looking for 6 person teams instead of five person teams. The sixth person will be an alternate who will be there in case someone else on the team is late and also to be an official during the other games. When you're team arrives at the gym please have this alternate report in to the organizers so we know who is helping us. Rotation between games will be allowed if this sixth member wants to play too but games will still be played with only five people on the court.

Also another issue that has come up – scoring. This year we are going to try something different – we will play Rally to 15 points - all three sets. This is in an effort to speed the games along without any confusion. As usual you need to win two out of three sets to win the match.

Flyers will be up around town and reminders posted as needed, plus updates on the Facebook page. If you have any questions you can call: 218-687-2157.

WEM spring concerts

Junior High Band & Choir Spring Concert

The Win-E-Mac School music department is proud to present their Spring JH Band & Choir concert on Monday, May 8, 2017.

The concert will take place in the Win-E-Mac School Arts & Events Center, and will begin at 7:30 P.M.

This concert will feature the JH Band & Choir, as well as a Jr. High Men's Group and Women's Group. Awards will also be presented.

Everyone is welcome to come and enjoy a wide variety of musical entertainment!

Senior High Band & Choir Spring Concert

The Win-E-Mac School

music department is proud to present their Spring SH Band & Choir concert on Tuesday, May 16, 2017.

The concert will take place in the Win-E-Mac School Arts & Events Center and will begin at 7:30 P.M. This is our Chicago Tour kick-off concert, as the Band & Choir students will be departing on their tour following the concert!

Featured at this concert will be the SH Band & Choir, as well as the Men's Group, Women's Group and Flute Trio. Awards will be presented, as well as recognition of this year's senior musicians.

Everyone is welcome to come and enjoy an evening of musical entertainment!

WEM to honor the school lunch heroes serving healthy meals

Celebrating the 5th Annual School Lunch Hero Week May 1-5, 2017

Between preparing healthy food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, Win-E-Mac nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, Win-E-Mac schools will celebrate the fifth annual School Lunch Hero Day on May 5. This day, celebrated annually since 2013, was designated by The School Nutrition Association and Jarrett Krosoczka, author of the "Lunch Lady" graphic novel series. School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank those who provide healthy meals to 30 million of America's students each school day.

All across the school district, school nutrition professionals will be honored with thanks, cards, and recognition from students, school staff, parents, and the community.

"School nutrition employees must balance many roles and follow numerous federal, state and local regulations to ensure safe and healthy meals are available in schools. School Lunch Hero Day provides the opportunity for the community to thank these hardworking heroes" said Cam Thompson. Federal nutrition standards ensure that school cafeterias always offer low-fat or fat-free milk, fruits, vegetables, whole grains and lean protein. School meals also meet limits on calories, sodium and unhealthy fats.

The importance and nutritional value of school meals are well documented. For many children, school lunch is the most important and nutrient-

rich meal of their day.

Get the details about School Lunch Hero Day at www.school lunchheroday.com.

The School Nutrition Association (SNA) is a national, non-profit professional organization representing 55,000+ school nutrition professionals across the country. Founded in 1946, SNA and its members are dedicated to making healthy school meals and nutrition education available to all students. To find out more about today's school meals, visit www.school-nutrition.org/SchoolMeals.

Panel...

Continued on page 4 ...

misused or taken without a doctor's prescription, because they produce euphoria in addition to pain relief. Regular use—even as prescribed by a doctor—can produce dependence, and when misused or abused, opioid pain relievers can lead to fatal overdose.

The relationship between prescription opioid abuse and increases in heroin use in the United States is under scrutiny. These substances are all part of the same opioid drug category and overlap in important ways.



The Birds were happy to see the rerun of Goose during the play Jack and the Beanstalk performed by the Win-E-Mac Elementary students last weekend and presented by Win-E-Mac Community Education and Prairie Fire Theater.



The trolls were the helpers of the Giant in the play Jack and the Beanstalk and were played by William Shimpa, Cameron Svalen, Raja Holmes, Carson Dinsdale, Nathaniel Spry, and Claire Juve.



The Villager's being entertained by the carnies.



The Orchestrians included, Joy Neubert, Ella Strom, Shayna Juve, Clair Kolden, Maya Holm, and Kalli Roy. Orchestrania was a stop on the climb made by Jack and Jessie to the find the missing treasures held captive by the Giant.



Jack (Tommy Revier), Jessie (Bret DuChamp), Goose (Kallie Hand), Princess Harp (Sydney Svalen), Milky (Kianna Tadman) and Mrs. Giant all try to escape while the Giant takes a nap.



WEM Community Education and Prairie Fire Children's Theater presented Win-E-Mac Elementary students as they performed Jack and the Beanstalk for their classmates, friends and family last Friday and Saturday afternoon at the Arts and Events Center. There were nearly 40 Elementary students who performed in this fun rendition of the classic fairy tale.