



McINTOSH

Hub of the Thirteen Townships



Times

\$1.00

McIntosh, Minnesota



MPCA, NW MN leaders appeal for investment to help prepare for extreme weather

Minnesota Pollution Control Agency (MPCA) Commissioner Laura Bishop, area lawmakers, local mayors, and representatives from building trades and the insurance industry today made a public appeal to the legislature to pass a \$2.9 million funding proposal that would help communities prepare for extreme rain events and other climate change impacts.

Much of Minnesota’s water infrastructure – including stormwater systems, sewers, and wastewater treatment plants – was designed for the climate of the past. Increasingly wet weather and more frequent extreme rain events overburden these systems and contribute to a statewide average of 150 wastewater overflows each year, including 29 incidents of partially treated wastewater being released in northwestern Minnesota in just the last two years.

“In too many cases, our aging and inadequate water infrastructure can’t handle the more extreme weather we see today, causing local streets to flood, sewer systems to back up into homes and businesses, and inflicting millions of dollars in damages to public and private property,” said MPCA Commissioner Laura Bishop.

Minnesota now ranks second in the country for extreme weather events, only behind California, and Minnesotans have seen a 366% increase in homeowner insurance rates since 1998.

“Before 1998, Minnesota experienced very few large scale catastrophic events.

“But over the last 20 years, we’ve seen an incredible uptick in extreme weather events causing billions of dollars in damage. Too many Minnesotans are caught unprepared by these events,” explained Mark Kulda, vice president of the Insurance Federation of Minnesota.

The proposed funding would support local community efforts to plan and prepare for extreme weather by providing grants to counties, cities, townships, and tribal governments for assessing risks, developing plans to increase resilience, and arming communities with the necessary planning and pre-design work needed to secure future funding for stormwater and wastewater infrastructure projects.

Currently, these activities are not eligible for existing funding, which has been a major barrier for many communities.

PCPH is reaching out to those 65 years and older who would like to be vaccinated

Polk County Public Health, along with our local healthcare and pharmacy partners, is making great progress with COVID-19 vaccine distribution in our community. If you or someone you know is 65 years of age or older and have not been vaccinated, please reach out to your healthcare provider, pharmacy, or Polk County Public Health at 218.281.3385.

“As vaccine availability continues to increase, we are committed to working closely with our local partners to vaccinate eligible individuals as quickly as possible following the guidance from the State of Minnesota” said Sarah Reese, Director, Polk County Public Health.

As more vaccine becomes available, everyone will have the opportunity to receive it.

Please continue to do your part by slowing the spread of COVID-19 by practicing preventative habits such as wearing a mask, staying 6 feet from others, washing your hands



often and staying home if sick.

For more COVID-19 Vaccine information, visit the Minnesota Department of Health Vaccine page at <https://www.health.state.mn.us/diseases/coronavirus/vaccine.html>

Together We Can get vaccinated.

Learn more: Visit the Polk County Coronavirus Response

Why seniors are at greater risk for COVID-19

It has been more than a year since the world learned about the novel coronavirus COVID-19.

Since December 2019, there have been tens of millions of reported cases and nearly two million deaths worldwide attributed to COVID-19, according to data from the Johns Hopkins University Center for Systems Science and Engineering.

Experts are still unclear how prevalent the virus really is because a large number of cases are not reported due to mild or asymptomatic infections. But there's no denying COVID-19 can be very risky for one large segment of the population.

The chances for severe illness from COVID-19 increases with age, with older adults at the greatest risk, offers the Centers for Disease Control and Prevention.

The CDC further indicates that eight out of 10 COVID-19 deaths reported in the United States have been in adults who are 65 and older. Compared to younger adults, older individuals

are more likely to require hospitalization if they contract the illness. People between the ages of 75 and 84 are at eight-times more likely to be hospitalized and 220 times more likely to die from COVID-19 than the youngest patients.

There are some key reasons why older adults are at higher risk. Vineet Menachery, an immunologist at the University of Texas Medical Branch who studies coronaviruses and their effects on aging immune systems, older adults are more likely to suffer from underlying conditions that can hinder the body's ability to recover from illness.

In addition, a greater propensity for inflammation in the body and changes in the way the immune system responds with age are other mechanisms that increase seniors' risk for COVID-19.

Furthermore, COVID-19 affects the part of the lungs that delivers oxygen to the bloodstream and removes carbon dioxide. As a person gets older, the lungs are not as elastic and this can affect gas exchange

and other functions. Being older coupled with having cardiovascular disease, asthma and diabetes also can raise the threat level of COVID-19.

