



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota

Win-E-Mac seniors receive scholarships and awards for academics, athletics and fine arts

The Win-E-Mac Academic, Athletic and Fine Arts Awards Program was held on Wednesday, May 11th in the Arts & Event Center. Win-E-Mac School Principal, Kevin McKeever opened the program and then John Eckman first recognized this year's Senior Honor Students. These students have received a 3.5 grade point average each quarter during their Sophomore, Junior and Senior years. The following 7 students were recognized with this honor: Eva Qualley, Alivia Winter, Anton Hickman, Maci Smeby, Teagan Paulson, Savahanna Svalen, and Haley Sander.

The AAA Award winners who represented Win-E-Mac School in the State were Anton Hickman and Savahanna Svalen.

The 2021 Win-E-Mac School valedictorian is Teagan Paulson and the Salutatorian is Alivia Winter.

The Scholarships for the Win-E-Mac Senior Class were presented to the students by Dr. Melinda Anderson, Paul Mahlen, Gary Sonsteli, Kim Kleinwachter, Roxanne Stordahl, Tom Harmon, Randy Bruer and the Snustad Family, and Brady Langemo.

Fosston Area Sportsman Club presented awards of \$500 to Haley Sander and Anton Hickman. Team Industries gave a \$1,000 scholarship to Anton Hickman.

Essentia Health Scholarship was awarded to Lukiya Kutsev in the amount of \$1,000. The East Polk County Extension Home Study Group Scholarship was presented to Savahanna Svalen.

The Northland Early Recruitment scholarship was presented to Rebecca Armey. The American State Bank, Erskine Branch presented a scholarship in the amount of \$500 to Anton Hickman.

New to the program this year, The Clubhouse Childcare Center Scholarship, a scholarship presented to a student who is pursuing a career in education, was presented to Savahanna Svalen in the amount of \$500.

The Erskine American Le-



Win-E-Mac Seniors who received scholarships: (l-r, back) Lukiya Kutsev, Tabitha Bratager, Maci Smeby, Haley Sander, Savahanna Svalen, Alivia Winter, Eva Qualey, (front) Teagan Paulson, Hunter Trandem, Anton Hickman and Ethan Shimpa.

gion (Bailey Throne Post 596) presented 6 - \$1,000 scholarships to Alivia Winter, Anton Hickman, Haley Sander, Savahanna Svalen, Maci Smeby, and Tabitha Bratager.

The Grace Lutheran Church Scholarship gave 3 recipients each receiving \$300. The three students presented were Maci Smeby, Savahanna Svalen, and Tabitha Bratager.

The Winger Lions presented 5 scholarships in the amount of \$500 each to Savahanna Svalen, Anton Hickman, Teagan Paulson, Alivia Winter, and Hunter Trandem.

Unity State Bank awarded one scholarship of \$500 to Scott Tyler.

The Jim Stordahl Memorial Scholarship was presented by Roxanne Stordahl to three recipients, Haley Sander, Savahanna Svalen and Alivia Winter in the amount of \$500.

The Matthew Harmon Fallen Soldier Memorial Scholarship was presented to Anton Hickman in the amount of \$1,250.

The Arthur I and Jane B Snustad Foundation Scholarships went to 7 graduated Win-E-Mac students in the amount

of \$1,250. Those alumni students were Tapanga Bratager, Gavin Haskett, Tom Martushev, Dylan Roy, Bryer Strom, Mia Thompson and Gavin Walker. Nine Win-E-Mac Seniors also received the \$2,500 scholarship: Tabitha Bratager, Anton Hickman, Lukiya Kutsev, Teagan Paulson, Haley Sander, Maci Smeby, Savahanna Svalen, Hunter Trandem and Alivia Winter.

The Norris Syverson Scholarship of \$2,000 was awarded to four students: Ethan Shimpa, Eva Qualley, Chase Shear and Teagan Paulson.

There were 10 Win-E-Mac Alumni Scholarships in the amount of \$500 each awarded to Rebecca Armey, Tabitha Bratager, Anton Hickman, Lukiya Kutsev, Teagan Paulson, Haley Sander, Maci Smeby, Savahanna Svalen, Hunter Trandem, and Alivia Winter.

The Jeannie Vesledahl Scholarship of \$500 was awarded to Teagan Paulson. Rebecca Armey received an award of \$500 from the Jan Ostenson Scholarship. The Jim and Nancy Benson Scholarship was awarded to Tabitha Bratager in the amount of \$500.

The Gunter Scholarship of \$400 each was awarded to Teagan Paulson and Alivia Winter.

The Harriet Grundyson Hudrik Memorial Scholarship awarded 2 - \$2000 scholarships to Haley Sander and Savahanna Svalen. Lukiya Kutsev was given the Tori Sannes memorial Scholarship of \$500. The Thompson Family Scholarship, honoring their parents, Harald and Adella Thompson, was awarded to Haley Sander

in the amount of \$500. This year, a new scholarship presented was the Adella Thompson Memorial Scholarship, a scholarship for a student pursuing a degree in elementary or secondary education, was presented to Savahanna Svalen in the amount of \$1,000.

The Lucken Scholarship of \$2,500 was awarded to Hunter Trandem. Alivia Winter was awarded a \$300 scholarship from VFW Post 6891 of McIntosh.

