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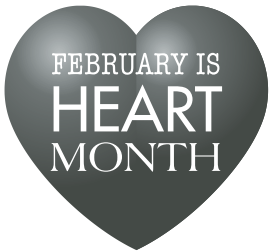
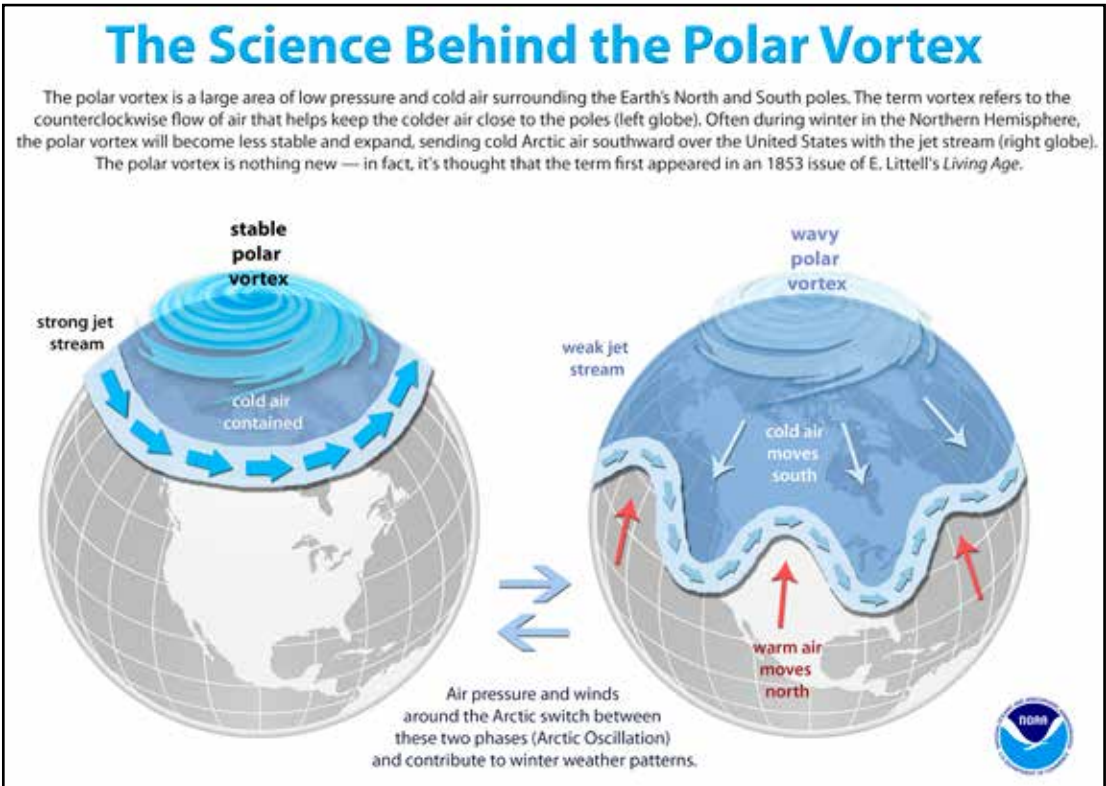
Lynn and Sarah Lucken, residents of Winger, MN, will be featured in an upcoming episode of Common Ground on Thursday, February 7th at 7:00 pm. The segment will explore their interests and hobbies in a wide variety of areas over a lifetime. Tune in to Garden Valley's Cable Network Channel 9 KAWF PBS to learn more about our friends and neighbors.

Record cold weather, power outages and the story of the Polar Vortex

East Polk County along with all of Minnesota recently experienced some record breaking cold temperatures and wind chills following a blanket of freshly fallen snow. Many people experienced a small power outage lasting approximately a half hour, while Winger experienced a nearly 4 hour power outage on Tuesday afternoon and into the evening.

Others experienced vehicles that wouldn't start, frozen water lines, and heating fuel shortages, while crews and workers scrambled to keep everyone safe from the cold weather that fell upon us in Northwest Minnesota.

The culprit was the Polar Vortex, a large area of low pressure and cold air over the North and South Poles. When the jet stream weakens, the cold air from the Polar Vortex is able to drop southward.



Community Calendar

- 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
- Sun. Feb. 10:** After Prom Fundraiser Bingo @ Win-E-Mac School 1:00pm
- 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; Math Fun Night @ Win-E-Mac School 5:30pm
- Tue Feb. 12:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. Feb. 13:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 14:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting @ Community Center 5:30pm
- Fri. Feb. 15:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 18:** Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Feb. 19:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



They came, they performed, and they went home winners in our hearts. The Win-E-Mac One Act play cast performed on Saturday, February 2nd, when WEM hosted the Section 8A One Act Play Competition in the Arts & Event Center. Pictured is the cast, along with Mr. McWilliam and Mr. Hanson, who are the dedicated directors and support for the WEM fine arts department. Pictured: Aries Qualey, Sidney Roed, Jadon Kangas, Anton Hickman, Zach Simonson, Will Tofstad, Sydney Svalen, Jayden Gensburger, Kolton Crocker, Claudia Anfilioff.

