



McINTOSH Times

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Win-E-Mac Seniors receive over \$100,000 in scholarships



Win-E-Mac Seniors, (back) Reed Neubert, Alex Jacobson, Noah Ostenaa, Gavin Walker, Remy Goodwin, Kobe Hamre, Grace Kaupang, Gavin Haskett, Paige Breckel, Bryce DuChamp; (front) Bryer Strom, Tom Martushev, Mia Thompson, Will Tofstad, Kendall Nelson, Felicity Andress and Dylan Roy.

The Win-E-Mac Academic, Athletic and Fine Arts Awards Program was held on Wednesday, May 12th in the Arts & Event Center. Win-E-Mac School Principal, Kevin McKeever opened the program and first recognized this year's Senior Honor Students. These students have received a 3.5 grade point average each quarter during their Sophomore, Junior and Senior years. The following 13 students were recognized with this honor: Remy Goodwin, Tom Martushev (the next 11 students are also members of the Minnesota Honor Society) Alex Jacobson, Miz

Thompson, Bryer Strom, Dylan Roy, Paige Breckel, Gavin Haskett, Reed Neubert, Gavin Walker, Bryce DuChamp, Noah Ostenaa, and Felicity Andress. The AAA Award winners who represented Win-E-Mac School in the State were Felicity Andress and Gavin Walker. The 2021 Win-E-Mac School valedictorian is Alex Jacobson and the Salutatorian is Mia Thompson. The Scholarships for the Win-E-Mac Senior Class were presented to the students by Kevin McKeever, Randy Bruer and Sandra Jore. First was the Grace Luther-

an Church Scholarship where there were 6 recipients each receiving \$300. The six students were: Bryce Duchamp, Alex Jacobson, Kendall Nelson, Noah Ostenaa, Bryer Strom and Gavin Walker. Next, The Erskine American Legion (Bailey Throne Post 596) presented 7 - \$700 scholarships to Alex Jacobson, Mia Thompson, Bryer Strom, Dylan Roy, Tom Martushev, Reed Neubert and Gavin Walker. The Winger Lions presented 6 scholarships in the amount of \$500 each to Noah Ostenaa, Gavin Walker, Gavin Haskett and Paige Breckel. American

State Bank of Erskine awarded 2 Scholarships to Paige Breckel and Mia Thompson each in the amount of \$250. Unity State Bank awarded one scholarship of \$500 to Reed Neubert. Wild Rice Electric awarded 4 scholarships in the amount of \$750 to Mia Thompson, Bryce DuChamp, Alex Jacobson and Tom Martushev. Red Like Electric Cooperative awarded \$750 scholarships to Gavin Haskett and Will Tofstad. Fosston Area Sportsman Club presented awards of \$500 to Paige Breckel and Noah Ostenaa. Team Industries gave 3

scholarships, 2 in the amount of \$1,750 to Reed Neubert and Tom Martushev and a \$2,000 to Bryer Strom. Leo Parent Charitable Trust Fund II gave \$1,200 to 7 students, Dylan Roy, Will Tofstad, Bryer Strom, Bryce DuChamp, Noah Ostenaa, Tom Martushev and Gavin Walker. Fosston Tri Co-op presented a \$2,500 scholarship to Paige Breckel. Essentia Health Scholarship was awarded to Gavin Haskett in the amount of \$1,000. \$1,500 was awarded to Grace Kaupang from Friends of Sandford Scholarship. The

East Polk County Extension Home Study Group Scholarship was presented to Paige Breckel. The Arthur I and Jane B Snustad Foundation Scholarships went to 5 graduated Win-E-Mac students: Hannah Smeby, Dustin Osland, Brecken Lindberg, Abby Linde and Topange Bratager. 12 Win-E-Mac Seniors also received the \$2,500 scholarship: Bryce DuChamp, Alex Jacobson, Felicity Andress, Reed Neubert, Dylan Roy, Mia Thompson, Gavin Walker, Bryer Strom, **Scholarships...** Continued on page 3...

2021 McIntosh Memorial Day program will be held virtually

This year's Memorial Day Program in McIntosh will be held on-line on Monday, May 31, 2021. The program will be shown at 2:00 p.m. and 7:00 p.m. on Garden Valley Channel 30. The program will also be available on Facebook and YouTube under McIntosh Friends of Veterans. "The Ultimate Sacrifice"



program will consist of students and faculty of the Win-E-

Mac School giving information about Veterans who sacrificed their lives during the wars. Slides of all Veterans who gave their all will be given with names and pictures. The Facebook and U-Tube program may be viewed on a few days later. Thanks to all that contributed to this program.

