



McINTOSH Times

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McIntosh Fire & Rescue's 131st Fireman's Ball this Saturday

The McIntosh Fire & Rescue Squad is proud to announce the 131st Annual Fireman's Ball. The event will be held on Saturday, April 9, 2022.

A steak and fries supper will be held at the McIntosh Fire Hall from 5:00 pm to 7:30 pm with a suggested donation of \$15 per meal. There will be limited seating at the Fire Hall to dine-in and an option for take-out. If you would like take-out, indicate your desired pick-up time on the ticket you received in the mail. There will also be live music at Little Bobby's Bar & Grill from 9:00 pm to close.

We are very proud of the service we provide to our city and rural areas. We are continuously training to provide the best volunteer service we can and with your support, we are able to purchase much needed equipment and supplies. Also, your donations help pay for continued training in the fire, rescue, and medical areas.

We would like to take the opportunity to introduce the current members and their years of service:

Fire Chief: Justin Shultz, 13 years,



Assistant Chief: Toby Strom, 18 years,
Ron Lemer, 26 years,
Mark Strom, 23 years,
Ken Kasprzak, 21 years,
Rick Grove, 15 years,
Dave Senn, 15 years,
Brook Simonson, 10 years,
Mark Simonson, 10 years,
Josh Long, 5 years,
Kyle Klein, 4 years,
Davin Swanson, 4 years,
Dave Erickson, 4 years,
Luke Syverson, 3 years,
Lucas Thom, 3 years,
Hunter Smeby, 3 years,
Seth Senn, 2 years,
David Conley, 2 years,
Matt Thompson, 2 years,
Nick Drellack, 1 year, and
Matt Stevens, 1 year.
Residents of McIntosh Fire and Rescue Service area have

received tickets to this year's ball.

You may return the tickets along with your contribution in the envelope provided. The stubs are for door prizes and the ticket portion is for indicating your dining preference.

You do not need to be present to win a door prize. Additional tickets will be available by contacting any of the firemen, or at the door during the ball.

Our volunteer firefighters, educate the community on fire prevention and respond to fire and medical related emergencies each and every day of the year. Our firefighters support the fire department in all activities including emergency response, fund raising, maintenance, and other special events. The McIntosh Firefighter's Relief Association contributes to community events and donates to local families in need.

As an important part of our community, please make sure you come out to support these hard working men and women with the work and dedication they provide our community.



Congratulations to Colten Mandt and Alexa Morberg for their great showing at the U.S. Open Robotics tournament this last weekend. They competed with and against the best robots in the country. They finished with a record of 7-7. They did a great job representing Win-E-Mac and Minnesota. The team, along with Coach Nathan Johnson traveled to Council Bluffs, Iowa for the US Open Vex Robotics VRC Middle School Division competition.

Polk County Sheriff warns about scam in our area targeting seniors

It goes something like this: "Grandma, I need money for bail." Or money for a medical bill, or some other kind of trouble. The caller says it is urgent and may tell you to keep it a secret.

The caller may not be who you think it is. Scammers are good at pretending to be someone they are not. They can be convincing: Sometimes using information from social networking sites or hacking into your loved one's email account. It will seem real, and they will pressure you to send money before you have time to think.

Here is what you can do:
Stop. Check it out. Look up your loved one's phone number yourself or call another family member.

Pass this information on to

a friend. You may not have gotten one of these calls, but chances are you know someone who will get one – if they haven't already.

Please contact the Federal Trade Commission to report these scams at 1-877-382-4357. These are real bad guys

who want to take advantage of your love for your family and friends. By reporting the call and filing a complaint, you can help identify the imposters and stop them before they can hustle someone's hard-earned money. Be safe, Sheriff Jim Tadman

Get ready for local road construction

As we recover from the cold and blustery winter weather, the Minnesota Department of Transportation (MNDot) is gearing up for another summer of road construction.

This year, locally, we will see new road construction projects along the Highway 23 corridor from Erskine to Fosston.

From May to October, MNDot will replace east-bound lanes from Erskine to Fosston and west-bound lanes in McIntosh.

There will be resurfacing taking place on Highway 23 in the City of Fosston as well.

Head over to the MNDot website for more information.

Pictured right: Cameron Bergman was named the Week 22 Most Valuable Teammate on the Minnesota State High School League website. Cameron optimizes the word "team". All season long he brought energy, excitement and encouragement to the varsity bench. He worked hard during and after practice and cracked the varsity rotation late in the season. Cameron also spent time volunteering at elementary basketball and helped coach a fourth grade girls team. His positive attitude and smile provide leadership in the Win-E-Mac hallways, as well. MSHSL and Wells Fargo present this award to students who are the backbones of our activity programs.



The following Win-E-Mac students attended the Region 8A East Visual Arts Festival in Fosston on Wednesday, March 30th. Kianna Tadman (2-Superior Awards) Ava Howard (2-Superior Awards) Ella Strom (Superior) Leo Casagni (2-Superior Awards) Dorian Fadat (2-Superior Awards) Monania Erofeeff (4-Superior, 1-Excellent) & Vadim Kulikov (3-Superior Awards). Vadim also received the Spotlight on the Arts Award, the best in the show for the Computer Based Art Category. "I am so proud of the hard work and dedication that these students/artists put into their artwork. All of them spent many hours in the classroom and outside of school working on their projects. It has paid off! Amazing Job!", said Mrs. Aakre, Win-E-Mac art teacher.

