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The Friends of McIntosh Veterans invite you to a virtual Veteran's Day program which will air at 1:00 Thursday, November 11th on Garden Valley TV, Channel 30. It will also be available on the group's Facebook page for those who aren't able to view the televised version. The program will honor local McIntosh veterans, including an interview with Clifford Bartz, age 99, in which he talks about his experience serving during World War II. Kurt Ellefson, the Polk County Veteran's Services Officer, also delivers a greeting. Please join us in thanking and honoring those who have served our country and protected our freedom. Again, the program will also be available on the Friends of McIntosh Veterans Facebook page.



Friends, family and community members gathered together on October 29th at Little Bobby's Bar & Grill in McIntosh to help offer support to Holly Schlegel and Fernando Soto after they had a devastating fire at their home the beginning of the month. The house is livable but there was extensive damage.

LARL virtual presentation with Author Lorna Landvik on Nov. 15th

Lake Agassiz Regional Library (LARL) will host a virtual author presentation by Lorna Landvik, performer and author of twelve popular novels including her most recent, *Chronicles of a Radical Hag (With Recipes)*. Landvik will share stories of her writing process and career, as well as stories of her life and what has inspired her. A fun and informative evening is guaranteed. She is scheduled to present at 6:30 p.m. on Monday, November 15.

Landvik will present live on the Lake Agassiz Regional Library website (larl.org/lorna-landvik). This event is offered free-of-charge thanks to funding from the Minnesota Arts



& Cultural Heritage Fund. An in-person screening of the presentation will be held at the Moorhead Public Library with a recording of the presentation available until November 29, 2021.

Honoring all heroes this Veteran's Day

Veteran's Day, which is celebrated annually on November 11, commemorates the hardworking men and women who sacrifice their time and put themselves in harm's way to defend the country's core values of freedom and opportunity. While Veteran's Day certainly is a chance to honor those who have donned the uniform during wars and military installments, it also can be a chance to recognize the unsung heroes of wartime - those who step into roles so that soldiers and strategists can focus their attention elsewhere.

Take for example Naomi Parker Fraley. In 1942, Fraley was a machine shop worker at the Naval Air Station in Alameda, Calif. She was one of scores women who worked in factories and shipyards during World War II, helping to produce munitions and war supplies. Parker was 20 years old in 1942 and served as the inspiration for what would become one of the most indelible images of the era, known as "Rosie the Riveter." Parker unknowingly inspired the iconic image after she was photographed at work bent over an industrial machine in a jumpsuit with her hair tied back in a polka-dot bandana. In 2018, Naomi Parker Fraley died at the age of 96, not nearly the household name she perhaps should have been.

Rosie the Riveter helped to tout the contributions of female war employees who were defending America by working

VETERANS DAY 2021

LEGION.ORG

AMERICAN LEGION

The American Legion and the McIntosh Times
salute our military veterans of all eras this November 11 - and every day. Thank you for serving America with honor, courage and commitment.

on the homefront. Rosie was a successful morale-booster, and some may be surprised to learn that Rosie has various incarnations.

Norman Rockwell's depiction of a female riveter, which appeared on the cover of the *Saturday Evening Post* on May 29, 1943, became an iconic staple of that time. Muscular, with a rivet gun on her lap, a sandwich in hand and a boot stomping on a copy of "Mein Kampf" - and timed perfectly to coincide with the release of a song called "Rosie the Riveter" by Redd Evans and John Jacob Loeb - Rosie became a house-

hold name. But another Rosie image actually predates Rockwell's *Post* cover.

Naomi Parker Fraley was reportedly the inspiration for an ad created by a lesser known artist named J. Howard Miller. Miller produced a "We Can Do It!" poster for Westinghouse Electric in 1942 aimed at boosting spirits among the company's workers. The poster helped to recruit new female personnel, according to scholar James J. Kimble. This Rosie was portrayed in a red bandana with her bent arm flexed, rolling up her shirtsleeve.

Both Miller's and Rockwell's

depictions of female war workers became ingrained in popular culture. Rockwell's cover art was eventually loaned to the U.S. Department of the Treasury for use in war bond drives for the duration of the war. Miller's version has been emulated for generations and still epitomizes a strong female presence in the workforce.

This Veteran's Day is a prime time to delve into American wartime history, with interesting stories like the origins of Rosie the Riveter, and pay homage to all of the heroes that help ensure America's reputation as a great nation.



On Wednesday, November 3rd, at the Win-E-Mac Chapter of the Minnesota Honor Society held its induction ceremony at the Win-E-Mac Arts and Event Center for its new members. After being sworn in by the returning members during the ceremony, there was a brief reception in their honor. This year's new members are (L to R): Izabelle Ostenaar, Kallie Hand, Bret DuChamp, and Nadelly Neubert. Congratulations!



A Halloween parade with the kids from The Clubhouse Childcare Center as they walked downtown McIntosh, in their costumes on Friday, October 28th.