Sheriff's Office awarded Federal Boating Safety Equipment Grant

The Polk County Sheriff's Office (PCSO) is adding to their fleet of boats to assist in keeping the county safe. PCSO applied for a State of Minnesota Federal Boating Safety Supplemental Equipment Grant. PCSO received the great news that they were awarded an 18'x8' Alumitech Airboat with a 450-hp motor and aluminum trailer. What a great asset for the PCSO. This boat will be utilized for search and rescue on the rivers and flooded areas and will be able to go where normal boats are not able to travel. We have been wanting a boat like this for many years but did not have a budget for it. This goes to show you what perseverance will do, and it has paid off. The PCSO Boat and Water program is currently supervised by Sgt. Scott Bixby. Sgt. Bixby began supervising the program in 2015 and has been very active with the program maintaining the boats, program equipment, lake coverage schedules and proper training for the deputies. In Sgt. Bixby's first year of supervising the boat and water program, they doubled the contacts on the water and aggressively stepped-up boat and water safety education. The duties for the officers include patrolling the lakes and rivers, search and rescue, boat inspections, raft permits, educational talks and handing out hundreds of Boat and Safety coloring books to children. The PCSO works in cooperation with the MN DNR. A Benefit of the working together with the MN DNR has allowed the PCSO to apply each year for Federal Equipment



Grants. County agencies throughout the State of Minnesota submit applications which are reviewed by a panel for consideration. Each county boat and water safety program application are reviewed and the Federal Equipment Grant itself is decided based on the request in the application and the program activity. Past grants include: 2016 - PCSO was awarded a \$12,558.00 Yamaha Personal Watercraft 2018 - PCSO was awarded \$15,595.00 for a replacement outboard motor for one of the patrol boats 2020 - PCSO was awarded a \$ 52,535.00 Alumitech Airboat, for use in Search and Rescue operations in low water areas. PCSO is very fortunate to have been awarded the grant through the State of Minnesota Federal Equipment Grants, which is very competitive process for the agencies throughout the state. PCSO was recognized by the MN DNR for having 0 ac-

cidents on All waters in Polk County during 2015 -2018 Since 2018 PCSO had two, minor, non-injury, property damage crashes reported. Any damage over \$2000.00 is required to be reported to the state. The infrequency of accidents can be attributed to the hard work and dedication of the deputies patrolling the lakes and rivers educating the enthusiasts they encounter. Education plays a big part in keeping everyone safe while enjoying our great outdoors. Keeping everyone safe is our main priority. Boating activity in Polk County has doubled in the last three to four years on all our Polk County waters. We are not trying to wreck your day while we patrol on the lakes and rivers. We just want to make sure everyone stays safe, drivers are sober, every boat has the proper equipment and required number of life jackets to keep everyone afloat in case something unfortunate occurs.



Kevin Moore from the Fosston Theater welcomed McIntosh Senior Living residents for a special showing of "Grumpy Old Men" recently. The residents from MSL were happy to have a chance to be back out in the community to enjoy some fun activities.

How families can help communities rebound after the pandemic

The global pandemic that began in late 2019 and spread into 2021 had a devastating impact on the world. The human toll was significant, as millions of people across the globe lost their lives to the COVID-19 virus. The virus also had far-reaching economic consequences, many of which were felt in small towns and communities that had been thriving prior to the pandemic. Vaccination rollouts that began in the final weeks of 2020 gave many people a glimmer of hope that life would soon return to some semblance of normalcy. The effort to restore towns and cities will require a community-wide effort, and families can do their part as the world slowly emerges from the pandemic. **Support local businesses.** A recent survey from the expert business mentors at Score® found that just 34 percent of small business owners indicated their operations were currently profitable in late 2020. The numbers were even worse for minority-owned businesses, as the survey found that just 26.5 percent of Black business owners had business-

es that were currently profitable while the number was 29.2 percent among Hispanic-owned businesses. A thriving local economy is a vital component of a strong community, and families can do their part in the pandemic recovery by making a concerted effort to support the small businesses in their towns and cities, especially those owned by minorities. Support locally owned restaurants instead of chain restaurants when dining out or ordering in. Even visiting a locally owned barbershop instead of a chain hair cutter can be a great way to help community-based businesses recover. **Lend a hand to the elderly.** At the onset of the pandemic, public health agencies like the Centers for Disease Control and Prevention and the World Health Organization identified elderly men and women as among the most vulnerable to serious illness if they were infected with COVID-19. As a result, many aging men and women spent much of 2020 isolated from their friends and families. Families can help seniors in their communities recover from that isolation by volunteering at local senior centers, inviting aging neigh-

