



McINTOSH Times

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Win-E-Mac Class of 2018

The Win-E-Mac Class of 2018 will hold commencement exercises on Saturday, May 26, 2018 at 2:00 p.m. at the Win-E-Mac school. Congratulations to all the graduates and their families.

More than \$514,900 of GVTL Capital Credits paid in May

Over 16,200 checks, totaling more than \$514,900, were issued on May 17 to Garden Valley Technologies members who had service with the co-operative in 2000 and/or 2016, including over \$28,000 for members with McIntosh and Winger addresses.

Advantages of a Cooperative

More than \$10.2-million of capital credits have been authorized by the board of directors for payment to Garden Valley members over the last ten years.

Article VII of the cooperative's By-Laws provides that capital credited to members

may be retired and paid if the financial condition of the cooperative will not be impaired.

113th Annual Meeting

Garden Valley's 113th annual membership meeting will be held in the auditorium of the Win-E-Mac Public School near Erskine on Tuesday, June 5, beginning at 10:30am. Registration starts at 8:30am and "Caleigh" will entertain from 9:00 to 10:15am.



Attention McIntosh Students K-6th grade: There will be Memorial Day practice on Friday, May 25th from 3:30 pm - 4:30 pm and also Monday, May 28th at 9:00 am. Please join us so we can keep this great tradition going. Thank you. If you have any questions, you can call Heather 563-2044 or Kristi 563-7578.

The McIntosh Times

will be **CLOSED** on **Monday, May 28, 2018** in observance of



Memorial Day

Memorial Day remembrance programs in Winger and McIntosh

McIntosh

The Memorial Day Parade and Program will be held on Monday, May 28, 2018 with the parade starting at 10:30 a.m. The Win-E-Mac Band will march with the Color Guard and play the Star Spangled Banner. Followed by the program beginning at 11:00 a.m. at the Community Center in McIntosh.

Quilts of Valor will be given to John Wertish, James Wertish, and Tom Reitmeier. Rev. Theo Scheytt of Germany will give the address.

Rev. Scheytt grew up in Nazi-Germany and helped to complete the story of Herbert Harms, an American soldier, whose plane crashed and he died because his parachute did not open. Dan and Darlene Dierkes had one of Rev. Scheytt's son as an AFS student.

The Memorial Day Choir will practice at 9:30 a.m. under the direction of Gerald Borud on Monday, May 28.

The laying of the wreaths by the students will be held on the lawn of the Heritage and Arts Center building immediately following the program.

Ben Ramse will read the names of the Veterans and taps will be given and the flag raised to the top.

The McIntosh Friends of Veterans are sponsoring this program and will be sponsoring other Veterans' events during the year.

Dues will be \$5.00 a year and can be paid beginning on Memorial Day.

Everyone is cordially invited to this very special Memorial Day Celebration.



Tory Hegrenes is the son of Linda and Odney and nephew to Tim Anderson

Winger

The Memorial Day program in Winger will take place at 8:30 am on Monday at the Winger Community Center.

The featured speaker for the Winger Memorial Day program will be CDR Tory T. Hegrenes, a native of Brooklyn Park, MN graduated from Park Center High School in 1997. After high school, he graduated with a degree in Math and Physics from Luther College in Decorah, IA in 2001.

In December 2001, he received his commission and designated an Ensign as a Naval Officer through the Navy Officer Candidate School in Pensacola, FL and entered flight school.

After flight training, he received his 'Wings of Gold' and designated a Naval Flight Officer in June 2003.

Following initial training in the F-14 Tomcat, he completed a combat deployment

aboard the aircraft carrier USS GEORGE WASHINGTON flying combat missions in support of Operation IRAQI FREEDOM.

After his initial fleet tour, he was selected to attend the Navy's Fighter Weapons School (TOPGUN).

He completed a seven-month combat deployment aboard USS DWIGHT D. EISENHOWER supporting Operation ENDURING FREEDOM.

He was awarded the 2010 Commander, Naval Air Forces Atlantic Naval Flight Officer of the year award.

CDR Hegrenes completed a nine month combat deployment aboard USS GEORGE H.W. BUSH flying missions in support of OPERATION ENDURING FREEDOM and was one of the first aircraft in Iraq and Syria supporting OPERATION INHERENT RESOLVE in the battle against ISIS.

He graduated from the Naval War College in Newport, RI in 2016 with a master's degree in National Security and Strategic Studies.

CDR Hegrenes is currently stationed in Key West, Florida.

His military personal decorations include four Strike Flight Air Medals, three Navy Commendation medals, the Navy Achievement medal, the National Defense Service medal, the Afghanistan Campaign medal, Inherent Resolve Campaign medal, the Global War on Terror Expeditionary medal, the Global War Terror Service Medal, Navy Pistol Expert and various unit awards.

He has accumulated more than 2,600 flight hours in the Navy.



