



\$1.00

Puppy love!



McIntosh Senior Living residents and staff had a wonderful visit from the Northern Lights Retrievers owner Bruce Nelson from Erskine., Betsy Stone brought 12 little puppies for a fun filled afternoon visit. These puppies are English Golden Retrievers. They were all loved and cuddled with kisses. Thanks for the visit, the residents can't wait for the puppies to visit again.

Winger Lions will host pancake breakfast benefit for Lilly Brtek on March 4th

Due to a snowy Sunday on February 18th, the Winger Lions benefit for Lilly Brtek was postponed and will be held this Sunday, March 4th.

The Winger Lions will be sponsoring a benefit for Lilly Brtek, daughter of Angie and Dan Brtek of Winger, and granddaughter of Becky Johnson, Kelly Johnson, and Lucy Brtek all of Winger.

The benefit will be held on March 4th from 10:00 am until 1:00 pm at Winger Community Center.

The Winger Lions Club will be serving pancakes and sausage, with strawberries and whipped cream, with a beverage. There will be a free will



donation. Donations will be used to help defray medical and travel expenses.

Lilly is 4 years old and was born with a hole in her heart

and as she has gotten older other medical concerns have developed which continue to be evaluated.

Lilly has been diagnosed with failure to thrive as well as underdevelopment with a current developmental age of 15 month old.

Genetic testing has also been performed to attempt to find out any further medical concerns and these results will be available in March.

Lilly receives treatment at the Children's Hospital in Minneapolis, and recently had a procedure to remove fluid from the heart.

Join the community in support on Sunday, March 4th.

Smokey Bear and Friends



Smokey Bear will be at the McIntosh Library on Tuesday, March 13th at 1:00 pm to teach all the ways you can help prevent wildfires. There will be some activities to help you learn a lot about protecting the forest.

Come and have some fun!

In partnership with ECFE and WEM Headstart.



Senior Patriot Sydney Tadment with her parents, Jim and Stacy during Parents night, held last Monday, February 19th at Win-E-Mac School.



Win-E-Mac Senior Girls Basketball player, Tyra Wilson with her parents Scott and Marcy during Parent's Night held last Monday evening.

Essentia Health-Fosston will hold forum on opioid abuse

Opioids claim the lives of too many people in our country and community.

Their harsh, deadly reality can affect families, friends and neighbors. Next month, Essentia Health-Fosston will bring together experts in the community to try and combat the deadly opioid epidemic.

A forum, "Don't Close Your Eyes," will be from 5:30-7:30 p.m. Thursday, March 8, at New Journey Church, 505 Ninth St. NW, Fosston.

It's open to residents, community leaders, law enforcement, health officials and faith

groups. A light supper will be provided free of charge. RSVP to Lynae Finseth at 218-435-7660 or Carrie Danielson at 218-435-7661.

"This forum could save lives," says Dr. Cynthia Omokaro, a family medicine physician at Essentia Health-Fosston. "Opioid abuse is still very real and very deadly. We now know the true addiction opioids have and we are feeling its terrible effects."

The forum will feature health care professionals, including an Essentia physician, a massage therapist and

a chiropractor/acupuncturist. Also participating are members of the Polk County Drug Task Force, Northwest Mental Health, Polk County Public Health and Clearwater Life services.

There will be information on Alcoholics Anonymous and Narcotics Anonymous for people to take home.

"This is an opportunity for people to come together and get a clear look at this ugly truth," says Dr. Omokaro. "Solving this crisis will take all of us."

USDA launches webpage with resources to help rural communities address the opioid crisis

Assistant to the Secretary for Rural Development Anne Hazlett today unveiled a new webpage featuring resources to help rural communities respond to the opioid crisis.

"While no corner of the country has gone untouched by the opioid crisis, small towns and rural places have been particularly hard hit," Hazlett said. "The challenge of opioid misuse is an issue of rural prosperity and will take all hands on deck to address. The webpage we are launching today will help rural leaders build a response that is tailored to meet the needs of their community."

The National Center for Health Statistics estimates that more than 63,000 Americans died from drug overdoses in 2016. More than half of those deaths involved opioids,

including prescription drugs and heroin.

USDA is playing an important role to help rural communities address this national problem at the local level through program investment, strategic partnerships and best practice implementation.

In April 2017, President Donald J. Trump established the Interagency Task Force on Agriculture and Rural Prosperity to identify legislative, regulatory and policy changes that could promote agriculture and prosperity in rural communities. In January 2018, Secretary Perdue presented the Task Force's findings to President Trump, which included 31 recommendations to align the federal government with state, local and tribal governments to take advantage of opportunities that exist in rural America.

