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Last Wednesday and Thursday, friend and neighbors or Kevin Zahl, a farmer in Winger, helped out with the harvest of his corn and soybeans. Kevin is currently undergoing cancer treatment in Fargo. Some of the area farmers and friends of Kevin's that were onsite to help out were: Sonny Balstad, Matt Balstad, Bill Kaupang, Kory Sonstelie, Gary Sonstelie, Dan Schow, Matt Schow, Tyler Schow, Dan Espeseth, Dick Larson, John Aason, and Shane Carlson.



Amid harvest season for our area farmers, Dan, Matt and Tyler Schow helped to combine a field of corn on the Kevin Zahl farm north of Winger last Wednesday morning.



Pausing his own harvest to help out a friend last Wednesday morning was Kory Sonstelie.

Essentia Health among first to use innovative technology for lung-cancer diagnosis

A new innovation that holds promise to fight lung cancer is now in use at Essentia Health-Fargo.

Used to view the inside of the lungs and obtain a tissue sample for biopsy, the goal of Auris Health's Monarch™ Platform is to enable earlier and more-accurate diagnosis of small and hard-to-reach nodules in the periphery of the lung.

The technology integrates the latest advancements in robotics, software, data science and endoscopy — or the use of small cameras and tools to enter the body through its natural openings.

Essentia Health is the first hospital in our region to introduce the platform, which recently was cleared by the U.S. Food and Drug Administration.

"We are excited to bring the robotic platform to Essentia Health-Fargo, the only place in North Dakota that has the technology," said Dr. Karol Kremens, an intensive care physician and the director of critical



care at Essentia Health-Fargo.

"This will allow us to diagnose patients with lung changes early on in a minimally invasive way while limiting risks common with current techniques.

"Getting a diagnosis early is crucial in lung cancer screening and treatment, and the Monarch robotic bronchoscope allows to do just that."

More than 90 percent of people diagnosed with lung cancer do not survive the dis-

ease, in part because it's often found at an advanced stage. In fact, more people die every year from lung cancer than from prostate, breast and colon cancers combined. There are a variety of diagnostic options currently available for lung cancer, but all have limitations in accuracy, safety or invasiveness.

These drawbacks can lead to false positives, false negatives or side effects such as pneumothorax (collapsed lung)

and hemorrhage, which may increase health care costs and extend hospital stays.

The Monarch platform features a controller-like interface that physicians use to navigate the flexible robotic endoscope to the periphery of the lung with improved reach, vision and control. Combining traditional endoscopic views into the lung with computer-assisted navigation based on 3-D models of the patient's own lung anatomy, the Monarch platform provides physicians with continuous bronchoscope vision throughout the entire procedure.

Why is this important for patients? Those who have small, peripheral nodules can be diagnosed earlier — and via a minimally invasive procedure — allowing for more successful outcomes in the treatment of their lung cancer. They don't have to wait until their cancer is Stage 3 or Stage 4 to begin treating it.

Helping a neighbor in need

Friends and neighbors were out early on Wednesday morning and made quick work of the harvest of the corn off the fields belonging to Kevin Zahl of Winger.

Kevin, who is currently undergoing cancer treatment in Fargo, had been unable to complete his work due to the illness. So in the tight knit community of Winger, his friends and neighbors took it up and helped out their friend.

Putting aside their work for the day, Sonny Balstad, Matt Balstad, Bill Kaupang, Kory Sontelie, Gary Sontelie,

Dan Schow, Matt Schow, Tyler Schow, Dan Espeseth, Dick Larson, John Aason and Shane Carlson stepped up and made their way into the fields to put Kevin's crop into the bins. A sacrifice indeed, but not one that anyone seemed to balk at.

It's always nice to hear about grand gestures, people doing kind things for other people, but while we're searching all the time for something good happening in our communities, it's not uncommon to see it unfolding in the town of Winger. Just ask anyone who lives there.

Parent-Teacher Conferences at Win-E-Mac

Parent-Teacher conferences will be held at the Win-E-Mac School on Thursday, October 14th from 1:00 - 7:30 p.m. School will be dismissed at 12:30 p.m. that day with busses running shortly after dismissal.

