



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



McIntosh Cleanup Week has begun. The site for disposal has been moved to the ballpark area of town. Please read the signs carefully as one dumpster is for construction material and the other is for household items. Also, there will be no tires, no appliances and no televisions.

National study of states shows Minnesotans live longer, healthier than most

The study finds U.S. overall falling behind other, less developed countries.

A broad new study of the impacts of disease in all 50 states finds that Minnesotans live longer and healthier lives than residents of nearly any other state. However, the report finds big disparities among the states and an overall national performance that lags behind other, less developed countries that spend less on health-related costs per person.

The Institute for Health Metrics and Evaluation at the University of Washington coordinated the study, which is published in the April 10, 2018, issue of the Journal of the American Medical Association (JAMA). The Institute for Health Metrics and Evaluation study is part of the Global Burden of Disease study, an effort to quantify health internationally, covering 333 diseases and injuries, and 84 risk factors.

The new study ranks Minnesota fourth overall in life expectancy behind Hawaii, California and Connecticut.

When the study compares the 50 states' life expectancy by gender, it finds Minnesota males lead the nation with a life expectancy of 78.7 years while Minnesota females rank fourth at 82.9 years. Notably, Minnesota residents overall lead the nation in healthy life expectancy (defined as years of life spent in full health) at 70.3 years.

Minnesota Health Commissioner Jan Malcolm said the new study reinforces Minnesota's reputation as a healthy state, but it also shows how much work still must be done to improve Minnesotans' health. In particular, she noted that the study provides further evidence that the burden of chronic disease is a serious and growing threat to individual and community health as well as the nation's economy.

"Minnesota has a lot to be proud of and a lot to work on when it comes to public health," Commissioner Malcolm said. "Our strong performance relative to other states is encouraging, but the report clearly shows big challenges that must be addressed. The nation's overall health performance is poor when compared with many other countries, and if we want to turn that around we need to focus more on preventing diseases rather than just treating them. Closer to home, Minnesota has serious health disparities across population groups, and we need to reduce these disparities in order for all of us to be as healthy as we can be."

Smoking was the top risk factor causing death and disability in Minnesota, according to the study. Other factors in the top five included obesity, high fasting plasma glucose, high blood pressure and alcohol use. Low back pain was atop the list of health issues causing Minnesotans to live with years of disability, followed by depression. Study authors also cited dramatic increases in Minnesotans' disease burden due to diabetes and opioid use between 1990 and 2016.



New at Neil's Quality Meat's and More is fresh baked Canadian Bread delivered fresh each Thursday afternoon. There is a variety of different types of breads and rolls, including marbled rye bread, irrisistable French bread and delicious pretzel buns. The bread is available to purchase during regular business hours of Monday through Friday 9:00 am to 5:00 pm and Saturday from 9:00 am to Noon. Neil's also carries farm fresh eggs from Annie's Garden and fresh produce as it comes available.

Win-E-Mac Beyond the Bell program

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.

McIntosh Clean up Week is underway

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 ball fields located on the east end of Second Street.. 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, TVs, 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 cigarette butts, dental floss, Q-tips, disposable diapers, sanitary napkins, tampons or condoms can clog the pump and pipes.
- flushable manufactured wipes. Even if product states it is flushable it does not disintegrate like toilet paper so it clogs and tangles in the rotors of the pumps and lines.
- rigid or gritty materials down drains such as cat litter, coffee grounds, chicken bones, egg shells, fish scales, etc. Limit the materials you put through a garbage disposal to edible food products only.
- flammable or volatile liquids down drains such as gas, waste oil and thinners. It is illegal to dispose of these items in the sewer system.
- household chemicals down drains, such as paint, pesticides, herbicides, strong cleaning products, or other toxic chemicals.

Manufacturers list many things as flushable, but the only thing that belongs in a toilet is toilet paper and human waste.

On behalf of your neighbors and friends, thank you for helping to keep clogged sewer lines at a minimum!

"Gatsby's Golden Dreams"

Win-E-Mac Prom

May 5, 2018

Free Will Donation at Door

Grand March 7:30 PM

Win-E-Mac Art & Events Center

Call is you can, text only if you can't call

When an emergency takes place, the first instinct is to call 9-1-1. That's good for most people but there is now a way to get help when calling is not the best way to get through to the county PSAP (Public Safety Answering Point).

Now, when making the call by voice cannot be done dependably because of hearing issues, or safely because someone of questionable character could be listening, etc., that call can be made by text.

The new service, which became available in Minnesota on December 5th, comes with the motto: "Call if you can, text if you can't."

People who are deaf, hard of hearing or speech impaired, or who are in danger are encouraged to use Text-to-9-1-1 as a first contact option. All others should do so by voice, preferable via a Smart Phone that provides its locations to dispatchers.

"Texting is a resource that can be used by persons with disabilities and those in dire need situations where talking may not be done or be advisable," Polk County Dispatch Center Director Nancy Shafer says.

