



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



The end to the 2020 Win-E-Mac Football season was last Friday, November 20th when the Patriots won 50 - 0 against the South Ridge Panthers on the home field. The season was bittersweet for the Seniors who were dynamic as a team. Pictured (bottom, l-r) Reed Neubert, Gavin Haskett, Gavin Walker, Bryer Strom and Alex Jacobson; (middle) Remy Goodwin, Tom Martushev and Kobe Hamre; (top) Bryce DuChamp.

What to do with Thanksgiving leftovers

Holiday hosts toil for hours to create lavish meals everyone will enjoy.

It's not uncommon for Thanksgiving tables to be covered with more food than guests can conceivably (and comfortably) consume.

Leftovers are the norm, but without a plan for what to do with leftovers, food can spoil or end up in the trash.

Here are some delicious and waste-conscious ways to put Thanksgiving or other holiday meal leftovers to use.

Wrap it up promptly

Even though you may want to sit around and chat with guests when the meal is finished, leaving food out at room temperature for too long can create a breeding ground for microbes that may lead to food spoilage and sickness. With a few helping hands, all foods can be packaged away in no time, ensuring that drumsticks or stuffing can safely be served another day.

Collect containers

Be sure to have reusable food storage containers, zip-top bags, foil, and plastic wrap at the ready. Before all of the food is put away, encourage guests to make their own doggie bags.

Plan with other meals in mind

Shop for and prepare holiday fare with a nod toward what can be used in subsequent meals. Turkey is a versatile ingredient that can be made into everything from breakfast burritos to casseroles. Turn potatoes and sausage stuffing into latke patties that can be whipped up for breakfast or lunch. Sweet potatoes, squash and pumpkin can be mashed and reworked into batters for quick breads, pancakes and even doughnuts. Spoon leftover cranberry sauce over hot oatmeal in the morning or use it as a substitute for grape jelly in PB&J sandwiches.

Try grinding up stale biscuits to make a breeding for turkey slices and turn them into fried cutlets.



Take care of the needy

Find out which organizations accept food donations. Even if you cannot donate previously prepared foods, if you have surplus packaged, boxed or canned items, you can bring them to food pantries and soup kitchens to help others.

Organize a post-holiday pot luck

Turn leftovers into an opportunity to fraternize with friends or relatives who couldn't make it to Thanksgiving dinner.

Pool your leftover resources and enjoy the fruits of every-

one's labor.

A pot luck can be a great place to gather after shopping Plaid Friday sales in the community.

Thanksgiving leftovers can provide a few extra delicious meals when hosts plan ahead.



Kolten Cherf with his dad, Kevin during Parent's Night at Win-E-Mac School.



PCPH asks for the community's help to slow the spread of COVID-19 while celebrating the holidays

Celebrations with family and friends are important. This year holiday celebrations and travel in Minnesota will look different to keep everyone safe and healthy. With the significant rise in COVID-19 cases and increased pressure on our community's healthcare systems, the time to act is now.

Starting last Friday, November 20th at 11:59 pm, social gatherings will be limited to your own household, both in your home and outside.

Out of state travel is highly discouraged. In-coming visitors and Minnesotans that travel out-of-state are asked to quarantine for 14 days.

For more information review Emergency Executive Order 20-99: <https://www.leg.mn.gov/archive/execorders/20-99.pdf>

Celebrating the holidays virtually or with members of your own household will pose the lowest risk for spread of COVID-19. Take this opportunity to start new a family tradition.

• **Have a small dinner** with only people who live in your household.

• **Prepare traditional** recipes for family and neighbors and deliver in a contactless way.

• **Have a virtual dinner** and share recipes with friends and family.

• **Support a local** restaurant by ordering a meal to go.

• **Play virtual** board games with loved ones.

• **Watch sports events**, parades, and movies from home.

• **Do a contactless** goodie exchange.

• **Get outside** in nature.

Together We Can get through this and slow the spread of COVID-19.

Visit the Polk County Coronavirus Response Hub (<https://coronavirus-response-pcg.hub.arcgis.com/>), the Minnesota Department of Health (<https://www.health.state.mn.us/>) and Centers for Disease Control and Prevention (<https://www.cdc.gov/>) websites for more COVID-19 information.

Follow Polk County Public Health and Norman-Mahnomen Public Health on social media for local updates.

