



McINTOSH

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McIntosh, Minnesota



The winner of the 2019 Win-E-Mac Spelling Bee was Sydney Svalen (left), second and third place were Mason Spaeth (middle) and Rommel Erofeeff (right), respectively. Sydney will now advance to the district spelling bee held in Thief River Falls. Her winning word was "conservatory".

FSA offices will reopen during gov't shutdown

The USDA announced last Tuesday that all Farm Service Agency (FSA) offices will reopen January 24th to provide an expanded but limited number of transactions.

For the first two weeks of this operating plan FSA offices will be open Mondays through Fridays.

In subsequent weeks, offices will be open on Tuesdays, Wednesdays, and Thursdays if needed to provide the additional administrative services. FSA employees will be working without pay until the shutdown ends.

As talks to reopen the government develop, additional announcements regarding FSA services may be made by USDA

Market Facilitation Program Deadline Extended to February 14

The USDA announced on Tuesday that due to the government shutdown limiting access to Farm Service Agency offices the deadline to apply for the Market Facilitation Program (MFP), which aids farmers harmed by retaliatory tariffs, has been extended to February 14.

The original deadline was January 15. The announcement stated that other program deadlines may be modified, and that USDA will announce those modifications as they are addressed.

Free Tax preparation sites available across Minnesota

On Thursday, the Minnesota Department of Revenue announced that over 200 sites will offer free tax assistance for those filing income tax and property tax refund returns. Most sites will be open early February through April 15. The Volunteer Income Tax Assistance (VITA) and AARP Tax-Aide programs are two free tax preparation options where volunteers help Minnesotans prepare their federal and state returns.

You can get help at a Volunteer Income Tax Assistance (VITA) site if any of the following apply:

- You are age 60 or older.
- You are a person with a disability.
- You speak limited or no English.
- Your annual income is less than \$55,000.



Brrrrr!

Community Calendar

- Wed. Jan. 30:**
McIntosh Blood Drive @ Community Center; McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Jan. 31:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Feb. 1:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 4:** Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Feb. 5:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. Feb. 6:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 7:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Feb. 8:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 11:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Feb. 12:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



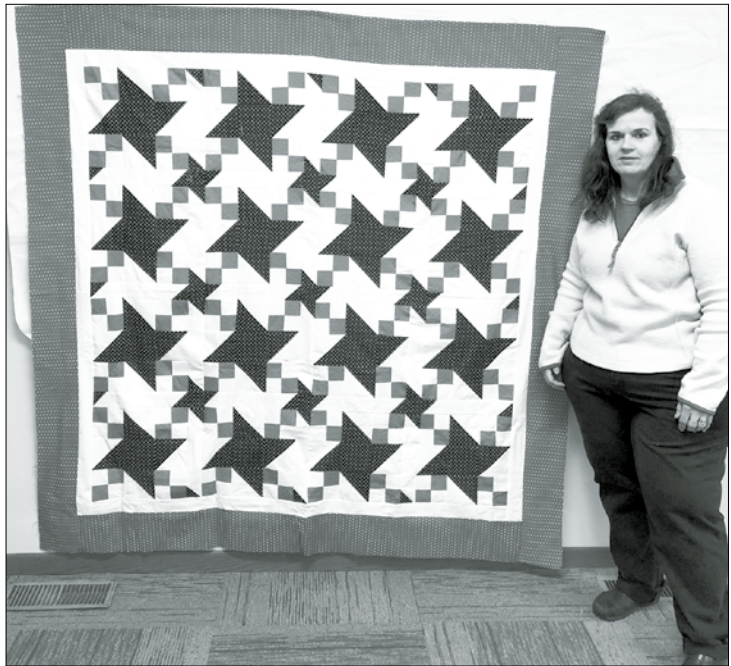
Congratulations to the One-Act cast for taking second place in the subsection competition held in Bagley on Thursday, January 24th. They now move on to the district contest to be held at Win-E-Mac on Saturday, February 2nd. The cast includes: Sydney Svalen, Claudia Anfilofieff, Aries Qualey, Sidney Roed, Will Tofstad, Jaydon Kangas, Zach Simonson, Anton Hickman, and Jayden Gensburger. Mr. McWilliam and Mr. Hanson are the directors. The play, titled, "Whispers" by Kendra Thomas, is about the character's losing a parent who served in the Iraq-Afghanistan conflict. They all relate their story is when they attend a camp for kids in this agonizing situation.



