



McINTOSH Times

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The McIntosh Fire Department along with Little Bobby sponsored an Angel Tree for area kids. If you know a child or if you are a parent of a child who is in need of a gift for Christmas, please contact a fireman or drop off a name and address at Little Bobby's. A big thank you for the tremendous support of the McIntosh community!

Win-E-Mac's Ferden named to MN All-State School Board

Article courtesy of The Erskine Echo

Win-E-Mac School Board member Jim Ferden was recently named to the 2022 All-State School Board, which is the Minnesota School Boards Association's (MSBA) most prestigious award. The award will be presented at a noon luncheon January 13, 2022 at the Minneapolis Convention Center.

Since 1971, MSBA's awards committee selects up to seven individual board members to the All-State School Board. There are nearly 2,300 school board members in Minnesota. Board members are nominated by superintendents, fellow board members, parents or community members for their outstanding contributions to public education. Ferden was one of six board members chosen for the award this year.

"The All-State School Board represents the highest example of board service. These are school board members who are committed to student achievement, determined to build support for their local schools and unwavering in their pursuit of what's best for students," MSBA Executive Director Kirk Schneidawind said.

Criteria for the award includes MSBA training; strong leadership; excellence in boardsmanship; communication skills; visionary thinking; demonstration of concern for students, staff and taxpayers; and support for the nomination from stakeholders.

Mr. Ferden was first elected to the board in November of 2008, beginning his term in January of 2009. He was elected Treasurer at that time and has served as Chair from January 2010 - to present. In 2012 he received the Directors Award from MSBA for attending over 200 hours of MSBA programs within four years.

He serves on the School Board Policies and Legislative committee, Curriculum and Instruction, Staff Development and Lead Negotiations committees.

Current service and boards Jim has been a member of include - Education Board - Grace Lutheran Church, Grace Lutheran Church Council, Minnkota Mission District Council, Garden Valley Technologies Board, Region I Joint Powers Board and MREA Board since 2019.

People nominating Jim for the award wrote: "It would be easy for someone with Jim's experience to step outside of his governance role; however, he demonstrates what his role as a board member entails



through his work and actions. I am always impressed with his tireless advocacy for public school students in Minnesota. He takes time to meet with staff recognition events, actively involves the school so decisions can be made based on the district's vision "Kids come first".

Jim is most proud of how his fellow board members have been able to maintain a financially solid school district, while making decisions for improvements to the facilities (\$4.9 M construction of a multi-purpose auditorium, stage, fitness and shop addition), and improvements to curriculum to ensure students have at least the basic knowledge to become productive members of society.

He knows that a strong public school system is important for all students in our district, state and nation."



Serving Tom & Jerry's along with holiday cheer last Saturday at Little Bobby's Bar & Grill in McIntosh was bartender Charles Svalen.



Annabelle and Roman Schulz threw candy from the fire truck to parade onlookers last Saturday afternoon in downtown McIntosh.



Leading the first annual A Very Merry McIntosh parade was the McIntosh Fire Department who decorated the fire trucks in holiday fashion.

Christmas events around our communities

There are many events taking place around the area for Christmas this year. Here is a list of a few events close to home.

Breakfast with Santa: The Winger Lions will host Breakfast with Santa on Saturday, December 11th at the Winger Community Center. Breakfast will be served at 9:00 am with a visit from Santa Claus at 10:00 am. Santa will have a treat for all the kids who attend.

The Lions will also offer a free KidsSight testing to kids ages 6 months to 12th grade during the event.

Santa & Mrs. Claus in Bejou: Santa and Mrs. Claus will be visiting Bejou on Sunday, December 12th from 2:00pm to 4:00 pm at the Lean To Tavern in the back room. The kids will be able to take a picture with the couple as well as get a gift bag and enter for special drawings.

Santa Claus Day in McIntosh: Santa will visit McIntosh on Saturday, December 18th at the Community Center. There will be crafts, drawings, and treats for all kids who come to visit with Santa. The Kid's Mall will also be open for kids to do some Christmas shopping.