The importance of showing up during the hard times

By Janna Kontz, MDiv
It's easy to show up during good times, like the fun family and friends events with vigorous kickball games played by a healthy group, laughter, good food, little cousins running through sprinklers, baseball, and apple pie, and everything else. It's easy to show up for that.
But life hands us so much more than joyful times—it's also filled with its share of challenges.

What about when mom or dad or someone else close to you becomes ill and needs extra help? What happens when a sibling loses a job, or their marriage or other relationship falls apart? What about when someone dies, and grief takes hold?

Suddenly, the days become difficult, and laughter seems to be in the rearview mirror. When these times happen, it's easy and tempting to stay away and leave well-enough alone.

But the hard times are when we need to show up the most often and be the most available for those we love. Those are the times when our physical presence is necessary, and if we can't be present physically, our emotional presence is significant. Hard times are labeled that for a reason. They are incredibly challenging.

It's so much easier to think of aging parents the way they used to be—healthy and able. It's so much easier to think of crumbling marriages as the way they are supposed to be. It's so much easier to think of grief and loss as someone else's journey instead of our own with someone we dearly love. Hard



times are hard. And most, if not all of us, would choose to stay away from hard times.

Life doesn't work that way. When we have people in our lives who are important to us, hard times will come and go. And in those times, love demands that we show up and be present—physically, emotionally, spiritually—however we can.

Others may not request that of us because they don't want to be a burden, but we should demand it of ourselves. Not showing up for others can cause heartache and regret, which can lead to distance and resentment, and even more despair.

What does showing up look like?

Help your loved one with household tasks that are difficult for them to complete (e.g., housekeeping, lawn mowing, etc.).

Communicate regularly with your loved one—plan to check-in at the same time of the day, or send timely cards,

letters or emails

Explore and set-up community services, like Meals on Wheels or hospice care (if appropriate), to support your loved one.

Visit your loved one as often as you can—whether in-person, virtually or over the phone.

It might work for you to live closer to the individual who needs extra support.

All these things and countless others are ways you can show up.

Not everyone is capable or able to care for physical needs. That's OK. Show up by finding something you can do that will ease the burden of the person. You don't have to be perfect to show you are present and care for the special person in your life.

Learn more about how Hospice of the Red River Valley can help, contact us or call (800) 237-4629.

Janna Kontz is a grief specialist with Hospice of the Red River Valley.

The basics of container gardening

Gardening is a rewarding hobby that has been linked to health benefits like reduced stress and improved mental well-being. Gardening also can lead to an inviting home landscape full of attractive blooms and/or delicious foods.

Backyard gardens have long been planted after clearing a plot of land, tilling and amending the soil, and planting rows of favorite crops. However, gardening can be less labor-intensive and even more successful when people consider the many benefits of container gardening.

What is container gardening?

As its name implies, container gardening is growing plants inside of containers. These containers can be flower pots, rectangular deck boxes or even large raised garden beds.

Pros to container gardening

One of the advantages of container gardening is that plants can be moved in and out of sunlight to ensure the right growing conditions. This isn't as easily achieved when gardens are stationary. Also, beginner gardeners may be more able to control soil conditions inside of a small container rather than a vast ground-based garden, which will require a good deal of manual labor. Pots and boxes also can be grouped together to create eye-popping displays, usually at lower costs than the sheer volume of plants that would be needed to fill out an expansive landscape.

Cons to container gardening

Container garden plants will not have direct access to the ground, so they need gardeners to create the ideal growing conditions. Developing the right care formula can be challenging. The home and garden resource The Spruce says that drainage is an important factor in container gardening, and most containers do not offer enough drainage holes. If water cannot escape the soil, the roots of the plants can rot and die. It's not enough to add stones or gravel to the bottom of containers. Drill additional holes in the bottom (1/2-inch in diameter for small or medium-sized pots; one inch in diameter for larger pots). Also, be sure to



check on soil moisture so that watering can be adjusted. During hot stretches, plants may need to be watered more frequently.

Plan for plants that play well

Grouping plants together can create visually stunning combinations. However, it is important to choose plants that require the same amount of light and moisture. Look at plant tags when visiting the garden center and select complementary plants, or ask

Companion planting in your home garden

Companion planting can help you to achieve some important goals in the garden.

- Companion planting is a great way to use space efficiently in the garden.
- You can plant your vegetables and flowers in mutually beneficial arrangements.
- It can protect your plants from insects.

While some companion planting practices are a result of knowledge passed down through generations, the origins of others are hard to pinpoint.

Companion planting can help you to achieve some important goals in the garden.

Saving space

Planting early, short-season crops in the same beds as later maturing crops is a way to conserve space and grow multiple successions of plants in the same space.

Examples include: planting lettuce, spinach, or basil early in the season, and transplanting peppers or tomatoes into the same bed as the early season crop matures.

By the time the early season crop is harvested, the canopy of the later season crop will begin to fill in.

This is not only efficient but can help with weed manage-

ment and soil health by keeping living roots in the soil and a plant canopy above the soil surface.

Mutual support

Some companion plants can physically support each other, reducing the need for staking or trellising. The most famous example of this is the three sisters model, which integrates corn, squash and beans.