The hospice Veterans Benefit

By Staci Metzger, LMSW, LGSW, APHSW-C

Honoring our nation's veterans includes acknowledging their service and sacrifice, as well as supporting them throughout their entire lives. This is especially important as they near the end of their lives. Our veterans deserve the highest quality end-of-life care possible.

The U.S. Department of Veterans Affairs (VA) offers a

hospice care benefit for those who have served in the military.

Sometimes veterans do not identify themselves as being a veteran if they did not engage in wartime service. The VA Hospice Benefit is for any individual who served in any branch of the military and was honorably discharged as well as active-duty veterans. National Guard and Reserve members may also qualify for

the VA Hospice Benefit.

Eligible veterans must be enrolled with the VA's benefits program and meet the medical guidelines for hospice care to qualify.

The VA Hospice Benefit can be combined with Medicare and Medicaid to ensure the cost of hospice care is completely covered for our nation's veterans.

Hospice care can be provided wherever a veteran calls home, including a private residence, nursing home, assisted living and more.

Part of the VA Hospice Benefit offers veterans who are on hospice in a skilled nursing facility access to a skilled bed in a semi-private room at no cost—as long as he or she remains on hospice service and in a skilled nursing facility contracted with the VA.

Hospice is care for the whole person—physical, emotional and spiritual. All medical equipment and medication related to the terminal diagnosis are covered through the benefit. Veterans also have access to the full hospice team, including the physician, nurse practitioners, registered nurses, social workers, certified nursing assistants, chaplains, grief specialists and volunteers.

Hospice of the Red River Valley has provided care for thousands of veterans since our founding in 1981.

Our hospice team provides support that allows every veteran under our care to fully live their best possible life. We help them navigate any potential veteran benefits along their journey.

This includes:

- Navigating the VA system
- Identifying available benefits
- Coordinating with any local VA services
- Helping with benefit paperwork

A patient is identified as a veteran during the hospice referral process. If enrolled with VA, Hospice staff will inquire about all available benefits. If not enrolled, Hospice social workers assist the family with enrollment forms.

Hospice social workers also provide information about the local Veteran Service Officer (VSO) who can help the veteran and family determine if other benefits are available and needed. Each county typically has its own VSO.

Hospice social workers' goal is to connect veterans to the resourced needed at end of life. But we also want to pay tribute to their sacrifices by offering a recognition ceremony. The ceremonies are as intimate or elaborate as the veteran and their family choose. This is part of our participation in the We Honor Veterans program, which is a partnership between the National Hospice

and Palliative Care Organization (NHPCO) and the Department of Veterans Affairs.

Hospice of the Red River Valley recently honored four veterans in a group ceremony at an assisted living facility. Another resident performed patriotic music.

It was an emotional morning with family and friends celebrating and commemorating their loved one's time in the military. During the ceremony, each veteran receives a certificate of thanks and a branch-specific pin.

Another service member wished for a small, intimate ceremony with his wife, children and Hospice staff. He beamed with pride when receiving his pin and certificate. As we left his home, the patient's wife shared with us how fortunate the patient felt to be honored in this way. From his bedroom came a whispered, "Those are some fine people."

Some veterans have additional barriers to a peaceful end of life. If a patient wishes, we help complete a life review and give them a safe space to share about their military experiences.

When possible, we also try to match veteran patients with volunteers who also are veterans. It's common for patients nearing end of life to unburden themselves about their military experiences only to someone who has also shared similar experiences.

We extend our thanks to the many people who have served in the military and their families. It is truly an honor and a privilege to provide care for these American heroes.

Staci Metzger, LMSW, LGSW, APHSW-C, is the lead social worker with Hospice of the Red River Valley.



Winner of the Drawing for a Basket from The Hen House Thrift Room inside Neil's Quality Meats & More is Barb Faldet of McIntosh. Congratulations.



Winner of the 2nd Halloween Basket from Neil's Quality Meats & More is Wendy Reitmeier from Kansas City, Kansas. Congratulations.



Winner of 1 of the Halloween Baskets from Neil's Quality Meats & More is Charissa Larson. Congratulations.

November is National Family Caregivers Month

November is National Family Caregiver's month—a time dedicated to recognizing all the hard work and support that family caregivers offer to their friends and loved ones. Caregiving can be difficult, and caregivers often need a much-deserved break. Even just a few hours alone can make a big difference.

Lutheran Social Service of Minnesota is seeking Caregiver Support AmeriCorps volunteers to provide family caregivers this much-needed break to relax, re-charge, practice self-care and reduce isolation.

Debra Doonan understands the importance of volunteering and the positive impact it can have on the older adults she supports.

"Volunteering gives me the satisfaction of assisting in giving family caregivers respite and I see the difference

Mac Library closed Nov. 25th for Thanksgiving

All Lake Agassiz Regional Library (LARL) branches, including the McIntosh location, and LINK sites will close at or before 5 p.m. on Wednesday, November 24 and will be closed on Thursday, November 25 for Thanksgiving Day.