Community Calendar

- Wed. May 23:** 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 24:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. May 25:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Sat. May 26:** Win-E-Mac graduation @ Win-E-Mac Scholl 2:00pm
- Mon. May 28:** Memorial Day Program @ Winger Community Center 8:30am; Memorial Day program at McIntosh @ 10:30am
- Tues. May 29:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. May 30:** 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 31:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council meeting @ Community Center 5:30pm
- Fri. June 1:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. June 4:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm



"Elvis" took the stage and performed for a great crowd at The Coop Bar & Grill in McIntosh last Saturday night. He sang many songs, performed and afterwards there was an opportunity to take pictures with him.

Postal Workers break a food shelf record

On Saturday, May 12th the National Association of Postal Workers members from the Erskine and McIntosh Post Offices conducted a food drive to benefit the Grace Community Food Shelf.

From the volunteers that staff the Food Shelf and all the patrons of the Grace Community Food Shelf we want to say how much we appreciate the mail carriers for conducting the drive and for all the postal patrons for giving so generously.

The drive brought in a total of 714 pounds of food to help feed those in need in Erskine, Mentor, McIntosh and Winger.

The Erskine Postal Workers brought in 370 pounds, a whopping increase of 583% over last year. The McIntosh Postal Workers brought in 343 pounds, a huge increase of 254% over last year's total.

They now hold the record for the most food collected in a food drive. The old record was 659 pounds held by the Win-E-Mac



Honor Society.

The Grace Community Food Shelf is open from 10:00 AM to 2:00 PM on the 2nd and 3rd Thursdays of every month.

The Food Shelf, serving the communities of Erskine, McIntosh, Mentor and Winger, is located at 322 Vance Avenue in Erskine (in the Grace Lutheran Church education wing).

We are there for you if you would like to make a donation or when you are in need of assistance. Follow us on Facebook at "Grace Community Food Shelf" Contact us at foodshelf@gracechurcherskine.org



The Win-E-Mac 4th Grade students held their annual Wax Museum last week. From current sports figures to past President's there was a colorful cast of characters to learn more about. The students raised money for the local food shelf.

Pestle & Vessel

by Alison Opdahl

Heart Beat

Last December my daughter—Dinah—woke up and asked me where “Pinkie” was in a matter-of-fact tone. Now for those of you with toddler experience, “Pinkie” could have been anything from a cartoon character to a toy she named without telling me, right? So I asked, “Who is Pinkie?” Well, she had dreamed about Pinkie—a real kitty—and now she wanted him or her. (I’d told Dinah earlier in the fall that when she found her first kitty my answer would be “yes.”) So for the next six months we looked for Pinkie, prayed for Pinkie and wondered about Pinkie. She recruited everyone! Being the practical Momma I am—I asked what Pinkie looked like. She didn’t know and gave me the impression it didn’t matter. I was puzzled but her conviction Pinkie was out there did not fade. I began wondering if the name wasn’t about a color but a description;

like pinkie finger. Meanwhile, we kept looking.

Fast forward to the local Shop Hop and the season opener of Rewind Designs south of Fosston. We pulled into the yard early. I told Dinah she could play outside with a clowder of cats converging on our position. I stepped out of the SUV. A lithe tabby was leading the charge. He rubbed against my leg, hopped up onto the vehicle floor, then the seat, the console and straight into Dinah’s lap—all in the time it took me to turn my head. You know where this is going, right? Well, it wasn’t that straightforward.

Dinah carried that cuddly fellow around, mentioning it would be nice to have a cat like that. But I had no idea if Rhonda was looking for another home for him. In the process of checking out, I shared the Pinkie story. She told me he was the runt. He had been very sick, survived an operation

and been nursed to health. She saw the connection between him and Dinah and offered him to us.

When I bent down to explain to Dinah that if she was still thinking about him at the end of the day we would come back, I saw a rare sight. I’m a talker. I always have words, Dinah does too. She was cradling this kitty like a baby—holding him to her heart. Her face was blotchy, her eyes gathering tears and... she had no words. I knew—in that moment—I had to listen to her heart beat. She was completely vulnerable. This was not about letting her have a kitty; it was about her sense of self. I know this, because I’m the same. Animals find me; they are pieces of my heart I don’t know exist until they show up.

For the past six months the Father has been giving me opportunities to discipline my compassion. In this instance, not to willy-nilly find a cat that

needed a home but to wait for the one meant for Dinah. He had given her the glimpse in her dream and she had carried the feeling of it into her waking world. Remember I asked Dinah to describe Pinkie? I figured out why she couldn’t answer that because her heart knew Pinkie, not her eyes. What she remembered from the dream was how Pinkie felt in her arms, not what he looked like.