bors over for weekly dinners or inviting them along on family outings to the beach or park. Such efforts can reassure seniors, many of whom played vital roles in building the communities they call home, that their neighbors have not forgotten them. **Take active roles in the community.** Recovering from the pandemic won't be easy for any community. Some small businesses closed for good while others struggled to stay afloat, and local towns and cities lost significant tax revenue as a result. Residents, including adults and children, can help their towns and cities overcome budget shortfalls by becoming more active in their communities. Organize initiatives like park clean-ups to keep communities clean if budget constraints have forced local officials to cut back on such services. In addition, attend town or city council meetings to lend support to programs or even recommend new initiatives to help the community recover from the pandemic. Restoring communities after the pandemic will be a tall task. But it's one that will be more easily accomplished if families pitch in and do their part.

Essentia Health to begin vaccinating children aged 12-15

Essentia Health will soon be protecting 12-15-year-olds against COVID-19 now that the U.S. Food and Drug Administration (FDA) has granted emergency use authorization to the Pfizer/BioNTech vaccine for that age group.

The Pfizer vaccine had been available to everyone aged 16 and older. Monday evening, the FDA extended that availability after reviewing clinical trial data submitted by Pfizer, which showed 100% effectiveness among more than 2,000 United States trial participants aged 12-15. Shots are expected to begin Thursday following guidance from a Centers for Disease Control and Prevention (CDC) vaccine advisory committee that meets this afternoon.

The other two vaccines currently authorized in the U.S. — from Moderna and Johnson & Johnson — are only for those at least 18 years old. Essentia will make Pfizer vaccine available to those in the 12-15 group, though that availability is dependent upon supply at each of our vaccination sites.

Patients and non-patients can make an appointment through Essentia's MyChart patient portal or by calling (833) 494-0836. It's important to note that many of our locations don't require appointments and accept walk-ins. Click here for more information. Anyone under the age of 18 must bring this consent form, signed by their parent or guardian, to be eligible for the shot.

"The authorization process has been stringent with the FDA reviewing the data from Pfizer since April 9," said Dr. Sharnell Valentine, a pediatrician at Essentia Health. "This vaccine is highly effective and side effects are well tolerated and generally what were observed with people aged 16-25."

Dr. Valentine noted that Canada already has approved the Pfizer shot for ages 12-15. She added that her and her teenage children "are looking forward to them having protection against COVID" once vaccinated.

The CDC has called the safety monitoring for COVID vaccines "the most intense and comprehensive in U.S. history." Through the first 150

million doses administered in the U.S., there were about 50,000 adverse reactions, with less than 8,000 of those categorized as serious. That equates to a 0.0003% chance of adverse reaction for the overall population.

All three vaccines are remarkably effective at preventing COVID infections, and all

Essentia Health to continue requiring masks for visitors, patients and staff

Despite the easing of mask mandates from federal agencies, state government and municipal leaders, Essentia Health will continue to enforce its mask policy. Universal masking for patients, visitors and staff will remain a requirement in all our facilities across Minnesota, Wisconsin and North Dakota.

While we respect the loosening of mask mandates, the Centers for Disease Control and Prevention's most recent guidelines do not cover health care settings like hospitals, clinics and long-term-care facilities. Regardless of an individual's vaccination status, the CDC recommends visitors to health care settings continue wearing a well-fitted face covering.

COVID-19 remains preva-

Keep healthy items on hand for family snacking

Who hasn't been spending more time at home lately? Many families have perfected the balance of managing a household in which kids may be engaged in virtual learning while Mom and Dad are putting in a full day's work from the home office.

At several points during the day, families need to recharge. Having nutritious snacking choices on hand can tame hunger in a healthy way.

Plan and shop

Start with a plan and then head to the store with a shopping list in hand.

You will be less likely to purchase unhealthy options on impulse if you stick to a shopping list.

Balance prepackaged and homemade

Homemade snacks are advantageous because you can customize ingredients to ac-

count for allergies or other needs.

three are almost 100% effective at preventing hospitalizations and deaths.

According to the American Academy of Pediatrics, children increasingly are accounting for more of the United States' new COVID cases, underscoring the importance of immunization among adolescents.

