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McINTOSH

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Times

McIntosh, Minnesota



Performing at the Win-E-Mac Senior High Spring Concert was Lily Breckel, Bailee Burcham and Alaina Juve. The trio performed the song Efin Dance which they received an award for at the District Band Competition.

WEM ends the school year with Graduation on May 27th



Win-E-Mac will hold it's 2016-1017 high school graduation on Saturday, May 27, 2017 at 2:00 p.m.

Co-Valedictorian's and Student Council Co-Presidents, Olivia Simonson and Breanna Carroll, will open the ceremony and deliver speeches as well.

Diplomas will be awarded by the Win-E-Mac School Board.

The Senior High band will perform during the ceremony.

Friends, family and community members are welcome to attend this ceremony held at the Win-E-Mac school.

Before graduation takes place, Win-E-Mac School will have a Elementary Talent Show on Thursday, May 25th at 9:00 am in the Arts and Event Center, as well as a EL-

ementary School dance that will also take place in the Arts and Event Auditorium from 7:00 p.m. to 8:30 p.m.

A Night to Remember, the Elementary Summer Kick-off party is for all kids grades pre-kindergarten to 6th grade. A parent escort is required for students. Admission to the party is one non-perishable item of food per family.

There are all kinds of prizes for the kids to win throughout the evening, including great Patriot gear, two Kindle Fires, basketballs, outdoor toys, scooters, girl and boy bike drawings and so much more.

New to the party this year is a silent auction and a \$10 meat raffle. The Literacy Committee will hold both events and all proceeds will be used to fund Literacy Events.



More than \$502,000 of GV Capital Credits paid in May

Over 20,200 checks, totaling more than \$502,000, were issued on May 18 to Garden Valley Telephone Company members who had service with the cooperative in 2000 and/or 2016, including over \$27,000 for members with McIntosh and Winger addresses.

Advantages of a Cooperative

More than \$12.6 million of capital credits have been authorized by the board of directors for payment to Garden Valley members over the last ten years.

Article VII of the cooperative's By-Laws provides that capital credited to members may be retired and paid if the financial condition of the cooperative will not be impaired.

**112th Annual Meeting**  
Garden Valley's 112th annual membership meeting will be held in the auditorium of the Win-E-Mac Public School near Erskine on Tuesday, June 6, beginning at 10:30 am. Registration starts at 8:30 am at "The WoodPicks" will entertain during registration.

McIntosh and Winger Memorial Day events planned

McIntosh VFW Post #6891 and Auxiliary are sponsoring the annual Memorial Day observance in McIntosh on Monday May 29, 2017. All participants in the parade are to meet at Minnesota Rust (formerly McIntosh Country Store) at 10:30 am.

The annual parade will begin at 10:45 am at Minnesota Rust and proceed to the Community Center where the program will begin at 11:00 am.

The Memorial Day address will be presented by Kurtis Ellefson, Polk County Veterans Service Officer.

Following the program, the White Cross ceremony will be held on the lawn in front of the old school. All students are invited to take part in this special ceremony.

The two VFW Auxiliary members who will help the girls and boys with the Memorial Cross event are Kristi Tofstad and Heather Hegre. Practice will be held 3:30 p.m. to 4:30 p.m. on Thursday, May 25th, as well as 9:30 am on

Monday, May 29th. They are to wear black or dark pants and the boys are to wear white shirts. The girls will wear white capes which the Auxiliary will provide.

Any questions about the students' participation, call Kristi or Heather on their cell phones. Kristi: 218-779-8737 or Heather: 218-979-9857.

Memorial Day is for the remembrance of our veterans who were killed in action and this program is open to everyone to show support for all Veterans.

Winger will hold a Memorial Day program on Monday, May 29th beginning at 8:30 am, starting with an invocation at the Auditorium in Winger. The program will be followed by services in the Memorial Park along with the White Cross Ceremony.

Everyone is invited back to the Community Center following the service for coffee and goodies.

Please join us in honoring our Veterans.

Celebrate all military this Monday

Memorial Day is celebrated each May to commemorate the people who died in service of the United States of America.

Even though barbecues and visions of the upcoming summer weather may command much of the attention come Memorial Day weekend, the holiday really serves as a remembrance for those military members who paid the ultimate sacrifice for their country, as well as the personnel who continue to protect and serve today.

Memorial Day origins

Memorial Day was first known as Decoration Day and was borne out of the Civil War. On May 30, 1868, General John Logan, a national commander of the Grand Army of the Republic, decreed General Order No. 11, which designated the day for the "purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land." May 30th was chosen because it wasn't the anniversary of any particular battle.

It took several years for the first state to recognize the holiday, which New York adopted in 1873. By 1890, all northern states recognized Decoration Day. When the holiday changed from commemorating those who died fighting the Civil War to honoring Americans who died fighting in any war after World War I, the South began to recognize it as well.

