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McIntosh, Minnesota

Congratulations to the Win-E-Mac Class of 2019!



The Win-E-Mac High School 2019 Commencement Exercises took place on Saturday, May 25th at the school. This year's graduating class was 25 students.

PCPH names 2019 Public Health Champions

Every spring, Polk County Public Health comes together to celebrate public health and renew our commitment to promoting health. People often do not understand what public health is, much less how it impacts their daily lives. Public health affects all of us on a daily basis as we are only as healthy as the communities and world we live in. In order to improve and promote population health we must use innovative solutions that advance collaboration among many local partners. Polk County Public Health is grateful to have many individuals who volunteer their time, skills, and abilities to promote



Evan & Ruth Fonder of NORD's Pharmacy in Fosston. They are winners of the PCPH 2019 Public Health Champions.

healthy communities. These individuals advocate for improvement and expansion of public health in their families, schools, workplaces and communities. Polk County Public Health would like to take the time to acknowledge our 2019 Public Health Champions: Gina Gunderson, Crookston School District-School Readiness/ECFE staff-Parent Educator. Gina Gunderson has been a longtime supporter of PH and healthier choices throughout the lifespan. She is a Kids at Castle Committee member and a supporter of healthy and active lifestyles. Recently, Gina has been an active partner with the development and implementation of the Birth to 8 Initiative through WIC services at Polk County Public Health. The collaboration is one part of a larger strategy to better align public support efforts for families. With consents obtained by WIC, Gina receives the contact information for families residing in the Crookston School district and can make a personal connection with the family and continue to follow-up with information on early childhood services and screening. Gina is the Crookston Early Childhood Initiative (ECI) coordinator and Crookston Early Childhood Summit committee member. Suraya Driscoll- East Grand Forks School Dis-



The Win-E-Mac Class of 2019 celebrated their graduation this past Saturday. Picture is (l-r) Salutatorian, Hannah Smeby, Valedictorian, Aries Qualey, and Senior Class Advisor and Guest Speaker, Vance Kaupang.

trict, Director of Teaching and Learning Looking at what impacts health, Suraya Driscoll has shown dedication, passion, creativity and perseverance to improve the lives of not only her students but the community in which they live. Taking an active role, Suraya has been a convener of people and resources in the city of East Grand Forks searching for strategies and financial opportunities to improve the lives of all, especially those experienc-

ing inequities. Darcey Larsen, RD, RiverView Health Darcey has been instrumental in RiverView Health's efforts to reduce obesity and encourage healthy choices through education and support groups. What began with one series of Prevent Type 2 Diabetes classes, has now expanded to offer classes in Crookston, Fertile, and East Grand Forks. Alongside PH and the State-wide Health Improvement Partnership, Darcey helped



Katrina Jackson, an 11th grader at Win-E-Mac, advanced to the Section golf tournament last Tuesday at the Sub-Section golf tournament held at Headwaters Golf Club in Park Rapids. She will golf in Bemidji on May 28 and 29 to try and advance to the State Tournament.

implement the 'Farmacy Farmer's Market Voucher Program' within her Prevent Type 2 Diabetes classes, helping make local healthy foods more available to participants. Darcey is passionate about the work that she does, and she genuinely cares about everyone she encounters. Darcey also plays an active role in RiverView's Employee wellness committee. Darcey actively advocates

PCPH... Continued on page 2 ...



Community Calendar

- Wed. May 29: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. May 30: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. May 31: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. June 3: Summer Library Experience Kick Off@ McIntosh Library; 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. June 4: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. June 5: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. June 6: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. June 7: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. June 10: 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. June 11: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Back: L-R Brody Cook, Addyson Morgenroth, Ainsley Hickman, Annabell Shultz, Avery Morberg, Henry Swanson, Cole Breitbach, Dean Morin, Mason Tofstad, Grafton Langemo, Charlie Morberg, Crew Kiecker, Ryker Oppegaard, Marina Kutsev, Livia Andreoff; Middle: L-R Owen Holm-Patterson, Tyus Mahlen, Taytum Smeby, Dallan Dinsdale, Faith Omundson, Nikita Smith, Silas Lee, Hope Omundson, Morgan Bauer, Ar'Darion Riley-Maners, Roanan Jenkins, Isabel Burthwick, Daniel Kutsev, Chandler Bailey, Grace Shimp; Front: L-R Bruce Riley-Maners, Jeremiah Hagen, McKenzie Lofgren, Natasha Steen, Gabriel Janisch, Hannah Shimp, Damien Lewis, Addison Maness, Kate Spry, Adrian Ivanov, Adeline Frisk, Evva Basargin, and Cory Dibblee. (Not pictured: Abel Fuglseth)