In the area of quality of life, the Task Force included a recommendation to modernize health care access. The report highlighted the importance of telemedicine in enhancing access to primary care and specialty providers. The Task Force also found that improved access to mental and behavioral health care, particularly prevention, treatment and recovery resources, is vital to addressing the opioid crisis and other substance misuse in rural communities

To view the report in its entirety, please view the Report to the President of the United States from the Task Force on Agriculture and Rural Prosperity at: <https://www.usda.gov/sites/default/files/documents/rural-prosperity-report.pdf>.

New report on MN's opioid crisis and bipartisan legislation to curb opioid abuse, save lives

New report outlines aggressive strategies to reduce the flow of illicit opioids, improve treatment options, and support impacted communities.

Joined by a bipartisan coalition of legislators, Governor Mark Dayton today announced a slate of legislative proposals that would combat the opioid crisis and save lives across Minnesota. Governor Dayton's proposals build on the recommendations of a new report released today that outlines strategies to address the opioid crisis that is harming people and communities across

the state. Building on past actions taken by his administration, Governor Dayton's opioid abuse proposals would annually invest about \$12 million in high-impact strategies to treat and prevent opioid abuse, especially in communities that are disproportionately impacted by opioid addiction.

"Every year, thousands of Minnesotans become addicted to opioids, and hundreds of them lose their lives due to their addictions," said Governor Mark Dayton in a letter included in the Action Plan. "Our Administration has al-

ready taken aggressive steps to reduce the flow of illicit opioids, improve treatment options, and support the people and areas affected. But we must do far more to save lives and reduce the terrible harm to our communities. We must take decisive action in this Legislative Session to reduce abuses and to ensure that all Minnesotans suffering from these addictions receive the treatment and support they need."

"I don't want to see other

Opioids... Continued on page 3 ...



Community Calendar

Wed. Feb. 28: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. March 1: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. March 2: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Family Movie Night @ Win-E-Mac Arts & Event Center 6:00pm

Mon. March 5: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council @ Community Center 5:30pm

Tues. March 6: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

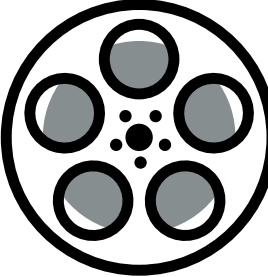
Wed. March 7: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. March 8: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Opioid Abuse Forum @ New Journey Church, Fosston 5:30pm to 7:30pm

Fri. March 9: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. March 12: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. March 13: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



WEM Family Movie Night presents Coco

On Friday, March 2nd at 6:00 pm the Win-E-Mac Literacy Committee is hosting a movie night, in the Arts and Event Center, to celebrate Dr. Suess week.

There will be treats and water for sale.

All ages are welcome. Children must be accompanied by an adult.

Proceeds will be used to fund future Literacy events.



Winger Lions member Brian Massmann welcoming Jordan Gunufson as a new member. Jordan lives in McIntosh and brings his own unique talents to the Winger Lions.

Candlelight Ski / Owl Prowl at Rydell Refuge

The evening of Friday, March 2nd the Friends of Rydell and Glacial Ridge Refuges Association will be hosting a Candlelight Ski and Owl Prowl event at Rydell National Wildlife Refuge (NWR) near Erskine, MN. The timing of this event coincides with a full moon, hopefully good snow conditions, clear skies, and moderate temperatures! The Rydell NWR Visitor Center will be open throughout the event which will run from 6:00pm to 9:00pm. Although all five of Rydell NWR's trails will be open for cross country skiing or snowshoeing, Golden Pond and Church Lake trails will be groomed and lighted for this event. Even though luminaries will be distributed along these two trails, we recommend that



visitors bring along a headlamp, if they have one, just in case it's cloudy and there is minimal moonlight.

As visitors traverse the trails, multiple owl calling stations will be set up where

the calls of several owl species (e.g., saw whet, barred, great horned) will be projected into the woods to try and generate a response. Who-who-who knows what you might hear!

We will have several pairs of adult and child size skis, as well as snowshoes, available for visitors to use. Please call to check on size availability and reserve a pair anytime after mid-morning Monday, February 26. If you have questions or want to reserve equipment, call Lisa Wiersma at 218-687-2229 x10. If temperatures are below zero or wind chills are in the double-digits below zero, the event will be cancelled and potentially rescheduled at a later date. Please check our Facebook page (facebook.com/rydellnwr) for event updates.

RiverView's Carrie Michalski elected to MN Hospital Assn. Board

President/CEO Carrie Michalski was recently elected to a three-year term on the Minnesota Hospital Association (MHA) Board of Directors. Michalski is an at-large member on the board of 28 individuals representing hospital leaders from across the state.

The Board of Directors is responsible for establishing and implementing policies and decisions to advance the delivery of health care and health care policy in Minnesota and on the national level.

"I am honored to serve on the governing board of the Minnesota Hospital Association," Michalski shared.