Parents of students in grades K-6 will be making appointments to see their respective teachers.

Parents of 7th - 12th grade students will be making appointments with their child's 2nd hour teacher.

Please tell your child what time works best for you so the appointment can be made with the teacher.

We are asking that most conferences take place either



through Zoom or a phone call if possible.

If circumstances do not allow for this format, please make an appointment to come to the school to meet with the teacher.

Rydell National Wildlife Refuge closed during Special Hunts in October

Rydell National Wildlife Refuge will be closed to the general public during two special deer hunts that will be held on the Refuge in October of 2021. This closure also applies to archery deer hunters and small game hunters who intend to use the Refuge. The Accessible Deer Hunt is conducted in cooperation with the Options Interstate Resource Center for Independent Living and will take place Thursday, October 7 through Saturday, October 9. The Mentored Youth Deer Hunt is a cooperative effort with the Minnesota DNR for youth between the ages of 12 and 15. It will take place Saturday, October 23 and Sunday, October 24. Both of these hunts have a limited number



of participants that were selected through a drawing, earlier in the year. Signs will be posted at Refuge entry points during both of these closures.

For more information on these closures or if you have questions, contact Gregg Knutsen, Refuge Manager, at 218-686-4329 or gregg.knutsen@fws.gov.



What causes fall colors?

Four main groups of biochemicals are responsible for the various yellows, oranges, reds and browns that we see in the fall:

- Chlorophyll
- Carotenoids
- Anthocyanins
- Tannins

Each has its own color and chemistry. As the amount of these chemicals vary, they will cause subtle variations in color from one leaf to the next, or even from tree to tree.

Chlorophyll: The green color that we see on most plant leaves throughout the spring and summer is caused by a pigment called chlorophyll. As our days shorten and temperatures get cooler, chlorophyll is broken down faster than it's produced. The majority of the nitrogen migrates back to the twigs, where it is stored for next year's new growth. As chlorophyll breaks down, the carotenoids are revealed

Carotenoids: Many of the

yellows and oranges we see in nature are the result of carotenoid compounds. They are what make carrots orange! They are present throughout the growing season, but are only revealed when chlorophyll breaks down.

Anthocyanins: The reds and purples you see in the fall are caused by anthocyanins, which are what you get when sugars combine with compounds called anthocyanidins. The exact color a tree produces will vary from year to year. Some people believe they can force a more brilliant red color by adding acid-forming fertilizers to the tree, especially aluminum sulfate

Tannins: In many forests, oak trees don't add much to the collage of fall colors. They often just turn brown, thanks to a group of compounds called tannins. Some oaks do produce a light red or pink color in the fall, but our native bur oak does not.

Dan Rodriguez live in concert Oct. 10th in Fosston

Singer/songwriter Dan Rodriguez comes to northern Minnesota for a live concert on October 16th.

He will perform at the Fosston Library & Arts Center in Fosston as part of his fall 2021 Tour, his first since the start of the pandemic.

Rodriguez describes himself as "...a whiskey and beer drinking, fishing and hunting, motorcycle riding, quality food eating, hippie sympathizing, people loving, husband and father who lives in Minneapolis and shares a life with my amazing wife and two adorable sons named Oak and Adler." After moving from Detroit at age 18 to Minneapolis, he has made music his trade and is passionate about performing it for people.

Rodriguez released his EP "25 Years" in 2018 and during the pandemic, he wrote a series of songs titled "The Quarantine Sessions". In May 2021 he released his new single "Passengers". His voice has been described as a "relaxed



R&B soulful style" with acoustic and electric guitar completing his solo performances.

Other music career highlights for Rodriguez include his song "When You Come Home" featured on the 2018 Budweiser Super Bowl ad and his song "You Feel Like Home" featured in Explore Minnesota Tourism's newest ad campaign in 2019.

The Fosston Community Li-

brary and Arts Center (FCLAA) was awarded a GIG grant through Arts Midwest and with these funds is able to bring Rodriguez to Fosston. FCLAA Arts Center is located at 403 North Foss Avenue. General Admission tickets are \$10 and can be purchased online at www.fclaa.org. A limited number of tickets are available at Nord's Pharmacy and Gifts in Fosston.

