



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota

The Winger Fire Department celebrates with the 63rd Fireman's dance



The Winger Fire Department celebrated 106 years with a Fireman's Dance at Liquor Pigs in Winger last Saturday night. Music by Wild Wes and many community members came out to celebrate with the 63rd Annual Winger Fireman's Dance. Pictured are Russ Johnson, John Hillstad, Dave Myrum, Mike Thompson, Abby Hillstad, Steve Massmann, and Andrew Hillstad. Additional

members of the Winger Fire Department (not pictured) are: Scott Revier, Gary Sonsteli, Luke Balstad, Matt

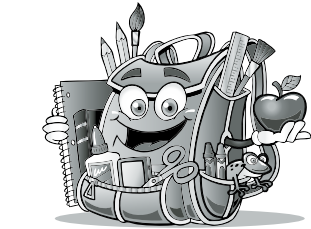
Balstad, Cameron Herri-man, Vance Kaupang, Mat-thew Massmann and Kory Sonsteli,

SAVE
THE
DATE

McIntosh
Tractor Day
Saturday,
August 28, 2021

Backpack/school supply distribution help for area families

There will be a Backpack/ School Supply Drive and Distribution at Thriving Life Church at 22722 350th St, Erskine) on Friday, August 20th, from 6:00 p.m. – 7:30 p.m. (Doors open at 5:45pm.) FREE Backpacks and school supplies will be available for families who could use a little help with this school expense.



If this is something that could help your family, please come.

If you have questions, would like to donate supplies, or would like to receive supplies but are unable to come that night, please call: Debi Weems 218-888-6203, Backpacks & supplies are given on a first come-first serve basis, so please try and make it to the event.

McIntosh-Winger Class of 1981 Reunion

Cheers to 40 Years!
On July 24, 2021, twenty-two (22) students from the Class of 1981 reunited at Garnet Aanenson's home in McIntosh. They came together to celebrate their 40th Reunion and get to know how amazing they have all become. The Event included food, laughs and a lot of catching up. The day started at Garnet's home and ended at Mark and Karen Thompson's place as the fun continued. Classmates came from Louisiana, the Twin Cities areas, Cloquet and Grand Forks to join those that live and work around the McIntosh, Erskine, and Winger area.
The class of 1981 had 39 Graduates and two additional "you will always be part of our class even though you moved before you graduated with us" member and have lost four over the years. Tom Bauer, Kathy Helgaas, Joao de Silva, and Jan Alders all have passed away to young but will never be forgotten. We also invited parents of the Graduates to stop by and say hello as many of us are not able to get back to catch up with the extended families as well. It was so good to have Ruth Carlson, Arlene Eggers, and Marion Parent stop by and just say hi!
As part of the 40th Reunion it was decided that the Class of 1981 will be creating a yearly Scholarship to be given to a student from Win-E-Mac who

is pursuing a career at a Tech, Community or Trade school. We all understand the need for applied education and hope to help at least one future student fulfill their passion. More information will be coming soon.
Some highlights from the Event included video chatting with Clint Nelson who now lives in Texas and a phone call to Todd Haugen living in Wisconsin, Christy Burslie and Terry Strom taking off to go and pick up Judy Hagen and Lorene Tranby for a spin around town in the convertible, updates on kids (well over 60 total) and grandkids (well over 70 total). We really don't feel as old as those numbers make it seem, but everyone agreed that being close to retiring (yeah, a few of us have already done that) and spending more time with our kids and grandkids, traveling, and spending time just watching the sunset will and is worth the wait!
The Class of 1981 wishes to thank Garnet Aanenson and Mark and Karen Thompson for hosting the event and providing amazing food, a place to sit and visit, and endless memories. A special Thank you to Leah Tranby Anderson for being our unofficial yet amazing photographer! For those who were not able to make it, we missed you and look to 2026 to gather again for our 45th, if not sooner!



The class of 1961 celebrated their 60th reunion on July 22 at the Ostenson Farm. They enjoyed a brunch, shared thumbnail biographies, visited the new main street businesses and ended the day with a catered beef brisket meal. Front row: Don Ostenson, Maury Ferden, Carol Bursheim. Back rows L-R: Carol Fox, Bob Higdem, Myron Bursheim, Grant Oppegaard, Bonnie Pederson, David Grundyson, Janet Grundyson, Amy Schaefer, Karen Johnson, Mary Nell Preisler, Gerry Gilman, Lois Carlson, Ben Ramse, Bonnie Klein and Paul Hanson.



The Class of 1981 held their 40th year Class Reunion. Front Row Left to Right Facing: Brenda Johnson Hole, Vicki Eggers Antonio, Rachel Carlson, Christy Hagen Burslie, Janice Aanenson, Tony Haugen, Grace Quam Mathsen; Back Row: Left to Right Facing: Rick Parent, Paul Vesledahl, Brian Carlson, Charlotte Rolf, Paul Votava, Rebecca Carlson Schommer, Robin Klinger Benson, Robert Thompson, Mark Thompson, Stacy Lucken Brekken, Kevin Kundert, Rod Gunderson, Jeff Bratager, Cameron Burslie, and Terry Strom.