But, whenever possible, calling is by far the best because that way the dispatcher, while getting the emergency response personnel; and vehicles on the way, can keep the caller on the line to gather additional

information that will give responders a better idea of what can be expected at the scene.

"Getting the additional information becomes more difficult when done by texting. Knowing more about the situation in advance of arrival at the scene is a big benefit to both the victims and those coming to assist."

Because of the cost of the new equipment needed to take Text-to-9-1-1 messages, all text calls made from northwestern Minnesota counties are being received at a single regional center in Beltrami County (Bemidji) that was specifically developed to receive them. The information is then relayed back to the PSAP in the county where the incident has occurred.

The Text-to-9-1-1 capability come after three years of work by various stakeholders and the Minnesota Department of Public Safety's Emergency Communication Network in developing a system that makes it work dependably.

Each county has just one designated PSAP and all voiced-generated 9-1-1 calls go to the facility. The Polk County PSAP is located in the Dispatch Center in the Law Enforcement Center in Crookston.

For additional information, you can visit <https://dps.mn.gov/divisions/ecn/programs/911/Pages/text-to-911.aspx>.

Community Calendar

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

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

Thurs. May 3: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. May 4: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. May 7: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am

Tues. May 8: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



Win-E-Mac "Catch-Up"

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!

Who: Children who are 3 or 4 years old or will be 4 yrs old by Sept. 1st, 2018 who missed our screening date in March.

Families can register for Win-E-Mac preschool! Information about home-based programs for 3yrs olds will also be available!

When: Wednesday, May 2nd 3:30-7pm (email or call to make your appointment)

Where: Win-E-Mac Preschool Room

Email: Shannon Svalen, ECFE Coordinator: ssvalen@win-e-mac.k12.mn.us, or Heather Earls hearls@win-e-mac.k12.mn.us

Or call: 218-688-2170 to register your child today!

Pestle & Vessel

by Alison Opdahl

Soul Hungry

"Momma, I'm soooo hungry!" I hear this from Dinah a lot, who is four going on five and growing like a weed. "You're so hungry?" She scowled a little, "No, I'm sooo hungry." I tried again, "You're so hungry?" She shook her head, "No Momma, I'm sooohh hungry." I thought for a few seconds because she still has an adorable tendency of dropping her consonants. I ventured, "You're soul hungry?" She brightened, "Yes, Momma."

Good night! Where does she come up with this stuff? And I have no explanation why green olives made this all better but once again, I started thinking about my relationship with the Father in a way only she seems to trigger. So...what would make a soul hungry? I suppose being overwhelmed would do it. I'm sure over-commitment has done it for me in seasons of my life. I think the energy drain on our physical bodies from illness or too much physical activity directly impacts emotional stability and soul mindfulness. But why does it even matter if my soul is hungry?

Well, I have to look back at the creation account. After creating the heavens, earth, water, light, land, vegetation and creatures... "Then God said, 'Let us make man in Our image, after Our likeness!'" I believe Man was not last on the list but rather who everything was created for. As "good" as creation was, Elohim desired one more thing: soulful relationship with those He would make in His image.

I just lofted my daughter's bed. It stretched my carpentry skills but it looks like what it was meant to be. However, if she hadn't been there to jump up and down to show me how

much she likes it... the whole process would not have been enjoyable for me. I looked forward to pleasing my daughter with the work of my hands. I wasn't just building a loft frame, I was investing in relationship. Why? Because I am made in the image of Elohim Who first desired relationship with me. Therefore, I seek relationship too.

I think SOUL HUNGER is evident in identity crises and mid-life crises. I believe it hides in depression and behavioral disorders and rides pain like a fast moving train. I think it develops from pride or a prevailing attitude of entitlement or unregulated compassion—not to be confused with lovingkindness... there is a difference—and though SOUL HUNGER is in me, I must look outside of myself for the remedy.

We have—as a society—moved away from a life of BEING and shifted our focus to DOING. It cannot be sus-

tained. We cannot thrive. My spirit and body coexist and to appreciate their value and purpose is paramount. Pressing into the Father and soaking up His Word is the only way my soul will be filled with what is necessary to understand my right relationship first with Him and then with others. Remember the channel and vessel comparison? What I pour out will only be self-sustaining if it comes from Jehovah-Jireh—my provider. My vessel is meaningless if it does not continue to serve its intended purpose. And if I feel empty—SOUL HUNGRY—then it is not Man's companionship I need but YHWH's life-giving sustenance.

Ad deadline:
Noon Friday

Important Information Regarding Assessment and Classification of Property

This may affect your 2019 property tax payments.

