



McINTOSH

Since 1888

Times

\$1.00

McIntosh, Minnesota

Hub of the Thirteen Townships



Win-E-Mac Lunch Heroes, (l-r) Lisa Conley, Cam Thompson, and Brenda Hole.

Honoring the School Lunch Heroes at WEM School

Win-E-Mac to honor the School Lunch Heroes serving healthy meals by celebrating School Lunch Hero Day on May 7, 2021.

Between preparing healthy food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, WEM nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, WEM will celebrate School Lunch Hero Day on May 7. This day, celebrated annually since 2013, was designated by The School Nutrition Association and Jarrett Krosoczka, author of the “Lunch Lady” graphic novel series. School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank those who provide healthy meals to nearly 30 million of America’s students each school day.

All across the school district, school nutrition professionals will be honored and recognized from students, school staff, parents, and the community. “School nutrition employees must balance many roles and follow numerous federal, state and local regulations to ensure safe and healthy meals are available in schools. School Lunch Hero Day provides the opportunity for the community to thank these hard working heroes” said Cam Thompson. Federal nutrition standards ensure that school cafeterias always offer low-fat or fat-free milk, fruits, vegetables, whole grains and lean protein. School meals also meet limits on calories, sodium and unhealthy fats.

The importance and nutritional value of school meals are well documented. For many children, school lunch is the most important and nutrient-rich meal of their day.

Get the details about School Lunch Hero Day at www.schoollunchheroday.com.

The School Nutrition Association (SNA) is a national, non-profit professional organization representing more than 55,000 school nutrition professionals across the country. Founded in 1946, SNA and its members are dedicated to making healthy school meals and nutrition education available to all students. To find out more about today’s school meals, visit www.schoolnutrition.org/SchoolMeals.



The Winger Lions recently donated \$500.00 to the Mentor Project Play for the new phase on their playground equipment. Jamie Austin-Morvig from the Winger Lions is shown presenting the check to Cecily McGlynn at their Thursday Night Burger Night in Mentor.

Win-E-Mac offers students Covid-19 testing and vaccinations

Minnesota is currently experiencing high circulation of variants of COVID-19. The Minnesota Department of Health (MDH) estimates that 60% of all COVID-19 cases in Minnesota are the B.1.1.7 variant, which is a new version of the virus that spreads more easily.

The B.1.1.7 variant has caused a sharp increase in COVID-19 cases, with many of them happening in school and youth sports and activities.

In order to slow the spread of the virus and continue in-person learning, Minnesota is providing free COVID-19 test kits for middle and high schools to offer on-site testing for our students.

Beginning April 29th and 30th, Win-E-Mac School will begin offering free COVID-19 testing for all students, grades 7-12, every other week through the end of the year.

For your student to take part in testing, you will need to sign and complete an acknowledgement form.

A copy will also be sent home with your student or can be requested at our school’s front office.

Additionally, as long as students don’t have symptoms and have not been close to someone with COVID-19, they do not need to stay out of school, sports or activities while awaiting test results.

Learn more about student COVID-19 testing.

The in-school COVID-19 testing program is intended to help identify those children who have COVID-19 even though they have no symptoms of illness so that we can prevent further spread of the virus. If students have symptoms, stay home and get a test from one of Minnesota’s free community testing sites or through their health care provider.

If students are unable to take part in our on-site COVID-19 testing event, there are many other options to get tested at no cost:

- Families can visit one of Minnesota’s free community testing sites,
- Get tested through a health care provider, or
- Order an at-home test kit and return the completed test to school. Our school will be sending shipments to the lab on the following dates: April 30, May 14, and May 28.

In-person or language line assistance is available at community testing sites. Some testing sites also have COVID Community Coordinators to help walk people through the testing process. Learn more on the COVID Community Coordinator page of the MDH website.

Additionally, all youth in grades 6-12 who are participating in club or school sports are strongly encouraged to get tested at least once per week for COVID-19. Learn more on the Stay Safe Minnesota Organized Sports webpage.

Vaccinations

Win-E-Mac School has partnered with Nord’s Pharmacy to offer Pfizer vaccine to all adolescents 16 years and older to be administered Friday, April 30, at Win-E-Mac School. Pfizer requires a second dose 3 weeks later, on Friday, May 21, which will also be administered at Win-E-Mac School.

If a child is 16 or 17 years old, parental consent is required. If a student is 18 years of age or older, they can register and give consent themselves.