Successful snowmobile rides start with safety mindset

Minnesota has more than 22,000 miles of groomed snowmobile trails, about 21,000 of which are maintained by local snowmobile club volunteers.

Add in the thousands of lakes on which people ride and there's no shortage of opportunity to experience Minnesota atop a sled.

Every year, however, multiple riders are killed or injured while riding a snowmobile.

"Snowmobiling is fun and exciting — and is a great source of physical activity — but every time they fire up the engine snowmobilers should make safety their priority," said Bruce Lawrence, recreational vehicle coordinator for DNR's Enforcement Division. "By keeping a clear head and using common sense, snowmobile riders can go a long way toward ensuring a safe ride."

Here are some key safety points to keep in mind:

- **Don't drink and ride** — alcohol and snowmobiling are a bad combination. Alcohol is a factor in over 70% of all fatal accidents in Minnesota, as well as many non-deadly snowmobile accidents.
- **Wear a helmet and proper clothing.** Always wear a quality DOT helmet and facemask. Wear layers of clothing to keep warm and dry.
- **Drive slower at night and be prepared for the unexpected.**
- **Check local trail and ice conditions.**
- **Cross with care.**
- **Avoid riding alone.** Always ride with a friend on another snowmobile. This way if one machine is disabled, you have another to get help.
- **Ride safe, stay on the trail and respect private property.**
- **Smart riders are safe riders** — take a snowmobile safety training course.

To legally operate a snowmobile in Minnesota, residents born after Dec. 31, 1976 must have a valid snowmobile safety certificate. Options for classroom and online safety courses can be found at mndnr.gov/safety/vehicle/snowmobile/index.html.



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



Family Math Night

Monday, February 11th
5:30pm - 7:00pm

Supper and math games in the Arts & Event Center

pre-k to 6th grade



Garden Valley Employee Sandy Bixby recently presented a donation raised by Garden Valley Employees to support the Win-E-Mac Backpack Program. Several schools in GV's service area partner with North Country Food Bank to offer the Backpack Program to children in need of food over the weekend. Aimed at reducing childhood hunger, the program provides children with food that is nutritious, easy to prepare and consume, child-friendly, and non-perishable. We are honored to help support this program and the kids who benefit from it. Randy Bruer, Superintendent at WEM School is shown accepting the donation on behalf of the Backpack Program and North Country Food Bank.



Ilene Reiersen recently completed her quilt of valor top. She not only sews the top she completes it using her long arm machine! Ilene quilts many tops for the East Polk County Quilts of Valor group.

Pestle & Vessel

by Alison Opdahl

Resolute

During a sermon that was scriptural and thoughtful I found my spirit fidgeting. Finally, I found the answer in the tone of the message. There was a subtle emphasis on man's humanity getting in the way of sharing our faith; it was self-deprecating. I know I have spoken this way about myself or my actions before—mistaking self-deprecation for humility—hoping my listener would override it and affirm me. Let's look at the definition of self-deprecating. An online dictionary explains it as: modest about or critical of oneself, especially humorously so.

I think when we tell stories; self-deprecation can be an effective way of communicating in a humorous way. But I am convinced it has no place when talking about our relationship with our Elohim. He has created us in His image. As image-bearers our worth is intrinsic. We alone—of all creation—are uniquely equipped to not only display His workmanship but reason it out. Our purpose is to show relationship; first with

YHWH and then with each other.

Obviously, humans who are purposefully sinful and unrepentant cannot be faithful witnesses of Yeshua. However, it is our humanity which makes us ideal representatives to share the message of Yeshua. Because of our status as image-bearers we have been granted authority over all creation. Not to rule and set ourselves above others but to bear the responsibility and honor the privilege of His calling.

Yeshua did not die in spite of my humanity, He died in spite of my sin. Because I am a woman, I will use Eve as an example. Eve before the Fall was human and after the Fall? Still human. Her value never changed. Her "condition" did. She and I are human and our shared condition? Sinful. You see, there was always a plan to redeem me because I was made in His image. It's a redemption offered to all humanity. The choice of accepting is ours.

Although I was troubled to hear the speaker refer to our humanity as a detriment to

sharing our faith, it challenged me. I dug deeper into my relationship with Adonai. I realized it wasn't humility that found me downplaying my talent for the gifts He has given me but insecurity. He would not have granted me healing hands if He hadn't made me to use them for His glory. He would not have given me a voice that loves to sing if I He hadn't wanted to hear it. He would not have given me the craft of writing if He hadn't wanted me to put it to His use.

My daughter is five-and-a-half now. Her watchful eyes don't miss much. I want her to learn from my relationship with the Father in a way which speaks to her of her spectacular abilities. I want to grow in a way that doesn't shout of human limitations but of humanity's godly possibilities. I want to be resolute—admirably purposeful, determined, and unwavering—in acknowledging the condition of my humanity and its worth. Letting His purpose and calling shine through me.

-a.m.opdahl

NASCAR and its fan history

As we settle back after the big game and the thrill or disappointment of victory, we wait for the next season. The start of NASCAR.

Millions of racing enthusiasts tune in to watch their favorite NASCAR drivers every weekend.

Whether filling the stands in person or watching on television, NASCAR fans are drawn to the action and the sport's storied history.