Container gardening is a great way to add plants to smaller patios, reduce the workload involved in maintaining expansive gardens, and customize conditions for optimal growth.

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The most famous example of this is the three sisters model, which integrates corn, squash and beans.

▪ Corn provides a stalk for beans to climb, as well as a visual deterrent for squash insects such as squash vine borer.

▪ Beans provide nitrogen.

▪ And squash can be a deterrent to vertebrate animals like raccoons, which often eat sweet corn.

The three sisters model first emerged in Mesoamerica and has been used by many indigenous communities including Pueblo, Mandan and Iroquois tribes for hundreds of years. This model of combining corn, beans, squash and other vegetables is still the foundation of milpa farming systems in Mesoamerica today.

Companion planting for insect management

Marigolds are one of the most commonly promoted companion plants to ward off in-



90th Birthday Celebration for Lorraine Rustad

Come join us for the celebration of Lorraine's Milestone Birthday!

Saturday, April 9th at 2:00 pm

Our Saviors Church
McIntosh, MN

We will have food, cake, program and festivities!
"No Gifts Please!"

MSC



Mac-Winger Class of 1966

Looking for the following six classmates. If you know how to get in touch with the following six people, please have them call, text or email. Wes Knutson at 218-289-2922, lwknutson@gra.midco.net

The six classmates are: Dawn (Richter) Shupe, Carol (Henschke) Peterson, Owen Smeby, Dennis Hendricks, Larry Bolstad, and Alan Johnson.



Good Friday Mass

McIntosh Community Good Friday Service
Hosted at Our Savior's Lutheran Church
April 15th at 7:00 pm
Everyone Welcome!

sects, but do they work? Sometimes yes and sometimes no.

Companion plants work in three primary ways to help manage insects:

With smells

- Plants can emit odors that either repel insects, attract them, or simply mask the odors of other plants.
- Due to these traits, you can use plants to pull pests away from other crops (trap crops).
- Repel them away from the area (repellent crops)
- Make insects less likely to land on your garden vegetables because there are too many signals to interpret.

By attracting predators or parasitoids

Predator insects eat other insects, and parasitoids lay their eggs inside of other insects. By providing habitat and food for these insects, you can attract them to your garden to help you manage pests.

By being visually distracting

Some insects use visual cues to find their target plants, such as leaf shape or color. If you have a whole plot full of the same plant, insects may find it more easily than if you have a variety of plants with different heights, colors, and textures.

Medicare 101 virtual class

There is a lot to do when you become eligible for Medicare and it can seem overwhelming. Minnesota's Senior LinkAge Line® offers a class giving you answers.

The Senior LinkAge Line Medicare 101 class is for people new to Medicare and would like to learn about Medicare Parts A, B, C and D. Topics include a comprehensive introduction to Medicare including what Medicare covers, supplemental insurance and Part D prescription coverage.

During class, you will find out how to get the most from your benefits and how to research your Medicare plan options using the Medicare.gov site.

Space is limited, to attend please register online at www.dancingskyaaa.org or call Senior LinkAge Line at 1-800-333-2433.

WHAT: New to Medicare Virtual Class

WHEN: Thursday, April 21st, 2022 from 2:00 PM – 4:00 p.m.

WHERE: Online Virtual Class

REGISTRATION: www.dancingskyaaa.org

The Senior LinkAge Line® is a free statewide service of the Minnesota Board on Aging in partnership with Minne-

MSL golf scramble

McIntosh Senior Living will host a golf scramble on Saturday, June 11th from 9:00 am to 3:00 pm. The 18-hole tournament at the Fosston Golf Club will help raise funds for a new 6-seater golf cart for MSL residents to cruise the town.

There will be an after party following the scramble at Ventures Bar & Grill in Fosston.

Registration fee is \$50 per person in teams of 3 - 4. The fee includes lunch.

For more information visit the McIntosh Senior Living Facebook page or check out the website at mcintoshseniorliving.com or call (218.) 563-2715 for sign up form and more information.

Join in the fun and prizes and support a good cause.



WEM Spring Break

Win-E-Mac School Spring Break will be Friday, April 15th and Monday, April 18th.. There will be no school on those days and also no activities.



- Wed. April 6:**
Kassi Schow, Judi Lindseth, Caillie Boucher

Thurs. April 7:
Allen Carver

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

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

Sun. April 10:
Bobby Strom, Jeffrey Brekke, Ione Halvorson

Mon. April 11:
Don Sultvedt



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"Serving the Win-E-Mac area"

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sota's Area Agencies on Aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the service and support they need.

Call the Senior LinkAge Line at (800)-333-2433, Monday through Friday from 8:00 a.m. to 4:30 p.m. or visit www.MinnesotaHelp.info to chat with a specialist during business hours.

Widow/Widower grief support group

Hospice of the Red River Valley offers a free Widow/Widower Connect support group to adults who have lost their spouse or partner by death and are in their young to middle years of life. Our grief support groups offer attendees a safe, supportive environment for learning about their grief and talking with others who have experienced a loss through death.

Widow/Widower Connect meets virtually the second Tuesday of the month from 1-2:30 p.m. Registration is required. The class is free and open to the public; offered virtually. For questions or to register, call (800) 237-4629 and ask for the grief support department or email grief@hrrv.org.



