



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota

Opiod Abuse Forum will be this Thursday

“Every year, thousands of Minnesotans become addicted to opioids, and hundreds of them lose their lives due to their addictions,” said Governor Mark Dayton, who recently, with a bipartisan legislator, who has introduced a plan to fight the growing numbers of people addicted to Opioids.

A forum, “Don’t Close Your Eyes,” will be from 5:30-7:30 p.m. Thursday, March 8, at New Journey Church, 505 Ninth St. NW, Fosston.

It’s open to residents, community leaders, law enforcement, health officials and faith groups.

A light supper will be provided free of charge. RSVP to Lynae Finseth at 218-435-7660 or Carrie Danielson at 218-435-7661.

“This forum could save lives,” says Dr. Cynthia Omokaro, a family medicine physician at Essentia Health-Fosston. “Opioid abuse is still very real and very deadly. We now know the true addiction opioids have and we are feeling its terrible effects.”

The forum will feature health care professionals, including an Essentia physician, a massage therapist and a chiropractor/acupuncturist. Also participating are members of the Polk County Drug Task Force, Northwest Mental Health, Polk County Public Health and Clearwater Life services. Additional information will be available as well.



The Winger Lion mascot (Jim Tadman) holding Lilly Brtek during the pancake breakfast benefit that the Club held for her at the Community Center in Winger on Sunday. The Winger Lion's pancake fundraiser for Lilly Brtek on Sunday was well attended. They served close to three hundred kids and adults. Events like this shows how people in smaller communities care about each other.

The WEM Junior High Play: A fun take on cliché Soap Operas

By Aries Qualey
The Junior High play has been around for three years now and is essentially a way for younger students to get involved in theater earlier, and gain more experience than they would from just participating in the All School Play.

Mr. Andrew Hanson started it three years ago, and it continues this year with the play Cooking Can Be Murder by Eddie McPherson, which aims to poke fun at a well-known genre of daytime television: soap operas.

This over-the-top and goofy “whodunnit” story follows an investigator, Rufus Annette Biddle, trying to solve the mystery of who poisoned the judge of a cooking contest.

The investigator questions a whole cast of zany and stereotypical characters, such as the hairstylist Hedda Hare

and Paige Turner the librarian, the ex-con Robin Banks and the American Idol reject Carrie Oakey, and as a result of this questioning, we get to see many silly reenactments of what the various suspects describe to the investigator, which clearly show (in Detective Biddle’s mind) their motive to murder Mr. James Valentino Casanova Bond.

Performances will be held in the Win-E-Mac Arts and Events center on Friday, March 9th at 7:00 pm, and Sunday, March 11th at 3:00 pm.

There has been lots of hard work put in by the cast and crew of this play, and it would be greatly appreciated if a large number of people would come out and show their support for our young actors. We hope to see as many people as possible at both performances!

Smokey Bear and Friends



Smokey Bear will be at the McIntosh Library on Tuesday, March 13th at 6:00 pm to teach all the ways you can help prevent wildfires. There will be some activities to help you learn a lot about protecting the forest.

Come and have some fun!
In partnership with ECFE and WEM Headstart.

Polk County and Weather Service offers Skywarn Training

Polk County Emergency Management, in conjunction with the National Weather Service, will conduct Skywarn Storm Spotter training classes.

These training classes are beneficial for those who simply wish to become better informed, as well as those who want to be designated storm spotters.

The training’s will be conducted by a Warning Coordination Meteorologist from the National Weather Service.

Individuals are taught the basics of thunderstorm development, storm structure, what constitutes severe weather, and how to report this information.

Additional information on severe weather safety is also covered. These classes are multi-media presentations which include detailed video.

We ask that you alert citizens of the upcoming classes.

Classes will begin at 6:00 pm and run to approximately 8:30 pm with a 15 minute break in the middle to allow for questions and refreshments.

These training classes will be held at the time and locations listed below.

Tuesday, March 13th
6:00 pm – 8:30 pm – Embassy Community Center Fosston, MN



Wednesday, March 14th
6:00 pm – 8:30 pm – Kiehle Auditorium, UMC, Crookston,

Thursday, March 15th
6:00 pm – 8:30 pm – Knutson Community Center, Fertile, MN

Please see the attached flyer for further information. If you have any questions, please do not hesitate to contact the Polk County Sheriff’s Office – Emergency Management Department.

We can be reached at 218-470-8263, 218-470-8290, or by emailing jody.beauchane@co.polk.mn.us or jill.potucek@co.polk.mn.us.

We would like to take the opportunity to thank you for your continuing assistance and support.



The Spin-tacular Basketball show, which was held at the Fosston High School on Wednesday, February 21st, was full of fun for kids and adults. The Crevier family is a friendly, talented bunch. Here, Crew Kiecker gets to spin the basketball on his finger with the help of Ben Crevier.