“Now faith is the assurance of things hoped for, the conviction of things not seen.” Hebrews 11:1 NASB. While I was being trained in compassion my daughter was practicing faith. Believing and looking for the outcome promised her. I leave us with a challenge: to walk the road of faith with the conviction of a child.

What did I learn about compassion last week? That sometimes compassion is a seed; this one took months to bear fruit. Rhonda’s act of compassion not only saved a kitten’s life but guarded the heart of my daughter who had Pinkie in it for six months. What a beautiful picture of the Body of Christ!

-a.m. opdahl

Credit Report Security Freezes and Fraud Alerts: What’s the Difference?

From the Office of Minnesota Attorney General Lori Swanson

With major data breaches becoming too common, people often wonder how to stop criminals from stealing their identity, and rightly so. Identity thieves drain bank accounts, run up charges on lines of credit, and steal tax refunds. It can take months to detect the damage and years to clean it up.

Just consider:

- Hackers recently stole highly sensitive personal information on over 145 million people—**nearly one out of every two Americans**—from a major credit bureau. The data exposed in the breach included people’s names, Social Security numbers, and birth dates.

- Information on over 50 million credit and debit cards was stolen by hackers from a national home improvement retailer. This information was later sold to criminals on the dark web.

- A data breach at a ride sharing company exposed private information on roughly 50 million customers and 7 million drivers. The data stolen included driver’s license information for approximately 600,000 drivers.

Placing a “fraud alert” or “credit freeze” on a credit report are two steps to protect against identity theft. But there are differences between fraud alerts and credit freezes.

Fraud Alert

A “fraud alert” requires creditors to verify a person’s identity before extending credit or opening a new account. For example, a lender may call a borrower before making a car

loan. A fraud alert is an extra layer of authentication, not a prohibition on the opening of new accounts.

There are two main types of fraud alerts—an “initial” fraud alert and an “extended” fraud alert.

An “initial” fraud alert lasts for 90 days, but can be renewed.

An “extended” fraud alert lasts for seven years, but can be removed sooner. An extended alert requires victims of identity theft to provide the credit bureaus with a copy of a report of identity theft filed with law enforcement.

Both alerts are free and temporary. Once a request is made for a fraud alert with one credit bureau—Experian, TransUnion, or Equifax—the alert will be placed on credit reports with all three credit bureaus.

To request a fraud alert, contact the major credit bureaus toll-free as follows: Equifax: (888) 766-0008; TransUnion: (800) 680-7289; Experian: (888) 397-3742.

Credit Freeze

A “credit freeze” prevents new creditors from accessing a person’s credit report. Without seeing a person’s credit history, most creditors will not open new accounts or extend credit.

A credit freeze provides more protection than a fraud alert against fraudulent accounts being opened. Because credit freezes also block legitimate inquiries, they require more planning than fraud alerts.

With a credit freeze in place, a person must use a PIN and contact the credit bureaus to lift or “thaw” the freeze before being approved for new credit.

This process can take up to three business days. In a pinch, this could prevent a person from quickly getting credit.

Credit freezes stay in place until permanently lifted. Victims of identity theft can freeze their credit reports without charge. Non-victims can freeze their credit report for a \$5 fee. Victims of identity theft can thaw a credit freeze without charge. Non-victims may be charged a \$5 fee.

For instructions on requesting a credit freeze, you may call the credit bureaus toll-free as follows: Equifax: (800) 349-9960; TransUnion: (888) 909-8872; Experian: (888) 397-3742.

For more information about fraud alerts, credit freezes, credit reports, and identity theft, contact the Office of Minnesota Attorney General Lori Swanson, 445 Minnesota Street, Suite 1400, St. Paul, MN 55101. Call (651) 296-3353 or (800) 657-3787. TTY: (651) 297-7206 or (800) 366-4812. Visit www.ag.state.mn.us.

Ad deadline:
Noon Friday



Remember your loved ones this Memorial Day

Please make your donations to Salem Cemetery Assn, PO Box 136, McIntosh, MN 56556

Sand Hill

Cemetery Meeting

The Sand Hill Cemetery Association will hold their annual meeting at 2:00 p.m. on Memorial Day, May 28, 2018. Following the meeting, there will be a dedication of the new Bell Tower.

Memorial Day

Program in Lengby

VFW Post 2759 Spring Lake and Auxiliary, will be hosting a march and program on Memorial Day, Monday, May 28 at 10:30am at the Park in Lengby.

Speaker will be Kurt Ellefson, Polk County Veterans Service officer

Music by Mark Erickson. Come and support our Veterans.



The winner of the Neil’s Quality Meats & More Mother’s Day / Fishing opener drawing is Jeremy Kasprzak from McIntosh.