"The Association mission is to assist each of the 142 member hospitals to be successful in delivery of our missions in the communities we serve. Our membership is diverse and I have the ability to contribute the perspective from an independent, rural critical access hospital."



With a vision of being the state's most influential, trusted and respected leader in health care policy and advocacy, and a valued resource for information and knowledge, MHA values:

Commitment to affordable access to quality health care for all Minnesotans.
Trust and integrity.
Leadership through

knowledge-based solutions.
Collaborative solutions.
Organizational accountability.

Community of interests.
MHA works collaboratively with a variety of other associations, organizations and state agencies to help advance health care in Minnesota and improve patient safety and quality.

"Minnesota hospitals have a long history of providing some of the highest quality of care in the nation," Michalski continued.

"Part of our success has been our collaborative work through investment in a strong hospital association actively involved in shaping public policy and promoting shared learning opportunities to improve outcomes. I look forward to our work over the next three years."

Ad deadline:
Noon Friday

Why shoveling snow doesn't need to be a literal pain in the back

In winter, shoveling out from a snowstorm isn't the exception, it's the rule. While many grab shovels after a snowfall, too many grab their backs in pain after that activity.

"Shoveling can potentially lead to a back injury if you don't use proper body mechanics," says Essentia Health Physical Therapist Brett Morlock, who sees patients at the South University Avenue Clinic in Fargo. "You have heavy snow, often a short shovel, and bending over many times, creating the perfect condition for back pain."

To ease future pains, the best thing you can do is see a physical therapist, who can customize a treatment plan specifically to help with your aches. The stronger your back, the less likely you're an injury risk.

"I'm not saying you need to have a six-pack," says Morlock. "But maybe doing a few stretches and going for a short walk occasionally could be really beneficial."

You can get medical help if you're experiencing chronic back pain.

Essentia Health has an extensive Spine Rehab Exercise Program. It runs for eight



weeks and the patient comes in twice a week.

"The focus is to get the patient moving better and provide them reassurance that a previous back injury does heal without requiring the need for surgical intervention," says Essentia Health Physical Therapist Shauna Garrahy, who also patients at the South University Clinic.

For more information on the Spine Exercise Program or other physical therapy services, visit www.EssentiaHealth.org and click on "find a Service/Specialty" then, click on "Physical Therapy."

Rep. Kiel named to new bipartisan subcommittee on workplace safety & respect

Rep. Deb Kiel, R-Crookston, was named to the recently established Subcommittee on Workplace Safety & Respect.

The subcommittee will deliver recommendations to lawmakers on policy changes after engaging with the public, employment law professionals, and other experts regarding harassment and discrimination.

"The public, lawmakers, and staff rightly expect and deserve a safe and respectful workplace," said Rep. Kiel.

"I look forward to working with folks on this issue, examining commonsense policies we can advance that strengthen our shared commitment to a welcoming and respectful Minnesota House of Representatives."

The Subcommittee on Workplace Safety & Respect will be chaired by Majority Leader Joyce Peppin, R-Rogers. Additional members include Rep. Kelly Fenton, R-Woodbury, Rep. Tim O'Driscoll, R-Sartell, Minority Leader Melissa Hort-

man, DFL-Brooklyn Park, Rep. Mike Freiberg, DFL-Golden Valley, and Rep. Jennifer Schultz, DFL-Duluth.

Sletten Township

Sletten Township will hold their annual election and annual meeting on Tuesday, March 13, 2018 at the Sletten Town Hall.

The Polls will be open from 5:00pm-8:00pm to elect one Supervisor, for a term of three years, one Treasurer, for a term of one year and one Clerk, for a term of two years.

The annual meeting will start as soon as possible after the polls close to conduct all business that comes up at the meeting. If necessary, the storm date shall be one week later, March 20, 2018.

Terri Kaupang
Sletten Township Clerk



Community Birthday and Anniversary Calendar

Wed. February 28: Bud Kiecker, Eli Kringlen, Thomas Reitmeier, Todd Goodwin

(February 29: Amanda Swanson)

Thurs. March 1: Isaac Sulvhus

Fri. March 2: Nicki Carlson, Bryer Strom, Josh Roed, *Walter & Linda Sylstad, *Alex & Brenda Uglade

Sat. March 3: Mason Halstad; Kristi (Schow) Grettum, *Steve & Barb Urness

Sun. March 4: David Votava, Ryan Krossen, Rudy Hoffman

Mon. March 5: Chad Burslie, Rick Grove, Sam Finseth

King Township Notice of Annual Election and Meeting

The annual meeting and election for King Township, Polk County, State of Minnesota will be held on Tuesday, March 13, 2018 at the McIntosh Community Center.

The annual meeting will take place at 3:00pm and voting will follow for one supervisor for a term of 3 years and one treasurer for a term of 2 years.