On May 30, 1968, President Ulysses S. Grant presided over the first Memorial Day celebration at Arlington National Cemetery, which, until 1864, was Confederate Gen. Robert E. Lee's plantation.



Memorial Day is celebrated at Arlington National Cemetery, which, until 1864, was Confederate Gen. Robert E. Lee's plantation.

Honoring the military

Although Memorial Day pays homage to the brave people who perished fighting for their country, it also is an opportunity to recognize the military men and women and their families who continue to work to ensure the freedom of Americans.

The United States Armed Forces is renowned for its size and strength. Various sources suggest the size of the United States military is somewhere between 1.4 and 1.6 million active service people. The military is comprised of the Army, Army National Guard, Navy, Air Force, Marine Corps, and Coast Guard. Each of these military branches also has its own reserves.

There are many ways to honor active, reserve and former veterans, as well as those who died in service of their country.

- Help Veterans of Foreign Wars distribute red poppies as a visual reminder of the military's efforts.
- Volunteer at a veterans' hospital or visit a wounded veteran at home.

The McIntosh Times

will be **CLOSED** on

Monday, May 29, 2017

in observance of

MEMORIAL DAY

McIntosh Area Singers

The Community Choir will practice for Memorial Day Service at 9:30 am on Monday, May 29, 2017 at the Community Center. All are welcome to join. GERALD BORUD will be the Director.

Community Calendar

**Wed. May 24:** 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 25:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Fri. May 26:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Last Day of School @ WEM

**Mon. May 29:** Memorial Day

**Tues. May 30:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

**Wed. May 31:** 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. June 1:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Fri. June 2:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

The last day of school for Win-E-Mac students will be Friday, May 26, 2017. Graduation ceremonies will take place on Saturday, May 27, 2017 at 2:00 pm.



The Win-E-Mac Class of 2029: Back: L-R Zane Klawitter, Charlie Paradis, Bennett Bailey, Vivea Kutsev, Jessa Jerome, Ethan Geray, Bentley Anderson, Christian Shappell, Elizabeth LaCoursiere, Megan McGlynn, Adrienne Goldsmith, Larissa Martushev; Middle: L-R Cruze Jax, Preston Jerdee, Levkii Basargin, Damian Cheremnov, Niles Lucken-Bak, Carson Fortman, Corbin Moran, Mya Strom, Kale Brevik, Thomas Mahowald, Levi Halstad, Noah Ruel, Dakota Hedlund, Kirsten Spry, Ana Kolden, Bryst English; Front: L-R Santiago Janisch, Kiera Stevens, Madelyn McKinney, Aria Doyle, Tatiyana Oliver, Cirby Mahowald, Grady Breitbach, Liam Schow, Shelby Shimpa, Vasily Kutsev, Stella Davis, Trinidad Canchola.

## Pestle & Vessel

by Alison Opdahl

### Praise

Why do we often crave the praise of others more than finding our identity in the Father? I think it has to do with the depth of the relationship. One kind is much more comfortable. On the surface we can project a persona to others; one we can even believe is the truth about ourselves. But no one knows my true motivation better than the Father, not even me.

You see, it's easy for me to polish a veneer of good intentions: mingled with the right words and demonstrated by my actions. To an outside observer—whatever I'm doing will appear good, maybe even to me. But in the Light of the Father and His Word, my action could actually be drawing me farther away from the identity He waits for me to pursue.

How can I test my motivation? How can I learn what my true role is in His Kingdom? Well, the answer is easy and hard. The easy part is that it's readily available for me to explore in the Bible. The hard part is I will have to battle my old nature to make that happen.

That old nature can wear tricky disguises; service to others, needful work, responsibilities, etc. While they may be admirable tasks, the wrongness of them does not lay in performing them but in how they are prioritized. If I place service to others above pressing into the Father, I have failed to seek my true identity. I now crave the praise of others. If I place more priority on work, hobbies, entertainment, etc. than seeking the truth of the Father in His word, I am again looking for my identity in the wrong place.

There is a bigger picture for me. Larger than that 52" flat screen that lets me unwind with the Andy Griffith Show. If I'm not soaking myself in the Word, it's like I'm a Barney Fife with one bullet in my pocket, fumbling for it when the need arises. What if my identity was fully loaded every morning so that through the day, my identity in the Father blessed others? That is the true purpose of my life. To let it be squeezed out in joyful and challenging circumstances so the Father shines through. "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Phil. 4:8

This is not a superhero kind of lifestyle where we can overcome and vanquish evil on our own. It is a choice to be humbled, to learn how to apologize, to own our own and hold ourselves accountable even when we don't want to. It's about learning that the highest form of seeking praise is not to seek it at all. To let it fall on us from the Father and because of the Father, in spite of our sinful state.