Grab and Go Open House: The First National Bank of McIntosh will have a Grab & Go Open House on Friday, December 10th from 9:00 am to 3:00 pm. Guests can grab a treat bag to go and enter to win prizes in a holiday drawing.

Christmas in McIntosh at Neil's: Neil's Quality Meats & More will host a Open House on Friday, December 18th from 9:00 am to 7:00 pm with specials in all areas of the store. There will be samples and a special meal for sale. The Shoppes of McIntosh will be open as well. Enjoy the sights and sounds of Christmas in the streets.



Harriet Rolf celebrated her 100th Birthday on Saturday, November 27th at the McIntosh Community Center. Her six children, 11 of her 12 grandchildren and 16 of her 19 great grandchildren were present. A total of 59 family members shared a noon meal. On November 30th, the day of her 100th birthday, 4 children and 8 friends enjoyed morning cake, coffee, lefse and cookies with Harriet at the Pioneer Memorial Care Center.

Social Security benefits increase in 2022

Approximately 70 million Americans will see a 5.9% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2022. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But, if you want to know your new benefit amount sooner, you can

securely obtain your Social Security COLA notice online using the Message Center in your my Social Security account at www.ssa.gov/myaccount. You can access this information in early December prior to the mailed notice.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa.gov/myaccount to opt out of a mailed COLA notice and any other notices that are available online by updating your Preferences in the Message Center. Did you know you can receive a text or email alert when there is a new message waiting for you?

That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must cre-

ate one by November 17, 2021, to receive the 2022 COLA notice online.

January 2022 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2022 will be higher.

The retirement earnings test exempt amount will also change in 2022 and you can view that at www.ssa.gov/news/press/factsheets/cola-facts2022.pdf.

Be among the first to know! Sign up for or log in to your personal my Social Security account today. Choose email or text under "Message Center Preferences" to receive courtesy notifications.

You can find more information about the 2022 COLA at www.ssa.gov/cola

Essentia Health becomes first hospital in region to offer hyperbaric oxygen therapy

When you think of hyperbaric oxygen therapy (HBOT), you're likely to associate it with scuba divers needing to decompress from deep-water dives. For so long, that was the primary treatment for HBOT. That's no longer the case, however, as the therapy's functionality has dramatically expanded so that it's now used for myriad injuries, illnesses and conditions.

With the unveiling of two new hyperbaric chambers, Essentia Health-Fargo is thrilled to become the first hospital in our region offering this treat-

ment. One of those chambers, funded in part by generous gifts from the Dakota Medical Foundation and Swanson Foundation, will dedicate at least 50% of its operational use to clinical research into the field of HBOT. Essentia is partnering with the University of North Dakota School of Medicine and Health Sciences to conduct the research.

"We are excited to pioneer hospital-based hyperbaric medical services in the area and provide this care in emergent, inpatient and ambulatory

settings," said Dr. Olayinka Ajayi, a physician at Essentia Health-Fargo who specializes in hyperbaric medicine.

What exactly is hyperbaric oxygen therapy? Essentially, it involves breathing pure oxygen under pressure. Inside a hyperbaric chamber, the air pressure is higher than normal, allowing your lungs to take in more oxygen than they would otherwise be able to. And when your blood carries this surplus of oxygen throughout the body, it helps fight bacteria, as well as stimulates growth factors and stem cells, which help you heal. Your body tissues need enough oxygen to function; when you're injured, your body requires even more oxygen. And that's where HBOT comes in and can make a pronounced and positive impact on a person's recovery. Consistent treatments in a hyperbaric chamber increase the amount of oxygen your blood can carry.

"There is strong scientific and clinical evidence of HBOT's effectiveness as either the primary treatment option for conditions such as carbon monoxide poisoning and air bubbles in the arteries, or an added option for other conditions such as tissue damage due to radiation, poor wound healing and 'stroke' to the retina (or back of the eye)," Dr. Ajayi said.

Currently, Essentia Health-Fargo uses HBOT to treat 14 conditions approved by the U.S. Food and Drug Administration, as well as the Centers for Medicare & Medicaid Services.

