



McINTOSH

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McIntosh, Minnesota



Senior Patriot Kylie Brekke with parents Shannon and Deann during the Parent's Night Program for girl's basketball at Win-E-Mac School.



Win-E-Mac Senior Madyson Plante with her parents, Marc and Kristi during the Patriots home game versus Clearbrook-Gonvick, when the girls basketball team hosted Parent's Night before the Varsity game last Tuesday evening.

Polk County Sheriff sends warning about a Grandparents scam

The Polk County Sheriff's Office would like to re-inform the area of a scam that continues to be a problem in the area.

This Grandparents scam pertains to an individual pretending to be a grandson or granddaughter of the caller and asking for money, because they were assaulted/arrested/etc.

If you get a call like this double check with family members to see if this is true or not.



The usual response we get from the reporting party is that it sounded like their grandson or granddaughter. Be aware of who is calling you.

We have had people in the County and across the state of Minnesota and North Dakota lose thousands of dollars from this scam.

Please notify your family members and the Polk County Sheriff's Office if you receive a call like this at 218-281-0431.



All pinochle players hope for a perfect hand of a "double run", but most never enjoy the thrill of getting one. Last Thursday night at Poplar Meadows, Virgil Lerfald, after receiving a great pass from partner Byron Kaupang, had the good fortune of experiencing this once-in-a-lifetime feat!

Tips to stay warm & safe during extreme cold

The extreme cold this week is a reminder to Minnesotans that safety should be the first consideration when heating our homes.

The Minnesota Commerce Department offers these tips to ensure a warm and safe home:

- Make sure your home heating system is working properly.** Faulty home heating equipment is a leading cause of fires and carbon monoxide poisoning. Check that outside furnace vents aren't blocked by snow or ice. Annual safety testing of furnaces, boilers, and other heating equipment is recommended.
- Use space heaters safely.** Any space heater that burns with an open flame (such as natural gas, propane or wood) should be vented to the outside. Keep children and pets away from a portable heater.
- Make sure smoke alarms and carbon monoxide (CO) detectors work.** These are essential safeguards to warn you of a fire or dangerous malfunction with a furnace, water heater, fireplace or stove. Batteries should be tested monthly and changed every year.
- Don't let your home fuel tank go dry.** If you depend on a delivered fuel such as propane or heating oil, keep your fuel tank well supplied. Call for a refill when your tank drops to 25 or 30 percent full.
- Apply for energy assistance.** Minnesota's Energy Assistance Program helps income-eligible households pay their heating bill or get fuel delivered. Last winter's average grant per low-income household was about \$545. Learn



more about the Energy Assistance Program and Weatherization Assistance Program on the Commerce website (mn.gov/commerce) or by calling 1-800-657-3710.

- Conserve energy and save money.** Lower your thermostat when you're at work or sleeping. Use a programmable thermostat or other efficiency measures to reduce your energy use and costs. See the Commerce Department's Home Energy Guide (mn.gov/commerce-stat/pdfs/home-energy-guide.pdf).



WEM Conferences
Thursday, February 21
Parent-Teacher Conferences will be held at Win-E-Mac and school will be dismissed at 12:30.



Shots fired at Foston Essentia Hospital

Early Sunday, February 17, 2019 at around 1:00 am, a Polk County Deputy Patrolling the City of Foston, MN heard what was believed to be two gun shots on the east side of Foston.

Polk County Sheriff Deputies began a search of the area. Then at approximately 4:45 am EMS Staff from Foston Essentia Hospital reported they found a bullet casing in the parking lot of the EMS building.

Deputy's searched the area

and determined two Essentia Hospital employee vehicle had bullet holes in them.

No person's were in or around the parking lot when this occurred. At this time, it is believed this is an isolated incident.

No further information will be released at this time as this is an active ongoing investigation.

Anyone with any information pertaining to this incident is asked to contact Polk County Sheriff Office at 218-281-0431.