Community Calendar

Wed. March 7: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Thurs. March 8: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm; Opioid Abuse Forum @ New Journey Church, Fosston 5:30pm to 7:30pm

Fri. March 9: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Mon. March 12: McIntosh Library 10am to 3pm; Children’s Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Tues. March 13: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; McIntosh City Council @ Community Center 5:30pm

Wed. March 14: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Thurs. March 15: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Fri. March 16: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Mon. March 17: McIntosh Library 10am to 3pm; Children’s Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran’s 11:30am to 1:30pm;

Tues. March 18: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



The Winger Lions are great ambassadors of our Community. Thanks to the Club, they help raise money for various causes all year, every year. Pictured in the back row standing is Scott Revier and Karl Erickson. Left to right Kory Sonstelie, Gary Sonstelie, Joe Miller, Mike Thompson, Brian Massmann, Brandon Gunufson, Carsten Zahl, Steve Massmann, baby Lilly, Ole, Suzie Erickson, Brandon Omang, Jim Tadman, Scott Sandberg, Terry Cook, Dale Balstad, Elmyrna Kaupang, Bob Vesledahl, Scott Van Den Eidie and Tim (Bun) Anderson. Not pictured Kyle Sonstelie and Jamie Morvig.

Guns and school shootings: The dirty and deadly big secret

By Christopher Natale

In the aftermath of yet another horrific mass murder of innocents, we are, as always, besieged by calls for stricter gun control laws, from the daily media buffet of rallies and protests to politicians spewing what now has become a familiar script. But is the redundant, knee-jerk reaction calling for gun control a viable solution or just another political football being tossed into our daily cultural scrum?

People had guns in the 1950s (and in the '60s, '70s, and '80s), and the gun laws were more lenient than today, so why wasn't there an epidemic of school shootings back then? What's changed, especially in the lives and minds of many young people, over the last two decades?

A lot has changed. From accelerated "progressive" cultural rot to more broken and latchkey homes to incredibly easy access to violence and sex via TV, movies, the internet and social media, and video games, all of these can be listed as possible contributors to the scourge of heinous behavior — much of which is perpetrated by males under the age of 30. But in almost all cases, the killers are found to be "unstable" or "depressed" and taking some type of psychotropic prescription drugs: mind-altering substances to deal with depression, emotional frailty, or just the dramas of everyday life as a young adult. Too many doctors and parents are too quick to dispense some pills; toss the kid a smartphone; and say, "Feel better."

We hear so much about the opioid crisis killing so many young people today. But aside from the speedy, almost inaudible disclaimers at the end of every anti-depressant commercial that state "may cause anxiety or thoughts of suicide," we are not hearing much about the mind-altering medications epidemic. Adding these powerful chemicals to still developing brains, and then setting them loose into the wilds of social media to be cyber-shamed, bullied, or propagandized, can't be

therapeutic. But why aren't the media all over the excessive prescribing and the dangers of all these psychotropic drugs and selective serotonin reuptake inhibitors (SSRIs)? Why aren't there protests outside big pharmaceutical plants rather than NRA headquarters?

According to a study by the British Medical Journal from 2012, for every dollar pharmaceutical companies spend on "basic research," \$19 goes toward promotion and marketing. Billions of dollars are spent by companies like Johnson & Johnson and Pfizer to promote their drugs — from commercials to payouts to medical professionals to prescribe their drugs. Billions are spent in advertising revenue to networks and media outlets. In September 2016, the N.Y. Times reported that Big Pharma spent \$2.3 billion lobbying Congress over the previous decade. Meanwhile, the NRA has donated \$3,533,294 to all current members of Congress since 1998, according to The Washington Post. Feel free to do the math.

As a society, we need to take a deep breath and long look in the mirror before we so easily look to "cure" our kids with mind-altering drugs dispensed by doctors like Halloween candy. Energetic or hyperactive young boys don't always need Ritalin for breakfast — perhaps just more activities outside Xbox playdates. Moody teens in many cases need to deal with and work through adversity without Prozac or Zoloft. Mixing these powerful chemicals into growing, and often confused and over-stimulated young brains, needs to be more thoroughly scrutinized.

Guns in the hands of the wrong people is certainly a bad thing, and good steps to deter this should be welcome. But today, too many of the wrong people are just mixed up, over-medicated young adults whose triggers to committing unspeakable acts of violence are manufactured not necessarily in gun factories, but perhaps in chemistry labs.

Non-invasive colon cancer screening at Essentia Health

This year, more than 50,000 people will die from colorectal cancer in the U.S. and another 135,430 people will be diagnosed with the disease. The American Cancer Society says colorectal cancer is the third most commonly diagnosed cancer in men and women nationally.

