



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



On Monday, April 4th Win-E-Mac students were honored for their fall athletic accomplishments. The Randy Helgaas Defensive Player of the Year was awarded to Kiersten Anderson (girls JV), Emily Strom (girls Varsity), Kaleb Morberg (boys JV) and Dorian Fadet (boys Varsity). The Mark Schimanski Player of the Year Award was given to first year Patriot, Justin Courneya. Pictured (l-r) Kiersten Anderson, Justin Courneya and Dorian Fadet. (Not pictured) Emily Strom and Kaleb Morberg.



Receiving awards during the winter sports awards ceremony recently held at Win-E-Mac School were: Anton Hickman (Academic and Best Teammate awards), Justin Courneya (All-Conference), Ryan Kangas (Most Improved award and All-Conference Honorable Mention), and Chase Shear (Coaches award).



The Win-E-Mac Lady Patriots were honored with winter sports awards on Monday, April 4th at the school. Pictured (l-r): Savhanna Svalen (All-Conference Honorable Mention), Lauren Kaupang (Newcomer/Newbie award), Ava Howard (Crystal Ball award), Shelby Mandt (Just One More award), Nadelly Neubert (Off The Bench award), Kallie Hand (Coaches award), and Alivia Winter (Academic All-State award).

City of McIntosh

Clean Up Week: April 23rd thru May 1st

The City of McIntosh Council would like to promote a clean and healthy community by designating the first full week of May as CITY OF MCINTOSH CLEAN UP WEEK. Property owners within city limits may bring items to the lift station site on 1st St SE (area south of the baseball field). Please throw items in the proper bins. This service is free of charge, but donations would be greatly appreciated to help defray costs.

Be prepared to show proof you own property or reside within the city limits of McIntosh. Having a McIntosh mailing address does not necessarily mean you live within city limits. This service is provided solely to MCINTOSH CITY TAXPAYERS. If you are unsure, please call the city clerk's office: 218-563-3043.

Pick-up service is available for those unable to bring in their own items. Items must be piled near the street no later than 8 a.m. on May 1st. If further help is needed with removing items from property, please call the city office and help will be scheduled. If interested in volunteering to pick up items and/or use of your truck and/or trailer, please call the City Office.

Acceptable Items:

- Small Amounts of Demolition Material (Wood, Metal, Shingles, Windows, Sheet Rock)
- Dry Paint Cans

Mac Easter Egg Hunt



Join the McIntosh Community Club at Roholt Park (The Lion Park) Saturday, April 16th at 2:00 p.m. to hunt for Easter Eggs filled with treats, enjoy refreshments, and see the Easter Bunny!

Register to win a bike donated by the McIntosh Fire Department!

The hunt will be at Roholt Park, rain or shine, so dress for the weather! See you there!

- Mattresses, Box Springs, Couches, Chairs
 - Other Miscellaneous Household Items
 - Non-acceptable items:**
 - Tires
 - Small Appliances
 - TV's
 - Computers or Monitors
 - Railroad Ties
 - Fluorescent Bulbs
 - Cement
 - Hazardous Materials
- *Please note that we are not accepting yard waste: branches, leaves, grass clippings, etc. These items can be taken to the green dump on the south end of town. If you need assistance, please contact the City Office.
- Don't let this happen to you!**
- It's that time of year when folks are doing extra cleaning around the house and trying new products to make those jobs easier. We strive to make sure the sewer system stays clear and doesn't back up into buildings. You can help us (and your neighbors) by not flushing: grease or oil down drains. Grease such as cooking oils, tallow, bacon grease, etc. will harden in the lines, and on the float switches, causing the pumps not to work.
- non-biodegradable items down drains. Items such as cigarette butts, dental floss, Q-tips, disposable diapers, sanitary napkins, tampons or condoms can clog the pump and

pipes.

flushable manufactured wipes. Even if product states it is flushable it does not disintegrate like toilet paper, so it clogs and tangles in the rotors of the pumps and lines.

rigid or gritty materials down drains such as cat litter, coffee grounds, chicken bones, eggshells, fish scales, etc. Limit the materials you put through a garbage disposal to edible food products only.

flammable or volatile liquids down drains such as gas, waste oil and thinners. It is illegal to dispose of these items in the sewer system.

household chemicals down drains, such as paint, pesticides, herbicides, strong cleaning products, or other toxic chemicals.