Seniors must be extra diligent to engage in behaviors that reduce their risks. Epidemiologists recommend the following:

- **Wash** or sanitize hands whenever possible, especially upon entering and leaving public buildings.
- **Shop** and travel during off-peak hours, such as early in the morning, to avoid crowds.
- **Use** contactless payment methods rather than handling money.
- **Ask** friends and family to do your shopping and run errands for you.
- **Wear** masks over the nose and mouth and stay at least six feet away from others.

If the COVID-19 vaccine is available to you, ask your doctor more about it and get vaccinated if it's safe to do so.

Learn more about at-risk groups at www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html.

Benefit for Rachel Carlson this Friday

There will be a benefit held for Rachel Carlson this Friday at Little Bobby's Bar & Grill in McIntosh.

Rachel has had some serious health issues this fall and has been hospitalized in Fargo since November. Rachel will have to undergo rehabilitation after her long hospital stay.

The money raised will help with expenses incurred during this time, including travel and lost work.

There will be a spaghetti and meatball supper from 5:00 pm to 8:00 pm with a free will donation.



Rachel Carlson

A silent auction will be held with both large and small items

Please stay and enjoy music beginning at 7:00 pm.

If you are unable to attend the benefit and would like to make a donation, they may be dropped off to Rick's Repair in the former McIntosh Cenex building on Main Street in McIntosh.

Everyone is welcome to attend. Children and adults are welcome at this event.

Please help support Rachel and her family as they struggle through this difficult time.



Celebrate Read Across America Week March 1st - 5th

Launched in 1998 by the National Education Association (NEA) and guided by a committee of educators, NEA's Read Across America is the nation's largest celebration of reading. This year-round program focuses on motivating children and teens to read through events, partnerships, and reading resources that are about everyone, for everyone.

The titles and resources featured by NEA's Read Across America include books that students can see themselves reflected in, as well as books that allow readers to see a world or a character that might be different than them.

Readers who feel included, recognized, and a part of the world are engaged readers. We hope that you'll be able to share these recommended titles—and many others—to celebrate Read Across America in March and throughout the year. We invite you to:

Read together every day. You can read the morning news at breakfast, share a story after supper, or cuddle up for a book at bedtime. A daily reading routine is something everyone can look forward to.

Talk and build vocabulary. Interesting conversations build vocabulary, language skills, and knowledge about the world. Talk is a child's best source of exposure to new words and ideas.

Model reading. Kids want to do what the grownups do. Make sure your kids get to see you reading and hear you talk about it.

Point out print. Read and talk about the words you see in the world around you. There's lots to read—signs, recipes, cereal boxes, instruction manuals, bus schedules, news, maps, and menus.

Visit the library. Take advantage of all the books, materials, story times, programs, and resources your local library has to offer.

Create a reading-rich home. Find books at the bookstore or yard sales. Provide a special shelf or basket for kids to keep their own books and one for library books. Make sure there are quiet, comfortable places to read.

Encourage your child's reading. Praise the efforts of a soon-to-be or beginning reader. Make sure schedules of older readers include time for reading for pleasure.

Keep books handy. Stash books in your bag to read aloud when you travel or have to wait at restaurants or for appointments. Or keep eBooks on your phone.

Start reading traditions. Beyond bedtime stories, consider a special birthday book, holiday favorites, or a regular family read aloud night.

Let kids choose books. Offer titles that explore your child's interests, expand horizons, and offer exposure to different kinds of writing. Show

them there are books where they can see themselves and books where they can see the worlds of others.

Make everyone comfortable. Find a spot to read together where you are both comfortable. Sometimes kids have to move around to be comfortable.

Be an active reader. Use expressive voices for characters, make sound effects, and point things out in the text and illustrations when you read aloud.

Discuss what you read. Give your child enough time to absorb the story and look at the pictures as you read. Think aloud about what you are

Read..
Continued on page 4 ...



WEM Preschool Screening

Win-E-Mac School is currently signing kids up for Preschool Screening. We will be having our screening in the McIntosh Bjella Building on Monday, March 22nd by appointment only. Preschool screening is open to all children who are three years old and up who have not been screened. Children must be screened before entering Kindergarten. Families interested can contact Win-E-Mac School office at 218-563-2900 or Heather at 218-689-0605 email: hearls@win-e-mac.k12.mn.us



Lake Agassiz Regional Library (LARL) will host a virtual author presentation by plant expert Alan Branhagen on March 9 at 7 p.m. Branhagen is Director of Operations at the Minnesota Landscape Arboretum and the author of The Midwest Native Plant Primer. The presentation will cover advice from his latest book, including his ten steps to transform your garden into an earth-friendly landscape, as well as a Q&A segment. It will be held live on the Lake Agassiz Regional Library Facebook page (facebook.com/larlmm) and is offered free-of-charge with no registration required. A recording of the presentation will be available at larl.org/athome and a Facebook account is not required to view the program.