Resident recruitment efforts keep Greater MN communities on the cutting edge

By Ben Winchester

Did you know that Minnesota communities are recognized around the country for their resident recruitment efforts? It's true!

Minnesota is a leader in rural resident recruitment thanks in part to the University of Minnesota Extension's pioneering rural movers research, which is focused on finding out why people move to rural areas.

Extension has worked for over a decade to disseminate those findings to rural communities throughout Minnesota and across the country.

Those communities used the findings to expand and coordinate their local and regional economic development efforts with community development and tourism – resulting in today's comprehensive resident recruitment initiatives.

Since Extension first shared this information a decade ago, many such resident recruitment initiatives have sprung up organically across the state. No other state has a network of resident recruitment initiatives like those in Minnesota.

Resident recruitment efforts have received special attention

over the past several years due in large part to a tightening labor market across the country and here in Minnesota. As baby boomers move into retirement, there are fewer younger workers to replace them.

This can be a particular challenge in rural communities, which tend to see more of their youngest working age residents move away for education or other opportunities. That's only part of the story, though.

There's also a trend toward a "brain gain" or movement of people in their prime working years to rural communities not just for jobs, but for lifestyle reasons – like living in a place that's great for raising children, being closer to family or facing less traffic and congestion.

Resident recruitment efforts focus on that whole story of why working – and living – in a community is the right choice for a person.

After all, it's not just about jobs!

Ben Winchester, Research Fellow, University of Minnesota Extension Center for Community Vitality and Chet Bodin, Northwest Minnesota Workforce Strategy Consultant.

LARL to close for staff training

All Lake Agassiz Regional Library (LARL) branches, including McIntosh, and LINK sites will be closed on Monday, October 11th for staff development.

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in

Pictured Left: The winner of the 50 Days for 50 Years drawing at Neil's Quality Meats & More was Dennis Rud of Fosston.

Essentia Health spotlights DEA's public safety alert over fake prescription pills

The Drug Enforcement Administration (DEA) on Monday issued its first public safety alert in six years, warning of a dangerous increase in fake prescription pills that contain potentially deadly amounts of fentanyl and methamphetamine.

From the DEA's alert, which can be read in full here: International and domestic criminal drug networks are mass-producing fake pills, falsely marketing them as legitimate prescription pills, and killing unsuspecting Americans.

These counterfeit pills are easy to purchase, widely available, and often contain deadly doses of fentanyl. Pills purchased outside of a licensed pharmacy are illegal, dangerous, and potentially lethal. This alert does not apply to legitimate pharmaceutical medications prescribed by medical professionals and dispensed by pharmacists.

Drug-overdose deaths continue to increase across much of the country.

That increase is largely driven by opioids. In Minnesota, for example, the most

northwest Minnesota. More information is available at www.larl.org.

LESSOR TOWNSHIP NOTICE

The monthly meeting of Lessor Township has been moved from the 3rd Monday of October to the 4th Monday of October. The meeting will take place on Monday, October 25, 2021 at 7:00 pm at Trinity Lutheran Church.

M29-30C

Essentia Health stresses importance of flu shots

Ahead of a flu season that many health experts believe could be severe, Essentia Health is offering several options for flu shots.

Flu vaccines are recommended for anyone six months of age and older. They are covered by most insurance and are one of the best ways to protect yourself and loved ones from influenza.

"Last year's flu season was mild due in part to social distancing, reduced travel and masking," says Dr. Aaron Philipps, an infectious disease physician at Essentia Health. "Less cases of influenza last year means less people with boosted immunity this year. And less immunity this year puts us at high risk for increased infections, hospitalizations and deaths."

Dr. Philipps then noted the importance of getting immunized as a way to avoid further stressing the region's hospitals, which already are operating at or near capacity thanks to the COVID-19 pandemic.

"If we can immunize a significant portion of our population against influenza, we can

reduce hospitalizations, allowing us to keep resources available for COVID and other illnesses," he said.

