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McINTOSH

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McIntosh, Minnesota



Edith Gieske had her first visit with Santa during Breakfast with Santa at the Winger Community Center last Saturday.



List in hand, Lucas Eggl had the attention of both Santa and Mrs. Claus as they looked over his list.



Heidi and Hudson Smeby visited with Santa and Mrs. Claus on their stop in McIntosh last Saturday.

MHAC elects officers for 2016

The McIntosh Heritage and Arts Center held their Annual Meeting in late October at the Community Center in McIntosh.

There were many members that turned out for the meeting and enjoyed coffee, hot chocolate and cookies while listening to updates on current and future projects of the Center.

Board members were able to answer questions about the progress on the old school (the future home of MHAC) roof

and building project. These are still a need to raise funds for this, so MHAC will move forward with the roof repair as funds become available. Funds from the Thrift Stores will continue to help with this fund.

Tammara Edevold from the Clearwater County Historical Society was there to give a presentation on their museum and how their group has grown and changed since its beginning.

She was able to give the

McIntosh and Winger both had visits from Santa



Both Ruby Breckel and Ella Finseth enjoyed the time they spent with Santa and Mrs. Claus last Saturday during Santa Claus Day in McIntosh.



Brylee Hegre was so happy to sit on Santa's lap last Saturday in McIntosh when Santa stopped to visit.



Mrs. Claus was happy to hold the babies during Santa Claus Day in McIntosh. Here she is pictured with Chloe Carlson.



group many good ideas for things that they could do in the future as the group grows.

After the meeting, the votes for the new officer's were tallied.

The Board of McIntosh Heritage and Arts Center as of January 1, 2016 will be:

President: DeeDee Narum

Vice President: Bob Bursheim

Secretary: Robyn Shimp

Treasurer: Mae Mero

Board Members: Lee Narum, Judi Lindseth, Donna Larson, Laurie Bursheim and Debra Harriman.

McIntosh Heritage and Arts Center welcomes the new board and hopes that many new and interesting things will come in 2016. Please consider becoming a member of MHAC and help the group grow and provide more activities and historical information for our area and communities.

Pictured above: Bob Bursheim had his tractor and wagon decorated for the holidays as he gave hay rides during Santa Day in McIntosh last Saturday.

Pictured below: Brooke and Will Tofstad visited with Santa at the McIntosh Community Center last Saturday.



McIntosh Calendars

Community Calendars will be available for pick-up at the First National Bank open house on Friday, December 18th.

Community Calendar

Wed. Dec. 16: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Dec. 17: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm; Win-E-Mac Elementary Program 7:00pm

Fri. Dec. 18: Christmas in McIntosh Celebration; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Dec. 21: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. Dec. 22: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Dec. 23: No School at Win-E-Mac; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm

Thurs. Dec. 24: No School at Win-E-Mac; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Dec. 25: Merry Christmas; City Offices, Library and Mac Times office closed

Mon. Dec. 28: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. Dec. 29: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Deck the HOUSE

HOLIDAY LIGHTS CONTEST

Brighten up McIntosh nights with your best Christmas lights!

The McIntosh Community Club will be hosting a first annual holiday lights home decorating contest.

This free contest is open to any McIntosh resident and will take place this month. There is no registration required for participation.

There will be three winners chosen, in no particular order to win prizes.

If you are one of those people that like to go all out, it is a good time for you to put something out there and see if you can out do your neighbors!

Houses will be judged on lighting, theme and overall holiday spirit. Have some fun with your family and get out there and start decorating!

The judging will take place on Friday, December 18th after dark. The judges will be chosen from out of town.



Santa had many helpers during Breakfast with Santa last Saturday, December 12th at the Winger Community Center. Pictured is Santa and the Winger Lions Club who have made this an annual event in Winger. Thanks to the Lions for all the activities and support they offer our communities!



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FDIC

Please join us for a
90th Birthday open house
honoring
Lorraine (Nornes) Lee

Saturday, December 26th
1:00 pm to 3:00 pm

McIntosh Community Center

~ No gifts please ~



Kaylah and Kendra Cherf stopped into the McIntosh Community Center last Saturday for a visit with Santa during Santa Claus Day sponsored by the McIntosh Community Club.



Santa had the attention of both William and Zane Klawitter when he was telling them about all the activities at the North Pole right now when the boy's came to see him last Saturday at the McIntosh Community Center.