Rep. Fischbach urges action to re-open NW Angle

Today, U.S. Congresswoman Michelle Fischbach (MN-7) sent a letter to President Joseph R. Biden urging his Administration to prioritize a bilateral plan to re-open the border between the United States and Canada, which has remained closed to non-essential travel since March 21, 2020.

The letter, which was sent in advance of Tuesday's meeting between President Biden and Canadian Prime Minister Justin Trudeau, was also signed by Congressman Pete Stauber (MN-8) and Congressman Tom Emmer (MN-6).

"We write to express our serious concerns over the continued closure of America's northern border. As you may know, Minnesotans along our Cana-

an border rely heavily on tourism and cross-border travel to support their businesses. They have been hit especially hard by the pandemic-related travel restrictions, devastating local economies," the letter reads.

"The Northwest Angle (the Angle) is an area of Northern Minnesota that is mainly accessible by land through Canada. As a result of border closures stemming from the COVID-19 pandemic, businesses there have been cut off from tourists critical to the economic livelihood of the community. To mitigate the effects of this border closure, residents of the Angle built a 22-mile ice road crossing over Lake of the Woods for tourists to use.

"However, this road will soon be unusable as the ice

melts, yielding the community isolated from its livelihood once again.

"With widespread COVID-19 treatment options and vaccine deployment well underway, we believe it is time to safely reopen the route to the Angle, a 40-mile road through a remote and low-populated area, to provide a lifeline to its struggling businesses.

"There are many potential solutions, namely a trade corridor that would allow all economic activity to resume on the Angle safely and with accountability. As we approach a full year with a closed northern border, it is critical to this remote community that a solution is found before access points are once again closed off for tourists."

Hobbies for seniors residing in assisted living communities

Assisted living facilities are a vital resource for aging individuals. Data from the American Health Care Association® and the National Center for Assisted Living® indicates that more than 811,000 people reside in assisted living facilities across the United States.

Assisted living facilities have changed dramatically over the years, making them ideal options for adults who may need varying degrees of help with daily activities. Such facilities can help with activities like bathing and preparing meals, but they also can help residents find and explore new or existing hobbies. As individuals adjust to life in assisted living facilities, finding new hobbies or rediscovering old passions can be a great way to connect with fellow residents.

Reading: Reading is a rewarding activity that can greatly benefit seniors and provide an engaging pastime for those with limited mobility. Many assisted living facilities offer activities that are designed to foster communication between residents and a book club can do just that. What's more, reading every day may be especially valu-

able for people age 65 and older. A 2018 study published in the journal JAMA Psychiatry found that dementia risk was considerably lower among men and women 65 and older who participated in intellectual activities like reading than it was among seniors who did not engage in such pursuits.

Gardening: AARP notes that gardening provides a host of health benefits that go beyond ensuring fresh fruits and vegetables will be on the dinner table. For example, vitamin D is vital to bone health, which is important for aging men and women who are vulnerable to osteoporosis. A 2014 study from researchers in Italy found that exposure to sunlight can help older adults get adequate amounts of vitamin D. Signing up for a gardening club can be a great way for seniors to get some exercise, enjoy time outside the assisted living facility and promote strong bones.

Art therapy: According to the Chicago Methodist Senior Services, art therapy is a creative form of therapy designed to help older adults with memory loss or those experiencing mental or physical stress. The Harvard Medical School notes

that recent research has indicated that engaging in creative activities may be more effective at delaying cognitive decline than merely appreciating creative works. A 2014 study from researchers in Germany found that retirees who painted and sculpted had greater improvements in spatial reasoning and emotional resilience than a similar group who attended art appreciation classes. Many assisted living facilities offer art therapy or similar programs to residents, and enrolling in such programs can promote social interaction and provide numerous benefits to men and women over 65.

Assisted living facilities offer an array of programs designed to help residents develop rewarding hobbies that can benefit their long-term health.

Mac Library to offer kits for Book Clubs

McIntosh Library a part of Lake Agassiz Regional Library (LARL) has added another service to its roster of options for residents.

Beginning in late February residents of the seven counties served (Becker, Clay, Clearwater, Mahanomen, Norman, Polk, and Wilkin) will have access to a collection of book club kits for book club meetings and other literary-focused groups. Each kit will be equipped with ten

copies of a work of popular fiction or non-fiction with a special focus on Minnesota-based authors, along with helpful discussion guides and tips.