Find us on
Facebook
www.facebook.com/mcintoshtimes
Announcements • Photos • Community Updates

Community Birthday and Anniversary Calendar

Wed. May 23:
Gwen Rue, Kris Faldet, *Mike & Angela Lindseth
Thurs. May 24:
Joyce Sultvedt
Sat. May 26: Rain-ee Haaven, DeeDee Narum, Chad Smeby, Angela (Breckel) Linden
Sun. May 27: Zach Plante, Gordie Goldsmith, Jackie Huschle, Charlie Roed, Brady Grove
Mon. May 28: Elizabeth Klemmer
Tues. May 29: Gordie Ostenaar



ST. MARY’S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. May 23: 11:30am Mass at St. Mary’s, Fosston
Fri. May 25: 8:30am Mass at St. Mary’s, Fosston
Sun. May 27: 8:00am Confession; 8:30am Mass at St. Mary’s, Fosston; 10:30am Mass at St. Joseph’s, Bagley
Wed. May 30: 11:30am Mass at St. Mary’s, Fosston
Sun. June 3: 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. May 27 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. June 3: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR’S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. May 27: 11:15am Worship Service.
Sun. June 3: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. May 23: 7:00pm Bible Study at Don and Sharon Ramberg’s

Sun. May 27: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service; 7:00pm Luther League (see article elsewhere in the paper)

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

Wed. May 30: 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. May 24. : 7:00am Men’s Breakfast at Mt. Carmel
Sun. May 27: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity;

Thurs. May 31: 7:00am Men’s Breakfast at Mt. Carmel
Sun. June 3: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity

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

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. May 27: 9am Worship
Sun. June 3: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Wed. May 23: 7:00pm Bible Study on Hebrews
Sun. May 27: 10:00am Worship Service; Sunday School following

Wed. May 30: 7:00pm Bible Study on Hebrews

Sun. June 3: 10:00am Worship Service; Sunday School following

Wed. June 6: 7:00pm Bible Study on Hebrews

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Bruce Blocker, Pastor

Sun. May 27: 9:00am Divine Worship Service; 10:00 Fellowship Hour

Sun. June 3: 9:00am Divine Worship Service with Holy Communion; 10:00 Fellowship Hour

Holy Communion 1st Sunday of the Month

Do you have a story to share?

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

Did you know?

Though many people lament their lack of leisure time, the 2016 American Time Use Survey from the U.S. Bureau of Labor Statistics found that nearly everyone age 15 and over engaged in some form of leisure activity every day. Men spent an average of 5.5 hours each day engaging in leisure activities, while women spent 4.8 hours. Watching television dominated most people’s leisure time, as the average person age 15 and over spent 2.7 hours per day watching television. The survey found that the

amount of time people spent watching television varied by age. Some may be surprised to learn that those ages 65 and over, who averaged more than four hours of television viewing per day, watched more television on average than any other age. At two hours per day, people between the ages of 15 and 44 spent the least amount of time watching television. The second most common leisure activity was socializing and with friends. However, the average person spent just 39 minutes per day socializing and communicating with friends



The First National Bank of McIntosh will be **CLOSED** on Monday, May 28th in observance of Memorial Day.



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Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas where we have been experiencing some much nicer weather these past several days. Farmers are in the fields again trying to finish up their spring planting. Some fields are already showing a green growth and getting greener each day, is a very pretty time of the year to see this and all the wildlife being so active again.

Congratulations to all the graduating seniors in all the area schools. Good luck to you as you move onto whatever the future has in store for you.

Congratulations to Milton Carlson as he is proud to announce the birth of a great, great, great grandchild Cora Fern born to Taylor and Jessica Carlson this past week. Paul picked up Milton on Friday the 11th and took him to the Foss-ton Hospital so he could meet the little lady. Paul and Donna Carlson are the great Grandparents. After the visit to the hospital they went uptown where they enjoyed rolls and coffee.

Reha Sanstead of Erskine hosted the following guests for supper on Mother's Day at her home, Jamie Mattison of Plummer, Tom and Terrill Bradford of Mentor, Whitney Anderson of Winger, Spencer and Rachel Anderson of Erskine and Butch and Linda Pulskamp.

Mark and Betty Syverson were visitors with Helmer and Verlys Homme at the Pioneer Home at Erskine last Friday afternoon.

Betty Myhrum and David Myhrum were guests for a cook out at the Chris and Susan Eischens home at New Folden on Mother's Day. Other guests included Chelsey Haugen and Steven Cullen an Kjerstie Poissant. After the cook out they all went into Thief River Falls to Petro Pumper where they enjoyed mini golf, and David Myhrum, Kjerstie Poissant, Steven Cullen and Chelsey Haugen all enjoyed riding the go carts. They all then went back to Chris and Susan Eischen's home in New Folden where they had ice cream and cake. The cake was made and decorated by Kjerstie Poissant.

Sunday the 13th Mike and Darla Sigole of Colorado along with Paul and Donna Carlson, Judy and Lonnie and Susan Anderson were visitors and lunch guests at the Milton Carlson home. Darla is Milton's niece.