Hark!
the herald
angels sing,
"Glory to the
newborn King!"

Trinity Lutheran Church Sunday School Program

The Trinity Lutheran Church has a Sunday School Christmas Program on Saturday, December 19th at 8:00 pm. The theme of the program is "Remember Jesus".

Trinity Lutheran Church is located at 27262 315th St SE in rural McIntosh.

Spiritually Speaking

Kindness or Cruelty?

Ultimately, there are only two basic motives which animate us, kindness or cruelty. On the side of kindness is everything that unites and uplifts us: the kind or encouraging word, the helping or healing hand, the invitation to join the group and to be a part of the great family of God.

On the side of cruelty is everything that divides and debases: the mean or cutting remark, the discouraging word, the clenched fist and the hand which pushes away, the barrier to inclusion which says you aren't welcome here.

There is love and there is strife. Love unites, strife divides. Love is kind; strife is cruel.

There is no third option here. You cannot be indifferent to the choice between kindness and cruelty.

We should pray that we steadfastly choose to be on the side of kindness.

-Christopher Simon

"2015 ONE FUND DRIVE" RESULTS

MN MEDICAL FOUNDATION..	\$ 50
MULTIPLE SCLEROSIS.....	160
SALVATION ARMY	115
DIABETIC RESEARCH	195
HEART FUND.....	190
CANCER FUND	447
RED CROSS	145
DAC	25
LEUKEMIA SOCIETY.....	20
ALZHEIMERS.....	40
ST. JUDE'S CHILDREN'S HOSP.....	10
FOSSTON FIRE DEPT	15
NORTHLAND RESCUE MISS	50
SAMARITAN'S PURSE	50

\$ 1,512

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Mike Sundrud
Chairperson: Betty Syverson

Raymond O. Sundrud,
Clerk/Treasurer,
Hill River Township

M37-38C

Poplar Meadows Senior Living

is accepting bids for snow removal for the 2015-2016 winter season Snow Plowing/Shoveling.

Bids can be dropped off or mailed to:

Poplar Meadows
Attention: Julie
325 Scots Ave SE
McIntosh, MN 56556

Poplar Meadows has the right to accept or decline any and all bids.

Deadline for bids is : Monday, December 21, 2015.

M37-38C



The City of McIntosh thanks all who participated and helped with Santa Claus Days and The Kid's Shopping Mall. We really appreciate the annual festivities and traditions for all ages.

Thank you.

M38C

MHAC News

Monthly Update

December 8th McIntosh Heritage & Arts Center had their monthly meeting at the Bjella Building. Our first topic to finish was old business for 2015. Then we started plans for events in 2016. We have hope of having something going on most every month of nice weather. Our Heritage Homestead Picnic, Garden Tour and Harvest Hayride were very well attended so we have planned these events again. We will keep giving updates on all our plans in the newspaper and on Facebook. We hope you all have a Wonderful Holiday Season.

MN family budgets & bridges priority with surplus

The Office of Management and Budget (MMB) released their November Economic Forecast Thursday, revealing a projected surplus of \$1.871 billion for Fiscal Years 2016-2017. State law puts \$594 million into the state budget reserve, leaving an overall projected balance of \$1.206 billion.

"Such a large surplus demonstrates that Minnesotans are overtaxed," said Rep. Steve Green (R-Fosston). "It is my hope that a large portion of this surplus can go towards tax relief for hard working families as well as a transportation plan that addresses our needs without increasing the already heavy tax burden on the middle class."

"Today's budget news is an opportunity to put Minnesotans first and make their lives better by letting them keep more of their hard-earned dollars," said House Speaker Kurt Daudt (R-Crown). "Instead of increasing government budgets, let's increase family budgets by providing middle-class tax relief during the next session."

During the press conference, Governor Mark Dayton also declared his signature proposal to increase the state's gas tax "dead."

"I'm pleased that after nine months Governor Dayton has finally come around to our position and ruled out a harmful gas tax increase," added Speaker Daudt. "I'm disappointed that House Democrats refuse to commit to Minnesotans that they won't try to raise the gas tax, and look forward to working with the Senate and the governor to pass our long-term transportation plan that invests \$7 billion into roads and bridges without a tax increase."

In 2015, the House passed a 10 year, \$7 billion transportation plan that would fix 15,500 lane miles of road and 330 bridges statewide with bipartisan support. The governor and Democratic lawmakers blocked the measure from becoming law because of their insistence on a gas tax increase.