It is believed that what would ultimately evolve into car racing began during Prohibition times when "runners," or those who delivered moonshine, souped up their cars to evade federal tax agents.

These runners took pride in evading the law and would hold informal races to determine who had the fastest car and greatest racing chops. Eventually the need for smuggling booze waned, and car racing became a more respectable sport.

On February 21, 1948, the National Association for Stock Car racing was officially incorporated, although the first official NASCAR race took place six days earlier. The sport would go on to be one of the most popular spectator activities in North America and is now a multibillion dollar industry.

NASCAR owes its beginnings to mechanic and auto-repair shop owner William "Bill" France, Sr. of Washington, D.C. France became interested in racing after relocating to Daytona Beach, Fla., which he discovered was a hotbed for racing enthusiasts. France involved himself in racing cars and promotion.

France felt there should be a sanctioning body to govern the sport, so in 1947, he organized a meeting in Florida

to discuss the future of stock car racing and conceived the notion of NASCAR with other members of the racing community.

As NASCAR amassed its legions of fans, it also helped solidify the star status of many drivers. Richard Petty, David Pearson, Dale Earnhardt Sr. (and later Junior), Jimmie Johnson, and Jeff Gordon are just a few of the notable drivers who have torn up tracks. In 1998, amid 50th anniversary celebrations,

NASCAR put together a list of the organization's 50 Greatest Drivers. Living members of the group were honored during pre-race festivities for the 1998 Daytona 500. NASCAR has built its reputation not only on quality races, but also through sponsorship.

In the history of NASCAR, there have been only three naming rights partners: RJ Reynolds, Sprint/Nextel and Monster Energy, which took the reins in 2017.

Those unfamiliar with NASCAR may think that the NASCAR season never ends. However, there is a defined season.

The race season, comprising 38 races, starts in February and ends in November. Races are conducted on privately owned race tracks, all of which are asphalt or concrete. Although NASCAR has southern roots, tracks were built in California and Las Vegas to tap into newer audiences.

NASCAR has been around for decades, and new stars and fans are made each year

NASCAR Facts

When a sport is this popular, you should definitely learn a little bit more about it. Let's take a look at some interesting facts about the largest and most prestigious racing compe-

shoes are iron bound and weigh about ten pounds and though I can't quite turn around in them they sure did their best to get them big enough for me. They are number tens and as you know I never wore a bigger shoe than eight in my life. Ferdinand."

Ferdinand mustered out of the army in August 1919 and returned to Lessor Township where he married and started a family. Eventually they moved to the southern part of the state. Ferdinand and Susan retired to Florida where they lived into their late 80's.



tion for professional stock car teams.

1. NASCAR cars reach speeds above 150 mph, with many averaging speeds around 180 mph, and some pushing 200 mph. At 200 mph, NASCAR drivers in one second travel 293 feet, almost the length of a football field.

2. On turns, drivers experience between two and three G's (up to three times the force of gravity) every turn. In addition to this, temperatures in the car often exceed 100 degrees, reaching as much as 170 degrees by the floorboards.

3. Stadiums for NASCAR venues can hold up to 170,000 spectators – this is much more than for any other sport in North America. Of all auto racing NASCAR is the biggest. There are over 75 million NASCAR fans in the United States. Internationally, its races are broadcast in over 150 countries. In 2004, the company holds 17 of the Top 20 regularly attended single-day sporting events in the world.

4. NASCAR's biggest race of the year is the Daytona 500, and it's also the first race of the year.

5. There are eight different flags that the NASCAR officials use from the flag stand to control the race. The only flag that

Local talent to perform in Fosston

The public is invited to the Fosston Library Arts Theater on Sunday, February 10th at 2:30 PM, to hear the local talent in our community as they perform musical harmony in trios and quartets. Each group will perform one to three songs. Tim Johnson will be the MC, and groups performing include:

-David and Brenda Johnson & Gary and Lois Johnson

-Dean and Bev Lindberg and Becky Overmoe

Senator Johnson: Support our Veterans in greater MN

On Thursday, a resolution asking the United States federal government to honor veterans by funding its portion of construction costs for proposed veterans homes in Bemidji, Montevideo, and Preston was heard in the Senate's Committee on Veterans and Military Affairs.

Over \$31 million in state funding has already been secured for the three veterans homes when the 2018 bonding bill was passed, but the homes still face hurdles and deadlines before they secure their crucial

-Dean Lindberg, Bennett Osmonson, Orland Aspen, and Rod Olson

-Short Notice Trio (Harlan Haroldson, Mark Landsverk, Glen Larson, and Wonell Miller on percussion)

-High school teachers Ron Berntson, Nathan Fultz, Loren Dryburgh, and Josh Pearson

This musical event is free, and all are welcome. Refreshments will be served following the performances.

federal funding match.

"Minnesota veterans in Greater Minnesota have continued to languish behind their metro counterparts when it comes to options and accessibility to veterans homes in their region," Sen. Mark Johnson (R-East Grand Forks). "Often, these veterans have little choice but to leave their communities and families in search for care. These three projects will have a huge regional impact and will allow us to serve some of most underserved veterans populations in the state allowing us to create a nurturing and engaging home environment that these Minnesota's heroes deserve."