The Board of Appeal and Equalization for township of Sletten will meet on Tuesday, May 1st, 3:30 pm, at the Town Hall. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Given under my hand this 6th day of February, 2018

Clerk of the township of Sletten

M5C

Board of Appeal and Equalization for Lessor Township

The Board of Appeal and Equalization for Lessor Township, Polk County, Minnesota will meet on Tuesday, May 1, 2018 at 3:00 pm at the McIntosh Community Center. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contract your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Albert Plante, Lessor Township Clerk

M5C

Board of Appeal and Equalization for King Township

The Board of Appeal and Equalization for King Township, Polk County, Minnesota will meet on Monday, April 30, 2018 at 2:00 pm at the McIntosh Community Center. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Loren Gieseke, King Township Clerk

M5C

Sen. Johnson issues statement reacting to MN Supreme Court ruling

Senator Mark Johnson (R-East Grand Forks) issued a statement reacting to Wednesday's ruling from the Minnesota Supreme Court on the case between State Auditor Rebecca Otto and several Minnesota counties over the constitutionality of a provision within the 2015 State Government Finance bill allowing counties to contract with private CPA firms to conduct their county required audits.

"The MN Supreme Court's decision - regarding a 2015 law which gives the counties the authority to contract with private CPA firms to conduct annual county audits - is a big win for our counties," said Senator Mark Johnson.

"Ms. Otto's insistence on trying this case all the way to the Minnesota Supreme Court cost the state, counties, and private auditors a large amount of time and money.

"Had she not tried to circumvent the law, she might have realized that the bipartisan legislation allows counties to save money and better serve their communities. With a definitive ruling now on hand, I am hopeful that the auditor will serve Minnesotans and allow counties the freedom to choose their auditor."

In their unanimous ruling, the MN Supreme Court concluded that the Legislature's 2015 law did not violate the separation of powers clause in the Minnesota Constitution, nor a clause requiring that bills at the Legislature deal with a single subject.

When the law was initially passed, it did so with the broad support of both Republican and Democrat members.

While pursuing her frivolous lawsuit, State Auditor Rebecca Otto wasted more than a quarter-million dollar in taxpayer funding, money that would have been better spent on pension auditing and other

state priorities.

Her action also forced officials from Becker, Ramsey, and Wright counties to expend over \$135,000 in local resources to build their legal defense.

Wit & Wisdom

► *An atheist, a Crossfitter, and a vegan walk into a bar.*

I know because they told me

► *What's a pirates favorite letter?*

You think it's R but it be the C.

► *How did the hipster burn his mouth?*

He ate the pizza before it was cool.

► *What did the green grape say to the purple grape?*

OMG!!!!!! BREATHE!! BREATHEEEEE!!!!!!

► *What do Alexander the Great and Winnie the Pooh have in common?*

They both have the same middle name.



There will be a Bridal Shower for

Sarah Lundquist

on **Saturday, May 5th**
at 10:00 at the
McIntosh Community Center!

The couple is registered at Bed Bath and Beyond and Wayfair!
They also have a site online theknot.com/us/sarah-lundquist-and-nate-thorsrud/!

Everyone is invited to come and celebrate with Sarah!



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Community Birthday and Anniversary Calendar

Wed. April 25: Chris Wirth

Thurs. April 26: Karen Krossen

Fri. April 27: *Steve & Devra Carlson

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

Sun. April 29: Carol Anne Reese, Hally Catahan, Tavin Hewitt

Mon. April 30: Wes Kaupang

Tues. May 1: Reggie Galland, Lavern Tofstad, Ava Carlson



ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

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

Sun. May 6: 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 29: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. May 6: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

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

Sun. May 6: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com

Face Book: Gosen Church

Wed. April 25: 7:00pm Bible Study at Don and Sharon Ramberg's

Friday, April 27: 10:00 a.m. Luther League program telecast on Garden Valley Cable TV--Channel 2 & GVTV--30

Sun. April 29: 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. May 1: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place

Wed. May 3: 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 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

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

Sun. May 5: 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 29: 9am Worship
Sun. May 6: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlunds

Wed. April 25: 7:00pm Bible Study on Hebrews

Sun. April 29: 10:00am Worship Service; Sunday School following

Wed. May 2: 7:00pm Bible Study on Hebrews

Sun. May 6: 10:00am Worship Service; Sunday School following

IMMANUEL LUTHERAN CHURCH McIntosh Rev. Bruce Blocker, Pastor

Sun. April 29: 9:00am Divine Worship Service; 10:00 Fellowship Hour

Sun. May 6: 9:00am Divine Worship Service; 10:00 Fellowship Hour

Holy Communion 1st Sunday of the Month

Story to Share?

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



"In ourselves, our future lies" was the motto of the MHS class of 1953. The class, shown here displaying their new yearbooks, consisted of 31 graduates. Only 5 of these students attended all 12 grades in McIntosh. The others went to country schools or were newcomers to the area. The football team won 5 out of 7 games. The basketball team won just 8 out of 21 games while the "B" basketball team won 9 out of 16. Class colors: Maroon and Gold Class flower: White carnation

The 1953 Cardinal was dedicated to Superintendent R.L. "Piney" Edwards who devoted his life to this school and his students.