LARL to hold a virtual presentation on braiding sweetgrass

"The Wisdom of Braiding Sweetgrass" Virtual Presentation Featuring Robin Wall Kimmerer on August 11

Lake Agassiz Regional Library (LARL) has scheduled a virtual presentation in celebration of its 60th anniversary. On Wednesday, August 11 at 7 p.m., author Robin Wall Kimmerer will bring to life the wisdom and practices of the people native to North America and the upper Midwest in a

virtual presentation featuring her bestselling book Braiding Sweetgrass.

In Braiding Sweetgrass, Kimmerer draws on her life as an indigenous scientist, a mother, and a woman, demonstrating how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices.

This event is made possible thanks to funding from the Minnesota Arts & Cultural Heritage Fund. This live virtual presentation will be available Wednesday, August 11 at 7 p.m. on the Lake Agassiz Regional Library website at larl.org/braidingsweetgrass.

No pre-registration is required and a recording will be temporarily available following the presentation.

The most commonly abused drugs among teenagers

Teenagers are in a stage in their lives when they are testing boundaries, gaining some independence and learning more about the world around them beyond the watchful eyes of their parents. Social circles may have expanded outside of immediate neighborhoods, and teens could be influenced by new factors.

The teenage years also may be a time of experimentation. While changes in dress, entertainment and appearance may be normal, teens also may experiment with different substances and risky behaviors.

A 2015 study conducted by the National Institute on Drug Abuse (NIDA) indicated that more than 58 percent of 12th graders had consumed alcohol and nearly 24 percent had used illicit drugs in the past year. Teens may be drawn to alcohol and drugs for reasons like thrill-seeking, peer pressure, curiosity, and even acceptance from others. Still, defiance or boredom may be other motivating factors.

While some teenagers who experiment with drugs may try them a few times and move on, others may become addicted. Certain drugs can chemically overwhelm developing bodies, causing brain cells to shut down or perish. Physiological effects may result.

Parents can be more aware of teen's activities and the propensity for use of both legal and illegal substances. By educating oneself about the drugs teens most often try, parents may be in better position to recognize and/or discourage drug use in their children.

• **Marijuana:** The drug re-



habilitation program Treatment Solutions says that marijuana is the most commonly used drug today. Teens may justify use because they've heard about parents' past experiences with pot. Legalization of marijuana in some areas may have made the drug seem less harmful. However, today's marijuana is much more potent than the pot of the past.

• **Alcohol:** Studies repeatedly show that teenagers have high rates of alcohol use. The group Best Drug Rehabilitation says research shows kids who started drinking early are four times as likely to grow up to be alcoholics than those who started drinking at legal age. Alcohol can get teens in trouble with the law and lead to unintentional injuries. Data from the National Research Council and Institute of Medicine Committee on Developing a Strategy to Reduce and Prevent Underage Drinking found approximately 70 percent of television programming has references to alcohol use. This may make alcohol seem acceptable to teens.

• **Prescription drugs:** Many teens have easy access to prescription drugs in their own homes or the homes of their friends. Some teens even hold "pharming parties," where they bring prescriptions they can find to share with the group.

• **Heroin:** Highly addictive, heroin may be a go-to drug for people who can no longer get access to prescription opioid pain relievers. Heroin abuse among first-time users continues to rise, offers the Teen

Addiction Center, and many heroin batches are mixed with fentanyl, a substance that is more potent than heroin and extremely toxic. With such a low price point, heroin is relatively easy for teens to acquire and it's very addictive as well.

Parents who educate themselves about teens and drug use can be in better position to help their children should kids begin experimenting with drugs.



Winner of the Neil's Quality Meats & More Christmas in July Drawing is Edie Hilliard from Lengby.

*Please join us for a
Bridal Shower*

*Honoring Amber Klinkhammer
Bride-To-Be of Luke Syverson*

Saturday, August 14th
10:00 a.m.
St. Mary's Catholic Church
Fosston, MN

The couple is registered at
Amazon, Target and
Nord's Pharmacy & Gifts

M20-21C

Card of Thanks

The family of Neil Bursheim would like to thank everyone who attended the memorial service, sent memorials or words of condolences. We would like to extend a belated thank you to First Care Nursing Home and First Care Hospital for the excellent care they provided during Neil's stay. Your concern, kind words and prayers were greatly appreciated. Thank you to Carlin's for your support and flexibility during this long and difficult time.

Carol Bursheim, Bob and Laura Bursheim,
Becky and Roosevelt LaFontant, Dean and Chyrl Bursheim

USDA offer low-income help to buy or repair homes

USDA Rural Development is accepting applications for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area.

The Direct Home Loan program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing. No down payment is required, and the interest rate could be as low as one percent with a subsidy.

Applicants must meet income and credit guidelines and demonstrate repayment ability. The program is available in rural communities of generally 35,000 people or less.

The Repair program has a maximum loan amount is \$20,000 at one percent interest rate, repayable for a 20-year

term and can be used to improve or modernize homes and do essential repairs. Grants of up to \$7,500 are available to homeowners 62 and older and must be used to remove health or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.

Contact a USDA Rural Development Housing Specialist in your area today, to see if you qualify.

USDA Rural Development loans and grants provide assistance that supports infrastructure improvements; business development; housing; community services such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit www.rd.usda.gov/mn.

