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Matt Bartz was given a plaque in honor of 9 years of service on the board of directors for the Fosston Tri-Coop recently during the Coop's Annual Meeting and dinner. Tri-Coop Manager Mike Breckel presented the award.



The Fosston Tri-Coop held its Annual Meeting last Tuesday, March 26, 2019 at Ventures Bar & Grill. It was a great turnout with 68 in attendance. Highlights from the meeting included the review of audit, which stated a loss for the year of \$313,000, working capital of over \$2.7 million and no long-term debt. Capital purchases for the year included a new bin at the McIntosh location, a new grain vac, a couple of augers and a technology update. Two directors, Nathan Sweep and Mike Affeldt, were elected to a three-year term. Fosston Tri-Coop Board: Front Row: Mike Affeldt, Jim Steinmetz, Nathan Sweep and Richard Balstad; Back Row: Alroy Lewis, Curtis Bartz and Jeff Broadwell.

How to earn a college scholarship

The cost of a college education continues to rise. The College Board says the average cost of tuition and fees for the 2015-2016 school year was \$32,405 at private colleges, \$9,410 for state residents at public colleges, and \$23,893 for out-of-state residents attending public universities. In 2013 and 2014, the average cost of a year's tuition at a Canadian university was \$5,772.

The high cost of education compels many students to find ways to finance their education.

For many, that means exploring available scholarships. Scholarships come in different forms and are usually offered to students as a gift to be put toward college or university costs. Some schools offer scholarships, while other scholarships are sponsored by outside organizations.

Students who meet certain requirements may be eligible for scholarships. While academic or athletic skills are the first criteria associated with scholarships, they are not the only avenues by which students can pursue scholarships. Scholarships may be offered to students of certain ethnic groups; children of employees at particular companies; or to students who live in particular states.

Local branches of organizations like the Rotary Club

or Kiwanis also may give out scholarships.

To improve one's odds of getting a scholarship, consider the following tips.

- Get involved with the

Why is Easter late this year and why does the date change?

Last year, Easter fell on April 1st, however, this year, Easter, which celebrates the Resurrection of Jesus, falls on Sunday, April 21, 2019.

These drastically different dates from the previous year have left many people wondering why Easter falls on a different date each year, anyway. Most Christians know Ash Wednesday's date depends on Easter's, but wouldn't it be much simpler (and easier to remember) if Jesus Christ's resurrection were celebrated on a set day, the way holidays like Christmas and Valentine's Day are observed? Here's a look at why that's not the case.

Ash Wednesday signals the period of 40 days before Easter, called Lent.

Lent is an acknowledgment of the 40 days Christ spent in the wilderness. Since Ash Wednesday kicks off Lent, its date is always exactly 46 days before Easter and thus is affected directly by what date Easter falls on that year.

The holiday, which celebrates Christ's return from the

community. Many scholarship sponsors seek individuals

Scholarships..
Continued on page 4 ...

Mac Fireman's Ball adds a supper to the night

The McIntosh Fire and Rescue Squad is proud to announce the 129th Annual Fireman's Ball. The event will be held on Saturday, April 13, 2019. For the kind support that you have provided to the Department in years past, the Fire & Rescue Squad ask that you join them for a free will donation supper, to be held at the McIntosh Fire Hall from 4:00 pm to 6:30 pm. The celebration will continue at The Coop Bar and Grill with music provided by Sound Sensations.

The department is very proud of the service that they provide our City and rural areas. They are continuously training and working to provide the best volunteer service that they can. With the support of the community, the Fire and Rescue Squad are able to purchase much needed equipment and supplies. Also, your donations help pay for continued training in the fire, rescue and medical areas.

The Department would like to recognize and thank retiring



member, Bernie Marshall, for 18 years of dedicated service.

Each community member should have received tickets in the mail to this year's Ball. The stubs are for the door prizes and the ticket portion is for entrance to the Ball. Please return your contribution and ticket stubs in the envelope that was provided. You do not need to be present to win a door prize, those not present will be contacted by a member of the McIntosh Fire & Rescue Squad.

