



McINTOSH

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McIntosh, Minnesota



Plan to attend the WEM Junior High play this weekend

On Friday, March 8th (7:00 pm) and Sunday, March 10th (3:00 pm), Win-E-Mac 7th through 9th graders are performing a two-act play called "Bedtime Stories (As Told By Our Dad) (Who Messed Them Up)" in the Win-E-Mac Arts & Event Center. In this play, it's Dad's turn to tell his three rambunctious kids their bedtime stories, but when he gets fuzzy on the details, the classics get creative: a prince with a snoring problem spices up The Princess and The Pea, The Boy Who Cried Wolf cries dinosaur instead, and Rumpelstiltskin helps turn all that pesky gold into straw. You may think you know your fairy tales, but not the way Dad tells them.



The Win-E-Mac kindergarteners had a fun game of dodgeball, dressed up as Who's on Friday when celebrating Dr. Suess's Birthday and Read Across America week.

Skywarn Storm Spotter training classes offered in March

Polk County Emergency Management, in conjunction with the National Weather Service, will conduct Skywarn Storm Spotter training classes. These training classes are beneficial for those who simply wish to become better informed, as well as those who want to be designated storm spotters. The training's will be conducted by a Warning Coordination Meteorologist from the National Weather Service. Individuals are taught the basics of thunderstorm development, storm structure, what constitutes severe weather, and how to report this information.

Additional information on severe weather safety is also covered. These classes are multi-media presentations which include detailed video. We ask that you alert citizens of the upcoming classes. Classes will begin at 6:00 pm and run to approximately 8:30 pm with a 15 minute break in the middle to allow for questions and refreshments. These training classes will be held at the time and locations listed below.

March 18th	6:00 pm –
8:30 pm –	Embassy Community Center Fosston, MN
March 19th	6:00 pm –
8:30 pm –	Knutson Community Center, Fertile, MN
March 20th	6:00 pm –
8:30 pm –	Kiehle Auditorium, UMC, Crookston, MN

If you have any questions, please do not hesitate to contact the Polk County Sheriff's Office – Emergency Management Department. We can be reached at 218-470-8263, 218-470-8290, or by emailing jody.beauchane@co.polk.mn.us or jill.potucek@co.polk.mn.us. We would like to take the opportunity to thank you for your continuing assistance and support.

Annual Township Meetings will be Tuesday, March 12th

Every year Minnesota townships are required to have an Annual Town Meeting. It is held the second Tuesday of March, which, this year is March 12th. It is a true form of democracy, encouraging all members of the community to participate. As with most American political ideas, town meetings have their roots in colonial America. New England town meetings gave citizens a way to exercise local authority. These meetings were especially important in the development of democracy because it emphasized problem solving through group efforts. Thomas Jefferson called it the "wisest invention ever devised by the wit of man for the perfect exercise in self-government. This tradition was passed down to townships here in Minnesota. Township residents gather on the second Tuesday in March at the town hall or another designated place to discuss their communities. The Town Clerk brings the meeting to order and oversees the process of voting upon a moderator for the evening, who is chosen from those attending. Typically, residents hear reports from various committees, like roads and fire protection. Townships are required to post an audit. Everyone attending votes on the tax levy. Many townships hold elections the same day, outside of the meeting, for supervisor, clerk or treasurer positions. Townships are often referred to as "grassroots governments". This reference stems from the community-based nature of how town government is structured. Most townships have small populations but a big sense of community. Being small, township officials must be creative in delivering quality services with the least possible burden to taxpayers. If you live in a township, participate. Join your neighbors at the Annual Town Meeting on Tuesday, March 12th. Be part of direct democracy.

Polar Beach Club will host a snowmobile Fun Run this Saturday

The Polar Beach Snowmobile Club will host a Fun Run on Saturday, March 9, 2019. Registration for the run starts at 10:00 am at The Coop Bar & Grill in McIntosh and the run will start at 11:00 am, leaving from The Coop. Riders will have 6 stops along the trail which is where stamps will be given for the completion of your hands. The price per hand will be \$5, and each participant may have unlimited hands. The run will end at The Coop in McIntosh at 6:00 pm that evening and cards will be drawn at 7:00 pm. All cards are to be drawn at the end of the night at The Coop. Players are to ride to 6 destinations to get a stamp at each stop, you can have as many as 6 cards per hand. The best, legal 5 card poker hand will win. There will be prizes for 1st place through 4th place hands. Riders will be able to enjoy breakfast specials at The Coop prior to the ride, and there will be drink specials and food specials at The Coop following the run. The Polar Beach Snowmobile Club welcomes all snowmobile riders to join in the fun and come out for a fun day of riding.