Space-themed library adventures for all ages planned in Mac

3, 2, 1...BLAST OFF for a fun summer with the McIntosh Public Library!

This summer, kids, teens and adults are invited to join the Summer Library Experience at their local library to read, learn and have fun all summer long. The program encourages kids, teens and adults to explore their imaginations and communities with activities, projects and reading challenges from June 1 - August 10. To learn more, visit the McIntosh Public Library or www.larl.org/explore.

Events for kids and teens will be held throughout the summer at the McIntosh Pub-



lic Library (115 Broadway NW). The fun will begin on Monday, June 3, when participants are encouraged to stop by the library to pick up their reading logs and participate in

outer space-themed activities anytime during open hours, 10 a.m.-3 p.m. The following week, a park naturalist from Itasca State Park will visit the library to help children explore the stars of the night time sky. Star Stories with Itasca State Park is scheduled Wednesday, June 12 at 11 a.m.

About Lake Agassiz Regional Library:
Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org.

Easy ways to start your day with vegetables

By Jean Larson, licensed and registered dietitian at Essentia Health

Do you struggle to get enough vegetables each day? I encourage all my patients to shoot for four to six cups of vegetables every day.

One strategy that helps you increase your vegetable intake, and your overall nutrition, is including them in your breakfast.

Vegetables are rich in fiber, vitamins, minerals and antioxidants – all extremely important for good health and disease prevention.

Here are three quick and convenient ways you can incorporate more vegetables into your day by adding them at breakfast. Try Zucchini Overnight Oats, Green Smoothie Packs and Kale and Mushroom Egg Muffins.

Zucchini Overnight Oats
Did you know you can add a variety of vegetables to oatmeal? I've used shredded zucchini, grated carrots and riced cauliflower to add volume and nutrients.

Try this variation on overnight oats that includes zucchini. I adapted the recipe from "That Clean Life."

- 1 1/2 cups oats (quick or traditional)
- 1 1/2 cups unsweetened

- almond milk
- 2 tablespoons ground flax seeds
- 2 tablespoons maple syrup
- 1/2 teaspoon cinnamon
- 2 cups grated zucchini
- 4 tablespoons hemp seeds
- 2 bananas, sliced (optional)

Combine oats, almond milk, flax seeds, maple syrup, cinnamon, zucchini and hemp seeds in large bowl. Mix and cover bowl. Store in the refrigerator overnight. After soaking overnight, divide oats into four jars or bowls. Top with sliced banana or any other fruit you desire. Yield: 4 servings. Enjoy cold or warm.

Nutrition facts per serving: 285 calories, 9 grams of fat, 45 grams of carbohydrates, 7 grams of fiber and 10 grams of protein.

Green Smoothie Packs
Smoothies are an excellent and convenient way to increase your plant intake. You can include all sorts of vegetables in smoothies, such as beets, carrots, sweet potato, spinach, kale, cauliflower, zucchini, squash and more. To make smoothies even faster, portion out the ingredients ahead of time into meal prep containers or Mason jars. That way when it's time to blend,

all you do is add is liquid. This recipe is adapted from "Sweet Peas & Saffron."

- 1 cup spinach
- 1 1/4 cups almond milk, unsweetened
- 1 1/2 cups frozen mango chunks
- 1 teaspoon ground flax
- 1 tablespoon chia seeds
- 1/8 teaspoon almond extract
- 1 scoop vanilla protein powder or whey (optional)

Combine all ingredients except almond milk and protein powder if using in a freezer-safe container. When ready to blend, empty contents into blender and add almond milk and protein powder. Blend until smooth. Yield: 1 serving.