The McIntosh Times Office Hours

Wednesday 9:00 am to Noon

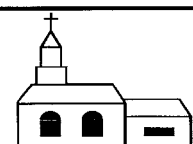
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



Church News



ST. MARY'S CHURCH

Fosston

Fr. John Suvaheen,
Pastor

Wed. Dec. 16: 11:30am
Mass & Adoration at St. Mary's Fosston

Sun. Dec. 20: 8:00am Confession; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

Wed. Dec. 23: 11:30am Mass at St. Mary's, Fosston

Thurs. Dec. 24: 5:00pm Mass at St. Mary's, Fosston; 8:00pm Mass at St. Joseph's, Bagley

Fri. Dec. 25: 8:30am 8:30am Mass at St. Mary's Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou

Supply Pastor

Gordon Syverson

Sun. Dec. 20: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

Thurs. Dec. 24: 5:30pm Worship at Calvary

Fri. Dec. 25: 10:00am Worship at Immanuel

Sun. Dec. 27: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Wed. Dec. 16: 6:00pm Confirmation

Sun. Dec. 20: 10:00am Sunday School; 11:15am Worship Service

Thurs. Dec. 24: 4:00pm Worship Service

Sun. Dec. 27: 11:15am Worship Service

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. Dec. 16: 1:30pm Bible Study at The Country Place

Sat. Dec. 19: 8:00pm Prayer Meeting

Sun. Dec. 20: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service

Tues. Dec. 22: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Dec. 23: 1:30pm Bible Study at The Country Place;

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.

VERNES LUTHERAN CHURCH (LMC)

McIntosh

Pastor Paul Magelson

Sun. Dec. 20: 8am Worship

Sun. Dec. 27: 8am Worship



McINTOSH Times

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"Serving the Win-E-Mac area"

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DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. Dec. 16: 7:00pm Bible

Study on Jewish Roots

Sun. Dec. 20: 9:30am Worship Service; No Sunday School

Wed. Dec. 23: NO Bible Study

Sun. Dec. 27: 9:30am Worship Service; No Sunday School

Wed. Dec. 30: 7:00pm Bible Study on Jewish Roots

Sun. Jan. 3: 9:30am Worship Service; No Sunday School

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:

Wed. Dec. 16: 7:30pm Bible Study

Sun. Dec. 20: 11:00am Worship Service

Wed. Dec. 23: 7:30pm Bible Study

Sun. Dec. 27: 11:00am Worship Service

Mt. Carmel:

Thurs. Dec. 17: 7:00am

Men's Breakfast

Sun. Dec. 20: 9:30am Worship Service; 10:45am Sunday School; 12:30pm Confirmation

Sun. Dec. 27: 9:30am Worship Service; 10:45am Sunday School; 12:30pm Confirmation

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Mark Peske, Pastor

Wed. Dec. 16: 6:00pm Advent Service

Sun. Dec. 20 10:00am Devine Worship with Holy Communion & Sunday School Program; 11:30am Congregational Christmas Eve Dinner

Thurs. Dec. 24: 4:00pm Christmas Eve Carol Service

Sun. Dec. 27: 9:30am Worship Service, No Sunday School or Confirmation

Thurs. Dec. 31: 5:00pm New Year's Eve Service

Service Broadcast, TV Channel 12 Wednesdays at 10am - Holy Communion 1st and 3rd Sundays

Polk County Public Health

Polk County Health provides montly foot care clinics at locations throughout the county. Foot soaks and nail trimming are provided. This is not a diagnostic clinic. Referrals are made to medical doctors when necessary. A fee of \$20 is charged per client participating in the clinic. County residents are encouraged to call Polk County Public Health for further information. All clinics are open to the public. Please register for an appointment at the location of your choice.

The foot care clinic will take place in McIntosh at the McIntosh Office of Polk County Public Health in the lower level of the Bjella Building on Thursday, December 17, 2015. You can call 218-281-3072 for an appointment. Foot care is by appointment only, you must call the office if you wish to visit a schedule.

If you have any questions about foot care clinics or other services provided by PCPH, please call offices at : Crookston 281-3385; East Grand Forks 773-2431; or McIntosh 563-2010.