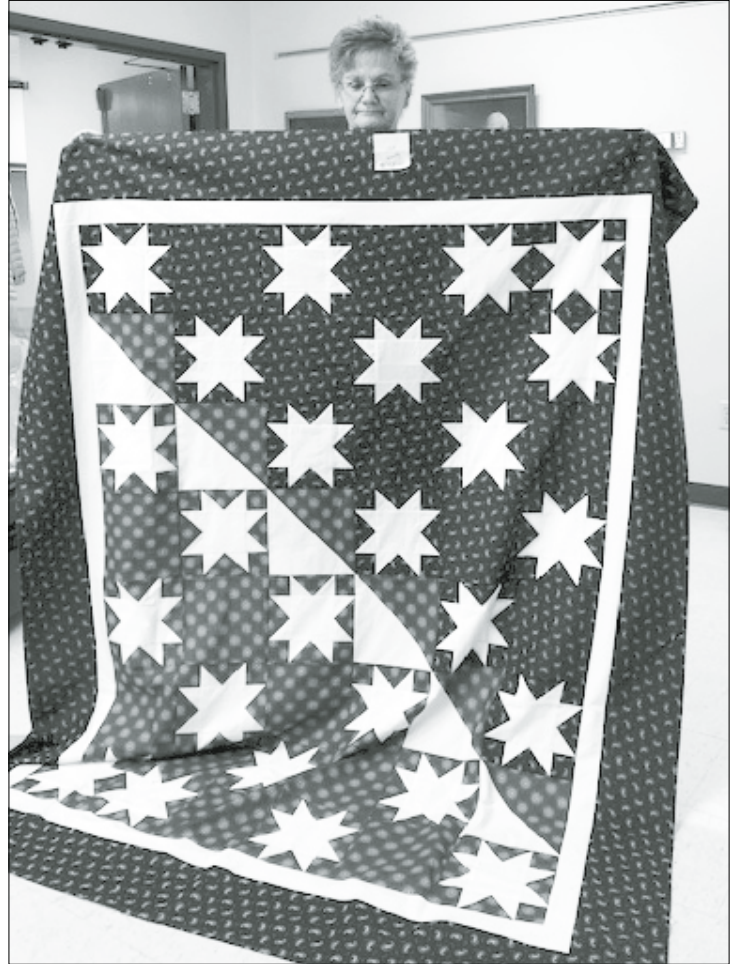
Participants from grades 5 through 8 who took part in the Annual Spelling Bee on Thursday, January 24th at Win-E-Mac School.



Mary Schmidt finished her Quilt of Valor.



Dee Dee Narum finished her Quilt of Valor



Lois Boehrsen finished her Quilt of Valor.

Catch the sun before it's gone: 2019 is final year for full solar tax credit

If you've been thinking about installing a solar energy system for your home, the Minnesota Commerce Department suggests that you may want to finally catch the sun in 2019.

That's because 2019 is the last year to claim the full 30 percent Residential Renewable Energy Tax Credit, which applies to solar energy projects (electric or hot water), small wind installations, ground source heat pumps and other eligible renewable energy systems.

This incentive allows you to claim a 30 percent credit on your federal tax return for the costs of the system.

Your tax credit on a \$20,000 system would be about \$6,000, resulting in a dollar-for-dollar reduction on your income tax.

To get the tax credit, you must own the system instead of leasing it.

Eligible costs include labor for on-site preparation, assembly or original system installation, and piping or wiring to connect a system to the home.

To get the full 30 percent tax credit, your system must be installed by December 31, 2019.

If the installation is at a new home, the "placed in service" date is your date of occupancy.



The tax credit, which ends in 2022, will phase down over the next three years:

- 26 percent for systems placed in service after Dec. 31, 2019, and before Jan. 1, 2021
- 22 percent for systems placed in service after Dec. 31, 2020, and before Jan. 1, 2022

A similar Business Energy Investment Tax Credit is available for businesses, also with a phase-down schedule.

Utility incentives
In addition to the federal tax credit, many Minnesota utilities offer incentives for solar energy and other renewable energy systems.

Xcel Energy's Solar* Rewards program provides incentives to install solar electric (PV) systems. The program will begin taking applications for its 2019 season on Jan. 28.

It provides residential and commercial customers who

install solar PV systems of 40 kW or less with 10 years of annual incentive payments based on the system's annual production. It is available to Xcel customers on a first-come, first-served basis.