The Russell B. Hagen Foundation Scholarship in the amount of \$2,500 was awarded to 4 students: Anton Hickman, Lukiya Kutsev, Teagan Paulson and Alivia Winter.

The evening ended with Brady Langemo presenting the Outstanding Athletes Awards to Anton Hickman and Haley Sander; The Senior Outstanding Academic Athlete Awards to Anton Hickman and Alivia Winter.



(l-r) Haley Sander, recipient of the Senior Outstanding Female Athlete Award; Anton Hickman, recipient of Senior Outstanding Male Athlete Award and Senior Outstanding Academic Athlete Award; and Alivia Winter, recipient of Senior Outstanding Academic Athlete Award.

Community Memorial Day programs and events

The Winger American Legion Fengestad-Solie Post 200 will host its' annual Memorial Day program beginning at 8:30 am at the Winger Community Center. The program will conclude in the Memorial park at 9:00 am with the laying of the wreaths and the 21 gun salute and taps. Refreshments will be served following the event and everyone is welcome to attend.

The McIntosh Friends of Veterans will hold its' McIntosh Memorial Day Service on Monday, May 30, 2022, at 10:15am beginning in McIntosh Community Center. The Parade will be at 10:15 am, Service at 10:30 am, with the Roll Call on Front Lawn of old McIntosh School 11:15 am.

In the Spring of 1866, people from across the United States started to hold tributes for all the fallen soldiers of the Civil War. After the long winters, spring brought new flowers of tulips, daffodils, and poppies. Family and friends of lost soldiers would gather

and decorate their graves with the spring flowers and recite prayers as they honored their loved ones. It was originally known as Decoration Day and observed always on May 30th. In 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May. This change took place in 1971, the same day it the Uniform Monday Holiday Act became a law and Memorial Day became an official federal holiday. This National Day serves to honor all the men and women who died while serving in the U.S. military.

On May 30, 2022, at 10:30am McIntosh will come together to hold tributes for those that never made it home as well as all the men and women from McIntosh that have served our country with pride and honor. We will celebrate the lives of nearly 440 brave members of the McIntosh community who are no longer with us and the 14 who gave their lives in the line of duty.

Please remember all of them by helping us place American Flags at the gravesites of all the McIntosh Veterans who are no longer with us. A list of service member names with cemetery information and flags will be available from Darlene Dierkes at the First National Bank in McIntosh starting May 23rd. We are asking for volunteer families to help us honor them with a Flag and a prayer as has been done since the 1860's.

Some additional information regarding the Memorial Day Service this year:

Young kids will practice the Lawn ceremony at 9:30am on May 30th. Please have your child wear a white shirt, black pants, and black shoes (if possible). Parents of elementary students should look for information to be sent home from school or to call Heather Hegre at 218-979-9857 for more information.

The Community Choir of Volunteers, directed by Gerald Borud, will practice at 10:00am



Craig Burslie

for 15 minutes. This will be prior to the parade to allow everyone to get your voice in shape, see the parade and be part of the service. Please join in and help us celebrate the lives of our family and friends through song.

Our speaker this year is Retired Corporal Craig Burslie. Corporal Burslie enlisted

in the Marine Corp in February 1969. He was stationed at Marine Corps Depot and Camp Pendleton in California. He served in the Vietnam War. Craig has been a businessman for over 20 years and manager of the family-owned Mac Auto Parts. Corporal Burslie is currently retired and lives in Erskine with his wife Rosann. We are proud to have him part of the 2022 Memorial Day Service.

Finally, this year we will continue the Roll Call video Presentation. On May 30th at 1pm and 7pm, Garden Valley Television will be showing the 2022 McIntosh Roll Call. The Roll Call will also be uploaded to YouTube and our Facebook

Site for viewing (<https://www.facebook.com/McIntoshFOV>).

Following the Memorial Day program in McIntosh, Little Bobby's Bar & Grill will host a spaghetti dinner on the patio. Everyone is welcome for lunch. Veteran's and their spouse will enjoy their lunch for free. There will be live music as well.



National Police Week is this week

May 15th is Peace Officer's Memorial Day. It is a day for law enforcement and the public to pay respect and homage to officers who have given their lives in the line-of-duty. It is a day that is spent honoring the service and sacrifice of law enforcement officers killed while protecting our communities and safeguarding our democracy. National Police Week is May 11th – May 17th. The Northern Valley Law Enforcement Memorial will be held in Grand Forks on May 17th at 2:00 pm. The Polk County Sheriff's Office will be attending this event. The National Law Enforcement Officer's Memorial will hold a virtual Can-



delight Vigil on Friday, May 13, 2022, at 8:00pm Eastern. This year, 619 names will be engraved onto the walls of the National Law Enforcement Memorial in Washington, DC. There were 427 officers killed in the line of duty in 2021 and an additional 147 officers who lost their lives in previous years. These will be added to the nearly 24,000 killed in the

line of duty already memorialized there. Please join us as we come together to pay tribute to our fallen in a livestreamed Candlelight Vigil. You can watch from anywhere in the world as the names of those brave men and women are read aloud in respect, honor, and remembrance.

Please click the link below to participate. TheNLEOMF - YouTube

Thank you for your support and for your continued prayers for our law enforcement agencies.

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

Scruffy Tails Humane Society makes debut

The Humane Society of Polk County is now doing business as Scruffy Tails Humane Society.

