



Mac Fireman's Ball: A hot time in the ole' town



The McIntosh Fire & Rescue Squad celebrated 128 years of service to McIntosh and the surrounding rural communities on Saturday, April 28th at The Coop Bar & Grill. Pictured (l-r) Fire Chief Justin Shultz, Ron Lemer, Mark Thompson, Dave Erickson, Davin Swanson, Gary Schommer, Toby Strom, Rick Grove, Dave Senn, Kyle Klein, Tamara Ostanaa, Mark Simonson, Josh Long, Tanya Hamre, and Brook Simonson. Fire Department members not pictured: Bernie Marshall, Steve Olson, Mark Strom, Ken Kasprzak, Kris Johnson, and Dean Roy.

McIntosh Clean up Week will be April 23rd to May 7th

The City of McIntosh Council would like to promote a clean and healthy community by designating the last week in April and first week of May as City of McIntosh Clean Up Weeks. Property owners within city limits may bring items to the lift station located on the east end of First Street south of the baseball field. This service is free of charge, but donations would be greatly appreciated to help defray cost.

Be prepared to show proof you own property or reside within the city limits of McIntosh. Having a McIntosh mailing address does not necessarily mean you live within city limits. This service is provided solely to McIntosh City Taxpayers. If you are unsure, please call the city clerk's office: 218.563.3043.

Pick-up service is available for those unable to bring in their own items. Items must be piled near the street no later than 8 am on April 30th. If further help is needed with



removing items from property please call the City office and help will be scheduled. If interested in volunteering to pick up items and/or use of your truck and/or trailer please call the City Office.

Acceptable Items: Small Amounts of Demolition Material (Wood, Metal, Shingles, Windows, Sheet Rock), Dry Paint Cans, Mattresses, Box Springs, Couches, Chairs, Other Miscellaneous Household Items.

Non-acceptable items: Tires, Appliances, TV's, Computers or Monitors, Railroad

Ties, Fluorescent Bulbs, Cement, Hazardous Materials

Please note that we are not accepting yard waste: branches, leaves, grass clippings, etc. These items can be taken to the green dump on the south end of town. If you need assistance please contact the City Office.

It's that time of year when folks are doing extra cleaning around the house and trying new products to make those jobs easier. We strive to make sure the sewer system stays clear and doesn't back up into buildings. You can help us (and your neighbors) by not flushing:

- grease or oil down drains. Grease such as cooking oils, tallow, bacon grease, etc. will harden in the lines, and on the float switches, causing the pumps not to work.
- non-biodegradable items down drains. Items such as

Clean Up...
Continued on page 2...



Chris Peters was the lucky winner of the gun from the McIntosh Fire and Rescue raffle. The drawing took place the night of the ball. Congratulations Chris!

McIntosh and Winger will vote by mail ballot in the 2018 elections, register to vote now

The City of McIntosh, and the City of Winger, along with 52 other Polk County precincts will cast their 2018 Primary and General Election ballots through the U.S. Mail starting this year. This is the only option to vote, as there will no longer be a polling place available.

By state law, mail ballots must be delivered to registered voters between 14 and 46 days prior to the election date. The ballots can then be filled out and mailed back to the Polk County Taxpayer Service Center as soon as the voter has decided how to vote up to Election Day.

Mail Ballots can also be delivered on Election Day to the Polk County Taxpayer Service Center, which served as the official polling place for all mail ballot precincts.

Besides usually resulting in greater participation in the election process, advantages to those precincts that use mail voting are that they have reduced election judge costs and less issues staffing a polling place on Election Day. In addition, they will not have the expense of updating election equipment.

The cost of mailing the ballots is about \$2 per ballot. "Mail balloting is not only fiscally responsible. But it makes voting much easier," Michelle Cote, Polk County Director of



property records says, while noting that it is still possible for precincts to move to the mail ballot process for the 2018 election.

Along with the cities of McIntosh and Winger, King Township has also moved to mail balloting for the 2018 election year.

If you would like to register to vote, you can do so in person at the Polk County Taxpayer Service Center, at your City Clerk's Office, or online at <http://www.sos.state.mn.us/elections-voting/register-to-vote/>.

Remember that it is important to register early to vote if you want to vote in the 2018 elections, as election day registration is no longer possible.



Community Calendar

Wed. April 18: 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 19: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. April 20: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. April 23: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am