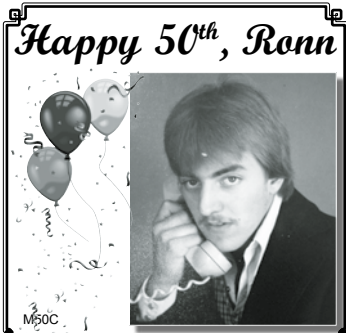
March is colorectal cancer awareness month — a time to understand that one in 22 men will be diagnosed with this cancer and one in 24 women will. In the past, the only way to test for colorectal cancer was a colonoscopy. Now, doctors can see whether someone may

be at risk through a FIT test, which stands for fecal immunochemical test.

"The FIT test is incredibly easy, non-invasive and can be done from home," says Dr. Tadeu Ambros, a hematologist and oncologist at the Essentia Health Cancer Center in Fargo. "When you're at the clinic for your regular checkup, you can just ask your doctor for it, and mail in the results."

The test allows someone to collect a small stool sample at home, place it in a supplied test tube, and mail it to our clinic in a pre-paid envelope.

"Many people are too busy



to take multiple days out of their schedule to undergo a colonoscopy," says Dr. Ambros. "This FIT test just takes minutes."

If the test comes back positive, your doctor will then ask you to come in and undergo a full colonoscopy because colorectal cancer is a possibility. A colonoscopy allows doctors to remove any pre-cancerous polyps or identify colon cancer.

"This is a game changer for cancer diagnoses," says Dr. Ambros. "This one simple test could be what saves your life or the life of a loved one."

Those age 50 and older are urged to get screened. If you have a family history of colorectal cancer, let your doctor know and talk about when you should be tested.

For more information, call your local Essentia Health clinic or visit www.Essentia-Health.org.

Polk Churches working to Feed Starving Children

*A number of Polk County churches are working on the 2018 annual "Feed My Starving Children" campaign to pack 404,000 meals April 6-8 in Grand Forks for starvation-impacted children around the world.

*In the first six years of the program, 19 Polk churches raised \$43,684 that paid for 292,827 meals sent to Haiti, Dominican Republic, The Philippines, Namibia and Nicaragua.

*The 404,000 meals for the April packing will cost \$88,000 for ingredients of which \$35,400 was raised by March 4, leaving a shortage of \$53,500.

*"This shortfall is a matter of great concern to us," said Coordinating Committee Co-Chair Jodie Storhaug, "but we are proceeding in faith that the Christian community will respond to this need."

*Support can be sent to FMSC, Box 5102, Grand Forks, ND 58206, with the notation "MP1804-028" on the check memo line.

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

Letter to the Editor

To the Editor:

Do you long for the good old days when there weren't any school shootings? I certainly do

I became a teenager in 1956. Percentage wise, I'm sure there was as much mental illness, unstable individuals, loners, etc. back then, as we have in society today.

Also, there was easy access to guns. By the time I was a sophomore, I had a .22 rifle, a shotgun, and a deer rifle. Many of my friends and classmates had guns too. But, noone ever threatened or ever thought of shooting up a school, or harming anyone, regardless of our problems or the bad day we were having.

So, what was different back then compared to now?

Well, in 1956 just about every child grew up in a two-parent family. In our little town, I don't remember anyone eing divorced. Most moms were Stay-at-home moms. They were there when the kids came home from school. They could monitor their children's activities until bedtime.

The churches and Sunday Schools had many more people attending then they do now. In Sunday School we learned The Ten Commandments, "Thou shall not Kill" was introduced to us at an early age.

If a child was misbehaving at home or in public, it wasn't uncommon to see them get a good spanking. Try that now,

the kid will probably get out his smart phone and dial 911 for help.

Noone loked their doors at night or when they went away for a day or two because people had enough respect not to go in, unless invited.

There wasn't any marijuana or drugs around to further mess up an already stable mind.

The internet hadn't been invented yet. The internet has instant access to just about everything imaginable. Some of it not suitable for young, impressionable minds.

If we got into trouble at school or in public, we had to "face the music." The school officials or mom and dad didn't worry about hurting our feelings or our self esteem when we were being diciplined.

When we got our first gun as young boys, it was our Dad or another responsible adult that taught us firearm safety. How NOT to shoot ourselves or someone else. I wonder how many of there "school killers" ever went to Sunday School or to Firearm Safety classes?

Many of you think we have a gun problem. I think we have a people problem.

There's no respect for human life, for law enforcement or anyone in authority.

Sadly, I don't see a change for the better anytime soon.

Dave Natwick
Winger, MN.

MN Foodshare Campaign is in full swing and looking for local donations

The Minnesota FoodShare Campaign starts on February 29th and runs through April 8th. Grace Community Food Shelf, serving the communities of Erskine, Mentor, Winger, and McIntosh, is an active partner in the campaign and could really use your support.