Minnesota Power provides solar incentives to qualified customers through its SolarSense program and began taking applications for 2019 on Jan. 7. The program provides rebates to reduce the upfront costs of installing solar.

Otter Tail Power offers a Publicly Owned Property Solar program that provides cash incentives to publicly-owned facilities that install non-residential solar PV systems.

To learn about other incentives available for solar and other clean energy improvements, contact your utility or visit the Database of State Incentives for Renewables & Efficiency at www.dsireusa.org.

Minnesota Energy Tips is provided twice a month by the Minnesota Department of Commerce, Division of Energy Resources.

If you have an energy question, contact the Commerce Department's Energy Information Center at energy.info@state.mn.us or 800-657-3710.

Daily steps to keep your heart healthy

Heart disease is a formidable foe. According to the Centers for Disease Control and Prevention, heart disease accounts for nearly 25 percent of all deaths in the United States each year.

Issues relating to the heart affect both men and women, and an estimated 15 million adults in the U.S. have coronary heart disease, the most common type of heart disease. And heart disease is not exclusive to the United States, as the Heart Research Institute says that every seven minutes in Canada someone dies from heart disease or stroke.

Such statistics are disconcerting, but they can serve as a wake-up call that compels people to prioritize heart health. Fortunately, heart disease is often preventable and people can employ various strategies to reduce their risk.

• Stop smoking right now. One of the best things to do to

protect the heart is to stop smoking. The Heart Foundation indicates that smoking reduces oxygen in the blood and damages blood vessel walls. It also contributes to atherosclerosis, or a narrowing and clogging of the arteries.

• Eat healthy fats. When eating, choose polyunsaturated and unsaturated fats and avoid trans fats as much as possible. Trans fats increase one's risk of developing heart disease by clogging arteries and raising LDL (bad) cholesterol levels. Read food labels before buying anything at the store.

• Keep your mouth clean. Studies show that bacteria in the mouth involved in the development of gum disease can travel to the bloodstream and cause an elevation in C-reactive protein, a marker for blood vessel inflammation. Brush and floss twice daily, and be sure to schedule routine dental cleanings.

• Get adequate shut-eye.

Ensuring adequate sleep can improve heart health. One study found that young and middle-age adults who regularly slept seven hours a night had less calcium in their arteries (a sign of early heart disease) compared to those who slept five hours or less or those who slept nine hours or more.

• Adopt healthy eating habits. Changes to diet, including eating more fruits, vegetables, whole grains, and lean protein, can help you lose and maintain a healthy weight, improve cholesterol levels and reduce blood pressure - leading to a healthier heart.

• Embrace physical activity. Regular moderate exercise is great for the heart. It can occur at the gym, playing with the kids or even taking the stairs at work.

A healthy heart begins with daily habits that promote long-term heart health

Nighttime snacking best bets

Calorie-conscious individuals may wonder if eating at night or after a certain time can derail their diets and fitness regimens.

The jury is still out on whether eating at night can pack on the pounds or not, with various health recommendations contradicting one another. However, if one does choose to snack at night, there may be a smart way to do so.

The U.S. Department of Agriculture's Weight Control Information Network says that a calorie is a calorie no matter when it is consumed. That means it doesn't matter if calories are consumed in the morning, afternoon or evening. It is how many are consumed and the amount of physical activity individuals perform that will affect their weights. Conversely, the Academy of Nutrition and Dietetics says they're not sure if a calorie is a calorie no matter when it is consumed.

Their research and data from the University of Pennsylvania School of Medicine's

Center for Weight and Eating Disorders indicates that when food is consumed late at night the body is more likely to store those calories as fat and gain weight rather than burn it off as energy.

Certain animal studies show that food is processed differently depending on the time of day it was consumed.

little apparent prospect of success.

The key to the whole situation still is held by the insurgents, whose recognized leader, Senator LaFollette of Wisconsin, and his three chief supporters in the Senate, have been read out of the party councils by Senate Republicans. Whether they will undertake reprisals for this action remains to be developed.

Farm Aid Considered
Farm aid legislation I one thing that leaders in both houses are anxious to put through, but early action is not in prospect as Congress probably will desire to await the report of the farm commission appointed by President Coolidge, which already has begun its work.

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

Sun. Feb. 3: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Feb. 10: 8:00am Confession; 8:30am 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. Feb. 3: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Feb. 10: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Sun. Feb. 3: 11:15am Worship Service.