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



Winner of our Haunted Marketplace Drawing at Neil's Quality Meats & More in McIntosh is Leah Mahlen from Erskine..accepting on her behalf is her father Dan Salvhus.



Wed. Nov. 10:
Travis Plante, Jenna Schommer, Lorene Tranby, Danette Strom

Thurs. Nov. 11:
Ruth Carlson

Fri. Nov. 12:
Steven Widman, Andrea Stordahl, Jayden Gensburger

Sat. Nov. 13:
Chris Grettum

Sun. Nov. 14:
Bev Anderson, Veronica Rolf, Laura Paskvan, Lois Boehrnsen

Mon. Nov. 15:
Gayle Burslie

Tues. Nov. 16:
Sheena Burslie, Bret Schulz

McINTOSH Times

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Gonvick (218) 487-5225

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"Serving the Win-E-Mac area"

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it makes in both the caregiver and care receiver's lives," Doonan said.

Respite volunteers also offer older adults more opportunities to maintain social connections, an important aspect of healthy aging that can become difficult as people experience dementia or mobility limitations.

People who care for loved ones rely on local volunteers like Doonan to provide this life-changing support.

Doonan also recognizes the impact that volunteering has on her own life.

To learn more or to get started, please contact Program Director Tara Giese at 866.787.9802, tara.giese@lssmn.org or visit lssmn.org/caregiver/volunteernow.

LSS Meals Menu 687-2262

Tues, Nov. 16th -Turkey/ Dressing - Mashed Potatoes & Gravy - Mixed Vegetables - Applesauce - Pumpkin Dessert - Milk

Wed, Nov. 17th -Baked Ham - AuGratin Potatoes - Peas - Wheat Rolls - Pistachio Cake - Milk



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

Wed. Nov. 10: 11:30am Mass at St. Mary's, Fosston
Thur. Nov. 11: 11:30am Mass at St. Joseph's, Bagley
Fri. Nov. 12: 8:30am Mass at St. Mary's, Fosston
Sun. Nov. 14: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Tues. Nov. 16: 5:00pm Mass at St. Joseph's, Bagley
Wed. Nov. 17: 11:30am Mass at St. Mary's, Fosston
Thur. Nov. 18: 11:30am Mass at St. Joseph's, Bagley
Fri. Nov. 19: 8:30am Mass at St. Mary's, Fosston

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

Wed., Nov. 10: 1:00 p.m. Quilting at Our Savior's
Sun, Nov. 14 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 a.m. Mt Carmel
11:00 a.m. Trinity
Video Sermon -
GVTel Channel 30
9:00 a.m. Sunday
Repeated 6:00 p.m. 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., Nov. 14: 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. Nov. 16: 10:00 a.m. Sunday worship service telecast on GVTv-30

Wed. Nov. 17: 6:30 p.m. 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.

Attention Deer Hunters!

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- Anonymous

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IMPORTANT PROPERTY TAX HOMESTEAD NOTICE

***This will affect the amount of property tax you pay in 2022, and it may affect your eligibility for a property tax refund.**

Please contact your county assessor to file a homestead application on or before December 31, 2021, if one of the following applies:

- You purchased a property in the past year and you, or a qualifying relative, occupy the property for homestead purposes on December 1, 2021; or
- You, or a qualifying relative occupy a property for homestead purposes on December 1, 2021, and the property was previously classified as non-homestead.

"Relative" for the purposes of a residential or occupied agricultural homestead means a parent, stepparent, child, stepchild, grandparent, grandchild, brother, sister, uncle, aunt, nephew, or niece. This relationship may be by blood or marriage.

"Relative" for the purposes of a special agricultural (unoccupied) homestead is a grandchild, child, sibling, or parent of the owner of the agricultural property or of the spouse of the owner of the property. This relationship may be by blood or marriage.

Once you have been granted the homestead classification, no further applications are necessary unless they are specifically requested by the county assessor. Special agricultural homestead is a yearly application.

You must also contact the assessor by December 31, 2021 if you are the property owner, or a qualifying relative of the property owner, and the use of the property has changed during the past year.

If you should sell, move, or for any reason no longer qualify for the homestead classification, you are required to notify the county assessor within 30 days of the change in homestead status. Failure to notify the county assessor within this 30 day period is punishable by recalculation of tax as non-homestead, in addition to penalty equal to 100 percent of the homestead benefits.

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Programs to help
businesses & Minnesotans

By Commissioner
Steve Grove

The jobs bill passed during the past legislative session is the largest jobs bill in Minnesota's history. Over \$275M will be available through a host of economic development programs that will help Minnesota recover from the COVID-19 pandemic.

DEED is continuing to work hard to make sure businesses and communities across the state have access to this funding and are aware of our economic development programs and services. At the same time, we're helping ensure individual Minnesotans get the training and resources they need to secure good jobs through our workforce development programs.

Below you will find information on the programs that are currently available.

