

McINTOSH

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McIntosh, Minnesota



Celebrating 90 years young on Saturday with family and friends was Harald Thompson. Here he is with his fun birthday cake which shows all his favorite hobbies. Warmest wishes to Harald for a wonderful year.



Sporting her new sneakers, Sylvie Strom was ready to ride her new bike that she won last Saturday at the Easter Egg Hunt that was at the McIntosh Community Center. Thanks to the Community Club for a great event and the First Department for the bike raffle.

Reps. Fabian and Kiel support legislative proposal that puts student safety first

School security upgrades, mental health resources & crisis training featured in proposal.

House Republicans unveiled a legislative package Thursday aimed at putting student safety first. Legislators' multifaceted approach includes more resources to meet the needs of students and schools statewide. This allows for hiring more school resource officers, student counselors and mental health professionals in addition to making critical building security upgrades. In total, House Republicans are proposing approximately \$50 million for mental health and school safety funding, double the amount proposed by Governor Dayton.

"Minnesota kids come first, and our proposal will partner with our local communities and school districts," said Rep. Deb Kiel, R-Crookston. "From ensuring there are resources for children who need help with mental health issues to giving our districts more flexibility to make building improvements or hire more support staff, I think this is a commonsense approach that will make a real difference for our students and schools."

"This is a smart proposal that will benefit students and schools from Roseau to Rochester," said Rep. Dan Fabian, R-Roseau. "Our package of bills provides critical resources for districts, as well as flexibility. That's really important because while all schools are

working to keep kids safe, what rural school districts like those in our area may need can be drastically different than what large suburban and city school districts may need. I think this is a commonsense proposal that will greatly benefit Northwest Minnesota school districts and help keep kids safe."

The following solutions, authored by numerous House Republican members, are currently advancing through the public committee process, and will be included in the larger proposal:

- School resource officers, student support personnel, and other school security programs funded through increased Safe Schools revenue, including a floor level of funding for small schools
- School building security upgrades, and expanded use of Long-Term Facility Maintenance revenue for security projects, including emergency communications systems
- School-linked mental health programming to ensure better outcomes for kids
- Physical security audit grants to provide state assistance to review facility security and crisis management policies
- Suicide prevention training for teachers to help educators learn how to engage and assist students experiencing mental distress
- School-based threat assessment teams established to assess, intervene, and report threats facing students, teachers, and staff

McIntosh 128th Annual Fireman's Ball is April 7th

The McIntosh Fire and Rescue Squad is proud to announce the 128th Annual Fireman's Ball.

The ball will be held Saturday, April 7th, 2018 at The Coop Bar and Grill in McIntosh with music provided by local Sound Sensations. The Fire and Rescue Squad want to extend a grateful invitation to you for your kind support that you have provided to the Department in years past.

"We are very proud of the service we provide to our city and rural areas. We are constantly training and working at providing the best volunteer service we can. With your support we are able to purchase much needed equipment and supplies. Also, your donations help pay for continued training in the fire, rescue, and medical



areas."

They would like to take the opportunity to introduce current members and their years of service with the departments: Fire Chief, Justin Shultz (9 years), Assistant Chief, Toby Strom (14 years), Bernie Marshall (17 years), Gary Schommer (31 years), Mark Thompson (23 years), Ron Lemer (22 years), Steve Olson (21 years), Mark Strom (19 years), Ken Kasprzak (18

years), Kris Johnson (16 years), Rick Grove (11 years), Dean Roy (11 years), Dave Senn (10 years), Tamera Ostenaar (9 years), Tany Hamre (8 years), Brook Simonson (6 years), Mar Simonson (6 years), Josh Long (2 years), Dave Erickson (new), Kyle Klien (new), Davin Swanson (new).

The Department wishes to thank retiring member Clay Syverson, for his 21 years of fire service to the area and community.

There will be a raffle drawing at the ball and additional tickets are available at the door of from any fireman on the squad.