These include facilitating healing in diabetic patients with foot wounds, thus preventing amputations; treating tissue damage resulting from radiation therapy; and reduc-

How to reduce risk of home fires this holiday season

Safety might not be the first thing people think of as the holiday season approaches. Faith, celebrations, decorations, and holiday dinners all come to mind when considering the holiday season. But that doesn't mean safety should be left out of holiday planning.

Fire safety bears special consideration during the holiday season, when the prevalence of fire hazards like Christmas trees, holiday lighting displays and other decorative items increase the risk for home fires. Such tragedies can be averted with a few simple safety measures.

- **Tend to your tree.** Live Christmas trees are awe-inspiring, but they also pose a significant fire risk. The National Fire Protection Association urges celebrants to purchase only healthy trees with fresh, green needles that do not fall off when touched. Such trees are less likely to dry out, especially when well-watered throughout the season. Dry trees can catch fire more easily than healthy trees if embers from nearby fireplaces or candles drift in their direction.
- **Recognize that location matters when decorating.** The NFPA notes that Christmas trees should always be placed at least three feet away from any heat source, includ-

ing fireplaces, space heaters, heat vents, candles, and even overhead lights. If decorating with candles, never place them on the tree or on tables where other flammable decorations have already been placed. Chanukah menorahs should never be placed near curtains or other decorations.

- **Turn off all lights and extinguish all lit decorative items** when leaving the home or going to bed. Lit candles and menorahs should never be left unattended. The NFPA recommends turning tree lights and exterior decorative lights off when leaving the home or going to bed.
- **Utilize a fire screen on fireplaces.** Embers can catch on trees, decorations or anything else that's flammable if they escape the fireplace. Fire screens prevent that from happening by ensuring embers from burning logs stay in the fireplace. Like candles and menorahs, fires burning in a fireplace should never be left unattended. Make sure all embers have been extinguished before leaving the home or going to bed.

- **Keep discarded trees away from your home.** A 2014 analysis from the NFPA found that none of the ten days with the largest share of Christmas tree fires were be-

fore Christmas. Dried out trees still pose a fire risk even after they've been removed from a home. When discarding a tree at the end of the holiday season, place it at the curb or keep it a safe distance away from your home and garage until you can.

Fire safety measures are an important component of the holiday season that can prevent this joyous time of year from turning tragic.

LSS
Meals Menu
687-2262

Tues, Nov. 14th - Beef Macaroni Hotdish - Peas - Tropical Fruit - Garlic Bread - Crazy Chocolate Cake - Milk

Wed, Dec. 15th - Chicken Fried Beef Steak - Mashed Potatoes & Gravy - Green Beans - Cornmeal Cranberry Muffins - Cinnamon Apples - Milk



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

Wed. Dec 8: 11:30am Mass at St. Mary's, Fosston (The Immaculate Conception of the Blessed)

Fri, Dec. 10: 8:30am Mass at St. Mary's, Fosston

Sun. Dec.12: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Tues. Dec. 14: 5:00pm Mass at St. Joseph's, Bagley

Wed. Dec 15: 11:30am Mass at St. Mary's, Fosston

Thur. Dec. 16: 11:30am Mass at St. Joseph's, Bagley

Fri, Dec. 17: 8:30am Mass at St. Mary's, Fosston

Sun. Dec.19: 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
Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Wed, Dec. 8: 4:30 pm-Our Savior's Council Meeting
Sun., Dec. 12: 9:30 am-Coffee hour at Our Savior's; 10:30 am-Worship with Pastor Keith Zeh

Wed. Dec. 15: 4:00pm - 6:30pm Ladies Aid Supper at Immanuel in Bejou; 6:00pm Confirmation class at Our Savior's; 7:00pm Worship at Immanuel in Bejou

Sun. Dec. 19: 9:30am Coffee Hour at Our Savior's, 10:30am Worship at Our Savior's with Katie DeMarais

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 - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson

Sunday Services
9:30 Mt Carmel
1100 Trinity
Video Sermon - GVTel Channel 30
9:00am Sunday
Repeated 6pm Wednesday
Also available on the McIntosh Free Lutheran YouTube Channel

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

Sun., Dec. 12: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com); 7:00pm Luther League (see article elsewhere in the paper)

Tues. Dec. 14: 10:00am Sunday worship service telecast on GVTel--30

Wed. Dec. 15: 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.