There is a Pfizer vaccine information and consent form that needs to be completed by parents if your student is 16 or 17 years old. If the student if they are 18 years of age or older, they can complete the consent on their own.

Win-E-Mac students enjoy a morning of songs & stories



Arna Rennan performs for Win-E-Mac students.

Recently the Win-E-Mac 3rd and 4th grade students were able to spend the morning with Arna Rennan who sang songs and told stories about her childhood and heritage.

The event was sponsored by the East Polk Heritage Center and was made possible in part by a grant provided by the Northwest Minnesota Arts Council with funds appropriated by the Minnesota State Legislature from its general fund.

Norwegian folk singer, artist and radio show host Arna Rennan hails from Duluth, MN. She grew up hearing Norwegian songs in her home that her parents sang – especially on Saturday nights with their friends.

Her parents emigrated from Norway in the early 1950’s. She later moved to Norway, studied art at the National Academy of Art in Oslo. During the summer, she worked at Roisheim Hotel in Boverdalen, near Lom. There she encountered the magical real world of folklore and traditional folk music.

In 2000-2001, Arna studied at the Institute of Folk Culture, College of Telemark in Rauland. There she learned “kveding” traditional folk singing from Ragnhild Furholt and Frode Nyvold. She received a Travel Study Grant from the Jerome Foundation as well as the King Olav V Cultural Heritage Grant.

Arna sings ballads from the middleages, works songs, hymns, cowcalls and more. She also plays ancient instruments that include the langeleik and seljefloyte (overtone flute). She performs extensively throughout the Midwest and as far as Washington D.C.

Arna lives in Duluth, MN where she serves as a board member for the Nordic Center and hosts the Nordic Roots Music program for the Two Harbors Community Radio station KTWH 99.5 FM.



2021 Summer Rec. Registration Night

Win-E-Mac Summer Recreation Night will be in the WEM Commons, Wednesday, April 28th from 6:00 pm - 7:00 pm.

- Boy’s baseball, girls’ softball and T-Ball.
- Sign up for 21st Century in the library.
- Swimming lessons will be Session 1 – June 7-24th and Session 2 – June 28th-July 15th.



On Wednesday, April 14th, 2021, the newest members of the Win-E-Mac Honor Society were inducted during a ceremony in front of family members and selected faculty staff at the Arts and Event Center at Win-E-Mac Public School. The new inductees are (L to R): Teagan Paulson, Bryce DuChamp, Anton Hickman, Dylan Roy, Bryer Strom, Alivia Winter, Maci Smeby, Savannah Svalen, and Haley Sander. Congratulations!

Take a Mom Fishing Weekend is May 8th -9th

Take a Mom Fishing Weekend — when Minnesota-resident moms can fish without purchasing a license — is Saturday, May 8, to Sunday, May 9.

This special weekend is defined in Minnesota statutes as the weekend that coincides with Mother's Day.

Most years, under Minnesota law, the fishing opener and Take a Mom Fishing Weekend fall on the same weekend, but not this year. Per state law, the 2021 fishing opener is Saturday, May 15.

Though the walleye season won't be open for the 2021 Take a Mom Fishing Weekend, fishing is open for other species including crappie, sunfish, and



under-appreciated fish like buffalo, sucker, bullhead or sheepshead.

Anglers be aware: There is an error in the printed ver-

sion of the Minnesota Fishing Regulations book regarding the dates for Take a Mom Fishing Weekend. The correct dates are May 8-9.

MN Outdoor Skills and Stewardship series

Anyone who wants to supercharge their outdoor skills and know more about how to enjoy the outdoors in Minnesota is invited to join a new weekly webinar series with facts, fun, tips and tricks.

The Minnesota Outdoor Skills and Stewardship Series from the Minnesota Department of Natural Resources aims to give participants quick, relevant information on upcoming seasons and events, and skills to help enjoy these opportunities.

Each Wednesday at noon staff from the DNR and guest experts will spend 30 minutes discussing a variety of topics with time for questions at the end.

The courses are free, but participants are required to pre-register.

Registration is available online. Webinar topics through

the end of May include:

Take a Mom Fishing! April 28: Join Linda Bylander, DNR Becoming an Outdoors Woman program coordinator, to learn about the program's fishing classes and Take a Mom Fishing Weekend that is May 8-9 this year. Bylander is joined by Women Anglers of Minnesota President Michelle Morey, and pro angler and bait shop owner Nancy Koep, to learn additional ways for women to go fishing.