Reminders:

Win-E-Mac School have added 21 minutes to the school day from Monday, March 4th until Friday, April 26th. Busses will run 21 minutes late during this time.

Community Calendar

Wed. Mar. 6: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

Fri. Mar. 8: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; WEM Junior High Play 7:00pm @ Arts & Event Center

Mon. Mar. 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 Mar. 12: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Mar. 13: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Mar. 14: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Mar. 15: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Mar. 18: 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. 19: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Win-E-Mac's wonderfully talented First grade teaching team put together an amazing family movie night to kick off our Read Across America Week. Thank you for your dedication and hard work to support our families, Mrs. Kelsi Gunufson and Mrs. Karol Langemo! What a wonderful way to get elementary families together for a positive family event! Keep up the good work! You are appreciated!

Sen. Johnson carries legislation for Good Food Access Fund

Senator Mark Johnson (R-East Grand Forks) introduced bipartisan legislation to continue providing funding for the Minnesota Good Food Access Fund to improve opportunities for Minnesotans to eat healthier while supporting small grocery stores and other food retail enterprises throughout the state.

"The Good Food Access Fund is designed to increase the ease of eating healthy. This is a promising program, especially for us in Greater Minnesota where many communities and regions may not have many food choices," said Sen. Johnson.

The availability of healthy and affordable food is especially acute in Greater Minnesota where large regions of the state have limited access to grocery stores and other food retail outlets.

Approximately 235,000 Min-



nesotans live more than 10 miles away from a large grocery store or supermarket, and more than 340,000 Minnesotans face both distance and income as a barrier to obtaining healthy, affordable food.

A total of 53 of 87 Minnesota counties saw a loss in the number of grocery stores per 1,000 residents between 2007 and 2012.

"The bipartisan support behind funding the Good Food Access Fund shows that both parties recognize the need and benefits of creating opportuni-

ties to assure that Minnesotans have access to healthy, affordable food," said Lorna Schmidt of the American Heart Association, one of more than 60 Minnesota organizations that support the Good Food Access Fund.

The Minnesota Legislature established the fund in 2016, and then in 2017 provided \$250,000 in seed money per year for fiscal years 2017-2019 to begin providing resources such as grants, low-cost loans, and technical support for food-related enterprises.

To date, the fund has supported a range of community-driven solutions including enhanced grocery stores, mobile markets, farmers' markets, fresh food refrigeration, and community supported agriculture.

Learn how to sleep like a child again

Many adults lament that even if they were solid sleepers in their younger years, by the age of 50, their quality of sleep has unraveled.

Some cling to the wisdom that people simply do not need as much sleep as they get older. Even though that is partly true, sufficient sleep is still a vital component of a healthy life.

The National Sleep Foundation recently updated its sleep recommendations per age group to include categories "may be appropriate" and "not recommended." This includes a range of hours that may be adequate for certain adults. Adults between the ages of 26 and 65 are advised to get seven to

nine hours of sleep per evening. However, six hours or 10 hours also may be acceptable. People over the age of 65 need roughly seven to eight hours of sleep each night, though between five and six hours also may be fine. Generally speaking, anything under five hours is not recommended based on data reviewed by sleep experts.

Many older adults do not get enough sleep due to insomnia, states Jack Gardner, MD, a neurologist certified in sleep medicine.

They're concerned about health issues, may have sleep apnea, can experience pain or frequent urination, or may be taking medication that impedes

sleep. Dr. Leila Kheirandish-Gozal, director of clinical sleep research at the University of Chicago, says that, over time, insufficient sleep can impact metabolism, mood, memory, and heart function.

Various strategies can help people get more sleep and enjoy better sleep quality.

• **Create a luxury bed environment.** Splurge on the largest mattress you can afford and one that is comfortable. A roomy bed routinely invites sleep. If you have a restless partner, try two separate beds pushed against each other.

• **Consider white noise.** The sounds of the house or outdoors may be keeping you up. Many people find that the gentle hum of a fan or a white-noise machine with a calming sound effect makes it easier for them to dose off than complete quiet.

• **Keep electronics out of the bedroom.** It can be challenging to disconnect from electronics, but it is essential to falling asleep.

