



McINTOSH

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Hub of the Thirteen Townships

McIntosh, Minnesota



Minnesota Rust owner, Andrea Stordahl recently hosted a Win-E-Mac Community Education event at her store talking about how to mix old and new items to create your own personal decor in your home.

Mixing old and new decor to make your home your own

At a recent Win-E-Mac Community Education event held at Minnesota Rust, in McIntosh, shop owner, Andrea Stordahl talked to the attendees about mixing old and new to create a personal space that appeals to each person individually in their homes.

Here are some ideas to mix old and new in your own home.

Keep antiques together in a certain spot. It's important that you achieve a harmonious look and don't turn the interior into a museum. For this reason, it is better to keep the antiques concentrated in a single area as opposed to having them scattered. Plus, by having them in a single location, that area becomes the room's focal or accent space, or the area you want to draw eyes towards.

Some good spots for antiques include: In a living room corner; Behind a sofa (where you may normally place a coffee or halfmoon table); The fireplace mantel; Where the entertainment center would go (use an antique secretary for your TV, game consoles, etc.).

Group items by color. In museums and exhibits, antique collections are usually grouped according to antique type, geographical region, time period, etc. Since your home is not a museum, you do not have to group according to any of these parameters. With that in mind, though, we do recommend grouping by color. This helps create uniformity; it strains the eye and creates chaos when

the room is dominated by non-matching hues.

When it comes to color grouping, you can also take into consideration non-antique décor. In other words, feel free to put that brown antique candle holder on the contemporary brown coffee table you purchased from Pottery Barn.

Mix old and new. Just because you have antique furnishings doesn't mean you can't have modern decor style items as well. In fact, it makes sense to include modern items since the home interior is based on modern architecture. Seemingly incompatible items can complement each other. If you have a 17th-century floral or portrait painting, for example, feel free to place it next to a work from a contemporary artist. This works well because it shows the evolution of the different types of art.

If you have antiques, don't be afraid to proudly display them even if you have a 21st-century home. Blending past with present is in fact a creative way to decorate your home and create immense visual appeal.

Use your antique in its functional capacity as it was designed to be used. Sometimes we can be a bit overwhelmed by its age and beauty that we forget antiques still have a practical use. It is hoped that as it has already survived this long with a bit of care and consideration that it will last another 100 or so years.

Buy with your personality in mind. Antiques range from the exquisite to the quirky to the questionable – including their price point! Buy what feels right for you and resonates with your sense of style. You may like to start off with something small like a lamp or vase and gradually as you begin to become more confident you can incorporate larger more statement pieces, like a beautiful French commode.

There is no formula to how a room should look. By adding one or two antique or vintage pieces, you can really transform a space and create a romantic and eclectic fusion of interior design that is visually stimulating and appealing. It also helps the antique item by giving it a new lease of life when mixed with the modern and contemporary and creates a dynamic style and special synergy within the home



Beyond Keto...

By Teresa Farrell, Registered and Licensed Dietician at Essentia Health.

As a follow-up to my last article on the keto diet I thought I would talk about low carb diets this month. Low carb diets are similar to keto diets, but not nearly as restrictive in carb and protein intake.

A low carb diet does avoid bread, pasta, rice, and cereal, among other grain foods. It also limits your intake of starchy vegetables such as potatoes, fruit and milk/yogurt.

As with the keto diet people following a low carb diet do lose weight. As do people following many other types of reduced calorie diets.

Low carb is an off shoot of the Atkins diet that was popular several years ago. There are many variations of low carb diets. Some allow you to eat all the bacon and fatty meat you desire. Others are a bit more moderate, recommending lean meats and protein and an overall moderate protein intake vs being a high protein diet as well as low carb. This is more prudent, as the evidence shows saturated fat raises LDL cholesterol and your risk of heart disease. Saturated fats are found in animal fats, and tropical oils that are solid at room temperature (such as coconut and palm oil). Many people who lose weight on a low carb diet (or other diet) do bring down their cholesterol, which may be due to the weight loss

itself, not because of eating bacon cheeseburgers (no bun of course!)

Depending on the source, carb intake recommendations can vary from 100 grams, 50 grams and as low as 20 grams a day, and anything in between! Most often the goal is to basically go as low as possible. To help you visualize how restrictive this is, a small apple has 20 grams of carb, 1 slice of bread has 15 grams, 1 cup of milk has 12 grams, and 1 cup of plain yogurt has 20 grams. One of these foods would basically be your carb allowance for the day on a 20 gram carb diet. So, the question becomes: what can you eat?! Basically, meat and low carb vegetables. Before embarking on this type of diet, ask yourself if you can stick with it for the rest of your life to sustain the weight loss? There are many different options for weight loss, and different approaches work for different people.

When carb intake is so low and entire food groups (3 of the 5) are limited so drastically, nutrient intake is also limited. A multivitamin and mineral supplement is recommended, with additional supplementation of calcium, and folic acid if they are not included. For adequate fiber, at least 5 servings of low carb vegetables should be eaten each day. It's also important to drink plenty of water to help prevent constipation and dehydration. The low-

er the carb intake the greater the risk of dehydration.

With such a limited diet you may also be missing out on prebiotics, probiotics and phytonutrients. There is still so much to be learned about nutrition and its impact on health, so it's best to eat a wide variety of healthy foods each day.

Philly Cheesesteak Cabbage Wraps
Ingredients:
8 large green cabbage leaves
2 Tbsp olive oil, divided
½ large onion, thinly sliced
2 large bell peppers, thinly sliced
1 tsp dried oregano
Black pepper
1 lb. skirt steak, thinly sliced
6 slices provolone cheese
Optional: salt and other seasonings
Directions:
1. In a large pot of boiling water, use tongs to dip cabbage leaves in water for 30 seconds to blanch. Place on a paper towel-lined plate to dry.
2. In a large skillet over medium heat, heat 1 tablespoon of oil, then add onion and bell peppers. Season with oregano, pepper, and salt if desired. Cook, stirring often, until onions and peppers are tender, about 5 minutes. Remove from skillet and add remaining tablespoon oil to skillet.
3. Add steak in a single layer and season with salt and pepper. Cook until steak

Add a rain barrel to your garden

Class offered by East Polk SWCD on April 30th

East Polk SWCD offers a workshop every spring to create your very own Rain Barrel with a cost-share opportunity. \$80 gets you a barrel and kit along with hands on instructions on How to Make A Rain Barrel: plus education on all the benefits of saving rain water.