LITTLE BOBBY'S BAR AND GRILL

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

Tuesday night
Two-for-one burgers

Wednesday night
Two-for-one margaritas

Thursday night
Two-for-one domestic beers and bar rails

Friday night
is barbecue night with musical guest six time Grammy nominated Allen Kirk along with two time billboard instrumentalist of the year Maury Finney.
Music starts at 8PM

Saturday
Wine and beer tasting starts at 2PM

MAC

Letter to the Editor

Response to Win-E-Mac School retrofit plan

I am writing in response to the article published in the July 7th McIntosh Times regarding the Win-E-Mac school district's plan to retrofit the bathrooms. It provided some good information, but failed to address the primary reason why this is happening.

Superintendent Bruer, it is disappointing that you didn't inform the readers that the reason for this expensive bathroom remodeling project is because one transgender student – who has access to a private family bathroom – is insisting on using the bathroom of the opposite gender. Every student should feel safe and each one has a right to an education. But does one student have the right to make other students uncomfortable? Do they have the right to cost the district that sum of money? Where are the rights of the other students and the taxpayers?

Did you contact any other area districts and discuss this with them prior to making the decision? They will eventually be faced with a similar issue, and perhaps a conversation could have given you solidarity. Or did you cave to the threat of a lawsuit without considering that option?

We the people of this school district have the right to be aware of the issues being dealt with, and deserve better transparency in your communication in the future.

In the article, you also encourage parents to research the new Social Studies Standards and contact the Minnesota Dept. of Education. I realize that you may feel a need to remain objective, but you omitted the fact that the Minnesota Dept. of Education's first draft of the new Standard left out some critical parts of history, like the holocaust. We need to learn from that atrocity, not erase it! Also, a key part of their first draft was implementing Critical Race Theory. I, along with a majority of Americans, agree with

Polk County Sheriff's Report

On July 26, 2021 at approximately 2050 hours the Polk County Sheriff's Office received a report of a possible death on Hwy 102 approximately 7 miles from Fertile, MN. Katie Elizabeth Flick (32) of Erskine, MN was pronounced dead at the scene and was transported to UND Pathology for an autopsy. Georgie Piatkoff (29) of Erskine, MN was transported to Riverview Hospital.

After further investigation the incident is suspected to be a Fentanyl overdose and Piatkoff and Andre Laschon Metcalf (43) of Crookston were arrested and are pending charges. Approximately 16 M30, fake, Percocet pills were recovered which are suspected to contain Fentanyl. M30 pills have been flooding the region and are extremely deadly as they have been the source of multiple overdoses.

No further information is being released at this time as the investigation continues.

This is a joint investigation with the Pine to Prairie Narcotics Task Force.

teaching about the impacts of slavery and racism. However, CRT goes well beyond that, and even teaches that we should treat people differently by their skin tone rather than apply the Declaration of Independence's statement that "all men are created equal". Martin Luther King, Jr. stated that he was looking forward to the day when he would be judged by the content of his character rather than his skin color.

The other group pushing CRT is Education Minnesota, the teachers' union. Teachers, if you don't want your hard-earned dollars supporting an organization that plans to rewrite history, there are other organizations you can turn to for support and liability protection: the Association of American Educators (AAE) and the Christian Educators Association International (CEAI).

Earl Roed

McIntosh Harvest Festival

Make plans to join in the fun on Saturday, September 18th starting at 9:00 am, for the 2021 McIntosh Harvest Festival this year. Come celebrate the beautiful Fall season with your family and friends while enjoying food, games, activities and vendors. More details to follow.



Wed. August 4:
Luke Syverson, Lauren Stroh, Steve Espeseth, *Bryan & Laura Paskvan

Thurs. August 5: Justin Carlson

Fri. August 6:
Judy Hagen, Dan Dierkes

Sat. August 7:
Gretchen Finseth, Magnolia Langemo, Nick Ostenaa, Dara Dyrdal, *Jared & Angela Olson, *Adam & Erin Jore

Sun August 8:
Valerie Fritz, Jon Klemer, Ben Ramse, Katie Salvhus, Laura Bursheim, Jason Smeby, *Erik & tany Hamre

Mon. August 9:
Ryan Schow, Derrick Haugen, *Jay & Leah Mahlen

Tues. August 10:
Lily Breckel, Damien Address, Maxwell Rue, *Clayton & Carol Bartz

MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer. Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.



M11-26C

Taco Bar at MSL

The McIntosh Senior Living QAPI committee is raising money to purchase some fun extras for the residents and staff. There will be a taco bar on Tuesday, August 31st from 11:00 am to 1:00 pm at McIntosh Senior Living. The \$7 price includes tacos, rice krispy bar and lemonade. Takeout or delivery within the McIntosh City limits is available by calling 563-2715. Outdoor seating will be available weather permitting. Who doesn't love tacos? See you there!