The family of Adella Thompson would like to thank friends and neighbors for the cards, beautiful flowers, food, prayers and words of sympathy following her passing. Sincere thank you to Poplar Meadows staff for the loving care you provided mom over the years, and especially the last few months. Thank you as well to Hospice of the Red River Valley for coordinating her care with Poplar Meadows and assisting mom to remain comfortable over her last week. Pastor Gordon Syverson provided reverent compassion and reassurance to our family. We appreciated the spiritual support. To the ladies of Our Saviors Church, thank you for the delicious food following the service. We would like to thank Carlins Funeral Home for their professionalism. Your support at this difficult time was very much appreciated and of great comfort to all of the family. Harald, Ann, Naomi, Ruth, Mark and families

Hill River Township 2021 One Fund Drive Results

Salvation Army \$170
American Cancer Society \$615
DAC \$80
American Diabetes Assoc. \$220
Multiple Sclerosis Society \$150
MN Medical Foundation \$55
Northlands Rescue Mission \$50
American Red Cross \$190
Heart Fund \$310
Hospice \$20
Samaritan's Purse \$50
Leukemia & Lymphoma Society \$100
Total \$2,010
Solicitors: Tim Disrud, Chad Strom, Mark Strom, and Ben Tofstad.
Chairperson: Betty Syverson.
Submitted by: Ray Sundrud, Clerk/Treasurer.

ing heart and/or brain damage in carbon monoxide poisoning.

Individual treatments — or dives into the chamber — typically last between 1-2 hours. The number of treatments depends on the nature of the condition being treated.

And while Essentia Health is thrilled to offer this treatment to our patients, we're just as excited to partner with UND to advance research around the benefits of HBOT. And we're thankful for the support of the Dakota Medical Foundation and Swanson Foundation, which are committed to advancing health care in our region.

"We are so grateful for these generous gifts to bring a new and vital service to our community," said Susan Omdalen, executive director of the Essentia Health Foundation-West. "This new HBOT, and in particular Dr. Ajayi, make a huge impact on the care we provide our patients. We could not offer this expanded service without the support from our community partners."

Story to Share?

If you have a story or photos you want to share, please send to: mcintoshtimes@gmail.com



Wed. Dec. 8:
Noah Roragen, *Lav-
vern & Anna Tofstad
Thurs. Dec. 9:
Hannah Brouse,
Camille Springer,
DeAnna Haagenson
Fri. Dec. 10:
Mason Spaeth, Jill
Schulz, Stephanie
Frisk, Ethan Fins-
eth, Danielle Fins-
eth, Amber Herri-
man
Sat. Dec. 11:
Coby Burslie, Mya
Haaven
Sun. Dec. 12:
Valerie Brekke,
Heidi (Vesledahl)
Haaven, *Patrick &
Karen Rolf
Mon. Dec. 13:
Teresa Horgeshimer,
*Don & Lois Boehrn-
sen
Tues. Dec. 14:
Clayton Salvhus

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"Serving the Win-E-Mac area"

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Negotiating a fair
farmland rental agreement

Landlords, Farmers, Agri-Business Professionals should make plans to attend one of the informative meetings being held across Minnesota. These free meetings are being provided by the University of Minnesota Extension.

Farmland rental rates are the largest input cost the farmer has. Determining a fair farm rent agreement is a challenge in today's economy.

Negotiating a fair rental agreement that satisfies the landowner and the farmer is a challenge. David Bau and Nathan Hulinsky, Extension Educators in Ag Business Management, will provide several ways; by examples, factsheets and worksheets to determine a fair farmland rental rate for both parties.

Topics covered at the meetings will include local historic and projected farmland rental rate trends, current farmland values and sales, a worksheet that will help determine a fair rental agreement. Input costs will be presented along with



current corn and soybean prices.

Worksheets will examine costs and what is affordable rent that a farmer will be able to pay, the rate of return to the landlord at current market values and examine flexible rental agreements.