Here's a closer look at the programs that are currently underway:

Main Street Economic Revitalization Program: This is an \$80 million statewide economic redevelopment program that will award grants to partner organizations so they can provide grants and guaranteed loans for economic development and redevelopment projects.

Applications for the first round are closed, the second round of this program will open in early 2022.

Status: The first round of grants will award up to \$39,850,000 to organizations across Minnesota. The second round with up to \$40 million in funding, will be made available in February of 2022.

The following organization have been selected to be partnership organizations through the first round of Main Street Economic Revitalization awards.

Main Street COVID-19 Relief Grant Program: This is a \$70

million program to help small businesses negatively impacted by COVID-19. A significant portion of this \$70 million will be dedicated to helping Black, Indigenous and People of Color (BIPOC) owned small businesses, veteran and women-owned small businesses and small businesses with six or fewer fulltime workers.

Status: We have conducted a lottery for the \$64.2 million in grants available for Minnesota businesses who suffered during the pandemic. Potential grantees were randomly selected from applications for the Main Street COVID-19 Relief Grants through a process established in consultation with the Minnesota Lottery, which was also used for the past round of the Small Business Relief Grants. Our Team has notified applicants for the Main Street COVID Relief Grant program whether or not their application has been randomly selected for consideration. Businesses will now work with our non-profit network for verification and disbursement of funding.

Businesses not selected through the random selection process have been placed on a waiting list. As this process moves forward, spots for applications may become available. If your business is impacted by such a change, one of our non-profit partners will follow up with you by email.

To give you a sense of what is coming, we've developed the timeline below with upcoming deadlines.

Getting to Work Competitive Grant Program: This program will make grants up to \$150,000 over two years to qualified 501c3 nonprofit organizations to establish and operate programs that provide, repair, or maintain motor vehicles to assist

eligible individuals in obtaining or maintaining employment.

Status: Requests for proposals will be accepted until November 10, 2021. Learn more.

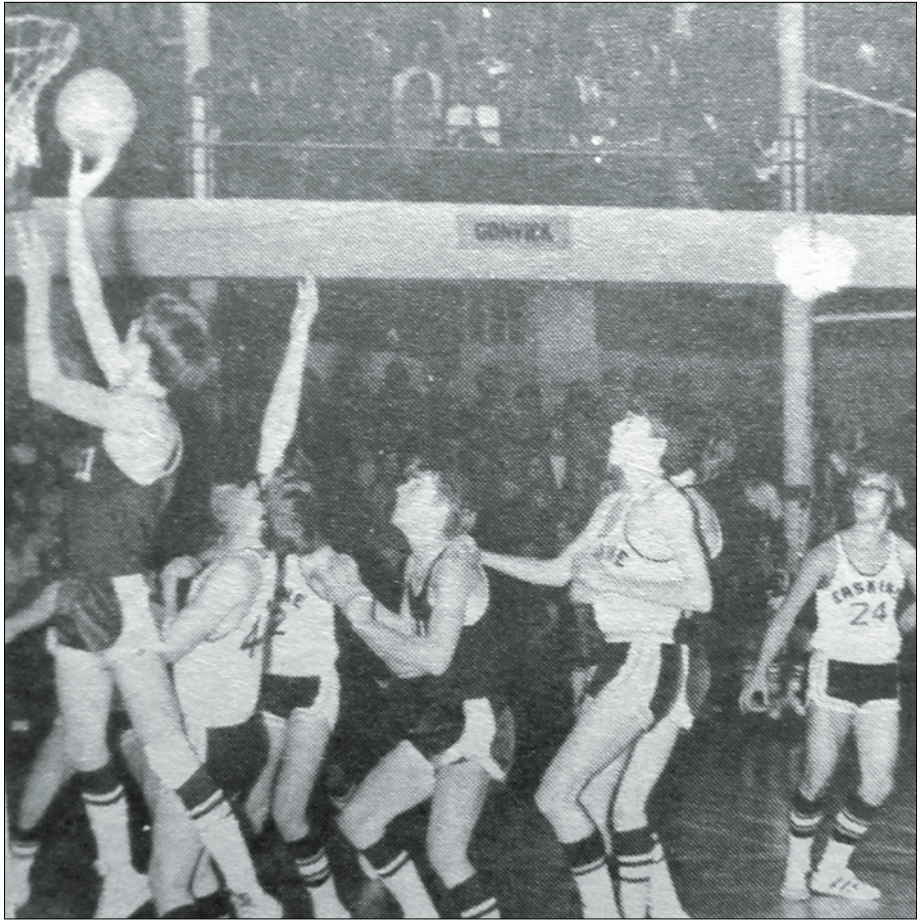
Internationally Trained Professionals Competitive Grant Program: This program will make grants up to \$400,000 over two years to qualified organizations to provide services to assist internationally trained professionals in earning the professional licenses required to do similar work in Minnesota. Eligible organizations are state or local government units including two or four-year post-secondary institutions, nonprofit/community-based organizations, community action agencies, or labor organizations physically located in Minnesota and with experience serving immigrant and refugee populations.