The Humane Society of Polk County, the no-kill animal shelter in Crookston, is proud to announce they will now be doing business as Scruffy Tails Humane Society. In celebration of their progressive changes and new management and board of directors, the name Scruffy Tails Humane Society was created and followed by the implementation of a new database and website.

Nicole Heskin, the Shelter Manager who began in November 2021, explains, "We're

making some great improvements at our humane society and the work we do with the community. We felt a new name would be fitting for the organization we're becoming. The name Scruffy Tails acknowledges the cats and dogs that come to us from rough "scruffy" paths, ready for a new start to life.

Along with our new name, we now have our website that will allow us to easily display our stray and adoptable animals for the community to see. We'll also have educational resources available and a variety of ways to donate to our mission."

Scruffy Tails Humane Society is a 501(c)3 no-kill organization specializing in finding placement for homeless and unwanted cats and dogs. Their mission is to aid in the reunification and rehoming of cats and dogs, to support the human-animal bond through community education, and to provide safe shelter when needed.

Their vision is to lead and inspire a community dedicated to saving the lives of pets and supporting the humans who love them.

To learn more and see their adoptable pets, please visit scruffytails.org.

Strategies to lose weight safely

The struggle millions of individuals experience in regard to maintaining a healthy weight has led public health agencies to characterize overweight and obesity as a major public health crisis. According to the National Institute of Diabetes and Digestive and Kidney Diseases, nearly one in three adults in the United States are overweight, while more than 40 percent are considered obese. Data from Statistics Canada indicates individuals also are struggling with their weight in Canada, where nearly 27 percent of adults can be classified as obese and more than 36 percent are classified as overweight.

With so many adults in North America classified as overweight or obese, it's no wonder that fad diets and additional programs to lose weight are so easy to find.

Individuals who are overweight or obese should aspire to lose weight, as doing so can lower their risk for various conditions, including some which can be deadly, such as cardiovascular disease and diabetes. But it's vital that individuals lose weight in a safe way that gives them the best chance to keep weight off. In recognition of that, the U.S. Department of Agriculture offers these tips to lose weight safely.

· Recognize what makes up

a healthy weight loss program. Individuals have all sorts of options that promise to help them lose weight, but that doesn't mean each of those options is safe and/or effective. For example, the American Academy of Family Physicians notes that the typical fad diet is unhealthy and does not result in sustainable weight loss. Some such diets can even be dangerous to your overall health.

The USDA describes healthy weight loss programs as those that consist of reasonable and realistic weight loss goals. A reduced-calorie, nutritionally-balanced eating plan is another feature of a healthy weight loss program. Such programs also should encourage routine physical activity and a plan to help people change their behaviors so they can stay on track and meet their goals.

· Know what to expect out of a healthy meal. The USDA notes that calories, portion sizes and nutrition all combine to make a healthy meal. Avoid high-calorie meals by limiting portion sizes. The online health resource Verywell Fit offers a useful breakdown that can help people determine healthy portion sizes:

- 1 palm: a serving of protein
- 1 fist: a serving of vegetables
- 1 thumb: a serving of fats
- 1 cupped hand: a serving of carbs

This breakdown can act as a guideline for individuals, who also can discuss appropriate portion sizes with their physicians or a licensed dietician.

Change your lifestyle, not just your diet. A successful weight loss strategy will help individuals develop lifestyle habits that help them maintain healthy weights.

Fad diets and other quick fixes only provide short-term weight loss, and the USDA urges individuals to avoid programs that they "go on" and "go off" at predetermined intervals. Long-term, healthy weight loss is achieved by changing one's lifestyle, which requires a permanent commitment to physical activity and healthy eating.

A significant percentage of adults in both the United States and Canada is considered overweight or obese. When attempting to lose weight, those individuals can look to a comprehensive approach rooted in healthy eating and routine exercise that can help them shed pounds and keep those pounds off for good

DNR urges people to leave deer fawns alone

The Minnesota Department of Natural Resources asks that people avoid disturbing or touching deer fawns, which are born around this time of year.

Most fawns are born in mid-May to mid-June, and fawns do not attempt to evade predators during their first few weeks of life.

Instead, they remain still to avoid being seen. During these times, fawns are learning criti-



cal survival skills from their mothers but are often left on their own while their mothers forage watchfully nearby. Be assured deer fawns are



When it comes to recognizing a stroke, Essentia Health says "BE FAST"

In recognition of National Stroke Awareness Month, Essentia Health is urging people to refresh their knowledge about stroke signs and symptoms because the faster a stroke is treated, the better the chances are of preventing permanent damage or death.

During a stroke, blood flow to the brain is cut off. When this happens, brain cells begin to die and functions controlled by the affected area of the brain are impacted. Every second that a stroke goes untreated, 30,000 brain cells die.

Stroke is a leading cause of adult disability and the fifth-leading cause of death in the United States, according to the American Stroke Association. To improve outcomes, there is an easy acronym to remember – BEFAST, which stands for:

Balance: Does the person have sudden loss of balance?

Eyes: Has the person lost vision in one or both eyes?

Face: Smile. Does side of the face droop?

Arms: Raise both arms. Does one arm drift downward?

Speech: Repeat a simple phrase. Is speech slurred or strange?

Time: If you observe any of these signs, it's time to call 911 right away.