LSS Meals Menu 687-2262

Tues, August 10th - Pork Loin - Mashed Potatoes & Gravy - Corn - Wheat Bread - Brownies - Milk

Wed, August 11th -Roast Beef - Mashed Potatoes & Gravy - Broccoli Mix - Wheat Bread - Lemon Bars - Milk



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

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

Sun. August 15: 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

August 8-9:30 am Coffee hour at Calvary; 10:30 am Church at Calvary

August 15-9:30 am Coffee hour at Calvary; 10:30 am Church at Calvary

MCINTOSH AFLC McIntosh Trinity / Mount Carmel: Pastor Karl Anderson

Service Times for the remainder of the summer will be: 9:30 Mt Carmel 11:00 Trinity Social distancing practices will be encouraged.

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

Also available on the McIntosh Free Lutheran YouTube Channel.

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

Sun., August 8: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

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

Wed. August 11: 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.

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.
Mahomen, 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.

McINTOSH Times

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

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh (218) 563-3585
Cell: (218) 280-1684
Gonvick (218) 487-5225

"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"

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

The Diocese of Crookston & Sisters of Saint Benedict announce strategic partnership; Diocese launches capital campaign

The Diocese of Crookston and the Sisters of Saint Benedict announce the Diocese of Crookston's intent to purchase the Mount Saint Benedict Campus.

The property will become a pastoral center and retreat facility for the Diocese of Crookston. The proceeds of the sale of the monastery will be allocated to the retirement support of the Benedictine Sisters who have served the diocese for over 100 years. The arrangement provides a private section of the current monastery for the sisters to live out their monastic lives.

"As religious communities across the United States have become smaller, they have been searching for ways to regroup in smaller residences while putting their larger buildings to alternate good uses. Some

religious communities are being left with empty, unusable structures. We are among the fortunate communities whose buildings are relatively new, still in excellent shape, and there is someone standing by, ready to use the building for a worthy, ministry-related purpose," said Mount Saint Benedict Administrator, Sister Jane Becker, OSB.

Ministries in the Diocese of Crookston will continue in a modern, accessible location that offers training rooms, offices, retreat facilities and private grounds within walking distance from the Cathedral of the Immaculate Conception.

"The timing of this project is providential for the Diocese of Crookston, as well as the Benedictine Sisters. It will offer tremendous support to diocesan ministries. It is simply

the perfect fit for all parties concerned," said the Most Reverend Richard E. Pates, Apostolic Administrator of the Diocese of Crookston.

The Diocese of Crookston announces the launch of "The Perfect Fit" Capital Campaign to raise \$15 million; \$12 million for the purchase of Mount Saint Benedict and a \$3 million endowment for the property's maintenance.

To date, \$6.67 million in funds have been generously pledged so the Diocese of Crookston and Sisters of Saint Benedict can carry on their shared mission to grow and sustain the call to missionary discipleship in north-west Minnesota. All Diocese of Crookston faithful will have an opportunity to support this endeavor financially and prayerfully in coming months.

Glenmore, RiverView Foundations work together to offer scholarships



Pictured above, left to right: Andy Larson, Glenmore Foundation; Randy Schoenborn, RiverView Foundation; Jeremy Olson, Glenmore Foundation; Paul Biermaier, Glenmore Foundation; Curtis Hamre, RiverView Recovery Center; and Stephen Larson, Glenmore Foundation.

The Glenmore Foundation recently established an addiction scholarship program through the RiverView Foundation in an effort to provide advanced training for professional development to those serving the therapeutic needs of individuals and families suffering from the disease of addiction.

The scholarship will be given to students seeking a degree and/or licensure in the field of addiction studies, addiction counseling, co-occurring disorder treatment or mental/chemical health fields. Preference for the four, \$2,500 scholarships will go to candidates intending to work in the Northwestern Minnesota region.

"Addiction is a family disease," stated RiverView Recovery Center Director Curtis Hamre, LADC. "This generous scholarship program is an investment in the future care of those suffering from the disease of addiction. These scholarships are an essential tool in ensuring that our family and community members have access to dedicated, professional staff, giving exceptional care through evidence-based therapies, attaining exceptional outcomes in sobriety and recovery."

Hamre and members of the Glenmore Foundation believe the scholarship program can help with the shortage of addiction counselors in the area.

"The challenge of overcoming chemical dependency is, in and of itself, full of obstacles for a person on the road to recovery," shared Stephen D.

Larson, chair of the Glenmore Foundation Board. "The lack of consistent, quality access to chemical health providers creates an additional obstacle for people struggling with chemical dependency, which is especially true of rural Minnesota. Implementing a scholarship program, and other incentives, to retain quality chemical dependency providers is one of the steps to which Glenmore Foundation is committed in attempting to overcome this obstacle."

Thanks to the Glenmore Foundation's gift of \$10,000, any donations given to this scholarship program through the RiverView Foundation will

be matched, making an even bigger impact on the community, shared RiverView Foundation Director Randy Schoenborn.

If you are interested in applying for the Glenmore Foundation/RiverView Recovery Center Scholarship, applications are available by calling Schoenborn at 218.281.9249, by email at rschoenborn@riverviewhealth.org, or by visiting RiverView's website at www.riverviewhealth.org under the Scholarship heading.

For more information on donating to this effort, please contact Schoenborn with the contact information given above.

