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Now is the time to prepare for severe weather

The winter of 2021-22 was known for its frequent blizzards, its temperature swings, and perhaps most notably, its high frequency of gusty days.

As we enter into spring, we now need to prepare for severe weather in the form of thunderstorms, tornadoes and floods.

In preparation, the week of April 4th - 8th, 2022 is designated Minnesota Severe Weather Awareness Week. Severe Weather Awareness Week is a public education campaign promoted by the National Weather Service, Minnesota Department of Public Safety and local Emergency Management Agencies. Each day of the week features a different weather hazard, and two statewide tornado drills will be conducted on Thursday, April 7th.

Weather Alerts and Warnings are Monday's topic. Several different types of watches and warnings may be issued for an area.

Remember that watches mean that conditions are favorable for the development of severe weather or tornadoes, and warnings mean that severe weather or tornadoes are occurring, likely to occur, or are imminent.

Advisories and special weather statements may come from the National Weather Service for storms that will impact an area but don't quite meet warning criteria. Thunderstorms are considered severe when they have one-inch hail or winds higher than 58 mph.

Severe weather, including hail and lightning are covered on Tuesday.

Hail develops during thunderstorms when a strong updraft is featured, especially in super cell thunderstorms. Hail causes nearly a billion dollars in damage annually and can range from pea size to over the size of softballs.

Lightning kills around 100 people each year, more than tornadoes. If you are outdoors and encounter lightning, remember the saying, "When thunder roars, go indoors." Lightning can strike ten miles from a storm and can strike

even when it isn't raining.

Wednesday's topic is flooding.

Flooding kills approximately 200 people, and in Minnesota floods kill more people than other weather events.

Flooding deaths occur at night 75% of the time, and of those deaths half died in vehicles. As little as six inches of rapidly flowing water can knock you off your feet. Never drive through flooded roadways, a foot of water will float most vehicles. Turn around, don't drown!

Minnesota's state-wide tornado drill will take place on Thursday. **Outdoor warning sirens and NOAA Weather Radios across the state will be sounded at 1:45PM and 6:45PM.**

The two drills are intended to allow workplaces and

schools an opportunity to test their severe weather plans. The second drill is to allow second shift workers and families at home an opportunity to test their plans. In accordance with the Association of Minnesota Emergency Manager's best practice guidelines, outdoor warning sirens in Polk County are used for tornadoes and intense thunderstorms with expected winds in excess of 70 mph.

There is never an "all clear" activation for sirens. According to the National Weather Service, Minnesota experiences an average of 40 tornadoes per year. In 2012, 37 twisters touched down.

A record was set in 2010 with 104 tornadoes across the

Weather...
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MREA Board announces new officers for 2022

The Minnesota Rural Education Association (MREA) Board of Directors recently elected officers for 2022 that will lead the organization's focus on what puts learners first.

The MREA Board brings together school board members, school administrators, teachers, and education leaders. The Board is comprised of 21 persons – 16 representative directors elected by the membership (four per zone) and five statewide directors appointed by the Board.

The officers for 2022 include President Matt Schultz, Superintendent at Lanesboro Public Schools; President-Elect Jim Ferden, Board Chair at Win-E-Mac Public Schools; Secretary-Treasurer Michelle Rinke-Koch, teacher at Menahga Public Schools; Committee At-Large Dr. Boyd Bradbury, professor at Minnesota State University Moorhead; and Past President Karen Jacobson, Executive Director at Minnesota River Valley Education District.

MREA serves school districts by advocating for the issues that matter to them, communicating changes and the impact they'll have, and



providing high-quality professional development and networking.

Jim was also recently re-elected as Vice Chair of the Region 1 Information Management Services (Region 1) Board. He represents Win-E-Mac School on this nine member Board. Region 1, located in Moorhead, MN, is one of five regional information management centers (RMICs) in Minnesota, which offer a variety of technology and information resources to school districts and other educational services entities.