Loren Gieseke, Clerk

M48-49C

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

Wed. Feb. 28: 5:30pm Mass
at St. Mary's, Fosston

Fri. Mar. 2: 5:30pm First
Friday Mass & Adoration at St.
Joseph's, Bagley

Sun. Mar. 4: 8:00am Con-
fession; 8:30am Mass at St.
Mary's, Fosston; 10:30am Mass
at St. Joseph's, Bagley

Tues. March 6: 6:30pm
Mass at St. Mary's, Fosston

Wed. March 7: 3:30pm Mass
First Care Nursing Home,
Fosston; 5:30pm Mass at St.
Mary's, Fosston, 6:30pm Sta-
tions of the Cross

Fri. March 9: 8:45am Mass
at St. Mary's, Fosston

Sun. March 11: 8:00am Con-
fession; 8:30am Youth Mass at
St. Mary's, Fosston; 10:30am
Mass at St. Joseph's, Bagley

If you have any questions
please call 435-6484.

CALVARY-IMMANUEL
LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson

Sun. March 4 8:30am Wor-
ship at Immanuel; 9:45am
Worship at Calvary

Sun. March 11: 8:30am
Worship at Immanuel; 9:45am
Worship at Calvary

OURS SAVIOR'S
LUTHERAN CHURCH
(ELCA)

McIntosh
Supply Pastor
Gordon Syverson
Sun. March 4: 11:15am
Worship Service.
Sun. March 11: 11:15am
Worship Service.

GOSEN LUTHERAN
CHURCH
Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen
Church

Wed. Feb 28: 7:00pm Bible
Study at Don and Sharon Ram-
berg's

Sun. March 4: 9:30am Sun-
day School and Adult Bible
Study; 11:00am Worship Ser-
vice

Tues. March 6: 10:00am
Sunday worship service tele-
cast on Garden Valley Cable
TV--Channel 2; 1:30pm Bible
Study at The Country Place

Wed. March 7: 7:00pm Bible
Study at Don and Sharon Ram-
berg's

For information on free
rides to any of the above ac-
tivities call 218-268-4242 or
218-687-3461 Gosen Church
is located 4 miles south of the
junctions of Hwy. 2 & 59 or 4
miles north of Winger; then ½
mile east on County Road 206.

MCINTOSH AFLC
McIntosh Trinity / Mount
Carmel:

Pastor Karl Anderson
Wed. Feb. 28: 7:30pm Trin-
ity, Pastor Alan Arneson,
Called to Forgiveness, Mat-
thew 9:13

Thurs. Mar. 1: 7:00am
Men's Breakfast at Mt. Carmel

Sun. Mar. 4: 9:30am Wor-
ship at Mt. Carmel 11:00am
Worship at Trinity; 10:45am
Mt. Carmel Sunday School for
all ages at 10:45am; Trinity
Sunday School for all ages at
9:45am

Wed. March 7: 7:30pm Mt.
Carmel, Pastor Dale Adams,
Called to Pray, Matthew 26:41

Thurs. Mar. 8: 7:00am
Men's Breakfast at Mt. Carmel

VERNES LUTHERAN
CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson
Sun. March 4: 9am Worship
Sun. March 11: 9am Worship

DOVRE

FREE LUTHERAN
Pastor Don Edlund
Wed. Feb. 28: 7:00pm Lent-
en Service

Sun. March 4: 10:00am Wor-
ship Service; Sunday School
following; 7:00pm Bible Study
on Hebrews

Wed. March 7: 7:00pm Lent-
en Service

IMMANUEL LUTHERAN
CHURCH
McIntosh
Rev. Bruce Blocker,
Pastor

Thurs. Mar. 1: 6:00pm Lent-
en Service

Sun. March 4: 11:00am Di-
vine Worship with Holy Com-
munion; 10:00am Fellowship
Hour

Thurs. March 8: 6:00pm
Lenten Service

Sun. March 11: 11:00am Di-
vine Worship Service; 10:00am
Council Meeting & Fellowship
Hour

Holy Communion 1st Sun-
day of the Month

McINTOSH Times

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Ultima Bank Minnesota, Winger branch has a great staff to serve you. Jamie's retirement was a great day for a picture of the crew. Pictured from left to right: Danelle Schommer, Marlys Balstad, Ron Lemer, Jamie Austin-Morvig, Kayla Blunt, Sara Miller, Amanda Swanson and Michelle Nevenhoven.

Winger News

by Linda Pulskamp

From Bun Manor:

Wednesday afternoon Tim's cousin Sandy and her husband Warren Juengel from Michigan stopped by the manor for a visit. They flew up from Orlando Florida to attend the funeral for Sandy's aunt Esther Rudie. (Formally from Winger.) She was a sister to Sadie Ellen, ernon, Everet and Otis Rindahl.