Additional tickets are available at the door or contact any McIntosh fireman.

Thank you from the McIntosh Firemen for your continued support and they all hope to see you at the supper and again at the dance.



Community Calendar

- 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
- Wed. April 10:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. April 11:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. : April 12** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. April 15:** 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 16:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Winger Lions Club Scholarship benefit on April 7th

The Winger Lions Club is hosting a pancake breakfast on Sunday, April 7, 2019 at the Erskine Community Center from 9:30 am to 1:00 pm to benefit the Winger Lions Club High School Scholarship fund.

Many Win-E-Mac Senior have benefitted from this scholarship over the years and the Winger Lions Club hopes to continue this tradition for years to come.

Everyone is welcome and encouraged to attend this breakfast. A free will offering will be taken.

Please note the breakfast will be at the Erskine Community Center.

Uof M Extension to hold NW Dairy Days in Mac



The University of Minnesota Polk County Extension office is proud to host the annual Dairy Day on April 8th, 2019 at the McIntosh Community Center. The date was rescheduled from March due to the inclement weather that happened on the originally scheduled day. This event has been held over several years and has provided our area dairy farmers with valuable information.

The 2019 event will feature information on Feed efficiency of Crossbreds, preparing spring pastures and grass species for great pastures, farm transitions and new Farm Bill information. We will also hear updates from groups like Minnesota Milk, Midwest Dairy, and Minnesota Dairy Initiative

The program is directed at dairy producers, allied industry representatives, and is open to the public. A meal will be served with the program.

More information can be obtained from contacting the local educator, Heather Dufault at 218.280.1129 or by emailing pohl0024@umn.edu.

Dairy men/women are encouraged to come to this year's Dairy Day in McIntosh. Held at the Community Center in McIntosh, April 8th at 10:00! We will have presenters covering farm economics, grazing

and transitioning. The event is free, lunch will be served during the program. Rescheduled due to the weather on March 14th! Please join us.

Program Overview Feed Efficiency of Crossbreds vs. Holsteins; Brad Heins, U of M Extension Dairy Team; 2018 FBM Financial & Dairy Enterprise Findings; Northland Community and Technical College; Midwest Dairy & Minnesota Milk -2018 Update; Lucas Sjostrom, Midwest Dairy/Minnesota Milk; Lunch: Provided by Midwest Dairy & Minnesota Dairy Initiative; HIA annual meeting during lunch- Garth Larson; Preparing Pastures for Spring & Grass Species for Great Pastures; Brad Heins U of M Extension Dairy Team; Milk Risk Management & the New Farm Bill; James Salfer U of M Extension Dairy Team; Minnesota Dairy Initiative & Farm Transition; Alison Rickeman, MN Dairy Initiative.



Colonoscopies save lives

Did you know that more people under the age of 50 are now being diagnosed with colon cancer than ever before?

In fact, that age group is the only group seeing an increase in cancer cases.

“This is really alarming for everyone,” says Dr. Kimberly Kolkhorst, a gastroenterologist at Essentia Health. “Now a full 11 percent of colon cancers and 18 percent of rectal cancers are happening in people under the age of 50.

Screenings typically begin at age 50, so it’s a cause for concern since it’s a preventable disease.”

Dr. Kolkhorst says research is being done to figure out why they’re seeing an increase in a younger demographic. Data

suggests that it’s likely related to

- poor diet
- lack of exercise
- Higher obesity rates

“It’s so important for even younger people to be proactive with their primary care doctor, she says. “If they notice any changes in their bowel habits, blood in their stools, abdominal pain or weight loss, they need to discuss it with their doctor to see what might be going on.”

In some cases, a colonoscopy may be ordered.

A colonoscopy is a procedure performed with a fiberoptic scope containing a camera and a light that doctors can insert into the colon, otherwise known as the large intestine. It is one way to test for colorectal cancer.

“Not only is it diagnostic, meaning we can look for cancer or polyps that could turn into cancer, but it’s also therapeutic in that we can remove those precancerous growths or polyps at the same time,” Dr. Kolkhorst explains.