Community Birthday and Anniversary Calendar

Wed. Dec. 16: John Nord, John Loiland, *Richard & Donna Larson

Fri. Dec. 18: Dusty Juve, Marcy Wessman, Jenny Howard

Sat. Dec. 19: Erik Roed, Clarissa Neste, David Mattinen, * Tony & Kim Hedlund

Sun. Dec. 20: Jim Klein, Kalli Roy, Marion Shimpa

Mon. Dec. 21: Beth Hagen, Brooke Tofstad

Tues. Dec. 22: Tracy Juve, Jessica Fritz, Jerry Shimpa, Camille Smeby, Andy Smith, *Al & Shirley Carver, * Robert & Sharon Hegland

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Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas, and our weather is still very balmy for December. Had some rain during the night last night and again today, Thursday, but so far the roads have not been slippery, but that may change by tomorrow, Friday, morning if we get the snow that is forecast. Still no complaints in the weather department on my part, but I have heard some of the ice fisherman that are getting a bit anxious for ice, not to mention those who have already tried the ice and found that it was not a good plan.

The lutefish supper at Immanuel Lutheran Church in Bejou last Saturday night saw about 250 people being served a most delicious meal. There were many familiar faces and also many strange faces but no one left hungry and I am sure most everyone is looking forward to it again next year. The men, women and youth that make this such a success are awesome, from the days of preparation right up until the time they serve it.

With all the colds and flu circulating out there, I hope each and every one of you stay well with the holiday season just around the corner.

If you didn't get into Eerskine last Saturday, there was a good crowd of people of all ages for the Winter festival held there, with the crafts and baked goods at the Community Center, to the horse drawn wagon rides, to Santa's visit, along with Garden Valley having their open house which was also very well attended.

News is scarce this week am am sure it is mainly due to the fact that all are busy preparing for Christmas which is right around the corner.

Judy Gieseke was a dinner guest on December the 3rd at the Fern and Milton Carlson home.

Saturday visitors at the Pulskamp home were Kelly Johnson and granddaughter Lily, and Donnie Johnson of Maple Lake, Mn and Nola Abele of Fosston.

Boyd and Sylvia Bratager along with Jeff and Julie Bratager attended the wedding of Casey Johnson at he Vining Lutheran Church at Henning, MN on Saturday night. Casey is the grandson of Truman and Darlene Johnson of Dilworth.

Helping Sheila Benesh celebrate her birthday on Sunday the 6th at the Fern and Milton Carlson home were Paul and Donna Carlson along with Chris, Jade, Vincent, Jasmine and Carson Benesh.

Dean Johnson was a Sunday visitor at the Pulskamp home.

A memorial service was held this past week in Texas for Ludvor Kenneth Henney. Locals

attending were Bill and Marlene Henney of Fosston, Miles Henney of St. Hilaire and Dean Henney. Ludvor was a brother of the late Myren Henney.

Until next week, may yours be a good one and as we prepare for Christmas, lets remember the reason for the season.

From Bun Manor:

Tuesday afternoon Bun treated Steve Massmann to lunch at Ladies Aid at the Calvary church in Winger. The occasion was Steve's 57th birthday. No one even cared enough to sing him Happy birthday. However. They did wish him a Happy birthday. Bun got his annual Christmas star cookies from Carol Stordahl. Pammy also made Christmas goodies for him and Gerri gave him a little flatbread to hold him over till she can make some more. Thanks ladies!

Wednesday evening the Winger Lion's hosted their annual District Governor's night at Moran's with 35 members and spouses attending. Awards were given out and this years governor was from Canada. He gave a nice short speech. Bun didn't even have time to sleep during the speech which has happened to him in the past.

Bun and his friend Michele hung out together for awhile on Friday. The plan was to head for Ness and wash the van at the plaza following lunch. They ran into Sharon and Robert Hegland at Ness and they were kind enough to buy lunch for them. They went to the plaza to wash the van but there were at least five vechiles waiting in line so that plan was scratched. Bun thinks the reason Michele hung with him is because it is Christmas and she is trying to butter him up.

Friday evening Ole and Bun ran into Dave and Wanda Stordahl at the casino. They were there celebrating their 12th wedding anniversary. The Little River band was putting on a concert. Bun believes that Dave told him Wanda and him had seen them on their honeymoon. How cool is that?

Santa reported to Bun that forty eight children and some adults showed up at the community center in Winger to have breakfast and get a bag of goodies.

Bun remembers when he was a kid the bag contained an apple, peanuts and hard candy. Thank you all for coming out to enjoy the day with Santa and the Lion's.