Manufacturers list many things as flushable, but the only thing that belongs in a toilet is toilet paper and human waste.

On behalf of your neighbors and friends, thank you for helping to keep clogged sewer lines at a minimum!

Remember it's a toilet. Not a trash can.

*Water lines will be flushed every Thursday throughout the summer. If you notice water is rusty and discolored discontinue use during this time and let water run until clean in lines.

2022 SkyWarn Training



Polk County Emergency Management, in conjunction with the National Weather Service, will conduct Skywarn Storm Spotter training classes. These training classes are beneficial for those who simply wish to become better informed, as well as those who want to be designated storm spotters.

The training's will be conducted by a Warning Coordination Meteorologist from the National Weather Service.

Individuals are taught the

basics of thunderstorm development, storm structure, what constitutes severe weather, and how to report this information.

Additional information on severe weather safety is also covered. These classes are multi-media presentations which include detailed video.

We ask that you alert citizens of the upcoming classes.

Classes will begin at 6:00 pm and run to approximately 8:30 pm with a 15 minute break in the middle to allow for questions and refreshments. These training classes will be held at the time and locations listed below.

Monday, April 18th 6:00 pm – 8:30 pm – Embassy Community Center, Fosston, MN

Tuesday, April 19th 6:00 pm – 8:30 pm – Knutson Community Center, Fertile, MN

Wednesday, April 20th 6:00 pm – 8:30 pm – Kiehle Auditorium, UMC, Crookston, MN

If you have any questions, please do not hesitate to contact the Polk County Sheriff's Office – Emergency Management Department. We can be reached at 218-470-8263, 218-470-8290, or by emailing jody.beauchane@co.polk.mn.us or jill.moreno@co.polk.mn.us.

We would like to take the opportunity to thank you for your continuing assistance and support.



Friday, April 15th and Monday, April 18th will be Spring Break at Win-E-Mac School. There will be no school or activities these 2 days.

National Public Safety Telecommunications Appreciation week

Not all heroes wear capes. Some wear headsets.

April 10-16, 2022 is National Public Safety Telecommunications Appreciation Week. It is a time when we thank our telecommunications personnel who serve our citizens and public safety agencies 24 hours a day, 7 days a week.

Polk County has 10 full time telecommunications who serve Polk County and surrounding areas, fielding more than 32,000 calls annually.

Their work isn't seen by many people aside from public safety personnel; however, they play a vital role in keeping our communities safe.

Polk County Telecommunicator Supervisor Nancy Shafer said, "Today's Tele-

communicators operate a lot differently than they did in the past," "We have to think faster, work harder, all while remaining calm while there is chaos around us." She is proud of the team.

"Many of them have stayed in this profession for long careers. "Not everyone is cut out to be a telecommunicator," she said. "We hear everything from a road report to a serious life-threatening medical call."

Polk County Sheriff Jim Tadman stated that, "It takes a special person to do this job, answering the critical incident life threatening call takes a toll on you". "They listen to everyone's worst day and provide calm, clear direction until help arrives.

"They are a lifeline for our residents in need and vital for our Law Enforcement, Fire, EMS. Our telecommunications come from many different fields, many different backgrounds. One thing they have in common is they have hearts of gold".

This week, we thank our telecommunications personnel and recognize them for the heroes they are.

Please join us in thanking our dedicated team of telecommunications and recognizing the service and commitment of telecommunications professionals throughout the nation.

Be Safe,
Sheriff Jim Tadman and
The Polk County Sheriff's Office

Polk County 2022 road construction areas

According to the Polk County Highway Department, the following County Roads will be under Construction during the 2022 construction season.