• **See your doctor.** If medications or illnesses are keeping you up, a change in regimen may provide the relief you need.

New Office Hours
first national bank of McIntosh

First National Bank is excited to announce extended lobby hours!
In order to serve our customers even better the lobby will now be open

MON. TUES. WEDS. & FRI.
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&
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8:30-6:00 pm

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We thank you for your business and look forward to serving you in the future!

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Thank YOU

I want to thank all the residents, nurses, aids, P.T. and staff and Donnie's friend Tim, at Pioneer Memorial Care Center. Each one of you had a special place in Donnie's and my hearts.

During all the hospital stays, I want to thank Val Gary and Zoe who cared for oof-da Mae.

Thank you Ray and Gary for snowblowing and mowing and have helped in so many ways to make it easier for Don and I during this last year. I couldn't have done it without you.

Thank you Pastor Gary, my church family, and all our friends and relatives that helped to celebrate Donnie's going home with Jesus.

God Bless each and every one of you,
Sharon Ramberg
Tammy & Steve Olson
Keith Ramberg,
and our families

Notice
Election and Annual Meeting
Hill River Township

The annual election and meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on **Tuesday, March 12, 2019 at the Hill River Town Hall.** The Polls will be open from 5:00 p.m. to 8:00 p.m. to elect one (1) Supervisor for a term of three (3) years. The annual meeting will start as soon as possible after the polls close to conduct all and any business that comes up at the meeting. If necessary, the storm date shall be one week later. Notice will then be given over the Fosston Radio Station. Raymond O. Sundrud, Clerk/Treasurer Hill River Township

NOTICE OF POLK COUNTY ROAD RESTRICTIONS
March 2019

The effective date of road restrictions on all Polk County roads will be concurrent with the placement of restrictions on Minnesota Trunk Highways in the North Central Zone of Minnesota. MNDOT's Road Restriction announcements are published at www.mnr.dot.state.mn.us and click on Seasonal Load Limits.

Restriction limits are based on gross axle weights and includes weight of both the vehicle and the load it carries.

The erection of signs on any highway governs the effective date of the restriction. As long as signs remain in place, restrictions are in effect.

No permits for overweight axle loads exceeding legal or posted axle weights will be issued during this time.

During the period when road restrictions are in effect, any county or town road is restricted to 10,000 pounds gross weight per axle unless otherwise posted. If no signs are erected, the 10,000 pound gross weight provision shall apply.

Richard C. Sanders
Polk County Engineer

Thank you

to the McIntosh Fire Department and First Responders for their quick response and action for our furnace problem. You guys are great!

Bob and Lorraine Lee

NOTICE

The annual meeting and election for Lessor Township, Polk County, Minnesota will be held on Tuesday, March 12, 2019 at Trinity Church in Rural McIntosh.

The election will take place from 5:00 pm to 8:00 pm for a supervisor (3 year) and clerk (2 year) position.

Following the election, the annual meeting will take place starting at 8:00 pm.

If bad weather, the meeting shall take place the following week on Tuesday March 19, 2019.

Albert Plante, Clerk
Lessor Township

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Speak LIFE

Speak Life #1

Guess where the most dangerous place to live was in 2018? Not a war torn country. Not a desert island. It was in a mother's womb. There were 41 Million abortions in 2018. How does this compare to other death rates in 2018? From cancer: 8.2 million. From smoking: 5 million. From HIV/AIDS: 1.7 million.

Each abortion represents a unique, irreplaceable human being created in the image of God. "Your eyes saw me when I was unformed, and in Your book were written the days that were formed—when not one of them had come to be." Psalm 139:16

-a.m.opdahl
Credit to LifeSiteNews.com for the stats.

Did you know?

Northwest Minnesota's economy is thriving, with record employment levels and unprecedented numbers of job vacancies. Northwest is a great place to live and work, but according to the U.S. Census Bureau's OnTheMap tool, the region is actually a net exporter of labor, having fewer jobs than available workers. In 2015, 189,191 workers both lived and worked in Northwest, while another 32,545 workers drove into the region for work. This is compared to 68,686 workers who lived in the region but drove to outside areas for work.

Ad deadline:
Noon Friday

Our Savior's Church
Roast Beef Dinner
Sunday, March 17th, 2019
11:00 am -1:00 pm
Adults \$12.00
Kids 10 and under \$6.00
Put on by the Men of Our Savior's Lutheran Church.