Status: Request for proposals will be accepted until November 10, 2021. Learn more.

Targeted Community Capital Project Grant Program: This is a new \$24 million capital grant program (with a carveout of \$6 million for a specific project) that provides grants for capital projects to nonprofit organizations and government entities that provide, increase, or expand services to underserved communities or economically disadvantaged persons or groups.

Status: Requests for proposals will be accepted until December 6, 2021. Learn more.

Economic expansion is underway in across the state, and we are working hard to ensure communities, businesses and Minnesotans have the support and tools they need to come out on the other side of this pandemic stronger and better than ever. DEED will continue to provide updates on our economic development programs and services in the coming months.



50 years ago...1971: Randy Helgaas came in underneath for this shot when the Scots dumped the Erskine Comets 38 - 30 at Jamboree game last Saturday.



40 years ago...1981: Winners of the "I Dare You" and "KEY" awards Beth Mjelde (I Dare You), Woodside; Terri Torpet (KEY) Fertile; Kathy Kittlesen (KEY) Woodside; Randy Kaupang (I Dare You and KEY) Winger; and David Balstad (KEY) Winger. These are the two highest local honors for the 4-Hers. The Key Award is sponsored by Paul Gredvig, E. Polk County Farm Bureau Agent.



30 years ago...1991: The Brownies of McIntosh Troop #567 held a rededication ceremony as they welcomed new members of the group. Rededication was held for (back, l-r) Kristi Strom, Maygen Matson, Hillary Hanson, Jill Kaupang; (front) Stacy Vedbraaten, Brownie Troop #567 leaders are Dee Dee Fritz and Laurie Bursheim.



10 years ago...2011: Pictured above are some of the ladies of the McIntosh Legion Auxiliary: Arlene Bly, Janice Wickstrand, Lyla Hansen, JoAnn Ekeberg, Evonne Hartel, Lorraine Carlson, Pat Tranby, Dolly Lee, Irene Sannes, Mary Goodwin, Garnet Aanenson, Lorene Tranby and Laverne Benson.

Join Us In Honoring America's Veterans

Our military veterans have helped make the United States the greatest nation in the word.

On November 11, Veterans Day, we salute the brave men and women who have served in the Army, Navy, Air Force, Marines, and Coast Guard.

We thank them for their patriotism and protection of our country.

First National Bank will be closed Thursday, November 11th in observance of Veterans Day.

first national bank of McIntosh

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20 years ago...2001 The Win-E-Mac Action Group, comprised of students in grades 7 through 12, worked with elementary students during Red Ribbon Week, explaining the purpose of the week-long observance. Members include (Back, l-r) Erik Hoffman, Mike Lindseth, Jamie Foss, Ashley Jenson, Jamie Stewart, Matt Perkerwicz, and Kelsi Ostenson; (Middle) Kelsey Haugen, Lacey Oian, Ashlee Stordahl, Crystal Tofstad, Skyler Hoass and Amber Evans; (Front) Carla Grundyson, Brandee Sherer, Rebecca Lee, Nicole Gieseke and Dillon Sherer.

Superintendents Notes

By Randy Bruer

Inclement Weather

Snowy weather will soon be upon us and we will be faced with decisions to close school because of unsafe weather conditions. The district will use a School Messenger system to notify parents and students when unsafe weather conditions are upon us. Please check your communications info with the school for accuracy. We will send out a notification to your home phone, cell phone, email, or other means of programmed communication if such weather exists. If we have nasty weather, please listen to the TV stations of KVLV and WDAY and Fosston KKCQ and Crookston KROX radio stations for emergency weather announcements. We make numerous contacts and visits throughout our district and region to make a concise decision of whether to close the school or not. Our priority is the safety of students.

This year we will be using e-learning (distance learning) if we are forced to take a snow day. Students will take their technology home with them the day before if bad weather is suspected.

COVID19 Virus

Our school student numbers of positive cases of Covid remain constant at this time. We have several students and staff on quarantine because they are a close contact or they are



showing signs or symptoms. This affects the operation of the school. Our school will remain in session if we can keep employees and students safe and operations running. Polk County Superintendents meet weekly with our County Health Department and Nursing to review statistics and notes from each district to decide on operations of individual schools. We have the technology to instruct students from any location if needed but we need to keep our staff and students healthy to achieve this.

School Levy

Around Thanksgiving, each of you will receive your Proposed Property Tax Statement/s. The school levy Portion of the Statement for the 2021 Pay 2022 school year will show a slight increase of

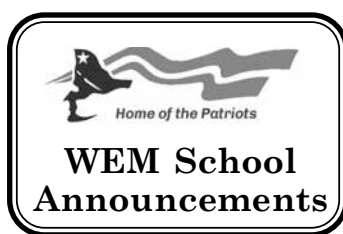
approximately .6%. This is due to three factors: school enrollment, Market Values, and a larger credit to Ag properties. Compare the Market Value and tax comparison to last year to see the differences. These factors contribute to the proposed amount of tax on your Property Tax Statement.