Open water walleye fishing basics, May 5: Join Ray Ruiz, DNR hunting and fishing skills liaison, and large water angler Steve Robertson, as they discuss the ins and outs of catching our state fish!

Backwater Mississippi River kayaking, May 12: Join Linda Bylander, DNR Becoming an Outdoors Woman program coordinator, and

Sara Holger, DNR state park naturalist, to learn about the a backwater kayak class from the Becoming an Outdoors Woman program, and to learn tips on kayaking the Mississippi backwaters.

Bass fishing basics, May 19: Join Ray Ruiz, DNR hunting and fishing skills liaison, as he walks us through his winning strategies for landing bass. The talk will cover bass-specific lures, strategies and how to land that lunger!

DNR's Quality Sunfish Initiative, May 26: Join Dave Weitzel, DNR Grand Rapids area fisheries supervisor, and Kraig Kiger, DNR, as Weitzel explains the DNR's Quality Sunfish Initiative. Everyone loves to catch a mess of sunnies, and the initiative is a way to keep the quality of our fisheries producing quality fish.

Fresh herbs that can reduce your reliance on sodium

Salt has long been used to add flavor to people's favorite foods. In fact, the use of salt as a means to preserving foods and adding flavor to recipes dates back to ancient times and has led to countless conflicts ever since.

According to History.com, wars over access to salt reserves in China are believed to have been fought as early as 6,000 B.C.

Though that shows just how valuable salt has been throughout much of human history, it doesn't indicate the negative effects that can result from diets that feature excessive amounts of sodium.

The American Heart Association notes that sodium plays an essential role in the human body by regulating the kidneys and helping to control the body's fluid balance. Sodium also helps send nerve impulses and affects muscle function. However, excessive amounts of sodium can compromise heart health.

The AHA notes that excessive amounts of sodium in the bloodstream pulls water into the blood vessels, increasing the total volume of blood within them. As more blood flows through blood vessels, blood

pressure increases. Over time, that can adversely affect blood vessels and speed up the build-up of plaque that can block blood flow.

Higher blood pressure forces the heart to work harder and increases a person's risk for heart disease.

So what about sodium, a mineral so valued, and indeed vital to human existence, that it's led to wars and created countless devotees in kitchens over the centuries?

If it's flavor cooks are aiming for, it's possible to reduce reliance on sodium and increase the use of fresh herbs without sacrificing flavor.

Such a transition can improve heart health and introduce a host of new flavors at meal time.

Basil

The AHA notes that basil has a sweet and fresh flavor profile and is best added to a dish right before serving. Freshly cut basil leaves can be added to any number of dishes, including tomato sauces, pastas, salads, pizzas, and eggs.

Cilantro

Cilantro are the delicate leaves and stems of the coriander plant. Like basil, cilantro should be added to a dish



right before serving and should not be cooked. Cilantro can be paired with beans, tomatoes, corn, and avocados among other foods, and is widely used when preparing Mexican foods at home.

Oregano

The AHA notes that Greek dishes often combine oregano, mint and lemon to create a memorable, delicious flavor profile. If chopping fresh oregano, strip the leaves from the stem and then discard the stem.

Parsley

Parsley isn't just a garnish

Author Marya Hornbacher to give talk at area libraries

On Tuesday, May 18 at 7 p.m., award-winning author and journalist Marya Hornbacher will join Lake Agassiz Regional Library for an inspiring one-day residency focused on mental health and the real possibility of mental health recovery. Marya will discuss her bestselling memoir, *Madness*, and will share her experience of being nearly beaten by, but ultimately triumphing over, severe and persistent mental illness.

Audience members can expect to receive an expanded understanding of different mental illnesses, what they feel like and how to be supportive



to people who have them.

Hornbacher's residency will be held May 18, 2021 and will feature in-person events at the Detroit Lakes Public Library (10:30 a.m., 1000 Washington Ave.) and the Moorhead Public Library (7 p.m., 118 5th St. S.).

The evening presentation will be streamed live on the Lake Agassiz Regional Library Facebook page (facebook.com/

larlmn) which will be available at 7 p.m.

Both the in-person events and the virtual presentation are offered free-of-charge with no registration required, with limited in-person attendance.

This event is made possible thanks to funding from the Minnesota Arts & Cultural Heritage Fund and is part of Lake Agassiz Regional Library's 60th Anniversary celebration.