"When it comes to stroke, every second counts," says Megan Carlblom, an Essentia nurse practitioner specializing in interventional neurology. "The shorter the time between symptoms and treatment, the more long-term damage we can prevent. Essentia Health is a certified Comprehensive Stroke Center and we are ready to BEFAST in order to treat you or your loved ones."

Carlblom recommends that stroke patients call 911 immediately, rather than driving themselves to the hospital or getting a ride from a loved one.

"The ambulance knows exactly where to bring the patient and can alert the hospital on the way, so the stroke team is ready to act quickly," she said.

According to the American Stroke Association, 80% of strokes are preventable. Here



LSS
Meals Menu
687-2262

Call to reserve your meal. Indoor dining at 11:30 am; drive-up available at 11:00 am.

Mon. May 23: Chicken Chow Mein over Rice - Oriental Vegetables - Mandarin Oranges 0 Pineapple Coconut Bars - Milk

Tues. May 24: *Bingo* Meatballs - Mashed Potatoes & Gravy - Carrots - Wheat Bread - Orange Fluff - Milk

Wed. May 25: Chicken Gravy over Mashed Potatoes - Peas & Carrots - Wheat Bread - Fruit Crisp - Milk

Thur. May 26: *Bingo* Pork Loion - Sweet Potatoes - Broccoli - Wheat Bread - Lemon Bars - Milk

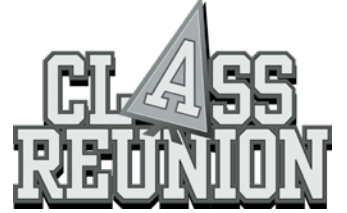
Fri. May 27: Ravioli - Lettuce Salad - Apples - Bread - Banana Bars - Milk

****Closed Monday, May 30th.****

are some lifestyle changes that can be made to reduce risk of stroke:

- Lose weight.
- Eat healthy.
- Quit smoking.
- Drink less alcohol.
- Reduce stress.

Take some time to talk to your health care provider about your risk for stroke and make a plan to start reducing that risk.



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.

Class of 1979 Meeting June 3

The class of 1979 will be meeting at Barb Berg-Faldet home at 38112 270th Ave SE, McIntosh on Friday, June 3rd at 7:00 p.m. Bring a snack to share and BYOB. Looking forward to reacquainting with the "Older Version" of the class of 1979.

Win-E-Mac Class of 2002:

Please let Brandon Omang know if you plan on attending the reunion. He can be reached at (218) 280-7598. The class will meet at Travis Kolden's house on Friday night (June 3rd) at 5:00 pm. Message Brandon for address/directions.



Wed. May 18:
Nathan Gensburger,
*Chris & Kristi Gret-tum

Thurs. May 19: Ann Huchison,
Courtney Lecy, Kevin Caron

Fri. May 20:
Linda Sylstad, Arlene Eggers, Tyus Mahlen, Clara Eileen Bruggeman

Sat. May 21:
Robin Andres

Sun. May 22:
Nick Burslie, Darlene Dierkes

Mon. May 23:
Gwen Rue, Kris Faldet, *Mike & Angela Lindseth, *Tom & Laura Perkerwicz

Tues. May 24:
Joyce Sultvedt

McINTOSH Times

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"Serving the Win-E-Mac area"

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likely fine even if they look abandoned or fragile. Even if the fawn is known to be wounded or abandoned due to car strike or animal attack, do not transport it until you talk to a wildlife rehabilitator. For more information about what to do if you find fawns or other species of baby wild animals, visit the DNR website (mndnr.gov/Eco/Nongame/Rehabilitation/Orphaned-Wildlife.html).

Gosen Luther League

The Gosen Luther League meets on Sunday evening, May 22nd, at 7 o'clock.

The Rusty Chords will be in concert. The trio is comprised of Marilyn Lee, Cecil Malme, and Noah Chelliah. Singing in a Southern Gospel style full of reverence and joy, they sing mainly traditional old Gospel hymns and newer traditional type of Gospel songs. Their aim is to praise the Lord with their music ministry.

Join us for an inspirational evening in honor of our Lord Jesus Christ.

Refreshments will be served following the program. Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Wing-er; then 1/2 mile east on County Road 206. For information, call 268-4242 or 687-3461.



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

Sun. May 22: 8:30am Easter Sunday Mass at St. Mary's, Fosston

Sun. May 29: 8:30am Easter Sunday Mass at St. Mary's, Fosston

Sun. June 5: 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. May 22: 10:00am Coffee Hour; 10:30am Worship Services

Sun., May 29: (Memorial Day weekend) NO CHURCH AT OUR SAVIOR'S due to Memorial Day Weekend

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, May 22: :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.com](https://www.facebook.com/gosenchurch.com)); 7:00pm Luther League (see article elsewhere in the paper)

Tues. May 24: 10:00am Sunday worship service telecast on GVTV--30

Wed. May 25: 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. May 22: 9:00am Worship
Sun. May 29: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

Class of 2022

Luke Robert Ihrke
Open House
May 21, 2022 1-4pm
Embassy Community Center
603 3rd Street NE Fosston MN

spring cleanup

City of Winger
Spring Clean-up Day
When: Saturday, May 21st, 2022
Please have materials out by 9 AM

Please remember!

NO hazardous materials, such as tires, batteries, televisions, OR computer monitors. Household garbage will NOT be picked up.