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Richards Publishing Co.

Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas where Hooray we dodged another snowstorm over the weekend. Had a friend that was going to leave the airport in Minneapolis on Saturday and guess what, it didn't happen. The Minneapolis, St. Paul areas were blessed with anywhere from 12 - 14 inches of snow but friend of mine near Green Bay, WI called stating they had close to 24 inches. It's never a surprise what spring storms can bring.

Here we were more fortunate, no snow at all and the robins and doves are back, along with the smell of skunk.

There are more signs of spring in the area too, people are out walking, kids on bikes, and even have smelled the smoke of grills being used. Won't be long until the farmers are in the fields and gardens will be planted. With the sunshine and warmer temps, changes the attitude and the ambition.

Thanks to all of those who have extended me well wishes through phone calls, texts, and cards since my recent surgery. Helps to make the days a bit brighter and speeds the recovery time.

Last Thursday the 12th Paul Carlson stopped by for a brief visit with Milton Carlson as he ventured on to work and took a cup of coffee with him as an eye opener for the day.

Last Saturday Lucy Brtek met her daughter Michelle Gagner in Mentor where the two ladies had lunch together to observe Michelle's birthday.

Lonnie and Judy Gieseke were Friday the 13th visitors and dinner guests with Milton Carlson at the Carlson home.

Helmer and Verlys Homme were visitors last Saturday at the Gary and Maxine Walters home, and spent the afternoon playing cards.

Paul Carlson was a visitor and coffee guest last Saturday with Milton Carlson at Milton's home, bringing with him fresh cinnamon rolls that they enjoyed with their coffee.

Danny and Angie Brtek hosted a birthday party last Sunday at their home in honor of Peyton's first birthday with a dinner for the following guests, Great Grandma Helen London, Grandma Lucy Brtek, Grandpa Kelly Johnson, Jimmy London, Roger Larson, Geraldine Dahl, Jody Cantwell, Tony and Justis Brtek of Bagley, Lexie Brtek and her friend of Fosston, Brenden and Kylie Casavan and Butch and Linda Pulskamp. The little lady had her choice of two birthday cakes, an ice cream cake brought by Grandpa Kelly and the most

enjoyable cake of all with frosting that prompted a bath for her after diving into the frosting, big sister Morgan had pink hair after eating cake too.

Paul and Donna Carlson picked up Milton Carlson last Sunday and went on to Halstad where they attended a wake to celebrate the passing of Loren Solum. Loren was married to Milton's cousin.

This past Wednesday Lucy Brtek visited with Wilma Wang at Wilma's home in Cornerstone in Fosston. Wilma wasn't having a good day so after coming home Lucy made a couple trips back to check on Wilma and finally settled in after seeing that Wilma also had settled in.

Several Winger people attended the smelt fry that was held in Bejou last Saturday evening, was a good meal enjoyed by a good crowd, and once again was good to see so many people that an event like this brings together.

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

Barry and Kay Malmé of Fargo visited last Sunday afternoon with Helmer and Verlys Homme at the Pioneer Home at Erskine.

Last week one day, as we drove to Fosston and going past the Miller farm I said to Butch, the Miller's have their greenhouse going, so in talking to Lucy this week she told me she had stopped in to see Dan and Saloma and checked this out. Sure enough the family was busy in the green house, each with their own job getting the plants started or transplanted.

In closing and until next week, attitude is everything so pick a good one.

From Bun Manor:

Greg and Linda Anderson came up on Friday to spend the weekend with Bun. Friday

evening they met Gary (Sugar Bear) and his wife Candace down at the casino where they enjoyed a concert performed by Jon Anderson.

Bun did another blunder on Saturday when he and Andy were going to head to Mac to visit with the Tranby family before Pat's funeral. They found out from Rae Ann Osland at the Win-E-Mac Plaza that the service is going to be held on May 12th. Bun needs to read his paper more closely. They went to Mac anyway and stopped by Pete Tranby's and dropped off a card. They also stopped and visited Gordy and Cindy Ostenna's at their home south of town.

Uncle Dale took his nephews Grant and Everett Balstad to Fargo on Saturday to do some shopping. He didn't get them anything for Christmas so they went to Scheels and the boys

picked out some things they wanted. He also took them out to lunch at the Longhorn Steak House. He even let 16 year old Grant drive his car in Fargo. He is such a good uncle.

Sunday after church Elmyrna, Joyce Balstad, Pammy Wang, Norm Versdahl, Orrie and Sue Flermoen and David and Marilyn Natwick went up to the Lunch Box for lunch. When they were leaving Dale and Ole told Elmyrna they saw a sign on the door saying she was buying lunch for everyone. Elmyrna obliged them and bought them lunch along with the others mentioned above. Again Ole gets in on a free meal.

Steve and Carsten went fishing last weekend at Sarah Lake. They only caught a few smelly perch but they had a good time enjoying the nice temperate weather.