WEM School makes changes

The Win-E-Mac School that we will be shifting to distance learning for grades 5-12 beginning November 30th.

There will only be school Monday, November 23 of this week as we transition to distance learning.

The school day will also be shortened beginning Monday, November 23 in which school will now dismiss at 2:24 p.m. until further notice.

If you are in need of Food Delivery while your students are in distance learning please contact Win-E-Mac school.

For complete information on any of these changes please visit the school website at: wemschools.org and click on the "Upcoming Model" link at the top of the page.



Sports have been postponed until December 18th when the winter season will be reviewed and the Governor's decision will affect what is to come.

The Fitness Center at the Win-E-Mac School will be closed at 3:00 pm until further notice due to the recent Governor's Order.

Look to the school website for more information. www.wemschools.org.



Patriot Senior Alex Jacobson with his mom, Dawn at the Win-E-Mac football Parent's Night held earlier in the month.

(Below) Anton Hickman with his parents, Jesse and Alyssa during Parents Night at Win-E-Mac School in Erskine.



McIntosh native Christine (Lee) Weber bagged this buck on morning post on November 9th north of McIntosh.

Shopping locally is now more crucial than ever

The importance of shopping locally has been emphasized with increasing urgency in recent years.

Events like Small Business Saturday and Plaid Friday have brought some much-needed attention to the importance of shopping local, which is even more crucial now as so many small businesses try to survive the pandemic.

A poll from the trade group the National Federation of Independent Business reported that about half of all the businesses in the survey reported a 25 percent drop in sales since the outbreak of the COVID-19 virus, and roughly one in five businesses have seen sales decline by more than 50 percent. If the economic climate does not radically improve, 20 percent of small businesses won't survive.

According to NBC News, small businesses employ 60 million people in the United States, almost half of the nation's private-sector employees.

In addition, small businesses generate tax revenues that help communities by funding schools, maintaining parks and contributing to public safety programs.

However, based on research from the Federal Reserve Bank of New York, even before COVID-19 spread across the world, only 20 percent of healthy small businesses had sufficient cash reserves to continue to operate if they experienced a revenue loss for two months. Some have been shuttered for much longer.

Individuals looking for everything from clothing to home improvement services to office supplies can look to small businesses to fill those needs.

Look for small businesses for any and all of your shopping needs. Chances are items sold by big box retailers also are sold by small businesses.

When the options are the same or similar, purchase from a small business instead of its big box competitor.

Readily provide recommendations of small businesses with which you have done business. Too often

people are quick to complain about places that have failed them, but those same people don't think to say kind words about companies that went above and beyond. Share great experiences on social media or through word of mouth.

Talk to small businesses owners first if you have an issue. It's tempting to go directly to social media to complain about something, but such complaints can have a dire impact.

Always take issues to the manager or business owner first to see if a resolution can be reached.

A manager may not be aware of an issue at all. Give small businesses a chance to make it right before taking things public.

If you own a small business, rely on other small businesses to fulfill your needs.

Order supplies from fellow small business owners, seek the help of local financial advisors and tax professionals and use local suppliers and delivery personnel.

Small businesses have experienced unprecedented setbacks due to COVID-19. By supporting small businesses, communities can help them regain stable footing.

LARL announce virtual presentation featuring local author Lin Enger

Lake Agassiz Regional Library will host a virtual event featuring local author Lin Enger. Enger will discuss his new book, "American Gospel," which explores the United States' obsession with apocalypse and the ways which religious extremists use fear and lies to manipulate.

Lin Enger is a Moorhead resident and teaches English at Minnesota State University Moorhead. He is the author of "Undiscovered Country," "The High Divide" among other works.

This event is free-of-charge and will be held live on the

Lake Agassiz Regional Library Facebook Page on Tuesday, December 8, 2020 at 7 PM. The virtual event can be viewed at www.facebook.com/larlmn and is made possible thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

About Lake Agassiz Regional Library:

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. For more information on this and other LARL

events and services, contact the Lake Agassiz Regional Library office at 218-233-3757 or online at www.larl.org.