Its primary focus is on the delivery of administrative software hosting and support services such as financial and payroll software, student recordkeeping software, and food service software along with specialized training and hosting services to member school districts, and other educational services entities and governmental agencies.

Region 1 is a nonprofit joint powers entity, not directly funded by State of Minnesota, and derives its annual revenue primarily from providing hosted administrative software solutions and technical software support services on a fee for services basis.

Win-E-Mac Awards Night

On Monday, April 4th at 6:00 pm Win-E-Mac will hold its Winter Activities Awards night in the school commons. Students participating in Girls Basketball, Boys Basketball, and Cheerleading will be recognized.

Varsity letters will be handed out along with all-conference and any other sport specific awards.



The Polar Beach Snowmobile Club was fortunate enough to have great weather for a vintage ride on Saturday, March 12th. It proved to be the final weekend of quality riding and the air was crisp, keeping those old sleds running at peak performance. While a majority of the sleds were products of the '70's and '80's, there were snowmobiles of all kinds including some newer models that participated. The ride went from McIntosh to Winger and back. Thanks to some volunteers that brought a trailer, we only had one sled that couldn't make the trek in both directions! There were a couple of snowmobiles that hadn't been out on the snow for decades, which was really fun to see. The Club also had a burger cookout back at the clubhouse. Thank you to all the riders and tagalongs that helped make it a fun day!



Win-E-Mac School participants from the Subsection 30 Honor Band and Choir which was held on Friday, March 25th at Ada-Borup-West. Pictured: Row 2: Jacob Eggl, Jonathan Mortiz, Wyatt Davis, Justin Courneya, Maci Smeby, Veronica Gomez-Matos, Haley Sander, Kailee Kramer; Row 1: Alyssa Morberg, Izabelle Ostenaar, Ella Strom, Savannah Svalen, Hana Thompson, Kailee Kramer, and Laila Roragen.

Minnesota posts Strong job growth to start 2022

State gains 10,200 jobs, unemployment rate ticks below 3%, labor force participation rate on the rise.

Minnesota gained 10,200 jobs in the last month on a seasonally adjusted basis, according to numbers released today by the Minnesota Department of Employment and Economic Development (DEED). This follows the addition of 2,500 jobs in December 2021 (revised). The jobs growth from December 2021 to January 2022 is the largest single-month growth since July 2021. The private sector gained 9,100 jobs, up 0.4%, continuing a four-month-long job gains streak.

The unemployment rate ticked down in January 2022 to 2.9% from 3.0% in December 2021.

The decline was entirely due to people moving from unemployment to employment. The labor force participation rate rose from 67.3% in December 2021 (revised), to 67.6% January 2022, up three-tenths of a percentage point. Nationally,

the unemployment rate rose one-tenth of a percentage point to 4.0% and the labor force participation rate also rose three-tenths of a percentage point to 62.2% (revised).

“Today’s job numbers show great momentum at a critical time in our economy,” said DEED Commissioner Steve Grove. “And a jump in labor force participation shows that efforts to connect job seekers with great jobs are succeeding. We remain laser-focused on helping businesses and workers connect at a time of historically large workforce shortages across every industry.”

Every March, DEED also releases the revised employment numbers for the past several years.

These revisions always result in shifts for some months of data for the unemployment rate, the labor force participation rate and the job count. Any time data has been revised from previous reports, you will see that marked by (revised). The revisions happen because of new population controls,

new seasonal adjustment factors, and more comprehensive employment counts becoming available.

Over the month in Minnesota, two supersectors lost jobs, and nine gained jobs on a seasonally adjusted basis in January 2022.

- Losses were in Construction down 1,400, and Trade, Transportation, and Utilities, down 500.

- Gains were in Mining and Logging up 100, Manufacturing up 1,600, Information up 600, Financial Activities up 1,200, Professional & Business Services up 3,600, Education and Health Services up 900, Leisure & Hospitality up 1,800, Other Services up 1,200 and Government up 1,100.