Fight the flu with these strategies

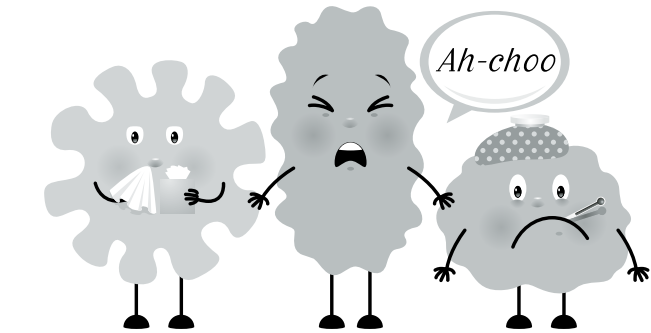
Influenza can rear its head any time of the year, but is known to be a particularly bad thorn in one's side during times of year when the weather is cold.

According to WebMD, anywhere from 5 to 20 percent of the population will get the flu in an average year and it can take three to seven days for a regular case of the illness to go away, with some effects lingering for up to two weeks.

No one wants to get the flu, which is marked by fever, aches and pains, congestion, fatigue, and other symptoms. As a result, people do all they can to help prevent the flu - or at the very least shorten its duration.

The best way to stave off the flu is to get a flu vaccination each year. The Centers for Disease Control and Prevention says the vaccine is carefully curated to treat against the flu strains that research suggests will be the most common each flu season. Getting vaccinated by the end of October is recommended.

Steer clear of sick individuals and make a concerted effort to avoid germs and the spread of germs. Diligently washing hands and avoiding touching your nose, eyes and mouth can help you avoid and spread germs. In addition, re-



peatedly clean and disinfect surfaces that may be contaminated with the flu virus.

You might want to consider prophylactic treatment with an antiviral medication. In 2000, the U.S. Food and Drug Administration approved the use of oseltamivir phosphate, which is known by the brand name Tamiflu, as a flu preventative.

However, many people only reach for the drug when symptoms already have set in. Instead, it can be especially helpful in preventing the flu when someone in the household has already contracted the illness. The results of several clinical studies show that Tamiflu, when taken once daily, is up to 92 percent effective in preventing influenza illness in adolescents, adults and the elderly.

Drink plenty of liquids

during flu season to keep the body well hydrated so the immune system can be in top form. Fruit juices, water, broth-based soups, and sports drinks can help keep the respiratory system from forming thick mucus that can become laden with bacteria. Should a fever set in, fluids help prevent dehydration.

It also can be wise to take zinc supplements during cold and flu season. Neil Schachter, MD, medical director of the respiratory care department at Mount Sinai Medical Center and the author of "The Good Doctor's Guide to Colds & Flu," says zinc may boost immunity, which can shorten the duration or severity of the flu.

The flu can quickly escalate and cause serious symptoms. Prevention and early treatment are essential during cold and flu season.



Community Calendar

- Wed. Feb. 20:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 21:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Feb. 22:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 25:** 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. 26:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 28:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Mar. 1:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Mar. 4:** 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 Mar. 5:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

MnDOT completes 5 year study on speed limit

The Minnesota Department of Transportation is increasing speeds on 5,240 miles of state highways based on the recommendations of a five-year study released this week. The speeds will increase from 55 to 60 miles per hour.

Of the 7,000 miles studied, speed limits ultimately will be increased on 77 percent of rural, two-lane state highways, according to the final report. New speed limits go into effect once new speed limit signs are posted. Most of the signs posting the new speed limits are in place, with the rest expected to be up by spring 2019.

The Minnesota Legislature in 2014 mandated that MnDOT study on all Minnesota two-lane roadways with a speed of 55 miles per hour. It is the most comprehensive study the agency has made in terms of miles studied and level of detail, according to Nathan Drews, engineering specialist in the Office of Traffic Engineering.

The study is also the largest system-wide change in Minnesota speed limits since the national maximum speed limit of 55 mph was included in President Nixon's Emergency Highway Conservation Act bill in 1974. The Minnesota Commissioner of Highways later that year established an executive order about speed limits.

The \$1.2 million study included collecting travel speed samples on each section of roadway and evaluating roadway geometrics and hazards to determine if a speed limit could be changed without affecting motorist safety.

The recommendation for a

speed increase along each of these roadways considered the speed that 85 percent of motorists drive at or below along with an evaluation of other factors, such as access points, shoulder width, vertical grades and crash history.

MnDOT has conducted before and after studies on many roadways that recently increased to 60 mph.