The McIntosh Fire and Rescue Squad hopes to see you on Saturday, April 7th at The Coop Bar and Grill for the 128th Annual Fireman's Ball.



Tavin Hewitt was a lucky winner of a new bike at the Easter Egg Hunt last Saturday in McIntosh. The Egg Hunt was held at the Community Center due to the cold weather and snow. Thanks to the McIntosh Fire Department for donating 6 new bikes for the community kids.



Two retiring board members were honored for their time served at the Fosston Tri-Coop Annual Meeting. Rick Roed (left) received a plaque thanking him for 24 years of service to the board of directors of the Fosston Cooperative Association and the Fosston Tri-Coop. Mike Theis (right) received a plaque thanking him for 16 years of service to the board of directors of the Fosston Co-op Elevator and the Fosston Tri-Coop. Manager Mike Breckel (middle) made the presentation.



The Fosston Tri-Coop held its Annual Meeting last Tuesday, March 27, 2018 at Ventures Bar & Grill. It was a great turnout with over 70 in attendance. Highlights from the meeting included the review of audit, which stated a profit for the year of \$19,762 and working capital of over \$2.8 million. Two new directors (Alroy Lewis and Jeff Broadwell) were elected to a three-year term. The Fosston Tri-Coop Board: Front Row: Mike Affeldt, Richard Balstad and Alroy Lewis; Back Row: Jim Steinmetz, Jeff Broadwell, Matt Bartz and Curt Bartz.

Community Calendar

Wed. April 4: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. April 5: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. April 6: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. April 9: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am

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

Wed. April 11: 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 12: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting @ Community Center 5:30pm

Fri. April 13: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. April 16: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. April 17: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

Pestle & Vessel
by Alison Opdahl

Found

Ever have one of those proud parenting moments where you successfully merge learning with fun and spiritual investment? Then you glow in your ability to teach your children? I came across a video of a four-year-old boy reciting toddler-length Bible verses selected for each letter of the alphabet. It made my heart tight with joy to hear him speaking God's word. So Dinah and I began learning it as well.

"A... ask and it will be given to you," I would say for her to repeat. "Seek and you will find," she would finish after me. Me: "B... be kind one to another." Dinah: "Be kind from one to another," (toddler version, you know.) "C... cast your cares on the Lord and He will sustain you..." and we kept practicing.

A few weeks later we were making it all the way through "D... do not be anxious about anything," and "E... every good and perfect gift is from above," and finally, "F... for it is by grace you have been saved through faith." Whew! A good review for Momma too. Then one morning—out of the blue—her nearly five-year-old faith ripped the rug out from under my forty-six-year-old assumptions. I prompted, "A... ask and it will be given to you..." (By this time she was getting pretty good at reciting the whole thing if I said the first line.) "Ask and it will be given to you," she recited, "seek and you will be found."

WHAT?! How does she DO that? In one phrase, her words turned my view of my relationship with YHWH completely upside down. It is the only relationship I will ever have in which this simple statement is absolutely and UTTERLY the TRUTH. The more I seek Him the more I feel "found", the more I feel my worth. But I never thought about it enough to put it into a coherent sentence. Who was the teacher? I leave you with the exhortation of a toddler—for which I take no credit—if you will seek Him, you will be FOUND. Or in Dinah's words, "Seek and you will be found."

Register Now for RiverView's free 'A Matter of Balance' Classes to be held in Fertile

RiverView Health Rehab Services will be holding "A Matter of Balance" classes for anyone who has fallen in the past, has restricted activities because of falling concerns or is worried about falls. The classes will teach skills in improving balance, flexibility and strength.

This is an award-winning program designed to manage falls and increase activity levels.

Eight, two-hour sessions will be led by certified coaches each Tuesday and Thursday, May 1st through 24th from 9 am to 11 am in the Activity Room at Fair Meadow Assisted Living, 300 Garfield Ave. SE, Fertile.