Tim called his sister Judy on the 12th to wish her a happy 71st birthday. Linda and Odney came up from Brooklyn Park on Friday to Moorhead to attend a high school musical that Maxx Schulz performed in. The following morning they had birthday breakfast with Judy before returning home.

There is still open water on the west side of Union lake as of Dec. 14th.

Final note. Linda and Bun nee your news. E-mail. bunman@gvtel.com

Breakfast with Santa

Hosted by the Winger Lions Club



Sisters Danika, Lexi and Carlie were all dressed up for their visit with Santa at the Winger Community Center last Saturday. The Lions hosted a pancake breakfast for the community kids along with a visit from Santa.



Earl Roed (l) and Carston Zahl (r) manned the griddle during Breakfast with Santa hosted by the Winger Lions on Saturday, December 12th at the Winger Community Center. Nearly 50 kids were on hand to visit with Santa Claus.



Congratulations to Steve Haaven for buying the winning ticket for the gold plated, commemorative Henry Big Boy rifle. The rifle was raffled off by the Fengestad Solie American Legion Post 200 to support local Legion projects. Post 200 would also like to thank everyone for their support with this fund raiser.



10 years ago...2005: Members of the Winger American Legion Unit 200 and Auxiliary prepared 36 holiday baskets to deliver to Veterans and shut-ins. Pictured among the goodies are: Back row (L to R) Judi Gieseke, Susan Haugen, Sue Flermoen, Marilyn Natwick, and Hermina Rude. Front row (L to R) Betty Lou Myhrum, Sylvia Bratager, Joanne Zahl, and Ellen Lindseth.



Making his first visit to see Santa was Kolby Cook (l) with his brother Brody (r) and his cousin Cooper Gieske.



30 years ago...1985: Mickey and Donald were just two of Santa's helpers during the WAC's sponsored Santa Claus Day in McIntosh.



20 years ago...1995: Members of the Win-E-Mac Board of Education hosted a Christmas Tea complete with holiday goodies, hot cider and coffee on Wednesday, December 20th. Board members present were: (L-R) Steve Carlson, Geraldine Olson and Sherry Brumwell.

Regional Ag News

Jim Stordahl,
Extension Educator

Keeping Houseplants Healthy

Houseplants always look their best when their leaves are clean, rather than dusty. But there are even more important reasons to keep houseplant foliage clean this time of year. When days are short and sunlight is less intense-as in during winter-it's important that houseplants get as much light as possible each day. But a layer of dust on the leaf surface acts as a filter, reducing the amount of light that reaches the green tissue where photosynthesis occurs. Keeping foliage clean allow plants to take full advantage of the amount of light that is available to them.

Dusty foliage also provides an environment that encourages the presence of spider mites and other houseplant pests. Relatively warm indoor temperatures coupled with low humidity result in their rapid reproduction.

By cleaning the foliage every few weeks, you'll wash off many of their eggs before they have the opportunity to hatch and do much damage.

Use a soft cloth to wipe both upper and lower surfaces of larger leaves with lukewarm water. Dissolve a few drops of mild dishwashing liquid in the water, but not enough to make it sudsy-just a little slippery. Clean the stems, too.

This method is too time-consuming for plants with lots of

small leaves. Instead, cover the soil with tin foil or plastic wrap, then spray the plants with water in your sink or shower. Be sure to get the undersides of the leaves, as that's commonly where mites and insects congregate. Another option would be to turn the plant upside down and swish it through lukewarm water (and a few drops of dishwashing liquid) in your laundry tub. Check houseplant leaves for pests each time you water the plants. Catching a problem early means there's a good chance you can eliminate the problem just by washing the foliage.

Notice that she did not suggest using a leaf shine product. Although these products make the plants look great they leave an oily film on the leaf surface which is a dust magnet. We no longer suggest the use of these products. Take a little time to wash your plants so that they will continue to thrive during the long cold winter months.

For more information, contact me at the Polk County office in McIntosh at 800-450-2465, or at the Clearwater County office on Wednesdays at 800-866-3125. If email is your thing, contact me at stordahl@umn.edu.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. This article was provided by Deb Brown, former U of M Extension Horticulturist.