There was no change in the overall 85th percentile speed from before the speed limit change to after. The mean speed, which is the average speed of all drivers, increased by one mile per hour and the standard deviation, which is the measure of how spread out the drivers' speeds were, reduced slightly.

"This means that after speed limits increased, travel speeds at the locations sampled were slightly more consistent between each vehicle," said Drews. "In other words, more drivers traveled at a similar speed after speed limits increased. This is a desirable outcome, but this change is very slight and may not affect the frequency or severity of crashes."

This most recent study echoes results from the previous studies. From 2006 to 2013, MnDOT increased speeds to 60 mph on 1,550 miles of two-lane rural highways. Studies conducted to determine the impact of raising speed limits on those roadways found that the overall 85th percentile speed before and after the changes were the same, the average speed increased slightly and the variation of the speeds decreased.

Drews said a properly selected speed limit can potentially increase the safety of the roadway by creating uniform travel speeds for all vehicles.

MnDOT plans to study the effect of the changes over the next several years to ensure these roadways continue to operate safely.

For more details about the study, see the "Final Report on the Evaluation of Certain Trunk Highway Speed Limits," at <http://www.dot.state.mn.us/govrel/reports/2019/2018> which lists the highways studied statewide and their speed recommendation.

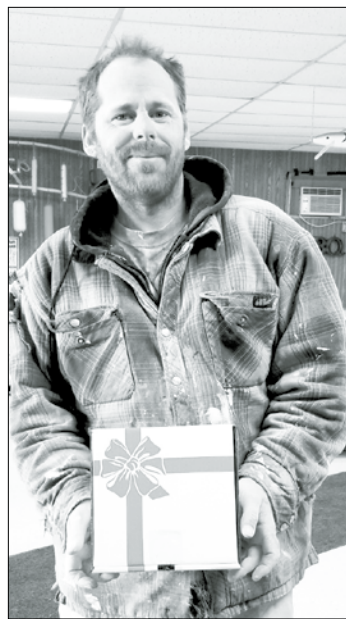
Notice to Sletten Township

Sletten township will hold its annual election on Tuesday, March 12 from 5:00-8:00p.m. at the Sletten town hall.

We will be electing a supervisor for a 3 year term and a treasurer for a 2 year term. Sletten township annual meeting will be held at 8:00 p.m. after the election
Terri Kaupang M48-49C

Did You Know?

Minnesota is the second highest rated state in the nation when it comes to finding a job with a good salary according to Zippia. To come up with this ranking Zippia looked at states with low unemployment rates and looked at how well the wages for those open jobs aligned with the cost of living in the area.



The Winner of the Sweet Heart Meal Box from Neil's Meats & More in McIntosh is Dylan Kross of McIntosh.

CHURCH DIRECTORY

ST. MARY'S CHURCH Fosston

R. John Suvakeen, Pastor

Sun. Feb. 24: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Mar. 3: 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. 24 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Mar. 3: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh Supply Pastor Gordon Syverson

Sun. Feb. 24: 11:15am Worship Service.

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

GOSEN LUTHERAN CHURCH

Independent Gary Johnson, Pastor www.gosen-church.com

Face Book: Gosen Church

Sun. Feb. 24: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. Feb. 26: 10:00 a.m. Sunday worship service telecast on GVTN--30; 1:30 p.m. Bible Study at The Country Place

Wed. Feb. 27: 7:00pm Bible Study at Don and Sharon Ramberg's

Thurs. Feb. 28: 10:30am Ladies Aid program at Pioneer Memorial Care Center

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. 20: 7:30pm Bible Study at Mt. Carmel

Thurs. Feb. 21: 7:00am Men's Breakfast at Mt. Carmel

Sun. Feb. 24: 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. 27: 7:30pm Bible Study at Mt. Carmel

Thurs. Feb. 28: 7:00am Men's Breakfast at Mt. Carmel

Sun. Mar. 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

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Feb. 24: 9am Worship

Sun. Mar. 3: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Wed. Feb. 20: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Feb. 24: 10:00am Worship Service and Children's Sunday School

Wed. Feb. 27: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Mar. 3 : 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker

Sun. Feb. 24: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

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

RODNES LUTHERAN CHURCH

Erskine

Pastor Joel Smeby

Wed. Feb. 20: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. Feb. 21: 4:00pm Confirmation Class

Sat. Feb. 23: 8:00am Men's Prayer Group

Sun. Feb. 24: 10:00am Worship

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



Eva Qually with her mom, Alecia.