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

Wed. April 6: 5:30pm Mass at St. Mary's, Fosston

Fri. April 8: 8:30am Mass at St. Mary's, Fosston

Sun. April 10: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Thur. April 14: 7:00pm Mass, Last Supper & Institution of the Holy Eucharist, Adoration after Mass until 10:00pm at St. Mary's, Fosston

Fri. April 15: 6:00pm Good Friday Service at St. Mary's, Fosston

Sat. April 16: 8:00pm Easter Vigil Mass at St. Mary's, Fosston

Sun. April 17: 8:30am Easter Sunday Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. April 10: 9:30am Coffee Hour; 10:30am Church Service

Sun. April 17: 9:30am Coffee Hour; 10:30am Church Service

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Interim Pastors John Anderson and Phil Rokke

Sunday Services
9:30am Mt Carmel
11:00am Trinity
Sunday School
9:45am Trinity
10:45am Mt. Carmel

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

Sun., April 10: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch](https://www.facebook.com/gosenchurch).com);

Tues. April 12: 10:00am Sunday worship service telecast on GVTV--30

Wed. April 13: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Lee Laaveg

Sun. April 10: 9:00am Worship

Sun. April 17: 9:00am Worship

BUSINESS & PROFESSIONAL GUIDE

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

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Prescribed burning at Rydell and Glacial Ridge is a sign of spring

Each spring, columns of smoke can be seen across the landscape in northwest Minnesota. These smoke columns are the result of landowners burning drainage ditches, farmers and ranchers burning agricultural stubble, pastures, and piles of brush and trees. Another originator of these spring “smokes” across the landscape is the U.S. Fish and Wildlife Service and Minnesota Department of Natural Resources. The carefully planned prescribed burns that are conducted on state and federal lands are needed to maintain critical habitats for both game and non-game species found in northwest Minnesota.

The historic year of wildfires across northwest Minnesota, in the spring and summer of 2021, served to increase the emphasis of the U.S. Fish and Wildlife Service conducting prescribed fires in an effort to keep the accumulation of grass, brush and trees down to a manageable level across the landscape. Land managers and firefighters use prescribed fire as a fuel reduction tool. Wildland firefighters often reference this as “We combat bad fire (wild-fire) with good fire (prescribed burns).”

On the other side of the prescribed fire management tool are the species that the U.S. Fish and Wildlife Service manages their lands for. Fire removes dry, dead plant matter that has built up over the years, opening up space for new plant growth and providing better cover for wildlife.

The burning also recycles important nutrients that are locked up in dead plant matter, returning them to the soil where they can be used by growing plants. At the 23,000-acre Glacial Ridge National Wildlife Refuge, located in northern Polk County, some of the target species are ground-nesting grassland birds, such as ducks, prairie chickens, upland sandpipers, bobolinks, and meadowlarks. All of these

birds require a different grass structure (height and thickness) and varying amounts of “thatch” layers (a buildup of previous years’ grasses) to build their nests. Due to the mosaic of grasslands that the Refuge’s diverse bird community requires, the Refuge staff utilize various types of land management tools; haying some areas to create short grasses, burning to remove thatch layers and create short grass during nesting season, and grazing to achieve similar results. Another benefit of

conducting prescribed fires is to set back woody vegetation (willow, aspen) that has encroached upon open grassland areas.

In the spring of 2022, the U.S. Fish and Wildlife and other partners will be conducting prescribed burns across northwest Minnesota. For more information about prescribed fire activities on Rydell or Glacial Ridge National Wildlife Refuge, contact Eric Mark, Fire Management Specialist, at 701-425-9080 or eric_mark@fws.gov.

What seniors should know about social media safety

Seniors might not be the demographic individuals initially associate with social media. However, Pew Research notes that seniors’ social media usage has been steadily rising for a number of years, proving that individuals 65 and over are not tech-averse.

Social media platforms like Facebook and Instagram can be a great way to stay connected with family and friends and stay up-to-date on community events. Seniors without much social media experience can heed these safety tips as they navigate popular platforms.

- **Examine your account settings.** Social media users can control their privacy settings so they can decide who can (and can’t) view their online activity.

Each platform is different, but profiles set to public generally allow anyone to view individuals’ activity, so seniors should set their profiles to private to limit access to their information.

- **Be mindful of your social media social circle.** It’s easy to make virtual friends via social media, but seniors should be mindful of who they accept as online friends. Care-

fully consider each friend request and decide just how big or small you want your social media community to be.

- **Avoid sharing personal information.** Seniors are no doubt aware that they should never share especially personal information, such as their Social Security number. However, seniors also should hesitate to share personal information like vacation plans. Seniors who post about upcoming trips could return home to find they’ve been victimized by criminals who scoured their social media accounts and learned when they were going to be away. A good rule of thumb is to keep personal information private and limit posts to information that is not overly specific or sensitive.