Nutrition facts: 290 calories, 9 grams fat, 41 grams carbohydrate, 12 grams fiber, 22 grams protein

Kale & Mushroom Egg Muffins
Eggs are a classic way to start the day, and they are a savory way to include veggies. A simple meal prep idea for busy mornings is to make "egg muffins" by mixing up your ingredients and pouring them into muffin tins to bake in the oven. Make a batch ahead of time and reheat or eat cold throughout the week.

- 9 eggs

- 2 tablespoons almond milk, unsweetened (or milk of choice)
- 1/2 teaspoon sea salt
- 1 1/2 teaspoons extra-virgin olive oil

- 1/2 yellow onion, diced
- 1 cup mushrooms, sliced
- 2 cloves garlic, minced
- 2 cups packed kale leaves, finely sliced

Preheat oven to 350 degrees F. Whisk eggs, milk and sea salt together in a bowl. In a large skillet, heat olive oil over medium heat. Add onion and mushrooms, sautéing for five minutes or until onions are translucent. Add garlic and kale to pan and sauté until wilted. Add vegetable mixture to eggs and mix well. Spray muffin tray with coconut or avocado oil cooking spray to prevent sticking. Distribute egg and veggie mixture evenly between muffin tins, leaving a little bit of room at the top for raising. Bake for 20 minutes. Yield: 12 muffins.

Nutrition facts for one egg muffin: 70 calories, 4 grams fat, 2 grams carbohydrates, 1 gram fiber, 5 grams protein

NOTICE OF PUBLIC HEARING

Notice is hereby given that the City of McIntosh and Minnesota Rural Water will hold a public hearing on June 10, 2019 at the McIntosh Community Center at 6:00pm. Such persons who desire to be heard with reference to the wellhead protection plan will be heard at this meeting.

Melissa Finseth
Clerk/Treasurer
City of McIntosh

M10-11C

PCPH... Continued from page 1 ...

for community health choices at a local and state level and is a willing partner to attend regional and state meetings alongside public health.

Nord's Pharmacy and Gifts, Fosston

Their words and actions exhibit their caring demeanor about promoting health and wellness for Fosston residents and the surrounding area. They have free vitamins for children, support their local food shelf, promote vaccine awareness, actively participate in community health initiatives and go above and beyond to take care of people in their pharmacy – and across the community.

As an active member in the Statewide Health Improvement Partnerships Healthier Fosston local advisory group, Nord's has helped to make changes within the community to make healthy choices easier.

Bridal Shower

There will be an Open House Bridal Shower in honor of Madison Stuhau (bride-to-be of Zach Plante) held on Saturday, June 1st at 1:00 pm at the Grace Lutheran Church in Erskine. Everyone is welcome.

M8-10P

You Are Invited To

Adolph Nelson's

BIRTHDAY Party

June 1st 2:00-5:00 p.m

McIntosh Community Center

M10C

Wanted! Parade Participants

FOR Erskine's 64th Water Carnival Parade
Sunday, June 2nd at 5:00 pm.

On behalf of the Erskine Commercial Club, we invite all our local & area businesses and residents to take part in this year's parade. We will line up at the Grace Lutheran Church from 4:00-4:45 pm to get registered. No pre-registration is necessary. We hope you will enjoy what we have planned for you and we ask that you come out and spend the week-end with us! For any questions on this year's parade, please contact **Sherry Hoas 218-687-5292**. Thank you so much!