Landowners should heed advice when buying and planting seed for conservation areas

The Minnesota Department of Agriculture (MDA) is issuing a warning to landowners: Be cautious when buying and planting seed, especially for conservation plantings.

Recently, the MDA has encountered several issues with seed sold in the state. In 2016 and 2017, the highly invasive weed Palmer amaranth was introduced through conservation seed mixes. The department found seed mislabeled with improper information regarding the contents of the mix. Also, seed has been sold with very low germination rates. All of these issues are violations of state law.

"Minnesota's seed industry is very important to agriculture and conservation efforts," said Agriculture Commissioner Dave Frederickson. "We are fortunate to have many reputable native seed producers that benefit conservation and pollinator habitat.

"However, a few bad players can bring in invasive weeds. It is important we are vigilant as we try to better our landscapes."

Here is the MDA's advice for landowners who plan to purchase and plant seed for conservation efforts.

When selecting a vendor to plant a conservation area:

- Ask the seed vendor to provide you a copy of the seed label before buying the seed. Be sure the seed has been tested and confirmed free of Palmer amaranth.

- Make sure the contract with the seeding contractor covers your risks as a landowner.

At the time of planting:

- Have someone on site when planting to ensure the vendor is performing the work agreed to in the contract.

- Count the number of bags of each seed source and compare that to the invoice.

- Reject any unlabeled seed.

- Be aware of the labels. Examine and keep all seed labels used in a specific planting.

- If any noxious weed seeds are listed on the label, verify that only restricted noxious weed seeds are present at a rate of less than 25 seeds per pound.

- Reject any seed with prohibited noxious weed seeds listed on the label.

- Require the seeding contractor provide planting records. The records should note which seed lots were planted in specific locations, the planting procedures used, site preparation, and equipment used and how that equipment was cleaned.

- Retain the invoice and all paperwork for the project.



50 years ago...1968: Each year the McIntosh Concert Band selects a senior from its membership which members feel have contributed most to the year's band in cooperation and leadership. The John Philip Sousa Band Award went to Diane Rustad, first chair flue player. The presentation was made at the school's spring concert Friday evening. Diane has participated for two years in instrumental solo, duets, trios and girls triple trio and mixed ensemble work. She has been accompanist to the Girl's Glee Club and to the Mixed Choir. Making the award is Carmen Peters, music director.



40 years ago...1978: The Wayne Strom family cooperate with the daily dairy chores on their 3rd generation Strom farm northeast of McIntosh. Chad uses his pail to feed the livestock, Mark sweeps the barn floors, Cindy also helps with the feeding, while the children's parents, Vicki and Wayne Strom, handle the milkers twice a day and 365 days every year.



30 years ago...1988: Preschoolers Nicholas Helgaas, Sara Helgaas, Matthew Massmann and LeAnn Johnson demonstrated just how the world would be a better place when you "Put a Little Love in Your Heart". The song was sung by Bev Helgaas.



20 years ago...1998: Posing for a fun picture during the senior class spaghetti supper on Friday, workers were enjoying a lull in the crowd. The fundraiser was held to raise money for the senior class trip.

Save the Date!
Winger Day
&
Lions Fish Fry
June 30th



More info to come

Board of Appeal and Equalization for Winger Township

The Board of Appeal and Equalization for Winger Township, Polk County, Minnesota will meet on Wednesday, May 2, 2018 at 10:30 am at the Winger Community Center. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contract your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Nathan Johnson, Winger Township Clerk MSC

Board of Appeal and Equalization for City of Winger

NOTICE IS HEREBY GIVEN that the Board of Appeal & Equalization for the City of Winger, Polk County, Minnesota will meet on Wednesday, May 2, 2018 between 10:30 AM to 11:30 AM in the Winger Community Center. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued & classified by the Assessor, and to determine whether corrections need to be made. This important information regarding assessment and classification of property may affect your 2019 property taxes. If you believe the value or classification of your property is incorrect, please contact your Assessor's Office to discuss your concerns. If you disagree with the valuation or classification after discussing it with the Assessor, you may appear before the Local Board of Appeal & Equalization. The Board will review your assessments and may make corrections as needed. Generally, you must appeal to the Local Board before appealing to the County Board of Appeal & Equalization.

Given under my hand this 5th day of April, 2018.

Signed: Tina M. Murn,
Interim Clerk/Treasurer for the City of Winger MSC

Random Things and Stuff



Take A Bow
By: Emily Lynne

After writing articles since I was 15 years old, I have decided it is time for me to be done. There are a lot of exciting up-and-coming things I will be doing now after graduating college, and I just don't think I will have the time to keep up with the weekly articles.

I want to thank each and every one of my readers. It has been an amazing opportunity for me to share my thoughts with you throughout the years. I wish you all the best!

I will leave you with one last quote that I feel has summed up my high school and college years and gotten me to my dream of being a nurse: "Nevertheless, she persisted".