Sandy had a couple of good stories about Esther at her wedding. The first one was when Esther was asked by the usher, Bride or Groom? Esther replied "Oh heavens no I'm the aunt." The other was when Esther asked Sandy who she was marrying. Sandy told her she was marrying Warren a mortician from Michigan. Esther replied "You mean he isn't Norwegian like the rest of us?"

Bob Finkle from the Duluth area stopped over to visit Bun at his place on Thursday afternoon. He was up to visit and do some ice fishing for a couple of days.

Tim's niece Laura and her husband Craig along with her kids Anna, Claria, Eli and Estelle stopped over to see him on their way to Grand Forks. They enjoyed sharing a pizza that they had brought from Joe DiMaggio's. They had to make it a short visit because they were heading to a hotel to go swimming and spend the night with some of Craig's family. They went to Craig's sisters son baptism before heading back home on Sunday.

Aaron Iverson called Bun and told him that his daughter Josie and her basketball team from Fertile won a tournament this last weekend in Thief River Falls. Aaron reported that he had never seen the girls so pumped up.

Steve and Lorri Massmann along with Carsten and Joanne Zahl headed over to Fertile last Sunday to have supper with

Brian and Elizabeth Massmann at the Sandhole. Following supper they headed over to Brian and Elizabeth's to check out their new home.

Carsten and Joanne hadn't been over to see them yet and wanted to check it out.

Condolences go out to Linda Jo and her family on the loss of their brother and loved one Donnie. God bless them all.

Due to weather conditions the Winger Lion's Club fund raiser for Lilly Brtek was cancelled and will be held this Sunday morning March 4th at the Winger Community Center. Please come and support her if you are able too.

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



Kylie Brekke with her parents Shannon and Deann Brekke.



Madysen Plante with her parents Marc and Kristi Plante.



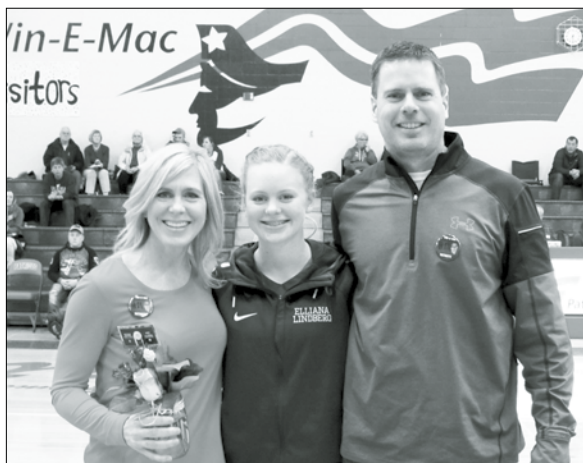
Lindsey Espeseth with her parents Dan and Karen.



Rylee Haugen with her parents Jason and Jenny Haugen.



Aries Qualey with her parents Alecia and Josh Haverkamp.



Elliana Lindberg with her parents Troy and Liz Lindberg.



Carlie Sander with her parents Brad and Melissa Sander.

opioids...

Continued from page 1

families go through what my family went through when we lost our son to an opioid addiction," said State Rep. Dave Baker, R-Willmar. "Working across partisan divides, we can continue addressing opioid abuse in our state and help prevent opioid-related deaths. I look forward to working with the Governor and my colleagues in the Legislature to combat Minnesota's opioid abuse crisis this Session."

"We are losing a generation of Minnesotans to opioid abuse, with hundreds of lives lost each year," said State Sen. Chris Eaton, DFL-Brooklyn Center.

"We must take action this session to expand access to life-saving medications like Narcan, reform opioid prescribing practices, and improve treatment and prevention services. These broadly supported legislative proposals are important first step in reducing abuse and saving lives."

"Both here at the Legislature and in my work formerly as a prosecutor, I've seen results of the opioid epidemic," said State Rep. Debra Hilstrom, DFL-Brooklyn Center. "We must work together to

move forward lifesaving solutions. The Governor's proposal contains important resources to prevent and treat opioid addiction. I look forward to working together to combat this epidemic."

Governor Dayton's legislative proposals would reduce barriers to opioid treatment and recovery services by investing in local treatment options.

The Governor's proposals also would improve emergency services through expanded access to life-saving overdose medications, and would support law enforcement efforts to reduce the flow of illicit opioids into our communities.

A "Penny-a-Pill" Opioid Stewardship Program
Included in Governor Dayton's legislative proposals is an Opioid Stewardship Program, which would fund opioid abuse prevention and treatment strategies in every corner of Minnesota. The Stewardship Program would require that opioid manufacturers pay a stewardship fee to fund a comprehensive prevention, treatment, and recovery effort that would curb opioid abuse and

save lives. After implementation, the Stewardship Program would raise approximately \$20 million a year for treatment and recovery, prevention, and emergency response services in every corner of Minnesota. More information about the Opioid Stewardship Program can be found here.