As always, Essentia Health encourages everyone to get vaccinated. Currently, we are vaccinating anyone aged 12 and older.

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count for allergies or other needs.

But commercially produced snacks are very convenient because they're ready to eat right out of the package. According to Good Housekeeping, many food manufacturers have been stepping up their games and offering tasty and healthy non-perishable foods.

Just be sure to read labels, paying attention to sodium and sugar content and other pertinent nutritional information.

When choosing snacks, pick a few different options that appeal to savory, salty and sweet cravings.

Portion out these snacks so the temptation for overindulgence is limited.

Choose among the healthiest options

Stock the pantry and refrigerator with an array of healthy

Madness author Hornbacher to present at area LARL 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/larlmm) 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](http://www.larl.org/60years).

**LSS
Meals Menu
687-2262**

Tues, May 25th - Baked Chicken - Au Gratin Potatoes - Peas - Wheat Rolls - Banana Bars - Milk

Wed, May 26th - Swedish Meatballs - Mashed Potatoes/ White Country Gravy - Carrots - Wheat Bread - Fruited Jello/ Whipped Topping - Milk



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

Sun. May 23: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. May 30: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. 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

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Face Book:
Gosen Church**

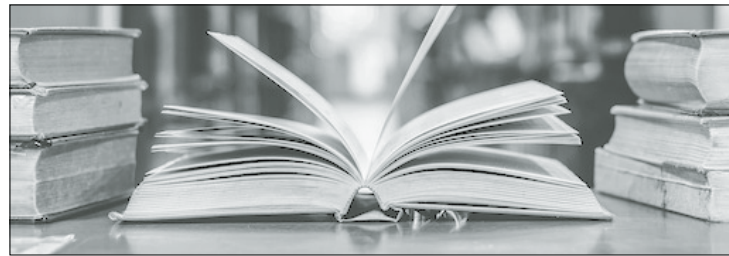
Sun, May 23: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch.com and gosenchurch.com)

Tues, May 25: 10:00 a.m. Sunday worship service telecast on GVTV--30

Wed, May 26: 6:30 p.m. Bible Study at Sharon Ramberg's home.

**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.



McIntosh Library to close in honor of Memorial Day

All Lake Agassiz Regional Library (LARL) branches and LINK sites will be closed on Monday, May 31st in observance of Memorial Day, with regular hours of operation resuming Tuesday, June 1st.

LARL's branch libraries are located in Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahanomen, McIntosh and Moorhead. LARL's LINK sites are found in Cormorant, Frazee, Gonvick, Halstad,

snacking options.

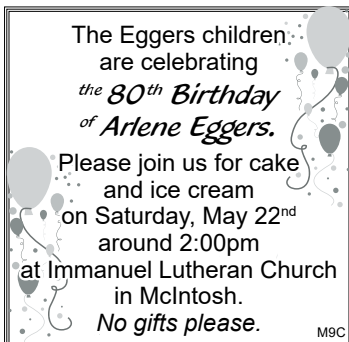
· Nuts and their butters:

Nuts are nutritional powerhouses that provide filling protein, fiber, healthy fats, and many different vitamins and minerals. Nuts can be ground at home and made into spreads and dips.

· **Popcorn:** Plain, air-popped popcorn is full of fiber, making it a filling snack. Without toppings like butter, popcorn can be low in calories.

· **Fruit:** Fresh fruit, frozen fruit, fruit purees, and dried fruit are must-haves. Place a bowl of fresh fruit in reach of kids so it can be their first snacking choice. Frozen fruit can be transformed into simple smoothies. Dried fruit keeps longer, and is a great addition to trail mixes. Cups of applesauce can easily be grabbed and satisfy sweet cravings.

· **Sliced vegetables:** When



preparing meals, slice vegetables, including carrots, celery, cucumbers, and sweet peppers. Later they can be dunked into homemade dips for an easy treat.

· **Hummus:** Speaking of dips, hummus is filling and tasty. Made from nutrient-dense chick peas, hummus can be enhanced with different flavors, from garlic to ginger to even chocolate for a dessert variety.

· **Whole-grain chips:** Opt for whole-grain chips that blend a variety of grains into the mix. Avoid products with hydrogenated oils.

Healthy snacking is possible when families think ahead and know what to look for at the grocery store.