- CSAH 1**
Bituminous Overlay located from Beltrami, MN to TH 32 in Fertile, MN
- CSAH 15**
PCC Box Culvert and CD 26 Grading located in Fisher, MN
- CSAH 34**
Bit
Bituminous Overlay located from TH 2 in Erskine to TH 59
- CSAH 35**
Bituminous Overlay located from TH 59 to CSAH 8
- CSAH 44**
Bituminous Overlay located from South County Line to CSAH 1
- CSAH 46**

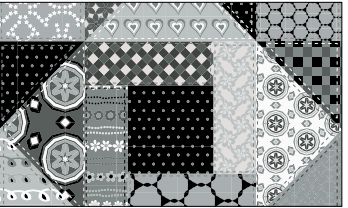
Grading and Aggregate Surfacing located from TH 102 to TH 2

- CSAH 72**
Bituminous Overlay located from East Grand Forks, MN to TH 220
- CSAH 73**
Bituminous Overlay located from TH 2 to CSAH 19
- CSAH 76**
Bituminous Overlay located from TH 2 to CSAH 17
- CSAH 84**
Stabilized Aggregate Base located from CSAH 1 to CSAH 36
- CR 206**
Stabilized Aggregate Base located from TH 59 to CSAH 41
- CR 211**
Stabilized Aggregate Base located from TH 102 to CSAH 12

The public is asked to avoid these construction projects by utilizing alternate routes of travel if at all possible.

The traveling public's cooperation during this construction will be appreciated.

Anyone desiring further information should contact the Polk County Highway Department in Crookston at 281-3952.



Quilt Day

The East Polk County Quilters (Quilts of Valor) will be meeting on Saturday April 23rd starting at 9 am at the McIntosh Community Center. We will have a planning meeting starting at 9am, with sewing to follow for the day. A potluck lunch will be at noon. If you'd like to help and be apart of this rewarding group, please plan to attend. Thank you!



CHURCH DIRECTORY

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

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
Tues. April 20: 11:30am Mass at St. Mary's, Fosston
Fri.. April 22: 8:30am Mass at St. Mary's, Fosston
Sun. April 24: 8:30am Easter Sunday Mass at St. Mary's, Fosston
Tues. April 27: 11:30am Mass at St. Mary's, Fosston
Fri. April 29: 8:30am Mass at St. Mary's, Fosston

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

Fri. April 15: 7:00pm Community Good Friday Service
Sun. April 17: 7:00am Sunrise Easter Service; 10:30am Regular service
Sun. April 24: 9:30am Coffee Hour; 10:30am Church Service
Our Savors 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 Savors 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 17: 9:30 a.m. Easter Brunch; 11:00 a.m. Easter Worship Service (also on Facebook and gosenchurch.com)

Tues. April 19: 10:00am Sunday worship service telecast on GVTV--30

Wed. April 20: 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
PastorLee Laaveg

Sun. April 17: 9:00am Worship
Sun. April 24: 9:00am Worship

LITTLE BOBBY'S BAR AND GRILL

295 Cleveland Ave, McIntosh, MN • 218-563-3008

Shhhhh... There is a surprise birthday party for Mary Goodwin on Saturday afternoon, April 15, beginning at 3PM at Little Bobby's.

Hors d' oeuvres will be served. Please come and wish this special lady a very happy birthday.

NOTICE

HILL RIVER ASSESSMENT NOTICE

Notice is hereby given, that the Board of Appeal and Equalization of the township of Hill River in Polk County, Minnesota, will meet at 9:30 a.m. in said township, at the Town Hall, on Monday the 25th day of April for the year 2022. The purpose of this meeting is to determine whether taxable property in the jurisdiction has been properly valued and classified by the assessor, and to determine whether corrections need to be made.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you are still not satisfied with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board shall review the valuation, classification, or both if necessary, and shall correct it as needed. Generally, an appearance before your local board of appeal and equalization is required by law before an appeal can be taken to the county board of appeal and equalization.

Given under my hand this 1st day of April, 2022.
Raymond O. Sundrud
Clerk/Treasurer of Hill River Township

Eggs are eggceptional

Eggs are a topic of conversation each spring, largely because of their relationship to the Christian celebration of Easter. Brightly colored Easter eggs are on display, chocolate eggs line store shelves and egg-lined birds nests in trees and bushes dot spring landscapes.