To learn more about the library system's 60th anniversary plans, visit larl.org/60years.

**LSS
Meals Menu
687-2262**

Tues, May 4th - Salisbury Steak - Mashed Potatoes - Green Beans - Wheat Rolls - Cake with Frosting - Milk

Wed, May 5th - Chicken Parmesan - Spaghetti Noodles - Broccoli - Peanut Butter Brownies - Milk



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

Sun. May 2: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. May 9: 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., May 2 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. May 4: 10:00am Sunday worship service telecast on GVTV--30

Wed. May 5: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2& 59 or 4 miles 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.

Win-E-Mac has the following coaching position openings for the **2021-2022** seasons. If you are interested please contact Win-E-Mac Activities Director, Brady Langemo blange-mo@win-e-mac.k12.mn.us

**Head Varsity
Boys Basketball Coach
Assistant Varsity
Boys Basketball Coach
(JV Coach)
Assistant Varsity
Volleyball Coach
(JV & C Coach)**



Wed. April 28: Amber Olson, Teresa Syverson, *Marvin & Barbara Rolf, *Michael & Gina Gensburger

Thurs. April 29: Hally Catahan, Tavin Hewitt

Fri. April 30: Wes Kaupang

Sat. May 1: Lavern Tofstad, Ava Carlson, Isabel Burthwick, *Ton y & Leslie Haugen

Sun May 2: Stacy (Kringlen) Smith, Jessica Strom, Casey Bartz, Maren Laing, *Philip & Ashlee Lee

Mon. May 3: Donna Skeie, Roxanne Stordahl, Bonitz Shaver

Tues. May 4: Connor Haaven, *Nick & April Ostenaa

do not overmix. Using a light touch, form into 12 patties no more than 1/2-inch thick.

3. Put a portion (about 11/2 teaspoons) of cream cheese in the center of each of the 6 patties; top with the remaining patties and press together, taking care to seal the edges well. Refrigerate the burgers until the grill is ready.

4. Brush the grill grate and coat it with oil. Put the burgers on the grill, cover and cook

for 9 minutes, flipping after 5 minutes, for medium-done (150 F, slightly pink). Add a minute per side for well-done (160 F).

5. To toast the buns, put them cut-sides down directly over the fire for the last minute of cooking.

6. If serving the burgers directly from the grill, serve on the buns. If the burgers will sit, even for a few minutes, keep the buns and burgers separate until just before eating.

**LITTLE BOBBY'S
BAR AND GRILL**

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

NEW!! Special on Thursday Night 2 for 1 Hamburger or Cheeseburger

Music: Friday Night - Dwa Brown

Saturday Night - The Bad Campers

Wine and beer tasting on Saturday afternoon

with Live Music by Little Bobby

Grilled meat meals both Friday & Saturday

BUSINESS & PROFESSIONAL GUIDE

**This space
for rent at
\$127.40 for
6 months.**

**CALL
218-563-3585**

Carlin

FAMILY FUNERAL SERVICE

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service
~ Granite Memorials

**ANDERSON FAMILY
FUNERAL HOME & CREMATION SERVICE**

719 N. Main 644 Main St.
Mahnommen, MN Winger, MN

*Paige Ennen *Kelly Woltjer
*Tim & Denise Anderson
*Licensed Funeral Director

218-935-9000
Toll free: 866-935-9009



**Is There A
Wedding In
Your Future?**

We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

LET US HELP MAKE YOUR WEDDING DAY
MEMORABLE.

487-5225 Gonvick, MN

Richards Publishing Co.

Companion Planting 101

By: Rose Burrell

Planning your garden is one of the most exciting times of the year. There are endless options and endless combinations of fruits, veggies and herbs.

Considering how plants complement one another while growing is a holistic, efficient way to plan your garden. Companion planting has plenty of benefits for gardeners and plants alike: from saving space to warding-off insects.

If you'd like to try this strategy when planting your garden this year, here are some simple tips from the University of Minnesota's Extension.

Tip 1: Plant early season and later maturing plants together

If you are working with a small space or if you want to utilize your garden to its full potential, companion planting can be a great way to conserve space.

This can be accomplished by growing early, short-season plants in the same bed as plants that mature later in the season.

1. First, plant your early season veggies (lettuce or spinach, for example).
2. As those crops are maturing, plant your later maturing plants (tomatoes).
3. When the early season plants are ready for harvest, the canopy of the later maturing ones will just be filling out.
4. Now, as you enjoy your first harvest, you have a whole other harvest ahead of you.