Let me be clear, this is not about saying we shouldn't praise others. This is about examining our heart motivation when we look for approval. Divine approval, godly behavior is only accurately determined by the standard of the Word of God and the work of the Holy Spirit in us.

Pressing into the Father is the best praise we can offer Him. It is telling Him that we

seek our identity in Him above all else. It's speaking to Him of our desire to make our relationship with Him the most important one in our lives. And when we make that choice, the Kingdom will be blessed.

### Notice:

The Annual Meeting of the Sand Hill Cemetery Association will be held on Monday, May 29, 2017 at 2:00 pm at the Sletton Town Hall. M9C

## Social Security Administration delivers the most popular baby names in MN for 2016

The Social Security Administration today announced the most popular baby names in Minnesota for 2016. Henry and Evelyn topped the list.

The top five boys and girls names for 2016 in Minnesota were:

**Boys:** 1. Henry; 2. Oliver; 3. William; 4. Owen; 5. Liam.

**Girls:** 1. Evelyn; 2. Olivia; 3. Emma; 4. Charlotte; 5. Harper.

Nancy A. Berryhill, Acting Commissioner of Social Security, announced last week that Noah and Emma were the most popular baby names in the U.S.

There is only one new name in the top 10 this year—Elijah, the first time he has ever reached the list of 10.

How does Minnesota compare to the rest of the country?

Across the Nation the top names were:

**Boys:** 1. Noah; 2. Liam; 3. William; 4. Mason; 5. James; 6. Benjamin; 7. Jacob; 8. Michael; 9. Elijah; 10. Ethan.

## 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

*Remember  
your loved ones  
resting place this*

**MEMORIAL DAY**

Please donate for perpetual care of the cemetery.

Salem Cemetery Association  
PO Box 136  
McIntosh, MN 56556 M9C

## NOTICE SLETTON TOWNSHIP

Township monthly meetings will change to 8:00 AM during the summer months. We will meet the second Wednesday of each month at the clerk's home. Our next meeting will be June 14, 2017 at 8:00 AM.

Terri Kaupang  
Township Clerk M9C



### ST. MARY'S CHURCH Fosston Fr. John Suvakeen, Pastor

Sun. May 28: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. June 4: 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. 28: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. June 4: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Gordon Syverson  
Sun. May 28: 11:15am Worship Service.

Sun. June 4: 11:15am Worship Service.

### GOSEN LUTHERAN CHURCH

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

Wed. May 24: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's

Sat. May 27: 8:00pm Prayer Meeting

Sun. May 28: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service; 7:00pm Luther League (see article elsewhere in paper)

Tues. May 30: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. May 31: 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**  
Wed. May 24: 6:30pm Youth Group at Mt Carmel; 7:30pm Bible Study at Mt. Carmel

Thurs. May 25: 7:00am Men's Breakfast at Mt. Carmel  
Sun. May 28: 9:30am Worship at Trinity; 11:00am Worship at Mt. Carmel

Thurs. June 1: 7:00am Men's Breakfast at Mt. Carmel  
Sun. June 4: :30am Worship at Trinity; 11:00am Worship at Mt. Carmel

Thurs. June 8: 7:00am Men's Breakfast at Mt. Carmel

### VERNES LUTHERAN CHURCH (LCMC) McIntosh

**Pastor Jill Torgerson**  
Sun. May 28: 9am Worship  
Sun. June 4: 9am Worship

### DOVRE FREE LUTHERAN Pastor Don Edlund

Wed. May 24: 7:00pm Bible Study

Sun. May 28: 10:00am Worship Service

Wed. May 31: 7:00pm Bible Study

Sun. June 4: 10:00am Worship Service

Wed. June 7: 7:00pm Bible Study

### IMMANUEL LUTHERAN CHURCH

McIntosh  
Rev. John Anderson,  
Pastor

Sunday May 28: 8:45am diving Worship with Holy Communion and Confirmation  
Sunday, June 4: 10:45am Divine Worship Service (please note time change)

Holy Communion 1st and 3rd Sundays

## Do you have a story to share?

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



First National Bank of McIntosh will be closed on Monday, May 29<sup>th</sup> in observance of Memorial Day.



first national bank of McIntosh

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McIntosh, MN 56556  
www.fnbmcmintosh.com M9C

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(218)  
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## Memorial Day

Memorial Day, also known as Decoration Day, originally honored those who fought and died in the Civil War.

This Memorial Day, we as a nation pause to honor all servicemen and women who have given their lives for our country.



### Old Recipes;

*A Call for The Good Ones, the Memorable Ones, the Old Ones That Need to be Preserved.*

The cards are yellowed and the lines are faded. Stains and spills blot the paper, often making them difficult to read. The words scrolled in a handwritten cursive script on the card is worn to a dim hue of its original shade, to the point that you are not sure what it says. Instantly you know those are the good ones. They have been used and reused. The tried and true ones. The ones that need to be saved.