LSS
Meals Menu
687-2262

Tues, Dec. 1st - **Call with Choice** Liver & Onions or Poor Man's Steak - Boiled Potatoes - Baby Carrots - Bread - Fruit Cocktail - Milk

Wed, Dec. 2nd - Baked Chicken - Mashed Potatoes & Gravy - Corn - Bread - Peanut Butter Cookies - Milk



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

Sun. Nov. 22: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. Nov. 29: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

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

Our Savior's Church of McIntosh will resume church services stating on October 4th. The plan moving forward will be to alternate with Calvary every other week. Our Savior's will host on the 1st and 3rd Sunday's and Calvary the 2nd and 4th Sunday's of each month. The new time will be 10:30 am every Sunday at both locations.

The following guidelines will be in place. Masks must be wore at all times, social distancing from non-family members or anyone else you aren't currently spending time with, no singing as all the hymnals will be removed from the pews and the hymns will be in your bulletin to follow along with, communion will be held in the pews on the 1st and 2nd Sunday's of the month with the communion kits we are currently using, offering trays will be placed on a table to put your offering in when you come in, no sharing of the peace.

If you don't have a mask we'll have some available but please take with you afterwards and dispose of at home. Hand sanitizer will also be available to use before sitting down in your pew. Please only sit it the pews that aren't taped off.

We will still continue to have services on Garden Valley and YouTube so if you aren't comfortable in coming please stay home and enjoy on tv.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Carl Anderson
Mt Carmel and Trinity Free Lutheran Churches in McIntosh have resumed holding Sunday Services.

9:30 Trinity
11:00 Mt Carmel
Social distancing practices will be encouraged.

Video Services will continue on GVTV Channel 30 at 10am Sunday, 7pm Sunday and 6pm Wednesday.

They will also be posted on the McIntosh AFLC Parish YouTube channel

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Fri. Nov. 27: 10:00am Telecast of the Luther League program on GVTV-30

Sun., Nov. 15: 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));

Tues, Nov. 17: 10:00 a.m. Sunday worship service telecast on GVTV--30

Wed, Nov. 18: 6:30 p.m. Bible Study at Sharon Ramberg's home.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson
Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and 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 Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

LITTLE BOBBY'S
BAR AND GRILL

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

Little Bobbys take-out will be CLOSED for the holiday and re-open November 30th

WATCH FOR THE NEW MENU NEXT WEEK!
THE WALLEYE DINNER TAKE-OUT WILL RESUME 12/4/20

Thank you for your patience and patronage! Little Bobby

NOTICE

The City of McIntosh will be holding a public Truth in Taxation meeting, at the Community Center, located at 115 Broadway NW McIntosh, MN on December 9, 2020 at 7:00 P.M. M36C

A Thanksgiving Proclamation

"It has seemed to me fit and proper that God should be solemnly, reverently and gratefully acknowledged, as with one heart and one voice by the whole American People. I do therefore invite my Fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands to set apart and observe the last Thursday of November as a day of Thanksgiving and praise to our benificent Father who dwelleth in the Heavens."

Abraham Lincoln, October 1863

First National Bank of McIntosh will be closed Thursday, November 26th in observance of Thanksgiving Day.

260 Cleveland Ave. SW
PO Box 129
McIntosh, MN 56556
www.fnbmcmintosh.com
M36C

Phone
(218)
563-2865

Recipes for Thanksgiving leftovers

Wondering what you can do with all of your Thanksgiving leftovers? Try this incredible

Leftover Thanksgiving Casserole.

4 cups leftover prepared stuffing - divided

4 cups coarsely chopped leftover cooked turkey - about 1 lb.

3/4 cup mayonnaise - divided

1/4 cup cranberry sauce

2 cups leftover mashed potatoes

1 1/2 cups shredded cheddar cheese

Preheat oven to 375°. Spray 8-inch baking dish with non-stick cooking spray.

Place half of the stuffing in the dish and top with all of the turkey.

In a small bowl, combine 1/4 cup mayo and cranberry sauce; evenly spread over turkey.

In another bowl, combine remaining 1/2 cup of mayo, potatoes and cheese; evenly spread on top of cranberry sauce mixture.

Top with remaining stuffing. Bake for 25 minutes or until heated through.

*Make several casseroles at once a freeze the extras for later. Assemble this easy Thanksgiving casserole in disposable pans. This way they can go right from the freezer to the oven.

Sausage & Egg Skillet w/ Thanksgiving Leftovers

1 cup roasted sweet potatoes, in 1" cubes

1 cup roasted Brussels Sprouts

8 eggs

8 ounces pork breakfast sausage

Cook the sausage links in your cast iron skillet.

Drain all but one tablespoon of your fat.