Community Birthday and Anniversary Calendar

Thurs. Mar. 7: Jarrid Graff, Hannah Smeby, Joe Shimp, Felly Catahan
Fri. Mar. 8: Tanner Graff, Michael Sylstad, Tara Burthwick, Wade Hedlund
Sat. Mar. 9: Dennis Boucher
Sun. Mar. 10: David Hagen, Lori Roed, Anna Tofstad, *Scot & Emily Carlson
Mon. Mar. 11: Albert Plante, Karen Thompson
Tues. Mar. 12: Sheldon Burslie, Rebecca Schommer, Kris Rue, Rachel Carlson, Cindy Lecy

CHURCH DIRECTORY

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

Sun. Mar. 10: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Mar. 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. Mar. 10 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Mar. 17: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Wed. Mar. 6: 7:00pm Bible Study at Don and Sharon Ramberg's
Sun. Mar. 10: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service
Tues. Mar. 12: 10:00 a.m. Sunday worship service telecast on GVTN--30; 1:30 p.m. Bible Study at The Country Place
Wed. Mar. 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. Mar. 6: 7:30pm Ash Wednesday, Mt. Carmel 7:30pm
Thurs. Mar. 7 7:00am Men's Breakfast at Mt. Carmel
Sun. Mar. 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. Mar. 13: 7:30pm Bible Study at Mt. Carmel
Thurs. Mar. 14: 7:00am Men's Breakfast at Mt. Carmel
Sun. Mar. 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

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

DOVRE
FREE LUTHERAN
Pastor Don Edlunds
Wed. Mar. 6: 7:00pm Bible Study on Romans Everyone Welcome
Sun. Mar. 10: 10:00am Worship Service and Children's Sunday School
Wed. Mar. 13: 7:00pm Bible Study on Romans Everyone Welcome
Sun. Mar. 17: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,
Sun. Mar. 10: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Mar. 17: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby
Wed. Mar. 6: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Thurs. Mar. 7: 4:00pm Confirmation Class
Sat. Mar. 9: 8:00am Men's Prayer Group
Sun. Mar. 10: 10:00am Worship
Holy Communion 1st Sunday of every month. Visit us on Facebook at RodnesLutheran.

McINTOSH Times

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"Serving the Win-E-Mac area"

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McIntosh Heritage & Arts Center

The only known picture of Gregg Store. Taken about 1911. From left to right: Russell Johnson on oxen, boy standing, Willy Johnson, girl standing, Alma Ersker; man on middle oxen, Arthur Johnson; man on right oxen, Edward Locken holding Helmer Eraker.

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Winger News

by Linda Pulskamp

Hello again from the Winger area where it's the same old cold and snow and wind. Mother Nature was angry last Sunday, she let the wind loose and piled the snow that we already had into different drifts, blocking roads, stranding motorists in some areas and in others those on the lakes fishing also had to be rescued. Today is Thursday and tomorrow more snow and then very windy again on Saturday and Sunday, so that means more blowing and drifting snow. It's the first of March tomorrow so the ides of March are upon us, seeing the forecast it looks like March is going to come in like a lion so hopefully means that spring will soon be on the way.

Wednesday brought Polk County to town with their equipment and hauled out and blew out some of the snow that had piled up, which now makes seeing at the intersections a lot safer. Thanks to all the workers who have spent endless hours this winter making sure our roads are open.

Work has started on the former school ground, where the crew of workers are starting to drill a new well. Can't be exactly warm for those guys either out in the wind and cold.

On to the news and is very brief probably due to the weather we have been having.

Milton Carlson's Corner

Thursday the 21st James Iverson arrived at Milton's with his tractor and snow blower and blew out Milton's yard and cleaned his deck for him while he was there.

Friday morning the 22nd Paul Carlson stopped in at Milton's briefly for a cup of coffee as he made his way to work.

Paul Carlson stopped in at Milton's Saturday morning the 23rd and hauled away Milton's garbage for him, he came back later with his B John Deere and pushed the snow out of the yard and cleaned Milton's deck.

Sunday morning brought the blizzard leaving Milton house bound and visibility so poor he couldn't see his mail box.

On Monday the 25th James Iverson once again came over to Milton's on his tractor with the blower and blew out Milton's yard and cleaned the

snow off his deck.