Tues. April 24: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

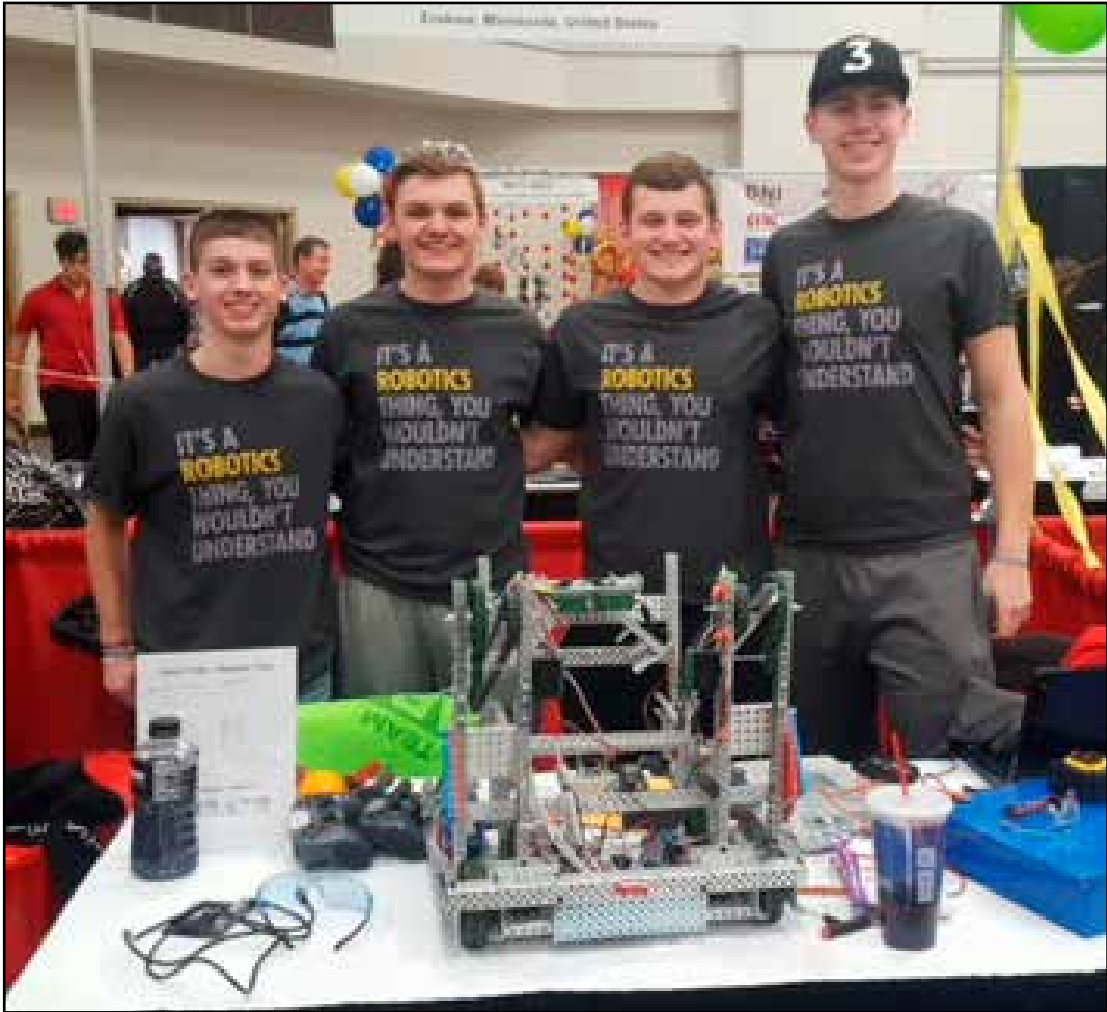
Wed. April 25: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. April 26: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. April 27: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

Tues. May 1: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



The Win-E-Mac Robotics team attended the Create U.S. Open Robotics tournament held in Council Bluffs, Iowa. The Boys finished with a 4-6 record in matches and ranked 31st in the skill portion of the tournament out of a total of 184 teams. They had a very good showing and represented Win-E-Mac and Minnesota well at this national tournament. These boys will compete again at the VEX world tournament held in Louisville, Kentucky on April 25th through 28th. Wishing them the best of luck!

The Grace Youth Group, along with youth from McIntosh will be picking up Aluminum Cans, April 21. Set your bags of cans out near the street and they will be pickup.



Pestle & Vessel by Alison Opdahl

Channel

So remember those verses Dinah and I have been working on? One day after she repeated, "C... cast your cares on the Lord and He will sustain you." She asked, "Momma, what does 'sustain' mean?" Umm... okay. I KNOW what it means but the challenge is giving an answer that doesn't mean I end up explaining MORE words. I talked about how God gives us what we need to stay alive; air, food, sunlight, etc. That's what I thought she could make sense of... and then over the next few weeks I realized there was "sense" I was not applying.

Our pastor mentioned the word 'channel' in our Maundy Thursday service. It stayed with me. My mind worried it like the way we use our tongues to get something wedged between our teeth loose. I've been comparing it to the word 'vessel.' I was taught how we—as believers—are like vessels; being shaped by the Potter's hands. I've used the analogy a lot in my writing but the Ruach ha-Kodesh has been prompting me to search out a deeper meaning.

I've been a Bodyworker (for people, not cars!) for over 15 years. It's abundantly clear our physical beings are interconnected with our emotional/spiritual beings. To ignore one facet of ourselves in favor of another is self-destructive. So why do I keep putting the box of how I interpret my physical body and the way I understand it around my spirit? I haven't really answered that yet.

What I have finally come to is this: my physical being can be likened to a vessel. It has a definite shape, appearance and my function can be observed because of my outward form. The attitude of my spirit should not be contained by the idea of being a vessel because my human understanding limits my potential. Rather, I should view the part of me that is spirit as a CHANNEL; ever flowing and sustained by my Elohim. One of the definitions

of sustain, according to Dictionary.com is "to keep up or going, as an action or process."