Through Essentia, you can get a flu shot during an upcoming appointment that is already scheduled; at one of our myriad pharmacies offering walk-in availability; or by scheduling an appointment at the Essentia Health clinic nearest you. You can schedule your flu shot via our MyChart patient portal or by calling (844) 663-1068.

At each of our locations, we will take precautions to protect against COVID-19 and other illnesses, including universal masking, encouraging social distancing and performing strict sanitizing procedures.

To learn more about and better prepare for the upcoming influenza season, visit the Centers for Disease Control and Prevention website by clicking here.

Through Essentia, you're able to receive your flu shot and COVID-19 or other needed vaccinations during the same visit. The CDC's Advisory Committee on Immunization Prac-



thermore, it's imperative that we identify those with substance use disorder so we can support them in their struggle with this complicated disease. If we are successful, it is less likely patients will seek medications outside of our clinical care."

Essentia Health offers numerous resources to help those who are affected by substance use disorder.

When to Get Help

No one should struggle with addiction alone. Get help if drugs or alcohol:

- Interfere with your daily activities
- Impact your quality of life
- Affect your physical, and mental health
- Lead to withdrawal symptoms
- Affect your relationships
- Cause financial or legal problems

If you're concerned about a loved one's drug or alcohol use, talk to them about your concerns or contact Essentia for support.

If you or a loved one have symptoms of an overdose or serious withdrawal, call 911 or get medical attention right away. Withdrawing from alcohol and certain drugs, such as benzodiazepines, can be life-threatening.

tices has determined it safe to receive both a flu and COVID vaccination at the same time.

LSS Meals Menu 687-2262

Tues, October 12th - Baked Ham - AuGratin Potatoes - Peas - Wheat Rolls - Bread Pudding - Milk

Wed, October 13th - Sloppy Joe on Bun - Potato Wedges - Broccoli - Cinnamon Apple sauce - Lemon Bars - Milk



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

Fri. Oct. 8: 8:30am. Mass at St. Mary's, Fosston

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

Wed. Oct.13: 11:30am Mass at St. Mary's, Fosston

Sun. Oct. 17: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Oct. 20: 11:30am Mass at St. Mary's, Fosston

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

Wed., Oct 6th: 1:00pm quilting at Our Savior's; 6:00 pm-confirmation class at Sundal; 7:00 pm-worship at Sundal

Sun, Oct. 10th: 10:00 am-coffee hour at Calvary; 10:30 am-Worship at Calvary

Wed. Oct. 13th: 1:00 pm-Quilting at Our Savior's

Sun, Oct. 17th: 9:30 am-Coffee hour at Our Savior's; 10:30 am-Worship at Our Savior's

Mon, Oct. 18th: 5:30 pm-Our Savior's council meeting

Wed., Oct. 20th: 1:00 pm-Quilting at Our Savior's; 6:00 pm -Confirmation at Immanuel; 7:00 pm-Worship at Immanuel

Sun, Oct 24th: 9:30 am-Coffee hour at Our Savior's; 10:30 am-Worship at Our Savior's

Wed., Oct. 27th: 1:00 pm-Quilting at Our Savior's

Sun, Oct. 31st: 10:00 am-coffee hour at Calvary; 10:30 am-Worship at Calvary

MCINTOSH AFLC McIntosh Trinity / Mount Carmel: Pastor Karl Anderson

Sunday Services

9:30 Mt Carmel

1100 Trinity

Video Sermon -

GVTV Channel 30

9:00am Sunday

Repeated 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., Oct. 10: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

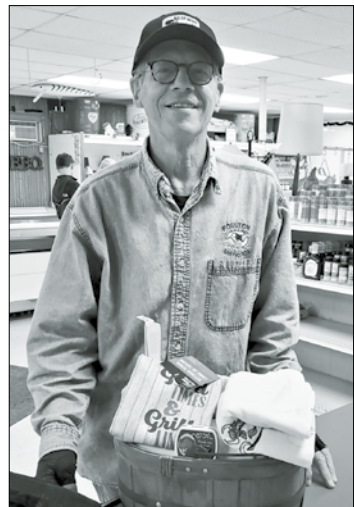
Tues, Oct. 12: 10:00am Sunday worship service telecast on GVTv--30

Wed. Oct. 13: 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 County; then 1/2 mile east on Winger 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.