Then 50% will be cost shared back in your pocket once completed, so \$40 and your time is all it takes.

The workshop will be held on Tuesday, April 30, 2019 at 6:00 pm at the McIntosh Community Center. There is limited space with only 10 spots available. You can call 218-563-2777 to register.

Can't make it to a workshop? Then here are instructions to create your own from the comforts of your home.

Contact Kelsey with any questions. hedlund.eastpolk@gmail.com.



Rain Barrels DIY:
STEP 1- DRILL A HOLE
Use a drill bit to make a hole near the bottom of the barrel for the spigot
Use a bit smaller or the same size of the spigot
STEP 2- INSERT SPIGOT
Place a metal washer on the threaded end of the spigot. Then put a tight fitting rubber washer over the threads to help hold washer in place and prevent leakage.
STEP 3- SEAL IT UP
Apply bead of waterproof sealant over rubber washer and insert the spigot into the whole. Wait for sealant to dry, then put a rubber washer on



Make a rain barrel like the ones pictured above at a class on April 30th.

followed by another metal washer onto the threads of the spigot inside the barrel. Secure the spigot in place with the hose clamp.

It is important to keep spigot from coming loose. (You can also use Teflon Tape to seal the hole)

STEP 4- MAKE ENTRY AND EXIT HOLES
Cut a hole in the lid of the rain barrel.

This hole sits under the downspout of your home so the water runs into it. Cut the whole large enough to accommodate the water flow.

Also drill a hole or two near the top of the rain barrel to prevent overflow, or connect two barrels with PVC for any overflow.

STEP 5- SEAL THE TOP
Cut a piece of landscaping fabric to sit over the top, then put the lid over the top to secure it.

This creates a barrier that prevents mosquitos and other pests from getting into the barrel.

STEP 6- PLACE BARREL
Position it directly underneath the downspout in a spot that is most convenient.

Set on platform to give more pressure for a hose, and so it is easier to fill up watering cans.

WEM school hosts kindergarten round-up and preschool screening this spring

Preschool Screening is just around the corner!
Win-E-Mac Preschool Screening will be held Monday, April 8 in the Bjella Building. We have started taking appointments. Don't wait, call today! You must make an appointment ahead of time. Screening is free to all families.

Please contact Heather Earls at the Win-E-Mac School to set up your screening time at 218-563-2900 or 218-686-3285 email: hearsl@win-e-mac.k12.mn.us

Who should be screened?
If you have a child who is 3 years old to age 5 or beginning Kindergarten that has not had an early childhood screening, please contact Heather Earls at the Win-E-Mac School to schedule an appointment to get screened. In order for any child to start kindergarten in Minnesota's public schools, (s) he must participate in an early childhood screening if they have not already done so.

Once you have scheduled your appointment, a packet will be sent to you to fill out. You will need to bring your completed packet to the screening. (Please remember to fill it out and bring back all paper work as it is required.)

What is Preschool Screening?
During the screening your child will have their height and weight taken. Your child will also participate in the following: vision, hearing, speech/language, motor, cognitive and



social-emotional development screenings.



WEM Kindergarten Round-up Open House
For the 2019-20 School Year
When: Wednesday, March 27th from 4:00-6:00 PM
Where: Room #25 at the Win-E-Mac school.
If your child turns five years old before September 1st, 2019 and you plan to enroll them at Win-E-Mac, please plan to attend. Bring a copy of the immunization records.
Our school health personnel will be here to answer your questions



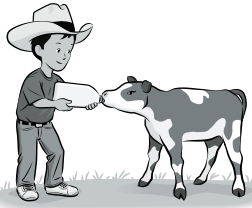
is seared on one side, about 2 minutes. Flip and cook until the steak is seared on second side and is cooked to your liking, about 2 minutes more for medium.

4. Add onion and peppers back to skillet and toss to combine. Top mixture with an even layer of provolone and cover skillet with a tight-fitting lid. Cook until cheese is somewhat melted, about 1 minute.

5. Place a scoop of steak

and peppers mixture onto center of a cabbage leaf. Fold short end of leaf over mixture, then roll up the long way, like a burrito. Repeat with remaining ingredients.

Serves: 4
Nutrition facts:
Calories: 495
Carbs: 10 grams
Protein: 40 grams
Fat: 30 grams
Fiber: 3 grams
Sodium: 745 mg



Community Calendar

Wed. Mar. 27: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Mar. 28: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Mar. 29: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

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

Wed. April 3: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

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

Mon. April 8: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tue April 9: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Senate District 1 to have a Facebook town hall meeting

Senator Mark Johnson (R-East Grand Forks), Representative Dan Fabian (R-Roseau), and Representative Debra Kiel (R-Crookston) announced a Facebook town hall for Wednesday, March 27 from 12:10 PM until 1:00 PM. The Facebook town hall provides an opportunity for constituents throughout Senate District 1 to interact with the three legislators and discuss issues emerging in the legislature this session. Residents of District Senate District 1, which includes Kittson, Marshall, Pennington, Polk, Red Lake, and Roseau counties are encouraged to join in.

The legislators will open the Facebook town hall meetings with a brief presentation on the current legislative session, followed by a time for audience comments and questions. There is no cost to attend, and all residents need to do is click

Town hall...
Continued on page 2...