Then I was reminded of the widow in I Kings 17 who obeyed the prophet Elijah. She made him bread from her meager supply of a bowl of flour and jar of oil. Her vessels were easily visible. God sustained them when others died from the drought in the land. But Elohim also sustained her in a different way; He channeled hope to her spirit through those visible vessels. She had been ready to die. Her experience demonstrates a beautiful collaboration of vessel and channel; sustaining both her physical and spiritual being.

Now there's one more challenge I'm facing; if I'm going to truly practice this part of my relationship with my Elohim, then as a channel I'm going to have to stay STILL. Not one of my strengths! But I suspect I won't feel so easily drained by things I can't control. So I'm going to cast those cares in the river that flows from the throne through this 'channel' and let Him sustain me.

In memory of Lynn (Bucky) Nornes

3-12-48 – 4-15-06



Your life was a blessing, your memory a treasure... You are loved beyond words and missed beyond measure. Ten years have past since we have been apart, But you will always be forever in our hearts.

Family of Lynn

Music with Siamia and Dallas

Bring your children to an interactive music and storytelling experience, featuring Congolese guitar music. This event is free of charge and ideal for young children and their families!

Thursday, April 26 at 6:00 p.m.
at the McIntosh Public Library
115 Broadway NW

This event is available free of charge, thanks to funding from the Minnesota Arts and Cultural Heritage Fund



The McIntosh Community Club would like to thank everyone involved in making our annual Easter Egg Hunt a success. We would especially like to thank Anne Schow and the Bone Builders for their contributions to getting all those eggs together and the McIntosh Fire Department for the donation of the bikes. It was a great success and we appreciate everyone who came out to help us celebrate Easter!

M4C

Spring cleaning can alleviate allergies

Allergies affect people of all ages. The American Academy of Allergy, Asthma & Immunology reports that allergic rhinitis affects between 10 and 30 percent of the world's population. In addition, the prevalence of allergic diseases has risen in industrialized nations for more than 50 years.

Seasonal allergies tend to be the strongest in spring and autumn. Allergies can be exacerbated by many factors, including in homes where improvements are being made. Regular housecleaning can remove many common allergy triggers and help alleviate symptoms. Knowing which common home improvement mistakes can aggravate allergies can help homeowners avoid them.

Suit up

Before any cleaning begins, allergy sufferers should don face masks and rubber gloves to prevent themselves from breathing in allergens or having them touch their hands, where they can be transferred to the face or elsewhere. Those cleaning should also wear clothes that can be easily removed and laundered after a day's work.

Clean windows singularly

Prolonged exposure to outdoor allergens, such as pollen, mold or ragweed, can aggravate allergies. Therefore, if windows are being cleaned, do one at a time and then promptly close the window. Having the air conditioning running can help filter the air as well.

Use exhaust fans

The AAAAI recommends using an exhaust fan in the kitchen and bathrooms to reduce the levels of moisture in these rooms and filter out potential allergens and odors. Moisture can eventually lead to the growth of mold and mildew, which isn't healthy for anyone, including allergy sufferers, to breathe in.

Invest in a HEPA filter

Vacuums with HEPA filters can trap allergens that are so small that they pass through regular vacuum filters. That means instead of containing them, these small particles are only being shot back into the air where they are easily breathed in. WebMD suggests vacuuming once or twice a week to keep carpets and floors as clean as possible. Plus, don't forget to vacuum upholstered furniture and drapes as well.

Laundry with hot water

When it comes time to wash linens, do so in hot water, which can kill dust mites residing in sheets and blankets. Employ mattress covers to further protect against dust mite allergies.

Shampoo smart

Shampooing a carpet may cause moisture to become trapped in the carpet fibers, leading to increased dust mites or mold growth. Spot-clean stains instead. Otherwise, hire a professional cleaner who will clean and dry the carpet as quickly as possible.

Damp dusting is better

When cleaning up dust or home renovation debris, use a damp cloth or a vinegar solution to wipe down surfaces. This helps trap small particles instead of sending them into the air.

Treat mold issues

Mold can trigger allergic reactions, so it is best to keep it out of a home. Solutions that contain at least 10 percent bleach can be effective at killing mold, but it's best to prevent mold from growing entirely. That means keeping tabs of any moisture issues and addressing them immediately.

Allergies can be problematic, but routine home cleaning in the right way can help alleviate symptoms

Luther League

The Gosen Luther League meets on Sunday evening, April 22nd, at 7 o'clock. Free Indeed from Bemidji will be in concert. This family gospel group features three generations:

Alice Fuglestad on bass and vocals, her daughter Annie Hendrickson on rhythm guitar and vocals;

Annie's son Josiah on saxophone, dobro, and vocals; her daughter Hannah on fiddle and vocals.

Free Indeed plays country/bluegrass gospel music and desires to glorify the Lord in their music and testimony.

Refreshments will be served following the program.

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

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

For information call 268-4242 or 687-3461.