Not only is this process efficient by creating two harvests out of the one bed, it also helps build the soil and suppress weeds by keeping live roots in the soil and the soil surface consistently shaded.

Tip 2: Build your soil more by having plants with varying kinds of roots

Though any live roots in the ground will be beneficial, different plants have different kinds of roots that can benefit the soil and other plants in different ways.

Those with taproots or tu-



bers, like carrots, can break up compacted soils and help with aeration.

Plants with deep root systems, like melons or tomatoes, can pull nutrients and water from deeper soils.

Legumes, like peas or clover, have special root nodules that allow for the fixation of nitrogen which can reduce the need for extra fertilizing.

Tip 3: Instead of buying trellises, grow them

Some plants can physically support each other, reducing the need for stakes or trellises. The most famous example of this is the indigenous model of the 3 sisters; corn, squash, and beans. The tall corn stalk acts as a trellis for the bean vines to climb. In addition:

The beans act as a visual deterrent for squash insect pests. Beans, as legumes, provide helpful nitrogen to the soil.

The squash can deter sweet corn loving animals, like raccoons.

The 3 sisters is one of the most popular examples of companion planting because of these balancing benefits as well as the balanced nutrition

they provide.

Tip 4: Plant a variety of edible plants and flowers together

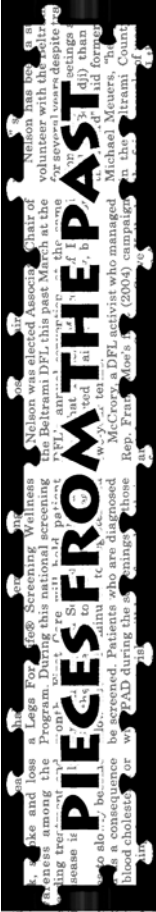
Planting a variety of plants, including flowers, can help you manage insect pests in your garden.

Some insects use visual clues like leaf shape or color to find their plant of choice. If you grow a lot of the same plant in the same bed, its easy for these pests to find them. Having a variety of plants with different heights, colors, and textures in the same bed makes this more difficult for pests to locate.

Cultivating variety creates habitat and food for different predator insects and parasitoids, which eat or lay eggs in other insects. So, attracting them and supporting their populations means they'll be around to take care of those pests for you.

Companion planting provides many benefits to you as a gardener and to your plants as they work hard growing food for you.

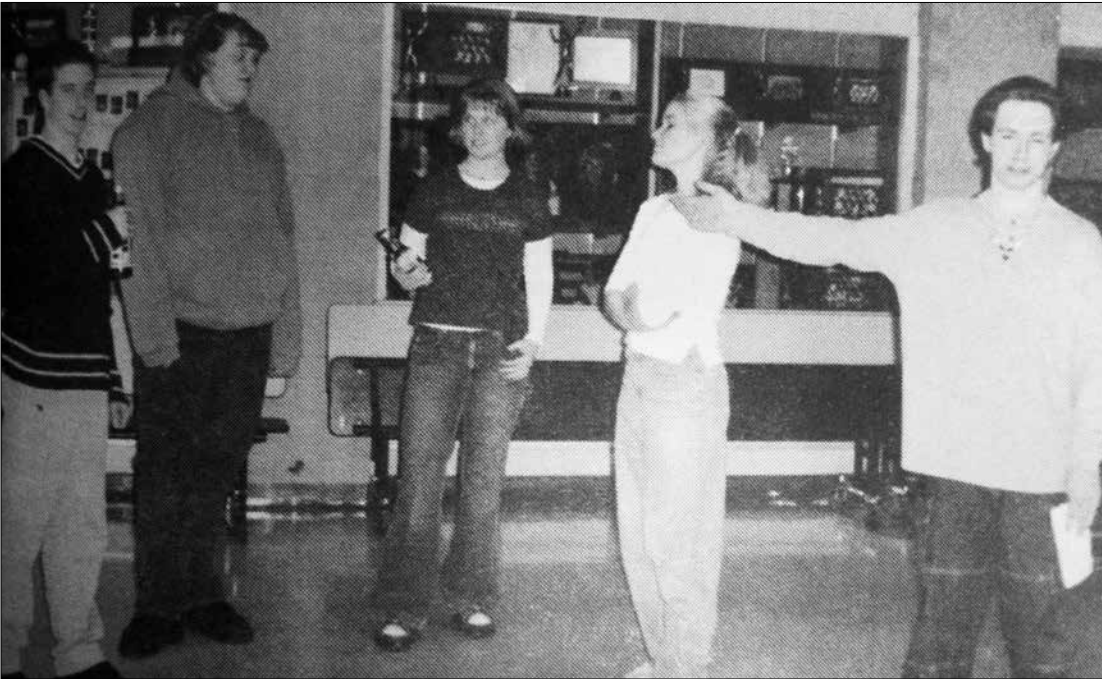
These starting guidelines can help you try it out and experience them for yourself.