Construction Trades Program

The Building Trades class built an ice fishing house similar to an Ice Castle last year. This project provided students with many concepts of building a house on a smaller scale. The fish house is completed, so be looking for the options to bid or purchase the house. We hope to have this available by the end of November.

Sports

The Win-E-Mac Sports were back in play this fall with spectators. Both Volleyball and Football had a terrific season with a lot of fun for all. We are proud of our girls and boys and want to say thanks to the coaches and athletes for the hard work they put into the sport and for all the memories they provided for the spectators and fans! The Girls and Boys Basketball seasons are beginning soon. If you are looking for something to do this winter season, please visit our Garden Valley TV station or come to the games in person!



Information for parents:

If your family lives in any of the following situations:

In a shelter; In a motel or campground due to the lack of an alternative adequate accommodation; In a car, park, abandoned building, or bus or train station; Doubled up with other people due to loss of housing or economic hardship.

Your school-age children may qualify for certain rights and protections under the federal McKinney-Vento Act

Your eligible children have the right to:

Receive a free, appropriate public education; Enroll in school immediately, even if lacking documents normally required for enrollment; Enroll in school and attend classes while the school gathers needed documents; Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is your preference. *If the school district believes that the school you select is not in the best interest of your children, then the district must provide you and inform you of your right to appeal its decision; Receive transportation to and from school of origin, if you request this; Receive educational services comparable to those provided to other students, according to your children's needs.

If you believe your children may be eligible, contact the local liaison to find out what services and supports may be available. Ther also may be

vibration, confusing the nerves so that when the site is ready for a needle, the patient hardly feels it.

• **Distraction tools include** an iPad, smartphone, music, favorite toys, light-up spinner and more. Comfort items, such as a favorite blanket or stuffed animal, also are effective.

“We always encourage parents to be honest and patient with your child when it comes to getting vaccines, and talk about going to the doctor more often,” said Michelle Finneman, a child life specialist at Essentia.

“Children are smart; they feed off their caregiver's energy. So if we can begin early on to talk positively, using honest language with our children about going to the doctor and discussing the importance of vaccines with them, as well as meeting their individual needs, it will make for a more positive experience now and for future clinic appointments or hospital stays.”

Essentia Health child life specialists share tips for vaccinating 5-11 year olds

Many Essentia locations ready to begin vaccinating children immediately.

Following unanimous approval from its Advisory Committee on Immunization Practices, the Centers for Disease Control and Prevention (CDC) on Tuesday evening officially authorized the Pfizer-BioNTech COVID-19 vaccine for 5-11-year-olds. Children are now eligible to be immunized against the coronavirus, another important step in ending a pandemic that has lasted nearly two years.

At Essentia Health, we've been preparing in earnest to vaccinate this age group as quickly and conveniently as possible.

Appointments are required for 5-11-year-olds and can be made with the child's primary care provider or pediatrician. Patients can schedule through our MyChart patient portal or by calling (833) 494-0836. Please note that appointment availability will vary by location as vaccine is allotted and distributed; check MyChart frequently for openings.

The vaccine has been proven safe and effective for children. It is a lower dose (10 micrograms) than that used for individuals ages 12 and older (30 micrograms). Anyone under the age of 18 must bring this consent form, signed by a

parent or guardian.

“Our children have had nearly two school years disrupted by COVID-19, not to mention some children being seriously ill — and even dying — from the virus,” said Dr. Jonathan KenKnight, a pediatrician at Essentia. “With safe and effective vaccines now available for this age group, we are another step closer to ending the pandemic. We at Essentia Health encourage vaccinating your children to keep them healthy and safe so that they can continue in school and other activities.”

While we're excited about this next step in slowing the spread of COVID-19, we also recognize that vaccinating youngsters presents challenges. Accordingly, Essentia Health child life specialists lend their expertise to help families make vaccination a comfortable experience. They offer the following tips:

• **Be honest and use developmentally appropriate language** when explaining shots to your child — saying “poke” vs. “shot” or “vaccine”; “getting medicine in your leg through a poke” vs. a shot or vaccine; and “it may feel like a small pinch” or “the medicine may feel warm” vs. “it will burn.”

• **Play!** For our younger children, playing with medical/

doctor toys helps them process experiences, but also helps desensitize and familiarize them with different tools they may see during their clinic appointments.

• **Talk** about getting vaccines and come up with a plan at home to help prepare.

• **Validate your child's feelings/emotions** regarding feeling vaccines or previous experiences. Some kids are nervous and/or scared, and that's OK. It helps us to know we should be developing a plan and preparing ahead of time.

• **Give appropriate choices to allow them some control** in the situation — for example, ask if they would like to watch or play a game on mom's phone; if they want to blow bubbles; or maybe whether they would like to sit on dad's lap or by themselves.