The 2018 bonding bill provided \$12.4 million in state funding specifically for construction of the Bemidji veterans home with the construction of the home to proceed on the north side of Bemidji, on land donated by Sanford Health. The plan from there was to secure federal grants by September 2020 and to have the project completed by or before October 2025.

Currently, the closest veterans home in the region is located in Fergus Falls, a 135-mile drive from Thief River making the northcentral Minnesota's veterans population one of the least served populations in the state. When completed, the project is anticipated to serve nearly 26,802 of Minnesota's veterans.

Passport Photos available call 218-487-5225 Richards Publishing Gonvick

Community Birthday and Anniversary Calendar

Thurs. Feb. 7: Mavis Finseth, Tori Lee Weber, Lydia Herem, Hazel Burthwick, *Ron & Nicole Grande
Fri. Feb. 8: Renee Brekke
Sat. Feb. 9: Erich Gensburger
Sun. Feb. 10: Melford Grundyson, Nicole Grande, Ashleigh Bartz
Mon. Feb. 11: Julie Sultvedt, Clay Syverson, Pat Woods, Garrett Nornes
Tues. Feb. 12: Janis Wickstrand, Jan Langemo

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"Serving the Win-E-Mac area"
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ST. MARY'S CHURCH Fosston Fr. John Suvakeen, Pastor

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

Sun. Feb. 17: 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. 10: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Feb. 17: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson
Sun. Feb. 10: 11:15am Worship Service.
Sun. Feb. 17: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church

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

Sun. Feb. 10: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. Feb. 12: 10:00 a.m. Sunday worship service telecast on GVTN--30; 1:30 p.m. Bible Study at The Country Place

Wed. Feb. 13: 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. 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

Wed. Feb. 13: 7:30pm Bible Study at Mt. Carmel

Thurs. Feb. 14: 7:00am Men's Breakfast at Mt. Carmel

Sun. Feb. 17: 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

Worship at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Jill Torgerson
Sun. Feb. 10: 9am Worship
Sun. Feb. 17: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlunds

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

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

Wed. Jan 13: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Feb. 17 : 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH McIntosh

Pastor Bruce Blocker,

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

Sun. Feb. 17: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH Erskine

Pastor Joel Smeby

Wed. Feb. 6: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. Feb. 7: 4:00pm Confirmation Class

Sat. Feb. 9: 8:00am Men's Prayer Group

Sun. Feb. 10: 10:00am Worship

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

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Winger News by Linda Pulskamp

Hello and welcome to our frigid part of the country, seems like we are colder here than in Alaska or Antarctica, Sunday's heavy snow turned into a Tuesday snow storm and with the cold temps we are having, it has been some very cold and brutal weather, shutting down schools and colleges and many businesses didn't open or closed early. This is the first time in my lifetime that I can remember the postal service shutting down completely.

Tuesday night brought a power outage to Winger and some of the surrounding areas, THANKS to the linemen that were out in the severe cold and wind working so that we could have lights and heat again. It could have been much more serious than it was and makes one realize how for granted they take the everyday conveniences we have.

Our community of Winger and the surrounding communities were saddened to hear of the passing of "Bunny" on Monday night. He was so well known by so many and will definitely be missed by all he knew. Sympathy to the family of "Bunny". His funeral will be held on Saturday February 9th at 10:00 AM at Calvary Church in Winger.

Milton Carlson's Corner
Wednesday January 23, Dick and Wanda Donovan and "Pepper" of St. Francis arrived at the Milton Carlson home to spend a few days with the family. They brought Milton a record player so he has been enjoying some of his old albums. That evening Paul and Donna Carlson were visitors at Milton's home.

Enjoying dinner at the Milton Carlson home on Thursday the 24th that Wanda had prepared besides the Donovan's and Milton were Judy and Lonnie Gieseke.

Friday morning the 25th Milton's thermometer registered 32 below when he checked it. Dinner guests at Milton's that day along with his house guests were Lonnie and Judy Gieseke.

Dick and Wanda Donovan and "Pepper" left for their home Saturday morning after spending a few days as guests of Milton and visiting with other family members. Later

on Saturday Paul and Donna Carlson were visitors and coffee guests of Milton's and while there helped him with some household duties. That evening Kari Keller was a visitor with Milton and bringing with her some more albums for Milton to enjoy.

Sunday morning as Milton checked his thermometer at 5:00 AM it should a mild 30 below zero.

On Monday the 28th James Iverson came to Milton's and blew out his yard and cleaned the deck for him.

Lonnie Gieseke was a Tuesday morning the 29th visitor with Milton and was warmed up with a cup of hot coffee. That afternoon Chad and Traydon Carlson stopped in at Milton's for a visit bringing with them cookies and cupcakes for a treat. The temperature at noon that day was still 20 below zero.

Those helping Teegan and Lilly Brtek celebrate their 5th birthday's on Sunday at the Danny and Angie Brtek home were Grandma Lucy Brtek, Grandpa Kelly Johnson, Michelle Johnson and Brenden and Kylie Casavan, Linda and Butch Pulskamp, Michelle and Greg Gagner of Mentor, Justis, Tony and Tyler Brtek and their friend of Bagley and Lexie Brtek and her friend also of Bagley. Was almost like Christmas again with all the gifts and paper flying.