Over the year, Minnesota gained 74,111 payroll jobs, up 2.7%. The private sector gained 69,309 jobs, up 2.9% over the year. These gains put total nonfarm employment 122,181 jobs short of January 2020 employment and 96,760 jobs short in the private sector.

- Four supersectors posted

negative annual growth, Construction down 75 jobs (0.1%), Trade, Transportation & Utilities down 3,185 jobs (0.6%), Financial Activities down 1,781 (0.9%) and Education & Health Services down 2,194 (0.4%).

- Two supersectors experienced huge over-the-year gains. Leisure & Hospitality gained 48,544 jobs (26.7%) and Other Services gained 8,915 jobs (8.9%).

Four supersectors in Minnesota show strength over the year compared to the U.S.: Mining & Logging, Manufacturing, Leisure & Hospitality, and Other Services.

Minnesota lost 417,600 jobs from February through April 2020 (benchmarked) and has since gained 296,800 jobs as of January 2022, or 71% of the jobs lost on a seasonally adjusted basis. The private sector has

regained 75% of the jobs lost.

Many Minnesotans continue to be out of work, but the employment impact of the pandemic on workers has been difficult to measure.

The pandemic caused some people to drop out of the workforce, lowering labor force participation, which resulted in an unemployment rate below what would be expected given job losses.



40 years ago...1992: The Sixteenth Annual Minnesota Vocational Industrial Clubs of America State Leadership Conference and Skill Olympics was held in March at the Radisson South Hotel and at three Metropolitan Area Vocational Technical Institutes in the Twin Cities. Students participating from Health Occupations were Debbie Christiansen, who received 2nd place in "Job Interview", and honorable mention in "Nurse Aide Orderly". Charlotte Maruska 3rd in "Teaching a Blind Diabetic to Give their own Insulin". Nancy Miller and Cindy Stinar 2nd and 3rd respectively in "Child Care". Nancy Balstad and Theresa Voxland, McIntosh, placed 2nd in "Adjustment for a Juvenile Diabetic". Other students who received Certificates were Barb Schultz in "Medical Terminology", Becky Strand, Erskine, in "Extemporaneous Speaking", and Rhonda Ohren and Paulette Myhrum "Pet Care", Tami Larson, "Care of Your Teeth". Pictured left to right: Paulette Myhrum, Tami Larson, Charlotte Maruska, Cindy Stinar, Nancy Balstad, Theresa Voxland, Debbie Christiansen, Barb Schultz, and Nancy Miller. Missing are Rhonda Ohren and Becky Strand.



20 years ago...2002: The Girls Basketball Pine to Prairie All Conference Team for 2002 recently announced with two Win-E-Mac Lady Patriots named to the team (back, l-r) Claire Gianonnatti and Kristi Schow and named Honorable Mention were WEM Lady Patriots (front, l-r) Tiffany Simonson and LeAnn Johnson. Congratulations!



10 years ago...2012: Anisha Saeland (Carnie), Tabitha Bratager (Stella), Patience Reep (Carnie), Lindsey Espeseth (mother), and Joseph Revier (Old Jeb) were all stars in the performance of Jack and the Beanstalk presented at Win-E-Mac School.

Planning for indoor seed starting

Starting garden plants from seeds indoors can be an enjoyable project for any gardener. It's a relatively inexpensive way to grow a wide variety of plants.

Many garden favorites are found in a greater variety of colors, sizes and growth habits as seeds, rather than as started plants.

Seeds are available from many sources, ranging from your local building supply store to garden centers and mail order catalogs. Their prices can vary greatly. The newest hybrids command higher prices, as do seeds of rare or unusual plants, as well as certified organic seed.

Planting and care information is often more complete on name-brand seed packets. If name brand and "off brand" seed varieties are the same for a given flower or vegetable, there shouldn't be any difference in the plants' ultimate quality.

The percentage of germination and seed purity is governed by law.

- Don't buy more seed than you will use in two or three years.

- The fresher the seed, the greater the chances that all the seeds will still be viable.