The McIntosh Heritage and Arts Center is looking for heritage recipes and the family stories that go with them.

If you have a family recipe, a favorite that grandma or mom used to make and maybe a story of the person who made a dish, that you loved and would like to share, please contact Donna Larson at the MHAC office by phone (218-563-2040), message us on Facebook, or stop in and pick up a form to fill out. Forms can be found at the MHAC office or at the Thrift Store.

The following recipe is one of those cards, yellowed by age and use. The corners are bent and crumpled.

The "C" abbreviation for cup has the scrolled curl at the top where the letter starts, of the proper cursive capital letter. The penciled script has faded a bit, but is still clear and legible. A card with no lines yet the letters and numbers are straight and true. It is one of several

recipes that have been catalogued in a box at the Heritage Center. The name Caroline Haugenson is written at the top next to the title of the card; "Rhubarb Bread". It is spring and the rhubarb is coming up. Give the recipe a try.

**Rhubarb Bread**  
1 ½ C. br. sugar  
2/3 C. salad oil  
1 egg  
½ C. nuts  
1 C. buttermilk  
1tsp. salt  
1tsp. soda  
1tsp. vanilla  
2 ½ C flour  
1 ½ cut up fresh rhubarb

Put in 2 greased loaf pans and sprinkle over the batter a mixture of ½ C sugar, about 2 tsp cinnamon, & 1 tbsp. butter. Bake 325 degrees-about 1 hour.

Do Not Overbake.

## 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. M6-25C



## Is There A Wedding In Your Future?

We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

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## Winger News

Linda Pulskamp

Greetings once again from Winger and the Union Lake areas. The past week end was certainly a beautiful one, but since then has been cool, windy, and damp without much rain at all. Gardens and flower beds are being planted along with the farmers still working to get the crops in, had a delay due of the weather but they are at again now. Lawns are growing, so lawn mowing is a weekly chore now. The dandelions this year are in abundance, don't think I have seen a year with so many of the pesky things.

Congratulations to all the graduates in the area schools and best wishes to our young men and women as they venture on to a new phase in their lives, may you all achieve whatever your goal is in the future.

Milton Carlson along with Paul Carlson and Dusty Wayne Carlson, Bob and Kathleen Drellack Taylor and Jessica all gathered at the Dairy Queen in Fosston Tuesday the 9th to celebrate Michelle Carlson's birthday. Chad and Traydon Carlson joined the family for the birthday celebration.

Last Saturday afternoon Butch and Linda Pulskamp visited with Donnie Johnson and Nola Abele at the Abele home in Fosston. That evening they took in the fish fry in Gonvick.

Brian and Marilyn Bratager of Greenleaf and Bruce Bratager of Rochester were Mother's Day week end guests at the Boyd and Sylvia Bratager home. Jeff and Julie Bratager and girls also were week-end visitors with the families at Boyd and Sylvia's.

Thursday the 11th Paul Carlson was a visitor at the Milton Carlson home and while there helped Milton with some yard work.

Susan and Chris Eischens of New Folds, Dakota and Kjerstie Poissant of Fertile, Chelsey Haugen and Steve Cullen of Thief River Falls, David Myhrum and Betty Myhrum all gathered at Moran's last Sunday for Mother's Day dinner. After their dinner together, Dakota and Kjerstie Poissant, Chelsey Haugen and Steve Cullen, Susan Eischens and Betty Myhrum all attended the prayer service for Diane Omundson at the Carlin Funeral Home in Fosston. Diane was a niece of Betty's.

Last Friday Judy Gieseke and Milton Carlson made a trip to the nursery where they picked up some tomato plants and flowers.

Visiting with Martha Henney on Mother's Day was daughter Gail and her husband Terry Johnson of Karlstad, they all enjoyed visiting and having dinner together.

Later in the day Granddaughter Stephanie Henney of Fargo was a visitor with Martha.

Last Saturday Donna Carlson brought her lawn mower to Milton Carlson's, where they teamed up with their mowers to mow Milton's yard.

Last Sunday Mother's Day guests at the Reha Sanstead home were Tom, Terrill and Bailey Bradford of Mentor, Jamie and Jerry Mattison of Plummer, Marv Engesether of Plummer, Spencer and Rachel Anderson of Erskine, Whitney Anderson of Erskine and Butch and Linda Pulskamp.

Truman and Darlene Johnson of Dilworth were recent visitors at the Boyd and Sylvia Bratager home. Truman also helped the guys with some of the field work while they were there.

Mother's Day guests at the Lonnie and Judy Gieseke home to celebrate Mother's Day were Milton Carlson, Lisa and Roy Schaumburg and Kari Keller of Bejou. Later in the day Paul and Donna picked up Milton and they all attended a spring recital at the Civic Center if Fosston.