The most important thing when it comes to colorectal cancer is to catch it early, before it spreads. Prevention and early detection are key to increasing survival rates.

The five-year survival rate for colorectal cancer is significantly better if found prior to spreading. Survival rates are 90 percent when it is found at the local stage, meaning while it is contained to the colon or rectum. If the cancer spreads to the regional stage, or closely outside the colon, survival rates go down to 71 percent. When the cancer spreads farther into the body, the five-year survival rates drop to 14 percent.

While no one loves getting a colonoscopy, its importance can’t be overstated. “A colonoscopy is one day that can save the rest of your life and it certainly beats having surgery or chemotherapy,” Dr. Kolkhorst says. “One day of discomfort is worth having the peace of mind for five or ten years of

Free writing workshop

Farm By The Lake’s Storytellers Series presents Wendell Affield. “Reawakening Memory through our Senses” on April 7, 2019 at Bagley Public Library from 3:00 - 6:00 pm. Free and Open to the Public.

Wendell Affield, the third of nine children, grew up on a small farm 20 miles north of Bemidji, Minnesota. He was born in New York City in 1947 and moved to Minnesota as a toddler when his mother met his stepfather, Herman Affield, through Cupid’s Columns, a singles publication. At sixteen, after going through a series of foster homes, Wendell dropped out of high school, left home, and rode the rails where he spent time in the Northwest living in hobo camps and bucking hay bales for an old rancher in western Montana. At seventeen he enlisted in the navy. In 1966, during his first Vietnam deployment, during down time, he earned his high school GED. In January 1968 Wendell returned to Vietnam on a second deployment as the cox’n of a river patrol boat with the Mobile Riverine Force. On August 18, 1968, he was wounded in an ambush and medevaced home.

After leaving the navy in 1969 he found work as a meat cutter apprentice in the Chicago area. A few years later he became a manager, a position he held with various companies for thirty years. In 1980 he and his family returned to northern Minnesota. After retiring from Luekens

Village Foods in 2001 Wendell enrolled at Bemidji State University to learn the writing craft. Over the years, his Vietnam essays evolved into Muddy Jungle Rivers (2012). His memoir has been used in universities and reading clubs. The book led to reconnecting with men he hadn’t seen in more than fifty years.

In 2010 Wendell’s mother died. Locked in the chickenhouse on the farm where he was raised, he discovered thousands of letters, dozens of diaries, scrapbooks, and photo albums documenting his maternal family history. He spent eight years unraveling his mother’s past. In the process, he came to understand her struggle with mental illness.

Chickenhouse treasures and documents discovered in the old farmhouse attic opened doors to his childhood. Seventy-year-old photo negatives he developed reawakened dormant memories. “Memory is like a shape shifter,” Wendell says, “not to be trusted, but with reams of primary source documents, I have supporting evidence for my memory stories.”

Wendell encourages others to tell their stories. “Our life experience gives us the authority. For many individuals, a common regret near end of life is that their life story will die with them.”

In 2017 Wendell’s first book in the Chickenhouse Chronicles series was published; HERMAN, 1940s Lonely

Hearts Search, followed by Pawns (2018). Today, Wendell works on the next book in his series, does public speaking, and Veterans Writing Workshops to promote expressive writing therapy. He speaks to veteran groups about PTSD and facilitates a Veteran’s Writer Group at his local VA Clinic.

Wendell and his wife are strong advocates for Bemidji Community Food Shelf. He is a 2017 recipient of Minnesota Humanities Center “Veteran’s Voices Award” for his work with the underserved in his community.

Polk County Sheriff's Report

The Polk County Sheriff’s Office would like the public to be aware of a scam through Facebook. A resident received a friend request through Facebook Messenger from a scammer that was posing as a relative. The picture attached to the message was also of the relative. The resident was told about a deal where you could get thousands of dollars back as long as you give them money. They asked the resident to purchase Amazon gift Cards, and give a third party the numbers to start the process.

The Polk County Sheriff’s Office is advising the public that there are many of these types of scams. Anytime you are asked to go to a local store and buy Amazon, Apple, etc. gift cards this is a scam. If you have questions after being contacted like this, please call your local Law Enforcement.