Plan ahead to protect yourself before severe storms arrive

Severe spring and summer weather is on its way, and it is important for Minnesotans to plan ahead to protect themselves and their homes.

During 2018 Severe Weather Awareness Week (April 9-13), the Minnesota Commerce Department is encouraging Minnesotans to take a few simple steps to better manage the financial impact of a tornado, flood or other severe weather.

"When severe weather strikes, having the right insurance coverage can mean the difference between financial recovery and financial tragedy," said Commerce Commissioner Jessica Looman, whose agency regulates insurance companies in the state. "Now is the time to review your insurance needs and coverage to make sure you're protected."

The Commerce Department website features a Disaster Information Center with guidance about how you can plan ahead and what to do if you suffer storm damage.

The Commerce Department also offers the following tips:

Make a home inventory
Maintaining a complete, accurate and up-to-date inven-

tory of the contents of your home will help you determine what insurance coverage you need and make it easier to file a claim if you suffer storm damage.

The Commerce website has an easy-to-use home inventory checklist that can be printed out. The National Association of Insurance Commissioners (NAIC) also offers a free smartphone app to help you compile a detailed image library of your personal possessions and store it electronically for safe-keeping.

Another option is to make a video tour of your home. Be sure you save a copy in a secure place where it can be easily retrieved if your home is damaged.

Review and update your homeowners insurance coverage

Policy limits on homes and belongings can become outdated, especially if you have remodeled or added new items to your home. A policy that is more than five years old may not cover the entire cost associated with rebuilding your home or replacing lost or damaged possessions. Review your policy each year to make sure you have the protection you

need.

If you rent, consider renters insurance. Your landlord's insurance policy typically covers only the building structure, but not your possessions as a tenant.

Decide on flood insurance

A standard homeowners or renters insurance policy will not cover flood damage. For coverage against flood risk, you need to purchase a policy through the National Flood Insurance Program. Policies have a 30-day waiting period before they take effect. For more information, visit floodsmart.gov or call 888-379-9531.

Check your auto coverage

Hail, falling trees or flooding can result in costly damage, even a total loss, for your vehicle. If you want to be protected, make sure you have "Comprehensive" or "Other than Collision" in your auto policy.

Commerce is here to help.

If you have a question or concern about insurance, contact the Commerce Department's Consumer Services Center by email at consumer.protection@state.mn.us or by phone at 651-539-1600 or 800-657-3602 (Greater Minnesota).

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

People often say, "Well, I guess that's just the way it is." And they are right. At least for the moment, things are just the way that they are. That may be good. Maybe it isn't. Maybe they should be changed.

Whatever, at least for the moment, that's the way things are.

It is the same in local government. Things are what they are. Some are good. Some aren't. And some need changing.

In Polk County, for the most part, things are pretty much okay. The things/situations that are in good stead are generally in that frame because of what was done to put them in order.

That's what government is supposed to do... put and keep things in order.

This is best accomplished by looking down the road... by trying to anticipate and prepare for address issues before they become issues. For us as commissioners, the county's business can't be just what is on our plate at the moment. Future issues and needs must be identified, planned for and addressed — including, of course, the all-important consideration of how to pay for them — long before they become a problem.

The report card

As commissioners, we try to do that. The report card on that work will likely either keep us in office or give the job to someone else.

But it isn't just commissioners who have a role in this mission of looking ahead. This involves a team effort a big part of which involves staff... the people who have inside knowledge about what will need to be replaced, protected, updated, provided for, etc. In their roles, each of them knows best the ability, capability and condition of equipment, buildings, roads, etc.

Department heads, by their nature, always want to do more and do it better. Thus, they of-

ten vigorously promote investments in that endeavor. These improvements always cost money. Commissioners have to make a judgment about whether this is really good and needed and, if so, how to pay the bill.

This is a challenging situation in which department heads work to justify their proposals by spouting their value and importance. If convinced that the move is the right one, commissioners then have to be able to defend the expense to their constituents... those taxpayers who determine their time in office.

Saying "no" to everything is just as much bad government as is saying "yes." In that context, each issue is thoroughly considered... not just for the moment but for the long term.

Polk County commissioners, I believe, have done a good job of keeping things in order and on track without increasing the levy — the levy being the amount of property tax money needed to pay for the delivery of county services) — more than absolutely necessary. Not dealing with the issues in advance is almost always the worth possible outcome.

Controlled spending

County levy increases over the past 10 years have averaged 2.574%. That average is in line with inflation. The cost of everything goes up, government included.

The offset for many of us has been that the county's total property valuation — the tax base — has been going up as well and now totals \$5.62 billion.

Included in that growth in valuation is that which comes from the "new construction." A total of \$25.65 million in new construction came on the tax rolls in 2017. This new valuation helps to pay for a lot of the cost of levy increases.