Friday evening Kelly Johnson and Granddaughter Lilly Brtek visited at the Pulskamp home.

Helmer Homme joined wife Verlys for dinner together on Mother's Day at the Pioneer Home at Erskine.

Tuesday the 15th Milton Carlson was a visitor and supper guest at the Paul and Donna Carlson home.

Lucy Brtek was a house guest at the Richard and Betty Brtek home in Blaine. She had a great time visiting with the family and especially enjoyed great Grandson Derrick. She went especially to attend a baby shower for Granddaughter Janell who is expecting her baby in June.

Linda Pulskamp was a visitor with Nola Abele at the Abele home in Fosston on Thursday.

Tuesday Lucy Brtek visited with Danny and Saloma Miller home east of Winger, she stated that their greenhouse is full of beautiful plants and hanging baskets. Later she went into Fosston where she visited with Sheldon Lee and Wilma Wang at their homes in Cornerstone.

Once again this is all the bits of news I have gathered and until next week may yours be a good one.

From Bun Manor:

Bun had a quiet week. Sunday morning he attended the confirmation of Alivia Winter at the Calvary Lutheran church in Winger. She was the only conformant this year. Steve is right. Bun did fill him full of wisdom.

Last week Steve and Lorri Massmann went to Spring, TX to visit with their son Evan, his wife Nicolette and grandson Harrison. Harrison turned 2 on May 1st. While there they got to spend a lot of time with Harrison because he didn't have to go to day care. It's very easy to spoil them while parents were working and then just pickup and leave. One of the great things about being a grandpar-

ent. While there Steve helped Evan build a cabinet in his garage, went to a Texas barbecue restaurant. Them Texans do know their barbecue. Back in Winger Saturday Matthew, Haley, Morgan and Kinsley, Brian, Elizabeth and grandson Bennet all came over to the Massmann house. While there the boys helped cut down and dead tree in the backyard. Afterwards Steve tried his own hand at barbecuing and as usual it tasted quite good. Later a little more visiting around a backyard bonfire which included the Bunman from Union Lake who also shared his wealth of knowledge with everyone present.

On Saturday, Matthew, Haley, and the girls headed to Winger to help Steve cut down a tree. They were a little late because Steve sent them on a wild goose chase in Detroit Lakes to get a spark plug for his 38 year old chain saw. Steve was able to get the tree down but some technical difficulties left a bit to be completed. Brian, Elizabeth, and Bennett also joined the event. After that, Steve and Lorri prepared a most excellent supper. They then were able to enjoy a campfire in the backyard and were joined by special guest Bunny. On Sunday, Steve cooked biscuits and gravy and then Steve, Lorri, Matthew, and Haley toured around the area in search of some real estate in preparation for Matthew and Haley's return to the area.

On Mother's Day, at the Pioneer Home at Erskine, Joanne Zahl's visitors were daughter, Denise Schultz, granddaughters, Kayla and Kelsey and great-grandson, Ethan, all from Fargo. They joined Joanne and Carsten for a special Mother's Day buffet dinner served by the Pioneer Home: Bar-B-Que ribs, broasted chicken, au gratin potatoes and several salads, topped off with lemon pies. They had a great afternoon visiting with stories of years gone by (Carsten had many).



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Savor these beautiful (and edible) flowers

Cultivating beautiful blooms is a popular pastime for gardeners near and far. While gazing at a yard full of vibrant colors or enjoying the aroma of freshly cut blooms is enough for many gardeners, others may want to embrace a long-enduring tradition - growing edible flowers.

Cooking with edible flowers is a trend that has endured for centuries. According to Fleurs Gourmandes, the first recorded history of edible flowers occurred in 140 BC. Use of calendula in salads dates back to the ancient Greeks and Romans. Victorian-era candied flowers and flower-encrusted sweets took edible flowers to new heights. Today, nothing may make a meal seem more gourmet than the inclusion of flower petals in the recipe.

Of course, before delving into the expanded world of cooking using edible blooms, some notes of caution should first be mentioned. Avoid flowers that may have been sprayed with fungicides, herbicides or insecticides. To verify safety, only use edible flowers grown specifically for this purpose, not flowers picked from roadsides or from landscapes. Secondly, remember that not all flowers are edible. Some can be poisonous or cause severe gastrointestinal upset when consumed. That means all flowers should be carefully researched prior to experimenting with them in the kitchen.

To begin growing - and eating - edible flowers, refer to this list of varieties deemed safe and be careful to double-check against allergies and any interactions with medications prior to use.

- **Allium:** These are blossoms from the allium family, which include garlic, chives and leeks. These flowers can be used to add flavor to foods.

- **Basil blossoms:** It may be customary to pinch off the blossoms of basil, which come in colors from white to lavender in order to stimulate growth of the leaves of the plant. However, the blossoms, which are more mild than the leaves, can be tasty as well.