Random Things and Stuff



Workplace Violence

By: Emily L. Ferden

For my last research paper of the semester in my sexual violence course, I wrote about workplace harassment and violence. My thesis was that in predominantly male workplaces, there are higher incidences of women being sexually harassed or assaulted; based on having more sexist, harsh images of women presented in these types of workplaces. However, my thesis was proven to be false. Predominantly male workplaces are not at higher risk of sexual harassment or violence against women, mainly because there are not a lot of women, if any, there. According to a study done by Ohio State University, after looking at 110 predominantly male workplaces around the world, they came up with the conclusion that, "Despite common assumptions, new research suggests that women are not more likely to be sexually harassed when they are the minority or majority in a work group. Instead, researchers found that in most cases, women were sexually harassed at work when their work group had a similar pro-

portion of males and females".

Along with this thesis, I also wrote about how it is important for workplaces to have harassment policies in place and to follow through with any allegation brought to them. In this article, I would also like to share with you how to report forms of harassment that may be encountered at any workplace. First off, harassment is defined as, "Harassment is unwelcome conduct that is based on race, color, religion, sex (including pregnancy), national origin, age (40 or older), disability or genetic information. Harassment becomes unlawful where 1) enduring the offensive conduct becomes a condition of continued employment, or 2) the conduct is severe or pervasive enough to create a work environment that a reasonable person would consider intimidating, hostile, or abusive" (EEOC.gov).

To report cases of harassment, there are a few things you can do. The first is to go to your company's Human Resource Department. If the workplace does not have a Human Resources Department, they can go directly to the Department of Labor and they will help you file a claim against the workplace.

Someone that goes through harassment in the workplace may feel a wide array of emotions. These emotions can become overwhelming for some people, and they may need to get some outside help coping with them. According to Me-

lissa C. Martin, there are ten ways to best deal with workplace harassment. The first is to write everything down; keep a journal of what occurred with as much details as possible. The second is if there are any witness, keep a compiled list of them. The person being victimized needs to also use their voice; they need to let the perpetrators know that his/her behavior is not acceptable. The person being victimized needs to let a person of authority know what is going on and to try get it to end. When the perpetrator is inflicting the harassing behavior, it is best if the victim does not react to the bullying or harassment. The victim should also use the company's resources and go to their harassment advisor or employee assistance program (EAP). The victim should also identify stressors at the workplace, and things that would trigger stress. As a victim, they need to also need to be aware of negative thoughts they may have; and know how to turn them positive. Victim's may also find it comforting to keep a joy journal; to keep focusing on the things that are still going right in their lives. Lastly, it would benefit victims to learn to relax by using different techniques such as deep breathing, listening to music, and guided imagery.

Hopefully cases of workplace harassment never happen to you, but sadly if it does, I hope this resource can be helpful to you.

WEM School Menu

Wed. Dec. 16: *Breakfast:* Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Chicken Chow Mein or Sweet & Sour Chicken over Rice, Egg Roll, Oriental Vegetables, Pineapple Upsidedown Cake, Fruit Choice, Milk Choice

Thur. Dec. 17: *Breakfast:* Assorted Cereal, Breakfast Pizza, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Chicken Patty on a Bun, French Fries, Broccoli Slaw, Fresh Vegetables, Fruit Choice, Milk Choice

Fri. Dec. 18: *Breakfast:* Assorted Cereal, Sweet Roll, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Pizza, Lettuce Salad w/ dressing, Sherbet Cup, Fresh Vegetables, Fruit Choice, Milk Choice

Mon. Dec. 21: *Breakfast:* Assorted Cereal, Breakfast Bites, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Taco & Tator Bowl (lettuce, cheese, bl. olives, tomatoes, salsa, sour cream), Refried Beans, Cookie, Fruit Choice, Milk Choice

Tues. Dec. 22: *Breakfast:* Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Turkey, Mashed Potatoes & Gravy, Sweet Potatoes, Fruit Salad, Dinner Roll, Pumpkin Dessert, Fruit Choice, Milk Choice

WEM School Announcements

Juniors and seniors: Wild Rice Electric has partnered with the Rural Electric Youth Tour for a trip to Washington, DC, June 11-16, 2016 with other students from across Minnesota. Complete the application and submit to be the selected candidate to have this amazing opportunity. See Mrs. Jore for more details or contact Wild Rice Electric Cooperative for an application.

2015-2016 Yearbook

The Win-E-Mac Yearbook Staff is starting the pre-sale for the 2015-2016 yearbook to be called "A YEAR IN COLOR" The yearbook this year will contain 80 pages. It will be printed entirely in COLOR. A theme of artful color will be the cover and divider concept throughout the yearbook. Seniors, underclass students, events, activities and fun memories will be captured and displayed from cover to cover!