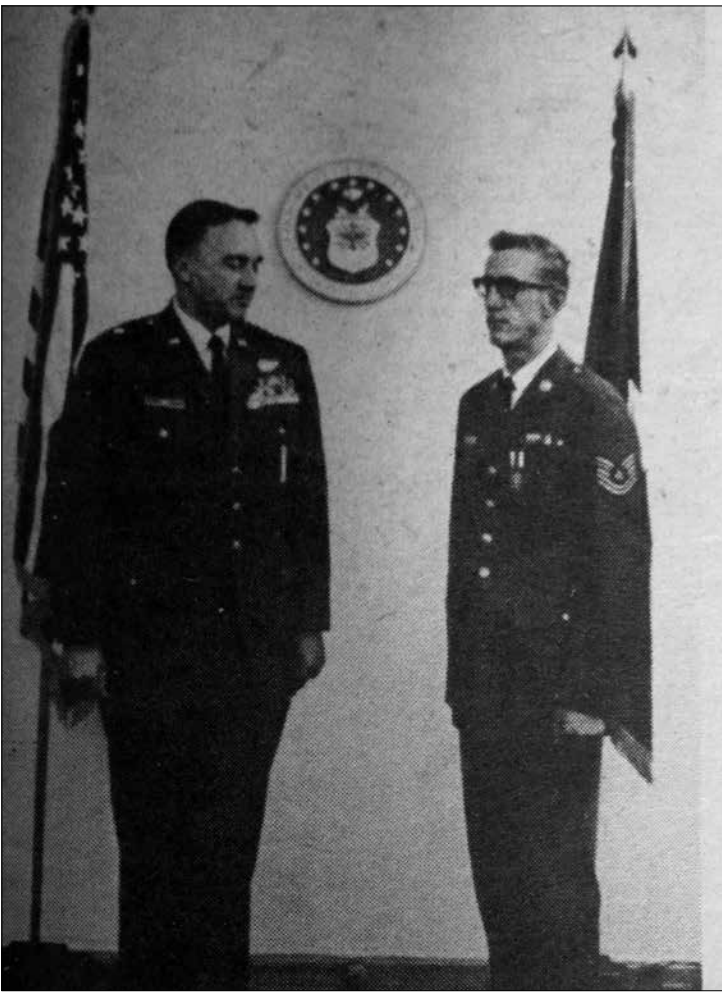


10 years ago...2011: Steve Massmann, Treasurer of the Winger Lions Club, is accepting a check from Orrie Flermoen, VP of the Highway 2 Cruisers Car Club. The donation was for the Winger Lion's Club Annual Fish Fry Dinner, during Winger Appreciation Days. This was the profit the Highway 2 Cruisers made at the Winger Days event.

PIECES FROM THE PAST

50 years ago...1971: Technical Sergeant Leslie O. Goodwin son of Mrs. Richard Keller, recently received the "Meritorious Service Medal". The medal was presented to Sgt. Goodwin by his commander General Bruce Poe II at Headquarters, United States Air Forces in Europe. Sgt. Goodwin rotated to his new duty assignment in Germany from Tampa, Florida and he plans to spend 5 years abroad. He remarked that after seeing Germany, Italy, Spain, England, Holland and Denmark he still loves and misses good old Minnesota.

Pictured below: 40 years ago...1981: The Winger American Legion baseball season ended last week with a 9-5 sub-district loss to Gonvick. Pictured are (top Row) Kraig Kundert, Chad Ekeberg, Kevin Haugen, Kevin Kundert, Duane Hagen, Cam Burslie, Dan Thompson and Pat Schimanski; (bottom row) Armand Mazucco, Pete Aasen, Phil Carlson, Dave Balstad, Rod Helgaas, John Strom and Paul Balstad.



30 years ago...1991: Members of the Cadet baseball team ages 12-16 played against a tough Fosston team on Friday. Members of the team are (back, l-r) Coach Jesse Bradley, Jason Renna, Eric Hamre, Shawn Bruggeman and Jeff Haaven; (front) Brad Benson, Peter Hamre, Scott Carlson, Chris Nephew, Mike DeMaggio and Jay Mahlen.



20 years ago...2001: The Win-E-Mac Summer Recreation girls Bantam softball team, comprised of girls ages 10 through 12, is coached by Amber Solheim. Since there are quite a number of girls on the team, Coach Solheim usually divides the group into two teams and they practice and scrimmage. The girls have also had a successful season as they played in several tournaments. Members of the Bantams include (back, l-r) Coach Amber Solheim, Kelsey Thompson, Rebecca Less, Danelle Schommer, Nicole Gieseke, Taylor Klinke and Crystal Tofstad; (Middle row) Isadore Bjelland, Kendra Lee, Anne Benbo, Jessica Marshall, Lisa Stewart, Siri Jore and Lisa Buchholz; (front row) Bobbi Jo Bartz, Ariella Bjelland, Nicole Thompson, Amber Johnson, Jordyn Thompson and Megan Syverson. Not present for picture: Kelsi Kiecker.

Program offers support to improve breastfeeding rates that slipped during the pandemic

A key focus for Minnesota Special Supplemental Nutrition Program for Women, Infants and Children (MN WIC) during Breastfeeding Awareness Month is to call attention to the importance of breastfeeding and to support parents to get back to all the benefits of higher breastfeeding rates.

Breastfeeding rates among MN WIC participants declined during the COVID-19 pandemic and continue to drop in early 2021.