Wed. May 19:
Ann Hutchison, Courtney Lecy, Kevin Caron
Thurs. May 20:
Linda Sylstad, Marvin Wikstrand, Arlene Eggers, Tyus Mahlen, Clara Eileen Bruggeman
Fri. May 21: Robin Andres
Sat. May 22: Nick Burslie, Gary Schommer, Darlene Dierkes
Sun May 23:
Gwen Rue, Kris Faldet, *Mike & Angela Lindseth, *Tom & Laura Perkerwicz
Mon. May 25:
Joyce Sultvedt

**LITTLE BOBBY'S
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Wednesday Is Ladies Night- Margaritas with special snacks

Thursday Is Men's Night- Two burgers for the price of one

Saturday: Wine and Beer tasting at 2PM

Saturday Night: Bad Campers for a Birthday Party



McIntosh Senior Living residents went to the Fosston Theater for 2 private showings of Grumpy Old Men. The residents want to thank Kevin Moore, as he was so welcoming and went out of his way to set this up for the residents. It's so wonderful for the residents to get out on adventures like this again.

BUSINESS & PROFESSIONAL GUIDE

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McINTOSH Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

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McIntosh • (218) 563-3585
Cell: (218) 280-1684

"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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Scholarships...

Continued from page 1.....

Noah Ostenaa, Paige Breckel, Gavin Haskett and Tom Martushev.

The Norris Syverson Scholarship of \$2,000 was awarded to Remy Goodwin.

The Communication Workers of Am. Local 7372 awarded \$100 to Mia Thompson and the Minnesota Telecom Alliance Foundation Scholarship of \$1,000 was awarded to Alex Jacobson.

There were 8 Win-E-Mac Alumni Scholarships in the amount of \$500 each awarded to Gavin Haskett, Noah Ostenaa, Gavin Walker, Kobe Hamre, Bryer Strom, Reed Neubert, Dylan Roy and Grace Kaupang.

The Jeannie Vesledahl Scholarship of \$500 was awarded to Kendall Nelson. Bryce DuChamp received an award of \$500 from the Jan Ostenson Scholarship. The Jim and Nancy Benson Scholarship was awarded to Tom Martushev in

the amount of \$500.

The Gunter Scholarship of \$400 each was awarded to Mia Thompson and Alex Jacobson.

The Harriet Grundyson Hudrik Memorial Scholarship awarded 3 \$100 scholarships to Mia Thompson, Paige Breckel and Alex Jacobson. Will Tofstad was given the Tori Sannes memorial Scholarship of \$500. The Thompson Family Scholarship was awarded to Bryer Strom and Paige Breckel each receiving \$250.

The Lucken Scholarship of \$2,500 was awarded to Mia Thompson. Grace Kaupang was awarded a \$300 scholarship from VFW Post 6891. The Matthew Harmon Fallen Soldier Memorial Scholarship was awarded to Grace Kaupang.

The Jim Stordahl Memorial Scholarship awarded \$500 each to Paige Breckel, Gavin Haskett and Grace Kaupang.

Gavin Haskett was award-

ed a football scholarship of \$11,000 per year and another for \$1,000 for each year for 4 years to the University of North Dakota Jamestown. Kobe Hamre was also awarded a \$14,000 per year scholarship to UND Jamestown for 4 years.

Reed Neubert was awarded a 4 year academic scholarship of \$2,000 each year to North Dakota State University in Fargo.

Alex Jacobson was awarded the NDSU Presidential Scholarship of \$3,000 per year for 4 years.

The evening ended with Brady Langemo presenting the Outstanding Athletes awards to Felicity Andress and Gavin Walker. The Senior Outstanding Academic Athlete Award to Bryer Strom, who also won the Randy Helgass award, and the Senior Outstanding Academic and Fine Arts Student Award to Brock Trandom.

How to show your appreciation for the military in a unique time

United States military personnel serve both domestically and abroad. Active-duty personnel are following in the footsteps of retired veterans and protecting the freedoms of their fellow Americans while also playing a vital role in protecting millions of non-Americans across the globe.

United States military personnel make myriad sacrifices every day.

Recognition of those sacrifices is just one of the many ways Americans can show their appreciation for the military, even during the era of social distancing.

· **Help a veteran.** According to the U.S. Census Bureau, as of 2019 there were 17.4 million military veterans living in the United States.

More than half of those veterans are 65 or older. As difficult as social distancing during the COVID-19 pandemic has proven for everyone, perhaps no group has sacrificed more than men and women over 65, millions of whom have been separated from their families.