Lucy Brtek visited with Sheldon Lee at his home in Cornerstone last Thursday, bringing him a Valentine treat. Helmer Homme attended the funeral for Marvin Olson that was held last Wednesday at the Faaberg Church in Rindal.

Sunday Lucy Brtek along with Grandson Tony Brtek and Granddaughter Teegan Brtek attended the benefit for Loren Gieseke at the Community Center in Winger.

In closing for this week, please call with your news or email me at lpulskamp@yahoo.com, we will definitely miss the news that "Bunny" sent in from the Manor.

Until next week stay warm and food for thought, one small positive thought in the morning can change your whole day

February weed of the month: Grecian Foxglove - Not for the faint of heart

Annika Bollesen, Conservation Corps of Minnesota Alumni

Grecian foxglove

Grecian foxglove (*Digitalis lanata*) is a beautiful but toxic invasive plant. It was brought to North America from its native Europe as an ornamental plant. Grecian foxglove thrives in sunny to partially shaded areas and has been found in Washington County, Minnesota. All plant parts are toxic, alive or dried, necessitating careful handling with protective clothing and equipment. This is a threat to humans and other animals. Additionally, Grecian foxglove overtakes and unbalances the ecosystems it takes root in.

Grecian foxglove is a perennial plant that forms a rosette then sends up a flowering stem its second and subsequent years.

The flowering stems are 2-5 feet tall. Its leaves are oblong-shaped with pointed tips and are simple and alternately placed on the stem. Flower color ranges from white to faint yellow with brownish-purple venation inside.

Some of the ways Grecian foxglove can be distinguished from its look alike, common or garden foxglove (*Digitalis purpurea*), is that Grecian Foxglove has woolly hairs located on the stems and sepals, green petals that surround and protect the flower bud, and garden foxglove's flowers display a much wider color spectrum.

Grecian foxglove synthesizes cardiotoxic glycosides. These toxic compounds impact cardiovascular, neurological and gastrointestinal systems after ingestion or absorption through skin. Poisoning symptoms include headache, nausea, vomiting, lethargy, abdominal pain, strange dreams, arrhythmias and changes in vision.

If you suspect foxglove poi-



Grecian foxglove's flowering stems are 2-5 feet tall. Its leaves are oblong-shaped with pointed tips and are simple and alternately placed on the stem.

soning, call Minnesota Poison Control System at 1-800-222-1222. Call 911 if immediate help is needed.

These toxic compounds can be deadly, but when extracted and used properly, it can be used as a pharmaceutical. They can be highly beneficial in treating cardiac arrhythmia, a condition that causes the heart to beat irregularly.

The Minnesota Department of Agriculture (MDA), Washington Conservation District, Conservation Corps of Minnesota (CCM), University of Minnesota-Extension, Belwin Conservancy, private landowners and contractors are working together to find and eliminate Grecian foxglove in Minnesota.

The MDA's, CCM's and Extensions' efforts are supported by Environment and Natural Resources Trust Funds as recommended by the Legislative-Citizens Commission on Minnesota Resources. Grecian foxglove is a prohibited: eradicate weed on the Minnesota Noxious Weed List.

If you suspect that you have found Grecian Foxglove, please take pictures of the plant, note

A Valentine's Day

DINNER
AT CALVARY
LUTHERAN CHURCH

SPAGHETTI & MEATBALLS
OR
CHICKEN ALFREDO

FREE WILL OFFERING

Everyone is welcome

FEBRUARY 10TH

DINNER WILL BE SERVED 11:00 AM TO 1:00 PM

M46C

USDA FSA announces program deadline extensions

Due to the government shutdown, USDA's Farm Service Agency (FSA) has announced extended deadlines on many of its programs. Below is a list of updated deadlines:

- Market Facilitation Program ◦ Deadline to apply extended to Feb. 14, 2019
- Marketing Assistance Loans ◦ If loan matured in December 2018, settlement date extended to Feb. 14, 2019
- Peanut loans or Loan Deficiency Payments - loan availability date now Feb. 28, 2019
- Emergency Conservation Program ◦ Performance reporting due Feb. 14, 2019
- Livestock Forage Disaster ◦ 2018 application for payment due Feb. 28, 2019
- Emergency Assistance for Livestock, Honey Bees, and Farm-raised Fish Program ◦ Notice of loss due Feb. 14, 2019

Household items that can be reused

"Reuse, reduce, recycle" is a mantra used by many eco-conscious men and women. Reducing, reusing and recycling is not just a great way to conserve energy and natural resources, but also an effective means to saving money.

The following are some common household items that can be reused or repurposed.