Sun. Feb. 10: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. Jan. 30: 7:00pm Bible Study at Don and Sharon Ramberg's

Sun. Feb. 3: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. Feb. 5: 10:00 a.m. Sunday worship service telecast on GVTN--30; 1:30 p.m. Bible Study at The Country Place

Wed. Feb. 6: 7:00pm Bible Study at Don and Sharon Ramberg's

For information on free rides to any of the above activities 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. Jan. 30: 7:30pm Bible Study at Mt. Carmel

Thurs. Jan. 31: 7:00am Men's Breakfast at Mt. Carmel

Sun. Feb. 3: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

Wed. Feb. 6: 7:30pm Bible Study at Mt. Carmel

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

Sun. Feb. 10: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Feb. 3: 9am Worship

Sun. Feb. 10: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Wed. Jan 30: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Feb. 3: 10:00am Worship Service and Children's Sunday School

Wed. Jan 6: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Feb. 10: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker

Sun. Feb. 3: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. Feb. 10: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH

Erskine

Pastor Joel Smeby

Wed. Jan. 30: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. Jan. 31: 4:00pm Confirmation Class

Sat. Feb. 2: 8:00am Men's Prayer Group

Sun. Feb. 3: 10:00am Worship

Holy Communion 1st Sunday of every month. Visit us on Facebook at RodnesLutheran.

No taking the expansion for granted

For the third consecutive month, Minnesota's seasonally adjusted unemployment rate remained at 2.8 percent in November.

Five major sectors of our economy gained jobs, five lost, and one held steady.

The private sector average wage rate fell, but the annual growth in the wage rate - 2.1 percent - held steady. Four regions of the state gained jobs

over the last year.

The state's percentage of people below the poverty line was 5 percent in 2017, the third lowest in the US.

State exports grew 6.5 percent in the third quarter, bolstered by success in emerging markets.

Ad deadline:
Noon Friday



It seems that not much has changed in nearly 100 years of political finagling in Washington.

Headlines from *The McIntosh Times*, December 4, 1924

Congress Goes Back to Work Sixty-Eighth Session Reconvenes

Tuesday for Three Months' Grind

Washington - With the breach between the regular and insurgent Republican organizations still further widened, the Sixty-eighth Congress, which already has established a record as the most turbulent in the nation's history, reconvened Tuesday for its short and final session.

In the three months intervening before March 4, efforts will be made to put through some important general legislation in addition to the annual appropriation bills, but with

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Announcements • Photos • Community Updates

McINTOSH Times

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"Serving the Win-E-Mac area"

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Winger News

by Linda Pulskamp

Greetings from Winger and the Union Lake areas where cold weather has infiltrated our area now and with the cold we always seem to have the wind thus some extremely cold wind chills. On Monday and into Tuesday night we received around 6 inches of snow and with the wind predicted to pick up tonight (Wednesday) could see some blizzard conditions. It's still January so we are not out of winter yet, but we can still think spring.

Glad to be back with the news after being gone last week spending the week with our Grandchildren in Wahpeton while Jessie and Brent were on vacation.

Sympathy to Helmer Homme on the passing of his Brother in law Dr. Dale Chambers of Rochester. Helmer spent from Thursday until Monday in Rochester with family and attended the funeral for Dr. Chambers on Saturday.

Sympathy to the families of Wilma Wang who passed away Monday the 21st at the Cornerstone Residence in Fosston, Wilma lived to be 98 years young and was quite active most of those 98 years. Funeral services at this time are pending.

Thoughts and prayers go out to Lynn and Sara Lucken, Sara has been at Mayo in Rochester for the past week and today (Wednesday) is undergoing open heart surgery. Lynn is unable to be down there with her, so son Tal and several oth-

ers are spending time with him at the Lucken home.

On Saturday the 12th Butch and Linda Pulskamp attended funeral services in Grand Forks for Butch's cousin Bernie Briedenbach.

Richard and Betty Brtek visited with Lucy Brtek at Lucy's home last Sunday afternoon.

Butch and Linda Pulskamp left on January 13th and returned home on January 20th after spending the week with their 3 Granddaughters in Wahpeton while their parents were on vacation. Was a busy week with Sidnie and Skyie practicing for and playing basketball, there were no dull moments. Was very enjoyable watching the girls play their ball games.

Tuesday Richard and Betty Brtek of Blaine and Lucy Brtek enjoyed breakfast together at the Bejou Café, after breakfast Betty left for the Brtek home in Blaine.