• **If your child is anxious**, practice some breathing exercises at home or pick a favorite distraction tool and/or comfort item to bring that can be used to help support you.

• **Talk to your child's medical provider** and develop a plan. Is there an option to have a child life specialist present for distraction and support? Is “Buzzy” available for pain management? Buzzy resembles a bee and is used to numb an area of skin prior to injection via cold temps and

supports available for your pre-school age children.

Local Liaison: (218) 563-2900; State Coordinator: (651) 582-8385.

If you need further assistance with your children's educational needs, contact the National Center for Homeless Education: 1-(800) 308-2145; homeless@serve.org; http://nche.ed.gov

Win-E-Mac Junior High VEX IQ Robotics Team

We are excited to announce that this year the VexIQ program is back at Win-E-Mac. This is a feeder program for our varsity VEX Robotics team.

Participation on this junior high team will be offered to 6th and 7th graders.

If you are part of the team you will be expected to make all practices, work well with all teammates, and attend the robotics tournaments that we participate in.

Failure to do these things consistently will result in dismissal from the robotics program for this season.

Why join? Robotics is engaging, hands-on problem solving that helps students express themselves in a different way than typical learning. Teamwork, problem solving, and persistence will be skills that students will sharpen through joining a robotics team.

We will try to have an even number of 6th, and 7th graders on the teams, but it all depends on who shows interest and who we feel can be relied upon to meet our team's expectations of teamwork and participation. The Robotics season will run from October through February.

WEM Robotics Expectations

- work as a team
- take criticism and use it to make improvements
- plan and prepare before building
- listen and take directions/instructions from teammates

Daisy Hagen Auction for the Arts to be held Nov. 28th

On Sunday, November 28th, collectors, arts supporters, Christmas shoppers, and curiosity seekers alike will be treated to the 'Daisy Hagen Auction for the Arts', a special Fosston community event that only comes around once every two years. At 1:00 pm on Sunday,

November 28th, the preview will begin in the public library and gallery of the Fosston Community Library Arts Center. Shortly after, at 2:00pm, both the live and silent auctions will begin, with the highly anticipated guest auctioneer and former Fosston High School English teacher, Lynda Lohmeier, returning to call for the bids.

Items donated include quilts, watercolor paintings, baked goods, gift certificates, woodworking, honey, smoked cheese, glassblowing, and so much more! There will also be a raffle! As always, homemade

and teachers

- respect the robotics room and equipment

If you are interested please fill out the attached application form and return it to Mr. Langemo by Friday, October 29. Being a part of our robotics teams is a huge commitment; practices will be held outside of the school day, possibly before school.

If you are interested in robotics, but this commitment is too much for you, or you feel you can meet the expectations, there is always next year.

If you would like to learn more about this program you can visit https://www.vexrobotics.com/vexiq.

Yearbook staff is taking pre-orders for this year's book to be distributed upon completion in May of 2022. The Yearbook will feature a classic theme featuring letter art, and it will contain 80 pages! Seniors, underclass, students, events, activities and fun memories will be captured and displayed from cover to cover in full color!

Cost is \$35.00 now and until December 22nd and will cost \$40.00 after December 22nd. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours. Complete a form and submit your payment.

Basketball Cheerleading Clinic/Meeting this Friday, November 12th from 3:30-5:00pm in the Main Gym. All 7th-12th graders are welcome to attend. Must have a physical on file to participate. Sign up in the Media Center.

Caulfield's will be here on Friday, December 3rd for class groups, yearbook groups and winter sports team's pictures. We will plan on being there at 9:00 and starting with the class groups, then yearbook groups and then the winter sports teams and individuals.



yummy holiday treats and refreshments will be served.

All proceeds will benefit the Fosston Community Library Arts Association to enhance our arts programming.

Come and enjoy yourself while taking care of some holiday shopping!

Win-E-Mac 2021 Fall Community Ed Offerings

Open Gym

Open gym will begin November 7 and be open every Sunday night through Sunday, March 6. There will be no open gym on Sunday, December 26 or February 13 due to the Super bowl.

The gym is available for basketball, volleyball, jumping rope, running games, hula hoops, etc. Parents are encouraged to come and play with their children. The Win-E-Mac School is also available Sunday evenings for anyone interested in walking for exercise. You can walk in the gym or use the hallways. The weight room in the Events Center is also for adults to use with a yearly \$20 membership.

Dates: Sunday, November 6—through March 6

Time: 2:00-5:00

Reminder: NO OPEN GYM ON DECEMBER 26 or FEBRUARY 13 DUE TO THE SUPER BOWL

Krumkake Making Class

Diane Boucher will share her Krumkake making skills and give you the opportunity to sample some fresh Krumkake and learn how make some of your very own for the upcoming holidays. Please call the school to register as soon as possible. If anyone has a Krumkake iron, please bring it to the class.

Instructor: Diane Boucher

Date: Tuesday, November 16

Time: 6:30-7:30 p.m.