During the sessions, participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at

Items to take to the tax preparer

For many working Americans, April 15 is synonymous with taxes. But taxpayers may be happy to learn that they have two extra days to file their returns in 2018. That's because this year April 15 falls on a Sunday, and April 16 is Emancipation Day, when the District of Columbia celebrates Abraham Lincoln's signing of the District of Columbia Compensated Emancipation Act, which freed more than 3,000 slaves in D.C.

The extra two days to file might not be much time, but the extra 48 hours will no doubt please taxpayers who tend to put off filing until the last minute. Whenever taxpayers decide to begin the process of filing their taxes, those who hire professionals to prepare their returns should have the following items ready when visiting their tax preparers.

Personal information

• Social security or tax ID number; Social security or tax ID number of your spouse, if applicable; Dates of birth of all dependents; Social security or tax ID numbers of all dependents; Last year's tax return; Spouse's tax return from previous year, if filing jointly

Income Information

• W-2 forms from all employers you worked for in the last year; If you are filing a joint return, W-2 forms from all of your spouse's employers in the last year; Information regarding investment income, including proceeds from the sale of bonds or stocks, income from foreign investments, interest income, and/or dividend income; Income from local and state tax refunds from last year; Business income and accounting records from businesses individuals own; Unemployment income; Rental property income; Social security benefits; Proof of miscellaneous income, such as lottery winnings, gambling winnings, etc.

Income adjustments (if applicable): Homebuyer tax credit, Green energy credits, IRA contributions, Mortgage interest, Student loan interest, Contributions to medical savings accounts, Self-employed health insurance, Moving expenses, Education costs, Qualified medical expenses, Dependent care (if applicable), Education costs, Childcare costs, Adoption costs, Charitable contributions (if applicable), Charitable donation receipts

Bank information



A very special Thank You to our family and friends and to all who helped, in any way, to celebrate our 50th Anniversary. You all made our day special and complete.

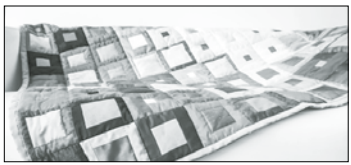
Thanks again,
Vicki and Wayne Strom M2C

home and exercise to increase strength and balance. The classes are taught by RiverView Occupational Therapist Madeline Graff and Physical Therapist Assistant LueRae Geihlsler.

The class is free, but class size is limited, so early registration is stressed. For more information, or to register, call RiverView's Rehab Services Department at 218-281-9463.

• Bank account number
• Bank's routing number

This list is a general list of documents that taxpayers may need to bring when visiting their tax preparers. Individuals who want to be certain they bring all the documents necessary to file their returns should contact their tax preparers in advance of their appointments to determine which documents they will need to make the process go as smoothly as possible.



QOV members to meet

Quilts of Valor will be meeting on Wednesday, April 11 at 6:30 pm at the McIntosh Community Center. All members are encouraged to attend and new members are also welcome to come join us. Dues can be paid at this meeting! We will have a business meeting which will include discussion on this years recipients for Quilts of Valor. Any questions please contact Connie Strom at 218-553-2666!

Trinity of McIntosh will host special meetings with Pastor Tom Olson

April 15-18 Trinity Free Lutheran Church of rural McIntosh will host Special Meetings with Pastor Tom Olson of Lakeville, MN.

Pastor Olson, born in 1960, has enjoyed serving small churches in Alaska, Minnesota, Wisconsin and Ohio. Some of the projects he has worked with in the church include the "Ambassador Hymnal," developing the AFLC Commission on Evangelism, piano tuning and repair at the Free Lutheran Bible School and directing the Choral Club (Proclaim Choir) and instrumental ensembles at the Bible School while in seminary.

He was a public school music teacher before going into the ministry. Pastor Tom is a licensed antique steam engineer and writes the devotional column called "The Country Preacher" in the Iron Age steam tractor magazine. He has three grown children and three grandchildren. His wife, Sharon, was a missionary in Liberia, West Africa for 11 years before they met and married.