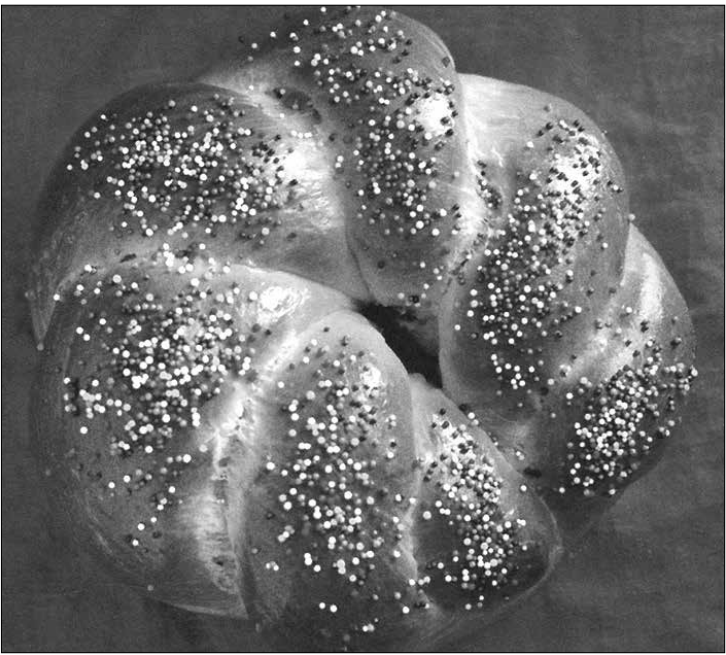
- **Recognize the threat posed by scammers.** Social media platforms have had varying degrees of success in regard to keeping their sites scam-free. But scammers find a way, and users must take steps to avoid being victimized. Never click on a link within a post from someone you don’t know and avoid anyone soliciting donations through social media platforms.

Easter bread is a tradition in many homes

Families share many Easter traditions. Easter in a home with people who trace their ancestry to Italy will likely feature “Pane di Pasqua,” which translates to “Easter Bread.”

Easter Bread is a ring of sweet bread that can be adorned with candy sprinkles. Some people nestle colorful hardboiled eggs within the twisted dough as well. Traditionally, Pane di Pasqua is made on Good Friday to help break the Lenten fast for Easter. The following recipe for “Pane di Pasqua” from “Feast of the Seven Fishes: A Brooklyn Italian’s Recipes Celebrating Food & Family” (Powerhouse Books) by Daniel Paterna makes enough dough to share the bread with friends and family.

Pane di Pasqua
Yields 7 to 8 loaves
Dough
5 packages of dry yeast (11 1/4 teaspoons proof yeast in a 4-cup container)
5 pounds unbleached all-purpose flour (approximately 17 cups)
1 additional pound flour for adding to dough if needed, cleaning hands, and dusting boards and pans
3 1/2 cups sugar
Pinch of salt
1 pound salted butter, softened, plus a bit more for coating rising dough
24 medium to large eggs, beaten
2 tablespoons anisette extract
Decorating
6 ounces rainbow-colored nonpareil
3 egg yolks
3 tablespoons water
Combine the flour, sugar and salt in a 16-quart pot. Add the butter and mix by hand, squeezing and merging butter with the flour mixture. Add proofed yeast to the flour mixture; continue mixing ingredients.
Slowly stir in all the beaten eggs and anisette using a fork. Continue to mix until ingre-



dients are combined and loose until dough begins to form.

Knead the dough with floured hands for approximately 45 minutes, or until it becomes smooth and elastic. Add flour to the dough if needed, or to scrape the dough off your hands and the bottom of the pot.

Once the dough is fully kneaded, leave it in the pot, lightly spread some butter over the top to keep it moist, and cover with a cloth. Leave at room temperature to rise for 8 hours or overnight. The dough is ready when it rises about 5 times its size.

When the dough has fully risen, punch it down, turn it out onto a floured surface, and form it into a ball. Cut the dough into 7 or 8 smaller dough balls using a sharp knife. Then cut each ball in half. Roll each half into strands approximately 16-inches long. To form a loaf, lay the strands side by side and cross them over at one end, offset by 3 inches.

Continue crossing one strand over the other while working the braid into a circle. The tie off can be challenging. Join the circle by tucking one end under the other, pinch

the dough firmly together to seal, maintaining the twist and thickness of the loaf. Repeat with the remaining dough.

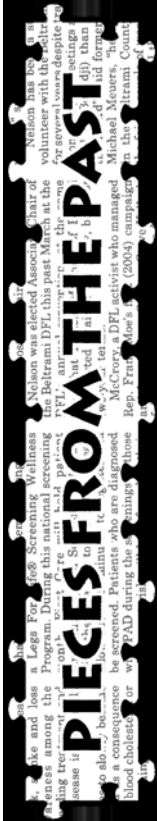
Butter and flour one 9-inch baking pan for each loaf. Place the braided loaves in individual pans and set aside, covered in a warm, draft-free place to rise for another hour until the dough rises about 30 percent more.

At this point, preheat the oven to 250 F.

When the dough has risen, place the pans into the oven for about 10 minutes, then raise the temperature to 325 F. Bake until the bread is a dark golden brown and makes a hollow sound when lightly tapped on the bottom.

Prepare the egg wash for decorating. In a small bowl, beat the 3 egg yolks with 3 tablespoons of water and set aside.

When the breads are fully baked, remove them from the oven and pan using oven mitts, then decorate immediately. Brush the egg wash onto the hot surface of each loaf and sprinkle with the colored confetti. Set the loaves to cool the racks. Slice a wedge and spread with butter.