APPLIANCES Will be picked up this year: ovens, fridges, washers, and dryers.

Any questions call Winger City Clerk @218-938-4150

Ultima Bank and Titan Machinery employees will be available Friday to haul out items for those who need help. Call Ron or Sarah at 938-4144 or Kathy 218-556-2141 for assistance.

BUSINESS & PROFESSIONAL GUIDE

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M3-28C

Honoring those that fell

This week we honor four more service members from McIntosh that died in battle. Bernhard Hegland, Bennie Nesland, Harold Shaddock, and Melvin Lebacken. Their stories follow.



Bernhard Hegland

My name is Bernhard Hegland, son of Thomas and Lena. I was born in 1890 in Rolette, North Dakota before our family moved to this area. I attended an area school and finished the 7th grade.

When I entered the service on February 24, 1918, I was working in a lumber camp. I trained in Camps Dodge and Sevier and went overseas on May 15th as part of the 118th Infantry.

After arriving in France, I served in the trenches, and fought at the Battle of St. Quentin Canel. I took part in the attack which broke the German Hindenburg line at Bellacourt.

On October 8, 1918, we started our second big attack in Montbrehain. In that battle, I suffered mortal wounds by machine gun fire.

My remains were buried in the Somme American Cemetery in Bony, France. The cemetery is located on the same ground that I died on.



Bennie Nesland

My name is Bennie Nesland. I was born in Lessor

Township in 1894, the youngest son of Ole and Ingeborg. I was farming with my dad when I registered for the draft.

Along with Bernhard Hegland, I, too, was assigned to the 118th Infantry; we left together on February 24, 1918, to train in Camp Dodge, Iowa. I was in Company K; we sailed for France out of New York harbor on May 11th.

In the fighting on October 8th, I was severely wounded by the explosion of a shell in Montbrehain, France. I died from those wounds a few days later. My remains were sent home, and I am buried in Arlington National Cemetery in Washington, D.C.

While many of us sacrificed our lives, the success of our Allied forces in that offensive convinced Germany that there was little hope of victory and led to the end of the war.



Harold Shaddock

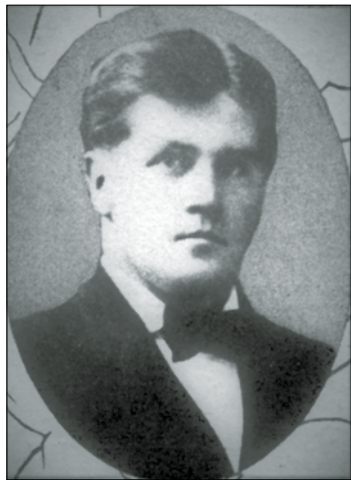
My name is Harold Shaddock, son of Leslie and Diana. I was born in 1895 in McIntosh and graduated from Mac Hi in 1914. After graduation, I left for Montana and homesteaded. I was doing concrete work in Wolf Point when I registered for the draft. I was tall and slender, with blue eyes and dark hair.

I served in the 362nd Infantry. We trained at Camp Lewis and sailed from New York on July 6, 1918. I was promoted to Corporal on August 13th.

During fighting in the Argonne Forest of France on October 3rd, I was leading my squadron to take a position in our front line to go over the top of a hill. Just then, high explosive shells from the German artillery started falling around us. The bombardment lasted about 10 minutes.

Two of my men and I took cover in a shell hole. One of them was breathing his last breath when my Lieutenant came to check on us. He noticed I was looking very pale and that I was wounded in the navel. I told him I wanted to stay with my men, but I was

taken to the hospital, where I died October 15th. I am buried in Arlington Cemetery in Washington, D.C.