About the Minnesota Opioid Action Plan

The Minnesota Opioid Action Plan describes aggressive strategies that state government and local partners are implementing to reduce the flow of illicit opioids, improve treatment choices for individuals, and support communities disproportionately impacted by opioids. The Action Plan also outlines new strategies that state government and local partners could implement to curb abuse. The Plan – which was developed by Governor Dayton and his Cabinet in consultation with advocates, health officials, law enforcement, and others – identifies four key areas for action:

Prevention – State government already is engaging health care providers to improve how opioids are pre-

scribed and used. The State of Minnesota also is working to improve coordination and information sharing between stakeholders to maximize results. According to the recommendations in the Action Plan released today, the State of Minnesota would implement additional strategies to improve public understanding of the risks posed by opioids, facilitate safe disposal of medications, help young people avoid and recover from opioid abuse, and develop better electronic health record systems.

Emergency Response – For several years, the State of Minnesota has focused on helping first responders and community members address opioid overdoses, such as by expanding access to Naloxone (known as Narcan). The Action Plan recommends increasing the amount of funding available to purchase Naloxone, which would help local emergency service providers immediately address overdose deaths.

Treatment and Recovery – Under Governor Dayton's leadership, the State of Minnesota has been working to modernize Minnesota's substance use dis-

order treatment system. The system is moving away from a focus on responding to acute episodes, to a person-centered model of care with an emphasis on managing substance use disorder as a chronic disease. Under the Action Plan, Minnesota would strengthen this work by expanding medication-assisted treatment, providing better support for pregnant women, creating new tools for practitioners, and ensuring access to culturally supportive care.

Law Enforcement – The State of Minnesota already has worked to improve collaboration between public safety officials and public health professionals to encourage people to seek treatment and reduce the flow of illicit opioids. The Action Plan recommends that current collaboration efforts be expanded, justice system-based opioid abuse treatment programs be strengthened, and a predictable, equitable funding source for drug courts be identified.

Opioid Abuse: A Growing Statewide Problem

Opioid overdose deaths have risen dramatically in recent

years – increasing 66 percent between 2010 and 2016. Prescription opioids continue to be the most common cause of opioid overdose deaths. In 2016, there were 194 prescription opioid overdose deaths. Heroin-involved overdose death and synthetic opioids deaths also have seen a significant increase. There were 150 heroin involved deaths in 2016, marking a 32 percent increase since 2015. There were 99 synthetic opioid involved deaths in 2016.

Opioids have been especially harmful in tribal communities and communities of color. According to the most recent data available, American Indians were five times more likely to die from a drug overdose than white residents of Minnesota in 2015.

In addition, African Americans were two times more likely to die from a drug overdose than white residents of Minnesota in 2015. These disparities between tribal communities and communities of color and white residents in Minnesota are highest in the United States.

Random Things and Stuff



Life Saver
By: Emily Lynne
There may be a day when you need to save someone's life. Whenever someone becomes unconscious and their heart stops, you should be ready to perform CPR. There are plenty of professions that require CPR training, but not all do. I think it is important that everyone know at least the basics of CPR because you never know when it may be needed. Here are the basics to CPR, and if you would like to take a course and become certified in CPR, look for a class near you.

These are guidelines from the Mayo Clinic:

Remember to spell C-A-B

The American Heart Association uses the letters C-A-B — compressions, airway, breathing — to help people remember the order to perform the steps of CPR.

Compressions: Restore blood circulation

- 1.Put the person on his or her back on a firm surface.
- 2.Kneel next to the person's neck and shoulders.
- 3.Place the heel of one hand over the center of the person's chest, between the nipples. Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.
- 4.Use your upper body weight (not just your arms) as you push straight down on (compress) the chest at least 2 inches (approximately 5 centimeters) but not greater than 2.4 inches (approximately 6 centimeters). Push hard at a rate of 100 to 120 compressions a minute.
- 5.If you haven't been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical personnel take over. If you have been trained in CPR, go on to opening the airway and rescue breathing.

Airway: Open the airway

•If you're trained in CPR and you've performed 30 chest compressions, open the person's airway using the head-tilt, chin-lift maneuver. Put your palm on the person's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway.

Breathing: Breathe for the person

Rescue breathing can be mouth-to-mouth breathing or mouth-to-nose breathing if the mouth is seriously injured or can't be opened.

- 1.With the airway open (using the head-tilt, chin-lift maneuver), pinch the nostrils shut for mouth-to-mouth breathing and cover the person's mouth with yours, making a seal.