40 years ago...1982: The McIntosh Center Base youngsters posed for this picture during their Monday afternoon tour of the Mac Post Office (front) Jeffrey Aakhus, Lynnae Tofstad, Kjersten Langemo, Matt Rivera, and Jesse Swanson; (back) Jessica Carlson, Tanya Ostenaar, Shawn Hedlund, and Michelle Fritz.



20 year ago...2002: (Above) Eleven Win-E-Mac students have been selected to sing with the Honor Choir at the large Group Festival in Ada. (Front, l-r) Amanda Clementson, Jamie Foss, and Skyler Hoas; (back) Chris Plante, Cindy Finseth, Tiffany Shimp, Cassie Osland, Jamie Stewart, and Tim Irelan.

(Below) Ten instrumentalists will represent Win-E-Mac High School in the Large Group Music Festival Honor Band. (Back, l-r) Kristen Hole, Kelsi Ostenson, Amy Kaupang, and Kevin Branstner; (middle) Brittany Olson, Sarah Lundquist, Matt Mahlen, and Mike Lindseth; (front) Ashlee Stordahl, and Ashley Haugen.



10 years ago...2012: Plaques for years of service were presented to the Board and Employees of the McIntosh Cooperative Creamery Association. Back row (l-r): Curtis Bartz (24 years), Tim Rolf (12 years), Gary Munter (10 years), Mike Voxland (10 years); Front row: Lee Narum (2 years), Charlotte Hopke (16 years), Philip Quam (20 years), and Mark Lee (24 years).

The NW MN Arts Council is pleased to announce "Of the Year Award" winners

Three awards are given each year to recognize artists and arts advocates within our seven-county region who stand out in terms of artistry or volunteerism in the arts. Of the Year Award winners were nominated by area residents.

Of the Year Award Winners include:

Ross Hier of Crookston will be awarded the Northwest Artist of the Year Award for Visual Arts. A self-taught artist, he is a watercolor painter and works in pen and ink. Nature provides Hier with unlimited subject matter and his painted subjects are wide-ranging. His watercolors have been exhibited at numerous venues in both the Dakotas and Minnesota, including many NWMAC exhibits. He also makes wooden, working duck decoys and other creations. Our Artist of the Year award can be given to any discipline artist including visual, performing, or creative writing who are emerging or at a mid-way point in their artistic endeavors. It is a cash award of \$500.



Philip McKenzie of Thief River Falls will be awarded the Northwest Arts Advocate of the Year Award. McKenzie is a musician and is active in promoting the arts in our region and statewide. He is the Chair of the Minnesota State Art's Board, an adjunct oboe faculty at both UND and NDSU, and hosts a weekly radio show – Northern Classics on Pioneer 90.1. He was an executive director of the Greater Grand Forks Symphony Orchestra, has served on the board of Thief River Falls Community Theater, Greater Grand Forks Symphony, and the Sheridan Chamber Players. He has conducted numerous musicals in Thief River Falls. Our Arts Advocate of the Year award is



Ross Hier awarded the Northwest Artist of the Year Award for Visual Arts.

\$500 and includes arts from all disciplines.



LaVonne Forsberg of Thief River Falls will receive the Northwest Star Award. Forsberg is a Visual Artist known for watercolor paintings and stained glass. For many years, she owned Country Class Arts downtown Thief River Falls, which offered framing services, classes, arts supplies. Forsberg has received awards in past NWMAC exhibits and other statewide exhibits for her art. You can find her

stained-glass work throughout our region at 13 churches and at the Carnegie Library in Thief River Falls and her paintings at the University of Minnesota Crookston. She was commissioned by the state of Minnesota to design and paint the Old Mill State Park entrance permit and collector's mug in 2001. This award comes with \$5,000. Artists can only receive our Northwest Star Award once as a lifetime achievement award.

These awards will be presented on Wednesday, April 27th in Thief River Falls at Northland Community and Technical College in the cafeteria. Mingling, dessert, and live music begins at 7 pm and the program at 7:30 pm. The event is free of charge and open to everyone. The reception is a wonderful day of celebrating the arts in our region. Please join us!

For more information about these awards, see our website at <http://www.northwestminnesotaartscouncil.org/>

Funding for Northwest Star and Northwest Artist of the Year comes from The McKnight Foundation. Funding for Northwest Arts Advocate of the Year comes from the Minnesota State Legislature.

WEM Junior Class After-Prom fundraiser winners for March 2022

The Win-E-Mac Junior Class After Prom fundraiser announces its' winners for March 2022.

The committee is still looking for and accepting donations for the After Prom Party which will be held on Saturday, May 7th.