Melvin Lebacken

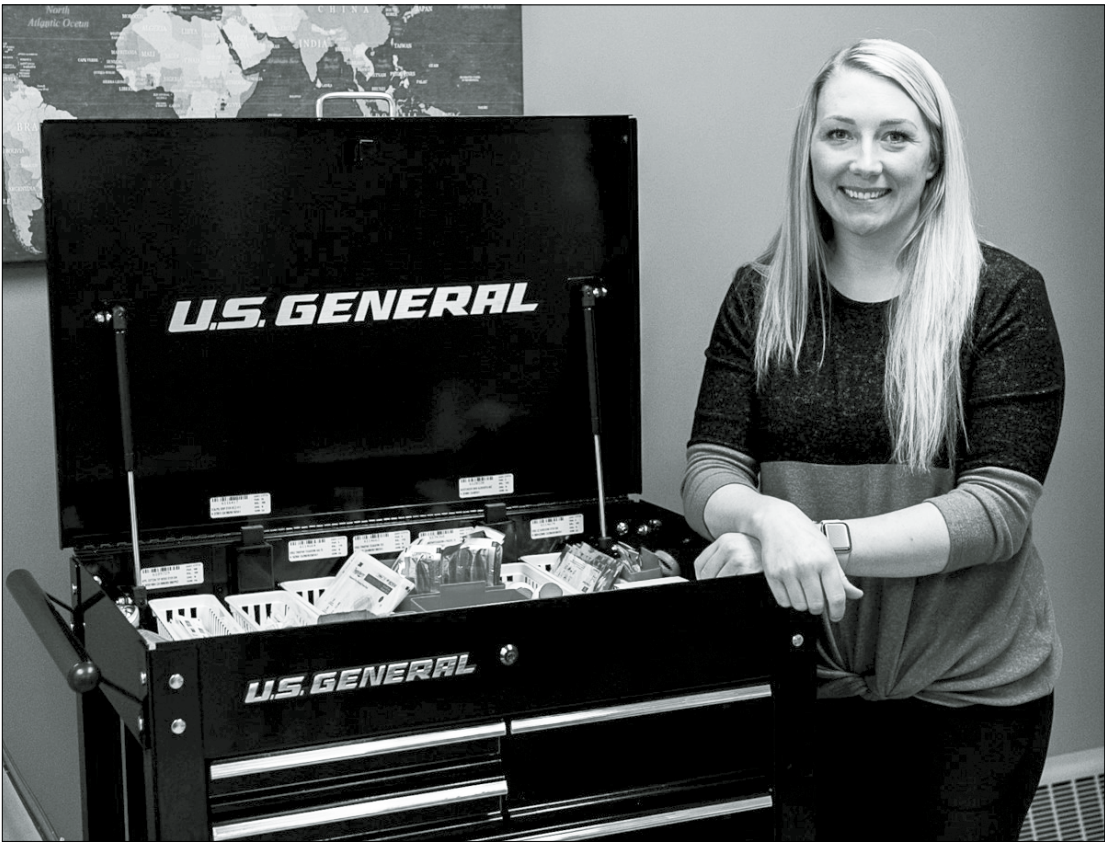
My name is Private Melvin Lebacken. I was born in 1887 in Reynolds, North Dakota. We moved to Lessor Township, where my father farmed. When I registered for the draft, I was repairing farm implements in Oklee.

On June 20, 1918 I sailed out of New York with Company K, 357th Infantry, 90th Division, American Expeditionary Forces. We trained with other battalions in France, then saw our first action on August 19th, fighting our way towards the Meuse. On October 24th, we pushed through ahead of the mainline in the vicinity of Wiseppe, but became exposed, and we suffered very heavy casualties.

On November 6, 1918, just five days before the war ended, I died of disease. There is a grave marker in Trinity Cemetery to honor me, but my actual remains are buried in Meuse-Argonne American Cemetery in France. In 1930, my mother, Marie, requested to go on a Gold Star Mothers' pilgrimage to visit my grave. I hope she found closure and peace. Please remember those of us who sacrificed our lives for your freedom, but please also remember those we left behind.

Do you have a story to share?

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



Johnson with some of the supplies for wound care.

RiverView's Wound Care Services enhanced through education

It's estimated that 6.5 million people suffer from chronic wounds in the United States, according to the U.S. National Institutes of Health. As the population ages, obesity rates increase, and diabetes cases climb, chronic wound cases are also expected to rise.

At RiverView Health, a dynamic team of providers and therapists work to improve the lives of those suffering from chronic wounds. One of those team members is Physical Therapist Brittni Johnson. Johnson has worked at RiverView for two years, primarily in Home Care, with some time also spent in the Rehab Services Department. Johnson provides wound care in the outpatient setting. She works closely with Occupational Therapist Michelle Moen on lymphedema and compression wrappings to improve wound healing and outcomes.

"As a physical therapist, wound care is within my scope of practice and has always been a fascination of mine," Johnson shared. "RiverView has allowed me to take the reigns on providing wound care services to our community, both in Home Care and the outpatient setting."

Acute or Chronic

Depending on the healing time, a wound is classified as acute or chronic. Acute wounds heal without any complications in a predicted amount of time. Chronic wounds take a relatively long time to heal with some complications. A chronic wound is a wound that has failed to progress through a normal, orderly sequence of repair in a timely manner. Although there is no clear consensus on the duration of a chronic wound, a range of four weeks to three months has been used to define the term "chronic."

The impact of chronic wounds on the health and quality of life of those who suffer from them is immeasurable. Patients with chronic wounds may experience chronic pain, loss of function and mobility, increased social stress and isolation, depression and anxiety, prolonged hospitalization, increased financial burden, and increased morbidity and mortality.

The most common chronic wounds include ulcers, infectious wounds, ischemic wounds, surgical wounds, and wounds from radiation poisoning.

Symposium on Advanced Wound Care

Did you know?

Hunger is a global issue, but certain parts of the world are significantly more vulnerable than others.

According to the global humanitarian organization World Vision, an estimated 22 percent of the population of sub-Saharan Africa is facing undernourishment due to lack of food.

By contrast, less than 3 percent of the population of North America and Europe are malnourished. Action Against

Johnson recently attended the Symposium on Advanced Wound Care to increase her knowledge of treatment options. The symposium served as a forum to connect the entire wound care team, including physicians, nurses, physical therapists, researchers, scientists, podiatrists, and dietitians. Leading experts in wound care presented at the symposium to educate Johnson and others on how to provide better care for better outcomes.

"There is no other wound care conference that offers the level of education, advanced state-of-the-art clinical reviews, and emerging research findings," Johnson stated. "The knowledge gained during the symposium will allow me to better serve my current and future wound care patients."

As a physical therapist, Johnson is on the front lines of wound management. She treats patients during the most critical wound care and healing stages with the most current and advanced wound care protocols.