Menten and Nye in concert

Violinist Jeff Menten and guitarist Paul Nye will be performing at the Fosston Library and Art Center in Fosston on Sunday, April 22. The performance will start at 3:00 p.m. and is open to the public.

Menten and Nye offer up a unique blend of acoustic music that artfully weaves modern and old-time classics and Celtic tunes with ragtime and blues, as well as some "J&P Originals."

As seasoned veteran musicians, Menten and Nye have individually logged tens of thousands of miles and performed nearly as many shows in their respective musical careers.

Menten graduated with honors from the University of Minnesota, Mankato with a music degree in Violin Performance.

He has performed with several symphony orchestras and played professionally with Mariachi Estrella in Austin, Texas. In 1995 he was awarded "Instrumentalist of the Year," "Best Classic Country Performance," "Best Band" (The Radio Flyers), and the "Archie Hill Horizon Award" at the Minnesota Country Music Association competition.

Menten operates the Pine-to-Prairie School of Music and has been teaching string instruments to students of all ages for 40 years.

Nye began playing guitar as a teenager. His professional career has taken him from coast-to-coast with numerous touring groups.

He has shared the stage with renowned Minnesota guitarists Leo Kottke and Michael Johnson and has opened for a number of national groups in his career. Nye has released six recordings of original music. For the last 13 years, he has focused his craft on writing, recording and performing children's music - releasing three independent recordings of music for kids in that time. His interactive, engaging kids performances have taken him to libraries and schools across the state.

Both Nye and Menten performed weekly during the summer months with the Woodtick Theater Band in Akeley for 14 and 6 years respectively.

Community Birthday and Anniversary Calendar

Wed. April 18: Scott Ostenson, Lexi Ostenaar, Jeremy Finseth

Thurs. April 19: Nancy Burslie, Mike Aakhus, Debbie Kaupang, Kylee Mandt

Fri. April 20: Olivia Lindseth, Cathy (Votava) Haden

Sat. April 21: Scott Salvhus
Sun. April 22: Will Tofstad, Jim Lee

Mon. April 23: Jennie Shaver

Tues. April 24: Wayne Strom, Alex Uglade, *Ben & Kristi Tofstad

CHURCH DIRECTORY

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

Thurs. April 19: 11:30am Mass at St. Mary's, Fosston
Fri. April 20: 8:45am Mass at St. Mary's, Fosston
Sun. April 22: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. April 25: 11:30am Mass At St. Mary's, Fosston
Fri. April 27: 8:30am Mass at St. Mary's, Fosston
Sun. April 29: 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 22 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. April 29: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Sun. April 22: 11:15am Worship Service.
Sun. April 29: 11:15am Worship Service.

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

Wed. April 18: 7:00pm Bible Study at Don and Sharon Ramberg's

Sun. April 22: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service; 7:00 p.m. Luther League (see article elsewhere in the paper)

Tues. April 24: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2: 1:30pm Bible Study at The Country Place

Wed. April 25: 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 19: 7:00am Men's Breakfast at Mt. Carmel
Sun. April 22: 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 26: 7:00am Men's Breakfast at Mt. Carmel
Sun. April 29: 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. April 22: 9am Worship
Sun. April 29: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlunds

Wed. April 18: 7:00pm Bible Study on Hebrews
Sun. April 22: 10:00am Worship Service; Sunday School following

Wed. April 25: 7:00pm Bible Study on Hebrews
Sun. April 29: 10:00am Worship Service; Sunday School following

IMMANUEL LUTHERAN CHURCH McIntosh Rev. Bruce Blocker, Pastor

Sun. April 22: 9:00am Divine Worship Service; 10:00 Fellowship Hour
Sun. April 29: 9:00am Divine Worship Service; 10:00 Fellowship Hour
Holy Communion 1st Sunday of the Month



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Announcements • Photos • Community Updates



Once again the lid of the small tin box opens to reveal a variety of hand scripted recipe cards. From pickles to holiday goodies, the common to the uncommon, this week's recipe from the kitchen of Evelyn Hegg is a desert bar with an zesty frosting twist.

Raisin Bars

1 Cup Raisins (whole)
2 tbsp. butter

1 ½ c water
Boil 5 minutes and cool
Sift into large bowl:
2 C all-purpose flour
1 C sugar
½ tsp salt
½ tsp soda
1 tsp baking powder
½ tsp nutmeg
1 tsp cinnamon
½ C walnuts
Add cold raisin mixture to dry mix. Bake 20 minutes in large cake pan in 325 ovens. Frost with orange frosting.

Orange Frosting

Powder sugar
Hot cream
Soft butter
Orange juice
Rind from ½ orange

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Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas, where we have seen another week pass but still has been a wintry mix of weather, snow is melting slowly but still cooler than usual temps.

There have been a few new signs of spring, smelled and then saw a skunk along the road the other day, also saw a raccoon laying dead on the road, so slowly spring may arrive. Have yet to see any robins tho.

Still plenty of flu in the air, some with stomach flu and many with bronchitis, so stay well.

Obviously by now we are in for a late spring, farmers are getting anxious as well as those of us who are anxious to plant gardens and dig in our flower beds.