We are reaching out to our area church congregations, businesses, schools, and community groups asking you to get involved. We have mailed out information packets to the area churches with specifics on the campaign. If you or your organization would like to receive information on how you

can help please contact foodshelfcoordinator@gracechurch-erskine.org.

Won't you please consider making a food or cash donation to the Grace Community Food Shelf during this March Campaign!

The more we can collect during this drive the more we will benefit from funding shared through the Minnesota FoodShare organization. Donations can be dropped off at the Food Shelf at Grace Lutheran Church and monetary donations can be mailed to Grace Community Food Shelf, PO Box 204, Erskine, MN 56535.

In partnership with Grace Community Food Shelf, Minnesota FoodShare will continue to look for innovative solutions to one of our more pressing local, state, and national challenges — eliminating hunger.

Thank you for lending a helping hand!

Sletten Township

Sletten Township will hold their annual election and annual meeting on Tuesday, March 13, 2018 at the Sletten Town Hall.

The Polls will be open from 5:00pm-8:00pm to elect one Supervisor, for a term of three years, one Treasurer, for a term of one year and one Clerk, for a term of two years.

The annual meeting will start as soon as possible after the polls close to conduct all business that comes up at the meeting. If necessary, the storm date shall be one week later, March 20, 2018.

Terri Kaupang
Sletten Township Clerk

Did you know?

According to Investopedia.com, indexing is a passive form of investing that has traditionally outperformed many actively managed mutual funds.

Index funds are mutual funds with portfolios constructed to match or track the components of market indexes such as the Standard & Poor's 500 Index.

Investors who prefer index funds do so for a variety of reasons, with many choosing the funds because they provide broad market exposure and low operating expenses.

According to Vanguard®, which launched the first index fund for individual investors more than 40 years ago, index funds have low management and transaction costs because the funds hold investments until the index itself changes.

Vanguard also notes that index funds are traded less frequently than actively managed funds, which further lowers expense ratios and makes index funds a tax-efficient option for prospective investors.



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

Wed, March 7: 3:30pm Mass
First Care Nursing Home, Fosston; 5:30pm Mass at St. Mary's, Fosston, 6:30pm Stations of the Cross

Fri. March 9: 8:45am Mass at St. Mary's, Fosston

Sun. March 11: 8:00am Confession; 8:30am Youth Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed, March 14: 1:00pm Mass at McIntosh Nursing Home; 5:30pm Mass at St. Mary's, Fosston; 6:30pm Stations of the Cross

Fri. March 16: 8:30am Mass at St. Mary's, Fosston

Sun. March 18: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

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

Sun. March 11 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. March 18: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Sun. March 11: 11:15am Worship Service.

Sun. March 18: 11:15am Worship Service.

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

Wed. March 7: 7:00pm Bible Study at Don and Sharon Ramberg's

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

Tues. March 13: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place

Wed. March 14: 7:00pm Bible Study at Don and 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. March 7: 7:30pm Mt. Carmel, Pastor Dale Adams, Called to Pray, Matthew 26:41
Thurs. Mar. 8: 7:00am Men's Breakfast at Mt. Carmel
Sun. Mar. 11: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity; 10:45am Mt. Carmel Sunday School for all ages at 10:45am; Trinity Sunday School for all ages at 9:45am

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson
Sun. March 11: 9am Worship
Sun. March 18: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. March 7: 7:00pm Lenten Service

Sun. March 11: 10:00am Worship Service; Sunday School following; 7:00pm Bible Study on Hebrews

Wed. March 14: 7:00pm Lenten Service

Sun. March 18: 10:00am Worship Service; Sunday School following; 7:00pm Bible Study on Hebrews

IMMANUEL LUTHERAN CHURCH McIntosh Rev. Bruce Blocker, Pastor

Thurs. March 8: 6:00pm Lenten Service

Sun. March 11: 11:00am Divine Worship Service; 10:00am Council Meeting & Fellowship Hour

Tues. March 13: 2:00pm Ladies Aid

Thurs. March 15: 6:00pm enten Service

Sun. March 18: 9:00am Divine Worship Service; 10:00 Fellowship Hour

Holy Communion 1st Sunday of the Month



Dates of Incorporation of the Townships and Cities of the Thirteen Towns

Badger
May 9, 1886
Brandsvold
August 19, 1884
Columbia
August 2, 1885
Chester
1891
Eden
1888
Hill River
1884
King
March 4, 1884
Knut
1884
Lessor
1885
Queen
1886
Rosebud

March 11, 1884
Sletten
October 10, 1883
Winger
1884
Erskine
1897
Fosston
June 8, 1889
Lengby
1904
McIntosh
1921