QOV will meet

The East Polk County Quilts of Valor will meet Thursday, April 11 at the McIntosh Community Center at 7:00 pm. There will be election of officers, dues of \$5 will need to be paid and recipients for Memorial Day presentations will be selected.

All who are interested are encouraged to attend. Please if you know of any war veterans who have not yet received a quilt of valor please contact any member and give them the name so we may contact them.

Community Birthday and Anniversary Calendar

Wed. April 3:
Bria Weber

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

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

Sat. April 6: Kassi Schow, Judi Lindseth, Callie Boucher, Doris Olson

Sun. April 7: Allen Carver

Mon. April 8: Charles Lindseth, Brenner Sylstad, Lorraine Rustad, Ethan Shimpa, Amanda Farrell, *Jordyn & Daros Zahn

Tues. April 9: Dylan Roy, *Kain & Hunter Schow

McINTOSH Times

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

Sun. April 7: 8:00am Confession; 8:30am Mass at St. Mary’s, Fosston; 10:30am Mass at St. Joseph’s, Bagley

Sun. April 14: 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 7 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. April 14: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OUR SAVIOR’S LUTHERAN CHURCH (ELCA)
McIntosh Supply Pastor
Gordon Syverson

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

Sun. April 14: 11:15am Worship Service.

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

Wed April 3: 7:00pm Bible Study at Don and Sharon Ramberg’s

Sun. April 7: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. April 9: 10:00 a.m. Sunday worship service telecast on GVTV--30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center

Wed. April 10: 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 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 Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

Wed. April 10: 7:30pm Bible Study at Mt. Carmel

Thurs. April 11: 7:00am Men’s Breakfast at Mt. Carmel

Sun. April 14: 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

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson

Sun. April 7: 9am Worship

Sun. April 14: 9am Worship

DOVRE
FREE LUTHERAN
Pastor Don Edlunds

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

Sun. April 7: 10:00am Worship Service and Children’s Sunday School

Wed. April 10: 7:00pm Bible Study on Romans Everyone Welcome

Sun. April 14 : 10:00am Worship Service, Adult and Children’s Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

Sun. April 14: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby

Wed. April 3: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. April 4: 4:00pm Confirmation Class

Sat. April 6: 8:00am Men’s Prayer Group

Sun. April 7: 10:00am Worship

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

NOTICE

Hill River Township

Please meet with us at the Hill River Township town hall on April 15, 2019 at 7:00 p.m. Polk County has advised Hill River Township that they plan to turn over County Road 202 to Hill River Township in the near future. (We understand other townships have the same dilemma).

It just so happens that this road has a history of frost boils each year. If the County would fix the problem with excavation and back filling or installing drain tile, Hill River would gladly take care of the road in the future.

Our only recourse is to ask for help from the Polk County Commissioners. Our representative is Joan Lee, whom we elected and who also happens to be the chairman.

Joan has agreed to meet with us at the Hill River Town Hall on April 15, 2019 at 7:00 p.m. As with every town hall meeting, this is open to the public. Please attend.

Raymond O. Sundrud, Clerk/Treasurer
Hill River Township M2-3C



Taken about 1904: (Back) Sarah Newton, Katie ?, Urina Bokke, Myra Kasser, Sophie Johnson, Irene Kasser, Marie Jensen, Ruth Dale; (Middle) Josie Alrick, Laura Carpenter, Ruth Borch, Florence Jensen; (Front) Belle Kasser, Serine Alrick, Anna Wilson, Hannah Sollie.



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Winger News by Linda Pulskamp

Greetings from the Winger area where I am sure many of you are enjoying the nice weather we have been having. It is making for some wet and sloppy yards but we go through that every spring until it dries up. The snow continues to disappear but there still are a lot of snow banks out there yet.

Keep seeing signs of spring with the wildlife making their way back, not only have the geese been flying but so have the swans, some days I wonder if they think they came back a bit too soon. Not only the wildlife is making it's way back but some of the area snow birds that go south for the winter months are coming back too.