See many of the snow birds that have been gone for the winter back in the area, yes a few of them wished they had stayed away a little while longer.

Boyd and Sylvia Bratager along with the Jeff and Julie Bratager family were in Glynndon last Sunday to help Shirley Salvesson celebrate her 90th birthday, they were joined by many other family and friends of Shirley's including all her children, Marie, Karen, Joey and Tim.

Last Thursday the 5th, Lonnie Gieseke was a visitor and coffee guest with Milton Carlson at the Carlson home.

Visiting with Helmer and Verlys Homme at the Pioneer Home at Erskine last Thursday were Mark and Betty Syverson.

Lucy Brtek met her daughter Michelle Gagner last Thursday at Ness Café in Erskine where the two ladies enjoyed lunch together.

Chad Carlson of Fosston was a visitor last afternoon with Milton Carlson at Milton's home.

Linda Pulskamp attended the funeral for Al Paquin that was held in Oklee last Saturday morning.

Paul Carlson stopped in at the Milton Carlson home last Monday morning on his way to work for a brief visit and a cup of coffee for the road.

Camilla Aasen Pearsall just returned from two weeks in Williamsburg, VA over Easter with her son Jay his wife Debbie, two grandsons and six great grandkids. What a blessed Easter it was.

Lucy Brtek was a visitor

and a noon lunch guest with Lynn and Sara Lucken at the Lucken home last Saturday.

Butch Pulskamp left last Monday and is spending the week at the Brent and Jessie Pulskamp home in Wahpeton helping Brent with some projects that needed tending to.

Judy Gieseke was a visitor and dinner guest with Milton Carlson at Milton's home on Tuesday the 10th.

While out and about last Saturday Lucy Brtek stopped by the Elim and Marie Troyer home for a visit. She stated that all was well on the home front there.

Once again and until next week this is the bits of happenings I have gathered.

Food for thought, you are rich when happy and content with what you have.

From Bun Manor:

Monday afternoon, Dale and Bun along with people from Winger and the surrounding area attended the funeral for Mark Balstad at Kingo Lutheran church in Fosston. Everyone was shocked and saddened to hear of the unexpected death of Mark when he was in Florida on vacation.

Dale, Steve and Mark Thompson went up north fishing for a couple of days. Steve was frustrated again when Dale caught the biggest fish.

Saturday evening, Brian, Steve and Lorri Massmann attended the benefit for Chris Paulson of Gonvick in Clearbrook.

Steve won a grill and his son Matthew won a really nice computer lap top. Many other prizes were given out during the evening. The Gonvick Lion's hosted the event and it was well organized. Chris is a co worker with Brian.

Jerry and Pam Wang headed over to Fertile on Sunday after church to attend the benefit for Lori (Wang) Young Dahl. Lori is the daughter of Lila and the late Melvin Wang. Jerry told Bun that the benefit was well attended.

Sunday evening, Elmyrna Kaupang attended a potato Klub supper at Vernes church north of McIntosh. The Relay for Life team put this supper on for a fund raiser. Elmyrna's sister Hazel is part of the team.

Condolences to Sherman Tranby and his children Kevin, Cindy, Todd, Pete and Jill on the loss of his wife and their mother Pat on her passing. May the Lord be with them at this time of sorrow.

MN on track to meet October 2018 deadline to issue REAL IDs

Minnesotans will be able to apply for REAL ID-compliant driver's licenses and identification cards before the current extension expires on Oct. 10, 2018. The development of the new driver services system, which will be capable of issuing REAL IDs, is fully on schedule, according to FAST Enterprises, the company contracted to develop the new system.

Another Extension?

The Minnesota Department of Public Safety Driver and Vehicle Services division (DPS-DVS) is working with the U.S. Department of Homeland Security (DHS) as this year's Oct. 1 REAL ID rollout approaches.

While another extension beyond Oct. 10, 2018, is a possibility, DHS is currently not accepting state applications. If DHS decides Minnesota can apply for an extension and DPS-DVS applies, and DHS will determine if enough progress has been made to grant another extension and the length of the new extension.

Governor Dayton and DHS Secretary Kirstjen Nielsen met in January to discuss Minnesota's progress toward federal REAL ID compliance.

The governor's office and DPS-DVS are in regular communication with DHS to make sure Minnesota is meeting expectations and requirements for full compliance. If another extension is a possibility and necessary, DPS-DVS will take advantage of any assistance to help make the transition smooth for Minnesotans.

New System, New Features

The new driver services system, being developed by FAST

Enterprises, will have new capabilities that the 30-year-old mainframe system would never have been able to provide.

One of these features will speed up Minnesotans' office visits. DPS-DVS will launch the e-Services pre-application on Oct. 1, 2018, allowing Minnesotans to enter a significant portion of their application for a standard, enhanced or REAL ID-compliant driver's license on their phone or computer before they step foot inside a driver's license agent office.

What this means:

- Quicker office visits.
- Data entry error reduction.
- Increased privacy of customer data.

DPS-DVS will provide more details about this new system feature as October approaches.