Lonnie Gieseke and Ryan Schaumburg visited with Milton on Tuesday the 26th bringing Milton farm fresh eggs and also brought him his mail. That same day Paul Carlson put Milton's mailbox back on it's post after being knocked off by the snow plow. Later in the day on Tuesday Dick and Wanda Donovan and "Pepper" of St. Francis arrived at Milton's to spend a few days visiting with the family.

Last Friday visiting with Helmer and Verlys Homme at the Pioneer Home at Erskine were Rita and Sheldon Trandem.

Visitors this past week at the Pulskamp home have been Matt Balstad, Jamie Anderson, Bentley and Searra, Evan Evenson and Kelly Johnson, along with Kelly's Grandkids, Thielen and Peyton Brtek and Kylie Casavan.

Bob Lofstrand was a Thursday afternoon visitor with Helmer and Verlys Homme at the Pioneer Home at Erskine.

This is it for the week, may your week ahead be filled with good health, lots of sunshine and stay warm.

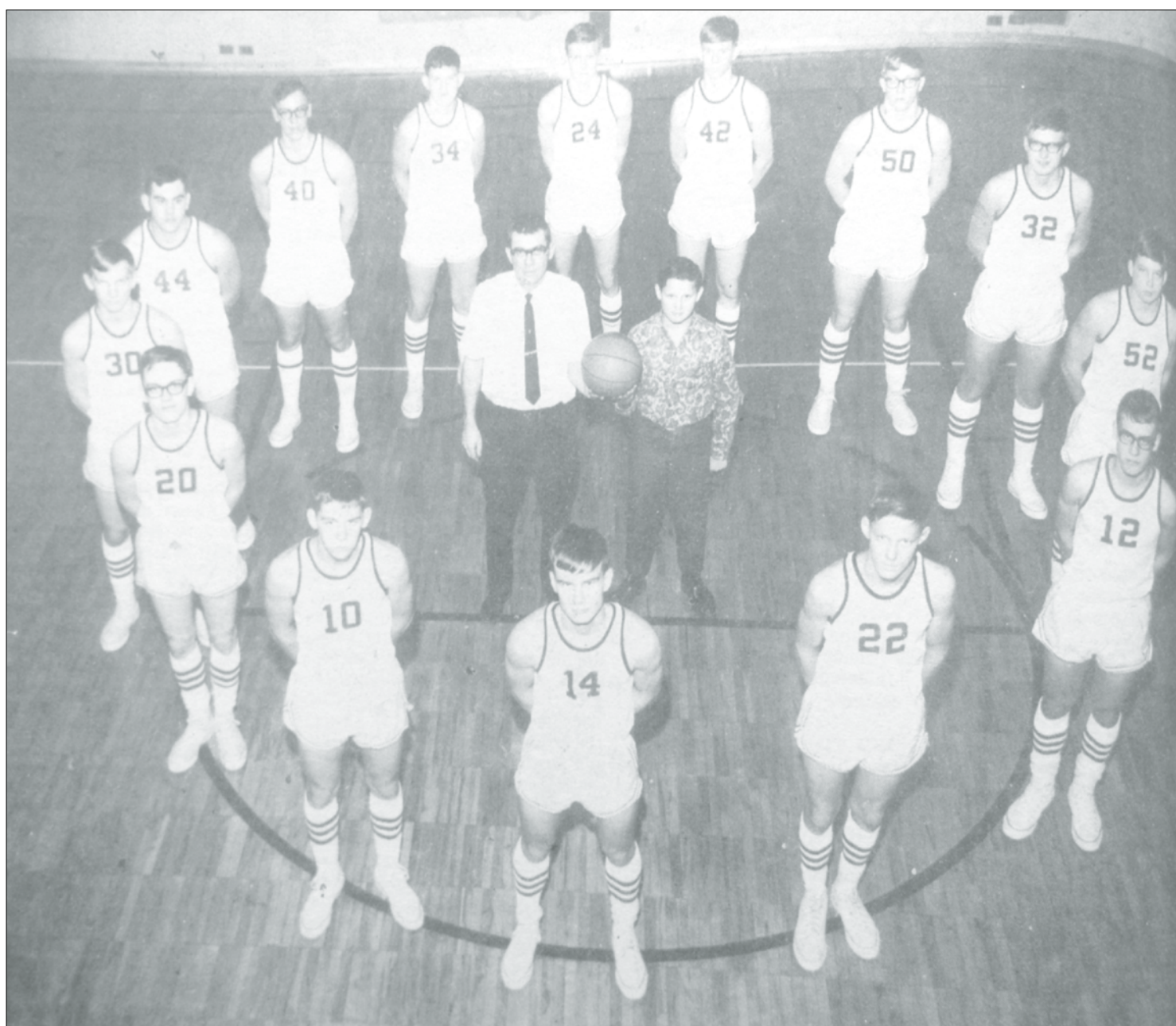
Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com