Heat the fat on high until it is sizzling and add the leftover roasted vegetables.

Add some kosher salt and cracked black pepper to taste.

Remove vegetables and keep covered.

Cook your eggs in the skillet over easy (there should be enough fat on the skillet to keep it nonstick)

Serves four with two egg, two sausage links and 1/2 cup of vegetables for each plate.

*Don't stress the ingredients. Don't have sweet potatoes? Use roasted carrots or regular potatoes. Use roasted onion wedges or even bell peppers?

Community Birthday and Anniversary Calendar

Thurs. Nov. 26: Karen Rolf, Kristi Tofstad, Brittany Sylstad, Raquel Lindseth

Fri. Nov. 27: Shelley Quinlan, Susannah Roed, *Robert & Janet Landsverk

Sat. Nov. 28: Charlotte Catahan, Jacob Roue

Mon. Nov. 30: Dan Salvhus, Harriet Rolf, Adeline Frisk

Tues. Dec. 1: Lindsie Biggerstaff, Linda Jorgenson

McINTOSH Times

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"Serving the Win-E-Mac area"

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POLK COUNTY SOCIAL SERVICE BOARD MINUTES

Name of County
Polk County, Minnesota
Date of Meeting
October 20, 2020 Convened at 8:00 A.M. -Adjourned at 9:05 A.M.
Board Members Present
Gerald Jacobson -Chair
Joan Lee -Vice Chair
Don Diedrich - Commissioner
Cathy Gutterud - Secretary
Paula Waters - Board Member
Board Members Absence
Gary Willhite -Commissioner
Warren Strandell, Commissioner
Staff Present
Karen Warmack, Director
Betty Solie, Support Services Supervisor
Randy Beggs, Fiscal Supervisor I
Molly Paulrud, Social Services Supervisor
Others Present
Chuck Whiting,
County Administrator

Minutes
A motion was made by Board Member Gutterud, seconded by Board Member Waters and adopted by unanimous vote of the Board to approve the Minutes from the September 15, 2020 Polk County Social Service Board Meeting.

Agenda
A motion was made by Commissioner Lee, seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the meeting Agenda for October 20, 2020 Polk County Social Service Board Meeting.

Review of the Cases and Claims
A motion was made by Commissioner Lee, seconded by Commissioner Diedrich, and adopted by unanimous vote of the Board to approve the Cases and Claims as follows:

Admin	
Medicare Part B	\$144.60
Administration	\$97,401.74
Employee & Board	\$608.44
Medicare Part B	\$8,386.80
Non Public	
MA Insurance	\$1,106.89
Special Run	\$56,721.00
POS 9/30/20	\$257,404.36
Payroll – Paydate 10/2/20	\$259,497.50
1 st of the Month	\$8,756.51
Payroll – Paydate 9-18-20	\$319,700.49
POS 10/23/20	\$759,043.98
MA Insurance	\$9,708.47
Medical Transportation	\$6,013.08
Collaborative 10/20/20	\$1,250.00

Warrants for Publication	
Warrants Approved on 10/20/2020 for Payment 9/29/2020	
Vendor Name	Amount
Next Chapter Technology, Inc.	\$55,895.00
1 Payments less than 2000	\$826.00
Final Total:	\$56,721.00

Warrants for Publication	
Warrants Approved on 10/20/2020 for Payment 10/9/2020	
Vendor Name	Amount
Elite Property Management LLC	\$2,064.96
Fleet Services	\$4,811.26
7 Payments less than 2000	\$1,880.29
Final Total:	\$8,756.51

Warrants for Publication	
Warrants Approved on 10/20/2020 for Payment 10/23/2020	
Vendor Name	Amount
Carlin Family Funeral Service	\$2,650.00
DHS – Swift	\$22,353.44
Fredrikson-Ganje Funeral Home	\$2,650.00
Polk County Administrator	\$55,581.23
Verizon Wireless	\$4,939.86
28 Payments less than 2000	\$9,227.21
Final Total:	\$97,401.74

Warrants for Publication	
Warrants Approved on 10/20/2020 for Payment 10/23/2020	
Vendor Name	Amount
1 Payments less than 2000	\$1,250.00
Final Total:	\$1,250.00

Warrants for Publication	
Warrants Approved on 10/20/2020 for Payment 10/23/2020	
Vendor Name	Amount
10 Payments less than 2000	\$608.44
Final Total:	\$608.44

Personnel
The Director informed the Board regarding the Resignation of Linda Mohamed, Office Support Specialist, effective October 6, 2020. Request for replacement was approved at County Board on October 6, 2020.