50 years ago...1971: The McIntosh skyline is punctuated by a huge mound of dirt to be used as fill in a low spot as construction of the new double lane Highway 2 continues. Contractor for this portion of the highway is Kern and Tabery.



40 years ago...1981: Glenn Smeby and Cameron Burslie shared the honors for Mac-Winger Athlete of the Year. Kelly Thompson was named the Girl Athlete of the Year. All three are Seniors at Mac-Winger.



20 years ago...2001: Five Win-E-Mac sophomore students, (L-R): Jeff Gieseke, Ashley Jensen, Heather Faldet, Amber Evans and Thomas Riddle, are presenting a skit as a project for their Grad Standards. The students' project deals with Fetal Alcohol Syndrome (FAS) and they will present to Win-E-Mac's 7th - 12th grade classrooms and community groups.

Pictured Below: 10 years ago...2011: The Win-E-Mac Elementary grades K - 6 had another successful year with collecting box tops. The children who won prizes for bringing the most are: Will Tofstad (4,002), Lindsey Espeseth (1,006), JoJo Parenteau (702), Maci Smeby (663), Zach Gummeringer (509), Landon Shaver (549), Keegan Shaver (549) - not present for picture, Grace Kaupang (498) and Alaina Juve (483).



30 years ago...1991: (L-R) Al Bauer, Anton Faldet, Curtis Bartz and Lee Narem find a quiet corner to enjoy the noon lunch served at McIntosh Farm Services recently.



Pfizer COVID-19 vaccine for people ages 16 and 17

At this time, the Pfizer COVID-19 vaccine is the only COVID-19 vaccine that has been studied and authorized for use by people ages 16 and 17.

Data from Pfizer vaccine studies show the vaccine is safe and effective for this age group. Other vaccine manufacturers are also studying their vaccines in younger age groups but have not yet received authorization from the U.S. Food and Drug Administration.

Parent or guardian consent is needed for vaccination

Parent or guardian consent is needed for COVID-19 vaccination of 16- and 17-year-olds, except under certain circumstances (see Minnesota Statutes, sections 144.341 (minor living apart) and 144.342 (minor who has given birth or been married)).

We encourage a parent or guardian to go to the vaccine appointment with their 16- or 17-year-old to learn about the COVID-19 vaccine and provide consent for the child to receive the vaccine.

If a parent/guardian is not able to go with the child to get their vaccine, ask the provider about their consent process and access to the Emergency Use Authorization fact sheet: Pfizer-BioNTech COVID-19 Vaccine EUA Fact Sheet for Recipients and Caregivers (www.fda.gov/media/144414/download). This is like the Vaccine Information Statements given before other routine vaccinations. Make sure all your questions are answered.

Looking for Pfizer COVID-19 vaccine appointments

You can use the map on State of Minnesota: Find Vaccine Locations (mn.gov/covid19/vaccine/findvaccine/locations/index.jsp) to search for providers who are offering COVID-19 vaccine to people ages 16 and older. Call the clinic before scheduling an appointment to see what vaccine they have available and understand their consent process. Some also include this information on their scheduling websites.

You can also find COVID-19

vaccine appointments at VaccineFinder (vaccinefinder.org), which allows you to filter by vaccine product to search for only Pfizer vaccine appointments.

Many vaccine providers are continuing to prioritize people in some of the earlier eligibility groups, like frontline essential workers and people with underlying medical conditions. It may take some time to find an appointment. Please be patient. Everyone will have an opportunity to get vaccinated, it will just take time.

What you should know about COVID-19 vaccines

Many people have questions and concerns about the new COVID-19 vaccines. This is normal. This document gives you the facts on COVID-19 vaccines.

No safety steps have been skipped in making the COVID-19 vaccines. COVID-19 vaccines have gone through the same safety steps and studies as other vaccines. Medical researchers were able to make the vaccines quickly because of years of earlier research and money from the federal government.