Brianna Johnson with her mom, Dyana Johnson.

Carlie Sander with her parents Brad and Melissa during Parent's Night for Girls Basketball at Win-E-Mac School.



Kianna Tadman with her mom, Stacy.

KING TOWNSHIP

Notice of Annual Election & Meeting

The annual meeting and election for King Township, Polk County will be held on Tues. March 12, 2019 at the McIntosh Community Center.

The annual meeting will take place at 3:00 pm and voting will follow for one supervisor for a term of 3 years and one clerk for a term of 2 years. Voting will take place 3pm-4pm with meeting following from 4-8 pm.

If bad weather meeting will be held Tues. March 19.

Loren Gieseke, Clerk M48-49C



Wed. Feb. 20:

Kolton Schow, Kinlee

Faldet, Katie Reed

Thurs. Feb. 21:

Marea Schommer,

Dave Erickson, Jason

Svalen, Laura Evans

Sat. Feb. 23: Mat-

thew Klemer, Shawn

Hedlund, Jack Bailey

Sun. Feb. 24:

Anna Mandt, Kirsten

Faldet, Krosby Jore,

Tom Laing

Mon. Feb. 25:

Mariah Ogaard, Ar-

dell Opdahl

Tues. Feb. 26:

Ashton Anderson,

Paul Hedlund

A NIGHT TO REMEMBER

"A SPECIAL NIGHT FOR YOUNG GIRLS"

Saturday, April 6, 5:00 p.m.

Sit down dinner at 6:00 p.m.

Dance to follow

Memorable photo of each couple

Activity and Gift for each girl

Save the date for this special event!

\$30 per couple & \$10 for each additional girl

The 2019 Theme for this year's dance is "Love you to the moon and back". Our hope is to make this special event an annual event for families and young girls to look forward to each year! If you are 4 years old to 6th grade this night is for you! Bring your Dad, Uncle, Grandpa or an adult male role model to accompany you. Attire for the evening is whatever your young girl is comfortable in. Social Hour beginning at 5:00 p.m.

Registration Deadline is March 15. Please call the school at 687-2236 or 563-2900 for more details or to obtain registration materials. This event is sponsored by Win-E-Mac Community Education M48-49C



Looking through a stack of McIntosh Times from 1971, I came across a weekly article called "Chips off the Block" by Vic Boo. A hodgepodge of tid-bits of interest, musings, stories and jokes could be found under his by-line. The following is one portion of Vic's article from January 6, 1972 and quite appropriate for this winter.



Winter sports are coming more popular and I think that's a good thing. If there is one thing the snowmobile has done it has lured people out to enjoy our Northern Minnesota winters.

One thing that manifests the people getting out more is the increased use of state forest recreational areas. Where records are kept in these areas there has been a phenomenal growth of usage of 200 percent in the past ten years.

The fact that people have more money to spend or more leisure time is reflected in the use and number of ski areas, believe it or not, we have some fine areas within one to five hours driving. While we can-

not boast mountain skiing, Lutsen certainly comes close to it. Many of our other areas, where the hills are not so challenging have excellent runs for the novice and intermediates. That's where the majority of people are classified, so it can be said we have excellent recreation skiing in Minnesota.

Something else that is coming into popularity very rapidly is cross country skiing. Here again our area offers excellent terrain and scenery.

So, let it be resolved this beginning of 1972 that we all get out and enjoy our winter—it's going to be with us for a while.

BUSINESS & PROFESSIONAL GUIDE

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Richards Publishing Co.,

Winger News

by Linda Pulskamp

Hello again from Winger and the surrounding area, where we continue to have more winter weather, the snow keeps coming and the wind keeps blowing making for some miserable traveling some days. Schools are working at rescheduling snow days that have been missed. Snow banks keep getting higher and higher, in many intersections one has to creep into the road to be able to check for traffic. Just hope we don't get a fast thaw or we will see water everywhere.

A delicious Valentine dinner was held at Calvary Church last Sunday with a good attendance, and speaking of Valentine's Day which is today Thursday, I hope you all had a happy one.