Pestle & Vessel

by Alison Opdahl

Gift

Often when my daughter creates art, Dinah offers me her pictures. She's proud to present them and eager for my reaction. It's given us opportunities to discuss the importance of learning how to give gifts to each other. I was listening to a sermon my Dad gave years ago—and realized now that I am parenting myself—he had a lot of wisdom I did not appreciate when he shared it. One point he made really resonated with me. I'm paraphrasing but basically he said the best gift any parent can receive from their child is godly behavior. Now as a daughter thinking of what to give my parents—before becoming one myself—I thought my godly behavior was expected but not a gift. I considered it something required not something to offer.

Children model behaviors they observe. They soak up words and are imprinted with the emotions and experiences



of people around them. So if Dinah doesn't know what godly behavior is in a circumstance, I need to look at my own actions. Maybe I haven't modelled the behavior I'm expecting of her. Maybe I haven't stayed consistent with my discipline and she senses my waffling. Maybe I haven't taught her what obedience or respect looks like from her perspective. Often

as I pick up a stray sock or toy when I have asked her to clean her room, I hear the Ruach Ha-Kodesh whisper, "Grace." And it's out of love for her and a dawning understanding of her learning process that I am being trained in what the Father so freely gives me, grace.

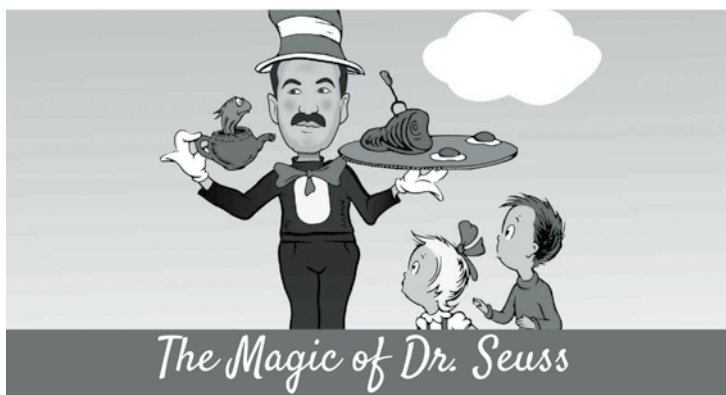
As a little girl, I used to creep into my Dad's study. I spent a lot of time perched on his shoulders while he worked on his sermon at his desk. One year for Father's Day, I made him a photo cube with pictures of all three of his girls in it—me on his shoulders—and the top spot displayed this verse from III John 1:4, "I have no greater joy than this, to hear of my children walking in the truth." His eyes welled up. It became a permanent fixture on his desk.

As children of El Olam—the Everlasting God—are we required to walk in the truth? Think carefully and prayerfully. He asks us to walk in truth through His Word. He exhorts us through His prophets, apostles and ministers to walk in the truth. But the choice is always ours. While it is true we cannot enter His presence without being made holy, the burden of that holiness was placed squarely on His Son. The blood sacrifice required was given by Yeshua so we could be offered salvation.

The Son of God walked in the truth to the point of death, so that in death we could be reunited with Elohim our Creator in perfect holiness. And that reunion is all about relationship which is the whole reason for our existence. So it's no wonder the Ruach inspired John to pen the words, "I have no greater joy than this, to hear of my children walking in the truth."

-a.m.opdahl

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The Magic of Dr. Seuss

Dive into the wacky and wonderful world of Dr. Seuss with this performance of magic, story-telling and silly comedy featuring the characters found in some Dr. Seuss' most famous works. Perfect for families with toddlers, preschoolers and kindergartners, this show is offered free of charge!

Monday, April 1 at 6 PM

McIntosh Public Library, 115 NW Broadway

Admission is free, thanks to funding from the Minnesota Legacy Arts and Cultural Heritage Fund.

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More Info: www.larl.org/legacy

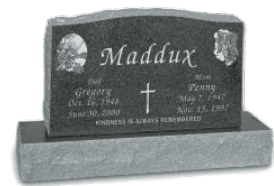
Taking Bids

Sletten Township is accepting bids for gravel and application for 2019. Send specifics to Terri Kaupang at 25296 430th St. SE Winger MN 56592. Please submit by April 29.



Dee Dee Narum, Wanda Stordahl, Nina Bingham and Bonnie Stewart recently attended the Win-E-Mac Community Education program at Minnesota Rust, to take home some ideas on mixing old and new in their decorating.

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Arne J. Haugen

Arne J. Haugen, a well-known farmer of Badger Township and a Director in the State Bank of Erskine, was born in Norway, March 3, 1867. He came to the United States as a lad of eighteen, borrowing the money for his passage from his brother.

For a few months he worked on a farm in Ottertail County. In November of 1885 he joined his father in Polk County on section twenty-six of Badger Township.

The Haugen duo worked in partnership until the senior Haugen's death in May of 1911. Arne's father was 82 at the time of his death. His mother had passed eight years prior. His sister, Gustava Haugen, Arne's lone surviving family member made her home with her bachelor brother, worked as his housekeeper.

The Haugen farm was originally the homestead of Julius Bradley. When the land came into the possession of the Haugen's it was mostly wild land, occupied only by a claim shack. The Haugen men cultivated eighty acres and reclaimed some low land with ditching. The remaining tract was used as pasture land. Arne was interested in raising high grade stock. He also engaged in dairying.

Through his hard work and

Town hall...

Continued from page 1 ...

the link to watch. Residents who can't watch live to are welcome to view it on the member's pages after the event.

Questions can be directed to Ryan Johnson, legislative assistant to Senator Mark Johnson at (651) 296-8660 or via email at Ryan.Johnson@senate.mn or submitted live in the Facebook feed. Constituents are encouraged to ask questions even if they cannot attend the live discussion.

The link to the video will be available at either of the three members pages:

Senator Mark Johnson
<https://www.facebook.com/Senator.Mark.Johnson/>

Representative Dan Fabian
<https://www.facebook.com/RepDanFabian/>

Representative Debra Kiel
<https://www.facebook.com/RepDebKiel/>

Feel your best starting with your stomach

Did you know that they key to personal health may begin in the core of the body? Doctors and researchers are learning more and more about how the immune system and other functions of the body are tied to microscopic players housed in the stomach and intestines. Improving this digestive environment can benefit the body in various ways.