1896--Disc plow and electric stove invented
1st modern Olympics held in Athens
Nobel prizes established
1st "wireless" patent
1897--William McKinley- President
1898--Madame Curie discovered radium
Spanish-American War begun
1899--Tape recorder invented
Louisa May Alcott, author of "Little Women" died
Spanish-American War

ended
1900--Crawler Tractor invented
1901--President McKinley assassinated
Teddy Roosevelt-President
1903--Wright brothers 1st flight at Kitty Hawk
Ford Motor Company begun
1904--New York City Subway opened
1906--1st yellow pages directory
1907--Electric vacuum cleaner and electric washer invented
1908--1st Gideon Bible put in a hotel
1909--North Pole reached by Robert Perry
William Howard Taft-President
1910--Boy Scouts of America incorporated
Mark Twain died
1st man to make a parachute jump
Source: The Saga of the Thirteen Towns; The Centennial History of the Thirteen Towns.

BUSINESS & PROFESSIONAL GUIDE

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Gonvick, MN

Richards Publishing Co.

Winger News by Linda Pulskamp

Hello again from Winger and the Union Lake areas where we have had a break in the weather with above zero temps, and a few days without snow falling. One thing it did do with all the snow we have had was to make every thing clean and white again. Only a month left of winter, we hope but March can be a snowy month and by the sounds of the forecast we are in for some snow and even rain again this weekend.

We have seen February go and have now moved into the month of March, and in just a few days on the 11th of March it will be time for daylight savings time, which will make the evenings longer but the mornings dark later.

My apologies for not having any news submitted last week as I spent the week at my brother Donnie Johnson's home in Maple Lake to be with him in his final days of his fight with cancer and succumbed to the disease on Friday the 23rd after a hard and courageous battle. Funeral services for him were on Tuesday in Maple Lake. He will be missed by many of us.

Brent, Jessie, Sidnie, Skylie and Brylie Pulskamp of Wahpeton and Craig Helgaas of Glenwood were house guests from February 16th until February 18th at the Pulskamp home. Bev Helgaas visited briefly and went on to spend the week end with her Sister Cindy Johnson at Gully. The guys spent the weekend making different kinds of venison sausage. Others visiting during that week end were Kelly Johnson and Granddaughter Lilly Brtek, Marv Engesether of Plummer and Reha Sanstead of Erskine.

Friday the 16th Dick and Wanda Donovan and "Pepper" of St. Francis arrived at the Milton Carlson home to spend the week end with the Carlson families.

Truman and Darlene Johnson of Dilworth were visitors recently at the Boyd and Sylvia Bratager home.

Paul Carlson was as visitor and coffee guest of Milton Carlson at Milton's home on

Saturday the 17th, later in the day Lonnie and Judy Gieseke were supper guests at Milton's home. That evening Paul and Donna Carlson were visitors with Milton at his home.

Little Lilly Brtek was back to the Children's Hospital in St. Paul for a checkup after the recent heart procedure she had done and the family is happy to report that it was a successful procedure.

Paul and Donna Carlson were morning visitors on Sunday the 18th at the Milton Carlson home. That afternoon Chad and Michelle Carlson along with other family members gathered at the Paul and Donna Carlson home to help Donna observe her birthday. While visiting at Milton's home that day Paul also plowed out the yard for Milton.

Michelle Gagner and Lucy Brtek visited in Fosston this past Monday with Wilma Wang and Sheldon Lee at their homes in Cornerstone.

Lonnie and Judy Gieseke were visitors and had noon lunch on Monday the 19th at the Milton Carlson home, they were joined by Milton and his house guests Dick and Wanda Donovan. Later that afternoon Dick and Wanda and "Pepper" left for their home in St. Francis.

Sheldon and Rita Trandem were visitors with Helmer and Verlys Homme last Sunday at the Pioneer Home at Erskine.

Tuesday the 20th Lonnie Gieseke picked up Milton Carlson's mail and was a visitor with Milton at his home, while he was there he cleaned the deck for Milton.

Richard Brtek was a Saturday visitor with his Mom, Lucy Brtek at Lucy's home. While there he made a gourmet meal for the two of them which was awesome.

Friday the 23rd Judy and Lonnie Gieseke brought noon lunch to Milton Carlson which they enjoyed while visiting, after which Lonnie cleaned the deck for Milton.

David Myhrum recently underwent surgery at Mayo in Rochester and is now home re-

cuperating.

Paul Carlson was a visitor and coffee guest of Milton Carlson at Milton's home last Saturday and while there he plowed out the yard again for Milton.

Mark and Betty Syverson visited at the Pioneer Home at Erskine last Saturday with Helmer and Verlys Homme.

Paul Carlson stopped in at the Milton Carlson home on Monday for a brief visit, bringing Milton his mail and once again cleaned the deck for Milton.