Approximately 76 percent of MN WIC participants initiated breastfeeding and 65 percent continued when the baby was eight to 14 days old as of March 2021.

Those numbers are down from 80 and 71 percent respectively in January 2020. Some factors contributing to the decline include:

Infants and mothers unnecessarily separated immediately after birth due to concerns about parent-to-child COVID-19 transmission.

Less or no lactation support in some birthing facilities.

Early discharge and fewer post-discharge resources for breastfeeding help.

Breastfeeding benefits babies and mothers. The Polk Norman Mahnomen Community Health Services WIC Program (PNM CHS) is celebrating Minnesota Breastfeeding Awareness Month in August to emphasize the importance of breastfeeding and help pregnant and new moms participating in MN WIC reach their breastfeeding goals.

COVID-19 vaccine recommendations during breastfeeding

As more Minnesotans receive the COVID-19 vaccine, breastfeeding mothers should know the Centers for Disease

Control and Prevention (CDC) says COVID-19 vaccines are not considered to be a risk to breastfeeding moms or their babies. Breastfeeding parents should talk about the vaccine benefits and risks with their health care provider before choosing to receive the vaccine.

Recent reports show breastfeeding parents who received COVID-19 vaccines have antibodies in their milk, which could help protect their babies.

Based on similar vaccines, the risk of serious illness from getting sick with COVID-19 is greater than the small relative risk from the vaccine.

Additional resources about breastfeeding during the COVID-19 pandemic are on the MN WIC website.

“The COVID-19 pandemic has changed the way we provide services and support women and their children, but this important work continues,” said Tammy Conn, International Board Certified Lactation Consultant (IBCLC) for PNM CHS WIC. “Being a new mom is wonderful, challenging and sometimes overwhelming. We want to be a key part of a support system and a valuable resource for new moms as they work hard to reach their breastfeeding goals. Breastfeeding Awareness Month calls attention to the importance of breastfeeding and having a strong support system.”

Breastfeeding Awareness Month

World Breastfeeding Week (Aug. 1-7) – Protect Breastfeeding: A Shared Responsibility

Native Breastfeeding Week (Aug. 8-14) – Nourishing Our Futures

Asian American Native Hawaiian and Pacific Islander

Breastfeeding Week (Aug. 15-21) – Reclaiming Our Traditions

This is the first year this breastfeeding week is recognized nationally.

Black Breastfeeding Week (Aug. 25-31) – The Big Pause: Collective Rest for Collective Power

MN WIC Supports Breastfeeding

WIC serves low-income people who encounter greater barriers to achieving their breastfeeding goals. Those who enroll in WIC earlier in pregnancy have improved outcomes, including higher breastfeeding rates. PNM CHS WIC Program supports and celebrates MN WIC moms as they navigate breastfeeding. Staff provide resources explaining the importance and benefits of breastfeeding and answer any questions at every WIC visit. Breastfeeding moms also receive extra foods to support their nutrition as they feed their babies.

Peer Breastfeeding Program

The Peer Breastfeeding Support Program is adding four new programs in Minnesota and expanding capacity in current programs beginning January 1, 2022. The program features women who have successfully breastfed, who are recruited from the communities they serve, and trained to help WIC participants with common breastfeeding issues. The expansion makes peer breastfeeding support available to 15 percent more WIC families statewide and allows existing agency peer programs to serve a higher percentage of families.

The PNM CHS WIC program has offered the Peer breastfeeding counselor pro-

gram since 2016, to many pregnant and breastfeeding WIC participants in the 3 counties. Moms have shared comments about how the peer counselors has helped educate and support them on their breastfeeding journey, this marking a success of the program goals.

To Celebrate National Breastfeeding Month, Mama’s Milk Connection, a monthly breastfeeding support group, will host a “Party at the Playground”.

All breastfeeding families are welcome to join us at the Head Start Playground, 1407 Erskine Street, Crookston, on Thursday, August 5th 6-7:00 p.m. Games, door prizes, and refreshments will be provided.

For more information on breastfeeding, PNM CHS WIC services, or Mama’s Milk Connection, contact Polk County Public Health at 218-281-3385 or Norman Mahnomen Public Health at 218-784-5425

Enjoy honey-basil lemonade



Summertime is the perfect time to enjoy a refreshing glass of lemonade.



Sports Physicals:

All Win-E-Mac incoming 7th Graders and the majority incoming Sophomores and Juniors will need an updated sports physical on file at the school in order to participate in sports this school year. If you have questions regarding your child's need of a physical you can contact the Activities Director at blangemo@win-e-mac.k12.mn.us

Altru Clinic in Erskine offers \$30 Sports Physicals for Win-E-Mac athletes from July 13th thru August 13th from 9:00 am to 4:00 pm. You can call 218-687-5317 to make an appointment or for more information.

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, August 9 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

Attention 7-12 grade football players:

There will be a parent/athlete meeting on Wednesday August 11 at 6:30pm. This meeting must be attended by anyone participating in grades 7-12 and one of their parents/guardians.

Equipment handout for 9-12 grade players will take place on Wednesday August 11 at 5:30.

Practice will begin for all 9-12 grade players on Monday August 16. The full pre-season practice schedule will be handed out at the parent meeting.