- Fewer and fewer seeds from a packet will germinate as time passes.

- Leftover seeds can be saved for the next year.

As soon as you're done planting, store seed packets in an air-tight container in a cool place: the refrigerator is ideal.

To keep the humidity low in the container, add a packet of silica gel. A teaspoon of powdered milk in a piece of facial tissue or paper towel will also absorb moisture.

A windowsill is not a good location for starting seeds. Window sills can be the coldest place in the house, especially at night, and then the hottest during the day.

Sunlight in Minnesota gains strength through April and May. But sunlight through a window is relatively weak compared to artificial light sources kept close to the plants. There are also many cloudy days of very low light levels during a Minnesota spring.

If you're starting only a few plants and have roomy window sills, a south-facing window may be all the growing space you need.

Start seeds in small, individual containers. It's best to use divided containers with a single seedling per container, rather than filling a larger container with potting mix and sowing many seeds, because the seedlings' roots will grow into each other and are likely to be injured later during transplanting.

There are many kinds of fiber pots made from organic materials such as peat, cow manure, and shredded wood. Some gardeners make pots from strips of newspaper. Fiber or paper pots that break down in the soil are particularly good for raising seedlings that don't transplant well, such as cu-



cumbers and squash.

Clear plastic domes that fit over trays of plants allow light in, but help keep moisture from escaping. They can also help retain heat provided to the root zone. The domes should be removed when the seedlings are tall enough to touch them.

Exceptions to using individual containers are onions and leeks from seed. These can be started in one larger flat and transplanted out into the garden while still small without harm to the seedlings.

When to plant seeds

- Follow seed packet or catalog instructions, as each species has its own requirements.

- In Minnesota, annual flowers and heat-loving vegetables such as tomato, pepper and eggplant are usually started in early spring.

- Cabbage and broccoli intended for fall crops may be started indoors in June or July.

- Tiny seeds, such as those of alpine strawberry, may need to be started as early as February.

Sowing Seeds

- Sow fresh seeds individually into each container according to package directions.

- If you are unsure about seeding depth, a rule of thumb is to plant a seed four times as deep as its width.

- Plant a seed deeply enough that three more seeds could be placed directly above it.

- Identify each container or tray with a tag. Use permanent marker.

- Some seeds require light to germinate.

- Cover them with a thin layer of fine vermiculite, porous enough to permit light to penetrate, yet keep the medium moist enough to encourage seed germination.

- Place cell packs containing seeds that need darkness for germination in dark plastic bags or cover them with several layers of newspaper until seeds sprout.

- Once the seedlings have developed true leaves, cut all but the healthiest one off at ground level with scissors.

- Avoid separating or pulling the unwanted seedlings as this could damage the roots of the one you want to keep.

Watering and fertilizing

- Keep the potting mix moist while the seeds are germinating.

- A spray bottle to water the surface gently without washing the potting mix out of the containers may be useful. Wa-

ter can also be added to the tray and allowed to move up into the mix.

- Seedlings draw energy for germination from nutrients stored in the seed. They don't need fertilizer until they have several sets of true leaves.

Seedlings grown in a soil-less mix will benefit from a weak general purpose water-soluble fertilizer mixed 1/4 strength.

Fertilize only once a week.

Water as needed the rest of the week with plain water.

Moving

seedlings outdoors

Plants started indoors will not have been exposed to full sun, wind or fluctuating temperatures. If they are not gradually accustomed to the outdoor environment, a process called "hardening off," their leaves may be scorched by sun or wind. They may even wilt and die.

- Two weeks before planting outdoors, move seedlings outside.

- Start by putting them outside for a few hours in the shade during the warmth of the afternoon, protected from wind.

- Bring them back inside before temperatures start to drop at night.

- Each day, leave the plants out a little longer, and expose them to a little more direct sunshine.

By the end of two weeks, unless freezing temperatures are forecast, the seedlings can stay outside in a sunny area until you are ready to transplant them into the garden.