The flu has been making it's rounds again, with it hitting some people pretty hard and lasting a couple of weeks. Hope you all stay well.

Just a few more days and we will say goodbye to March and welcome in April. Beware of the April Foolers.

Sympathy to Terry and Vance Kaupang and all the Saeland families on the passing of Terry's Mother Jackie Saeland of Twin Valley. Her funeral was held on Friday the 29th.

Milton Carlson's Corner
Wednesday the 20th Paul

Carlson stopped in at Milton's briefly on his way to work and while there he filled Milton's water softener and also grabbed a quick cup of coffee.

Donna Carlson was a Friday morning the 22nd visitor with Milton bringing his fresh blueberry muffins. Later in the morning Sheila, Jasmine and Carson Benesh were visitors and coffee guests with Milton. At noon that day Lonnie and Judy Gieseke were visitors and dinner guests as they brought dinner with them and Lonnie picked up Milton's mail for him.

Milton apologized for the little news he had for the week but he has been staying in to avoid the flu that is going around again.

Craig Helgaas of Glenwood was a Monday overnight guest at the Pulskamp home, Kelly Johnson was a visitor on Monday and the guys did the finish work on their deer hunt from last fall.

Betty Myhrum visited with Lucy Brtek both Wednesday and Thursday of last week. Friday Lucy was transferred to Fargo, prayers go out to her.

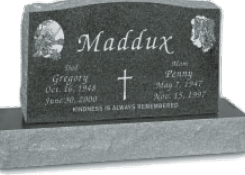
Helmer and Verlys Homme made a trip to Bemidji one day last week as Verlys had an appointment over there.

Last Saturday visitors at the Pulskamp home were Marv Engesether of Plummer and Reha Sanstead of Erskine, that afternoon the Pulskamp's and their visitors took a road trip checking out the area and ended up at the Roadhouse near Lengby where they enjoyed a pizza together.

This is the news for this week and until next week may yours be a good one, in closing, when life gives you the limes, rearrange the letters and get a smile



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Peterson, Thompson push USDA on Farm Bill Dairy Program

In a letter to Agriculture Secretary Sonny Perdue Thursday, House Agriculture Committee Chairman Col. C. Peterson of Minnesota, Subcommittee on General Farm Commodities and Risk Management Ranking Member Glenn "G.T." Thompson of Pennsylvania, and more than 70 Democratic and Republican House colleagues urged the Department to prioritize the implementation of dairy provisions included in the 2018 Farm Bill.

Citing the continued loss of dairy farms, and the deficiencies of previous programs,

Peterson and Thompson noted that the 2018 bill can

provide needed assistance to dairy farmers. "Provisions of the new farm bill, particularly the new Dairy Margin Coverage (DMC) program, will provide much-needed help if they can reach dairy farmers quickly enough," the letter states.

"Last year the average dairy farm in Minnesota earned \$15,000—a third of what it earned in 2017.

"Given what's facing dairy farmers, USDA needs to get a move on implementing these dairy programs as soon as possible," said Peterson.

"And I hope USDA will overcommunicate on what the new programs can do for farmers. Congress worked hard to

include higher and more affordable coverage options so it's important that there is outreach so that these folks see just what the new programs can do for them."

"The 2018 farm bill provides dairy farmers with better risk management tools, improved coverage and more affordable options," Thompson added.

"USDA should fast-track these changes as times remain difficult and producers around the nation need more options.

"I thank Chairman Peterson for his leadership and commitment to reworking the dairy safety net in a bipartisan way."

Kiel, Fabian Co-Author package of proposals to combat public programs fraud

House Republicans have unveiled a comprehensive proposal to crack down on fraud in Minnesota's public programs, with an emphasis on the Child Care Assistance Program.

The legislative proposal is in response to the nonpartisan Office of the Legislative Auditor's report that found widespread and pervasive fraud in the Child Care Assistance Program (CCAP).

"It is incredibly important to make sure that our tax dollars are being spent wisely, and that those committing fraud in our public programs are held accountable," said Kiel.

"This bill will help make sure our public programs, particularly CCAP, are working for the people they are meant to help."