The kits can be borrowed for six weeks and include titles appealing to a variety of ages, including This Tender Land by William Kent Krueger,

Give a Girl a Knife by Amy Thielen, Speak by Laurie Halse Anderson and more. Learn more at larl.org/bookclubkits

Benefits of leisure activities

Leisure activities may be widely viewed as fun ways to fill up free time, but the benefits of leisure activities extend beyond beating boredom.

A 2011 analysis published in the journal BBA Molecular Basis of Disease found that leisure activities have a positive impact on cognitive function and dementia.

The analysis, conducted by researchers with the Aging Research Center in Stockholm who examined various studies regarding the relationship between certain activities and cognitive function, defined leisure activity as the voluntary use of free time for activities outside the home.

After retirement, leisure time constitutes a large part of many retirees' lives, and finding ways to fill that time is more beneficial than merely avoiding boredom.

The researchers behind the

study concluded that the existing research is insufficient to draw any firm conclusions regarding the effects of certain types of leisure activities on the risk for dementia and cognitive decline.

They did note that multi-domain cognitive training has the potential to improve cognitive function in healthy older adults and slow decline in affected individuals. A multi-domain approach to cognitive training involves memory, reasoning, problem-solving, and map reading, among other activities.

Aging adults who embrace activities that require the use of such skills may find that they're not only finding stimulating ways to fill their free time, but increasing their chances of long-term cognitive health as well.

Notice of Annual Meeting and Election

Winger Township will be holding its Annual Meeting on March 9th 2021 at 4:00 pm. The annual election for Winger Township will run from 5:00 to 8:00 March 9th 2021. All proceedings will take place at Winger Town Hall. Nate Johnson, Clerk M50-51C

— NOTICE —

Sletten Township will hold its annual election on March 9, from 5:00pm - 8:00pm, at the Township Hall. The annual meeting will follow the election. In case of bad weather the election and meeting will take place on March 16. M49-50C

LITTLE BOBBY'S BAR AND GRILL

295 Cleveland Ave, McIntosh, MN • 218-563-3008

Benefit for Rachel Carlson - Friday March 5th

Spaghetti and Meatball supper 5pm-8pm

Silent Auction held with both large and small items Rachel has had serious health issues and has been hospitalized since November.

Live Music beginning at 7pm both Friday and Saturday

SATURDAY WINE TASTING w/FOOD PAIRING at 2pm M50C

NOTICE OF POLK COUNTY ROAD RESTRICTIONS

MARCH 2021

The effective date of road restrictions on all Polk County roads will be concurrent with the placement of restrictions on Minnesota. MNDOT's Road Restriction announcements are published at <http://www.dot.state.mn.us/materials/index.html> 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

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Community Birthday and Anniversary Calendar

Wed. March 3: Mason Halstad, Kristi (Schow) Grettum, Shawn Rominski, *Steve & Barb Urness

Thurs. March 4: Ryan Krossen

Fri. March 5: Chad Burslie, Rick Grove, Sam Finseth, Patrick Paskvan

Sun March 7: Jarrid Graff, Hannah Smeby, Joe Shimpa, Felly Catahan

Mon. March 8: Tanner Graff, Michael Sylstad, Tara Burthwick, Wade Hedlund

Tues. March 9: Dennis Boucher

LARL announce Adam Thielen-Inspired poetry contest

Lake Agassiz Regional Library (LARL) is inviting students in grades 4-12 to participate in a poetry contest honoring a local football legend.

Participants can submit original poems inspired by Adam Thielen's football legacy for a chance to win an autographed Adam Thielen football donated by Choice Bank, an Adam Thielen jersey or other great prizes.

Poems will be accepted March 1-April 9. Learn more and submit your poem at larl.org/poetrycontest.

Participation is open to students in the following counties served by Lake Agassiz Regional Library: Becker, Clay, Clearwater, Mahanomen, Norman, Polk, and Wilkin. Winners will be announced on April 30.

DID YOU KNOW?

If you have a subscription you can view online for free. If you just want to view ONLINE it is only \$25, no matter where you live! Give us a call! **218-487-5225**

McIntosh Times

www.TriCoCanary.com

World day of Prayer

March 5

McINTOSH Times

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"Serving the Win-E-Mac area"

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Walk-in hours at Mac Library resume

Lake Agassiz Regional Library locations in Moorhead, Crookston, Fertile and McIntosh have resumed walk-in library services.

The libraries will continue to offer curbside delivery of books, movies, printing jobs and more.

The libraries will be open during the following hours: McIntosh Public Library:

Monday 10:00 a.m. – 3:00 p.m.; Tuesday 4:00 p.m. - 7:00 p.m.; Wednesday Noon - 5:00 p.m.; Thursday 4:00 p.m. - 7:00 p.m.; and Friday Noon - 5:00 p.m..