- **Calendula:** Sometimes known as "poor man's saffron," this yellow flower in the marigold family can taste like saffron when it's sautéed. Uncooked, calendula can have spicy notes that add variety to salads and garnishes.

- **Chamomile:** This plant features small, daisy-type flowers that can be used in treats and teas.

- **Cilantro:** The flowers from the cilantro plant can be eaten, just as the leaves and the seeds that form the spice coriander.

- **Fennel:** Just like the plant itself, the flowers of fennel have a subtle licorice flavor.

- **Hibiscus:** Hibiscus blooms are famously used in hibiscus tea, which is tart and cranberry-like.

- **Lavender:** The sweet, perfumed taste of lavender works in cocktails and desserts.

- **Marigolds:** These tiny flowers may be used in vegetable gardens to repel animal and insect pests. Blossoms have a fresh citrus taste that can be used in cooking.

- **Pansies:** These vibrant early bloomers can take on a wintergreen flavor and look beautiful when glazed on cakes and other desserts.

- **Roses:** Beautiful to behold, rose petals can lend a subtle, fruity flavor to many different foods as well.

- **Zucchini:** The blossoms from this squash, which have a slightly sweet taste, can be enjoyed in many different ways. Some people batter and fry the blossoms, while others may stuff them with herbs and cheeses.

BABY SHOWER

What: A baby shower for Thielen Brtek, infant son of Danny and Angie Brtek

When: June 9th at 1PM

Where: Calvary Lutheran Church

Everyone is welcome to come and meet baby Thielen.

M9-10C

Pictured right: 30 years ago...1988: Old timers were reviewed during Abrahamson's Diamond Jubilee in McIntosh. Saturday, May 7th, when former employees returned to hash over experiences of the past and congratulate Harald Thompson on his attractive business facility and years of operation. Pictures are (L-R): Chester Anderson, Hubert Stardig and Harald Thompson. Chester Anderson worked in the funeral parlor at Abrahamson's Hardware and Furniture Store from 1940-42. He then moved to Wheaton, MN, where he operated his own funeral business until his retirement. Anderson said he had never spent an enjoyable weekend as over May 6-9th in McIntosh, and is already making plans to attend the 100th Anniversary in McIntosh during July 1989. Stardig worked with clerking, plumbing, heating, installing carpeting & linoleum and servicing until he retired after 30 years in 1977.

Pictured Below: 20 years ago...1998: Group 1 of the Win-E-Mac Kindergarten class is ready to present their spring program for their parents and grandparents. Members of the group, dressed in their frog and butterfly headbands, performed "The Great Big Turnip" as an afternoon treat for their families. The class is taught by Cathi Evenson. (Back L-R) Brandon Gunderson, Dylan Wang, Tahlor Ose, Travis Plante and Nick Stroof. (row 2 L-R) Kourtney Jaeger, Gavin Ross, Dillon Juve, James Schabacker, Brett Boyle and Brandy Gustafson. (Row 1 L-R) April Plante, Kayla Mazzucco, Samantha Christopherson, Katie Salvhus and Jacquelyn Tofsly.



50 years ago...1968: Members of the Girl's Home Economics classes at McIntosh conducted play school for preschoolers. The children learned much concerning social manners in their play with others and the home economics students gained considerable experience in child care and management. Students attending the class are (back row) Brian Carlson, Christle Hagen, Karen Ferden, Tony Haugen, Todd Haugen; (front row) Debbie Lane, Curtis Oppegaard, Tammy Knutson, Timmy Finseth. Not shown are Philip Carlson and Sue Oseth.



40 years ago...1978: A recent 3rd grade Social Studies project was to make some type of shelter in accordance with the class study on human shelters. John Lucken and Lyle Olson constructed Indian homes. Instructor is Mrs. Malmanger.



Youth tobacco use increases for the first time in 17 years

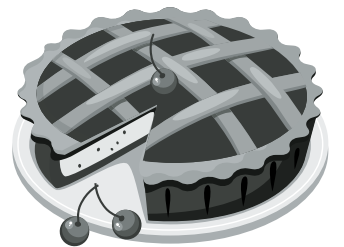
For the first time in 17 years, youth tobacco use has increased as reported by the 2017 Youth Tobacco Survey data. Why is this when traditional cigarette smoking is on the decline? Youth reported significantly higher access and use of e-cigarettes. As of 2017, over 26% of Minnesota high school students use tobacco products – up 7% from 2014. According to the Minnesota Student Survey (2016), nearly 10% of Polk County students in grade 9 and 23% in grade 11 reported e-cigarette use.