Aging men and women spent a year or more isolated at home to protect themselves from a virus that public health officials acknowledged was especially lethal to people over 65.

Adults who want to show their appreciation for military veterans can reach out to local veterans' organizations and offer to lend a hand. Such organizations may be delivering meals to vulnerable veterans, driving veterans to appointments to see their doctors or get vaccinated or organizing events for veterans who have already been vaccinated. Pitching in to help with such efforts is a great way to show veterans their efforts are still appreciated, even if it's been decades

since they last served.

· **Help a military family.**

Data from the Office of the Undersecretary of Defense indicates that there were roughly 1.3 million active-duty military personnel in 2018. Many of those service members serve overseas for months at a time. Their families back home can use a helping hand even in the best of times, but they might be especially needy while confronting the pandemic. Though vaccination projections suggest hundreds of millions of Americans will be fully vaccinated by mid-summer, in the meantime neighbors can help local military families handle life at home. Invite a local military family over for a weekly meal, offer to take kids to a sports practice if it's safe to do so or help out with chores like mowing the lawn or washing the car.

How Memorial Day and Veterans Day differ from each other

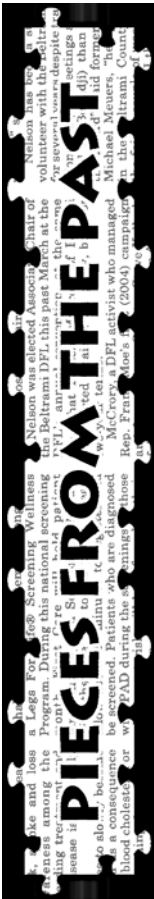
Memorial Day and Veterans Day each honor the military, though the two holidays are not the same. Memorial Day, which is celebrated annually on the last Monday in May, honors the brave men and women who lost their lives while serving in the American military.

Many communities host memorial ceremonies honoring their fallen soldiers on Memorial Day, ensuring such soldiers' bravery and sacrifices are never forgotten. While many people now view Memorial Day weekend as the unofficial start of summer, the weekend should not be celebrated without also pausing to reflect on and recognize the military personnel who lost their lives in defense of freedom and the American way of life.

· **Donate to charities that serve the military.**

Adults who have not been vaccinated and are hesitant to be around others can still show their appreciation for military service members. Various organizations help both active-duty military and veterans, and donating to such charities can be a great way to help an excellent cause. If you're unsure about which organization to support, visit Charity Navigator at charitynavigator.org. Charity Navigator evaluates hundreds of thousands of charitable organizations and can be an invaluable resource for prospective donors.

Veterans and active military personnel deserve support. There are various ways for people to express that support, even as the world continues to confront the pandemic



50 years ago...1971: These three young ladies will represent Polk County at Northwest Dairy Day to be held in Thief River Falls in June. They were selected from a field of nine in McIntosh Saturday evening, at the County Dairy Princess Contest. Left to right: Loretta Swanson, Janice Ostenson, and Miriam Hanson.



40 years ago...1981: Several dozen local girls performed as wreath bearers during the annual McIntosh Memorial Day services on the lawn of the High School. The lawn ceremony followed the parade which featured the V.F.W. and American Legion and Auxiliary Honor Guards, and the Mac-Winger High School marching band and majorettes. Overcast sky did not appear to affect the day's activities as over 400 persons attended the outdoor and indoor activities.



30 years ago...1991: A queen of the twenties was crowned on April 13th at the Winger Hall during the variety show. Contestants were Cindy Anderson, Geraldine Paulson, Ebe Helling, Johanna Mattson and newcomer Stephanie Balstad. Winner of this year's contest was Ebe Helling, a real sweet lady!



20 years ago...2001: Ten Win-E-Mac musicians have been selected to sing with the Honor Choir at their 2001 performance in Mahanomen. Vocalists include: (back, l-r) Kyle Jore, Tim Irelan, Matt Finseth and Chris Plant; (row 2) Amanda Clementson, Jamie Steward, Holly Jones and Christine Lee; (front) Cassie Mellgren and Jamie Foss.



10 years ago...2011: Win-E-Mac students in 9th grade Family and Consumer Science class completed sewing their aprons and are now ready to practice some cooking skills.

Great gifts for today's grads

By the time students reach graduation day, many have taken hundreds of tests, written scores of essays, worked through thousands of pencils, and made dozens of friends along the way. Such realities only underscore the notion that graduation is worthy of celebration.