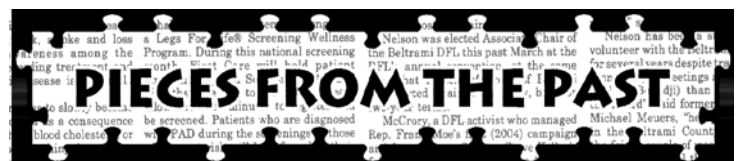
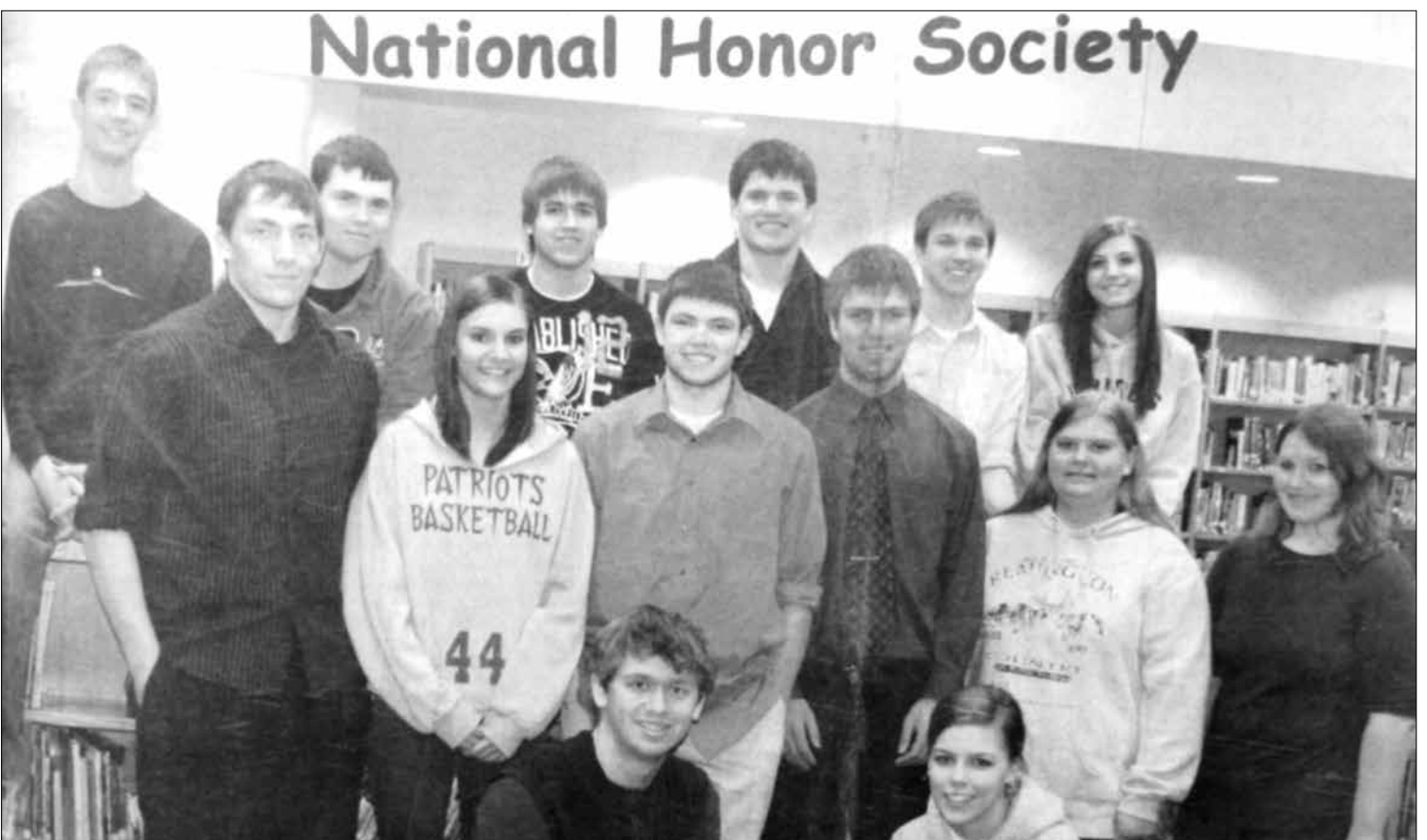
- **Containers:** Glass jars and coffee cans are two examples of containers that don't have to be discarded once the pasta sauce or coffee grains have been used up. Foodies who like to make their own sauces or spreads can repurpose old pasta sauce jars into storage for their homemade foods, such as marmalades, while coffee cans can be turned into storage for miscellaneous tools such as nails or screws.

- **Plastic milk jugs/water bottles:** Gardeners can turn gallon milk jugs that would

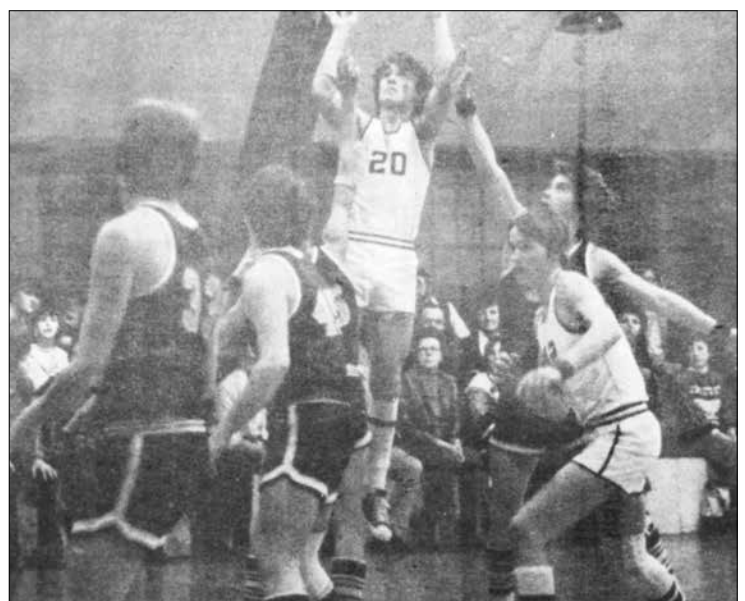
the exact location and report to Arrest the Pest at arrest.the.pest@state.mn.us.