Some of his hobbies include restoring an antique tractor (1950 Farmall A!) and an antique automobile (1929 Model A Ford), woodworking, gardening and playing euphonium in the Rosemount Community Band. He is currently working on a biography of pioneer Alaskan Missionary Oscar Brown from Alesund, Norway. He loves to share the Word of God and the good news of Jesus with all who will listen.

Evening services will be Sunday through Wednesday at 7:30pm, focusing on "The Wisdom of Proverbs." Coffee fellowship will follow the Sunday and Wednesday evening services.

Morning Bible Studies Monday through Wednesday at 9:30am will look at, "The Fall, Captivity and restoration of Judah" based on the lives of King Josiah and Queen Esther.

RiverView Healthoffers free monthly Type 2 Diabetes Support Group

Each month, RiverView Health offers a Type 2 Diabetes Support Group meeting. The group meets in Meeting Room 1 of RiverView Health, 323 S. Minnesota Street, Crookston, from 5-6 pm the fourth Wednesday of every month (unless otherwise noted). The meetings are led by RiverView Dietitian Darcey Larsen, RD LD, and Health Coach Kelsey Billing, RN, BSN.

The Type 2 meetings are free and open to anyone with Type 2 diabetes and their family members. New members are always welcome. The following are future meeting dates:

• April, 25th, May 16th (third Wednesday), June 27th, July 25th, Aug. 22nd, Sept. 26th, Oct. 24th, Nov. 28th and Dec. 19th (third Wednesday)

For more information, call Larsen at 281-9589.



Thank you to all who came to my 90th birthday party. And for the nice cards and gifts. Also to all for the happy birthday wishes.

A special thank you to my family, for the nice party, for all the planning, hard work and good food.

Harald Thompson M2C

Passport Photos available call

218-487-5225

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Pastor Tom Olson of Lakeville, MN.

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Community Birthday and Anniversary Calendar

Wed. April 4: Destiny Hedlund, Ella Finseth, Justin Juve

Thurs. April 5: Levi Halstad, Earl Roed, Joan Lee

Fri. April 6: Kassi Schow, Judi Lindseth, Caillie Boucher

Sat. April 7: Allen Carver

Sun. April 8: Charles Lindseth, Brenner Sylstad, Lorraine Rustad, Ethan Shimpa

Mon. April 9: Dylaln Roy, *Kain & Hunter Schow

Tues. April 10: Bobby Strom, Jeffrey Brekke



ST. MARY'S CHURCH Fosston
Fr. John Suvakeen, Pastor
Sun. April 8: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. April 15: 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 8 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. April 15: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson
Sun. April 8: 11:15am Worship Service.
Sun. April 15: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church
Wed. March 4: 7:00pm Bible Study at Don and Sharon Ramberg's
Sun. April 8: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. April 10: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place
Wed. April 11: 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
Thurs. April 5. : 7:00am Men's Breakfast at Mt. Carmel
Sun. April 8: 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
Thurs. April 12: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Jill Torgerson
Sun. April 8: 9am Worship
Sun. April 15: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlunds
Sunday, April 8: 10:00am Worship Service; Sunday School following; 7:00pm Bible Study on Hebrews
Sun. April 15: 10:00am Worship Service; Sunday School following; 7:00pm Bible Study on Hebrews

IMMANUEL LUTHERAN CHURCH McIntosh Rev. Bruce Blocker, Pastor
Sun. April 8: 9:00am Divine Worship Service; 10:00 Fellowship Hour
Sun. April 15: 9:00am Divine Worship Service; 10:00 Fellowship Hour
Holy Communion 1st Sunday of the Month



Harald Thompson recently celebrated his 90th Birthday with his wife, Adella, his family and friends at his home, Poplar Meadows, in McIntosh. Harald was the long time owner of Abrahamson's Hardware Store in town and has always been a very active member of our community.