NOTICE

Notice of Annual Meeting and Election

Winger Township will be holding its Annual Meeting on March 12th, 2019 at 4:00 pm. The annual election for Winger Township will run from 5:00-8:00 March 12th 2019. All proceedings will take place at Winger Town Hall
Nate Johnson, Clerk M50-51C



(pictured above) 50 years ago...1969: The McIntosh Scots completed their basketball season last week when they were nosed out of the North Sub-District championship by a hustling team of Clearbrook Hornets. The Scots ended their season with a creditable 11-3 to tie the conference with Fosston. Pictured here are the members of the squad, starting front and going counter-clockwise: Lauren Lindseth (14), Terry Haaven (22), Scott Schmanski (12), Dale Tangen (52), Steve Haaven (34), Mark Schmanski (40), Steve Dietrich (44), Gordon Ostenaar (30), Mark Balstad (20), and Ricky Carlson (10). Center are Coach Lloyd Carlson and student manager Bruce Haaven.



40 years ago...1979: Basketball Coach for Mac-Winger Scots, Lloyd Carlson holds the North Tri-County Conference Champion Trophy presented to his team for 1979. Paul Kiecker (left) and Dave Rolf (right) are each holding a trophy for being chosen All-Conference.

Annual Meeting Notice



CHS Inc - Mahnomen Group,
with locations in Mahnomen, Callaway,
Twin Valley, Winger,
Fertile and Erskine, will be holding
their Annual Meeting on

March 19, 2019

at the

Shooting Star Casino
in Mahnomen.

Meeting will start
at 11:00 am with lunch to follow.

M50-51C

Loans available to help MN farmers restructure debt

Minnesota farmers may seek assistance from the Rural Finance Authority's (RFA) Restructure Loan program if they have good credit but are having trouble with cash flow.

The Restructure Loan program is available for refinancing debt related to agricultural activities only and requires collateral of a first mortgage on farm real estate.

"This may be a good option for Minnesota farmers who are in good standing with their local lender but are struggling with cash flow," said RFA Senior Loan Officer Ryan Roles. "The current interest rate is 4.25 percent and the participation term may be up to a maximum of ten years."

The RFA will participate on 45 percent of a qualifying loan up to a maximum of \$525,000. There is a \$50.00 non-refundable application fee

on all loans.

An applicant must meet the following requirements:

1. Be a resident of Minnesota, a Minnesota domestic family farm corporation, or family farm partnership.

2. Be the principal operator of the farm.

3. Not be a current or previous participant in an RFA farm debt reorganization program.

4. Have a total net worth that does not exceed \$1,777,000 (indexed for inflation)

5. Have received 50 percent of their gross income from farming over the past three years.

6. Have expenses that do not exceed 95 percent of income.

Information on the Restructure Loan Program and all RFA loan programs is available at www.mda.state.mn.us/restructure.



30 years ago...1989: Candidates for the Miss McIntosh Contest that were present at the pizza and Coke informational meeting on Saturday were: (back l-r) Heidi Habedank, Janna Kiecker, Stephanie Voxland, Lisa Carver, Lynnette Tofstad, Leah Roed; (front l-r) Kristen Tangen, Angie Rivera, Caren Boucher, Leslie Parent, Sonja Borud and Annette Finseth.



20 years ago...1999: The Senior High Knowledge Bowl Team has enjoyed a successful season of competition. After taking 1st place in their last contest, they look forward to only two meets that remain on their regular schedule. Members of the team include (back l-r) David Jensen, Darren Kringlen, Scott Ostenson, Joey Faldet, Nathan Johnson, Heidi Vesledahl, Brady Langemo and Tyler Kolden; (row 2) Matthew Massmann, Joe Ingman, Kyle Jore, Casey Bartz, Cassie Mellgren, Kara Evenson and Amy Bergman; (Front) Conrad Strand, Sterling Balstad, Jeremy Gieseke, Holly Hammer, Peter Wang, Michelle Ward, Carrie Oien, Tessa Johnson and Kim Nelson. Ann Vesledahl is the adviser of the group.