Understanding probiotics

Bodily bacteria outnumber body cells by 10 to one, offers the health and wellness resource Healthline. Most of the bacteria in the body are harmless, and many of them in the gut actually are linked to numerous health benefits, such as weight loss, enhanced immune function, reduced risk of disease, and improved digestion. Unfortunately, bad bacteria also vie for space in the gut. If the good bacteria and yeasts, or probiotics, are not in abundance to push out the bad bacteria, like salmonella and E. coli, those bad bugs can proliferate, causing problems. It is essential to keep an abundance of probiotics available to stay healthy and maintain the "good vs. bad" balance in the gut.

Getting probiotics

While the body can be healthy without the addition of probiotics, having more can be beneficial. The Cleveland Clinic says that food and supplements containing probiotics assist the good bacteria already present in your gut. When a course of antibiotics wipes out both good and bad bacteria, for example, probiotic-rich foods and supplements can more readily replace what's lost.

Dietary sources of probiotics include some yogurts, cheeses, kefir, sauerkraut, miso, kimchi, pickles, and beverages like kombucha, a fermented tea. Getting probiotics from foods is the most natural way to supplement good gut bacteria, as



MSL hosts

pancake breakfast

On Sunday, March 31st, McIntosh Senior Living will host a pancake breakfast fundraiser at the McIntosh Community Center from 10:00 am to 1:00 pm.

There will be a free will donation and all proceeds will go to the McIntosh Senior Living Resident Van Fund. The non-profit facility needs to purchase a new wheelchair accessible van for resident outings.

Everyone is welcome to attend the breakfast this Sunday at the McIntosh Community Center.

Enjoy a short stack for a tall cause.

the foods meld with the probiotics in ways that doctors may never understand to deliver the most benefits.

The downside is it's impossible to measure just how many probiotics can be acquired from foods. That is what makes supplementation so handy. Capsules and tablets are loaded with a variety of different active bacteria and yeast cultures to aid the digestive system in measurable ratios. Some tout anywhere from one to 30 billion active colony-forming units (CFUs) per serving.

Side effects

Probiotics are generally healthy for people to consume in amounts found in foods, advises the Mayo Clinic. Most healthy adults can safely add foods or dietary supplements that contain probiotics to their diets.

Introducing probiotics may cause temporary and mild flatulence, discomfort and bloating.

Probiotics can be yet another tool to improve overall health at any age, but especially for adults looking to minimize illness risk.



Wed. Mar. 27:
Eileen Hegg, Bruce Haaven, Don Boehrnsen, Patrick Roed, *Toby & Jessica Strom, *Larry & Melissa Finseth

Thurs. Mar. 28: Steve Defrang, *Wayne & Vicki Strom

Fri. Mar. 29: Chad Haas, Dean Roy, Norma Ness, Keith Kleven

Sat. Mar. 30: Mark Thompson, Hazel Grover

Sun. Mar. 31: Tom Hegre, David Kiecker, Amanda Schow, Cannon Schow

Mon. April 1: Dylan Burslie, *Wendell & Judy Webster



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

Sun. Mar. 31: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. April 7: 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. Mar. 31 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. April 7: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Sun. Mar. 31: 11:15am Worship Service.

Sun. April 7: 11:15am Worship Service.

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

Wed. Mar. 27: 7:00pm Bible Study at Don and Sharon Ramberg's

Sun. Mar. 31: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. April 2: 10:00 a.m. Sunday worship service telecast on GVTN--30; 1:30 p.m. Bible Study at The Country Place

Wed. April 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

Wed. Mar. 27: 7:30pm Ash Wednesday, Mt. Carmel 7:30pm

Thurs. Mar. 28: 7:00am Men's Breakfast at Mt. Carmel

Sun. Mar. 31: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

Wed. April 3: 7:30pm Bible Study at Mt. Carmel

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

Sun. April 7: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Mar. 31: 9am Worship

Sun. April 7: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Wed. Mar. 27: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Mar. 31: 10:00am Worship Service and Children's Sunday School

Wed. April 3: 7:00pm Bible Study on Romans Everyone Welcome

Sun. April 7: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker,

Sun. Mar. 31: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. April 7: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH

Erskine

Pastor Joel Smeby

Wed. Mar. 27: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. Mar. 28: 4:00pm Confirmation Class

Sat. Mar. 30: 8:00am Men's Prayer Group

Sun. Mar. 31: 10:00am Worship

Holy Communion 1st Sunday of every month. Visit us on Facebook at RodnesLutheran.

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McINTOSH Times

**PUBLISHED WEEKLY IN THE HUB
OF THE THIRTEEN TOWNSHIPS BY
RICHARDS PUBLISHING CO., INC.**

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585

"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.

mcintoshtimes@gmail.com

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Winger News

by Linda Pulskamp

Greetings from the Winger Community where it feels like spring has sprung, much milder temperatures are melting down some of the snow that has accumulated during the winter, with some bare spots in the lawn are appearing and also black dirt in some of the fields. Fortunately we missed the brunt of the storm that was predicted last week. Next worry is flooding, probably not so much for us here but in other areas.

Sympathy to the families of Clinton Balstad who passed away at his winter home in Mesa, AZ. Funeral services for Clinton were held this past Tuesday at the Dove Church in Winger.

Speedy recovery wishes to Lucy Brtek who is hospitalized in Fosston.

Last Saturday John and Sandy Balstad visited with Helmer and Verlys Homme at the Pioneer Home at Erskine.

Dakota and Kjerstie Poissant of Newfolden were visitors with Grandma Betty Myhrum at Betty's home last Sunday.

Sheldon and Rita Trandem have visited several times this past week at the Pioneer Home at Erskine with Helmer and Verlys Homme.