Joan Helland of Fargo was a Sunday afternoon visitor at the Brent Pulskamp home in Wahpeton, later Sunday afternoon Joan Helland and Butch Pulskamp attended a Memorial Service for their Aunt Rita Braun in Rosholt, SD.

Milton Carlson's Corner

Thursday the 10th Kari Keller visited with and brought cookies to Milton at his home, while there she also cleaned the snow off the deck.

Judy Gieseke was a visitor on Friday the 11th with Milton

at his home, bringing with her a roast that the two enjoyed for dinner.

Saturday the 12th Paul and his B John Deere arrived at Milton's home and Paul cleaned out Milton's yard and also brought him his mail.

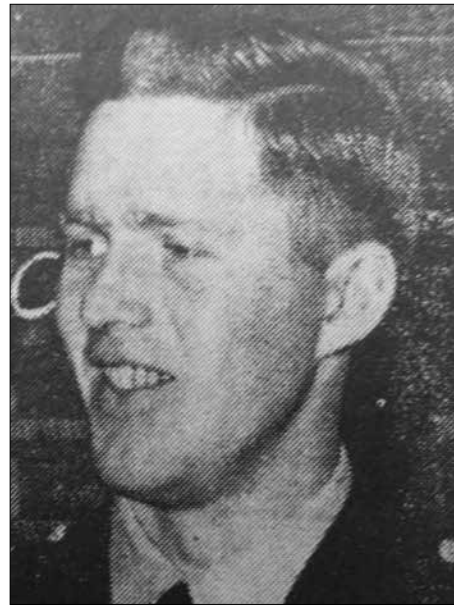
On Friday the 18th Lonnie Gieseke brought Milton his mail and he and Milton had a visit while having a cup of coffee together. Later in the day Chad Carlson stopped in at Milton's bringing donuts with him that they enjoyed with coffee while visiting.

Saturday morning the 19th Paul Carlson was a morning visitor and coffee guest with Milton at the Carlson home, bringing with him Milton's mail. Later that evening Paul attended a basketball game in Fertile. That evening Kari Keller stopped in for a visit over a cup of coffee with Grandpa Milton.

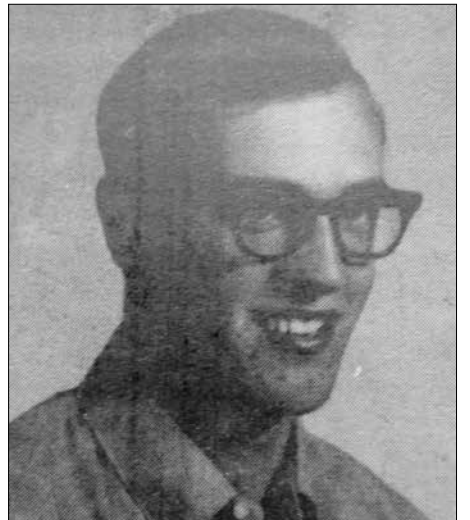
Tuesday the 22nd Paul Carlson was a visitor with Milton at his home and while there took Milton's garbage out and cleaned off the deck.

Later in the day James Iverson was over on his tractor with the snow blower and blew Milton's yard out. Lonnie Gieseke was a visitor that afternoon also, bringing Milton his mail and doing some more snow removal.

This is the news for the past couple of weeks, stay warm but at the same time I need to gather some news for next week.



60 years ago...1959: Army Specialist Four Johnny O. Munter, son of Mr. and Mrs. Oscar A. Munter, Fosston, recently completed the Western Area Command troop information course in Kaiserslautern, Germany.



50 years ago...1969: Mark Schimanski, 6'2" senior has been chosen on the WCCO All-State Team of the week for the second consecutive week. He received the honor on January 15th and again on January 22nd. Mark has been a starter for three years at Mac-Hi and this present season has scored 370 points in 12 ball games.



40 years ago...1979: The 1979 Co-op Board is as follows: (l-r) Clifford Eggers, V.P.; Ray Bartz, Manager; Lloyd Schleicher, President; Earl Roed and Roger Buchholz, directors; Andrew Peterson, Secretary-Treasurer; Ronald Bergman, and Albert Mandt, Jr., directors. Mandt is missing in the picture.



Helmer Homme visited with Doug and Annette Swedberg at the funeral of Dale Chambers, Helmer's brother-in-law, in Rochester, MN.

Did you know?