Michelle Gagner of Mentor spent Mother's Day with her Mom Lucy Brtek. Tyler, Justis and Tony Brtek of Bagley also visited with Grandma Lucy for Mother's Day. Lucy prepared bar b ques and strawberry shortcake for the kids. Later in the day Michelle and Lucy made a trip to Berge-son's Nursery. Lucy remarked it was crawling with people, but she had a very wonderful Mother's Day.

Dean Johnson was a visitor last Sunday at the Pulskamp home.

Betty Myhrum and David Myhrum attended funeral services last Monday in Fosston for Diane Omundson.

Renee Henney of St. Hilaire was a visitor with Martha Henney at the Pioneer Home last Tuesday afternoon.

Paul stopped by the Milton Carlson home last Monday on his way to work or a brief visit and a cup of coffee for the road. Later in the day Sheila and Jasmine Benesh while out for a walk stopped in at Milton's and were treated to fresh rolls that Milton had made.

Last Thursday Helmer and Verlys Homme were visitors with Roy and Judy Raben at the Raben's lake home.

Laura Grant of McIntosh was a visitor this past week with her Grandma Martha Henney at the Pioneer Home at Erskine.

Butch and Linda Pulskamp were Monday overnight guests at the Donnie Johnson home in Maple Lake, MN. Tuesday the Pulskamp's and Donnie Johnson and Nola Abele attended the funeral for Glen Yager in

Waverly.

May you all have a wonderful Memorial Day!

In closing time and good friends are two things that become more valuable the older you get!

### From Bun Manor:

On Mother's Day, Joanne and Carsten went to Detroit Lakes where they met their daughter Denise and her two daughters, Kayla and Kelsey, at the Holiday Inn for a huge Mother's Day Sunday Brunch. There was lots of good visiting with their daughter and granddaughters.

Pretty sparse for news this week. Sunday, Bun met Dale at the Lunch Box(Depot) for lunch. He had the privileged of sitting with Cheryl, her mother Edna Helgaas and Joyce but not so privileged to sit by Jerry, Ronnie and Lindsay Wang. Another reminder to send Bun and Linda news items.

Note of interest. A very rare sighting of Steve Massmann was seen mowing his yard with a push mower

### Gosen Luther League

The Gosen Luther League meets on Sunday evening, May 28th, at 7 o'clock. Hearts In Song will be in concert.

This duet ministry includes Rhonda Rothenberger of Roseau and Dr. Noah Chelliah of Grand Forks. Rhonda is well-known throughout northern Minnesota having sung at numerous functions. Dr. Noah is a triple-board certified cardiologist who has been providing care for patients with heart disease in the greater Grand Forks area for many years. He also manages a Christian FM radio station (KEQQ 88.3) in Grand Forks that is on air 24/7 as well as online at [www.logos-radio.us](http://www.logos-radio.us).

Hearts In Song presents a variety of timeless songs in southern gospel style that will inspire and remind people of reasons they have to praise God. Their uplifting message of hope touches hearts, encouraging listeners that they can have joy every day as they trust God.

Refreshments will be served following the program. Join us for an inspirational evening in honor of our Lord Jesus Christ.

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

### Did you know?

Heart disease affects women of all ages. The symptoms can be somewhat silent or not what many women may normally associate with heart disease. The symptoms of heart disease in women also may differ from those experienced by men. The Mayo Clinic says the most common heart attack symptom in women is a type of pain or discomfort in the chest. However,

women also may experience seemingly unrelated symptoms such as nausea, vomiting, sweating, unusual fatigue, abdominal discomfort, or lightheadedness.

### VBS 2017: Expedition Norway

"Fuel Kids' Faith from a Fresh Perspective" on June 5th, 6th and 7th at "Historic Gossen School" in Winger.

Experience Great Music; Learn some Norwegian; How does the Bible guide us today? Taste some Norwegian treats; Make crosses, flower bombs and slime; Meet new kids; Have fun!

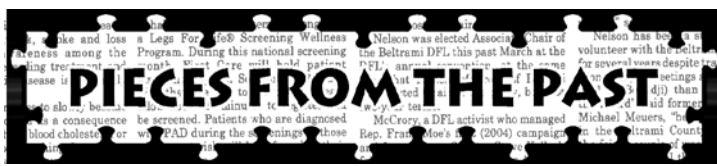
Monday and Tuesday, we will start at 8:00 am and end at 2:00 pm. At 10AM each day the area communities are invited to share coffee, lemonade, treats and see what the kids are learning.

On June 7th we will start at 1:00 pm and end at 6:00 pm and on that Wednesday evening, we will have an open house at 5PM so parent and our Communities can see the crafts created (will be displayed in the School.) The kids will provide a program. We encourage parents and all interested community members to bring a chair as there we will be hot dogs and s'mores for everyone. There will be a fire ring and lots of opportunities for visiting and singing. Come, relax and have fun!