- 2.Prepare to give two rescue breaths. Give the first rescue breath — lasting one second — and watch to see if the chest rises. If it does rise, give the second breath. If the chest doesn't rise, repeat the head-tilt, chin-lift maneuver and then give the second breath. Thirty chest compressions followed by two rescue breaths is considered one cycle. Be careful not to provide too many breaths or to breathe with too much force.
- 3.Resume chest compressions to restore circulation.
- 4.As soon as an automated external defibrillator (AED) is available, apply it and follow the prompts. Administer one shock, then resume CPR — starting with chest compressions — for two more minutes before administering a second shock. If you're not trained to use an AED, a 911 or other emergency medical operator may be able to guide you in its use. If an AED isn't available, go to step 5 below.
- 5.Continue CPR until there are signs of movement or emergency medical personnel take over.

- To perform CPR on a child
The procedure for giving CPR to a child age 1 through puberty is essentially the same as that for an adult. The American Heart Association also recommends the following to perform CPR on a child:
Compressions: Restore blood circulation
If you are alone and didn't see the child collapse, perform five cycles of compressions and breaths on the child — this should take about two minutes — before calling 911 or your local emergency number and getting the AED, if one is available.
If you're alone and you did see the child collapse, call 911 or your local emergency number and get the AED, if one is available, before beginning CPR. If another person is available, have that person call for help and get the AED while you begin CPR.
1.Put the child on his or her back on a firm surface.
2.Kneel next to the child's neck and shoulders.
3.Use two hands, or only one hand if the child is very small, to perform chest compressions. Press straight down on (compress) the chest about 2 inches (approximately 5 centimeters). If the child is an adolescent, push straight down on the chest at least 2 inches (approximately 5 centimeters) but not greater than 2.4 inches (approximately 6 centimeters). Push hard at a rate of 100 to 120 compressions a minute.
4.If you haven't been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical personnel take over. If you have been trained in CPR, go on to opening the airway and rescue breathing.
Airway: Open the airway
•If you're trained in CPR and you've performed 30 chest compressions, open the child's airway using

the head-tilt, chin-lift maneuver. Put your palm on the child's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway.

Breathing: Breathe for the child

- Use the same compression-breath rate that is used for adults: 30 compressions followed by two breaths. This is one cycle.
1.With the airway open (using the head-tilt, chin-lift maneuver), pinch the nostrils shut for mouth-to-mouth breathing and cover the child's mouth with yours, making a seal.
2.Prepare to give two rescue breaths. Give the first rescue breath — lasting one second — and watch to see if the chest rises. If it does rise, give the second breath. If the chest doesn't rise, repeat the head-tilt, chin-lift maneuver and then give the second breath. Be careful not to provide too many breaths or to breathe with too much force.
3.After the two breaths, immediately begin the next cycle of compressions and breaths. If there are two people performing CPR, conduct 15 compressions followed by two breaths.
4.As soon as an AED is available, apply it and follow the prompts. Use pediatric pads if available, for children up to age 8. If pediatric pads aren't available, use adult pads. Administer one shock, then resume CPR — starting with chest compressions — for two more minutes before administering a second shock. If you're not trained to use an AED, a 911 or other emergency medical operator may be able to guide you in its use.

WEM School Announcements

Get your pre-orders in for this year's yearbook. Cost is \$40. Yearbooks can be purchased during students' noon hours or from Mrs. Winter (room 51) before or after school. Order forms are available in the office. Complete the form and return it with your payment. Be sure to make your order so you are guaranteed a yearbook!

Prom sign-up forms are available in Mrs. Winter's room. All juniors/seniors and their guest must sign-up ahead of time for admittance and planning purposes. WEM Seniors and juniors are invited to attend the prom with a guest who is a sophomore or older in or out of school but no older than 20 years of age. Out of town and graduated guest fee is \$20. Prom will be held May 5th, 2018.

There is an After Prom Party sign-up sheet in the office. Please take note that there is one for seniors and one for juniors to sign up you and your guest, if not a WEM Student. All STUDENTS must be signed up and pay their \$25 per person fee to attend the AFTER PROM Party. If you are interested in being hypnotized there are also waiver forms to be signed and returned also. If you have any questions, please see Kristi. You must be signed up before March 15, 2018.

Applications Wanted

Win-E-Mac School District is currently accepting applications for a JH Baseball Coach position.

For an application form go to www.win-e-mac.k12.mn.us, email or stop by the office.

Interested individuals should send a letter of application to:

Win-E-Mac Public School
Aaron Cook
23130 345 ST SE
Erskine, MN 56535
Phone: 218.563.2900
Fax: 218.563.2902
e-mail: acook@win-e-mac.k12.mn.us

This position is open until filled.

ISD #2609 is an Equal Opportunity Employer. M49-51C



Did you know?

According to The Water Project, a nonprofit organization that provides reliable water projects to communities in sub-Saharan Africa, the environmental cost of the consumption of bottled water has led some communities in both the United States and Canada to consider banning its sale.

The Santa Clara Valley Water District estimates that 80 percent of all single-use water bottles used in the U.S. ultimately become litter.