LSS Meals Menu 687-2262

Tues, March 9th - Salisbury Steak - Mashed Potatoes - Green Beans - Wheat Bread - Carrot Cake/Cream Cheese Frosting - Milk

Wed, March 10th - Chicken Wild Rice Hotdish - Oriental Blend Vegetables - Peaches - Chocolate Chip Bars - Milk

CHURCH DIRECTORY

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

Sun. March 7: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. March 14: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Service can be viewed on Sunday mornings on Garden Valley channel 30 and 9:00 and 11:15 am or on our YouTube channel "One in Spirit" on Sunday mornings starting at 7:30 am. Lenten Services are now available to watch on Garden Valley channel 30 at 4:00 and 9:00 pm every Wednesday through Easter. In-house worship services every other week with Calvary in Winger starting March 7th. Our Savior's will host the 1st and 3rd Sunday's and Calvary will host the 2nd and 4th Sunday's at 10:30 am. All Covid guidelines will be followed.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson

Mt Carmel and Trinity Free Lutheran Churches in McIntosh have resumed holding Sunday Services.

9:30 Trinity
11:00 Mt Carmel
Social distancing practices will be encouraged.

Video Services will continue on GVTV Channel 30 at 10am Sunday, 7pm Sunday and 6pm Wednesday.

They will also be posted on the McIntosh AFLC Parish YouTube channel

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

Sun. March 7: 9:30am Sunday School and Adult Bible Study; 11:00am Christmas Worship Service (also on Facebook: gosenchurch and gosen-church.com)

Tues. March 9: 10:00am Sunday worship service telecast on GVTV-30

Wed. March 10: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2& 59 or 1/2 mile north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

BUSINESS & PROFESSIONAL GUIDE

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Richards Publishing Co.

Wednesday, March 3, 2021



50 years ago...1971: Scots enter sub District. On the squad are, left to right: Dale Tangen, Greg Anderson, Terry Haaven, Gordy Ostenna, Tennis Balstad, Nathan Anderson, Kevin Tranby, Steve Knudson, Randy Helgaas, Tom Vesledahl and Kevin Nascene. In the center are Coach Lloyd Carlson and student manager, Jerry Haugen.

Superintendents Notes

By Randy Bruer

Summer Recreation Activity Program, Beyond The Bell, and Century 21 Program

We are in the process of putting together a great summer program including recreation under 'Beyond the Bell'. The program will allow children to be supervised in a school setting that would give them access to technology activities, academic based activities, arts and crafts, physical education activities, and access to summer recreation activities such as baseball, softball and swimming lessons.

The program would again consist of some Plans that could be purchased separately, or you could access any or all of the program Plans. This is open to all students from the area.

Once we finalize plans, they will be explained to the families and you can pick and choose what fits your needs. Sign-up will be in April with more information to come.

*** Breakfast and Lunch will be provided during the day as part of the program for all students. If other students would like to eat here at school during the summer, please notify the Hot Lunch Dept. We will serve all students during the summer.

Win-E-Mac school is operating in the red this year due to the following reasons: reduced student enrollment caused by COVID19, reduction in Free and Reduced Meal applications and annual expenditure increases. We will be cutting approx. \$125,000 from our budget and use part of our general fund to balance our end of year expenditures. Next year will bring on another deficit if do not make some modifications to our programing for next year.

We need your help to identify those Pre-K students who did not attend our program this year but will attend Kindergarten this Fall. Please call the District Office to sign-up your child for the Pre-School



Screening, Fall Pre-School Program or Kindergarten this Fall if you have not already done so. We need this information ASAP to begin planning of staff, space and materials for next year.

Important;

F & R application forms

I know you read and hear this announcement time and time again, but I cannot stress enough how important these forms are to the school dis-

What protein, carbs & fat do for your body

A nutritious diet is a vital component of a healthy lifestyle. When paired with physical activity, a nutritious diet can serve as the foundation for a long, healthy life.

Food is made up of macronutrients like protein, carbohydrates and fat, each of which play different roles in promoting short- and long-term health.

• **Protein:** Protein provides the body with amino acids that are essential for growth and development. The amino acids found in protein also help the body maintain itself and help body tissue recover after certain activities, including exercise. Protein also plays a vital role in immune system function, helping the body to fight inflammation and infection. The AND notes that beef, pork, chicken, game and wild meats, fish, seafood, eggs, soybeans, and other legumes are great protein sources.

trict to access funding for our school. Our school lost \$30,000 in compensatory funding this year and will lose an additional \$120,000 next year because our eligibility has dropped due to less applications. If you are the parent of a child and think you may meet the eligibility requirements of the program, please fill them out online or a hard copy can be requested. The forms are confidential, and it does not mean you need to take advantage of what the form has to offer, but we still ask you to fill it out. It does affect our funding for our school, free or reduced meal money for kids, 0% interest on QZAB loans, reduced phone and internet bills for our school, Title 1 funding, Federal funding, computer, technology and equipment grants, and learning materials. At the beginning of the year or anytime during this year, we ask parents or custodial parents to fill out the free and reduced request forms. You can access the form online @ wemschools.org.