REAL ID Frequently Asked Questions

These are the top questions Minnesotans are asking DPS-DVS about REAL ID.

• What if my driver's license expires before October 2018?

• Minnesotans whose driver's licenses or identification cards expire before October 2018 should plan to renew their cards as they normally would. When renewed between now and October 2018:

- The renewed license will be valid for four years, barring a suspension or revocation.
- They will be able to apply for a REAL ID once they are available in October.
- If they choose to apply for a REAL ID before their standard license expires, an early renewal fee would be charged and an additional four years

NOTICE

HILL RIVER ASSESSMENT NOTICE

Notice is hereby given, that the Board of Appeal and Equalization of the township of Hill River in Polk County, Minnesota, will meet at 9:30 a.m. in said township, at the Town Hall, on Monday the 30th day of April for the year 2018. The purpose of this meeting is to determine whether taxable property in the jurisdiction has been properly valued and classified by the assessor, and to determine whether corrections need to be made.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you are still not satisfied with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board shall review the valuation, classification, or both if necessary, and shall correct it as needed. Generally, an appearance before your local board of appeal and equalization is required by law before an appeal can be taken to the county board of appeal and equalization.

Given under my hand this 1st day of April, 2018.

Raymond O. Sundrud
Clerk/Treasurer of Hill River Township

M3-4C

Post-winter garden prep

Lawns and gardens can bear the brunt of winter weather and are often in need of tender loving care by the time spring arrives.

Preparing a garden for spring and summer involves assessing any damage that harsh weather might have caused. As temperatures climb, gardeners can heed the following post-winter garden preparation tips in an effort to ensure some successful gardening in the months ahead.

• **Assess the damage.** Even if winter was mild, gardens might still have suffered some damage. Inspect garden beds and any fencing or barriers designed to keep wildlife from getting into the garden. Before planting anew, fix any damage that Mother Nature or local wildlife might have caused over the past several months.

• **Clear debris.** Garden beds and surrounding landscapes that survived winter without being damaged might still be littered with debris. Remove fallen leaves, branches and even litter that blew about on windy winter days before planting season. Make sure to discard any debris effectively so it does not find its way back into the garden.

• **Turn the greenhouse into a clean house.** Spring cleaning is not just for the interior of a home. Cleaning a greenhouse in advance of spring can help gardeners

evict any overwintering pests that can threaten plant life once spring gardening season arrives. A thorough cleaning, which should include cleaning the inside of greenhouse glass and washing flower pots and plant trays, also can prevent plant diseases from surviving into spring.

• **Check for pests.** Speak with a local gardening professional to determine if there are any local pests to look out for and how to recognize and remove these pests from gardens. Pests may hibernate in the soil over the winter, and such unwelcome visitors can make it difficult for gardens to thrive come spring and summer.

• **Assess plant location.** If plants, flowers or gardens have struggled in recent years or never grew especially vibrant, then gardeners may want to assess the location of their plant life before spring gardening season begins. Some plants may not be getting enough sunlight in certain locations on a property, while others might be overexposed to the sun during spring and summer. Moving plants that are not thriving prior to the start of spring gardening season may be just what gardens need to flourish in the coming weeks.

Spring gardening season is right around the corner, so now is an ideal time to prepare gardens for the warmer seasons ahead.

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www.TriCoCanary.com

would be added to the expiration date. Fee information is available on the REAL ID website.

• If I apply for a REAL ID-compliant card and need to fly before I receive it, can I board a commercial aircraft by showing the receipt?

• No. A receipt is not the same as a REAL ID-compliant card and will not be accepted. The Transportation Security Administration (TSA) lists other acceptable forms of identification for commercial flights on its website.

• If I'm out of state in October and want to apply for a REAL ID-compliant card, can I apply by mail?

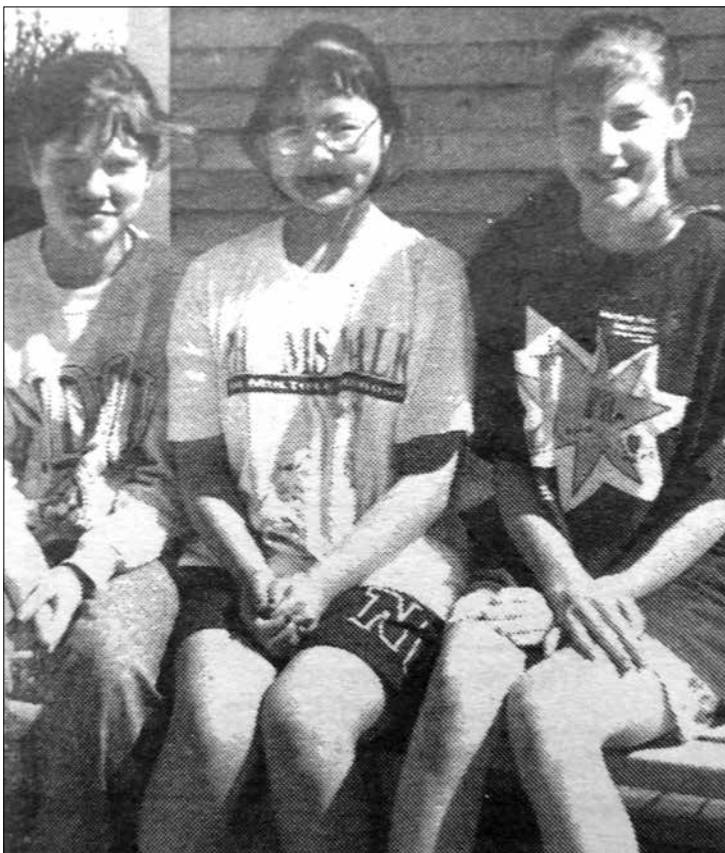
• No. The first application

for a REAL ID-compliant card must be submitted in person.