Eggs take center stage in early spring, but they're more than just novelties to include in Easter celebrations.

Eggs are nutritious. Eggs are loaded with vitamins A, D and B12 and the nutrient choline. They're also an excellent protein source in a small package. At 72 calories and packing six grams of protein, eggs can make for a great, filling meal at any time of day.

Eggs boost brain health. The choline in eggs is a crucial nutrient for memory, mood and muscle control, according to the University of Missouri Health Care system. Choline also is essential in fetal brain development and can help prevent birth defects.

Eggs don't always have to be refrigerated. In countries outside of the United States and Canada, eggs may not be refrigerated and do not have to be chilled. Also, outside of North America eggs are not washed prior to commercial production. However, according to the food resource TheKichn, power-washing eggs removes a protective coating and makes the eggs porous and vulnerable to contamination. A synthetic coating is put on washed eggs.

Shell color does not matter. The color of the eggshell doesn't indicate taste, nutritional value or even egg quality. The color of the eggshell reflects the breed of hen that laid the egg. Red-feathered hens tend to lay brown eggs, while hens with white features lay white eggs. Similarly, the shade of yolk is representative of what the chicken is eating.

A dark, yellow yolk means the hen was probably fed green vegetables. Lighter yolks coordinate to corn and grain diets.

All eggs are "hormone-free." The term "hormone-free" on egg cartons does not signify anything special. It's like advertising that snow is cold. The United States Food & Drug Administration banned the use of hormones in all poultry production in the 1950s. All eggs are hormone-free.

Size and eggshell thickness indicates the age of the hen. Eggs come in different sizes, such as medium, large and jumbo. The age of the chicken determines the size, with older hens producing

The origins of Easter Sunday

In western Christianity, Easter follows the Gregorian calendar and is thus considered a "movable feast" that is always celebrated between March 22 and April 25. Eastern Orthodox Christianity adheres to the Julian calendar, so Easter will fall on a Sunday between April 4 and May 8 each year. In 2022, the western Christian Easter celebration occurs on April 17 and the Eastern Orthodox Easter is observed on April 24.

Easter is the most important celebration on the Christian liturgical calendar. While commemorations of Jesus Christ's resurrection likely occurred earlier, the earliest recorded observance of an Easter celebration was in the second century, according to Britannica.

Initial Easter celebrations weren't known as "Easter," which is a word that was borrowed from Pagan spring celebrations of Eostre, the goddess of spring and fertility. It only became associated with Christian usage later on - long after biblical scripture was written. In fact, the word "Easter" only appears in one Bible, the King



larger eggs. Age also affects shell thickness, with younger hens laying thicker-shelled eggs, says Eat This, Not That!
Eggs won't hatch. Eggs sold for consumption are not fertilized. Hens that have laid them haven't mated.

Many birds lay eggs. Kiwis lay the largest egg in relation to their body size of any species of bird in the world. However, the ostrich, emu and cassowary lay the biggest eggs.

The sink or swim test can say a lot about an egg. Eggs become more porous as they age. You can tell if an egg is old by putting it in a glass of water. If it sinks, it is fresh. If it floats, it is an older egg.

Eggs get a lot of fanfare around Easter, and there's more than meets the eye to that carton of eggs in the refrigerator.

Community Birthday and Anniversary Calendar

King Township is seeking bids for road grading for 2022. Bids should be at an hourly rate and submitted with a Certificate of Insurance and **all bids must be received by Monday, May 2, 2022.**
Mail bids to:
King Township
PO Box 62,
McIntosh, MN 56556.
The King Township Board reserves the right to accept or reject any or all quotes.

King Township is accepting sealed bids for approximately 1500 yards Class 5 gravel. The Class 5 gravel must adhere to the Minnesota DOT specifications. Certificate of Insurance is required.
Please mail bids to:
King Township
PO Box 62,
McIntosh, MN 56556.
All bids must be received by Monday, May 2, 2022.
The board maintains the right to accept or reject any or all bids.

BUSINESS & PROFESSIONAL GUIDE

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McINTOSH Times

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"Serving the Win-E-Mac area"

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USDA to compensate drought-stricken ranchers for above normal costs

Assistance also available for feed and water hauling expenses.