Many of those bottles ultimately end up in landfills, where they can spend several hundred years decomposing. But plastic water bottles are not just harmful to the planet post-production. T

he environmental group One Green Planet notes that the production and transportation of plastic bottles, which are made from a petroleum product known as polyethylene terephthalate, or PET, require incredible amounts of fossil fuels.

While consumers might feel simply recycling the bottles is enough to offset the environmental cost of their production and transport, it's important to note that not all plastic can be recycled, and while plastic bottles are generally considered recyclable, not all of them actually are.

Consumers concerned about their bottled water consumption should know that reusable water bottles are not only more eco-friendly, but also much more cost-effective



The Win-E-Mac girl's fourth grade team played in the Sacred Heart Tournament on Saturday, February 17. They came home with second place. Congratulations Girls!

WEM Spring Early Childhood Screening

FREE vision, hearing, health, and developmental screening for 3-5yrs old.

This screening is a requirement to start preschool or kindergarten in Minnesota. Meet our teachers and register for fall preschool 2018.

Children who are or will be 4 yrs old by Sept. 1st, 2018 can register for Win-E-Mac preschool.

Information about home-based programs for 3yrs olds will also be available.

Mark your calendars for Monday, March 26, 2018 for the screening and signup at Win-E-Mac School.

Contact Shannon Svalen for more information: 218-688-2170, ssvalen@win-e-mac.k12.mn.us, or LIKE us on Facebook: WEM Early Childhood Family Education.

Family Movie Night

WHERE: WEM Arts and Events Center

WHEN: Friday, March 2nd, 2018

TIME: Doors open at 6:00 p.m. Movie at 6:30 p.m.

COST: Free Will Donation. Proceeds will be used to fund future Literacy events.

The WEM Literacy Committee is hosting a movie night to celebrate Dr. Seuss Week. There will be treats and water for sale. All ages are welcome. Children must be accompanied by an adult.

Now Showing: Coco
Length: 1 hr. 49 min. M48-49C

Applications Wanted for Summer Positions

The Win-E-Mac School/Community Education is looking for the following positions for the upcoming summer months. Applications or questions can be sent to Kevin McKeever at: Win-E-Mac School, 23130 345th Street SE, Erskine, MN 56535 or to his email at kmckeever@win-e-mac.k12.mn.us. Positions are open until filled.

- 1. **Summer Recreation Director:** Duties will include hiring and supervising coaches for baseball and softball, organizing field trips, scheduling games, along with other duties specific to the job. The individual may also coach a team if needed.
- 2. **2 Full time Summer Recreation Positions:** Duties will include coaching summer recreation baseball or softball teams, attending field trips, along with baseball and softball field maintenance. Grounds work within the school district may also be included in these duties along with other work needed by the school district. Each position will range from 36-40 hours a week with a \$10.50 starting wage. M49-50C

Applications being taken for Marcella Arnold Nursing Scholarship

Application deadline: April 1, 2018 through VFW Auxiliary, Post 1902, Crookston

The Marcella Arnold Nursing Scholarship is designed to provide financial aid to eligible nursing students in their final year of nursing school.

The applicant must be a full time nursing student in an associate or bachelor degree school of nursing, or prior to the start of a LPN program.

The scholarship is designed to help fund the final year.

Applicant must be a resident of Minnesota or a non-resident of Minnesota with a membership in the Minnesota

Veterans of Foreign Wars or Auxiliary, attending a nursing school in Minnesota.

The applicant must be a member of or eligible to join the Veterans of Foreign Wars or VFW Auxiliary, or be a child or grandchild of a member of the Veterans of Foreign Wars or VFW Auxiliary.

A reservist can be eligible if they have been awarded a campaign or service ribbon which establishes eligibility for the VFW.

The scholarship can be used for tuition, books, laboratory or similar fees.

Applications are available

from Marcella Arnold Chairman Twylla Altepeter at The Fertile Journal, 945-6120, or evenings at 281-6582 or from the Ladies Auxiliary VFW, Department of Minnesota (mnvfwauxiliary.org/Marcella-Arnold-Application).

A signed application, financial statement and personal statement must be sent together to VFW Auxiliary Department of Minnesota, Veterans Service Building 20 West 12th Street, Floor 3 St. Paul, MN 55155-2002.

The deadline to submit a scholarship application is April 1.

Essentia Health-Fosston presents:

Don't Close Your Eyes

OPIOID ABUSE FORUM

Thursday, March 8th

5:30pm-7:30pm

New Journey Church
505 Ninth St. NW | Fosston

EssentiaHealth.org

Join the discussion.
Opioid Abuse Forum will feature:

- Health care professionals
- Polk County Drug Task Force
- Northwest Mental Health
- Polk County Public Health
- Clearwater Life Services

For questions or additional information, call Lynae Finseth 218.435.7660 or Carrie Danielson 218.435.7661.

Essentia Health
Here with you

M49-50C