Of note on the tax subject is that tillable ag landowners

are finally getting a break after having shouldered significant valuation increases in recent years. The average valuation of ag land — these valuations being determined by sale prices — decreased 6% countywide in the 2018 assessment.

So, where is this discussion going?

First, no one likes to pay taxes. That's a given. But taxes are necessary to pay for law enforcement, roads and all of the services that counties are required to provide. Efficiency has been the focus for all of us who are involved in that role and in trying to be ready and prepared for the days ahead.

In good shape

Polk County is in good shape going forward. Our finances are good, our buildings have been maintained are in good shape and so is our road infrastructure. While there will always be the need for a new roof, updating heating system, or addressing some unexpected development, we don't have any really big needs on the table. That includes the foreseeable future. On top of that, our existing bond debt will be paid off in a few years.

So, that's the way things are... for the moment. Outside of a major weather event or some other sudden change beyond our control, there are no major issues on the table... that's, of course, other than making sure that that things are kept on track.

Thoughts for the day:

Examples of Lexophilia:
How does Moses make tea? Hebrews it.

Venison for dinner again? Oh, deer.

I was a banker until I lost interest.

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners

The how-to's of grilling perfection

How to grill the perfect steak

The steakhouse is a family favourite for its flavorful cuts of beef, so to save money, the grilling experts at Broil King are here to show us how to re-create those same savoury steaks on our own gas barbecues.

Here are their tips.

*** If it doesn't sizzle, it's not hot enough.** Preheat your grill to at least 450* for great sear marks and steakhouse quality results.

*** Season the grill:** a thin coating of oil on a hot grill both protects the grill surface and keeps your food from sticking. A refillable oil mister is an easy way to do this. Tip: Always turn the burners to low before spraying oil; never use non-stick sprays with aerosol since they are flammable.

*** Marinate your steak for 30 minutes to 2 hours** (most cuts) to infuse complementary flavours into the meat.

*** Any sweet or sugary barbecue sauce should be applied in the last two minutes** on the grill, or after the meat is removed. These sauces burn easily and can ruin a great steak.

*** Try a compound butter:** first soften the butter to room temperature and then mix in the flavouring of your choice, such as blue cheese, sundried tomato or cheddar & jalapeno. Top the hot steak with a pat of this butter and watch the flavour melt all over the grilled meat.

*** Choose your weapon:** don't pierce your steak, use a good set of tongs to turn them. The more you poke holes, the more flavour and tenderness escapes.

*** Let it rest:** cutting into a steak right off the grill lets juices escape onto the plate. Let any steak rest for 5 minutes before serving. The juices will settle evenly throughout the steak, giving a more tender, flavourful and enjoyable dining experience.

Blue Cheese Compound Butter Ingredients
2/3 cup butter, at room temperature
1/3 cup Roquefort cheese, crumbled
1 tablespoon shallots, finely chopped

1 1/2 teaspoon fresh thyme leaves, finely chopped
Dash hot pepper sauce
Pinch salt
Directions
In a small bowl, mix all ingredients together lightly with a fork until just evenly combined. Over-mixing will cause it to become too blue in colour. Spoon the mixture onto a sheet

of waxed paper, and shape it into a log about 4 centimeters (1 1/2") in diameter. Refrigerate 1 hour. Slice into 1.5-centimeter thick rounds (1/3") and place on hot grilled steaks to melt. Freeze leftovers butter.

Additional grilling recipes and tips are available at www.broilkingbbq.com.

Tips for perfectly grilled vegetables

One of the highlights of the summer season is the incredible bounty of fresh produce, and grilling these vegetables gives them a smoky, delicious dimension. Chef BBQ Naz, a grilling expert from Broil King, shares some simple tips for flavor perfection.

*** When preparing vegetables,** slice them to expose as much of the vegetable to the grill surface as you can.

* Coat vegetables with olive oil before placing them on the grill. This will help prevent them from sticking to the grill.

*** Use the right tool for the job.** Accessories like grill toppers and skewers are perfect for keeping smaller foods like cherry tomatoes and onions from rolling around or falling through the grate.

*** Don't leave vegetables unattended.** Vegetables are delicate and can easily overcook if not monitored.

*** Grill extras.** Leftover grilled vegetables are great in soups, salads, sandwiches and on pizzas and pasta.

When grilling vegetables, consider this popular recipe.

Grilled Zucchini Rolls

Ingredients
3 medium zucchinis, sliced 1/4-inch thick, lengthwise
1 tablespoon olive oil
4 ounces chevre (soft goat cheese), at room temperature
Pinch of freshly ground black pepper
Pinch of kosher salt
2 tomatoes sun-dried to matoes, oil-packed and minced
1 teaspoon oil from the sun-dried tomatoes
1 teaspoon fresh thyme, minced
2 tablespoons Parmesan cheese, freshly grated
Directions
Preheat the grill on medium.