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McIntosh Times

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Winger News by Linda Pulskamp

Hello again from Winger and the Union Lake areas, and we still have winter, seems like the spring weather we had turned into more like fall weather with snow, sleet, and wind along with a hole lot of slop. They say patience is a virtue and probably Mother Nature is trying our patience. Again think spring, it is right around the corner, as is April and then they say April showers bring May flowers..

Our Easter weekend is going to be a cool one so I guess we may as well have our Easter Egg hunt indoors and put our Easter bonnets on the shelf for a nicer day.

On the other hand ducks and geese are migrating back and we have seen many flocks flying over, thank goodness for open water, but I bet they will soon wonder why they came back so soon. Good thing is there is plenty of open water for them.

Last Wednesday the 24th Paul Carlson stopped in at the Milton Carlson home on his way to work for a quick eye opener cup of coffee and to visit briefly with Dick and Wanda Donovan. Later that day Dick and Wanda and "Pepper" left for their home in St. Francis.

Linda Pulskamp visited with Lynda Loiland and Jerry and Shannon Miller on Tuesday afternoon at the Loiland/Miller home near Fosston.

Judy Gieseke was a visitor and dinner guest with Milton Carlson at Milton's home last Monday.

What started out to be a brief Saturday afternoon visit at the Reha Sanstead home in Erskine turned out to be a feast of Mexican food served to the Pulskamp's and Marv Engesether of Plummer.

Tuesday the 27th Paul Carlson stopped in at the Milton Carlson home for a cup of coffee as he migrated to work and also involved helping Milton with some household duties.

Was a quiet week at the Pioneer Home this week with Helmer and Verlys Homme, as Helmer was a bit under the weather so visitors stayed away.

In visiting with others in the area it seems like there are still a lot of flu bugs out there.

Last Saturday night, Vegas Night, was held in Winger at the Community Center with Black Jack Dealers coming in from Mahnomen and Detroit Lakes. Joyce Balstad and Lucy Brtek met with some of the dealers they had worked with at the Shooting Star Casino in Mahnomen, including Lori Klicker of Mahnomen, Lara Burnside of Detroit Lakes, Mary Seaburg of Detroit Lakes and Ann Genereux of Detroit Lakes. Lucy said it was a fun night of visiting and reminiscing of their time spent together at the Casino.

Unfortunately this is all the news I have been able to gather for this week, not a good thing, would not like to have to make up news to keep up Winger's corner going, not only that it would not be good!

Until next we will see what happens!

From Bun Manor:

(Editor's Note: Late news from last week) Carsten Zahl was a Sunday evening dinner guest at the Massmann residence. He needed some help celebrating his latest birthday. Carsten knew what birthday it was but was not sure if he could count that high. Matthew, Haley and the girls came up from Detroit Lakes to visit Steve and Lorri Massmann. Everyone was ready and waiting when Steve and Lorri's new grandson Bennett James came over to visit along with his proud parents Brian and Elizabeth Massmann. He is a very handsome young boy. Biased much?

Friday at lunch time Bun went to Fertile to help Elaine Bertils celebrate her birthday. Other guests included her daughter Michele, Vern and their four boys, Jon, Forrest, Jesse and B.J. Bun was going to buy lunch but discovered that he left his wallet at home. He was a little embarrassed but Vern picked up the bill. Bun will reimburse him as soon as possible.

Visitors at Elmyrna Kaupang's on Saturday were Bruce and Renae Kelsey and Justin Hooker. Her sons Jerry and Wes were also there to visit. Renae is the daughter of Iver and Elaina Stone. It had been a long time since Renae

and family had been up to visit. Back in the day the Stone family used to come up and deer hunt. They had a good time talking, laughing and reminiscing of all the good times they had back then.

Easter Sunday Elmyrna had dinner at Wes and Debbie's place. She brought some of the food for the occasion.