Due to the persistent drought conditions in the Great Plains and West, the U.S. Department of Agriculture (USDA) is offering additional relief through the Emergency Assistance for Livestock, Honeybees and Farm-raised Fish Program (ELAP) to help ranchers cover above normal costs of hauling livestock to forage or other grazing acres.

This policy enhancement complements previously announced ELAP compensation for hauling feed to livestock. ELAP livestock and feed hauling assistance is retroactive for 2021 and will be available for losses in 2022 and subsequent years.

“Stakeholder input matters. After we rolled out updated ELAP policy last year to help cover the cost of hauling feed to livestock, thankful producers across the country expressed their appreciation for the expanded assistance and made suggestions to further improve the program,” said Zach Ducheneaux, FSA Administrator. “The additional update we are announcing today to help ranchers cover above normal costs of hauling livestock to forage reflects our commitment to meet our producers’ needs, whenever we have the flexibility and authority to do so.”

“Unfortunately, drought conditions across the U.S. continue and, in many states, have worsened. In response, we continue to find ways to help livestock producers alleviate some of the financial strain,” said Whitney Place, State Executive Director for FSA in Minnesota. “This most recent ELAP program update recognizes that, for some ranchers, hauling livestock to forage rather than feed to livestock is easier and makes more sense financially.”

ELAP Assistance Overview

8 tips for dying Easter eggs

Eggs long have been symbols of fertility and rebirth, making them fitting icons for spring.

One story links eggs to Easter as well. According to some religious scholars, Mary Magdalene, the woman who was the first person to see Jesus Christ after His resurrection, was holding a plain egg in her hand while waiting for the emperor to share the good news. The emperor then told her that Jesus' resurrection was as improbable as that egg suddenly blushing. The egg then turned red.

Dyeing eggs is an entertaining activity, but one that also may have some religious significance.

Many families will color eggs this Easter, and these guidelines can make the process go smoothly.

- **Wait until just before coloring to hard-boil eggs.** Good Housekeeping recommends boiling eggs for 11 minutes for a hard boil. Do not chill the eggs afterward; warm eggs absorb color more effectively for more vivid results.

A cheerful dessert to bring smiles

Lemon essence seems ripe for spring and summer entertaining, and can feature prominently in Easter desserts. Such is the case with this recipe for "Lemon Poppy Seed Pound Cake" from "The Pampered Chef® Stoneware Inspirations" by The Pampered Chef® Test Kitchens.

Lemon Poppy Seed Pound Cake
Yield: 16 servings
11/2 cups all-purpose flour
11/2 cups granulated sugar
2 tablespoons lemon zest
2 tablespoons poppy seeds
1 teaspoon baking powder
1/2 teaspoon salt
3/4 cup (11/2 sticks) butter, softened (do not substitute margarine)
4 ounces cream cheese, softened
4 eggs
2 tablespoons milk
1 teaspoon vanilla extract
Powdered sugar (optional)
1. Preheat oven to 325 F. Spray Stoneware Fluted Pan (or any bundt cake pan) with

ELAP provides financial assistance to eligible producers of livestock, honeybees and farm-raised fish for losses due to disease, certain adverse weather events or loss conditions as determined by the Secretary of Agriculture. In addition to ELAP covering feed transportation costs where grazing and hay resources have been depleted, ELAP now also covers transportation costs associated with hauling livestock to feed sources. This includes places where:

- Drought intensity is D2 for eight consecutive weeks as indicated by the U.S. Drought Monitor; or
- Drought intensity is D3 or greater.

Additionally, FSA has updated ELAP policy to also cover water hauling in areas experiencing D2 for eight consecutive weeks, lowering the drought intensity threshold (previously D3) triggering the availability of this financial assistance.

Eligibility
To be eligible for ELAP assistance, livestock must be intended for grazing and producers must have incurred feed or livestock transportation costs on or after Jan. 1, 2021. Although producers will self-

certify losses and expenses to FSA, producers are encouraged to maintain good records and retain receipts and related documentation in the event these documents are requested for review by the local FSA County Committee.