We acknowledge that parents may not be able to transport their kids to VBS due to work so we have volunteers who will pick up the kids and bring them home. We do hope that parents can come on Wednesday night to see the program and have supper.

Vacation Bible School is open to kids of all faiths from pre-school through the 9th grade. We are planning for more than 50 kids so we are excited that there will be kids from more than our parish. We encourage kids to bring a friend and we think that you will make lots of new friends too.

If you have questions or would like to volunteer, please call Devra Carlson @ 218-563-2197.



50 years ago...1967: These members of the McIntosh senior home economics classes were among those modeling suits or dessier garments Thursday evening. Left to right are Corrine Eggers, Judy Jore, Janet Broske, Beverly Bartz, and LaRae Lanman.



40 years ago...1977: Headstart children enjoying a picnic in Roholt Park in McIntosh Tuesday included, Janna Keicker, Stephanie Kay Voxland, Chris Burslie and Jeff Oseth on the Lion, with Randy Christianson seated below and Mark Strom peeking out from behind The children also visited the Kindergarten class in the McIntosh School that day.



30 years ago...1987: Induction members ito the newly formed National Honor Society at Win-E-Mac High School was held on Monday at the School Library. Members are (front row): Sheila Vasend, Jodi Berg, Becky Jensen, Stacy Sandberg, Julie Walker, (middle row) Jeanie Votava, Sheila Olson, Stephanie Tobel, Nikki Hegg, Kristine Voxland, Dale Barrows; (back row) Kevin Abrahamson, advisor, Carrie Gustafson, Mark Sannes, Paul Kangas, and Kriss Grinolds. Not pictured: Joann Engebretsen and Mike Theis.



10 years ago...2007: Here are some students and their moms/grandmas who helped the class stitch their pillow by hand. Left to right is Heonia Martushoff, with mom Sally Martushoff; Cole Shaver with mom Bonira Shaver; Sidney Tadman with Grandma Dorothy Sandberg; Cade Escue with mom, Sharon Escue.

## Regional Ag News

Ed Gindele,  
Extension Educator

### Early season yellowing of wheat, barley, and oats.

Reports of yellowing in small grains have started. There are several reasons why young wheat, barley, or oat plants have a pale green/yellow color. Some of the more common causes of early season yellowing are:

- Nitrogen deficiency
- Sulfur deficiency
- Early tan spot infections
- Herbicide injury
- Barley yellow dwarf virus (BYDV) infections

Nitrogen (N) deficiencies can readily be identified as the symptoms are worst on the oldest leaves and start at the tip of the leaves, progressing towards the base as the deficiency gets worse. The causes of the N deficiencies are several, all which have common denominator, namely excess precipitation. Excessive rainfall causes leaching, denitrification, and an inability of the plants to take up available N.

Leaching is a potential problem in coarser textured soils. Saturated soils/standing water will cause both denitrification and inability to take up available N. Denitrification is a microbial process and slows down considerably as soil temperature decrease. According to Univ. of Illinois data (Hoef, 2004), denitrification losses are 1-2% if soil temperatures are less than 55F, 2-3% when soil temperatures are between 55

and 65F, and 4 -5% once soil temperatures exceed 65F. As soils are saturated, the plant's roots also are unable to take up N - even if available. Often the crop recovers quickly if the growing conditions improve and the excess water has drained. If the N deficiency is severe, a supplemental application of N as either urea (46-0-0) or urea ammonium nitrate solution (28-0-0) can be advantageous.

Sulfur (S) deficiencies are generally found on coarser textured soils and can readily be identified as symptoms are worst on newest leaves and less on older growth.

This is opposite to N deficiencies as can be explained by the difference in mobility of the element in the plant; N can be more readily be recycled from older growth and redirected to the younger leaves compared to S. Cool and dry conditions tend to make S more pronounced as less S becomes available from the breakdown of organic matter.

Cool conditions make some of the micro nutrients also less available to the plant. These symptoms are often first noted on the coarser textured soils. As soon as growing conditions improve, the symptomology should disappear.

Early season tan spot infection can also cause the young wheat and barley crop to turn a bright yellow. Especially

young seedlings up to the 3 to 4 leaf are very sensitive to a toxin that is produced by the fungus. This yellowing affects the whole seedling. If tan spot is identified as the cause of the yellowing, an early season fungicide treatment is warranted. For more details go to <http://blog-crop-news.extension.umn.edu/2014/05/early-season-scouting-in-small-grains.html>

Although few if any acreage has received an herbicide to date, yellowing of the crop can also be caused by herbicide carryover from pre-plant, pre-emergence or post-emergence herbicides used the previous year. As the use of other herbicide modes of action are increasing to combat glyphosate resistant weeds in soybeans and corn the incidence of carryover issues has increased. Some of the active ingredients are rather persistent in the soil, especially under drier conditions and/or fields with low organic matter.