MN youth urges lawmakers to tackle tobacco addiction

State House Committee Advances Tobacco Prevention, Cessation Funding Bills

Nearly 400 youth and adult advocates from across Minnesota rallied today at the State Capitol to urge lawmakers to address tobacco addiction and “Keep Lungs Loud.” Minnesotans for a Smoke-Free Generation, a coalition of more than 60 organizations that share a common goal of saving Minnesota youth from a lifetime of addiction to tobacco, brought together residents from all across Minnesota during their annual Day at the Capitol. The activists included young students, parents, educators, physicians and other citizens concerned about commercial tobacco use.

Since last year’s Day at the Capitol, 18 Minnesota communities have passed local Tobacco 21 policies. Minnesota now has 23 cities and counties with Tobacco 21 ordinances, covering more than 22 percent of Minnesota’s population. Many locals who advocated for these lifesaving policies were present and honored at this year’s event.

“Today’s Minnesotans for a Smoke-Free Generation Day at the Capitol is a reminder that tobacco addiction affects people all across Minnesota, in every stage of life and every single community,” said Molly Moilanen, Vice President at ClearWay MinnesotaSM and Co-Chair of Minnesotans for a Smoke-Free Generation. “Today also reminds us of the lifesaving progress we can make together through bold state and local policies. Let’s work together to tackle tobacco addiction from all angles, by passing Tobacco 21, funding quit-smoking help and strengthening our clean indoor air law.”

Following the rally, advocates met with legislators and encouraged them to prioritize tobacco prevention this session.

The coalition supports three bipartisan bills that will help Minnesota save lives and money. The proposals would strengthen the state’s clean indoor air law, provide quit-smoking help for all residents, and raise the tobacco age to 21. Several lead authors of these bills joined grassroots supporters at the rally.

Grassroots supporters from the Minnesotans for a Smoke-Free Generation coalition urged lawmakers to quickly pass these three bills. Yesterday, the Tobacco 21 bill (SF463/HF331) advanced in both houses, passing out of the House Commerce Committee and Senate Health and Human Services Policy and Finance Committee.

The bill to keep indoor air clean (SF462/HF349) also advanced yesterday through the House Commerce Committee, but has not been heard yet in the Senate.

House Committee Hears Two Tobacco Funding Bills

Separately, today the House Health and Human Service Finance Committee heard two bills to fund tobacco prevention and cessation. Committee members held over both bills for potential inclusion in their HHS budget.

The first bill, HF350/SF461,



provides funding for Tobacco Cessation Services. QUIT-PLAN® Services, the state’s free quit-smoking program, is ending in 2020. Lawmakers must fund quit-smoking resources this year so there is no gap in help for Minnesotans who are trying to quit tobacco. If Minnesota does not fund a statewide service, it will become the only state in the nation not providing one.

The second proposal, HF1058/SF1029, states that if Minnesota is successful in recouping tobacco settlement fees from delinquent cigarette brands, a portion must be dedicated to health. Specifically, approximately \$12 million a year of those settlement fees would be used for tobacco prevention and control. Since 2015, several cigarette brands have not been paying their required share of settlement fees to the state of Minnesota. Tobacco companies agreed to pay these fees in perpetuity as part of 1998 Minnesota Tobacco Settlement.

“Every year, Big Tobacco causes new addictions, death and disease throughout Minnesota,” Moilanen said. “The tobacco settlement was reached in part to compensate the state for the tremendous harms of tobacco use.

“These cigarette companies have shirked this responsibility by refusing to pay their fair share of the settlement fees. If that wrong is righted, the best way for Minnesota to use the money is to address tobacco’s harm and help prevent the next generation of tobacco addiction.”

Tobacco use remains Minnesota’s leading cause of preventable death and disease, costing an estimated \$7 billion annually and taking the lives of more than 6,300 Minnesotans every year. Smoking rates in Minnesota had been declining for decades, but the adult cigarette smoking rate has stalled out at 14 percent, and for the first time in a generation youth tobacco use has increased. In particular, the surging use of e-cigarettes is threatening the health of Minnesota teens, driving an increase in youth tobacco use that the U.S. Surgeon General has called an epidemic.

About Minnesotans for a Smoke-Free Generation

Minnesotans for a Smoke-Free Generation is a coalition of more than 60 organizations that share a common goal of saving Minnesota youth from a

lifetime of addiction to tobacco. The coalition supports policies that reduce youth smoking and nicotine addiction, including increasing tobacco prices, raising the tobacco sale age to 21, limiting access to candy-, fruit- and menthol-flavored tobacco, and funding tobacco prevention and cessation programs.