Payment Calculations
USDA will reimburse eligible ranchers 60% of livestock transportation costs above what would have been incurred in a normal year. Producers qualifying as underserved (socially disadvantaged, limited resource, beginning or military veteran) will be reimbursed for 90% of the feed transportation cost above what would have been incurred in a normal year.

USDA uses a national cost formula to determine reimbursement costs that will not include the first 25 miles and distances exceeding 1,000 transportation miles. The calculation will also exclude the normal cost to transport hay or feed if the producer normally purchases some feed. For 2021, the initial cost formula of \$6.60 per mile will be used (before the percentage is applied).

Online Decision Tool
Producers can use the updated ELAP Feed Livestock

Transportation Producer Tool to help producers document and estimate payments to cover both feed and livestock transportation costs caused by drought. The tool (a Microsoft Excel workbook) and other resources are available at fsa.usda.gov/elap. Final payments may vary depending on eligibility.

Eligible ranchers should contact their FSA county office to apply for ELAP assistance. To simplify the application

process, ranchers can print or email payment estimates generated by the online tool for submission to FSA. The deadline to request ELAP assistance for hauling livestock to forage in 2021 is June 30, 2022. The deadline to request all ELAP assistance for 2022 calendar year losses will be Jan. 31, 2023.

More Information
Additional USDA disaster assistance information can be found on farmers.gov, including

USDA resources specifically for producer impacted by drought and wildfire and the Disaster Assistance Discovery Tool, Disaster-at-a-Glance fact sheet and Farm Loan Discovery Tool. For FSA and Natural Resources Conservation Service programs, producers should contact their local USDA Service Center. For assistance with a crop insurance claim, producers and landowners should contact their crop insurance agent.



40 years ago...1982: The 1982 McIntosh Community Choir "Easter Cantata" was performed Good Friday in the McIntosh High School gym. This, the 4th Community Cantata was directed by Garnet Aanenson.



20 years ago...2002: The line was beginning to form just prior to 5:00 pm when people started to get hungry for spaghetti. The annual Lions spaghetti supper was held on Tuesday, April 2 at the McIntosh Community Center. Martha Henney finished her shopping in McIntosh and then waited patiently until the Lions finished preparations. She was their first customer.



10 years ago...2012: This group of Win-E-Mac kids dedicated their Saturday morning to "Jump Rope for Heart". They jumped from 9:00 am to 11:00 am and raised close to \$5,000 for the American Heart Association. Quite an accomplishment!



Dawson Gunufson and Roman Shultz recently enjoyed an evening at the McIntosh Library's presentation of Lalo's Lunchbox.



(Above and Below): Young and old alike enjoyed a great evening when the McIntosh Library presented Lalo's Lunchbox. A program about empowering kids to eat good food and do good deeds. Ed Jenkins who plays Lalo created the program because he is passionate about kids using their creativity to learn.



Full of energy and creating fun for young and old, the crew from Lalo's Lunchbox engaged everyone in the room recently during their show at the Community Center and presented by the McIntosh Library.

Explore these college savings strategies

Enrolling in a trade school or college is widely considered the next step after a student graduates from high school. College is especially popular, as the U.S. Bureau of Labor Statistics reports that 62.7 percent of high school graduates went on to colleges and universities in 2020.

Finding ways to pay for higher education has long been a goal for students and their families. PrepScholar, a college testing preparation resource, calculates that, by 2033, students can expect to pay around \$237,000 at in-state public universities and \$464,000 at private colleges or universities for four-year degrees.

That high cost is why so many families take proactive steps to set aside funds for college soon after their children are born.

No matter the situation, taking the steps to plan and save helps to make schooling more affordable.

529 college savings plan

A 529 is a specialized savings account for college and university costs. Most plans can be opened by a U.S. citizen or resident alien age 18 and older. The individual opening the account can be a parent, grandparent, cousin, or even a friend. The student is the beneficiary of the account. Four-year schools, community colleges and vocational/trade schools accept 529 accounts as payment sources. The only requirement is that the school must participate in the U.S. Department of Education student financial aid programs.