Saturday evening Joyce, Dale and Dalton went out to Moran's for supper. Dale got the meal. Joyce would have bought but she had bought Dale lunch on Friday when they were in Grand Forks on Friday. That would be too much to ask for Joyce to buy two meals.

Easter Sunday dinner guests at the Sand Hill Ranch hosted by Dale were Floyd and Jerri, Joyce, David, Shawn, their boys Grant and Everett, Grant and Paul's son Dalton. Dale had to leave the festivities early to grind hay for his cattle's Easter dinner.

Ole celebrated Easter at his sister Julie and Paul Schow's home in rural McIntosh. Julie and Paul's son Kain and his wife Hunter also joined them.

Happy belated 90th birthday to Harold Thompson of McIntosh. Congratulations on reaching another milestone.

Joanne Zahl had several visitors on Easter Weekend, at the Pioneer Home in Erskine. Gerri Balstad, Nels and Ellen Lindseth and Denise's daughter, Kayla and Kelsey and Kelsey's little boy, Ethan, just a few months old. Joanne's family joined her for a large buffet dinner put on by the Pioneer Home. There were many friends to visit with at the buffet dinner also, including residents of Pioneer. Denise and her family live in Fargo.

Wit & Wisdom

► A lady was picking through the frozen turkeys at the grocery store but she couldn't find one big enough for her family. She asked a stock boy, 'Do these turkeys get any bigger?' The stock boy replied, 'No ma'am, they're dead...'

► The police officer got out of his car as the kid who was stopped for speeding rolled down his window. 'I've been waiting for you all day,' the officer said. The kid replied, 'Yeah, well I got here as fast as I could.'



40 years ago...1978: These students are planning reports from their Weekly Reader to give before their class in the third grade room. Main article is on the Panama Canal, while other news includes Reggie Johnson and the Yankee baseball team, sand dunes and the art of an egg shell. Mrs. Malmanger is their instructor. (L-R) Erik Wolhowe, Cindy Strom, Shelly Hagen, Mike Vesledahl, Tom Sandahl, Denise Leier, Melissa Thompson.



30 years ago...1988: Honor Band Students (front row) Brent Salveson and David Kiecker; (2nd row) Angie Wang, Maria Johnson and Annette Finseth; (row 3) JoAnne Engebretson, Dale Balstad, Carrie Gustafson, Larry Finseth and Kristen Tangen.



20 years ago...1998: (L-R) Jeannette Ste. Marie, RN and Educational Coordinator, and Gloria Kaste, Administrator at Pioneer Memorial Care Center, were guest speakers recently at the WEM 8th Grade Civics Class, taught by Sharon Hegland. They told of their educational background that enables them to serve in their respective positions at the care facility. Ste. Marie, who works with all departments, but mainly teaches the 84 hour nursing assistant class, stressed learning and growing as she spoke to the class on career choices.



Keynote speakers from the Tri-Coop Annual Meeting. From left to right. James Ralph of Saxon Fleet, Gregory Ratz and Jeremy Miller of CHS Lubricants and Clyde Kringlen of West Central Ag.



A large crowd of Coop members gathered at Ventures in Fosston for the Tri-Coop Annual Meeting.

Random Things and Stuff



Doggy Behaviors By: Emily Lynne

Isn't it sad that as a man's best friend, dogs are unable to communicate back to us? Yes they can use their own language and gestures, but do we always understand what they mean by these? According to Hills Pet, there are 12 dog behaviors that have been decoded. Here are the top 5:

1.Bad Breath

a.If you notice a marked change in your dog's breath, it may be time to go to the veterinarian. This could mean that something is wrong with your dog's oral health. This could mean that they have something wrong with their gastrointestinal tract, liver, or kidneys. If your dog's breath smells like urine, for instance, this could mean a kidney problem. Sweet-smelling breath is a sign to vets that the dog may have diabetes.