• **Carbohydrates:** Carbohydrates do for the body what gasoline does for an automobile. Carbs provide the body with the energy it needs to function at peak capacity. The carbs found in foods like whole grains, rice, potatoes, bread, and more deliver sugars and starches that provide the carbs the body needs for energy. That energy is vital when moving around during the day, but it's also essential when the body is at rest, as it ensures the heart continues to beat and facilitates digestion.

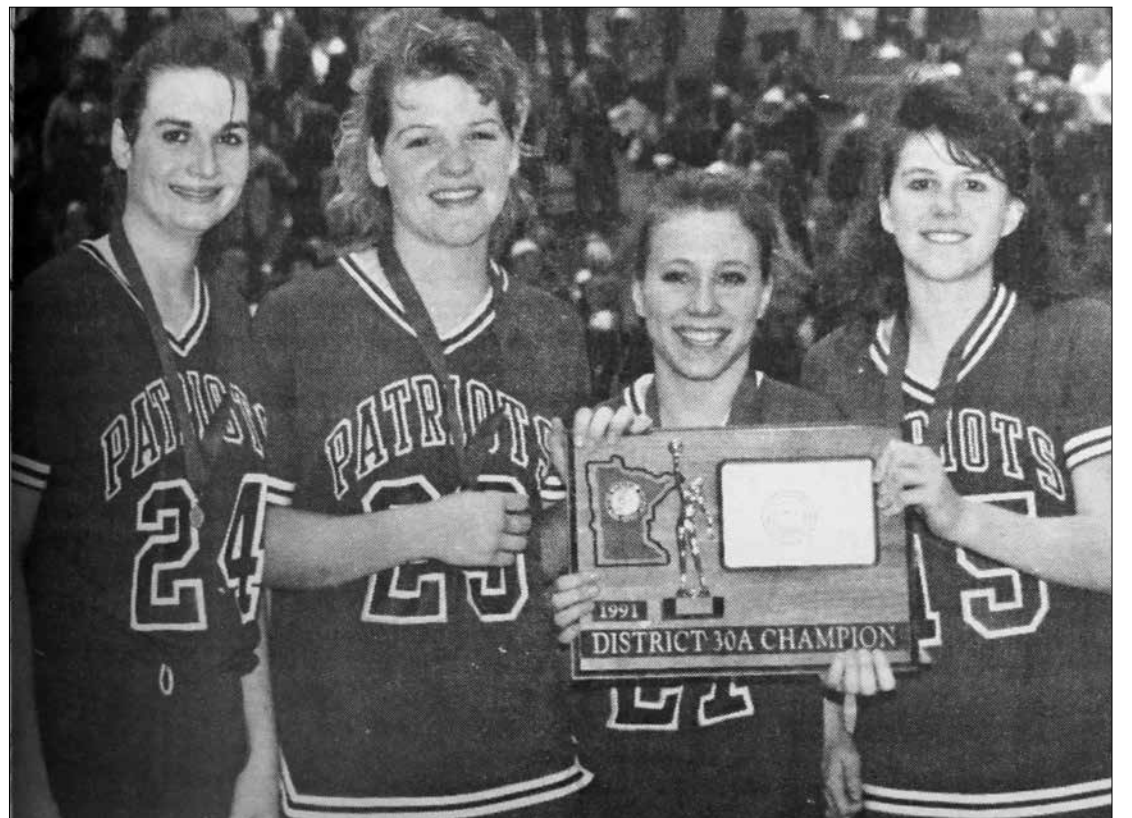
• **Fat:** The dietary fat found in oils, nuts, milk, cheese, and other foods provides structure to cells and prevents damage to cell membranes. The AND also notes that oils and fats absorb fat-soluble vitamins like vitamin A, which is vital for healthy eyes and lungs.

A nutritious diet is a building block of a healthy lifestyle.