Why do we care? Nicotine is especially harmful to the adolescent brain. According to the National Cancer Institute: “In adolescence, your brain is still ‘under construction’—as a result, it responds differently to the effects of nicotine than the adult brain. Nicotine is the drug in cigarettes (and other forms of tobacco) that leads to addiction. Like heroin and cocaine, nicotine acts on the brain’s ‘reward pathways’ to create feelings of satisfaction and pleasure. The developing brain is highly sensitive to nicotine. Many teens show signs of addiction even at low levels of tobacco use. Exposure to nicotine during adolescence may alter brain development, rewiring the brain for addiction.”

This information may

New events this year at the Erskine Water Carnival

There will be some new events during the Erskine Water Carnival this year:



There will be a Pie Bake Off held on Saturday June 2nd from 2-3pm at the Erskine Community Center.

Amateur bakers (18yrs+) are invited to enter one whole pie for judging- no later than 2:10pm.

Pies must be brought in a disposable container, they must be homemade, and they must contain at least a bottom crust.

Crusts can be pastry or graham; filling can be fruit, cream, etc. Some element of the pie must be baked. Entry is free.

A ribbon will be awarded.

There will be a Hula Hoop contest on Sunday June 3rd @11:30am in front of American State Bank.

This event is for all ages. All you need is a hula hoop. Contest will start at 11:30am- so please try to be early to sign up and get your number. Since this is the first year for this contest- we will just have everyone compete together and the person who out hoops the rest will win a small prize.

Call Erin @ 218-687-2157 with any questions

The Volleyball Tournament during the Erskine Water Carnival is back again this year and will be

sound discouraging but there are effective ways to prevent youth tobacco exposure and addiction. Polk County Public Health, Polk County Wellness Coalition and partners are working towards efforts to reduce youth tobacco initiation and use.

Examples of evidence-based, best practice policy recommendations include:

Increasing the price of tobacco products. In 2013, Minnesota increased the price of cigarettes by \$1.60 per pack. Increasing the price of tobacco has proven to be effective in reducing youth tobacco use. Pricing strategies for tobacco products can also reduce youth initiation and use. Non-tax price-related policy changes, such as limiting pricing discounts (“sales”) or “buy one get one free” offers on tobacco products also discourage youth tobacco use as they have less funds available.

Restricting the use of all tobacco products in public spaces. Implementing smoke-free indoor air policies are effective in reducing exposure to second-hand smoke and lead to less smoking. Although the Clean Indoor Air Act has banned traditional cigarette use in indoor spaces since 2007, many indoor spaces, such as restaurants, allow the use of e-cigarettes. Tobacco-free grounds policies

can be strengthened to include smoke-free outdoor grounds or setbacks that limit tobacco use 25 feet or more from entrances.

Limiting youth access to tobacco products. Tobacco 21, a policy change raising the legal purchase age from 18 to 21, prevents more of today’s kids from becoming tomorrow’s tobacco statistics. Research shows tobacco addition occurs by the time they turn 21. Tobacco 21 prevents first use of tobacco by teens. According to the Minnesota Student Survey, in 2010, 16% of Polk County students in grades 6, 9 and 12 reported smoking a cigarette by age 13. Youth ages 14-17 report getting their tobacco products, such as chew and e-cigarettes, from older friends or siblings. Nearly all tobacco users start before age 21.

Together we can play a role in preventing our youth from using tobacco and exposure to tobacco products. In doing so, we are protecting their brains, which are still ‘under construction’.

Polk County Wellness Coalition’s mission is to create a culture of wellness in Polk County. Do you want to get involved in prevention efforts with the Polk County Wellness Coalition? Contact Polk County Public Health at 218-281-3385.



held on June 2nd from 10 AM till 1 PM at the Win E Mac School. There are some changes this year so please take notice:

This year no last minute or at the door registrations and payments will be accepted. You must be signed up and paid up by May 30th. Fee this year is \$30 per team of 5-6 people or new this year \$5 per individual. That's right- if you want to play but don't have a team- you can "pay to play" and will be placed with a team already there or a team formed onsite. Only those who pay will play. There are no refunds, unless no teams sign up.

Also this year we will play Rally to 15 points - all three



3-on-3 Basketball Tournament

1:00 p.m. - Saturday, June 2, 2018

Sign up by May 31st, 2018

Contact Marc Plante @ 218-687-2595

\$40/per team

Bean Bag Tournament

6:00 p.m. - Friday, June 1, 2018

Sign up by May 31st, 2018

Contact Marc Plante @ 218-687-2595 or John Nelson - 218-280-0189

\$20/per team

Prizes paid out for 1st, 2nd, 3rd Places.



Karlle Schow as Princess Grace during the 4th Grade Wax Museum.

Entertaining ways to prevent summer learning loss

Summer vacation presents an opportunity for students to enjoy an extended break from the classroom. While this respite from routine may be a welcome change to youngsters, teachers frequently lament that valuable educational lessons seem to be forgotten each summer. Educators then face tougher hurdles when students return to school in the fall.