Craig Helgaas of Glenwood was a house guest at the Pulskamp home from Friday the 23 until Sunday the 25th! The guys did the final work on their venison sausage which is now a finished product.

Camilla Aasen Pearsall spent two weeks mid February in Reedsport, OR visiting brother Noel and Sheri Aasen and sister Janet and David Grundyson. Also visited Jennifer and Keith Tymchuk. Jenny is Jon Aasen's sister. A wonderful time with family in lovely country near the ocean.

Until next week, smiles are free but they are worth a lot.

From Bun Manor:

News is sparse again this week. Jerry Wang, Floyd Balstad, Gerald Paulson and his son-in law went fishing for a couple of days up north. They had a good time and caught some fish. How they put up with Jerry that long, one can only wonder.

Lorri Massmann drove down to Detroit Lakes last Thursday to watch Matt's girlfriend's seven year old daughter Kinsley perform in an ice skating show. She did a fine job and Lorri enjoyed watching her

Community Supported farms now accepting sign-ups

Join a CSA Program for Fresh, Local Produce Delivered Weekly.

The Minnesota Department of Agriculture's Minnesota Grown Program encourages consumers interested in Community Support Agriculture (CSA) shares to sign-up for memberships now.

CSA memberships offer many benefits, including subscriptions to healthy foods, the ability to connect with a local farmer, and the opportunity to directly support an agricultural business.

CSA farms sell subscriptions or memberships, and members receive a share of locally grown produce throughout the season, which generally lasts from 14-20 weeks.

CSA farms deliver member shares to a drop site, where members can pick it up, take it home, and enjoy a variety of local agricultural products.

Lisa Baker is the owner and principal operator of the 15-acre organic certified Bakers' Acres farm in Avon, Minnesota. Baker and her staff grow produce, sell eggs, and raise poultry, grass-finished lamb, and beef. Bakers' Acres also offers a CSA program and Baker recommends signing up early.

"CSAs offer a journey through the seasons that's unique to each farmer and cus-



Notice of Annual Meeting and Election

Winger Township will be holding its Annual Meeting on March 13th, 2018 at 4:00 pm. The annual election for Winger Township will run from 5:00 to 8:00 March 13th, 2018. All proceedings will take place at Winger Town Hall.

perform.

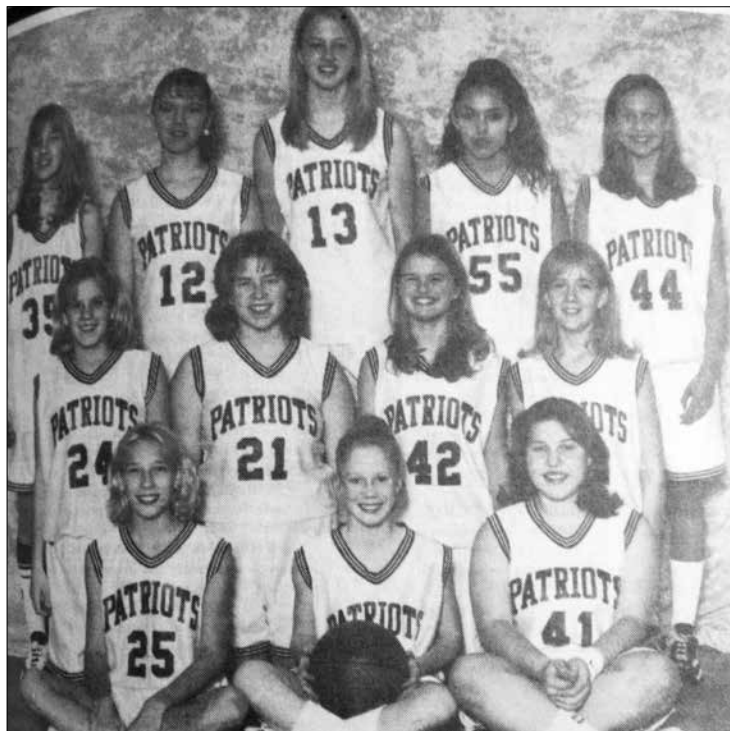
Sunday night the area experienced some thunder and lightning with rain. Monday morning found snow on the ground. Winter sure has been hanging around this year.



50 years ago...1968: Number two in sub-district. The Scots finished the number 2 team in the North Sub-District Basketball conference with losing only to the number one team, Erskine. Their record is 8-2. The Scots open Sub-District tournament play against Bagley on the Fosston gym floor Tuesday night next week. Back row left to right: John Berg, Steven Haaven, Ronney Joppru, Mark Schimanski, Byron Bennes, Reggie Joppru and Mark Balstad. First Row Towel boy, Tom Vesledahl, Loren Kludseth, Rickie Carlson, John Balstad, Ray Tangen, Larry Knutson, Scott Schimanski and Coach Lloyd Carlson.