For players in 7-8 grade, the beginning practice date is still to be determined.

4 apps that can make driving safer

Technology has changed the world in ways too numerous to count. Many of those changes have made the world a safer place, but a growing dependence on smartphones, particularly when behind the wheel, continues to put the safety of drivers, their passengers, fellow motorists, and pedestrians in jeopardy.

Data from the National Highway Traffic Safety Administration indicates that distracted driving was responsible for the deaths of more than 3,100 people in the United States in 2019.

Though smartphones are not the lone distraction drivers face, they do pose a significant threat.

But smartphones also can help drivers be safer behind the wheel. The following are

four apps that drivers can install on their smartphones that were designed to make modern driving safer.

1. SafeDrive: The SafeDrive app can block all the textual apps in a phone, removing a major threat to drivers' ability to concentrate behind the wheel. Drivers who utilize SafeDrive can still make phone calls, but they won't be able to receive or send messages.

2. LifeSaver: The LifeSaver app runs silently in the background and then wakes up and locks the phone when a driver begins driving. Parents of young drivers should know that the app's "Family View" feature can enable them to track their children's driving and even see when kids are behind the wheel so parents won't contact them. The app

also can alert loved ones when drivers arrive at their destination.

3. TextDrive: This app sends auto response messages to people who try to call or text drivers while they're behind the wheel. Drivers can reply to messages using voice commands as well.

4. DriveWell: Drivers who want some insight into their driving habits should consider the DriveWell app. The app is designed to provide drivers with feedback about their driving habits. Drivers can access trip summaries, details on their maneuvers and even track their speeds.

Drivers interested in utilizing technology to become safer drivers can try various apps designed to reduce driver distractions.

Win-E-Mac 2021 - 2022 school supply list

It is almost time to go back to school at Win-E-Mac for the 2021 - 2022 school year.

Here is a listing, by grade for back to school supplies. This list can also be accessed on the Win-E-Mac School website at wemschools.org or you may pick up a paper copy of the list at the school office during normal business hours.

Pre-k Supplies

(Please LABEL everything)

- Extra clothes in large zip lock bag, with your child's first and last name on the bag. (pants, shirt, underwear, socks)

- Jacket for playground
- Backpack
- Large pencil box
- Small scissors
- 24 pack of crayons 8-10 pack markers (not fine tip)

- 1 glue stick
- 1 glue bottle .
- 1 folder
- 1 box of Kleenex (to share)
- 1 package of Band-Aids (to share)

- Tennis shoes for recess and/or gym time
- Water bottle

Kindergarten

- 24 pack crayons Several pencils Pack of colored pencils Pack of water based markers

- Eraser
- Small pencil sharpener 4 or 8 oz Elmer's glue bottle Glue stick

- Kid's scissors
- Pencil box (5"by 8") fits in our cubbies.

- Folder
- Backpack
- Change of clothes(in bag with child's name)
- Tennis shoes for the gym floor (Phy-ed)

- Paint shirt (big old t shirt works best)
- To share: Clorox wipes, hand sanitizer and Kleenex

- For Ipad Use: over the ear headphones

First Grade Supply List

- crayons (24 pack) classic washable markers

- colored pencils
- 4 or 8 oz. glue 8 glues or 3 jumbo glue sticks

- small scissors 24 sharpened pencils
- 1 large eraser dry erase markers 1 white board eraser

- pencil box 2 wide ruled notebooks
- 3-3 ring binder pocket folders headphones (no wireless/bluetooth headphones)

- Kleenex backpack (no wheels)
- tennis shoes for Gym change of clothing (pants, underwear, socks, and t-shirt)

- \$5.00 for classroom celebrations
- PLEASE No Trapper Keepers

- No Novelty Items No Pencil Sharpeners
- Last names starting with A-L - Please bring disinfectant wipes. Last names starting with M-Z - Please bring quart or gallon Ziploc baggies.

2nd Grade

Class School Supply

- Crayons (24 Count)
- Colored Pencils
- Markers (10 count) 6 glue sticks 1 bottle of glue

- Better quality wood pencils-please no fancy wrappers on them
- Big erasers

- 1 inch Binder
- Plastic pencil case for 3 ring binder
- 4 notebooks

- 4 folders- 1 that is 3 hole punched (no prongs)
- 1 box of Kleenex
- Small pencil box to hold supplies

- A pair of good scissors
- 8-10 fine tip white board markers

- Sneakers for gym
- Earbuds or headphones
- 1 gallon Ziploc bag

- 1 Bottle of hand sanitizer
- Clorox wipes
- \$5.00 for class parties

3rd Grade Supply List:

- 20 Pencils
- Pencil sharpener, hand

held

- Erasers
- Ruler
- 2 Dry erase markers
- Small pencil box
- Scissors
- Black sharpie marker.

- Box of Kleenex
- 2 Highlighters
- 4 folders with pockets
- 4 spiral bound wide ruled notebooks

- Composition notebook (wide ruled)
- Glue bottle or 2 Glue Sticks

- Crayons (24 count)
- Markers
- Headphones (an inexpensive set will work)

- \$5.00 to be used for class celebrations throughout the year
- Tennis shoes for physical education class

- During the school year we also are in need of gallon or sandwich size Ziploc bags, disinfectant wipes, paper plates, bowls and napkins for the class to share. If you are able to provide some of these items, it would be much appreciated.