Such a phenomenon is dubbed "summer learning loss," but it can occur during any extended break from school. Scholars have realized for some time that students' rate of academic development declines during summer vacation. Oxford Learning, a tutoring and education training group, offers these eye-opening statistics.

· Over the summer, students tend to lose 2.6 months of math skills and two months of reading skills.

· Summer learning loss can be seen in students as young as six.

· It can take up to two months from the first day of school to get students' brain development back on course.

Summer learning loss, sometimes called "brain drain," can be prevented. Proponents of year-round schooling at The National Association for Year-Round Education recommend a more balanced school year, where summer vacation lasts only 30 days and other school breaks are lengthened. In this scenario, the school year would still last about 180 days, but without the lengthy breaks.

Parents may prefer the status quo, and those who do can take several steps to prevent summer learning loss from affecting their children. · Encourage more reading. Schools recommend summer reading lists, but students should also learn to read for pleasure. Research from the National Literary Trust indicates reading for pleasure can improve reading attainment and writing, as

Celebrate the graduation of

Lauren Strom

Address for event is:

Mark and Danette Strom's
30338 340th St. SE, McIntosh
from 4-8, Saturday, May 26th

Graduation Celebration for Kaydn Norberg

Please join us to celebrate the graduation of Kaydn Norberg, who is the daughter of Kristina Norberg and Ryan Norberg. Kaydn is the granddaughter of Marty and Daniel Malone of McIntosh.

Open House Reception will be held at the McIntosh Community Center on May 27th from 4:00-7:30 pm.

Graduation Open House

There will be a Graduation open house in honor of Mackenzie Tadych and Connor Drewry to be held at Jen and Brent Carlson's home at 509 Ward Ave in Erskine after Win-E-Mac Commencement on Saturday, May 26 from 4:00 - 7:00 pm

Everyone welcome!



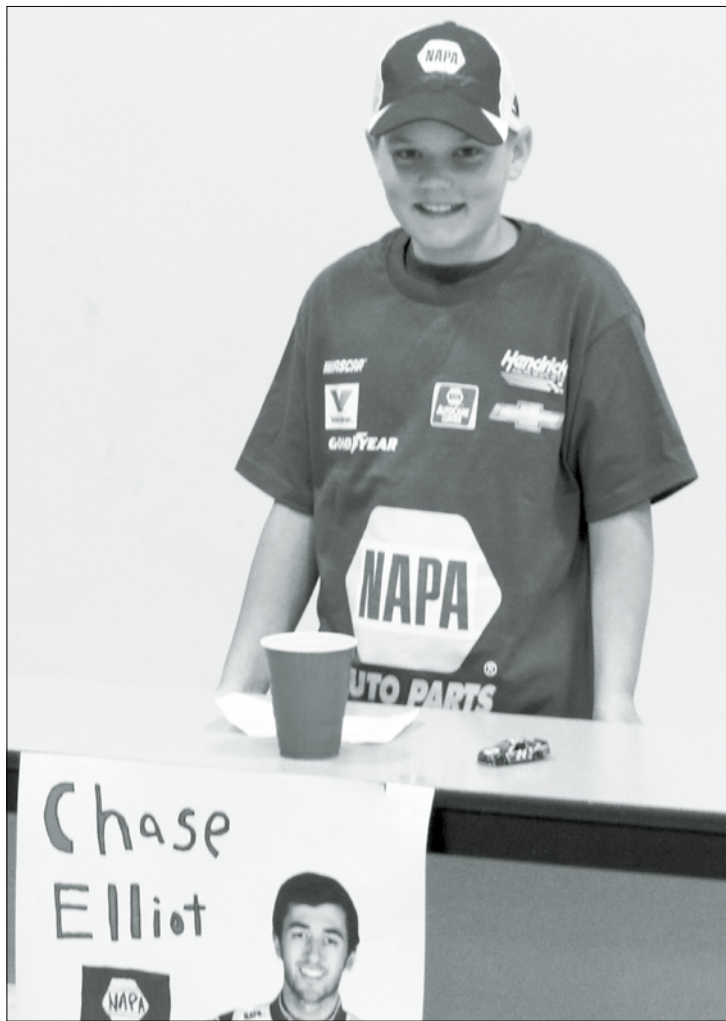
Cameron Svalen was Walt Disney during the 4th grade Wax Museum held at Win-E-Mac School last week. Here is giving his biographical story to Presley Haugen.



Lauren Kaupang did a great job with her biography "story" on Lindsay Whalen at the 4th Grade Wax Museum.



Collecting money for the local food shelf during the Wax Museum last week is Dawson Olson as John Wayne.



Hudson Smeby's Wax Museum character was Chase Elliot a NASCAR driver.



William Klawitter was Daniel Boone for his biographical character during the 4th grade Wax Museum at Win-E-Mac School.