PIECES FROM THE PAST



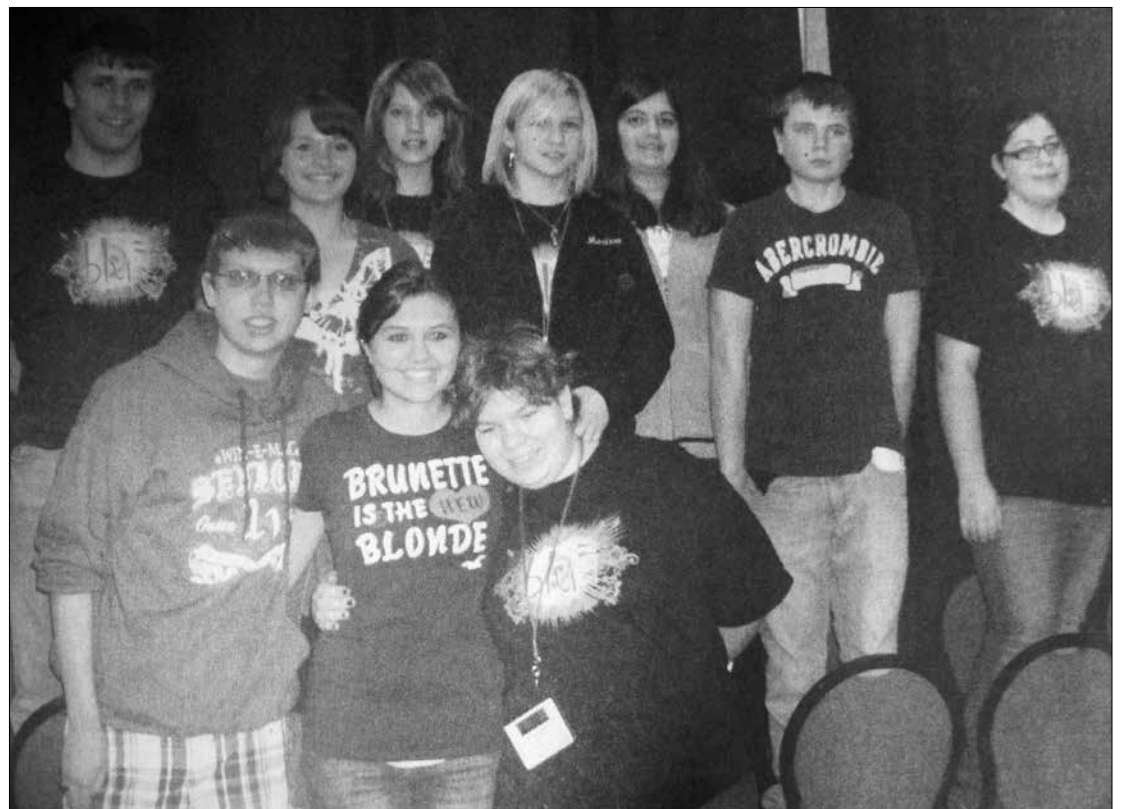
40 years ago...1981: The McIntosh-Winger Boys Basketball season came to a quick end last Saturday evening when the Scots took on the Mahnomen Indians in District 30 action.



30 years ago...1991: The senior players for the Lady Patriots, (L-R) Krissy Hoeft, Carrie Hegg, Jennifer Warmshecker and Kylie Horacek, proudly hold the District 30 championship trophy following their 58 - 48 win over the Fertile Falcons.



20 years ago....2001: Mike and Dan Vesledahl own Minkota Technologies, a computer supply store in Winger, and they also repair and provide parts for existing systems. Darrell Olson is their man "Friday" who works as a technician, shipping manager and internet dispatcher. The three have learned about computers from the inside out, and are providing a badly needed supply/service to the area.



10 years ago...2011: Pictured in the Polk County 4-H Youth retreat: back row (l-r) Dylan Fjerstad, Brittney Carlson, Jade Beneshm, Marissa Carlson, Emma Pipiles, Nick Donarski, Karisa Lunski. Front Row: Tyler Oppegaard, Amanda Donarski, Shannon Gross, not pictured, Mary Welin.

4 tips to deal with happiness guilt

By Janna Kontz, MDiv
Grief and guilt often walk hand in hand. When we grieve the death of someone, our minds go to places we wish they wouldn't travel. We ask ourselves, "Could I have done more? Why didn't I do more? Why didn't I tell them I loved them? Did I love them enough?" We tell ourselves our own version of the truth, "I was not enough. I should have done this or that." All these things run through our minds after the death of a treasured person in our life.

It's normal. It's not good, but it's normal. Guilt is part of our human make-up and is usually waiting around the corner. It's important to be intentional about handling our guilt in a way that allows us to walk through grief in a healthy way, and even feel happy.

Once the initial shock and numbness of grief has dulled, we often find ourselves moving into guilt. One day we realize we are smiling and then laughing at something.