- Things NOT to bring: Pens Toys (including slime/putty) Electronic devices (games, cell phones, ipods, mp3 players) Beverages other than water 3 ring binders.

Fourth Grade

Supply List

- Crayons- 24 Count
- 1 Pencil Sharpener
- Markers- Small Container
- Pencil Top Erasers
- Colored Pencils- Small Container

- 1 Pointed Scissor
- Pencils- Enough for the Year

- 1 Set of Multiplication Flash Cards
- 1 Dry Erase Marker- Any Color

- 1 Pair of Headphones/Earbuds
- 1 Highlighter- Any Color
- 1 Basic Calculator

- 4 Single Subject Note-

books- 1 per/qtr.

- 1 Water Bottle
- 4 Folders
- 2 Containers of Disinfecting Wipes

- 1 Small Pencil Box
- 1 Box of Sealing Sandwich Bags

- 1 Small Bottle of Glue
- 2 Large Boxes of Tissues
- 1 Glue Stick

- 1 Bottle of Hand Sanitizer
- 1-2 Stylus- Electronic Writing Tools

- Healthy Snacks are welcomed.
- **Mr. Langemo's 5th Grade Supply List**

- 1 Highlighter
- 1-2 Dry Erase Markers
- Pencils (#2 lead - enough for the year)

- 1-2 Glue Sticks
- Colored Pencils
- Crayons (optional)

- Markers
- Erasers
- Pencil Sharpener

- Pencil Box/Bag
- 1 Sharpie (black)
- 4 Composition Notebooks

- 4 Spiral Bound Notebooks
- Scissors (pointed)
- 5 Folders with pockets

- Headphones (to leave at school)
- 2 Boxes of Kleenex

- 1 Container Clorox Wipes
- Tennis shoes for physical education class

- \$5.00 to be used for class celebrations throughout the year.
- **Mrs. Frisk's 5th Grade Supply List**

- 1 highlighter
- 1-2 dry erase markers-and 1 eraser

- Ruler (inches and centimeters)
- 2 glue sticks
- 1 glue bottle

- Markers
- Colored pencils
- 24pk crayons

- Pencils-enough for the school year
- Pencil box

- 1 black sharpie

- 4 folders with pockets
- 1-3 ring binder- 1-1.5"

- 4 spiral bound notebooks
- 3 wide ruled composition notebooks

- Scissors
- Headphones or earbuds to leave at school (no Bluetooth)

- \$5.00 to be used for class celebrations throughout the year
- For Sharing 1 box of Kleenex Girls-hand sanitizer

- Boys- zip lock bags (gallon or quart size).
- **6th Grade School Supply List**

- Colored Pencils
- LOTS of pencils! (#2 lead)

- (More needed throughout the year!)
- Pencil top erasers

- 2 glue sticks
- 1 bottle liquid glue
- Scotch Tape

- Small pointed scissor
- 4 spiral notebooks
- 3 composition notebooks

- 6 folders
- 2 Black Sharpie Markers
- Several highlighters

- 4 dry-erase markers
- Dry erase eraser OR cloth/old washcloth, etc. to wipe off whiteboards

- 1 small box or bag to hold these supplies
- Backpack or school bag (no wheels)

- Tennis Shoes for Gym
- 1 large box of Tissues (to share)

- Container of Clorox type wipes
- Handheld pencil sharpener

- Quart size ziplock bags
- \$5 for class celebrations
- Hand Sanitizer

- **EARBUDS OR HEADPHONES TO USE WITH IPADS**
- Optional: Non-spill water bottle.

Mr. Hanson's 6th Grade Supply List

- 2 Highlighters 1-2
- Dry Erase Markers
- Ruler (inch & centimeter

combo)

- 1-2 Glue Sticks
- 1 Glue bottle
- Markers

- Colored Pencils
- Crayons
- Pencils (enough for the year)

- Handheld pencil sharpener
- Small Pencil Box

- 1 Sharpie (black)
- 6 Folders with pockets
- 4 Spiral notebooks (WIDE RULED)

- 2 Composition notebooks (WIDE RULED)
- Scissors (pointed)

- Headphones or earbuds for ipads
- Gym Shoes

- optional - non-spill water bottle
- calculator

- For Sharing: 2 Boxes of Kleenex Clorox Wipes.
- **Supply List for Grades 7-12**

- Scientific Calculator (\$10-\$15) - Look for the sin, cos, tan buttons. This will last your child all through high school. They will need it daily. Pens and Pencils

- Organization system (folders or binder) Notebook Suggestions:

- Large notebook for math class o 5 subject notebook with pocket dividers-one for each semester (for students who need help organizing their assignments, etc.) .
- Gym Class: Shorts, t-shirt, socks, Tennis shoes for indoors, Tennis shoes for outdoors

- Chromebook Accessory Suggestions: Travel bag (padded), Mouse, stylus
- 7th through 10th Read 180: Headphones (preferably with a microphone built in) to do the software recordings.

- 7th and 8th grade English: Headphones (microphone not necessary to do tests on SpellingCity .