Looking for something to do on the weekend, the ice races are under way on Lake Cameron, so check out the fun and excitement.

Milton Carlson's Corner

On Wednesday the 6th Judy and Lonnie Gieseke were visitors and dinner guests with Milton at his home, while there Lonnie cleaned the snow off the deck.

Paul and Donna Carlson

were visitors on Thursday the 7th with Milton at his home, as Milton was snowed in that day they brought him some groceries, later that evening Milton's yard was cleaned out so he could get out again.

Kari Keller stopped in after she was done work on Friday evening and visited with Milton and cleaned the snow off his deck.

Paul Carlson stopped in at Milton's on Monday the 11th for a quick cup of coffee as he made his way to work. Later Lonnie Gieseke stopped in and while he was there cleaned the deck for Milton. While Lonnie had been there Milton was out getting groceries and ran into his cousin LaVerne Benson and also an old friend, Dean Kittleson whom Milton hadn't seen in some time.

Tuesday the 12th Paul stopped in on his way to work for a brief visit, a hot cup of coffee and again cleaned the snow off the deck for Milton. That afternoon Lonnie Gieseke was a visitor and coffee guest with Milton and recleaned the deck for Milton. Seems like the snow removal has been an endless chore lately.

Craig Helgaas of Glenwood

was a Saturday overnight guest at the Pulskamp home, as he was here to attend the funeral for Bunny Anderson. Bev Helgaas had been a guest of her sister Cindy Johnson in Gully since Wednesday and the two girls also attended the funeral on Saturday.

Last Sunday Mark and Betty Syverson were visitors with Helmer and Verlys Homme at the Pioneer Home at Erskine.

Lucy Brtek and Greg and Michelle Gagner of Mentor met for dinner together last Sunday at the Ness Café in Erskine, later in the day Lucy stopped in for a visit with Lynn Lucken at the Lucken home. Word has it that Sara is making good progress following her recent heart surgery.

Last Saturday afternoon Craig Helgaas and Butch and Linda Pulskamp visited at the Larry Anderson home near Gully and also at the Cindy Johnson home with Cindy, Bev Helgaas and Milo Johnson.

Visiting one evening this past week with Helmer Homme at his farm home were Lonnie, Kenya and Charley Paradis.

This is the news I managed to gather this week, needless to say we are all going to miss the Bun Manor news. Please send it or call me with news you may want to share.

In closing, if you have nothing in life but a good friend you are rich!



50 years ago...1969: For dairy herd improvement. These officers of the East Polk County Dairy Herd Improvement Association (DHIA) met at Fosston last week in the Association's annual meeting. Seated, left to right are: Lawrence Myers, supervisor, McIntosh; Marvin Truka, Mahnomen; and Francis LaVoi, Fosston. Standing are: John H. Sweiers, Bejou; Kenneth Rolf, McIntosh; and Roy C. Johnson, Erskine.



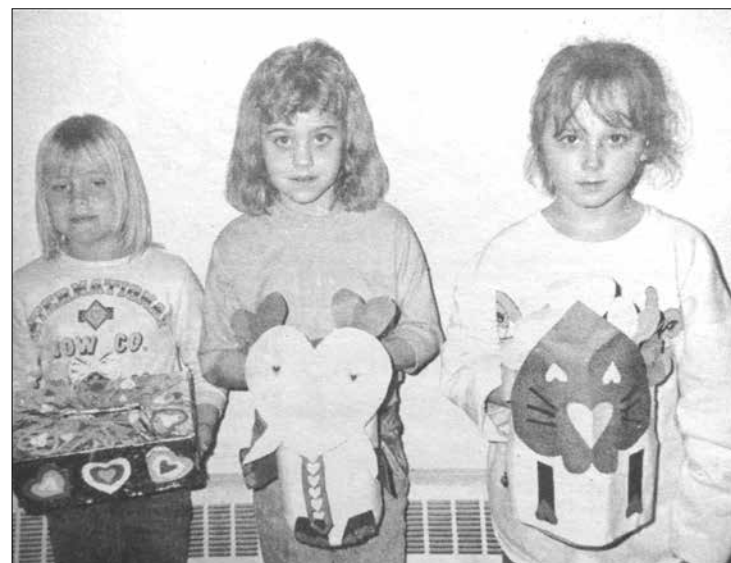
40 years ago...1979: AFS host parents in McIntosh and Winger the past several years, are active in boosting the AFS program in the community and served the potluck dinner. Sunday, for AFS guests from a large area. L-R: Richard and Marion Parent (weekend hosts), Erna and Harley Shurson, Judy Raben, Marlys and Gerald Borud, Pat Tranby, Jerome and Bernice Voxland and Carol Hagen.