The Republican proposal has five key goals:

1. Increased consequences for committing fraud: Increase penalties and consequences for committing fraud to send a strong message to fraudsters that the state will

not tolerate this criminal behavior.

2. Provider Controls: Provide better controls on the front end to prevent fraud from occurring in the first place. Simply put, it is too easy for those who want to do wrong to defraud Minnesota taxpayers.

3. Investigations & Prosecutions: Give additional tools to investigators to aid in their investigations, and to prosecutors to ensure fraudsters are brought to justice.

4. Eligibility Reforms: Eliminate eligibility for those found to have committed fraud, require enhanced eligibility checks from the Department of Human Services, and direct savings from eligibility checks to the Health Care Access Fund.

5. Oversight: The legislative auditor recommended that the Office of Inspector General become an independent entity. The proposal includes that recommendation.

"We know that right now, taxpayer dollars are being

Statement from Leader Daudt on PUC Line 3 vote

House Minority Leader Kurt Daudt, R-Crown, issued the following statement regarding the March 26, 2019 vote by the Public Utilities Commission (PUC) to deny the Walz administration's petition to reconsider the certificate of need for the Line 3 replacement pipeline. This is the third unanimous vote the PUC has taken to uphold the certificate of need decision. Gov. Walz must now decide whether he will appeal, and continue the state's legal efforts to challenge the Line 3 replacement project.

"I'm grateful that the PUC has voted unanimously once again to allow the Line 3 replacement pipeline to move forward, bringing Minnesota one step closer to thousands of jobs, millions in property tax revenue, and improved en-

vironmental protection. Minnesotans are tired of the legal games, and tired of Gov. Walz wasting tax dollars by having one government agency sue another.

At the hearing, PUC Commissioner, Governor Dayton appointee, and former DFL Senator Katie Sieben blasted the move by the Department of Commerce to challenge the certificate of need.

"We agree with Commissioner Sieben that it is nonsensical to ask the PUC to ignore the fact Line 3 is an aging pipeline, ignore the fact that pipelines are safer than trains, and ignore that there are agreements in place with two key tribal communities. It's time for Governor Walz to move on, accept this decision, and allow the Line 3 project to move forward," Daudt concluded.



40 years ago...1979: Present VFW officers gathered around a huge cake celebrating the burning of the last VFW mortgage taken out in 1970 when the Post Home was built. L-R: Nils Linseth, Sr. Vice; Archie Gunderson, Jr. Vice; Andrew Peterson, Quarter Master; and Commander U. H. Benson.



30 years ago...1989: The kitchen is a busy place at McIntosh Auxiliary members dish up the plates to be served to the guests at the 9th District VFW Rally. (L-R) Myrtle Lillesve, Harriet Hanson, Irene Bartz, Alice Forsberg, Jan Wickstrand, Bernice Smith, Irene Domier, Barbara Rolf and Olga Sabourin.



20 years ago...1999: The cast of the Win-E-Mac All School Play, under the direction of Jaclyn Hanson, is rehearsing for "No Opera at the Opry House Tonight". The old fashioned melodrama will be performed on Friday, March 26 and Saturday, March 27. The cast include: (back L-R) Heide Vesledahl, Matt Massmann, Josh Haugen and Jeremy Gieseke. (Front L-R) Michelle Ward, Kim Nelson and Casey Bartz. Not present for picture: Kara Evenson, Scott O'Neil, Cathy Tuenge, Hailey Omang and Joe Faldet.



10 years ago...2009: Tuesday and Thursday Kindergarten students who participated in our reading and writing program earning pizzas from WEM Travel Center. Together for the year they have logged 22,638 minutes of reading and writing time at home. Back L-R Noah Ostenaar, Brock Tandem, Nikon Erofeeff, Hunter Stennes, Dylan Roy, Cassie Lewis. Front L-R: Fesolonikkia Basargin, Remy Goodwin, Reed Neubert, Will Tofstad, Bryer Strom, and OliveTina Eyman.

Win-E-Mac announces March Students of the Month

Sydney Svalen: The Math Department nominee for RESPECT is Sydney Svalen. Sydney is an excellent student with an exceptional work ethic and manners! She is a great role model for other students.