Carryover issues will often be more evident on headlands as overlaps will create small areas with twice the amount of active ingredient. For more details go to <http://www.extension.umn.edu/agriculture/weeds/resistance/> and reference "Corn and Soybean Herbicide Diversification Strategies - 2015".

Source: Jochum Wiersma UMN-Extension Small Grains Specialist, UMN-Extension

Random Things and Stuff



**Terrible Ticks**  
By: Emily Lynne  
This year, unlike previous years, ticks seem to be on the rise! This may be due to the added moisture from a late snowfall we

had. Either way, they are definitely a nuisance!

These ticks are not only bad for humans, but your animals as well. In this article, I will explain how to identify a tick, how to take them off properly, how to protect your animals and yourself from ticks, and the signs of Lyme Disease.

First thing that is important for you to know is how to identify ticks.

The biggest, or should I say 'smallest', tick to worry about is the deer tick, which is the main carrier of Lyme Disease. To identify a Deer Tick, there are six specific things you should do.

First, remove the tick from the host. Make sure when you have removed the tick, you have gotten the whole tick off. You should then place the tick in a vial or lidded jar, or place it on a piece of white paper and use a piece of clear tape to cover it. A tick will have a flattened, tear-shaped body at all it's stages of growth.

It is typically a brownish-black color, but if it is engorged, it will be a lighter color and more round. The Deer Tick is the smallest of all the types of ticks. In diameter, the adult Deer Ticks are about 2 to 3.5 mm and are roughly the size of a sesame seed. If it is engorged, it may be up to 10 mm long. On the back of the Deer Tick, you will notice a solid-color, with no patterns like other ticks. (information found on WikiHow: Identify-a-Deer-Tick).

Next, it is very important to remove ticks the proper way.

There are a lot of different devices on the market now for tick removal, but you really only need a fine-tipped tweezers. The first thing to do is use the fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. You



A fun song by some of the Win-E-Mac Senior High Band Students during the Spring Concert last Tuesday, May 16th was played on pails. The name of the song these students played was "That Guy Next to Me" by Mike Lorentz.

should then pull upward with a steady, even pressure.

Do not twist or jerk at the tick, this may cause the mouth to break off and remain in the skin. If this were to happen, you need to get the mouth out with the tweezers. If you can not get it out, leave it alone. As the skin heals, it will push the head farther up, and you will be able to get it out then.

After you remove the tick, make sure to clean the bitten area and your hands with rubbing alcohol, an iodine scrub, or antibacterial soap and water.

You should dispose of the tick by drowning it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Unlike popular belief, you should never crush a tick with your fingers. (Information found on the CDC website: removing a tick).

It is important to protect yourself from tick bites, as well as your animals. Before you go outdoors, you should know where to expect ticks to be.

Ticks live in moist, humid environments, particularly in or near wooded or grassy areas. Products that contain permethrin kill ticks. Permethrin can be used to treat boots, clothing, and camping gear, and remain protective through several washings. You should use a repellent with DEET on skin.

Repellents that contain at least 20% or more DEET can protect up to several hours. After you come indoors, there are a few things you should do. The first is to check your clothing for ticks.

The best way to get rid of ticks on your clothes is to tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks. Hot water is always recommended to wash and remove ticks from clothing.

You should shower soon after being outdoors, generally within two hours of coming indoors. This has been shown to reduce your risk of contracting Lyme disease. Showering may wash off unattached ticks and is a good opportunity to do a thorough tick check.

When checking for ticks, there are a few parts of your body that ticks tend to be at. These include: under the arms,

in and around the ears, inside the belly button, back of the knees, in and around the hair, between the legs, and around the waist. (Information found on CDC website: stop ticks).

For your pets, there are a few different things you can do. Make sure to give your animals a flea and tick control product.

There are more options for dogs for tick control, as they can have oral medications, shots, and a gel substance you put on their back. Cats and other animals don't have as many options for tick control, but they are out there.

Though it used to be considered rare, Lyme disease has become more prevalent. Early signs and symptoms (3 to 30 days after a tick bite) you may experience symptoms that are like the flu. These include fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes. You will also develop a erythema migrans (EM) rash; which occurs in approximately 70-80 percent of infected people.

This rash begins at the site of a tick bite between 3-30 days, with an average of 7 days. The rash will begin to gradually expand, reaching up to 12 inches or more in diameter.

The rash may feel warm to the touch, but is rarely itchy or painful. The classic sign is that this rash looks like a target or "bull's eye".