LITTLE BOBBY'S BAR AND GRILL

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

THIS WEEK'S EVENTS!

Wednesday Little Bobby will play 7PM to 9PM.
Have a margarita, snacks and enjoy the music

Thursday is Bingo at 6PM

Saturday night Jake and the James Gang will be playing

Friday night Bubba Maki will be playing (he was the musician who played at the Fall Festival)

POTATO DUMPLINGS
Serving Wed., 11:30 am to 1 pm

COMING EVENTS:
Benefit on Oct. 29th & "Baby Bash" on Oct. 30th

Tues. night • Two-for-one burgers **Wed. night** • Two-for-one margaritas
Thurs. night • Two-for-one domestic beers and bar rails

HOURS AT LITTLE BOBBY'S: Mon. and Tues. open at 3PM,
Wed. to Sun. open at 10 AM. *Coffee and goodies in the AM with lunch specials.*

Food Specials
Thursday, Friday & Saturday



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Community Birthday and Anniversary Calendar

Wed. Oct. 6: Matthew Voxland, Russell Sultvedt, Wayne Gustafson

Thurs. Oct. 7: Samantha Rasmussen, Rob Roed, *Rob & Lori Roed

Fri. Oct. 8: *Darren & Holly Kringle

Sat. Oct. 9: Jason Carlson, Heidi Lemer

Sun. Oct. 10: Jim mPerden, Jonah Salvhus

Mon. Oct. 11: Annabelle Shultz, Sandra Jore, Ambrose Anderson, Shawn Ostenaar

Tues. Oct. 12: Brady Finseth, Kyle Mandt, Anika Paskvan

McINTOSH Times

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"Serving the Win-E-Mac area"

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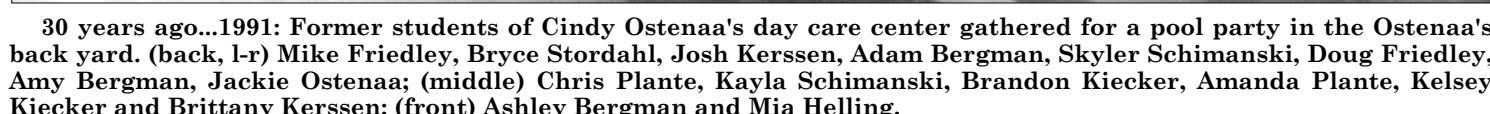
We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

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Top trails to check out this fall in MN

By GearJunkie

From winding dirt trails to flower-covered fields, our hiking guide showcases different paths available across the North Star state.

Minnesota isn't just the land of lakes. It also plays host to varied landscapes and hiking trails.

Traversing the state's trails can lead you atop scenic bluffs, beside flowing streams, and through hardwood forests. No matter your choice, a kaleidoscope of nature is your reward.

Cascading waterfalls, beautiful prairies, and diverse wildlife are just a few of the things you'll find while hiking at any of the state parks, regional parks, national parks, recreation areas, and wildlife refuges across the state of Minnesota.

Highlighted here are some of the standout #OnlyinMN trails in each region, as well as nearby attractions to build out your visit.

Mille Lacs Kathio State Park, Onamia

Glacial Ridge Trail is a 1.2-mile loop on uneven terrain over packed dirt. Follow the route around beaver ponds and through a hardwood forest. Depending on the season, you'll enjoy spring wildflowers or bright fall leaves.

The Interpretive Center teaches about 9,000 years of human activity in this National Historic Landmark District. Take a short hike over to the observation tower and soak in the scenery of the park.

Local attractions:

Learn about the Mille Lacs Band of Ojibwe, for whom the park is named, at the Mille Lacs Indian Museum and Trading Post, complete with American Indian gifts from Mille Lacs artisans.