40 years ago...1978: The McIntosh-Winger Pep Band kept everyone on their toes during the half time show at the Lady Scots winning tournament game over Gary on the Fertile Floor.



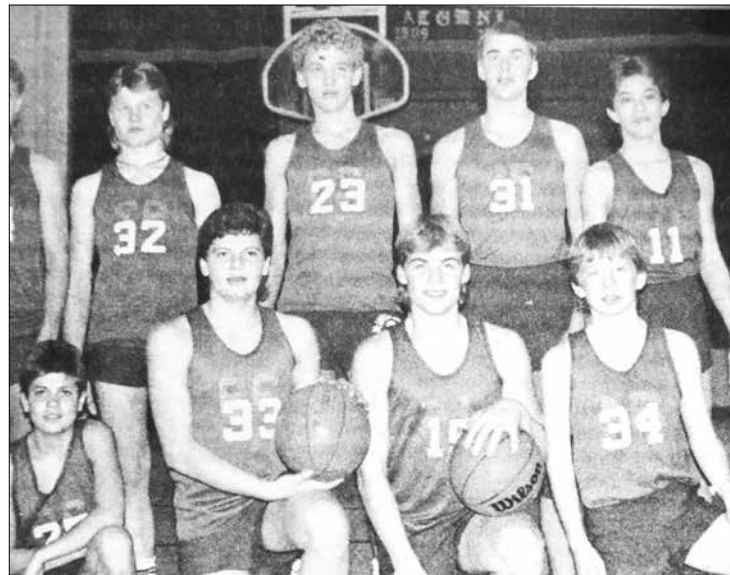
20 years ago...1998: The Win-E-Mac 8th Grade Girls Basketball Team, coached by Lynette Kaster, had a successful regular season. They have two more "home" games in Erskine on January 29 against Mahnomen and on February 9th when they play their last game against the Falcons of Fertile-Beltrami. Team members include: (Back L-R) Amanda Clementson, Nicole Violette, Jamie Stewart, Shelly Belgaarde and Chloe Schipper (Row 2 L-R) Jill Salvhus, LeAnn Johnson, Jamie Foss and Kristen Hole. (Front L-R) Ashley Bergman, Cathy Nephew and Katherine Senn. Not pictured - Amy Kaupang.



Win-E-Mac Junior Kylie Brekke goes up for a shot in tournament action against the Clerabrook-Gonvick Bears.



Win-E-Mac Senior Tyra Wilson in the game that the Patriots won 53-50 Thursday night.



30 years ago...1988: 8th Grade Basketball Team: Top row L to R: Cory Simonson, Donny Vesledahl, Ryan Tangen, Robbie Roed, Travis Finseth. Front Row L to R: Jaramie Pearce, Shane Erickson, Josh Hickman, Jason Svalen.

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Random Things and Stuff



PEEPS

By: Emily Lynne
One of the most popular spring-time candies are Peeps. These marshmallow candies have been iconic

during the spring. They are shaped as chicks and made out of marshmallows. Generally, when I think of Peeps, I only think of a few different flavors. However, did you know that there are now 12 new different flavors to try this Easter? Here are a list of the 12:

1. **"Delight"** Flavors which include blueberry, lemon, raspberry, strawberry, and vanilla. They are all partially dipped in creme fudge. Recently they added two new ones orange

and lime.
2. Fruit Punch
3. Blue Raspberry
4. Cotton Candy
5. Sour Watermelon
6. Bubble Gum
7. Party Cake
8. Red Velvet
9. Sugar Plum
10. Caramel Apple
11. Sweet Lemonade
12. Mystery Flavor

College News

Bemidji State University recently notified Emily (Ferden) Melott of McIntosh that she achieved the distinction of a Presidential Citation for earning a 4.0 grade point average during the Fall 2017 academic semester. Emily will be graduating in May 2018 with a nursing degree.

Applications Wanted for Summer Positions

The Win-E-Mac School/Community Education is looking for the following positions for the upcoming summer months. Applications or questions can be sent to Kevin McKeever at: Win-E-Mac School, 23130 345th Street SE, Erskine, MN 56535 or to his email at kmckeever@win-e-mac.k12.mn.us. Positions are open until filled.

1. **Summer Recreation Director:** Duties will include hiring and supervising coaches for baseball and softball, organizing field trips, scheduling games, along with other duties specific to the job. The individual may also coach a team if needed.

2. **2 Full time Summer Recreation Positions:** Duties will include coaching summer recreation baseball or softball teams, attending field trips, along with baseball and softball field maintenance. Grounds work within the school district may also be included in these duties along with other work needed by the school district. Each position will range from 36-40 hours a week with a \$10.50 starting wage. M49-50C

WEM School Announcements

Win-E-Mac Kindergarten Round-up Open House

For the 2018-19 School Year

When: Wednesday, March 28th from 4:00-6:00 PM

Where: Room #25 at the Win-E-Mac school.