Though not everyone may be able to gather this year for a blow-out graduation party, thoughtful gifts can show graduates their accomplishments have not gone unnoticed. The following are nine graduation gift ideas.

- **Keepsake blanket:** A blanket featuring school colors that's woven with photos or data about the graduate and graduating class makes a great keepsake.

- **Engraved compass:** Finding one's new direction will take time, and a symbolic compass with inspirational words can help guide graduates on their future quests.

- **Jewelry:** Gift-givers may want to offer to pay for a school ring or can opt for different jewelry. For example, a necklace with the infinity symbol can represent infinite possibilities ahead. Those who collect charms for bracelets or necklaces can be gifted a graduation-themed charm.

- **Dorm room essentials:** Graduates going on to college will need a starter pack of essentials. A personalized tote bag filled with toiletries, linens and more will help graduates outfit their dorm rooms in style.

- **Inspirational art:** Graduates may want to revamp their bedrooms or decorate new dorm rooms. Framed inspirational verses, sayings or images can make ideal gifts.

- **Blue-blocking eyeglasses:** Blue-blocking lenses protect eyes from the harsh effects of blue light emitted from screens, a big benefit in an era when students and profession-

als spend ample time with their devices.

- **Meal subscription service:** In addition to gifting a cooking appliance like a slow cooker or air fryer, giving grads a subscription to a meal delivery service may help them transition to life without mom's cooking or the dining hall.

- **Streaming service:** Graduates can benefit from any number of streaming television and movie services to stay entertained while commuting or relaxing around the dorm with friends.

- **Luggage:** Whether students intend to take a gap year before college or enjoy a summer break before looking for their first job out of school, young adults will always get use out of a set of luggage or a carry-on bag.

Gifts for grads evolve throughout the years, but many gifts have withstood the test of time.

Is now the time for a gap year?

Uncertainty has reigned over many students for the last year-plus. As the COVID-19 virus spread across the globe, schools were forced to transition to virtual learning. Some did so full-time, while others offered hybrid learning plans that combined virtual learning with in person instruction. Confronting that transition proved exhausting for parents and educators, but students also could not be blamed if they felt a little academic fatigue as they navigated learning during the pandemic.

Some students may have no choice but to carry on with their studies until schools return to more traditional, full-time classroom settings. But students about to graduate from high school or college may be wondering if now isn't an ideal time to take a gap year. Others may be intrigued by gap years but not be entirely certain what they are. The following information can help students determine if a gap year is right for them.

What is a gap year?
The Gap Year Association defines a gap year as "a semester or year of experiential learning, typically taken after high school and prior to career or post-secondary education, in order to deepen one's practical, professional, and personal awareness." The GYA notes that no two gap years are alike, though the spirit of a gap year is to afford students a chance to expand their comfort zones and have a cross-cultural experience while ensuring they have the time to reflect on those experiences.

Do gap years derail students' academic careers?

Parents might be concerned that a gap year will derail students' academic careers by decreasing the likelihood that they will ultimately return to school. However, the GYA reports that 90 percent of students who take gap years enroll in a four-year institution within one year of completing their gap year. That can quell some of the concerns parents

and even students may have about taking a year off from school at a time when many of their peers may be moving forward with their educations.

What do students do during their gap years?

Though the GYA notes that some space and time to explore the unknown is vital to a gap year, students who think a gap year may be right for them should know that such years are most effective when students engage themselves in

activities designed to expand their horizons. Many students spend their gap years volunteering with a service organization while others may accept an internship to see what life in a given profession may be like.

Students have had to confront many challenges during the pandemic. Recent grads experiencing fatigue as a result of those challenges may find that now is the ideal time to take a gap year.



Win-E-Mac Principal, Kevin McKeever, along with the help of teacher, John Eckman, presented 13 Win-E-Mac students with their Honor medals during the awards banquet held at Win-E-Mac school last Wednesday.

Age-appropriate chores for kids

Few people look forward to chores around the house. Though adults may not be excited by the prospect of mopping the kitchen floor or folding the laundry, their lack of enthusiasm no doubt pales in comparison to their children's opinion of chores.

Chores can play a vital role in kids' development. According to the American Academy of Child & Adolescent Psychiatry, children can learn time management skills by doing their chores, which also can teach them how to balance work and play time. Kids can apply those lessons throughout their childhood and into adulthood. Giving kids chores also benefits them by teaching them to accept responsibility within the family and providing them with an opportunity to be successful.