Butch and Linda Pulskamp and Craig and Bev Helgaas of Glenwood left Minneapolis on March 11, flying to Las Vegas where they spent a couple days taking in the sounds and sights, from there they went

on to Laughlin and spent a day taking in the area, then on to Lake Havasau where they spent a couple days. While there they met Butch and Darlene Stevens who winter in Lake Havasau and the six had lunch together and a great time visiting, later while in Lake Havasau they visited with Corey and Jessica Week who were spending spring break there. The Weeks are neighbors of Bev and Craig's in Glenwood. From there we went to the Grand Canyon and took a tour bus that stopped at points of interest in the Canyon, from there we went on to Hoover Dam and spent time there sight seeing before flying home again on Tuesday morning the 19th. So now I apologize for no news last week but we had a wonderful time away from the snow and cold of Minnesota. The temps were cool out there but on our last day it got up to a beautiful 76 degrees.

Milton Carlson's Corner
Thursday the 7th Kari Keller visited at Milton's and showed him pictures of Cancun that Mike, Kari and Oliviayah had taken while on vacation there recently.

Lonnie Gieseke was a visitor with Milton on Saturday the 9th bringing Milton groceries and fresh eggs. Later that day Paul visited and brought Milton his mail.

Sunday the 10th brought 10 inches of wet heavy snow

resulting in another mess for Milton. Later that day Paul came to Milton's on his B John Deere and pushed up the snow and later James Iverson came with this tractor and snow blower and blew some more snow and cleaned the deck for Milton.

Paul Carlson was a visitor on Tuesday the 12th and took away Milton's garbage for him.

Wednesday the 13th Milton ventured out and went into Erskine to get some groceries and visited with some of the locals there that he doesn't always see when he is out.

Lonnie and Judy Gieseke visited with Milton on the 13th bringing with them lemon meringue pie for dessert with their coffee.

Friday the 15th Paul Carlson stopped in for a brief visit with Milton and brought him his mail.

St. Patrick's Day on Sunday the 17th Roy, Lisa and Ryan Schaumburg and Mike and Kari Keller visited with Milton bringing a delicious green pie for dessert that Kari had made.

Last Saturday, Joanne Zahl and daughter Denise hosted a birthday party for Carsten. It was held in the activity room at the Pioneer Home in Erskine. All of Carsten's family attended, 4 from Fargo, 10 from Duluth, as well as many friends and neighbors, for a total of over 40 guests (not all at the same time). Everyone returned to their homes that evening. Carsten turned 90 years young!

This is the news for this week, may your week ahead be filled with sunshine, laughter and good visits.

Dairy producers previously enrolled in livestock gross margin program are now eligible for 2018 margin production

Retroactive Enrollment Begins March 25

The U.S. Department of Agriculture (USDA) today announced that dairy producers who elected to participate in the Livestock Gross Margin for Dairy Cattle Program (LGM-Dairy) now have the opportunity to participate in the Margin Protection Program for Dairy (MPP-Dairy) for 2018 coverage. Sign-up will take place March 25 through May 10, 2019.

Producers enrolled in 2018 LGM-Dairy, administered by USDA's Risk Management Agency (RMA), previously were determined by the 2014 Farm Bill to be ineligible for coverage under MPP-Dairy, a safety net program available through USDA's Farm Service Agency (FSA).

"The 2018 Farm Bill included substantial changes to USDA dairy programs," said FSA Administrator Richard Fordyce. "This includes the ability for producers with LGM coverage to retroactively enroll in MPP-Dairy for 2018. It also integrated recent improvements to the MPP-Dairy in the new Dairy Margin Coverage program, beginning with the 2019 calendar year."

The MPP-Dairy program offers protection to dairy producers when the difference between the national all-milk price and the national average feed cost — the margin — falls below a certain dollar amount selected by the producers in a dairy operation. LGM-Dairy



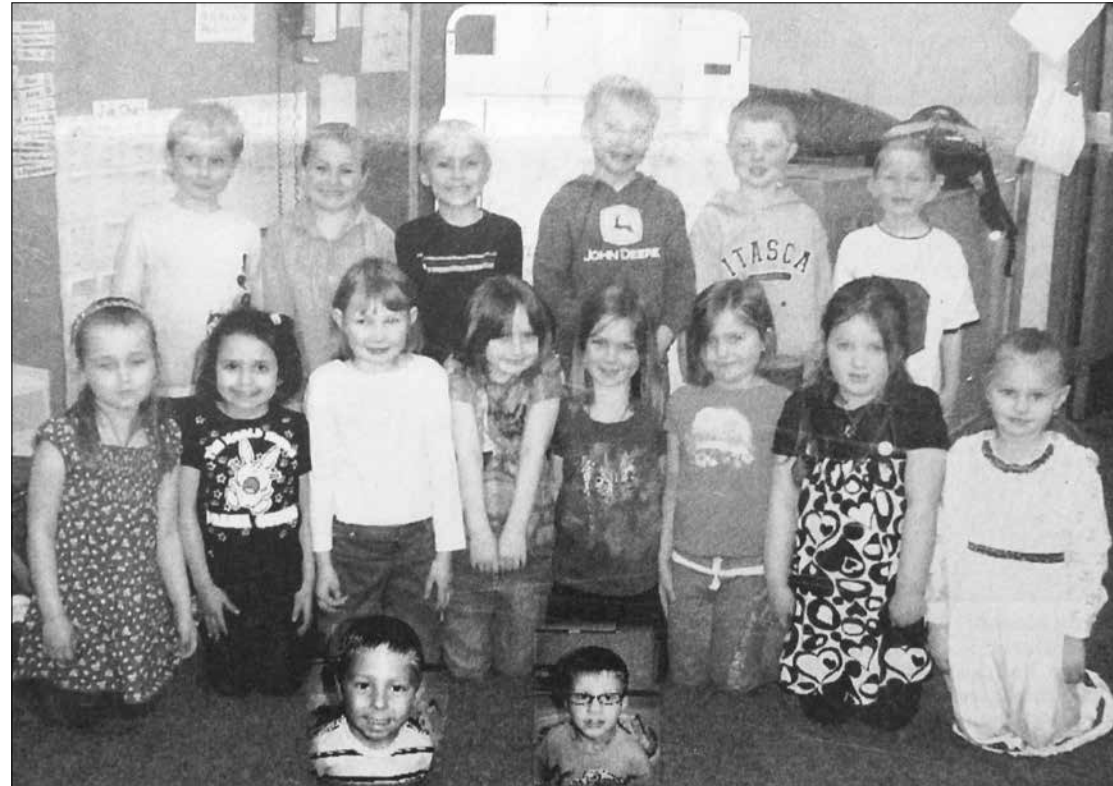
is an insurance product that provides protection when feed costs rise or milk prices drop. The gross margin is the market value of milk minus feed costs.