- 1st - \$25 – Dale Mossestad, Plummer
- 2nd - \$25 – Marsha Gullingrud, Twin Valley
- 3rd - \$25 – Mary Ann Olson, Lake Sarah, Erskine
- 4th - \$25 – David Myhrum, Winger
- 5th - Savage 270 w/scope – Nevette Neubert, Winger
- 6th - \$25 – Jennifer Wang, Winger
- 7th - \$50 – Katie Roed, Lake Sarah, Erskine

- 8th - \$25 – Morgan Olson, TRF
- 9th - \$25 – Nick Geray, Winger
- 10th - \$25 – Brandon Voje, Beltrami
- 11th - \$25 – Steve Massman, Winger
- 12th - \$100 – Emily Gast, Lake Sarah, Erskine
- 13th - \$25 – Amanda Schultz, McIntosh
- 14th - \$50 – Betty Stueness, Gary
- 15th - \$25 – Ben Larson, Duluth
- 16th - \$25 – David Myhrum, Winger
- 17th - \$25 – Shane Johnson, Erskine
- 18th - \$25 – Shawn Moritz, Winger
- 19th - \$100 – Cathi Berberich, Carrbora, NC

- 20th - \$25 – Phil Sequen, Waubun
- 21st - \$50 – Nikon Erofeef, McIntosh
- 22nd - \$25 – Susan Rasmussen, Erskine
- 23rd - \$25 – Roxanne Geray, Mahnomen
- 24th - \$25 – Gary Stonstalie, Winger
- 25th - \$25 – Alison Haaven, Warren
- 26th - \$100 – Daphne Klema, Pine Lake, Gonvick
- 27th - \$25 – Chris DuChamp, Erskine
- 28th - \$50 – Jolene Brevick, Twin Valley
- 29th - \$25 – Rose Weber, Perham
- 30th - \$25 – Rob Thompson, McIntosh
- 31st - \$500 – Linda Hand, Fosston

5 tax prep tips

Tax season isn't something most people look forward to, particularly if they suspect they owe money.

However, a few tax prep tips can make the process of filing a return and, if necessary, paying back taxes as pain-free as possible.

1. Call your tax preparer early. If you use an accountant or another tax preparer, be sure to book the appointment as soon as possible because slots fill up quickly. You don't want to wait until the last minute and find there are no remaining appointments.

2. Establish a tax preparation folder. Beginning in January, certain documents will arrive in the mail that will be needed to file your taxes. Documents include earnings statements, banking interest statements and documents indicating investment profits. When items arrive, stash them in your tax folder so you'll have all necessary paperwork at the ready.

3. Avoid tax scams. As tax season draws near, tax scammers target unsuspecting individuals. You may find that you receive calls or texts from those purporting to be with the Internal Revenue Service. However, financial experts say that the IRS or the U.S. Treas-



surey will never call you on the phone; their mode of contact is via the U.S. mail. Another scam is individuals advertising a bigger refund when you use their services. This is not how tax laws work nor is it possible to get a return larger than what is owed. Avoid anyone promising a bigger return, advises Bankrate.

4. Consider increasing health spending account contributions. Lisa Greene-Lewis, a blog editor at TurboTax, says HSAs are triple tax-advantaged, meaning you get an "above-the-line" deduction for contributing, and the growth in these accounts as

well as withdrawals are tax-free if used for qualified health expenses. If you need to lower your tax burden, HSAs may be a safe and legal way to do so.

5. Utilize tax software. If you're not using an accountant and have a relatively cut-and-dry financial situation, modern tax software can be an easy and inexpensive way to do your taxes. These sophisticated programs ask a series of detailed questions and the entire process can be completed in relatively little time.

It's almost time to get income taxes in order. Certain tips can make the process go more smoothly.

WEM elementary students will share a special night with parents

The Win-E-Mac Patriot Pride Boosters will be hosting two special events, A Night to Remember, for fathers and daughters and Memory Night: Boy/Mom Style.

The flyers went home with students a month ago. If you need a form they are also available on the school website at www.wemschools.org. Forms can be given to the office or your student's teacher.

A Night to Remember will be a special night for young girls. Girls 4 years old to 6th grade can bring their adult male role model, a dad, uncle, grandpa or friend to a sit down dinner, dancing, a memorable photo opportunity and an activity for each girl. The event is Saturday, April 9th starting with Social Hour at 5:00 pm and dinner served at 6:00 pm.

Memory Night, a special

night for young boys, will be Saturday, May 14th

Any boy who is 4 byears old to 6th grade and their special female role model, their mom, aunt, grandma or friend is welcome to attend. Clothing for this event will be comfy clothes for running and playing.

There will be dinner, games and activities, a memorable photo opportunity, a building project for the boys to take home.

This years theme is Marshmallow Mania.

The event starts at 5:00 pm in the Arts & Event Center lobby.

Payments are made at time of registration. Registration can be dropped off at the Win-E-Mac School office.

These special events are brought to you by the Patriot Pride Boosters. If you have

any questions about the events you can email at: patriotprideboosters@gmail.com.



The report cards for 3rd quarter, for high school, can now be found on StudentVue/ParentVue.

Caulfield will be here for Spring Sports Pictures on 4/21 starting at 3:10. Softball will be taking there's in Fosston at an earlier date, so this will just be for Baseball and Golf. Order envelopes should arrive to Kristi soon.

Arts Legacy Grants deadline is May 1st with grant training session on April 13th

An additional deadline has been added for Arts Legacy Grants. Applications are open for Arts Legacy Grants and due May 1st.

Grants are awarded to non-profit arts organizations, communities, schools, individuals and other nonprofit organizations.

Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties.

Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region. Funding can be used for Arts Projects, Arts Equipment, General Support, Public Art Projects and Arts Events in northwest Minnesota.

Applications funded through this very important grant opportunity include festivals, community theatre projects, folk music entertain-

ment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

Need assistance? We are offering a grant info training session on Wednesday, April 13th at 11:00 AM.