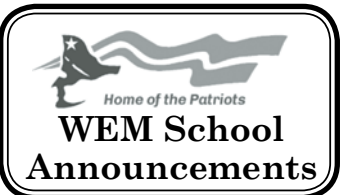
Brock Trandem.
Brock Trandem: Brock Trandem is a perfect example of a student who shows respect! In Choir, he is always ready to do what is asked of him, and never throws back attitude! He shows respect to his peers as well as his teachers. He is always considerate of other people and is willing to help out whenever needed. I really appreciate that he respects not only others in the classroom, but is also a team player and respects other people's time and effort. When it is time to rehearse, he is always ready and has the materials he needs. When he is working with others in an ensemble, he makes sure to check with them as to when they can practice, and then always shows up! He is polite and always willing to take suggestions on how to improve! I consider Brock a great example to others on what respect looks like!



Kerianna Kutsev.
Kerianna Kutsev: Kerianna displays respect in the classroom in multiple ways. She shows incredible respect toward her classmates. Kerianna always allows others to voice their opinions without judgement, and does not interrupt others when they are talking.



George Erofeeff:
George Erofeeff: George is a student who demonstrates respect EVERY DAY. He follows directions the first time they are given and assists others who need help completing tasks. George is considerate and kind to those around him and accepts the differences and needs of others. George is polite to adults, actively listens, and always puts forth his best effort. Great work, George!



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. **There will be a pancake breakfast to benefit High School Scholarships** on Sunday, April 7th from 9:30-1:00 p.m. at the Erskine Community Center. Free Will Offering. If any seniors are available and willing to help out that morning, it would be greatly appreciated. Sponsored by the Wingers Lions Club **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.

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.

2017 data show deaths continue to rise from opioids, alcohol and suicides in MN

More Minnesotans died from opioids, alcohol and suicide in 2017 compared to previous years, continuing a worrisome long-term trend for individuals, families and entire communities. In 2017, 422 Minnesotans died from opioids, 636 from alcohol and 783 by suicide. Since 2000, deaths from all three steadily increased in the state. Many other states have reported similar increases. While each of the deaths is an individual tragedy, Minnesota Commissioner of Health Jan Malcolm points to the need to address the trend with community-level solutions. "There are many forces driving this increase in preventable deaths, and a key factor is a lack of social connectedness and opportunity," Commissioner Malcolm said. "Our overall health is determined by many factors, and one of the most important is the health of our communities. Things like job opportunities, good education and social connection each play a role in the health of individuals, families and communities. That means strengthening our community is an important step toward addressing these health challenges." Rather than accepting these worrisome trends as a new normal, Minnesota communities are coming together to take action. For example, with statewide data showing that American Indians in Minnesota are more likely than other groups to die from opioid, alcohol and suicide, tribal nations are using community grants to develop culturally specific mental and chemical health treatment options for members.

Several Minnesota communities have also implemented fatality review teams. These teams come together following an overdose or suicide death to look at factors that may have contributed to a person's death. The City of Minneapolis is piloting a fatality review team for opioid-involved deaths, and the Minnesota National Guard led one to look at deaths by suicide. The goal of this work is to determine where systems-level changes can prevent future deaths. Meanwhile, increased availability of the opioid overdose reversal drug naloxone has helped prevent overdose deaths across the state. The Minnesota Department of Health distributes this lifesaving drug to all eight Emergency Medical Services regions in Minnesota. As a result, first responders can more quickly take action in cases of opioid overdose emergencies. In 2016, Minnesota lawmakers passed a bill that provides increased access to naloxone from pharmacies without requiring a prescription. Minnesota communities also are using a comprehensive public health approach to reduce suicide, the eighth leading cause of death in Minnesota. The Community Partners Preventing Suicide program continues to work with 16 health and behavioral health care agencies across the state to implement the Zero Suicide Model. This model aims to improve the quality of life for people at risk of suicide, with a focus on patient safety and discharge planning in health care systems. In addition, efforts