The Director informed the Board regarding the Resignation of Sydney Moug, Social Worker CPS, effective November 6, 2020. Request for replacement was referred to County Board.

The Director informed the Board regarding the end of Probationary Period for Cheryl Smart, Social Services Supervisor, effective September 30, 2020.

The Director informed the Board regarding the end of Probationary Period for Maribeth Melbye, Office Support Specialist, effective October 1, 2020.

The Director informed the Board regarding the end of Probationary Period for Heather Olson, Office Support Specialist, effective October 2, 2020.

The Director informed the Board regarding the end of Probationary Period for Cody Magsam, Office Support Specialist, effective October 6, 2020.

The Director reviewed with the Board the Personnel Organizational Chart dated October 20, 2020.

Budget
The Director and Randy Beggs, Fiscal Supervisor I, reviewed with the Board the following Budget Reports:

Social Services Budget Review Report for both Income Maintenance and Social Services - September 2020.

Social Services Month End Fund Balance Summary -1999 through September 2020.

Out-of-Home Placement Cost Expenditures Report-2018 through September 2020. Out-of-Home Placement Report-September 2020.

Screened in Child Protection Reports -September 2020.

Child Protection Information Report. Adult Mental Health Placement Costs for State Operated Services -September 2020. Adult Mental Health Commit-

ments Report -September 2020. Consolidated Chemical Dependency Treatment Fund Report.

MA Recoveries/Estate Recoveries -September 2020.

Burial Expense Report -2019 through September 2020.

Purchase of Services
The Director informed the Board regarding the contract with MN Workforce Center -SNAP Employment and Training for the time period of October 1, 2020 through September 30, 2021. This contract was referred to County Board.

The Director informed the Board regarding the contract with Tri-County Community Corrections for the Transition and Residential programs for the time period of January 1, 2021 through December 31, 2021. Referred to County Board.

The Director informed the Board regarding the contract with Tri-Valley Transportation and Senior Companion for the time period of January 1, 2021 through December 2021. Referred to County Board.

General Business
The Director shared with the Board regarding the Resolution to accept financial donation on behalf of Polk County Social Services from Ultima Bank. This was referred to County Board.

Other
Income Maintenance Unit 2020 Active Cases by Program Report.

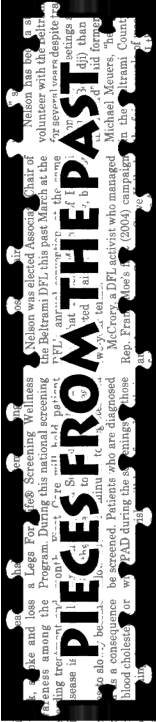
Child Support Collection & Distribution Reports -September 2020.

Molly Paulrud, Social Services Supervisor, shared with the Board regarding Long Term Care program, Child care/Foster Care licensing program, and Chemical Dependency program.

Karen Warmack
Karen Warmack, Director
Polk County Social Service Center

Gerald Jacobson
Chairman, County Social Service Board

Attest: *Cathy Gutterud*
Secretary, County Social Service Board



Pictured right top: 40 years ago...1980: Five Mac-Winger Seniors were awarded trophies after being named on the All-Star Conference Team, having won the title of North Tri-County Conference Champions in 1980 football. Glen Smeby holds the larger trophy for being named the most valuable lineman in the Conference. Coach Lhotka stands with his All-Conference Scot team members: Glen Smeby, Clint Nelson, Cameron Burslie, and Todd Haugen. Absent at the time of the photo was Rick Parent.