Did you know?

Self-driving cars might once have seemed like a futuristic concept that may never come to fruition, but the future is now. In 2018, Waymo, once known as the Google self-driving car project, launched its commercial self-driving car service in Phoenix. While it's not widely available and safety protocols, including the presence of human safety operators behind the wheel, are in place, Waymo has made it possible for people to pay for self-driving car rides. Tech industry insiders note that Google's fellow tech giants, including Apple and IBM, also are working on self-driving car services.

And much like many things in the tech industry, the self-driving car market figures to evolve rapidly, making it seem as though the availability of self-driving cars became widespread overnight.

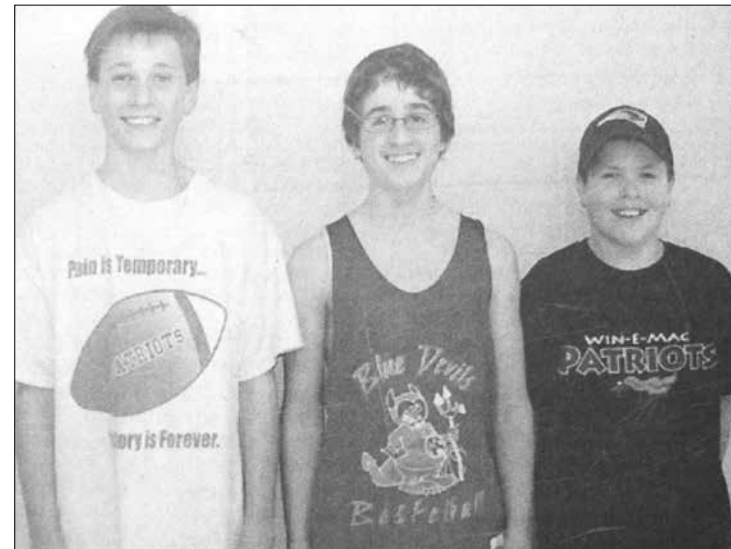
However, today's self-driving vehicles are the byproduct of years of research and sizable financial investments. For example, a little more than a decade ago, Darpa, the experimental laboratory of the Pentagon, hosted the Urban Challenge at an Air Force base in Southern California. At that event, which was one of a handful sponsored by the United States military, several driverless vehicles traversed real traffic conditions. That showcase was an integral component of the foundation of the modern self-driving car industry.



30 years ago...1989: Candace Dahl covered her Valentine box with tin foil and hearts, Leah Salvhus created an elephant and Linda Cormier made a lion.



20 years ago...1999: The man of many minnows, Jim Wertish, using an ice saw enlarges the hole he sinks his minnow traps on a lake southwest of Winger. Wertish and his father have collected bait from this lake for more than 80 years.



10 years ago...2009: Congratulations to the Win-E-Mac Spelling Bee winners from the Spelling Bee held on Friday. Pictured from left to right are Marshall McKeever (8th grader, won 3rd place), Reed Klinkhammer (8th grader won 1st place and advancing to competition), and Austin Tadman (6th grader won 2nd place).



Nadelly Neubert with parents Nevette and Aaron and sister, Joy.



Kalli Hand with Mom, Jennifer Wang, Ashley Hand and Laila Roragen.



Alivia Winter with mom, Vondria and sister.



Bret DuChamp with parents Bobbi & Chris.

WEM announces 2nd quarter Honor Roll

The following Win-E-Mac Junior and Senior High School students have attained either an "A" or "B" average in academic subjects for the second quarter of the 2018-2019 school year. To be eligible for the "A" Honor Roll, you need to have attained a 3.76 – 4.00 grade point average; and to be eligible for the "B" Honor Roll, you need to have attained a 3.00 – 3.75 grade point average. Congratulations to these students.

Seniors:

A: Lily Breckel, Brekken Lindberg, Aries Qualey, Hannah Smeby, Mason Spry, and Savannah Stennes.