Once they have been hardened off, seedlings can be set out in the garden. Transplant on a cloudy day or late afternoon when the sun has passed its peak.

Hardened off plants may wilt when first exposed to full sun, but they generally recover within a day or so. Row covers and other types of plant protectors can help plants get off to a good start in the garden by reducing damage from wind and temperature fluctuations.

When transplanting seedlings grown in peat pots, newspaper pots, cow-dung pots or any other containers made of organic matter, trim the collars of the pots down to soil level so they don't wick water away from the root zone.

To encourage roots to spread out into garden soil, carefully cut or tear holes in the bottoms of the pots.

You're invited to a free comedy and sing-along show for children ages 3 and up!

Lalo's Lunchbox

Join Lalo, a fun-loving shopkeeper with a magical lunchbox, and his friends for an engaging sketch comedy, theater and puppet show featuring comedy and sing-alongs perfect for children ages three and up!



College News

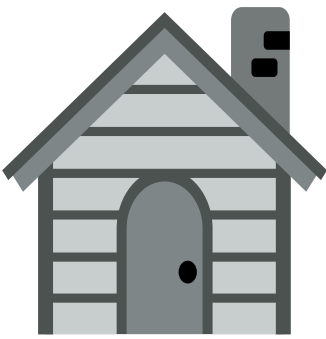
Local students, Mary Hal-lyKate Catahan and Hannah Smeby, both of McIntosh, have earned Dean's List honors from Bemidji State University in Bemidji, Minn., at the conclusion of the Fall 2021 semester. To be eligible for the Dean's List, Bemidji State University students must be enrolled for at least 12 credits and earn a minimum of a 3.5 GPA during the semester. A total of 673 students earned Fall 2021 Dean's List honors from the university. Bemidji State's 4,750 students can pursue degrees in 70 undergraduate areas of study and nine graduate programs. BSU is guided by Shared Fundamental Values, which are civic engagement and leadership, international and multi-cultural understanding, belief in the power of liberal arts, and environmental stewardship. For more, visit bemidjistate.edu or find us on your favorite social media networks.



WEM School Announcements

On Monday, April 4th at 6:00pm Win-E-Mac will hold its Winter Activities Awards night in the school commons. Students participating in Girls Basketball, Boys Basketball, and Cheerleading will be recognized. Varsity letters will be handed out along with all-conference and any other sport specific awards.

NWCoC awarded \$1.4 million for projects addressing homelessness & housing



The Northwest Continuum of Care has been awarded nearly \$1.4 million by the U.S. Department of Housing and Urban Development through its 2021 funding opportunity. The NWCoC is a regional planning body comprised of stakeholders throughout Northwest Minnesota who share a commitment to ending homelessness in our region. The Northwest Minnesota Foundation serves as the "collaborative applicant" for the NWCoC, though its strategic thrusts and decisions are made by its own, separate NWCoC board. The funding awarded by HUD to the NWCoC will support numerous projects throughout Northwest Minnesota, including: \$240,810 to Bi-County Community Action Program (BiCAP) to provide supportive housing to individuals and families experiencing homelessness, including a project dedicated to serving indigenous populations. \$107,034 to Evergreen Youth and Family Services to provide supportive housing for Youth (ages 16 to 24). \$24,287 to support the Minnesota Homeless Management Information System to collect information to evaluate key system performance measures and monitor overall homeless response system improvements. \$442,892 to Inter County Community Council (ICCC) to provide supportive housing; of this, \$400,000 is dedicated to serving youth aged 16 to 24

across 11 of the 12 counties in Northwest Minnesota. \$202,275 for the Northwest Indian Community Development Center to provide a culturally informed supportive housing program for youth aged 16 to 24. \$38,770 to Northwest Minnesota Foundation, for NWCoC planning \$216,133 to Tri-Valley Opportunity Council to provide supportive housing, including a project dedicated to serving people fleeing intimate partner violence \$123,625 to Violence Intervention Project to provide supportive housing to people feeling intimate partner violence. The funds were awarded through HUD's 2021 Notice of Funding Opportunity. The NWCoC received funding for all of its requested projects, including one new project to support the Violence Intervention Project in Thief River Falls. That request was funded at about 80 percent. "This is great news, an excellent outcome for our region and our NWCoC partners," said Cory Boushee, a program officer who leads the Home-