Parents may have a long to-do list in regard to chores around the house, and it can be tempting to share that workload with youngsters. However, the AACAP notes the importance of picking age-appropriate chores for children. Children given chores more suited for older youngsters may fail at completing those tasks. Such failure may set a negative precedent that adversely affects kids' self-esteem and makes them reluctant to do their chores in the future. On the flip side, the AACAP notes that picking an age-appropriate chore for a child will increase his or her likelihood of success, which can boost their confidence and make them more likely to approach their chores with enthusiasm as they navigate their way through childhood and into adolescence.

The AACAP offers the following age-based chore suggestions to parents as they look to give their children more responsibility around the house.

Handy apps for busy families

Many people resolve to be more organized at the start of a new year, but any time of year is a good time to get more organized.

Busy families often are pulled in many directions, so tools that make it easier to manage schedules, important documents and more can help people keep a clear head on hectic days.

Organization-based smartphone apps can help people keep pace.

The following are some useful apps busy individuals may want to utilize.

- **Cozi:** Cozi is a website and mobile app designed with family organization in mind. It's earned the distinction of being a three-time "Mom's Choice Award" recipient. The Mom's Choice Awards® (MCA) program is globally recognized for establishing the benchmark of excellence in family-friendly media, products and services. The organization is based in the United States and has reviewed thousands of items from more than 60 countries. Within the Cozi app, appointments and activity calendars are kept all in one place; school events and class schedules can be tracked; grocery lists can be



- **2- to 3-year-olds:** Children in this age group can put their toys away and help put groceries away as well. Stick to groceries that can be dropped without breaking or spilling, which rules out jars of pasta sauce or milk and juice. Children in this age group also can start to dress themselves, though the AACAP recommends parents offer help when necessary so kids do not become discouraged.
- **4- to 5-year-olds:** Four- and 5-year-olds can help feed pets and make their beds. In addition, children in this age group can help clear the table after meals, but parents should be sure to take sharp objects like knives to the sink before kids begin helping.
- **6- to 7-year-olds:** This is a good age for children to begin taking on more complicated chores, including wiping tables and counters, putting laundry away and sweeping floors.

- **7- to 9-year-olds:** Children in this age group can help their parents prepare meals and even pack their own lunch for school. The responsibility of loading and unloading the dishwasher also can be given to kids between the ages of seven and nine.
- **10- to 11-year-olds:** More difficult tasks like changing the sheets on their beds, cleaning kitchens and bathrooms and doing yard work are appropriate for kids in this age group.
- **12-years-old and older:** Children 12 and older can help take care of younger siblings and pitch in with grocery shopping and running errands.

Chores play a vital role as children grow up and mature. Assigning age-appropriate chores is important as parents look to help their children develop into responsible adolescents.

managed and shared; and to-do lists can be shared as well.

- **Any.do:** For people who thrive in list-making, this app is an ideal fit. Users make daily checklists and break down bigger projects into smaller tasks.

- **Paprika:** This app is one of the many cooking idea and meal planners available. It enables users to cut recipes from blog posts and save them easily. Users can even create grocery lists within the app. That list can be shared with the family so anyone out doing the shopping can pick up items.
- **Genius Scan:** Keeping track of receipts, important documents and other paperwork can be challenging. Genius Scan is a smart scanner for a phone that makes it easy to quickly scan a document on the go and export files as multi-page PDFs or JPEGs.

- **Keepy:** Many parents keep a storage container of their children's artwork. But storing years' worth of school projects can take up valuable space. Keepy allows people to save childhood photos and artwork in an organized manner.
- **Dropbox:** Dropbox can be used for business, pleasure or generalized organization. It's an easy way to store files large

and small and share photos and videos with anyone, including those who do not have Dropbox accounts.

Staying organized is easier when utilizing the various applications available for computers, tablets and smartphones.

Asking for

VOLUNTEERS!

to install our new playground!

Saturday, June 12th

7:00AM

Please sign-in at the white picnic shelter next to the Historic Mentor School. Please bring a cordless impact drill if you have one but it's not necessary.

MENTOR CITY PARK

Mentor, MN

Lunch & Supper will be provided as well as snacks & beverages throughout the day!

Follow us on Facebook!

Mentor City

Park & Playground

MS-12C



The Win-E-Mac School Staff are partaking in a virtual 5k this Spring called "I am the Storm". Staff signed up and received a shirt, metal and running bib to participate at their own pace in a virtual run/walk. It was a nice "pick me up" from the long winter, and many are enjoying this challenge.