Right: 20 years ago...1999: Win-E-Mac's entry in the Sub-section 30A One Act Play Contest in January took second place in the competition. Back row: Jody Trandem; Middle row: Cathy Tuenge, Casey Bartz, Joe Faldet, Carrie Oien; Front row: Kim Nelson, and Heidi Vesledahl.

Below: 10 years ago...2009: Win-E-Mac National Honor Students: (back l-r) Derek Rolf, Matthew Burke, Nolan Klinkhammer, Evan Massmann, Joey Gieseke, Kendra Lee., (middle l-r) Jarrid Wang, Kelsey Smith, Logan Cook, Joseph Lee, Brittany Stennes, Jennie Shaver; (front l-r) John Lewis and Siri Jore.



50 years ago...1969: Arnold Espeseth of Espeseth Hardware in Winger, accepted a Senior Dealer Award at a recent International Harvester Luncheon at Fargo, N.D. The award honored Espeseth Hardware for its 50 years as a dealer for International Harvester.



40 years ago...1979: Coby Burslie took a jump shot when the Scots played Mentor and lost by one point.



30 years ago...1989: 4-H award winners at the Communication Arts on Saturday were (back) Jennifer Sundrud, Creative Writing and Meredith Hegg, Public Speaking; (front) Mark Lee, Public Speaking and Alan Ingman, Interpretive Reading.

January Students of the Month at WEM

The Student Achievement Committee of the Win-E-Mac Public School have selected the following students, based on secondary staff members recommendations, who exemplify HONEST academic and personal character quality in the pursuit of academic excellence during the month of January, 2019.

Right: Rebecca Armey (Phy. Ed/Health/FACS): Rebecca is respectful of her classmates, listens to others point of view and is truthful when completing assignments. She is honest when sharing her beliefs. In Health class I can count on her to always being truthful to fellow students and instructors.



Kianna Tadman (Science): Kianna is a hardworking person who is very conscientious, kind and honest. She has great morals and is an excellent role model for her peers in Science class.



Nadelly Neubert (Fine Arts): Nadelly Neubert portrays honesty in her school work and her interactions with others. It is my belief that her strong morals lead her to be an honest and trustworthy students, friend, and peer.



Kallie Hand (Technology): Kallie is a dependable resource and will always give a straight answer. Being truthful helps set Kallie apart as a model student.



Rylee Haugen (Language Arts): English Language Arts nominates for her honesty of character. This trait is exhibited through her trustworthiness of both her communication and actions in the classroom, with peers and while participating in extracurricular activities and events as she exhibits and encourages the trait of honesty with other individuals.



Teagan Paulson (Social Studies): Teagan is one of the shining stars in freshman Civics. Not only does he excel at meeting assessment deadlines, he is determined to be accurate in his answers and uses an HONEST approach in using the necessary sources to implement his own sincere and HONEST perspective in his answers.



Reed Neubert (Math): The math departments' selection is Reed Neubert. Reed is an excellent student, and does well in all his classes.

RiverView's Reaching Out to Serve honor goes to Mobile Mental Health Team



Andy Oman, RiverView Board chair (far left) and April Grunhovd, RiverView CNO (far right) with representatives from Northwestern Mental Health/MCRT; including Janet Denison, chief clinical officer; Christie Wisk, mental health practitioner; Mike Anderson, director; Martha Wissmann, mental health practitioner; and Shauna Reitmeier, CEO.

For more than 30 years, RiverView Health has recognized individuals, groups, and programs with the Reaching Out to Serve Award. The award is given to those that symbolize RiverView's mission of serving the region while demonstrating innovativeness voluntary of self-initiated efforts and works to improve the access, quality, or cost effectiveness of health-care.

This year's honor was given to the Mobile Mental Health Crisis Response Team (MCRT).

MCRT was recognized for its crisis response to the counties of Polk, Norman, Red Lake, Mahanomen, Pennington, Kittson, Roseau and Marshall. The Crookston team covers mental health crisis line calls for all of those counties and responds to needs for in-person assessment and intervention in Polk, Red Lake, Mahanomen, and Norman County.

In 2018, the Crookston team responded to over 1,800 calls and completed 575 in-person assessments; 143 of those assessments were in collabora-

tion with the RiverView Emergency Department.

"Their team responds at all hours of the day and night to meet and speak with our patients to help assess what their needs are and make recommendations for continued care," shared Kristin Percy, director of RiverView's Emergency Department.

"They handle themselves with the utmost professionalism and compassion. Their jobs are certainly not easy, and their working days are long, but their dedication to their patients and their families shines through as they assist those in need."