Later signs and symptoms that can occur with Lyme disease include: severe headaches and neck stiffness, addition EM rashes, arthritis with severe joint pain and swelling, particularly in the knees and other large joints, facial palsy, intermittent pain in tendons, muscles, joints, and bones, heart palpitations or irregular heart beat, episodes of dizziness or shortness of breath, inflammation of the brain and spinal cord, nerve pain, shooting pains and numbness in hands or feet, and/or problems with short-term memory.

Ad deadline:  
Noon Friday

Coach Wanted

The Win-E-Mac School District is currently seeking a Head Girls Basketball Coach. Please send letter of application or contact Aaron Cook: This position will stay open until filled.

Aaron Cook,  
Activities Director  
Win-E-Mac School  
District #2609  
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ISD#2609 is an equal opportunity employer



Did you know?

While high school seniors on the cusp of graduating and moving on to college give ample thought to their college majors, many are likely to change majors at least once after enrolling in a college or university. According to the University of La Verne, between 50 and 70 percent of college students change majors at least once, and many of them will change their majors three times before they graduate.

The University also reports that 50 percent of college graduates pursue careers that are not related to their majors. Career and personality assessments can help students determine which subjects they may want to study upon enrolling in a college or university. Such assessments can help students discover their interests, and then students can work with advisors and career counselors at their colleges or universities to find majors that align with those interests.

High school seniors on their way to college in the coming months can rest easy that, even if they don't know what to study when they arrive on college campuses this fall, many of their fellow freshmen are equally uncertain

Boost chances that fish survive after catch and release

Stories of multiple anglers catching the same fish are more than fishing lore – they're the real result of anglers practicing catch-and-release fishing. Anglers can take several actions to boost the chances a fish survives after being released, according to the Minnesota Department of Natural Resources.

"Catch-and-release fishing is an important topic, especially in recent years with expanded catch-and-release seasons in Minnesota for lake sturgeon, trout and bass," said Al Stevens, fisheries survey and systems consultant. "What's more, anglers often choose to release large fish, and are required to release fish that aren't of a legal size to keep."

Fish can be injured by hooks, stress and being pulled from deep water. Being hooked in the mouth does little damage to the fish, and setting the hook quickly helps avoid hooking a fish in the stomach or gills.

Jigs, circle hooks and active baits like crankbaits are more likely to hook a fish in the mouth. Barbless hooks or pinched barbs can help, but where the hook ends up is more important than the presence or absence of a barb.

"Ever hear the term, 'throw it back'? That's a hold-over from the past when people thought nothing of literally tossing fish back so they slapped onto the water," Stevens said. "In contrast, these days we hear more about handling the fish firmly but gently, and quickly returning them to the water."

Beginner anglers, especially, may wonder what to do if a fish is deeply hooked.

"If a hook is deep in the fish, simply cut the line and leave the hook in the fish," Stevens said. "A long-nosed type pliers is handy to remove hooks, but remember most people aren't fish surgeons. It does them no good to use lots of force to twist out a deep hook."

In the summer or when anglers are fishing deep water, the DNR encourages restraint when the fish are really biting. Fish pulled up from deep water can experience stress and

injury, so anglers who plan on catch-and-release are reminded to avoid deep water. Under conditions when mortality after release is high because of physical factors like warm water or deep fish, anglers who catch and release a large number of fish could inadvertently cause more fish to die after release than their daily bag limit.

Here are a few more tips for successfully releasing fish:

- Wet hands before touching a fish to prevent removal of their protective slime coating. Rubberized nets help, too.

- Unhook and release the fish while it is still in the water, if possible, and support its weight with both hands or with a net when removed from the water. Never lift them vertically.

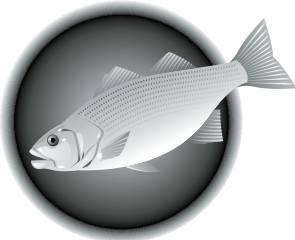
- Hold a fish firmly but gently. Don't drop it. And don't hold a fish by the eyes.

- If planning to release a fish, do not place it on a stringer or in a live well.

- Revive a fish by cradling it under the belly and gently moving it back and forth in the water until it swims away.

- Harvest a fish that can be legally kept if it is bleeding or can't right itself.

For more information on fishing and fishing regulations, visit [mndnr.gov/fishmn](http://mndnr.gov/fishmn)



Minnesota fishing facts

- There are about 1.4 million licensed anglers in Minnesota.

- About 500,000 people are expected to fish on Minnesota's opening day of the walleye and northern pike season, Saturday, May 14.

Minnesota has 11,842 lakes, 5,400 of which are considered fishing lakes. There are over 18,000 miles of fishable rivers and streams, including 3,800 miles of trout streams



The preschool graduating class of 2017 celebrated with songs for family and friends last Thursday, May 18th at Win-E-Mac Arts & Event Center.