If your child turns five years old before September 1st, 2018 and you plan to enroll them at Win-E-Mac, please plan to attend. You will be filling out registration forms.

There is an After Prom Party sign-up sheet in the office. Please take note that there is one for seniors and one for juniors to sign up you and your guest, if not a WEM Student. All STUDENTS must be signed up and pay their \$25 per person fee to attend the AFTER PROM Party. If you are interested in being hypnotized there are also waiver forms to be signed and returned also. If you have any questions, please see Kristi. You must be signed up before March 15, 2018.

Drivers Education classroom will be offered on the following dates in March 5th, 6,

7 and 8th; March 12, 13, 14, 15, 16th from 3:15-6:15 p.m. with March 19th being the makeup day this class will complete the 30 hours of instruction. The cost per student for this class is \$50. Please pick up registration form in the office and bring to office by March 2 with your \$50 payment. The class size is limited to 35 with the oldest given first chance and the remaining openings will be filled on a first come first serve basis.

A bill passed in 2014 by the legislature will require all driver education programs to offer a supplemental parental course for the primary driving supervisor. This class will take place on March 1st at 7:00 p.m. Please do not use the forms on the website – they are WRONG!!!

Get your pre-orders in for this year's yearbook. Cost is \$40.

Yearbooks can be purchased during students' noon hours or from Mrs. Winter (room 51) before or after school.

Order forms are available in



The Win-E-Mac 6th Grade girls team took 3rd place in the Oklee Tournament. Front: Kianna Tadman, Ela Strom, Alyssa Morberg, Brooke Tofstad, Clare Stuhau, back: Coach Toby Strom, Kirsten Anderson, Paige Lacy, Sydney Svalen, Kyra Stuhau, Emily Strom, and Emily Olson.

the office. Complete the form and return it with your payment. Be sure to make your order so you are guaranteed a yearbook!

WEM Spring Early Childhood Screening

FREE vision, hearing, health, and developmental screening for 3-5yrs old.

This screening is a requirement to start preschool or kindergarten in Minnesota. Meet our teachers and register for fall preschool 2018.

Children who are or will be 4 yrs old by Sept. 1st, 2018 can register for Win-E-Mac preschool.

Information about home-based programs for 3yrs olds will also be available.

Mark your calendars for Monday, March 26, 2018 for the screening and signup at Win-E-Mac School.

Contact Shannon Svalen for more information: 218-688-2170, ssvalen@win-e-mac.k12.mn.us, or LIKE us **on Facebook:** WEM Early Childhood Family Education.

Applications Wanted

Win-E-Mac School District is currently accepting applications for a JH Baseball Coach position.

For an application form go to www.win-e-mac.k12.mn.us, email or stop by the office.

Interested individuals should send a letter of application to:

Win-E-Mac Public School
Aaron Cook
23130 345 ST SE
Erskine, MN 56535
Phone: 218.563.2900
Fax: 218.563.2902
e-mail: acook@win-e-mac.k12.mn.us

This position is open until filled.

ISD #2609 is an Equal Opportunity Employer. M49-51C

Did you know?

Modern technology has forever transformed the classroom.

As calculators replaced abacuses, mobile phone apps have now replaced calculators, and such advancements continue to change how students learn.

One way schools are notably different from those of the past is through the absence of a once major component of the classroom layout.

Chalkboards are either missing or completely retrofitted in modern learning environments.

In the 1800s, slate blackboards were the new technology, replacing handheld tablets of wood or slate.

Within the last few years, schools have increasingly opted for cleaner "white boards" or "smartboards," which are digitally connected to computers and offer touch interfaces similar to those on tablets and smartphones.

As ebooks replace textbooks and more assignments are handed in via digital documents, lockers may be the next to vanish



It was a Battle of the Bands at Clearbrook-Gonvick High School as both teams bands were there to support their team. Win-E-Mac's pep band led by Amanda Schulz was there for the Patriot win.



Sydney Tadman, Senior for Win-E-Mac scored 13 points in their 53-50 victory over the Bears.



Essentia Health-Fosston presents:

Don't Close Your Eyes

OPIOID ABUSE FORUM

Thursday, March 8th

5:30pm-7:30pm

New Journey Church

505 Ninth St. NW | Fosston

EssentiaHealth.org

Join the discussion.

Opioid Abuse Forum will feature:

- Health care professionals
- Polk County Drug Task Force
- Northwest Mental Health
- Polk County Public Health
- Clearwater Life Services

For questions or additional information, call Lynae Finseth 218.435.7660 or Carrie Danielson 218.435.7661.



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