M10C

Ad deadline:
Noon Friday

Community Birthday and Anniversary Calendar

Wed. May 29:
Gordy Ostenaar

Thurs. May 30:
Patti Benson, *Kyle & Kim Mandt, *Patrick & Betsy Roed

Fri. May 31: Svea Carlson, Dolly Lee

Sun. June 2:
Bristol Vettleson, Evonne Hartel, Derry Defrang, Wade Farrell, Christine (Lee) Weber, *Curt & Kris Johnson

Mon. June 3:
Clayton Bartz

Tues. June 4:
*Megan & Nicolai Sveen

CHURCH DIRECTORY

ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Sun. June 2: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. June 5: 3:30pm Mass at First Care Nursing Home; 6:00pm Mass at St. Mary's, Fosston

Fri. June 7: 5:30am First Friday Mass at St. Mary's, Fosston

Sun. June 9: 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. June 2 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

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

Sun. June 2: 11:15am Worship Service.

Sun. June 9: 11:15am Worship Service.

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

Wed May 29: 7:00pm Bible Study at Sharon Ramberg's

Fri May 31: 10:00 a.m. Telecast of Luther League program on GVTV--30

Sun. June 2: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. June 4: 10:00 a.m. Sunday worship service telecast on GVTV--30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center

Wed. June 5: 7:00pm Bible Study at 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 1/2 mile east on County Road 206.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Wed. May 29: 7:30pm Bible Study at Mt. Carmel

Thurs. May 30: 7:00am Men's Breakfast at Mt. Carmel

Sun. June 2: 9:30am Worship at Trinity; 11:00am Worship at Mt. Carmel

Wed. June 5: 7:30pm Bible Study at Mt. Carmel

Thurs. June 6: 7:00am Men's Breakfast at Mt. Carmel

Sun. June 9: 9:30am Worship at Trinity; 11:00am Worship at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson

Sun. June 2: 9am Worship

Sun. June 9: 9am Worship

DOVRE FREE LUTHERAN
Pastor Don Edlunds

Wed. May 29: 7:00pm Bible Study on Romans Everyone Welcome

Sun. June 2: 10:00am Worship Service and Children's Sunday School

Wed. June 5: 7:00pm Bible Study on Romans Everyone Welcome

Sun. June 9: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

Sun. June 2: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

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

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby

Wed. May 29: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. May 30: 4:00pm Confirmation Class

Sat. June 1: 8:00am Men's Prayer Group

Sun. June 2: 10:00am Worship

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



Hedlund Backhoe removed the debris from the fallen building behind the storefront recently purchased by Bryce and Andrea Stordahl in McIntosh.

McIntosh Heritage & Arts

The building currently undergoing restoration in downtown McIntosh was built in the 1890's. The premises was shared by a restaurant and meat market in the early 1900's.

In 1910, owner E.P. Hoel (pronounced "Hoyle") installed a movie projector and screen and named it The Grand Theater. Silent movies were shown there until 1929 when the theater was converted to talkies. The business closed when the Cozy Theater was built.

Anderson Hardware occupied the building for many years. Some may remember the ayttag Appliance sign that was suspended over the door.

The McIntosh Times moved its operation into the building in 1959. It was then that the metal awning was installed and the bank of windows above the door was covered. The Times relocated again in 1970.

In the late '70's it served as a popular hangout for young people. It was a delightful surprise when the tin ceiling and walls were uncovered to reveal the graffiti left by them.

The Shop, Donna Larson's antique business, started in the late '80's. After renting for a time, she purchased the building from Orville Stordahl. In recent years the thrift store has been used as a fund raiser for MHAC. Thanks to Donna, all the people who donated items and volunteers who worked there.

Andrea and Bryce Stordahl now own the building. They plan on restoring as much as possible while making it energy efficient. Earlier this year, the back addition collapsed, however, the Stordahls intended to remove that part anyways. The new business will be the Howard Soap Company. We wish them great success.

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This space for rent at \$127.40 for 6 months.

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McINTOSH Times

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"Serving the Win-E-Mac area"

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Winger News

by Linda Pulskamp

Hello once again from the Winger Community!

We had some very nice weather where as the farmers got into the fields and got a lot of their planting done, with some even getting done, but on the other hand the rain came again and put a stop to the field work for a few days and sounds like more rain on the way. Hopefully they will all get their crops in soon as it is getting late.