For equine adventure, Rolling Hills Arabians offers trail rides, riding lessons, and a chance to pet plenty of farm animals. Young children too small for the trail rides can saddle up for pony rides.

Kensington Runestone Park

Kensington Runestone Park recently developed dedicated mountain bike trails (mostly intermediate) and has nearly 8 miles of multi-use trails for riding, running, and hiking – including the beautiful

Nokke Veien trail. Shaped by glaciers, the trail systems loop around two lakes as they take you over slight hills filled with oak, ash, maple, and basswood trees. The visitor's center (once a dairy barn) has heated bathrooms, which can double as changing rooms.

The park gets its name from the discovery of the Runestone at the historic Ohman farmyard. (We'll let you decide how real it is.)

Local attractions:

Consider a family getaway to the Mill Lake Resort, where you can use the private peninsula for fishing or scrunching your toes in the sand.

Anglers and hunters may want to lodge at the Elk Lake Heritage Preserve overlooking Torstenson Lake.

There, they can practice their aim at the sporting clay range or, in season, actually take part in upland bird hunting on the preserve. For fishing, two private lakes are stocked with walleye.

Shingobee Recreation Area, Walker

Shingobee Trail runs along the hills of the Shingobee River Valley. For 6 miles, hikers and hunters can explore the aspen, birch, and pines prevalent in the Chippewa National Forest. Long-haul hikers and primitive campers can extend a hike by connecting to the North Country National Scenic Trail.

Local Attractions:

A trip to the Minnesota Fishing Hall of Fame is a fun way to see some of the largest fish caught in the state and motivate the next generation of anglers.

Hayes Lake State Park, Roseau

Pine Ridge Trail is 2.5 miles long and runs along Hayes Lake with several gullies adding elevation to your hike. You'll see jack pines and red pines, and the cedar bog walk is a chance to see all kinds of wildlife. In fact, lynx, black bears, and wolves live in the area.

Local Attractions:

You can hike more of the park's trails and spend the night at one of the two primitive campsites at Bemis Hill Campground in Beltrami Island State Forest.

Scenic

State Park, Bigfork

Known for its tall pines and pristine beach, Scenic State Park lives up to its name as a pristine destination for outdoor activities. The Chase Point Trail (opens in new window) rewards hikers with overlooks of the Coon and Sandwick lakes, as interpretive signs provide information about the park and its natural history along the way.

The unusual ridge, deposited by glaciers and known as an esker, extends for almost a mile between the two lakes, providing a spectacular vantage point from which to appreciate a peaceful view very similar to the nearby Boundary Waters Canoe Area Wilderness.

Local Attractions:

Soak in the lake views or try your hand at catching wall-eye, muskie, bass, and more at Marcell Lodge, located in the Edge of the Wilderness Resort Area. The lodge is located on Ranier Lake in the heart of the Chippewa National Forest.

While there, be sure to hop over to the Edge of the Wilderness Discovery Center for its nature activities and interpretive displays about the Edge of the Wilderness National Scenic Byway and surrounding area. It includes area information, a gift shop, an environmental education room, an outdoor amphitheater, an interpretive trail, a fishing/wildlife-watching pier, and free naturalist programs throughout the summer.

Taxes and School Levy

Our school levy for the 2021 Pay 2022 school year will increase by .6%. This increase is due to largely to increases in Market Values and sales ratio. People who own Ag property or farmland will see another decrease due to the new Ag credit legislation passed in 2019. Ag credit will be used for Agriculture and timberland owners in 296 school districts to reduce bond debt taxes. This is a new property tax law only applied to Ag acres and timberland, so the tax burden of school buildings is not a heavy burden on farmers. See table below.

Taxes Payable Year /	Total Ag2school credit
2021	55%
2022	60%
2023	70%
Century 21 Grant	

Our school is 1 of 4 School Districts who has reapplied for the Grant to extend this program for 2 additional years and we know students enjoy the program. Win-E-Mac, Waubun, Stephen-Argyle and Fosston were the recipients of this grant. Our school includes grades K-12 with an emphasis on 5-12. We will have a homework help time, intro to robotics, Lego competition, nutrition, fitness, stem and arts along with field trips and community work projects. We are seeking help after school if you would like to work some hours with students. Please call the school and speak with the Superintendent.