This retroactive sign-up is only for dairy producers with 2018 LGM coverage who produced and commercially marketed milk in 2018 but did not obtain full year MPP-Dairy coverage. FSA will notify eligible producers by postcard and provide a one-time payment for all of the months in 2018 that had margins triggering MPP-Dairy assistance.

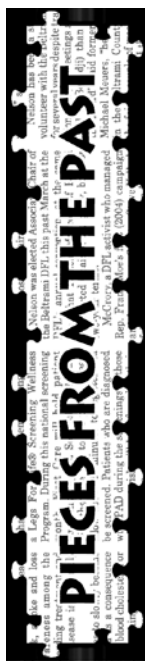
"I'm pleased that dairy pro-

ducers will now be able to take advantage of enrolling in both Livestock Gross Margin and the Margin Protection Program for 2018 coverage," RMA Administrator Martin Barbre said. "The 2018 Farm Bill gave dairy producers more options like these and when combined with the new Dairy Protection Program offered by RMA, that means more overall coverage for dairy producers."

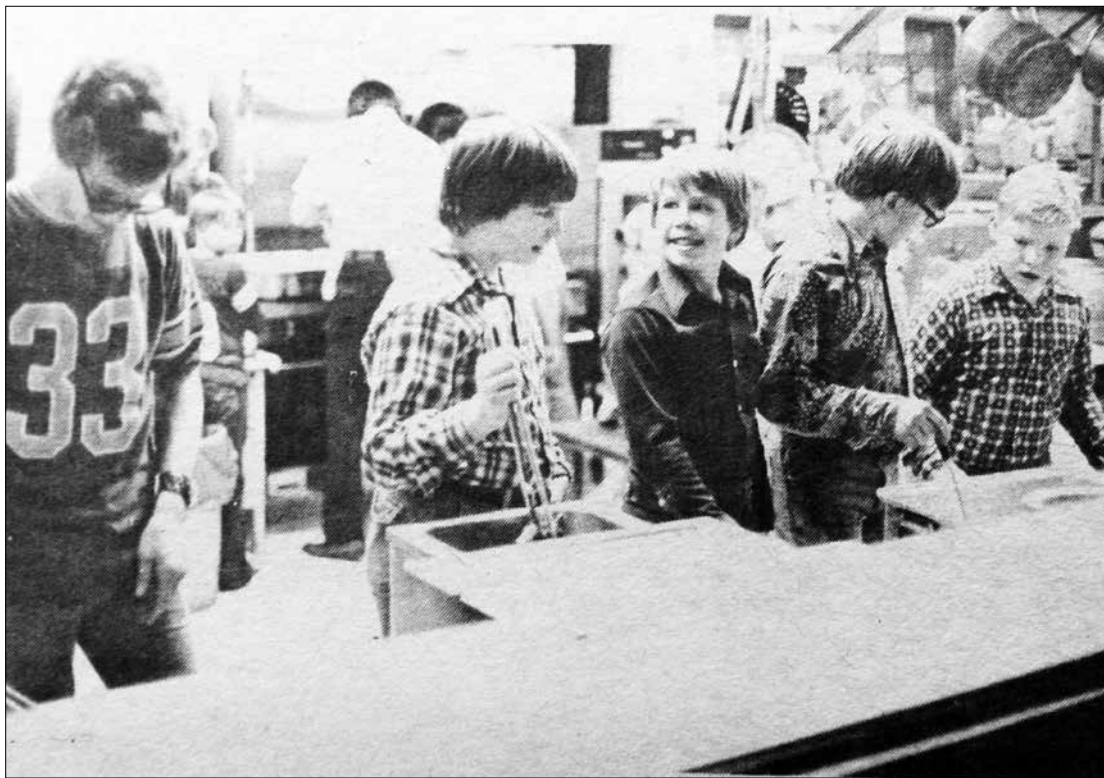
Eligible producers can enroll during the sign-up period at their local USDA service center. To locate your office, visit farmers.gov.



10 years ago...2009 Monday and Wednesday Kindergarten students who participated in our reading and writing program earning pizzas from the WEM Travel Center. Zach Gummeringer, Erik Besser, Isaiah Basargin, Dawson Brevik, Alex Jacobson, Bryce DuChamp, Areanna Hrubby, Faith Porter, Grace Kaupang, Autumn Patterson, Kia Bachan, Mia Thompson, Alexya Bolz, Alexandra Snegireff, Kolton Crocker and Leonard Fritsch.



50 years ago...1969: This McIntosh High School freshman team won the district championship Friday in a tournament played at Fosston. The team and cheerleaders pose with their trophy. Cheerleaders: Gail Nornes, Patty Schele, Sandy Berge, Cindy Tangen, and Mary Jo Schomanski. Basketball team: Kevin Nascene (41), Tommy Vesledahl (11), John Helgaas (35), Kevin Tranby (31), Bobby Johnson (43), Curtis Aaseng, Steve Carlson, Steve Nelson, Larry Hedlund, Mike Olson, Lonnie Helgaas, Mike Gustafson and Paul Jore. Coach George Taus.