We are heading into the first long week end of the summer and that means many will be on the roads traveling, probably to their cabins to open them for the summer and others to family gatherings and graduations, along with the traditional Memorial Day Ceremonies! Whatever the case may be, may you all have safe travels and a wonderful week-end.

Once again I want to congratulate all the graduates that will be graduating this weekend! Good luck in your future plans whether it may be more schooling or whatever the case may be, this is a big step for you into the future.

Monday evening there was a flag burning ceremony in the Park in Winger where the Flag Cadets gathered with some of the Legionnaires and learned the proper way to dispose of flags that are tattered and torn and should no longer be flown.

Tuesday evening Helmer and Verlys Homme, the Manley Hillestads and the Bob Lofstrands all gathered at Moran's Supper Club where they had supper together.

Last Wednesday after the funeral for Lucy Brtek, Betty Myhrum, Barbara Bridges of Tuscon and Judy Rolandson of Tuscon along with Michelle and Greg Gagner and family and Linda Bergeson gathered at Lucy's home for an afternoon of visiting and reminiscing.

Wednesday evening Kelly Johnson and Linda Pulskamp attended the preschool graduation ceremony held at the Win E Mac school. Kelly's two

Granddaughters Lilly and Teegan Brtek were in the ceremony, now they will be on to Kindergarten next year.

Thursday morning, Jeanine Perreault, Betty Myhrum, Barbara Bridges and Judy Rolandson both of Tuscon, AZ gathered at the Lunch Box Café where they visited over coffee after which Barbara and Judy left for their homes in Tuscon.

Milton Carlson's Corner

Saturday the 18th Paul Carlson stopped in at Milton's for a visit over a cup of coffee and also brought Milton his mail.

An interesting thing happened to Milton on Friday the 17th while sitting on a bench planting flowers, he stopped something sparkling in the grass near he house, upon investigating it, he found it to be Dick Donovan's wedding ring that he had lost last winter while packing his car as they left to go back to their home. Needless to say it was a very happy find for Dick.

Milton Carlson attended

RiverView Recovery offers walk-in option for chemical health assessments

In an effort to increase accessibility to treatment options, RiverView Recovery Center will begin offering chemical health assessments, also known as Minnesota Rule 25, on a walk-in basis each Monday beginning June 3rd.

A chemical health assessment is the first step in receiving treatment and is often a requirement for those in the court system.

The assessment helps determine whether the individual needs treatment and if so, what type of treatment will be most beneficial.

Walk-ins will be accepted

Spring and summer blues?

Despite the sunshine and longer days, some people experience mood changes when spring and summer arrive

The arrival of autumn and winter can herald a period of reduced feelings of vitality and happiness for some people. Known as seasonal affective disorder, or SAD, this condition produces a range of symptoms from depression to anxiety to oversleeping when the cooler temps usher in.

However, many may be surprised to know that a similar phenomenon can occur during the time when people are supposed to be recharged and ready to take on the world.

Data published in Psychology Today says that about one in 10 people suffer from something similar to SAD in the spring or summer.

Dubbed reverse seasonal affective disorder or the "summer blues," this condition can lead to restlessness, poor appetite, irritability, and weight loss, among other symptoms. Some doctors think this form of depression can be a reaction to higher heat and humidity, noting that their patients have benefitted from traveling to a cooler locale when the condition sets in.

John Sharp, a Harvard psy-

chiatrist and author of "The Emotional Calendar," has studied the seasons and mental health in detail.

He says that, for those who suffer from depression, the expectations of spending time outdoors or resuming social calendars with people now that the weather has warmed can be challenging.

For others, a specific event that occurred in the spring or summer, such as a death or traumatic injury, can trigger feelings of depression and anxiety that counter the expectations of the season.

A 2014 study conducted in Austria also found that seasonal variations in unemployment rates as well as the dearth of clinicians available due to summer vacation schedules can contribute to summertime sadness.

Understanding that reverse SAD is a real thing and recognized by those in the mental health profession can be a comfort to sufferers who realize it is not just their imaginations.

Individuals who notice a dramatic change in mood are encouraged to seek help.