Johnson lists the following as highly important in dealing with wounds:

- Cleansing wounds and peri-wounds (tissue surrounding the wound)
- Removal of dead and non-viable tissues
- Choosing a dressing selection to fit the patient and goals of treatment
- Creating a treatment plan that is financially reasonable

for the patient

- Managing edema (swelling) to improve the wound healing environment
- Participating in interdisciplinary communication between providers, nurses, financial services, dietitians, and physical and occupational therapy

- Establishing different treatment plans for patients dealing with certain wounds; including venous ulcers, arterial ulcers, pressure ulcers, diabetic ulcers, and post-surgical wounds

- Addressing wounds earlier vs. later when they are in a chronic state and more difficult to heal

- Treating the entire patient - not just the wound; learning how the wound came about, how to prevent future wounds, etc.

According to Johnson, educating the patient, caregivers, and/or family members regarding wound care and dressing changes is also vital. The best way to reduce the chance of infection or keep new wounds from occurring is to keep the wound moist, clean, and protected, in order to promote an optimal healing environment. Following your provider's orders will also greatly improve your condition.

If you are dealing with a chronic wound or have questions about wound management services available at RiverView, talk to your primary care provider or call Rehab Services at 281.9463.



Brittni Johnson visits with a wound care patient at RiverView Health.

7 gift ideas for soon-to-be graduates

It would be an understatement to say that it has been an interesting few years for the Class of 2022. Due to the pandemic, many soon-to-be grads spent a significant portion of their school years adapting to a changing landscape, both at school and at home. While it is an accomplishment to reach graduation in a "normal" situation, students who have succeeded and thrived in the face of pandemic-related adversity are worthy of extra celebration.

Graduation gifts are a great way to show grads how proud you are that they stayed the course in the face of significant challenges. Here are seven gift ideas for graduates.

1. Journal: Graduates are about to start new chapters in their lives. Either a blank journal or one with writing prompts can help grads get their thoughts on paper to document both the many moments that will shape the next few years.

2. Mascot- or school-themed offerings: If a high school graduate will be going on to higher education, then visit the college or university's spirit shop to purchase anything from sweatshirts to blankets to coffee mugs featuring a school logo or mascot. On the first day of classes, the new student will already feel part of the team.

3. New wardrobe: Graduating means forging new paths, whether in a career or through additional schooling. Grads



can look the part with several items from a favorite retailer. Those who are unsure of the graduate's style can purchase a gift card and let the grad go on a spending spree.

4. Framed school photo or map: A piece of artwork can evoke strong emotions of time spent on campus. Frame a black-and-white or sepia-tone print of the aerial view of campus, or opt for an official school tour map, which indicates buildings and other points of interest. This could become a cherished keepsake.

5. Bedside organizational pouch: Dorm life requires maximizing a small amount of space. An organizational pouch or pocket can keep essentials such as a tablet, book, reading glasses, and remote control close by and organized without taking up a lot of room. Some are designed to rest over a couch cushion or slide between a mattress and bed frame.

6. Automotive essentials:

Graduates will be facing all sorts of new expenses, so easing any sort of financial burden can help them in a big way. Vehicles tend to be major financial drains for teens and young adults. Prepaid cash cards, gas station gift cards, vouchers for car washes, and even gift cards to an automotive supply store can help graduates direct their funds elsewhere.

7. Personal coffeemaker: Many people feel coffee is essential to make it through the day. Graduates who will soon be studying for college exams or those waking up early for their first forays into the workforce may appreciate an on-demand pick-me-up. Coffeemakers are much more streamlined these days, and there are pots designed to use loose grounds or special pods to produce cups quickly.

Shoppers can explore many interesting options to commemorate the accomplishments of the class of 2022.



The East Polk County Extension Home Council selected Savahanna Svalen of McIntosh as the 2022 recipient of the East Polk County Home Study Group Award. Savahanna will graduate from Win-E-Mac High School in May. Savannah was inducted into the Minnesota National Honor Society as a junior. She is currently the president of her student council and is on the yearbook staff. She has participated in band and choir since 7th grade and is currently the president of the choir and is the trumpet section leader in band. She served on the prom decorating committee and also has been involved in the theater department for about five years. She was a varsity captain in volleyball her junior and senior years and a basketball captain her senior year. Savahanna has played piano at her church and has helped with Vacation Bible School. She completed the Youth Group program and was confirmed. She volunteered with her youth group to help the Feed My Starving Children Organization for two years, as well with two local food drives through the National Honor Society. She coached the 4th grade girls' basketball team, and she and two other teammates volunteered to coach the elementary volleyball program. Savahanna plans to attend Minnesota State University Moorhead and major in elementary education.

Partnership will help Essentia Health prep rural students for health care careers

Essentia Health is bringing health science curriculum to 25 high schools across our service area to increase student awareness of health care careers and prepare students for post-secondary health care programs. In collaboration with Minnesota HOSA and STEM Fuse, Essentia will work with schools to create HOSA student chapter organizations and provide students career-exploration opportunities in health care fields.

"We want to get students aware of and excited about health care professions at an early age and provide them the academic and work opportunities to pursue those careers," said Michelle Ufford, workforce strategy director for Essentia.

Minnesota HOSA prepares students to enter the health care field. From middle school to college, HOSA offers competitions, conferences and personal introductions to professionals — providing unique experiences to empower students to enter the health care field as leaders and innovators. The aim is to build communities between students and provide a space to learn, grow and develop the skills they need to enter the ever-changing field of health care.