40 years ago...1979: In the serving line at the 6th grade pancake supper last Monday evening were Bobby Bursheim, David Mork, John Reitmier, Paul Balstad and Peter Aasen. Proceeds will be used for a trip to St. Paul.



30 years ago...1989: Gloria Carver, Dorothy Sandberg, Eileen Hegg, Judy Hoeft and Diane Hoeft sang a new Patriot song to the tune of Jingle Bells for the girls basketball team at the welcome home ceremonies on Sunday.



20 years ago...1999: Among those coming to read to the students during Read Across America were (back, l-r) Clyde Kringlen, Tom Hegg, Harold Weiby, Rupert Syverson, Sandy Jore and Stephanie Freeman; (middle) Terri Kaupang, Sharon Hegland and Carole Burslie; (Front) Bonnie Perkins, Elaine Carlson, Verna Syverson and Ruby Heideman.

MN Sharp-tailed Grouse Society to host spring fling

The Minnesota Sharp-tailed Grouse Society (MSGS) invites all interested prairie grouse and habitat enthusiasts to join them for their Spring Fling on Saturday, April 6 at Lake Bronson State Park's Visitor Center. This biannual event rotates around sharp-tailed grouse range in Minnesota and boasts an informative and fun day.

MSGS, or "Team Firebird", is dedicated to the management and restoration of sharp-tailed grouse for hunters and non-hunters.

These unique native birds and their expansive grassland and brushland habitats which are dependent upon fire and other disturbances are declining. As part of Minnesota's heritage, and due to their benefits to outdoor recreation, local economies, and the aspen parkland and brushland ecosystems they inhabit, "sharp-tail" are deserving of conservation.

The Spring Fling will begin by gathering at the Karlstad Eagles parking lot at 6:30 am for an optional tour of savanna and brushland habitat management sites and Carlson Prairie Seed Farm. Activities at the



Park start at 9:00 am with coffee, muffins and visiting. Interesting information will fill the morning and early afternoon, including presentations on: the sharptail translocation project to Wisconsin; how landowners can protect and enhance sharptail habitat; how Outdoor Heritage funds are making a difference on our public lands; habitat and population management for sharptail, elk, and other wildlife; Sharptails Plus

of Manitoba; and Project Upland. A delicious lunch by the MSGS Board will be served at noon. The day will conclude with a membership meeting and fundraising in mid-afternoon, with all heading home to "roost" by 4 pm.

Please check the MSGS website at www.sharptails.org under "Events" for more specific agenda details. RSVPs by March 29 are appreciated - simply e-mail or call Jodie Provost (jodie.provost@yahoo.com, 218-838-3553). Registration for the day is \$20, payable at the door, and includes a shot gun raffle ticket (Legacy Sports International - Pointer 1000 Field 20 gauge over/under with five chokes).

To enjoy an early April morning of male sharptail dancing to attract mates, consider reserving a viewing blind. Your closest blinds in northwest Minnesota are located in the Baudette Wildlife Area. Call 218-634-1705, ext. 222 to make a reservation and get instructions. All viewing blind participants will be entered into a drawing for an MSGS shirt.

April Fools' Day has a lengthy history

What do you get when have a select group of people who didn't get the memo that the calendar had been modified and the start of the New Year was now pushed back by three months? April Fools' Day, that's what. Although the tomfoolery that occurs each April 1 may not feel very old, April Fools' Day traces its origins back several centuries.

One legend states that April Fools' Day originated in the 1500s and has remained a day for hijinks ever since. Prior to the 1500s, the western world relied on the Julian calendar to keep track of time. According to the Julian calendar, years began on March 25. However, since March 25 fell during Holy Week, the new year festivities were pushed back to the first day of April. In 1582, Pope Gregory XIII decreed the adoption of the "Gregorian calendar," which switched New Year's Day from the end of March to January 1.

Many people were informed of this change, yet those who lived in rural areas or had not heard about the calendar change continued to celebrate the arrival of the new year on April 1. These people were mocked, and some people in the know would try to confuse people into thinking that April 1 was still New Year's

Day and they were receiving a New Year's visit. From this tradition grew the one that is observed today, with people trying to fool unsuspecting individuals with all methods of pranks and trickery.

In France, jokes may have involved placing paper fish on the backs of the gullible. These "poisson d'avril (April fish)" symbolized a young, easily caught fish, or someone who was easily pranked.

Others suggest April Fools' Day is connected to pagan festivals celebrated during the change of seasons. On Hilaria, Romans would dress up in disguises. Some historians speculate that April Fools' Day is connected to the vernal equinox, when people were fooled with unpredictable weather.

April Fools' antics eventually spread outside of France to Britain, and then around the world. While pranks were once simplistic in nature, many are now more intricate.

According to Snopes, a popular April Fools' hoax dates back to 1957 when the BBC convinced its audience that spring would arrive early, and with it, an early spaghetti harvest in Switzerland. Video showed peasant women harvesting spaghetti from trees, now that the ravenous spaghetti weevil, which had



caused havoc to past harvests, was finally defeated. The station received scores of calls asking to view the harvest or inquiring how they could get a spaghetti plant.

In 1996 in the United States, the popular fast food chain Taco Bell convinced the public that it had agreed to purchase Philadelphia's Liberty Bell and wanted to rename it the "Taco Liberty Bell."

In 2016, the Texas state comptroller's office announced that "redback" paper money would be reissued in the state for the first time since 1840 - and it would feature Willie Nelson's face on the \$10 bill.

April Fools' jokes have evolved throughout the centuries. Although the exact origins cannot be accurately pinpointed, the fun ensues nevertheless

Improving a home's curb appeal

An attractive front entrance area gives a home curb appeal that invites both guests and potential home buyers. Upgrading a home's exterior can be as simple as painting or as complex as installing new windows or adding a patio.

Inspiration for a curb appeal "makeover" that reflects the owner's budget and decorating choices are easy to find online. Stop by the nearest Woodcraft store for tools and supplies, along with helpful advice from the staff, or visit Woodcraft.com to shop and read how-to blogs and articles.