2.Biting

a.Nipping in young dogs usually means they are playing and trying to communicate with their mouths. This may also happen during training for no known cause. It is important to stop it before it develops into a more problematic dog behavior down the line. Dogs do bite out of anxiety, fear, or aggression. It is impor-

tant to identify which is motivating your pet to do so. If you are having trouble teaching your dog not to bite, consider working with a professional trainer.

3.Circling

a.Dogs who can't stop walking in circles may have an underlying health concern. Ear infections may cause circling, but compulsive tail chasing may occur with bull terriers. Older dogs may start circling due to idiopathic vestibular syndrome. Only your vet can determine the cause of your dog's circling.

4.Digging

a.Dogs dig in the ground for many reasons: to escape, to track animals, to make a cool spot to lie, or to hide something important to them. However some dogs "dig" inside as well. This is completely normal. The dog may often do this at night and during nap times.

5.Eating poop

a.Dogs do eat feces for many reasons, and it can be normal. Young dogs watch their mother clean them and mimic her. Fear may even cause your dog to eat feces if he's afraid of the repercussions. Then again, your dog may just be curious. He may wonder about the certain smells in the feces and want to know what it tastes like. However, it can also be an instinctive solution to a nutritional deficiency.

Make sure to feed your dog a well-balanced food so you can completely rule out malnutrition as a reason for his eating waste. You should contact your veterinarian if your dog is losing weight.



Claire and Grace Roed were the lucky winners of a new bike during the Easter Egg Hunt held in McIntosh this past Saturday.



Winning a cool new bike was Samuel Dean Jenkins at the McIntosh Community Club Easter Egg Hunt.



Region 8A Art Festival in Fosston. Five Win-E-Mac students attended: Claudia Anfilofieff, Aries Qualey, Katelyn Sanden, Grace Spry and Ciara Cherf. The displayed 11 artworks at the contest. Win-E-Mac received 7 Superior Awards! These works will be on display at the Win-E-Mac Art Show on April 24 in the Arts & Event Center.



Kalli Roy was all smiles about winning a new bike during the Easter Egg Hunt held at the McIntosh Community Center last Saturday afternoon.



Saturday during the Easter Egg Hunt, Noah Ruel was the winner of a new bike donated by the McIntosh Fire Department.

Brain Healthy habits to embrace

Cognitive decline is a condition that is often associated with aging, but even middle-aged people can experience memory loss or cognition issues.

The Alzheimer's Association says that more than five million Americans are living with Alzheimer's disease and other dementias.

By 2050, that number could rise to as high as 16 million people. More than 747,000

Canadians are living with Alzheimer's or another dementia, says the Canadian Alzheimer's Association.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

Exercise

Becoming more active can

improve brain volume, reduce risk for dementia and improve thinking and memory skills. The journal Neurology found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent of 10 years younger.

Increased blood flow that occurs with physical activity may help generate new neurons in the hippocampus, an

area of the brain involved with learning and memory.

The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood vessels.

Quit smoking

The Alzheimer's Association indicates that evidence shows smoking increases the risk of cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

Eat healthy foods

Foods that are good for the heart and blood vessels also are good for the brain. These include fresh fruits and vegetables, whole grains, fish-based proteins, unsaturated fats, and foods containing omega-3 fatty acids.

Neurologists state that, while research on diet and cognitive function is limited, diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

Consume caffeine

Caffeine may help boost memory performance and brain health. A Journal of Nutrition study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine.

Caffeine may help improve attention span, cognitive function and feelings of well-being. Information from Psychology Today also indicates caffeine may help in the storage of dopamine, which can reduce feelings of depression and anxiety. In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

Work the brain

Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital.

Working the brain through puzzles, reading and participating in social situations can stimulate the release of brain-derived neurotrophic factor (BDNF), a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing the social, stimulation and exercise recommendations together.

Cognitive decline can come with aging, but through healthy habits, people can reduce their risk of memory loss and dementia.

Seniors can include healthy lifestyle habits, such as exercise and balanced eating, to reduce the risk of dementia and other neurological issues.