Yearbooks are currently on sale. The cost is \$35.00 now and until December 22nd and will cost \$40.00 after December 22nd. Yearbooks can be purchased during students' noon hours or from Mrs. Winter (room 51) before or after school. Order forms are available in the office. Be sure to make your order so you are guaranteed a yearbook!

FYI -

The Mid-term report cards are now on Student/ParentVue for you to view

Holiday Food Drive by WEM National Honor Society:

With the joyous holidays upon us, the Win-E-Mac National Honor Society would like your help in a Holiday Food Drive at the WEM Public School.

Donations can be brought to the school or sent with your child and collected in the classrooms. The proceeds will go to the food shelf at the Grace Lutheran Church in Erskine.

The food drive will take place from December 8-17. During this time students will be asked to bring items to their classroom Holiday Food Drive box.

Calling all Win-E-Mac Junior Class Parents!

WE NEED YOUR HELP!!

We have been meeting for the After Prom Party and we need help from some more Junior Parents!

Our next meeting will be Dec. 21st at 5:30pm before the home boys game.

Please plan to attend if you are able.

Your assistance would be appreciated!

Thank you!

M38C

A Festivus for the Rest of Us

There are numerous end-of-year holidays. Thanksgiving, Christmas, Chanukah, Kwanzaa, and New Year's Eve are celebrated this time of year, but there's another holiday that's celebrated in December. Each December 23, legions of "Seinfeld" fans and many others who are familiar with the popular series pay homage to "A Festivus for the Rest of Us." This contrived, alternative holiday was a plot line developed for the beloved Costanza family on the series and was billed as Frank Costanza's creation. Festivus debuted on December 18, 1997, on the episode, "The Strike." Instead of a tree, candles or carols, Festivus celebrations involve a metal pole, the airing of grievances and feats of strength. Many believe Festivus was simply a television creation, but the holiday is loosely rooted in fact. Daniel O'Keefe, a former writer for "Seinfeld," reluctantly admitted that his father, Dan, actually invented Festivus in 1966. O'Keefe told CNN that his little brother let the Festivus traditions slip out, and other writers for the show, including Jerry Seinfeld, felt it would make for a great episode, particularly because the holiday wasn't beholden to anything political or religious. While there was an airing of grievances, the pole and feats of strength were absent. In addition, Festivus would be celebrated any time between October and May Since 1997, the holiday has become a worldwide celebration, with people gathering around their own metal poles in late December every year.



The Win-E-Mac 7th grade girls take second place at the Ada basketball tournament that took place over this last weekend. Congratulations girls!



The Win-E-Mac 8th grade girls took the consolation championship this past weekend at the Ada junior high tournament. Good Job Girls!



The Children from Mount Carmel Church performed in their Christmas Program for family and friends on Sunday, December 13, 2015.



Aaryk, Luca and Jayden Gensburger stopped to visit with Santa and Mrs. Claus at the McIntosh Community Center on Saturday.



Kiersten and Aston Anderson visited with Santa in McIntosh last Saturday during Santa Claus Day.



Santa and Mrs. Claus were sure happy to see Destiny and Dakota Hedlund as they visited McIntosh last Saturday, and were on hand at the Community Center to visit with local kids.

* * *
* There's No Place Like Home *
for Holiday SHOPPING



Santa asked Breezy Iverson what she wanted for Christmas when he stopped at Breakfast with Santa in Winger.



Bailey Iverson had a chance to let Santa know what she wanted for Christmas this year.



Stopping by the Winger Community Center last Saturday were Hunter and Conner Westcott who had a chance to talk with Santa.



Grace Dahl had a great time visiting with Santa on Saturday at the Winger Community Center.



Last Saturday morning Ryan Vandeneinde got up early for pancakes and a visit with Santa at the Winger Community Center.



Christopher Roragen sat on Santa's lap to let him know what he was wishing for this Christmas.



Wearing a hat just like Santa's was Ethan Geray who was one of the kids that Santa visited with during Breakfast with Santa hosted by the Winger Lions 1st Saturday.



There was no place that Hadlee Erickson would have rather been than getting a chance to see Santa during Breakfast with Santa in Winger last Saturday morning.

Christmas tidbits to put you in the holiday spirit

The holiday season has arrived, and millions of people across the globe will be celebrating Christmas with their families and friends. The following are some interesting tidbits to share with your loved ones this holiday season.