COVID-19 vaccines work for everyone ages 16 and older. All COVID-19 vaccines were tested in clinical studies with tens of thousands of people of different ages, races, and ethnicities to make sure they were safe and worked.

The COVID-19 vaccines cannot change your DNA. The mRNA (messenger RNA) in the Pfizer and Moderna COVID-19 vaccines is not able to change or modify a person's genetic make-up (DNA), because it never enters the center of cells, which is where DNA is made. After the mRNA does its job, it is destroyed by the body.

The Johnson & Johnson COVID-19 vaccine does not have fetal tissue in it. This vaccine is made using a harmless cold virus, called an adenovirus. The cold virus is grown on fetal cells collected decades ago that have been maintained by the vaccine maker. Many

faith groups and bioethical institutes have stated that people may ethically receive this vaccine when other vaccines are not available.

COVID-19 vaccines do not contain microchips. The new COVID-19 vaccines do not contain microchips to track or monitor people. COVID-19 vaccines do not have preservatives, eggs, or pork products.

COVID-19 vaccines do not contain: latex; preservatives; or any animal by-products, including pork products or gelatin. The vaccines are not grown in eggs and do not contain egg products.

Pregnant people can get vaccinated. The current data we have show that the COVID-19 vaccines do not impact the fetus or cause miscarriages. We encourage anyone who is pregnant to talk to their doctor about getting vaccinated to understand the benefits and risks of vaccination.

COVID-19 vaccines do not cause infertility. If you would like to have a baby someday, you can get the COVID-19 vaccine. There is no evidence that fertility problems are a side effect.

Get vaccinated even if you already had COVID-19. We do not know how long immunity from having COVID-19 lasts, and we do not know if immunity varies based on how sick you were. We also do not know how variants may affect people who have had COVID-19.

The COVID-19 vaccine is free. No matter your insurance or immigration status, you should not be charged.

The best vaccine is the first vaccine offered to you. The best vaccine is the vaccine you can get now. Whatever vaccine is available, is the best choice. All the COVID-19 vaccines are very good at preventing severe illness from COVID-19, meaning someone will most likely not have to go to the hospital if they get COVID-19 after they are vaccinated, and they are much less likely to die from COVID-19.

consuming.

· **Notice extra calories.** Many diets can be derailed by eating extra calories that you don't realize you're consuming. That cookie a coworker insists you eat or the leftover mac-and-cheese from your toddler's plate can be sources of extra calories. Be mindful of what's being consumed, including sweetened beverages.

· **Explore the science.** According to the Scotland-based health service NHS Inform, one pound of fat contains 3,500 calories on average. Cutting calorie intake by 500 calories per day should see you lose 1 pound per week. The same goes in the other direction. Eating 500 more calories per day for a year can result in gaining close to 50 pounds. Small changes really add up.

· **Eat filling foods.** Choose low-calorie, high quality foods, like vegetables, whole grains and lean proteins. Meals that provide satiety can help eliminate between-meals snacks that can derail your weight loss efforts.

· **Seek support** as a way to create accountability. Share weight loss plans with a friend or relative who can help monitor your progress and keep you on track.



Student Council will be hosting a Blood Drive in the Arts and Events Center on Wednesday, April 28th. Minnesota has a large need for blood donations at this time, our goal is to have 37 donors. All students or staff who give blood will be entered into a drawing for a \$25 gift card to Arco, 10 gift cards will be given away! Please encourage your parents and other family/friends who are 16 and older to donate as well.

The Win-E-Mac Junior Class has been given the go ahead to host Prom 2021 once again. (Due to COVID, Prom 2020 was cancelled)

The kids are very excited to have some normalcy back in these unprecedented times. Prom is going to look slightly different this year, but we are hoping to make it a fun and safe night once again for our

Win-E-Mac Spring Play presented May 8th & 9th

Win-E-Mac's Spring Play, "My Thoughts - Not Exactly" by Kory Howard is scheduled for Saturday, May 8th at 7:00 pm and Sunday, May 9th at 2:00 pm at the Win-E-Mac Arts & Event Center.

The setting of the play is in a French themed restaurant where a couple, Olivia (Paige Breckel) and Spencer (Jaden Kangas) meet for their first date. Some of their thoughts are voiced by their consciences (Grace Kaupang and Kolton Crocker).

youth!

The Junior Class parents will be hosting a fun night of food, games, and prizes for the prom attendees and we are looking for contributions to make this a memorable event for our kids.