In addition to supporting the Emergency Department, the crisis team has played a major role in RiverView's implementation of Zero Suicide, a system-wide organization commitment to safer suicide care. The crisis team has been instrumental in providing education, training and support for employees. Through collaborative effort, similar training has also been extended to in-

dividuals throughout the community to empower everyone to help someone in need.

"Our team at RiverView Health feels blessed by the support and partnership with Crookston's Mobile Mental Health Crisis Response Team in providing acute mental health crisis care to our community and patients," stated April Grunhovd, CNO. "Thank you for your service, thank you for your dedication, and thank you for all that you do for the people in our community every day."

Mike Anderson, MCRT director, spoke on behalf of the MCRT when the award was presented to the group at RiverView's Annual Meeting Jan. 28th: "We really have a special relationship with RiverView. I think we were up to the Emergency Department about every other day in 2018. We feel pretty comfortable there. We really are honored and we look forward to continued work in providing mental health services to those in our community along with RiverView."

Women and STEM

The number of women entering the professional fields of science, technology, engineering, and mathematics (STEM) is slowly growing around the world, but there is still a sizable gender gap in these professions.

According to the College Board, which produces many standardized tests, only 27 percent of all students taking the AP Computer Science exam in the United States are women. Similarly, just 18 percent of American computer-science degrees are attained by females.

However, this is not the case elsewhere in the world. A paper by Gijsbert Stoet and David Geary published in Psychological Science noted that women who live in countries with traditionally higher gender inequality tend to choose STEM professions more readily. Algeria, for example, has one of the highest ratios of women in STEM professions,



at 41 percent. Stoet and Geary surmise that women in these countries may be choosing careers with the strongest path to financial independence.

According to a U.S. Department of Education report, students studying science or math in college have a higher employment rate and salary than other majors after gradu-

ation. STEM majors typically earn an average of \$15,500 more annually than non-STEM majors. Engineering and engineering technology tends to pay the most. Women eager to secure competitive, stable and well-paying jobs should carefully consider the opportunities available to them in STEM fields.

Jobs for students proficient in math

Math is an important subject and school proficiency in arithmetic serves people well when it comes time to leave the classroom and enter the workforce.

As demand for workers proficient in science, technology, engineering, and mathematics continues to grow, students can benefit by working as hard as possible when studying such subjects.

People with strong math skills who thrive on data and crunching numbers may find a diverse array of jobs available to them when they are ready to enter the workforce.

The following are just some of the positions that require math skills, courtesy of the Occupational Information Network, U.S. Bureau of Labor

Statistics and CareerCast.

- **Economist:** Economists study and analyze the effects of resources on costs and their relation to industry and government.

- **Accountant:** Accountants are responsible for keeping accounting records and preparing financial statements for businesses or individuals.

- **Game designer:** Mathematics is involved in game theory, and programmers regularly utilize trigonometry, physics and calculus. The same can be said for movie or television animators.

- **Stockbroker:** Stockbrokers purchase and sell stocks, bonds and other securities. Exchanging large sums of money involves a strong command of math.

- **Chemist:** Chemists conduct analyses and experiments in laboratories that require qualitative and quantitative computation.

- **Engineer:** Mechanical engineering, aerospace engineering and civil engineer go hand-in-hand with math. Engineers in various fields perform a host of tasks, including designing equipment and evaluating the adaptability of materials.

- **Pilot:** Navigating, calculating wind speeds and fuel ration and much more are involved in piloting an aircraft. Math skills can be life-saving when pilots have to make adjustments and calculations thousands of feet in the air.

- **Sports broadcaster:** Math is involved in many aspects of sports. Sports broadcasters often must add up statistics on the fly and proficiency in math makes that easier.

- **Astronomer:** Observing, researching and interpreting astronomical phenomena requires a strong understanding of mathematics.

- **Insurance underwriter:** Underwriters rely on math to assess risk as they make recommendations to insurance companies before such companies will issue policies.

- **Financial planner:** Financial planners help businesses and individuals map out the ways to grow their money so they can secure their financial futures.

- **Actuary:** Actuaries measure risk and uncertainty as they evaluate the likelihood of future events occurring as they apply to certain areas, including insurance and pension programs.

Strong math skills can provide an entryway into a lucrative and stable career.



Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, February 21st from 1:00 p.m.-7:30 p.m. Parents of students in grades K-6 should have made appointments to see their respective teachers. Parents of 7th-12th grade students, conferences will be self-led by the students, with their homeroom teachers. Signup sheets will be sent home with students to schedule a time. Students will be dismissed at 12:30 with busses running shortly after dismissal.

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.

University of Minnesota Crookston Athletics department will be hosting an "Elementary School Day" where kids in grades K-6 as well as their families will get in for free to watch our doubleheader on February 16th against the University of Mary.

The games start times are 3:30 P.M. for the women and the men will tip-off at 5:30 P.M. We will be sending out tickets in February for the free entry into our game.

We will also be promoting this game through our social media page and our website! We hope to see as many kids there as possible!

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.



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. ECFE meets every Monday at 6:00 p.m. in the Win-E-Mac preschool room unless otherwise noted. ECFE is for children birth through preschool.

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.