have focused on building community support for individuals and families, and identifying and connecting at-risk Minnesotans with services. Regarding alcohol, almost 30 Minnesota communities track data as part of Place of Last Drink (POLD). This tool is a database that seeks to identify where a person last consumed alcohol before becoming involved in an alcohol-related incident, such as a DUI or assault. Law enforcement officials then use the information to work with retailers to improve serving practices. Implementing this system, several communities have seen a decrease in driving while intoxicated. Gov. Tim Walz's budget proposal builds on these community successes with a number of provisions including the following. Funding for a national suicide prevention lifeline in Minnesota Support for fatality review teams in local communities Implementation of a zero suicide model in health systems Culturally competent services incorporating traditional American Indian healing Resources to connect patients to opioid addiction treatment through increased screening New grants for local communities most affected by opioids and suicide Expanded access to life-saving naloxone Expanded access to opioid addiction treatment to people in correctional facilities Funding for medication-assisted treatment

Dye eggs with all-natural ingredients

Coloring Easter eggs is a time-honored tradition passed down from generation to generation. Easter eggs symbolize rebirth, which fits in well with both religious and seasonal celebrations. While there are many kits on the market that enable people to easily color eggs, there also are plenty of all-natural foodstuffs, like fruits, vegeta-

bles, herbs, and spices, that can get the job done just as effectively. For those who plan to eat the eggs afterward, natural dyes may be preferable to dyes from kits. Below are a few tried and true methods for producing brilliantly hued eggs with items from the kitchen. **Beautiful blues:** Give chicken eggs a beautiful robin

egg shade with red cabbage. Simply shred one cup of red cabbage into a pot. Bring the cabbage and roughly 4 cups water and 1 tablespoon salt to a boil. Reduce heat and simmer for 15 minutes. Let the broth cool. Strain out the cabbage and stir in 2 tablespoons of distilled white vinegar. Let the eggs sit in the dye for the desired duration to achieve light to dark blue eggs. **Perky pinks:** Use beets to create pink and red eggs. Take 1 or 2 beets and roughly chop them. Combine with 4 cups water and 1 tablespoon of salt in a saucepan. Bring it to a boil, then reduce and simmer for 30 minutes. Strain the mixture and allow to cool. Add 2 tablespoons of vinegar. Use the solution for red and pink eggs. **Happy yellows:** Cast a sunny glow on eggs with a common household spice and some tasty carrots. Turmeric is touted for its anti-inflammatory benefits, but it also makes a great dye. Bring 1 tablespoon of turmeric, 3 to 4 sliced carrots, 1 tablespoon salt, and 4 cups of water to a boil. Reduce heat and simmer for 15 minutes. Let cool, strain and stir in 2 tablespoons distilled white vinegar. Use the dye for a lovely yellow shade.



The Fosston Tri-Coop Annual meeting had quite a full house for the supper and speaker last week in Fosston at Ventures.



The members of the Fosston Tri-Coop had their annual meeting and supper at Ventures Bar and Grill in Fosston.

Registration forms can be picked up in the office.



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: hearls@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.

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

Scholarships..
Continued from page 1 ... who are committed to volunteerism. Plus, volunteering for various groups puts students in the path of information about scholarships from these organizations. **Use scholarship search engines.** Those who search for scholarship sponsors should find plenty of results if they peruse scholarship search engines such as Scholarships.com, CollegeBoard.com and FastWeb.com. **Check the local newspaper.** The coupon section of the Sunday newspaper may feature scholarships, as might the classified section. This is a great resource for finding locally based scholarships. **Use networking contacts.** Students should ask anyone they know if they are aware of any scholarship opportunities. Students who develop a rapport with guidance counselors or the financial aid department at their prospective colleges or universities may learn about scholarship opportunities that are not highly publicized. These people may have the inside track on scholarship **Apply for all available scholarships.** Now is not the time for students to become lazy. Students should apply for as many scholarships for which they meet the eligibility requirements. Scholarships can help students offset the rising costs of a college education. Those who are willing to put in the research, time and effort to apply may find a wealth of scholarship opportunities at their disposal.