HOSA's state director, Sum-

mer Hagy, is excited about the partnership's potential.

"This is a great opportunity for all three of our organizations to work together to provide high school students a chance to explore different career paths in health care and introduce them to HOSA so they may further their skills and knowledge for the future," Hagy said.

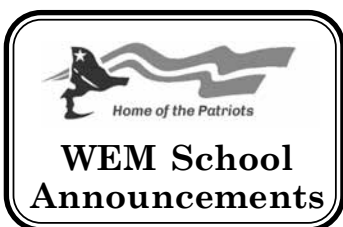
Along with STEM Fuse, Essentia will equip districts with a health science curriculum and access to a lifetime digital portfolio for students to capture their skills and experiences, and find internships or other work opportunities at Essentia. The curriculum will be customizable, allowing teachers to tailor it specifically to the needs of their classrooms. Teachers also will be offered training and ongoing support as they implement the curriculum.

"Given the talent shortage and critical nature of our health care field, we wanted to invest in our next generation of talent," said Carter Tatge, CEO of STEM Fuse. "Essentia's unique talent pipeline-development strategy is the perfect partnership to make an impact."

STEM Fuse is a leading K-16 EdTech provider focused on increasing student awareness and readiness for college and their careers. STEM Fuse provides students with a platform to plan, prepare and pursue their ongoing education and careers. Headquartered in South Dakota and with a long-history of providing educational services to students in the Upper Midwest, STEM Fuse is committed to helping prepare students for health care and technical careers with a focus on rural awareness and education.



The Highway 2 Cruisers started their scholarship program in 2014. Graduating seniors who are pursuing a 2 or 4-year degree in an automotive or related field are encouraged to apply. This year they awarded one \$500 scholarship based on scholastic achievement, his love for cars (old and new) and the perceived ability to contribute to the automotive industry in the future. "Highway 2 Cruisers is proud to award this year's scholarship to Cole Riegert of Beltrami, Minnesota", announced Roger Black, President of Highway 2 Cruisers. "He had a great letter of recommendation from his Industrial Arts teacher and has extensive knowledge and experience in the automotive industry. We wish him luck and success in pursuing his dreams as he begins his college career." Cole is the son of David & Amanda Riegert and plans to attend Minnesota State Community and Technical College of Moorhead and major in Diesel Equipment Technology. Cole participated in CAD, robotics, football, trap shooting, knowledge bowl and is a webmaster. Outside of school Cole enjoys a variety of hobbies and has had experience with employment including lawn care, working at his local grocery store, and is currently employed at Fertile Repair where he works on diesel equipment. For more information about the Highway 2 Cruisers Car show on July 30, 2022, or their scholarship program, check out their Facebook page or call Roger at 218-790-2488. Photo and information by Jen Howard.



There is a signup sheet in the office for any HS boys' grades 9-12 who might be interested in playing volleyball this summer with the possibility of forming an official team that could play with other teams across the state.

This would be a club sport for now and is not associated with the Win-E-Mac School. If you are interested in trying it out, please sign up. Practices would start late in June. There will be a fee, but it has not been determined yet.

College News

Gavin Haskett of Mentor, MN, has been selected to the University of Jamestown's Spring 2022 Dean's List for maintaining a semester GPA of 3.50 or better.

The University of Jamestown was established in 1883 and is ranked as a top-tier regional school in US News and World Report and a top Midwestern school in The Princeton Review. The school features development of the whole person through its distinctive Journey to Success experience.



On May 7, 2022, Kylee Carlin graduated from the University of North Dakota, School of Law. Kylee was a 2013 graduate of Win-E-Mac School. Kylee is the daughter of Kim Ferden and Kyle Mandt.



Cub Scout Pack 89 met on Tuesday, May 10th for their final badge ceremony. Pack 89 had four Webelos scouts earning their badge: Breelyn Hegre, Karl Jax, Ava Sharp, and Pavel Snegirev. Bears (third grade) earning their badge were Grafton Langemo, Silas Lee, Chandler Bailey, Henry Swanson, Dean Morin, and Cory Dibblee. Wolves (second grade) earning their badge were Bridger Huschle, Emmett Rock, and Jen Stordahl. Tigers (first grade) earning their badge were Adler Stordahl, Macey Lee, Carter Bartz, and Roman Snegirev. Additional scouts also participated throughout the year earning various adventure loops. Pack 89 participated in a local food drive which collected 350 pounds of food for the local food shelf, learned valuable skills such as camping and survival skills, carving and handling of knives, along with various character topics such as showing reverence, online safety, and respect for the environment just to name a few. Congratulations to all scouts for the awesome year! Pack 89 would like to thank the Erskine American Legion for the sponsoring of the pack and generous donation which assisted scouts with their learning materials this year. Thank you! Front (kneeling l-r) Carter Bartz, Jens Stordahl, Emmett Rock, Dean Morin, Bridger Huschle; Back (l-r) Adler Stordahl, Cory Dibblee, Chandler Bailey, Henry Swanson, Grafton Langemo, Silas Lee, Breelyn Hegre, Ava Sharp, and Den Chief Jareth Walk. Not pictured: Karl Jax, Macey Lee, Roman Snegirev, and Pavel Snegirev.