Make plans to attend one of our local meetings. We will be holding a meeting in Norman County at the Ada Event Center at 10:00 am on Thursday,

December 16, 2021 and Polk County at the McIntosh Community Center in McIntosh at 1:00 pm on Thursday, December 16, 2021.

PLEASE Pre-register by filling out this google form: Land Rent registration or by going to this website: z.umn.edu/PolkNormanLandrent21

Registration deadline will be Dec 13, 2021. If there are less than 10 registrations or a major weather event, we will move this to a virtual meeting. Attendees will receive several informative worksheets and factsheets that will help to determine what is a fair farmland rental rate is.

For more information on the workshop, please call or e-mail Heather Dufault, 218-280-1129, pohl0024@umn.edu.

For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extnews@umn.edu. University of Minnesota Extension is an equal opportunity educator and employer.

Join in on the Rydell/Glacial
Ridge Christmas Bird Count

Rydell and Glacial Ridge National Wildlife Refuges will be hosting their 7th Annual Christmas Bird Count on Friday, December 17th. This public event is administered by the National Audubon Society and is the longest running citizen science bird project in the U.S. This year will mark the 122nd year of the Christmas Bird Count.

Counts are held in designated areas throughout the U.S. between Dec. 14 and Jan. 5 each year. Last year, counts were completed in over 2,500 locations, including Canada and Latin America. Over 75,000 people participated in the counts and over 50 million birds were tallied! Information from the count provides important information on winter ranges of birds, population trends, and how a changing climate alters winter bird distribution.

People have observed over 50 different bird species on the Rydell/Glacial Ridge Count Circle over the past six years, including northern shrikes, Bohemian waxwings, northern goshawks, pine and evening grosbeaks, hoary redpolls, and snowy owls. The 15-mile diameter count circle stretches from Erskine west to the center of Glacial Ridge Refuge. Although most of the migratory birds that breed in our area have headed south by now, this count provides a unique opportunity to observe a number of Arctic-breeding species that consider northern MN their "warm" winter haven.

Due to the ongoing COVID-19 pandemic, Refuge staff will have to run this count in a similar fashion to last year's count. Participants will count independently, versus pairing up with Refuge staff and volunteers as in past years. People interested in participating do not need to be expert birders. This event can serve as a great learning experience for beginning birders. Binoculars and a bird book are the only required equipment. Participants can count from a vehicle or on foot, depending on their preference and the weather conditions that day. People who live within the Rydell/Glacial Ridge Count Circle can even participate by reporting bird sightings at feeders from the comfort of their home.

If you're interested in participating in the count, a map of the count circle location and a data form will be emailed to you. The count coordinator will communicate with you to see what additional resources you might need (such as a list of



birds seen on previous Rydell/Glacial Ridge counts, or links to online bird identification sites) and determine what part of the count

circle you will focus your efforts on. After the count, participants can simply email their data to the count coordinator. During the challenging times we're all experiencing, we're hoping this event will provide a fun and unique outdoor opportunity. Please RSVP no later than December 14th by calling Gregg Knutsen at 218-686-4329 or emailing at gregg_knutsen@fws.gov. Gregg can also be contacted if you have any questions about the count, including whether your residence lies within the count circle.

Two permit areas on ND border
newly opened to late-season hunts

Deer hunters seeking additional opportunities can harvest deer in late season chronic wasting disease management hunts in the southeast, south metropolitan area and along the Minnesota-North Dakota border.

Hunting dates are Friday, Dec. 17, through Sunday, Dec. 19, and Friday, Dec. 31, through Sunday, Jan. 2. Deer permit areas open to these CWD management hunts are 261, 262, 343, 605, 643, 645, 646, 647, 648, 649 and 655. Hunters may participate in both hunts.

A hunter may use any unfilled archery, firearms, muzzleloader or landowner deer hunting license. Unfilled bonus permits and early antlerless permits also may be used. The hunting method used must match the hunter's deer license. Hunters who have filled their license may purchase disease management permits for \$2.50 to participate.

There are no restrictions on the number of deer – antlerless or antlered – that a hunter may take. Unlike other hunts, disease management permits may be used to tag both antlered and antlerless deer. Bonus permits and early antlerless tags can only be used to tag antlerless deer.