lessness program at NMF and serves as the coordinator for the NWCoC. "The NWCoC is committed to its ultimate goal of ending homelessness in our region by quickly rehousing homeless individuals and families, promoting access to resources and benefits, and fostering stability and self-sufficiency for individuals and families. These funds will support us in carrying out this mission." To learn more about the NWCoC, visit its website at www.nwmf.org/resources/strategic-partnerships/nwco/



The Win-E-Mac 5th grade class was able to enjoy nice weather during their recent trip to Detroit Mountain for a fun day of skiing.

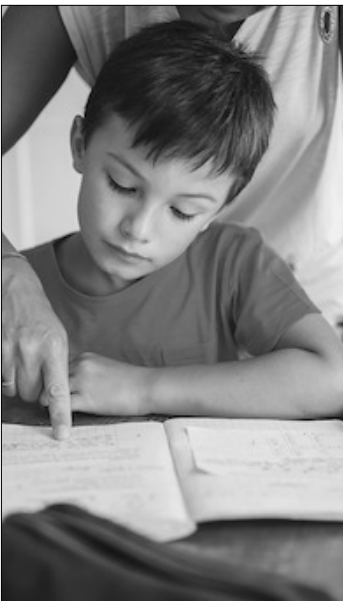
Potential stressors for kids

Work is often cited as the primary cause of stress. Indeed, work-related stress is a global issue. According to the Global Organization for Stress, workers in countries as different as the United States, Australia and China all report confronting considerable work-related stress. But framing stress as an issue primarily affecting workers overlooks how it affects kids. The Global Organization for Stress reports that stress is the number one health concern for high school students. Kids dealing with stress experience many of the same symptoms as adults, which the Mayo Clinic reports include headaches, chest pain, anxiety, and mood swings, among others. But stress triggers differ for kids and adults, and parents concerned about stress affecting their children can learn about potential stressors so they can be better prepared to help children get through stressful experiences.

The Boys and Girls Club of America notes that stressors change as children grow up. Parents can keep that in mind but also recognize that certain events can contribute to stress regardless of how old a child is. **General stressors**

The BGCA notes that kids of all ages may be stressed by incidents or experiences that can affect kids whether they're in elementary school or approaching high school graduation. Such stressors include: Conflicts with friends; Bullying; Peer pressure; Academic struggles, including poor performance and difficulties with the curriculum; Problems socializing; Disappointing parents; Parents' divorce or separation; Family financial struggles; Unsafe or precarious living situation. **Stressors for children**

New experiences are among the stressors that affect children. Such experiences can include being away from home and performing in front of oth-



ers, whether it's in a sport, school play or other public forum. Children also may feel stress if or when they are picked last for a sports team. Perceived dangers, even when there's no imminent threat, also can be stressors for young children. Such dangers may include kidnapping, fires and natural disasters, among others.

Stress for preteens and teens The bodily changes associated with puberty are among the potential stressors for kids in this age group. The changes children undergo at this stage in life also can lead to issues with self-esteem and other negative thoughts, and that can be a stressor for some kids. The specter of college and the uncertainty that life after high school can spark are another potential stressor for kids in this age group. Older kids who begin dating also may find that this causes stress.

Stress is often caused by work, but adults are not the only ones vulnerable to stress. Various life events can trigger stress in kids. Parents can do their best to recognize potential stressors and help kids manage stress in a healthy, safe way.



The Win-E-Mac 5th grade class went on a field trip to Detroit Mountain for a day of skiing on March 17th! We want to give a big 'thank you' to the Erskine American Legion for a donation towards our trip. Everyone enjoyed learning to ski, and many are hoping to go again in the future!