Let us know if you'd like to participate in person or virtually. Or you can set up a time to work one-on-one with our director on the grant writing process.

You are welcome to come to our office in Warren to work on your grants in our new setting or virtually. Please email Mara at director@nwarts council.org or call 218-745-8886.

Schools in our seven-county region can also apply now for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster is online on our website and is a great resource to view artists

available to teach in our area. Go to www.NorthwestMinnesotaArtsCouncil.org. Another resource to view artists available to enhance curriculum is COMPAS.

Also available on a first come-first served basis are Quick Turn Around Grants for \$500.

These grants can be used for missed gigs and income due to the pandemic. Use the Quick Turn-Around application in the Individual Artist grants. See our website for more information and to apply!

To learn more about grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org. The grant application process is completely online and NWMAC's Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Please contact her at director@NWArtsCouncil.org or call 218-745-8886.

Music for the soul: Hospice volunteer makes impact through song

By Hospice of the Red River Valley

Music is a big part of Gene Okerlund's life. He performed at his alma mater Concordia College, spent most of his career teaching music and in arts administration, and performs in big bands, master chorale, church choir, brass quintet and others.

But some of his most impactful experiences with music are through one-on-one visits with hospice patients as a volunteer with Hospice of the Red River Valley. "Music is one of the last things that leaves our soul," Gene said.

Gene noticed the impact of music on his first visit as a hospice volunteer. He was paired with a patient in a facility who was prone to outbursts. Gene pulled up a chair and started playing music.

"She calmed right down," Gene said. "I visited her for seven or eight months. She never spoke a word, but she would reach out and squeeze my arm. Every time I left, I would think 'as a hospice volunteer you really receive a whole lot more than you give.'"

Gene has been volunteering with Hospice for more than eight years. He admits being nervous at first meeting people who are nearing the end of life. The worries quickly faded.

"There's always a little bit of apprehension because you don't know how they are going to respond," Gene said. "But after my first experience, I realized there was nothing to fear."

Gene has many examples where someone reacted to his music:

The 90-year-old military veteran at a skilled nursing facility who, after a series of patriotic songs, told Gene how he survived the sinking of the USS Arizona in Pearl Harbor.

The patient who had difficulty communicating but kept gesturing to Gene as he set up and played a few songs before a nurse entered the room with the patient's hearing aids.

A 107-year-old who lived on a farm with her 86-year-old daughter and would end each song with an enthusiastic "Amen."

Gene's own brother-in-law who was otherwise unresponsive the day he died, but smiled when Gene asked, "Should I put my guitar away?"—the final punchline to an ongoing joke between the two.

Another memorable moment was singing "Amazing Grace" at a memory care facility. Two young women came up to Gene with fresh tears on



their faces following his set. They worked at the facility. The resident who sat between them had been nonverbal for three months as they cared for her physical needs. The resident had started singing along with Gene during that performance.

Gene plays many instruments, but his typical visit begins by taking out his guitar. Sometimes he'll chat with the patient about the song and its meaning. "Every song has a story to it," Gene explained.

His favorite song is "What a Wonderful World" by Louis Armstrong. He loves performing it, and he even has Armstrong's signature vocal style down pat.

"The lyrics talk about so much of what we need in this world," he said.

Gene tailors his music to each patient's preferences. Some like church hymns. Others like Broadway musicals. Often, it's songs they recalled from their childhood.

His repertoire thankfully included three Hank Williams songs for a patient who was a fan.

"She simply smiled when I was singing his tunes," Gene shared.

Gene was a part of Hospice of the Red River Valley's first We Honor Veterans recognition ceremony, where a patient who is a veteran is recognized for their military service and sacrifices. He led an audience of family and friends in singing "Battle Hymn of the Republic." The hospice patient was a veteran of World War II.

"Here's a fellow who spent an important part of his life serving us," Gene said. "I loved that his family was there to support the occasion. I don't think we can say 'thank you' enough."

Gene is a four-time cancer survivor. He's learned many

life lessons from spending time with those nearing end-of-life. One of the most significant is the ability to let go.

"One of the greatest revelations is when I'm sitting with someone at the end of their life, they have been able to release themselves of all the material stuff they have been wading through all of their lives and are focusing on that one thing, and that is their transition, sometimes with fear and trepidation, and sometimes with peace. But they have been able to let go, and it's too bad we have to wait until that moment. It's a blessed reminder of where I need to be in life," Gene explained.

Gene has advice for anyone who is apprehensive about playing music for a hospice patient: If music is something you love to do, then you have a gift to share.

"I don't think hospice patients are concerned whether you have a great musical voice or that you miss a chord," he said. "They just appreciate you being there. You make a new friend, and the more you are with people in these circumstances, you learn to understand the 'signals' and how much they are responding to the music."

Gene continues volunteering, leaving each visit knowing it was a valuable moment for both. He said that even if a patient isn't able to communicate, he knows from experience they are absorbing the music.

"I think of my parents and their message to us that as you get older and you have time to serve, you serve," Gene said. "I'm fortunate to have music to use as a tool. That's how I tell and share my story."

Whatever your skills and interests, there's a volunteer role of you at Hospice of the Red River Valley. Visit hrrv.org to learn more and apply.