CWD sampling is mandatory for both hunts. Harvested deer must be taken to a staffed or self-service station. Staffed sampling stations will be open 9 a.m. - 7 p.m. Fridays, Satur-



days and Sundays during the hunts. Stations also will be open from 9 a.m. - noon on the Monday following each hunt. A complete list of station locations and hours is available on the DNR website.

Carcass movement restrictions apply during these hunts in all areas except the northwest hunts along the Minnesota-North Dakota border in permit areas 261 and 262. Hunters there are encouraged to not move whole carcasses from either area. Complete details on carcass movement restrictions and how to comply is available on the DNR website.

Hunters must obtain permission to hunt on private land but may hunt wildlife management areas and other public lands that are normally open to deer hunting within the designated deer permit areas.

Some public lands where

deer hunting is not normally allowed will also be open to hunting during the CWD management hunts.

Permits to hunt are required in some of these areas to limit the number of hunters. These permits will be available from any DNR license vendor on a first-come, first-served basis starting at noon on Friday, Dec. 3.

Permits are available for both weekends but are only valid for the weekend specified. Hunters may only obtain one permit, so they must choose which weekend they want to participate.

Complete information about the hunts, which the DNR conducts to help assess potential disease spread and reduce the number of deer to help mitigate the risk of CWD transmission, is available on the DNR website.



Dan and Renee Silstad joined in the fun during the A Very Merry McIntosh parade held last Saturday afternoon.



Steve and Barb Faldet made their way down Main Street dressed in Christmas attire during the parade last Saturday in McIntosh.



Tara and John Burthwick were a part of the first A Very Merry McIntosh holiday parade held last Saturday afternoon down Main Street.

Burd named Phy-Ed Teacher of the Year in MN

Heather Burd of McIntosh, MN and Win-E-Mac School District #2609, was recently named the Elementary Physical Education Teacher of the Year for Minnesota by MN-SHAPE. MNSHAPE is the state's professional organization of Physical Education and Health Educators. (Society of Health and Physical Education).

Heather earned her bachelor's degree in Physical Education, Health Education and Coaching from Concordia College in Moorhead, MN.

She also has her Master's of Sport, (Sport Pedagogy) from North Dakota State University.

She had six years of experience teaching in higher education before returning to her home area to teach now for seven years, in the Win-E-Mac school district.

She has presented her research and curriculum development of physical education, at



two professional conventions, including Health Moves Minds and Central District SHAPE. Her research and curriculum of physical education studies revolve around the purpose of sport in youth education.

At Win-E-Mac, Heather serves on the leadership team, coaches basketball and is involved in many professional

programs for the school. She also teaches college in the high school for the district.

Heather lives in McIntosh, MN with her husband, Luke Burd, and their two sons, Lynn (10) and Forrest (7).

She is an active member of the Win-E-Mac community as a firefighter, first responder on the Mentor Volunteer Fire and Rescue, and grant writer for programs in our community.

She also has had, with the wonderful help of the Polk County Sheriff's department, Sheriff Jim Tadman and members of the Minnesota State Patrol, implementing a program for physical education called "Cops versus Kids-Keeping Community Great."

It aims to work on social and emotional development of her students and promote good citizenship through good decisions.

Heather received her award at the state convention in Roseville MN, on October 31, 2021.



Snowmobile Safety class will be offered by the Lengby-Fosston Knightriders Snowmobile Club of McIntosh. The class is offered to students aged 11 years or older. Saturday, December 11th – 8:00 a.m. until about 4:30 p.m. classroom training. Saturday, December 18th at 9:00 a.m. online students, or 10:00 a.m. classroom students, until finished with driving test. Kids & adults 16+ can attend either the traditional class or complete just the online class found on the DNR website. Students are required to attend the full ay class or complete the online course and the driving course to receive their certificate. Information sheet can be picked up on the office.

WEM to have Holiday Giving Tree. Win-E-Mac School will once again be having their annual Giving Tree.

We will be sharing the "ornaments" virtually this year. We will anonymously post "ornaments" for children in the Win-E-Mac School District that may have a need this holiday season for clothes, toys, or other items.