One of the easiest and quickest ways to boost curb appeal is to paint (and repair if needed) a home's front door, molding and trim. Painting garage doors, porches, shutters, doorsteps, flower boxes, furniture, mailboxes/stands, and window trim are other potential projects, as is changing the front door hardware.

For front door and shutter painting inspiration, visit these informational blogs on Woodcraft.com: Front Door Klein Blue Redo (<http://bit.ly/2zSVV9J>) and To Thine Own Self Be Blue (<http://bit.ly/2EkUsvR>).

Repair & Paint

Woodcraft offers these products and ideas for more repairing and painting.

General Finishes Milk Paint is a premium interior/exterior mineral-based paint premixed in more than two dozen colors. It is so durable it does not require a topcoat. However, Woodcraft Product Development Manager Kent Harpool suggests using General Finishes Exterior 450 as a sealer for exterior uses. The 450 is fortified with UV absorbers to stabilize the finish and built-in

mildewcide to retard mold and mildew growth.

Krud Kutter TSP Substitute will clean and degloss almost any surface prior to painting so that paint adheres better.

System Three Sculptwood Epoxy Putty is a two-part epoxy putty that can be used indoors or out. Mold it, shape it or use it to repair carvings, antique picture frames or even windowsills. Be sure to add a coat of General Finishes Exterior 450 to seal your work.

Titebond III Ultimate Wood Glue is waterproof, yet

it cleans up with water. It allows eight minutes of open assembly time and offers an application temperature as low as 47 F.

Remove, Replace & Build Replacing windows, gutters and downspouts; adding molding to a door; building outdoor furniture, a unique mailbox and stand, or flower containers; and adding or expanding a patio area/porch require a large investment of time and money. Look for these products to help with these replacement and building projects.

For precision sawing, efficient sanding, power cutting, accurate filing, scraping, cleaning and polishing, and more, consider the Fein Multi-Master Start Q with a pinless Starlock mounting system and easy snap-in accessories.

Take SawStop safety, quality and precision directly to your project work area when you choose the portable SawStop Jobsite Saw with Cart.

To learn more about these and other products, stop in your local Woodcraft store, call (800) 535-4482 or visit www.woodcraft.com.



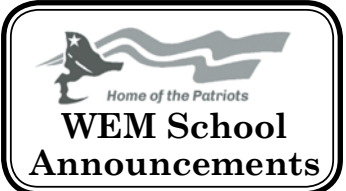
The Prince (Jadon Kangas) confessed his love to Mindy (Bret DuChamp) in the recent production of Bedtime Stories by a cast of WEM Junior High students.



Bo Peep (Vella Strom) guards her sheep (Paige Lacy and Alyssa Morberg) against the dinosaur Horace (Tommy Revier) in the recent WEM Junior High Play.



The cast of the recent Win-E-Mac Junior High play "Bedtime Stories" directed by Andrew Hanson and held at the WEM Arts & Event Center.



Last Chance to order a 2018-2019 yearbook! The cost is \$40. Yearbooks can be purchased during students' noon hours or from Mrs. Winter (room 51) or order forms are available in the office. Yearbook sale Ends on March 31, 2019!!

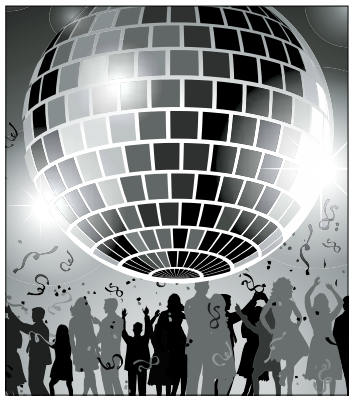
Prom is May 4th! Complete sign-up by April 15, 2019 ~ all prom attendees and their guests must sign-up and pay attendance fee ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom with a guest who is a sophomore or older in school or out of school but no older than 20

years of age.

Each individual attendee's \$15 cover fee needs to accompany sign-up.

Fee is to offset costs (food and beverages included). All prom grand march attendees are expected to wear formal attire.

Sign-up sheets available in Mrs. Winter's room.



WEM Spring Blood Drive

is Friday, April 12th from 8 am - 2 pm.

If you are interested in donating please use the link to sign up

<https://www.bloodhero.com/index.cfm?group=op&step=2&opid=819752&opidh=E1D0F128AEF6F642E06C4D162EB607E2&id=43536.5486806>

Lace 'Em Up Basketball Camp will be held again this year at Red Lake Falls high school from June 3-7, 2019. Camp is open to any boys or girls who are currently in grades K-11.

Camp time is 8:00-11:30 for grades 6-11 and 12:00 noon until 3:30 for grades K-6. Cost is \$60 with a maximum cost per family of \$100. Register by May 25th for a camp T-shirt.

Registration forms can be picked up in the office.



Seniors - Jostens will be here on Wednesday, April 3, 2019 at 2:30 p.m. to distribute caps/gowns. Please make sure that if you still owe money to Jostens that you get it paid in full by that day or you will not get your graduation attire.



Monday, April 1- ECFE will be having a family event as we team up with Julie from the McIntosh library.

We will meet at the McIntosh library at 6:00 p.m. Come witness the magic of Robert Hallbrook as he entertains us in "The Magic of Dr. Seuss". It should be a fun event for the entire family. Your not going to want to miss this one!

Monday, April 8- No class - Preschool Screening at the Bjella Building

Don't forget to sign up! Contact Heather Earls at the school to make an appointment 218-563-2900 or 218-686-3285

email: hearlsl@win-e-mac.k12.mn.u

Tuesday, April 9- Class will meet in the WEM preschool room at 6:00 p.m. April showers will bring May flowers! Kids will have fun as we explore the wonders of water.

Monday, April 15- Class will resume normal schedule. Class meets Monday's in the WEM preschool room at 6:00 p.m. ECFE is for kids birth through preschool.

Story to Share?

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