• Why do I have to pay an additional fee to renew early and get a REAL ID-compliant card?

• If you choose to renew your standard driver's license early to obtain the optional REAL ID-compliant card when it becomes available in October, the extra fee is based on how early you renew. For example:

• If you renewed your license in June 2017, it would expire in June 2021. If you choose to renew that license early in October 2018, you will pay a \$6 fee in addition to the standard license cost, and your new card will expire June 2025.



20 years ago...1998: Sixth grade students Brittany Kerssen, Sarah Lundquist and Kristi Schow talked about the D.A.R.E. program at Win-E-Mac.



30 years ago...1998: Albert Mandt, East Polk County Soil and Water Conservation District treasurer, presented the Outstanding Cooperator Award to Marvin and Dolly Lee at the Annual Meeting in McIntosh on April 7th. The award was sponsored by the First National Bank of McIntosh and the First State Bank, Fertile. They also received several other gift tokens.



40 years ago...1978: American Legion Auxiliary members signed up under Veteran Sherman Tranby, are Cindy (Tranby) Ostenaar, Mrs. Sherman Tranby and grand daughter, Tanya Ostenaar, with her Aunt Jill Tranby, 1st Vice President of the 9th District Junior Auxiliary. Other Auxiliary members in the family include Pat's mother, Doris Edwards, signed up under their son, Duane; Grandmother Helga Tranby, and her great grand daughter., Callay Tranby, daughter of Kevin and Desi Tranby, all signed up under Sherman Tranby. Congratulations girls, for the great support to the American Legion Program.



50 years ago...1968: The Mac High Band gives a spring concert.

Random Things and Stuff

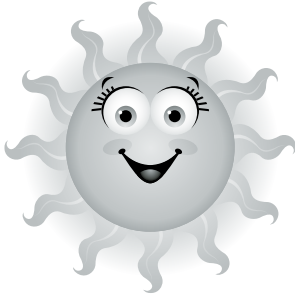


Vitamin D
By: Emily Lynne
This time of year can be hard for people to get enough vitamin D in their systems. Did you know that vitamin D

helps with mood? It makes us feel more happy and brightens our mood. So what ways can you get vitamin D into your system besides sunlight?

- 1.Wild-caught fish such as salmon and mackerel
- 2.Beef or calf liver
- 3.Egg yolks
- 4.Canned fish such as tuna and sardines

- 5.Shitake mushrooms
 - 6.Milk: whole, nonfat or reduced fat
 - 7.Yogurt
 - 8.Almond milk
 - 9.Pudding made with milk
 - 10.Orange juice
 - 11.Breakfast cereal
 - 12.Fortified tofu
 - 13.Oatmeal
 - 14.Cheese
 - 15.Eggnog
- These were all found on prevention.com



MN sets goal of zero youth suicides

Sixteen behavioral and health care organizations attend Zero Suicide Academy

The Minnesota Department of Health is working with community partners in five regions of the state to reduce youth suicides, the second leading cause of death for young people ages 10 to 24.

In 2016, 111 Minnesotans between ages 10 and 24 died of suicide. Minnesota has a higher rate than the U.S. average (10.2 per 100,000 versus 9.6 per 100,000) for this age group.

“By focusing on the goal of zero youth suicides, we want to highlight that these tragedies are preventable,” said Minnesota Health Commissioner Jan Malcolm. “We believe that by working together with communities we can and must do more to help young people facing severe depression or other mental health crises.”

Communities are working with the MDH Community Partners Preventing Suicide Program to implement a comprehensive public health approach. One example of a comprehensive approach in behavioral health and health care is the Zero Suicide model. This model aims to improve outcomes for people at risk of suicide in health care systems, with a focus on safety and reducing errors.

In addition, Minnesota’s effort focuses on identifying and connecting youth who are at risk with services and building healthy communities that empower and support youth and families.

The Community Partners Preventing Suicide program is working with 16 health and behavioral health care agencies across the state. As a first step, agencies participated in the Minnesota Zero Suicide Academy in February and an additional day in March for Minnesota Tribal Nations.

The academy offered training for leaders from health and behavioral health care systems. Over the course of the next year, participants from

the academy will work to implement the Zero Suicide model within their hospitals and behavioral health care clinics.

The core components of the model include commitment from leadership, standardized screenings and risk assessment, care management plans, data collection, effective treatments and consistent patient follow up, particularly during care transitions.