Education savings account, or Education IRA

The financial experts at Ramsey Solutions say an ESA works like a Roth IRA but it is designed specifically for education expenses. Individuals can invest up to \$2,000 (after tax) per year, per child. The account grows tax-free. The rate of growth varies based on

investments in the account. Ramsey estimates that at an average return rate of 12 percent on a \$36,000 investment (\$2,000 per year for 18 years) would grow to around \$126,000 by the time the child starts college. An ESA also can be used to pay for K-12 private school tuition, school supplies, tutoring, or textbooks. It also can be transferred to a sibling if the money is not needed for a particular student.

UTMA/UGMA plan

This plan is different from ESAs and 529s because it is not specifically designed for college savings. The Uniform Transfer/Gift to Minors Act is in the child's name but is controlled by a guardian until the child reaches age 18 or 21.

This mutual fund account can be used to save for college with reduced taxes, or funds can be used for other expenses, such as a car or housing.

Advanced placement classes

AP classes allow high school students to take college-level courses that can be converted into college credits. Each AP class reduces the need to pay for a class in college. This can add up to some significant savings. In addition, performing well in AP classes may make students more attractive to colleges and universities, helping students to earn academic scholarships.

Saving for college can start early and there are various vehicles for families to explore.



Congratulations to Win-E-Mac Junior, Izabelle Ostenaa who was one in 10 finalists in the running for the Heartland Chevy \$5,000 Scholarship. Izabelle won a prize of a \$500 scholarship.

Learn more about Parkinson's disease

When a famous individual announces a Parkinson's diagnosis, like singer-songwriter Neil Diamond did in 2018, there's an immediate uptick in interest in the disease. That can be turned into a positive, but it's important that people

recognize how Parkinson's affects individuals every day, regardless of their social status.

What is Parkinson's disease?

Parkinson's disease, also called PD, is a neurodegenerative disorder that affects

predominately dopamine-producing (dopaminergic) neurons in a specific area of the brain known as the substantia nigra, according to the Parkinson's Foundation. Those neurons weaken and die over time. In the simplest of terms, PD is a nervous system disorder that eventually affects movement and sometimes behavior. The Mayo Clinic says symptoms tend to start off minor and are often barely noticeable. PD builds progressively, and eventually may affect more than just movement - causing mental and behavioral changes as well.

Who does PD affect?

The National Institute on Aging says that anyone can develop PD, but the disease affects about 50 percent more men than women. Most people develop symptoms around age 60, making age a risk factor for PD. However, roughly 5 to 10 percent of individuals with PD have "early-onset," which begins before the age of 50.

Harvard Medical School also says that there may be environmental causes behind PD. Studies have shown a correlation between exposure to chemicals used in pesticides and herbicides, as well as metals and organic pollutants, and development of Parkinson's. Repeated blows to the head can increase the risk of developing PD as well.

Symptoms of the disease

Symptoms tend to develop gradually before progressing. Many people can live comfortably with PD for some time before it affects their daily lives. Common symptoms of PD include: Shaking or tremor; Rigid muscles; Difficulty walking; Bradykinesia (slowness of movements); Lack of facial movement; Poor posture; Unsteady balance.

As the disease progresses, these symptoms may occur: Slurred or soft speech; Trouble chewing and swallowing; Memory loss; Emotional changes; Decreased ability to smell; Restless legs; Urinary problems; Sleep disruptions.

Diagnosing PD

There are no medical tests to definitively detect the disease. Doctors use a series of markers to determine if PD may be present. The National Institute on Aging says diagnosis is usually based on gait issues, reduced swinging of the arms, lack of facial expression, and tremors, among others.

There is no cure for PD, but medications and therapy can help control symptoms. Carbidopa-levodopa is a medication that passes into the brain and is converted to dopamine to help reduce the effects of low brain dopamine concentrations in PD. Other medications may be prescribed as needed.

Early diagnosis and treatment can help reduce symptoms and prolong comfort.



Finn Frisk, along with all his friends and neighbors who came out for the Lalo's Lunchbox show enjoyed every moment of the fun event held at the McIntosh Community Center.