- Each year, more than three billion Christmas cards are sent in the United States alone.

- In 350 AD, Pope Julius I, bishop of Rome, proclaimed December 25 the official celebration date for the birth of Jesus Christ. Many historians and theologians have surmised that Christ really wasn't born this time of year, thanks to imagery and information from the Bible.

- Christmas carols began as an English custom called "wassailing." Individuals toasted neighbors to a long and healthy life.

- Despite the common tale that three wise men paid homage to baby Jesus, the Bible never specifically calls out a number. Similarly, there's no specific indication that they visited the infant Jesus. Their visit may have occurred when Jesus was older.

- Santa Claus' modern look was inspired by writings from The Knickerbockers of New York and imagery from Clement Clarke Moore's "A Visit from St. Nicholas." Moore denied authoring the famous poem for 15 years after it was published anonymously, feeling the poem was beneath his talents.

- Santa has his own official postal code. It's H0 H0 H0.

- The song "Jingle Bells" was originally written for Thanksgiving and not Christmas. People loved it so much that the lyrics were changed to fit Christmas.

- Christmas trees typically grow for 15 years before they're cut and sold. This means the trees sold today were likely planted in 1999.

- Christmas was not declared an official holiday in the United States until June 26, 1870.

- Before turkey, the traditional Christmas meal served in England was a pig's head and mustard.

- Male reindeer tend to shed their antlers in the winter. This means Santa's reindeer are likely female.

- Christ may have been born in a cave rather than a manger. According to the gospel of Luke, the shepherds that helped find shelter for Mary to give birth kept their flock in a cave. The Church of the Nativity in Bethlehem is built over a cave called the Grotto of the Nativity, where Jesus is believed to have been born.

- Many people may be less inclined to stand under mistletoe waiting for a kiss if they knew what "mistletoe" means in the ancient Germanic language. It literally means "dung on a twig," for the bird who eats the berries and then leaves seeds in droppings to propagate new plants.

Did you know?

Leaving cookies and milk for Santa Claus is a Christmas Eve tradition. Children regularly place a dish of cookies and a glass of milk by the tree on Christmas Eve so that Santa has enough energy to complete all of his gift-giving before kids wake up on Christmas morning.

The tradition of leaving cookies out on Christmas Eve may trace its origins to Saint Nicholas. On the feast of St. Nicholas on December 6, children would leave food and drink for the saint and any attendants. The treats would be exchanged for gifts.

While that's one theory behind the tradition, others think it is linked to the history of the Christmas tree and the edible decorations that adorn it. Santa would snack on the ornaments. Even after edible decorations gave way to inedible ornaments, the tradition of leaving a snack for Santa remained. Whatever the origins behind the tradition, millions of children dutifully leave milk and cookies for Santa on Christmas Eve.



Kat and Braydon grandkids of Elton Morvig, were very happy to see Santa last Saturday in Winger.



Isaac Iverson even got a chance to chat with Santa last Saturday.

Santa Claus Day in McIntosh



Bailey Bauer had her first visit with Santa during Santa Day in McIntosh last Saturday, December 12th.



Santa sure made Bella Senn smile during their visit last Saturday in McIntosh.



Berkley and Brantley Landsverk stopped by the McIntosh Community Center for a visit with Santa last Saturday during Santa Claus Day.



Santa and Mrs. Claus listened to the requests of Logan Johnson as he visited them last Saturday in McIntosh.



Ella and Mya Strom were happy to get to visit with Santa at the McIntosh Community Center.



Paisley Kildal paid close attention to all that Santa had to say as she visited him and Mrs. Claus.



Santa and Mrs. Clause paid close attention to the wish lists of Nick, Karson, Hailey, and Brooklyn Hedlund during their visit last Saturday at the McIntosh Community Center.



Ryleigh, Bailey and Shelby Sherman and Dawson Gunufson all had great fun during Santa Claus Day last Saturday in McIntosh.



Wishing for a Barbie Dream house was Sami Armey, who told Santa about it during Santa Claus Day in McIntosh.



Whoou could be visiting with Santa and Mrs. Claus? It was Shayla and Ciera Scher



Stopping in at the McIntosh Community Center for a visit with Santa was Jake Wickham.



Kalli Roy stopped to visit with Santa at the McIntosh Community Center last Saturday.



Joe Breckel asked Santa for a automatic chicken plucker for Christmas this year. Santa said as unusual as that request was, he would put his elves to work on it right away.