Brush both sides of sliced zucchini with olive oil and sprinkle with salt. Place on the grill and cook for 4 minutes per side.

When cooked, set on a wire rack to cool.

In a small bowl, combine the chevre, salt, pepper, sun-dried tomatoes, oil and thyme.

Using a small spatula, spread the cheese mixture thinly over one side of the zucchini. Lightly roll the zucchini, and place seam side down on a

small, parchment-lined baking sheet. Sprinkle with Parmesan cheese. Place baking sheet on top rack of the grill for 15 minutes.

Remove to a platter and serve.

Additional recipes and a complete vegetable grilling guide can be found at www.broilkingbbq.com.

Making the best grilled pizza

If you have never tried grilled pizza here is a step-by-step recipe for grilling pizza. Honestly, this method is not hard, once you get the hang of it.

When you grill pizza, you need to have everything ready to go: all the toppings, the sauce, the cheese. This is because the key to pizza on the grill is to top the pizza after you've put it on the grill. It also helps if you cook the dough for a minute or two, flip it, and then top it.

Ingredients

3 1/2 cups all-purpose flour,
1 envelope Fleischmann's® Pizza Crust Yeast
1 tablespoon sugar
1 1/2 teaspoons salt
1 1/3 cups very warm water
1/3 cup oil
Additional oil for grilling
Pizza sauce
Other toppings as desired
Shredded mozzarella cheese

Directions

Start charcoal fire or pre-heat gas grill to medium-high heat.

Combine 2 cups flour, undissolved yeast, sugar and salt in a large bowl. Add very warm water and oil; mix until well blended, about 1 minute. Gradually add enough flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead on a floured surface, adding additional flour if necessary, until smooth and elastic but not sticky, about 5 minutes.

Divide dough into 8 portions. Pat or roll dough on a well-floured counter to about 8-inch circles; they do not need to be perfect.

Brush both sides of crust with additional oil. Using hands, lift each crust carefully and place on grill. Cook for 3 to 4 minutes until bottom is lightly browned and top looks set. Using long handled tongs, flip it to grilled side up.

Lightly add sauce and top the grilled side of each pizza crust. Excess sauce or toppings makes the pizza hard to handle. Repeat with remaining pizzas.

Cook an additional 3 to 4 minutes until bottom of crust is browned and cheese is melted. Remove from grill and serve immediately.

How to prepare the grill for the season

When it's time to dust off the grill for the season, grillmasters may think all that's necessary is to pull off the cover, reconnect the gas and start cooking. But it's best to give grills, new and old, a thorough cleaning and seasoning to prepare them for several months of use.

Begin by looking inside of the grill and under the cover and grates to see if any insects or animals have taken up residence. Rodents, birds and bugs sometimes ride out winter weather in unused grills. If you light the grill before checking for uninvited guests, you may end up cooking more than you expected.

Inspect for any debris, such as leaves and twigs, as well. Even if animals are no longer in the grill, remnants of their nests may be. Spiderwebs can ignite quickly and prove to be a hazard, so clean off any webs inside and on the exterior of the grill.

Check the hose that connects to the portable gas tank or the natural gas line to the house to see if it's intact and clean. Clean off the hose if it has any buildup and make sure there are no holes or cracks. You do not want to risk the hose lighting on fire. If wear and tear is significant, replace the hose for safety.

Take out all of the grates and washable components and scrub them down. Some leftover drippings or food particles may remain from last year. Check the grease trap and be sure to clean that out as well.

Next up is to season the grill. When everything is dry and the grill is off, coat all of the grates and gas emitters with high-heat cooking oil like canola, suggests grill manufacturer Char-Broil. Make sure the oil coats the grates and gas emitters evenly and wipe up any excess. Then light the grill and let it heat up for around 15 minutes, or until the oil burns off or starts to smoke. Doing this time after time before cooking will help the grates



develop a shiny, dark finish, helping them get hotter and cook food more evenly. Lightly coat grates with oil after each use to inhibit rust as well.

After all of these steps have been taken, it's time to take the grill for a test run. Choose your meal and begin to cook. Check the temperature of the food before serving to determine if the grill's thermostat is working correctly and to avoid any foodborne illnesses.

Now you're ready to grill the rest of the season.

Master magical marinades

Grilled foods boast inviting flavors that put many diners on the lookout for second helpings. Quite often the magic behind grilled meals lies in the marinade used to give foods that flavorful kick.

Marinades can be used to enhance the flavor of meats, vegetables and poultry. While marinades add flavor, they also may be responsible for some other benefits in grilled foods.

Marinades add flavor

Defined as a savory acidic sauce in which food is soaked to enrich its flavor, marinades help break down fiber and tenderize certain foods. The base of many marinades include vinegar, lemon juice or wine, and marinades can be enhanced with spices, oil and herbs.

It's important not to let foods sit in marinades for too long, as any alcohol, acid or salt in the mixture can chemically "cook" the food in a process known as "denaturing."