For a moment, our minds move to something other than our grief and our sense of loss. Then the guilt of feeling happy for a fleeting moment can nearly overwhelm us. We ask ourselves, "How can I be happy? What gives me the right to enjoy life? Does this mean I'm

forgetting?" We feel happy. We feel guilty. We feel sadder than ever. This is what is called "happiness guilt." It may sound strange to our ears, but our hearts know the feeling all too well.

You have the right to feel happy. Joy should not be limited to only the happiest of times in our lives. Joy can be found even in the saddest of times. Let me say that again. There is joy even in the saddest of times.

How can it be? We all possess sadness, and we all possess joy. They both dwell within us and if we allow them both the space they deserve, we can live well within that balance. We need to give ourselves the space and permission to grieve deeply and be sad, so we can feel happiness without guilt. Two parts of a whole, a dichotomy of emotion that contributes to a more balanced individual.

These simple steps may help you manage happiness guilt:
Give enough space and time for your grief and sadness. Grief and tears need to happen before joy stands a chance.
Remind yourself that your loved one would want happiness for you. They wouldn't want you to be stuck in your sadness forever. Embrace joy

when it comes.
Allow yourself to be in the presence of laughter. Laughter is infectious and feels good!
Be kind to yourself. Give yourself the grace to feel joy again.
Remember, it's OK to be happy. It's OK to live a happy life even after the death of someone you love. To live your life fully, even in the presence of sadness, can be a lasting tribute to the person who died. Maybe, just maybe, you allow your grief and sadness to heal you and change who you are so that you become a happier, more balanced you.
Joy lives even in the saddest of times. Claim the tears—whether they be tears of sadness or tears of joy. If you are struggling, we can help.

For more information about our free community grief support services, visit our website or call 800-237-4629.
Janna Kontz, MDiv, is a grief specialist with Hospice of the Red River Valley. About Hospice of the Red River Valley: Hospice of the Red River Valley offers round-the-clock availability via phone, prompt response times and same-day admissions, including evenings, weekends and holidays. Contact us anytime at 800-237-4629 or hrrv.org.

Read...
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reading and looking at and encourage your child to do the same.
Ask questions when you read. Ask your child to guess what comes next. Ask open-ended questions that help them relate to characters or events in the book. Let your child get involved and ask questions too—interruptions are okay.
Encourage re-reading. Repetition helps kids learn. Re-reading favorite books and poems helps kids make meaningful connections between themselves and books.
Connect reading and writing. Write your own reading material, like a story about your life, a story featuring your kids, or a story kids make up.
Make media matter. Connect kids with appropriate technology—videos, apps, or games that help them learn new words and interesting things about the world.
Get help. If you have concerns about your child's language development, hearing, or vision, see your child's pediatrician as soon as possible.
Make reading an experience. Link life experiences with books, like a trip to the zoo and books about animals, or planting a garden and reading *The Ugly Vegetables* by Grace Lin.
Have fun. Your idea of fun may differ from your child's, so appreciate your child's special joy for learning new things.

Try different approaches, such as having them read to you or acting out a favorite story. Even something as simple as a story time outside can make reading together livelier and more memorable for you and your child.

Ad deadline:
Noon Friday



WEM School Announcements

Open gym will be on Sunday's. Masks are required at all times. Elementary Students are welcome to attend from 3:00-4:30 p.m. High School students can attend from 4:30-6:00 p.m. High school students should not come before 4:30 p.m.
Yearbook staff is still taking pre-orders for this year's book titled "One Way... or Another" to be distributed upon completion in May of 2021. Cost is \$40.00. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours
WEM Community Ed will offer Drivers Education Classroom instruction begin-

ning March 15th, 2021 from 2:45-5:45 p.m. The classes will be held at the WEM School in room 37- Mr. Hanson's room. Instruction will be held on the following dates March 15, 16, 17, 18, 22, 23, 24, 25, 26, and 29 with March 30th being the makeup day.
Students who enroll in Drivers Education need to be 15 years old by June 1. This class needs to be completed and the written driving exam passed prior to the Behind the Wheel instruction.
A parental course (optional) for the primary driving supervisor will be offered Thursday, March 11th. The course is 90 minutes and covers GDL information, safety risks for teen drivers, potential adult influence on driving behavior, and additional resources. Driving time is reduced from 50 hours to 40 hours if the primary driving supervisor takes the calls. If the parent has previously taken the class, no need to take again.
Notify Mr. Hanson that you have done it already with another child to get your certificate.
Form and payment are due on March 9th, 2021. Forms can be picked up in the office. Students who exhibit immaturity in the classroom will be assumed to be too immature to drive a vehicle and will be dismissed from the class without refund. Students can then sign up for the next class and repay.