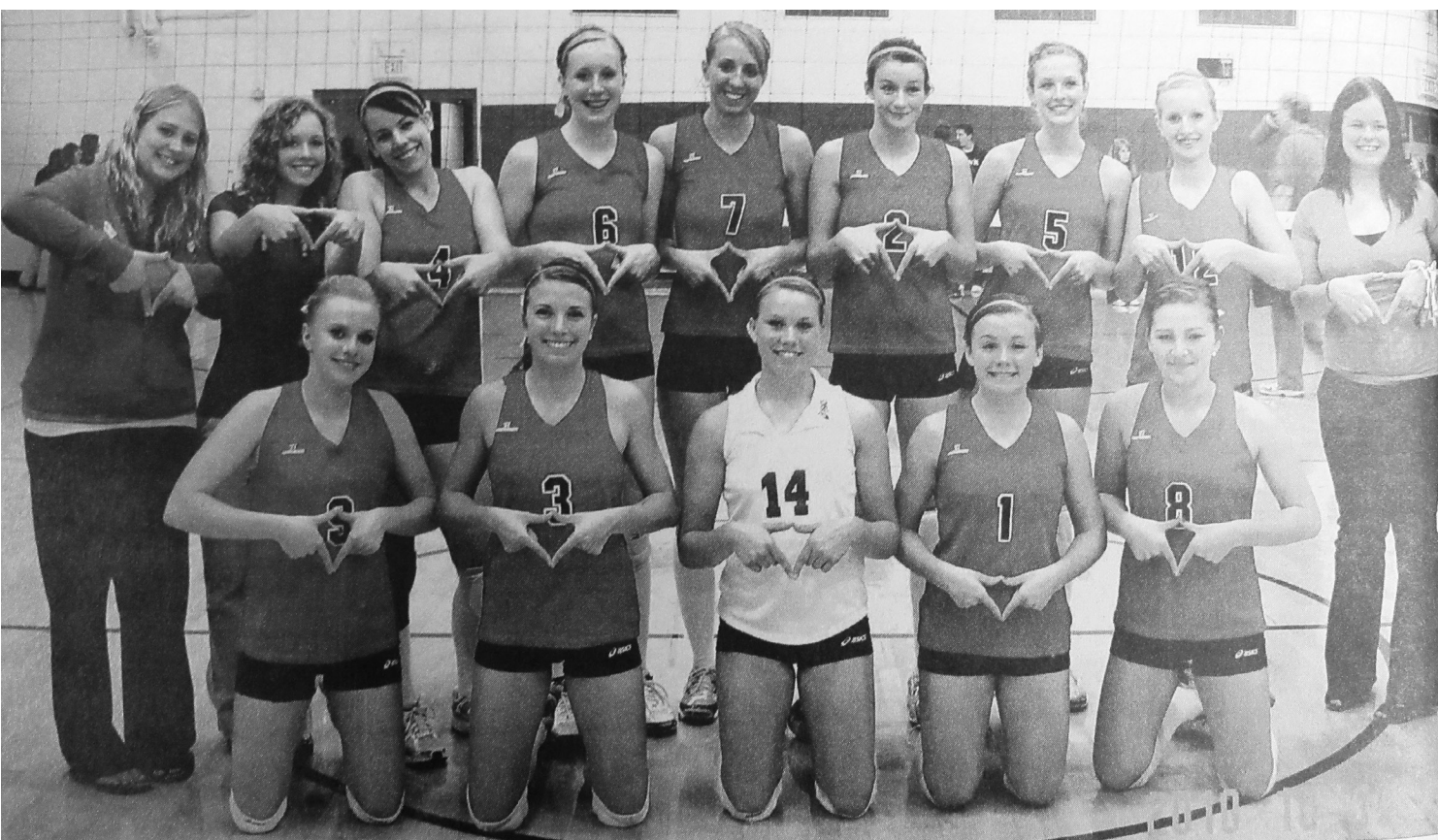
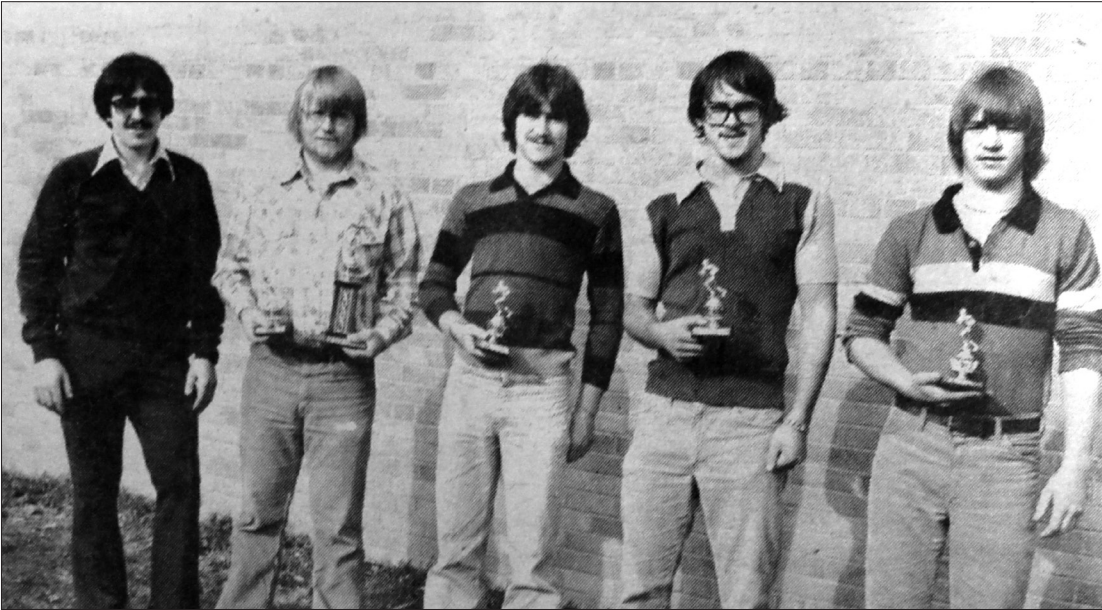
Pictured right middle: 30 years ago...1990: Members of the WAC's (Women's Action Club) have been at the helm of the community Halloween parties for the past nine years. (L-R, back) Marilyn Graff, Debbie Haaven, Paulette Kringlen; (second row) Carolyn Lundquist, Connie Strom, May Schow and Sue Ostenson; (front) Wanda Olson, Joan Lee, Mary Salvhus, and Pam Kerssen. (Not present for photo: Orlette Hedlund and Kim Bjerke.)