Partners include: A Healthier Southwest, African American Leadership Forum, Allina Health, American Cancer Society Cancer Action Network, American Heart Association, American Lung Association in Minnesota, Apple Tree Dental, Association for Nonsmokers – Minnesota, Aurora/St. Anthony Neighborhood Corporation, Becker County Energize, Blue Cross and Blue Shield of Minnesota, CentraCare Health, Children’s Defense Fund-Minnesota, Children’s Hospitals and Clinics of Minnesota, ClearWay MinnesotaSM, Comunidades Latinas Unidas En Servicio – CLUES, Dodge County Public Health, Essentia Health, Gillette Children’s Specialty Healthcare, HealthEast, HealthPartners, Hennepin Healthcare, Hope Dental Clinic, Horizon Public Health, Indigenous Peoples Task Force, ISAIAH, JustUs Health, LAAMPP Alumni, Lake Region Healthcare, Lincoln Park Children and Families Collaborative, Local Public Health Association of Minnesota, March of Dimes, Mayo Clinic, Medica, Meeker McLeod Sibley Community Health Services, Minnesota Academy of Family Physicians, Minnesota Cancer Alliance, Minnesota Council of Health Plans, Minnesota Hospital Association, Minnesota Medical Association, Minnesota Nurses Association, Minnesota Oral Health Coalition, Minnesota Public Health Association, MN Association of Community Health Centers, MN Chapter of the American Academy of Pediatrics, Model Cities of St. Paul, Inc., NAMI Minnesota, North Memorial Health Care, NorthPoint Health and Wellness Center, Olmsted Medical Center, PartnerSHIP 4 Health, Perham Health, Preventing Tobacco Addiction Foundation, SEIU Healthcare Minnesota, Shift MN, St. Paul Area Chamber of Commerce, Steele County Public Health, Tobacco Free Alliance, Twin Cities Medical Society, UCare, Vision In Living Life “Change is Possible”, WellShare International and Zumbro Valley Medical Society. Find out more at: smokefreegenmn.org.



Bryer Strom (22) up and around his opponents during a Win-E-Mac win over Red lake County Central.



Gavin Walker makes 2 points for Win-E-Mac during the Patriot win over Red Lake County Central.

WEM School Announcements

WEM Kindergarten Round-up Open House
For the 2019-20 School Year
When: Wednesday, March 27th from 4:00-6:00 PM
Where: Room #25 at the Win-E-Mac school.
If your child turns five years old before September 1st, 2019 and you plan to enroll them at Win-E-Mac, please plan to attend. Bring a copy of the immunization records.
Our school health personnel will be here to answer your questions

In order to make-up some of the student time lost to storm days, Win-E-Mac School will be extending our school day 21 minutes beginning Monday, March 4 and going through Friday, April 26. School will now dismiss at 3:28 p.m. Students will arrive home about 21 minutes later than our previous schedule. Friday, March 22 will become a full student day and Monday, April 22 will also be added as a full student day.

The 3rd quarter mid-term grades are now available on StudentVue and ParentVue for 7-12th graders.

Last Chance to order a 2018-2019 yearbook! The cost is \$40. Yearbooks can be purchased during students’ noon hours or from Mrs. Winter (room 51) or order forms are available in the office. Yearbook sale Ends on March 31, 2019!!



Drivers Education classroom will begin on March 11-22, 2019, with the makeup day of March 25th. Students need to complete 30 hours of required instruction. Cost per students is \$50.00 and should be sent in with registration form by Friday, March 1st. Student who enroll in Drivers Education Classroom need to be 15 years old by June 1. The class and the written driving exam need to be completed before Behind the Wheel Instruction can take place. The class size is limited to 20 students. The oldest will be given the first chance and the remaining openings will be filed on a first come first serve basis. Parental course for primary driving supervisor will be held on Tuesday, March 5th from 6-7:30 p.m. Forms are now available in the office.

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.

WEM ECFE

Join us as March will be the Month of Movement! This will be a great time for the kids to get their wiggles out as we will have another great month of fun and learning. ECFE meets every Monday from 6:00-7:00 in the preschool room unless otherwise noted.

Look to our Facebook page at WEM Early Childhood Family Education.



Taking a shot is Senior Patriot Mason Spry (13).