If you are interested in donating (cash or prizes) to the Win-E-Mac After Prom Party, please send your donation to: Win-E-Mac School, Attention: Alyssa Hickman, 23130 345th ST SE, Erskine, MN 56535

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

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



Their date is interrupted by their "exes" Nathan (Teagan Paulson) and Kate (Jayden

Enrich your life with seeds this spring

By: Koby Hagen
Germinate: to begin to grow after being dormant

Have you seen tiny plants sprouting this spring? Have you heard the excited talk of gardeners and farmers about growing their favorite vegetable or flower variety this season? Have you noticed calls for seed swaps and seed starting tips for beginning home gardeners? Have you wondered, "How can I be part of this growing buzz?"

One way is to engage in seed stewardship, and there is no better time than now. Here's why

To root: to establish deeply and firmly. Seeds are the colorful foundation of our existence as humans. We have been part of the seed world for eons. We would not exist without them. All seeds come from flowers and we are - luckily - living the Age of Flowers. Most plants on earth today - 80% - are flowering plants. The majority of the food, medicines, and fibers we rely on for sustenance, healing, clothing and shelter come from the biodiversity within the flowering plant world. Sadly, we are losing that diversity (and thus existential security) because we have lost our direct relationship to plant life. Luckily many human communities were part of building this diversity with plants and seeds..

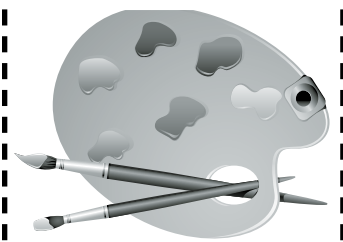
And we can be part of building plant diversity again by each one of us taking a seat at the life cycle table - wherever and however we may find ourselves at it. Given our deep historical rootedness below the surface of daily dormancy, each one of us has an innate potential to build relationships with so many life forms around us, including flowering plants

students can attend from 4:30-6:00 p.m. High school students should not come before 4:30 p.m.



Win-E-Mac Virtual Art Show

Visit the Win-E-Mac Student art show with a virtual tour at: <https://artome2.com/win-e-macschool56535/grades/>



Gensburger). An elderly couple named Lloyd and Helen, also visit the restaurant.

They are portrayed by Delvin Morel and Evie Ryan. And of course every fine restaurant needs a waiter (Brock Trandem) who is suave and speaks French.

Will this date be a disaster or a success? Come and support the talented cast and find out!

The play is produced by special arrangement with Eldredge Plays.

Safe ways to lose weight

People have many options when they seek to lose weight. Fad diets may promise quick results, but highly restrictive eating plans or marathon workout sessions can be dangerous. Taking shortcuts or risks in the hopes of losing weight can lead to various health issues and ultimately put people's overall health in serious jeopardy. Thankfully, there are many safe ways people can lose weight.

The first step in safe weight loss is to visit a doctor and let him or her know your plans. The doctor can help determine if a specific eating plan or exercise routine is safe based on your current health. Certain medications can affect metabolism and even contribute to weight gain, so a discussion with the doctor can help ensure people aren't putting their health in jeopardy when their goal is to get healthy.

It's also vital that people trying to lose weight do not believe everything they read online. Research published in The American Journal of Public Health in October 2014 found that most people who search the internet for tips on how to lose weight come across false or misleading information on weight loss, particularly in

regard to how quickly they can shed some pounds. The Centers for Disease Control and Prevention advises the safest amount of weight to lose per week is between one and two pounds. People who lose more per week, particularly on fad diets or programs, oftentimes are much more likely to regain weight later on than people who took more measured approaches to losing weight. In addition, the Academy of Nutrition and Dietetics notes it is better to lose weight gradually because if a person sheds pounds too fast, he or she can lose muscle, bone and water instead of fat.

The calories in, calories out concept is something to keep in mind when attempting to lose weight. But metabolism and other factors, including body composition and physical activity levels, also are factors. How well one's body turns calories into fuel also needs to be considered. The best ways to experiment are to start slowly.

· **Calculate the average daily calories** consumed in a day using a tracker. This can be a digital app on a phone or simply writing down calories on a piece of paper. Track over a few days and see, on average, how many calories you've been



Win-E-Mac 3rd and 4th graders spent Tuesday morning, April 13th, listening to songs and stories from Norwegian Folk Artist Arna Rennan, a program sponsored by the East Polk County Heritage Center.