Talk therapy, medication or a combination of the two can be the right course of action.

every Monday from 10 am to 2 pm at RiverView Recovery's Crookston location, 721 S. Minnesota Street, south of Stenshoel-Houske Funeral Home. The assessment takes approximately two hours and is done by qualified staff. Appointments are also available by appointment for other times and days.

RiverView Recovery Center accepts most insurances, credit/debit cards, check or cash. Discounts may apply. For more information on a chemical health assessment or other services offered at RiverView Recovery Center, call 218-281-9511.



Five generations of the Carlson family of Winger during Cora Carlson's 1st Birthday party on the 11th of May. (right to left) Chad, Milton, Cora, Taylor, and Paul Carlson.



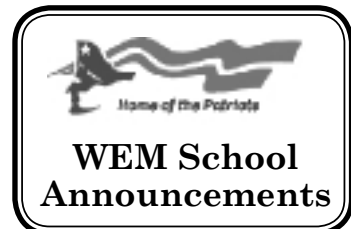
When touring the Grand Forks Air Force Base, the 4th graders from Win-E-Mac School were able to learn and experience a lot of different sides of the military.



The Win-E-Mac 4th graders enjoyed lunch, military style, at a mess hall on the Grand Forks Air Force Base.



The Win-E-Mac 4th grade students spent the day touring the Grand Forks Air Force Base. The class toured the fueling station, the control tower, and watched a presentation on military dogs. Then they had lunch in one of the bases Mess Hall's. The students really enjoyed the opportunity to meet the air men and women of the United States Air Force.



Road Construction: Beginning May 1, we will see signs installed with Bridge and Road construction to begin on Highway 59 and US 2 intersection. The bridge and Highway 59, near the school will close on May 20th. This will cause a detour getting to school. The roads available will be through Erskine or the County Highway 35, north of the school. This will cause some bus delays after the school day for students and parents getting home. Please be patient with the time of drop-off for the remainder of the year.

Summer meals: The school will again offer free breakfast and lunch every day this summer except for the week of July 4th, to any student who wants a meal during the day. We will need the names or numbers of those attending the day before for planning purposes. Parents can eat also for a cost, but students are free. The school district will offer a Century 21 program along with a re-energized summer rec program from 7:30 am until 5:30 pm, with a free breakfast and lunch to all kids. There is a fee for the summer rec activities and we will offer supervision after the programs until 5:30 pm, which will extend through the summer. The District will offer a busing service to the cities within our district.

Summer Basketball League

There will be an organizational meeting on May 29th at 7:00 PM at the high school gym, for those interested in playing summer league basketball. The league is open to anyone 14 or older, with league games scheduled for Wednesday nights starting at 6:30, beginning on June 5th thru June 26th, and July 10 & 17th. Cost is \$25. If you are unable to attend on the 29th, Contact Vern Johnson if interested. 218-689-0377 or 218-687-3236

Win-E-Mac Congratulations, CLASS OF 2019!



Clavdia Anfilofieff, Tapanga Bratager, Lily Breckel, Kylie Brekke, Dylan Cabrales, Ciara Cherf, Garret Erickson, Roman Erofeeff, Sara Finn, Searra Gerber, Douglas Jackson, Karter Jaeger, Eoinna Kulikov, Angel Lewis, Brekken Lindberg, Wyatt Luckow, Emma Mills, Clarissa Neste, Madyson Plante, Aries Qualey, Makenzie Reep, Joseph Revier, Hannah Smeby, Mason Spry, and Savannah Stennes.

Wishing You Success in Leaps & Bounds!

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**Neil's Quality
Meats & More**

**Jason & Chad's
Plumbing &
Heating / North
Country Lumber**

Stordahl Construction

Dan's Standard Service

**Fosston Tri-Coop /
McIntosh Elevator**

The Coop Bar & Grill

Annie's Garden

**First National
Bank & Insurance
Agency of McIntosh**

Minnesota Rust

McIntosh Times

Stordahl Counseling

**The Clubhouse
Childcare Center**

**King Town
Farmers Mutual
Insurance Company**