Pictured right bottom: 20 years ago...2000: These five little smiley faces were enjoying the green grass and the bright orange pumpkins at the Voxland farm north of McIntosh when the ECFE children visited. Pictured are Mason Pearce, Paige Gieseke, Jordyn Ose, Michaela and Daniel Revier.

Pictured below: 10 years ago...2010: Win-E-Mac Patriots Pine to Prairie Conference Champions. Pictured front row: Kylee Mandt, Samantha Lee, Megan Olson, Jordyn Ose and Brook Christianson; Back row: Manager Tara Christianson, Molly Paquin, Megan Hetwig, Shelby Kaster, Olivia Kaster, Erica Handley, Kynndyl Ross, Korbyn Ross and Manager Lexi Ostenaar.



50 years ago...1970: The Junior Class thespians played to a full house Friday evening when they presented their three act comedy "Seventeen Is Terrific". Here is the cast in their curtain call: Back row (l-r): Steven Carlson, Kevin Tranby, Elizabeth Peterson, Sandy Finkle, Mrs. Messelt, director, Cheryl Helgaas, Student Director, Patty Zahl, Fern Schleicher, Jane Widseth, Dorothy Burshiem, Student Director, Marilyn Sannes. Front row: Ann Thompson, Mike Gustafson, Curtis Aaseng, Mike Olson, and William Senn.





The 2020 Win-E-Mac Patriot team walking off the field one last time, one last game last Friday, November 20th when they beat the South Ridge Panthers 50 - 0. The team had a short season and with the new orders from the Minnesota Governor to shut down high school sports across the state, the Patriots were able to have one last game before the shutdown began. Here is to a great season and a great bunch of young men. Pictured: Bryer Strom (22) Kaleb Morberg (15) Tom Martushev (3) Remy Goodwin (8) and Gavin Walker (12).

Start new caroling traditions

Caroling is a symbol of community that once was a wildly popular holiday tradition but has largely fallen by the way-side.

According to the Pew Research Center, about 16 percent of Americans reported caroling in 2017. However, this once-beloved tradition can be brought back with vigor.

History of caroling

Caroling evolved from the practice of wassailing. The word "wassail" is derived from the Old Norse phrase "ves heill," which translates to "be well and in good health." As early as the 13th century, people in England would travel between houses to go wassailing and wish their neighbors well during the winter months. In some places, the word "was-sail" referred to a hot and thick spiced beverage given to travelers to help them stay warm. It is the precursor to modern-day mulled wines, cider and eggnog.

Caroling largely remained separate from Christmas until Saint Francis of Assisi incorporated similar well wishes and songs into his Christmas services. Music was embraced as part of liturgical services during the holiday season.