COCID 19 update

Covid 19 Continues to take a toll on our schools in Polk



County.

Win-E-Macs Covid Leadership team met twice last week to review a few changes which will happen this week as we continue to navigate through these difficult times. The team has revised a small part of the WEM Decision Tree. We also have listed locations of Testing sites on our website available to the public.

1) With many students returning this week, due to quarantine we are making some adjustments in our social distancing recommendations. Starting Monday, October 4th, we will begin with some teachers and continue with others, the process of offering "quarantined" students designated by the health office to tap into instruction from their teachers using the Owl technology along with Zoom. We are working out all the details, but high school would look very similar to last year with elementary offering zoom times to allow students

into parts of the day for instructional time. Students and parents should connect with your teacher for help if needed. No other student will be allowed this access at this time if they are sick, on vacation, or think they may want to distance learn from home.

2) Also, starting on Monday, lunch will be taken through the lunch line like it has been the past 4 weeks but instead of eating in the lunchroom students will eat in their 4th hour high school classrooms or in their designated elementary classroom. The plan is to do this for the next 3 weeks to allow more social distancing and reduce quarantines. There will be no school for students on Wednesday, November 24 the day before Thanksgiving.

The one exception to this will be Pre-school, Grade K, Grade 1 and Grade 2. They will continue to eat in the lunchroom, spaced out effectively throughout the commons. Staff assigned to these areas continue to help supervise along with the classroom teachers who will be out there with them.

Breakfast will continue to be done in the commons area as of now!

Masking does help, and we encourage students to wear them. We are making every effort to avoid going to Distance Learning. Students who wear a mask with fidelity may not need to quarantine unless they are showing symptoms. Please keep your child at home if they are sick. Wash your hands with soap and water regularly. Maintain social distancing whenever practical and wear a mask whenever social distancing is not possible.

Teacher Conferences

The school is planning to host virtual conferences on October 14th with more information to follow.

Did you know?

The Appalachian Trail is the longest hiking-only footpath in the world. According to the Appalachian Trail Conservancy, the trail stretches across 14 states from Maine to Georgia. The total length of the trail is 2,192 miles.

Millions of visitors traverse all or a portion of the trail every year. Many thru-hikers attempt to hike the entirety of the trail in a single season, beginning either at the trail head at Springer Mountain,

GA or Mount Katahdin, ME. Those who have hiked the trail estimate it typically takes five to seven months to do so in its entirety.

Most hikers can average about three miles an hour and will travel between 12 to 24 miles a day. The highest elevation of the trail can be found at Clingmans Dome on the Tennessee/North Carolina Border. The lowest point on the trail snakes through Bear Mountain State Park in New York.

Columbus' Famous Voyage To America

On August 3, 1492, Christopher Columbus sailed west from Spain with three small ships and a crew of 87 men. After more than two months crossing the Atlantic Ocean, they sighted land.

The discovery of America is one of the most important events in history. Each October, on Columbus Day, we honor Christopher Columbus for his historic voyage.

First National Bank will be closed Monday, October 11th in Observance of Columbus Day.

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Bill Kaupang pulls up to empty corn from his grain cart last Wednesday as community farmers and friends were on hand to harvest fields for Kevin Zahl who is currently undergoing cancer treatment in Fargo.



Twelve area farmers showed up early at the Kevin Zahl farm north of Winger to aid in harvesting his crops due to his illness that is preventing him to be home to harvest.

WEM School Announcements

The Pre-ACT will be given on October 13th starting at 8:30 am. The test is usually 3-3.5 hours.

SCORE will be here to present to Senior Seminar and Careers 9 on October 26.



WEM Scholastic Book Fair: Starting on October 14th through October 20th, Win-E-Mac School is hosting the Scholastic Book Fair.

Books and supplies will be sold each day before school, and we are also going to be open during school conferences on October 14th from 1:00 pm to 7:00 pm. The book fair will be located in the newly re-done Win-E-Mac library.