B: Kylie Brekke, Garret Erickson, Searra Gerber, Douglas Jackson, Angel Lewis, Emma Mills, Madysen Plante, and Makenzie Reep.

Juniors:

A: Rylee Haugen

B: Elena Boianoff, Mary

Catahan, Lindsey Espeseth, Candalario Flores, Nathan Fortmann, Katrina Jackson, Abby Lende, Elliana Lindberg, Dustin Osland, Krysten Price, Gabriela Qualey, Carlie Sander, and Adeline Spry.

Sophomores:

A: Felicity Andress, Paige Breckel, Gavin Haskett, Alex Jacobson, Avtonom Martushkev, Reed Neubert, Noah Ostenaar, Dylan Roy, Bryer Strom, and Mia Thompson.

B: Bryce DuChamp, Remy Goodwin, Kobe Hamre, Brian Johnson, Grace Kaupang, Casey Lewis, Delvin Morel, Sidney Roed, Brock Trandem, and Gavin Walker.

9th Grade:

A: Tabith Bratager, Kegan Dalby, Anton Hickman, Keriana Kutsev, Teagan Paulson, and Alivia Winter.

B: Rebecca Armey, Malachi Burthwick, Kolten Cherf, Monania Erofeeff, Kendyl John-

son, Lukiya Kutsev, Olivia Paradis, Haley Sander, Maci Smeby, Savannah Svalen, and Hunter Trandem.

8th Grade:

A: George Erofeeff, and Vadim Kulikov.

B: Anna Cymbaluk, Bret DuChamp, Jayden Gensburger, Kallie Hand, Zachary Luckow, Jonathan Moritz, Nadelly Neubert, Izabelle Ostenaar, and Jonas Spry.

7th Grade:

A: Ava Howard, Alyssa Morberg, Emily Strom, Luella Strom, Clare Stuhau, Kyra Stuhau, Sydney Svalen, Kiana Tadmán, and Hana Thompson.

B: Kiersten Anderson, Joseph Breckel, Foma Cheremnoy, Mya Dahl, Wyatt Davis, Caleb Green, Preston Lecy, Annika Shimp, and Brooke Tofstad.



Grace Kaupang with parents, Vance & Terri, sisters, Lauren and Emma and brother, Jackson.



Sydney Svalen with parents Jason & Shannon and brother, Cameron.



Mia Thompson with parents, Cherie and Pat & Melissa.



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 buses 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.

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.

**DEADLINE
NOON
FRIDAYS**



Savannah Svalen with parents Joey and RaeAnn.



Paige Breckel with parents Jason & Holly and sister, Mae

Win-E-Mac School Board 2019



Sarah Strom



Jim Ferden



Brad Sander



Travis Kolden



Melissa Smeby



Jason Carlson

In honor of school board recognition week...
We thank you!



Lindsey Espeseth with mom, Karen.



Felicity Andress with mom, Mae Mero.



Elliana Lindberg with parents Troy & Liz.



Rylee Haugen and parents, Jason & Jenny.

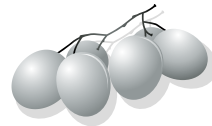
Did you know?

Although freezers are often used exclusively for food storage, they can be utilized in meal preparation as well. Many items can be made even more delicious by freezing them.

• **Applesauce:** If you like sorbets and sherbets, then frozen applesauce might tickle your fancy. After thawing for a few minutes, applesauce can be a good substitute for other frozen desserts.

• **Cheesecake:** Give cheesecake a gelato-like texture by freezing it. Even though the cake will become more firm, it won't be rock hard.

• **Brownies:** Take fresh brownies out of the oven and throw them in the freezer. The moisture in the brownies condenses when the heat meets the cold, and the brownies become even more fudgy and decadent.



• **Grapes:** Frozen grapes can be refreshing treats on hot days, and that crunch can be infectious. Frozen grapes also are a great substitute for ice cubes in punches and sangrias.

• **Yogurt:** Turn regular yogurt into a frozen treat by placing containers in the freezer. Or, try mixing a favorite yogurt flavor with a little frozen whipped topping and then placing it into a graham cracker pie shell and freezing it. Let it thaw a little before serving and enjoy!