Caroling today

Many caroling sessions now take place inside of churches or schools as part of choral performances. However, with social distancing limitations in place,

it may be the ideal time to once again implement door-to-door caroling. This can help bring cheer to people who may be missing loved ones who can't travel, and may even buoy the spirits of those who have been spending more time alone in their homes.

These tips can make caroling more successful.
· *Find someone with some musical knowledge to guide the group.* While everyone needn't be the next star singer, it helps if one person can help keep the group in time and in tune.

· *Choose familiar songs.* Select a body of music that is familiar to all. Songs such as "Silent Night," "Joy to the World," "Deck the Halls," and "The 12 Days of Christmas" are easily recognizable. The more familiar the song, the easier it is for carolers to follow the tune. Have roughly 10 songs and rotate as needed when visiting homes.

· *Map out your course.* Caroling can take place over several days as carolers visit various parts of their communities. A caroling session may last about an hour or two.

· *Dress for weather.* Layer clothing and agree on some festive trimmings that unite the caroling group. Wear comfortable shoes for walking.

· *Advertise your intentions.* Let others know that carolers will be stopping by on

particular dates so they can come out on their front porches or doorsteps. Follow social distancing guidelines if necessary and urge spectators to avoid congregating too closely in one place.

Caroling is a great way to enjoy the holiday season responsibly.



Attention Junior and Senior Parents: UND TRIO Program is sponsoring a virtual presentation on FAFSA.

The guest speaker, Danielle Schindele, from Northland Community and Technical College – Thief River Falls gives a presentation about the role of, and process of obtaining, financial aid. She will guide as she walks you through the FAFSA process, and no matter which college your child chooses this will be an important part of the post-secondary process. Valuable information related to preparing and succeeding in college is shared as well with you. The video link is available on the Win-E-Mac website at www.wemschools.org.

Attention 7th & 8th grade girls: If you plan to play JH Girls Basketball please either email Mr. Langemo or sign up on the sign-up sheet in the office. Practice starts on Monday 11/9 after school. Your coaches for junior high will be Paul Kaster and Mrs. Burd. All athletes must have a current sports physical on file at the school in order to play.

If any student is interested in completing a firearm safety course please visit the following link to do so online. Once completed please call or text 218-280-1825 to set up a time for field testing. <https://www.dnr.state.mn.us/safety/firearms/index.html>

Yearbook staff is taking pre-orders for this year's book titled "One Way... or Another" to be distributed upon completion in May of 2021. Cost is \$35.00 now and until December 23rd and will cost \$40.00 after December 23rd. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours.



Kaleb Morberg with his mom, Jessica at Win-E-Mac Football Parent's Night.



Jonas Spry with his parents, Nancy and Ron during Football Parent's Night at Win-E-Mac School.



Wyatt Davis with his parents, Mandy and Jeff at the Win-E-Mac Football Parents Night held in November at Win-E-Mac field. The Patriots had a short, but successful season.

The most downloaded holiday songs

Music is integral to many celebrations during the holiday season.

Whether you're planning an office party, hosting friends and family at home or simply looking to get in the holiday spirit, you might want to explore this list of the most downloaded Christmas/holiday songs on iTunes.

1. All I Want For Christmas Is You - Mariah Carey
2. Mary, Did You Know? - Pentatonix
3. Christmas/Sarajevo 12/24 (Instrumental) - Trans-Siberian Orchestra
4. Mistletoe - Justin Bieber
5. Christmas Canon - Trans-Siberian Orchestra
6. Rockin' Around the Christmas Tree - Brenda Lee
7. Believe - Josh Groban
8. Last Christmas (Single Version) - Wham!

9. Jingle Bell Rock - Bobby Helms
10. It's the Most Wonderful Time of the Year - Andy Williams
11. Hallelujah - Pentatonix
12. Wizards in Winter (Instrumental) - Trans-Siberian Orchestra
13. Winter Song - Sara Bareilles & Ingrid Michaelson
14. Hallelujah - Lindsey Stirling
15. Last Christmas - Taylor Swift
16. Feliz Navidad - José Feliciano
17. Santa Tell Me - Ariana Grande
18. A Holly Jolly Christmas - Burl Ives
19. The Christmas Song (Merry Christmas to You) - Nat "King" Cole
20. Hard Candy Christmas - Dolly Parton

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