Spring cleaning is a ritual in many homes, though some might be forgetting to address an area of their homes that can be especially vulnerable to insect infestations.

According to PestWorld.org, kitchen cabinets and pantries used to store spices and baking items, such as flour, can make for inviting hideouts for various types of pests.

These unwelcome guests

include beetles, Indian meal moths and ants. To remedy this issue or prevent insects from becoming an issue, discard stale spices or dated baking items.

Once such items have been removed from the cabinets and pantry and discarded, wipe down the interior of the spaces before installing fresh shelf paper.

If the critters didn't make

their presence known in the cabinets, that doesn't mean they haven't made your kitchen home over the winter.

Some might have opted to spend their winters behind appliances, including the stove and the refrigerator.

As a result, it's best to pull these appliances off the wall each spring, sweeping or vacuuming the dust and crumbs you find before mopping the floors



30 years ago...1989: The cast for the Win-E-Mac entry for sub-district contests has reason to smile! "Act III, Scene V" took second place in competition on Tuesday evening. Cast members are: Christy Evenson, Kristen Tangen, Karen Rensland, Stuart Ingman, Leslie Parent and Maryann Verdun.



20 years ago...1999: The annual meeting and award presentation of the 9 & 3 Coffee Club brings the group together for a year of remembering and laughs. The group meets twice daily for a cup of coffee and a throw of the dice, with a bit of razzing thrown in. Members include: Ron Strom, Carey Burslie, Clarence Knudson, Duane Arness, Jerry Wertish, Joey Svalen, Armond Sannes, Sherman Tranby, Mahlon Bly, Lloyd Carlson, Ken Jore, Merle Schow and Paul Anderson.



Spelling Bee participant, Braylen Hamre.



Spelling Bee participant, Jacob Eggl.



Spelling Bee participant, Hank Earls.



Spelling Bee participant, Jayden Gensberger.



Home of the Patriots

WEM School Announcements

If you are a federal employee and have been negatively impacted by the government shutdown, your family may qualify for free and reduced lunch benefits. Please fill out a form, available on the school website or in the school office as soon as possible so the application can be processed. If you qualify these benefits will last the remainder of the school year. If you filled out a form previously and were denied, you may still qualify based on the current income change.



2019 After Prom Party
Community Bingo Fund-raiser
Will be held at the Win E Mac High school Common area on
Sunday February 10th, 2019 from 1pm -5pm.

Alternate date in case of storm February 24th, 2019.
\$2,000 in cash prizes including last game Blackout for \$500.00.
Tickets are being sold prior to event and at the door for the same price.
\$20 per ticket
Play 20 games!!
Hope to see you there!



Win-E-Mac Alumni Basketball Tournament will be Saturday February 9th. Registration begins at 1:00 PM, games start at 1:45. \$10 per participant.

Prom is May 4th! Complete sign-up by April 15, 2019 ~ all prom attendees and their guests must sign-up and pay attendance fee ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom with a guest who is a sophomore or older in school or out of school but no older than 20 years of age. Each individual attendee's \$15 cover fee needs to accompany sign-up.
Fee is to offset costs (food and beverages included). All prom grand march attendees

are expected to wear formal attire. Sign-up sheets available in Mrs. Winter's room.

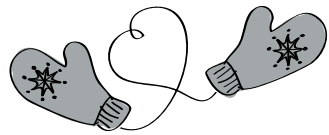
WEM ECFE

This past January we have been exploring our five senses. In January we have had fun, hands-on experiments and play while learning about hearing and seeing. We will be continuing our discussion on the five senses in February. ECCE meets every Monday at 6:00 p.m. in the Win-E-Mac preschool room unless otherwise noted. ECCE is for children birth through preschool.

Monday, Jan. 28 - We will be talking about our sense of touch.

Monday, Feb. 4 - Join us as we talk about our sense of smell.

Monday, Feb. 11 - We will be having a special grandparents night just in time for Valentine's Day. Grandparents, gather your grandchildren for a special Valentines date! For this class you will need to bring a pair of mittens or gloves for both the kids and adults who are attending.



The Junior High Women's group accompanied by Charity Salmonson performed for family and community members during the Junior High Winter concert held at Win-E-Mac School in December.



Family and friends gathered in December at the Win-E-Mac Arts & Event Center to hear the Junior High band perform at the Winter Concert. The band played 4 songs for the holidays.



The Win-E-Mac Junior High Choir performed in December for their Winter Concert in the Arts & Event Center singing old and new songs of the Holidays.