Location: High School FACS Room

Cost: \$5.00

Drive Alive 55 Classes

Drive Alive courses are not available at this time, but they do plan to begin offering classes again starting in Janu-

ary. Once we have secured a date, we will either publish the information in our brochure or make it available in the local papers and our social media outlets.

Beef Pochero

Come and learn how to make this special occasion meal made with tender beef, potatoes, carrots, chorizo and chickpeas in a rich tomato-based stew. It will be a great time for social interaction, cooking, and food sampling.

Instructor: Anne Schow

Date: Monday, November 29

Time: 5:30 – 6:30 p.m.

Location: High School FACS Room

Cost: \$5.00

Please pre-register by calling the school ASAP

Kare-Kare

Kare-Kare is a umami-rich stew made of Oxtail, tripe and vegetables swimming in a thick peanut sauce that is paired with a sweet shrimp paste. This combination will give your taste bud an explosion of flavors and is a delight to prepare and eat.

Instructor: Anne Schow

Date: Monday, December 6

Time: 5:30-6:30 p.m.

Location: High School FACS Room

Cost: \$5.00

Please pre-register by calling the school asap

Coconut Chicken Curry

This is a very easy and popular chicken dish that is prepared in a lot of different countries. The sauce is rich, creamy, delicious, and flavorful and goes very well with warm white rice.

Instructor: Anne Schow

Date: Monday, December 13

Time: 5:30-6:30 p.m.

Location: High School FACS Room

Cost: \$5.00

Please pre-register by calling the school asap

Crockpot/Freezer Meals

Are you looking for some great ideas to create quick and easy meals to put in the freezer and put in the crockpot along with tips to help put nutritious and delicious meals on the table on those busy nights of the week? This class will enable you to do that. We will have the necessary supplies to create these meals to take home and freeze and use when needed.

Instructor: Rhonda Breitbach

Date: Monday, December 15

Time: 6:30 - 7:30 p.m.

Location: High School FACS Room

Cost: \$20.00

Please pre-register by calling the school asap so we can order supplies!!

Cricut Class

Do you have a cricut and don't know what to do with it??? Well on

November 17 and November 23 starting at 6:30 pm at the

Win E Mac School FACS room. Mandy Davis with some assistance from Connie Strom will be hosting a class for the fee of \$5.

There will be two or more projects that we will be doing.

First night we will get to know our cricut and all that it can do.

BRING YOUR CRICUT We will also go into design space which opens the door to so many designs and shapes.

You will select the image

you want and it will get printed then you will weed it and we will press it on to a dish towel! You may or may not get it done that night but you can finish up the next week.

Week 2 you will need to bring a clean travel mug or coffee cup or a object you want a design on and once again select the image you would like to have on it, you will then learn how to transfer design with transfer tape on to your item.

If we are done early enough we will learn how to make earrings with faux leather with Cricut Air Explore 2.

Vinyl, faux leather, earring hardware, and towel will be provided for a fee of \$5. We will also have a heat press and iron there. Once again if you DO NOT have a cricut but are trying to decide if you want one sign up for class you will be able to make these projects.

If you have a cricut be sure to bring it along! Please bring a computer along as well if you have one.

You MUST be PREREGISTERED and PREPAID so that a supply kit can be made up. Please register by November 11!

Class Fee and Supply kit is \$10. Please call Win E Mac School at 218-687-2236 or 218-563-2900 to sign up for class

Instructor: Mandy Davis with help from Connie Strom

Date: Wednesday, November 17 and 23

Time: 6:00-8:00 p.m.

Location: High School FACS Room

Cost: \$10.00

Class limited to 10 people.

Please pre-register by calling the school asap

Adult Education

· Learn to read, write, and

speak better English!

· Get your Citizenship!

· Work on getting your GED

Instructor: Dana Erickson

Dates: Every Monday evening

Times: 5:30—8:00 p.m.

Location: Win-E-Mac Media Center

Classes have begun, but we need prospective students to call Dana prior to coming to the first class so contact information can be completed along with any intake information that may be required prior to starting. Dana can be called directly at 218-521-0526. If you have any further questions, please contact Principal Kevin McKeever at the school.

Elementary Basketball

Elementary basketball has begun with skills night a couple nights of the week and Snowflake League basketball practice will begin next month with practice dates of Saturday, December 4, 11 and 18. 5th and 6th graders will practice from 9:00 – 10:30 a.m. and will be followed by grade 3 and 4 from 10:30 to noon on these designated Saturday. The tournament schedule will be given out at a later date. If you have any questions about the skills nights or Snowflake League please call Nathan Johnson at 687-2236.

Fitness Center

The Community Fitness Center is Open!!!! Memberships are currently being taken in the main office of the school. Please stop in to get a membership form or call the school at 687-2236 to have a form mailed to you. Cost of a yearly membership is only \$20! Yes, one full year of access to one of the finest fitness centers in the area for only \$20 a year per person.