Agencies that participated in the academy included Avera Health, Cass Lake Indian Health Services, CentraCare Health, Hennepin County Medical Center, Hennepin County, Leech Lake Behavioral Health, Leech Lake Tribal Health, Lower Sioux Indian Community Health and Human Services, Northern Pines Mental Health Center, Northwestern Mental Health Center, Riverview Health Care, Sanford Behavioral Health-Bemidji, Western Mental Health Center, White Earth Mental Health, White Earth Tribal Health and White Earth Indian Health Services.

The Minnesota Department of Health received a federal grant to invest \$3.6 million in comprehensive suicide prevention for youth in the following regions:

- Northwestern region (Kittson, Marshall, Mahnom, Norman, Pennington, Polk and Red Lake counties).
- Brainerd region (Aitkin, Cass, Crow Wing, Morrison, Todd and Wadena counties).
- Hennepin County.
- Southwestern region (Lincoln, Lyon, Murray, Redwood and Yellow Medicine counties).
- Great River – Gichiziibi region (Becker, Beltrami, Clearwater, Hubbard and Itasca counties).
- Red Lake, Leech Lake, White Earth, Lower Sioux, Upper Sioux, Little Earth and U.S. Indian Health Services.

As always, the health department reminds Minnesotans that if they are concerned about a loved one, they can call



The Win-E-Mac Senior High Honor Choir.

the National Suicide Prevention hotline at 1-800-273-8255.

Did you know?

Adequate sleep is important for children's health, states the American Academy of Pediatrics.

Quality sleep is just as important as well visits and protective immunizations. Babies and young children may sleep between 10 and 18 hours per day, but by the time a child reaches school-age, he or she may be well-rested after getting between 9 and 11 hours.

Sleep is vital for the body to recover and rebuild and for the brain to process new information. The Center for Pediatric Sleep Disorders at Boston Children's Hospital says that children who are not getting enough sleep may experience difficulty learning new tasks.

Parents who want to foster good sleeping habits in their children can try the following strategies.

- Set a smart bedtime and nap schedule.
 - Do not allow the use of electronics approximately one hour prior to bedtime.
 - Create a regular bedtime routine that includes winding down and cues that rest is coming.
 - Stick to the same schedule every day of the week - including weekends.
 - Make sure kids get daily exercise, which can make it easier for them to grow tired around bedtime.
 - Create a cool, comfortable and dark sleeping environment
- Most 12-year-olds now go to bed around 9 p.m., getting an average of 9 hours of sleep, even though 12 hours is ideal for kids who are 12

Superintendents Notes

By Randy Bruer

What can parents do to help?

Many times schools are asked how parents can help their child succeed in school. Parents play an important role in a child's education. Wake your children up in the morning cheerfully and send them off to school with a good attitude. Parents need to read stories to their kids regularly and help with their homework. Reading is essential as everything we do requires reading interpretation. Parents need to ask questions about the school day such as “what did you do in PE today” or “what did you learn in math today”. Ask about their friends and who they were hanging out with. Don't ask open ended questions like “how was school today” as the most children will probably reply, “fine”. Children need to feel safe, wanted and listened to.

Beyond the Bell

The school district will offer a new energized summer rec program, from 7:30 am till 2:30 pm, with a free breakfast and lunch to all kids. There is a fee for the program and we will offer supervision before and after the program till 5:30 pm which will extend the whole summer. The Beyond the Bell program is open to volunteers if you have a talent to share with young students, please call and arrange. This program is open to everyone, even if you work in another community. If you would like to find out more about the program, please call the District Office @ 218-563-2900.



The school district will offer a Century 21 program along with a re-energized summer rec program, from 7:30 am till 5:30 pm, with a free breakfast and lunch to all children. There is a fee for the program and we will offer supervision after the summer rec programs until 5:30 pm. This program will be available throughout the whole summer.

There will be an informational meeting for all who are interested, at the end of April. An announcement with the date and time will be sent out later this month. The Beyond the Bell program is open to volunteers.

If you have a talent to share with young students, please call and arrange to come in and visit with the Superintendent.

This program is open to everyone, even if you work in another community. If you would like to find out more about the program, please call the District Office @ 218-563-2900.

Positions available

If you know of someone interested in a part time job, driving bus to extra-curricular or sub route driving, custodial help, Para help or substitute teaching, please have them get in touch with the school ASAP. It takes a small time period to complete the license process and we will help you.

For Sale

The school will be building a 1500 square foot house next year. If you are interested in this house with siding colors and some room sizes, we need to know soon.

You will be required to move the building to the location of your choice. If you are interested, please give the School District a call Nathan Johnson or Randy Bruer at the school for details. 218-563-2900.

WEM School Announcements

Hat day – “Using my head to fight CANCER” will be held at WEM next Thursday, April 19th. A student will be bringing flyers to elementary teachers to send home and some given to first hour high school teachers for their students. By donating money a dollar or more that morning you will be allowed to wear a hat for the day. Stickers will be handed out as they did last year! Questions – ask Aries Qualey or Lily Breckel co-chairman of the project.



The Win-E-Mac Junior High Choir.