Their wish list will be printed on the "ornament." If you are interested in taking an ornament or donating, please follow the link posted on the school website(wemschools.org) There you will find prompts that allow you to choose a child by age and it will display their wish list. All gifts will need to be delivered, unwrapped, to the school no later than December 15th so they can be distributed to the families.

If you need some assistance or you know of a child or family that may be in need this holiday season, please contact Amy Bartz, Cassie Subbert, Melissa Smeby or Alyssa Hickman at the school, 563-2900 or 687-2236. The Giving Tree also accepts monetary donations.

The donations go toward food gift certificates for families to use over the holidays. If you are interested or have

questions about donating, please contact one of the people stated above.



2021 Holiday Food Drive: November 29th - December 10th – Elementary class with the most donations will win a pizza party and high school prize will be an assignment waiver for the grade with the most donations.

Note: expired items do not count towards your totals. All elementary classrooms will have their own drop-box.

High school each grade will have a drop-box in their as-
On Wednesday, December 8 at 5:15pm WEM will be having its Fall Sports Awards Night. This is for all high school participants in football, volleyball, cheerleading, and their families. Letter winners and award winners will be announced. The presentation will take place in the commons. This will be a 'casual' event.

The Senior High Knowledge Bowl team will begin practicing on Wednesday mornings starting Wednesday December 8. We will be able to have in-person meets this year so we will be traveling to Thief River for our competitions! Competitions begin in January. All students in grades 10-12 are invited to participate. If you have any questions, please see Ann Vesledahl.

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 thir 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 liasan to find out what services and supports may be available. Ther also may be supports available for your pre-school age children.

Local Liason: (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.edu.gov>.

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.

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.



The Win-E-Mac Patriot Booster Club was on hand selling hot chocolate and s'mores kits during the A Very Merry McIntosh evening last Saturday on Main Street in McIntosh.



Santa and Mrs. Claus visited McIntosh and served samples and visited with kids and grown-ups during the Neil's Quality Meats & More event during A Very Merry McIntosh held last Saturday evening. (Don & Lois Boehrsen)



Carter Bartz and Hudson Swanson roasted marshmallows for S'mores on Main Street in McIntosh last Saturday during the A Very Merry McIntosh event.

Polk County Health releases data on Sexually Transmitted Infections (STI's)

Polk-Norman-Mahnomon Community Health Services emphasizes the importance of Sexually Transmitted Infection (STI) prevention and testing as a part of your overall health.

Did you know that some STI testing can be done with a simple urine sample and screening for HIV, Hepatitis C & Syphilis is a simple finger poke?

According to the Center for Disease Control and Prevention (CDC), it is estimated that 1 in 5 people in the United States have an STI. Nearly half (45.5%) of new STI infections occur in young people ages 15-24.

In Minnesota, STI's remain

at extremely high levels. Chlamydia remains the #1 reported STI in the state with 21,942 cases in 2020.

This was an 11% decrease from 2019 but with testing and services disrupted from the COVID-19 pandemic it is not a clear representation of data. Gonorrhea remains the #2 reported STI with 10,217 cases in 2020 which was a 27% increase from 2019 in reported cases. Syphilis cases overall decreased in 2020 by 3% with 1,093 total cases. Despite the overall decline, Mahnomon County has seen an increase in 2020 and 2021. Currently, 8 cases have been reported in 2021 which is an increase from

6 reported in 2020 and 2 reported cases in 2019.

Getting yourself tested for STI's is one of the most important things you can do to protect your health. It is quick, simple, and confidential!

For confidential information about sexually transmitted infections, birth control options and affordable clinic services contact Polk County Public Health. Sexually Transmitted Infection (STI) Testing is available by appointment. This is a confidential, low to no cost service.

Please call 218-281-3385 to make an appointment. No one will be turned away for inability to pay.



Santa and his helper made their way along the parade route during A Very Merry McIntosh parade last Saturday afternoon. (Luke Syverson and Hunter Smeby)



Downtown McIntosh was dressed with Christmas lights, and lots of shoppers and visitors last Friday evening during A Very Merry McIntosh event.