



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota

Is Friday the 13th really so unlucky?

Individuals who are superstitious may keep careful eyes on the calendar so they know just when the thirteenth day of the month lands on a Friday. In 2022, May is the only month with a Friday the 13th. There won't be another Friday the 13th until January 2023.

Many people consider Friday the 13th a harbinger of bad luck. Few unlucky superstitions are as well-known throughout Western culture as Friday the 13th. In fact, in addition to triskaidekaphobia, which is the fear of the number 13, Friday the 13th has its own phobia terms: paraskavedekatriaphobia and friggatriskaidekaphobia. But as with other phobias, it's challenging to figure out exactly what sparked a fear of Friday the 13th. It's likely a combination of factors. The fear may stem from the fact that both Friday and the number 13 have been considered unlucky in certain cultures throughout history. Put them both together and it's the perfect storm.

One theory involves Norse mythology's favorite mischief-maker. Loki reportedly crashed a banquet in Valhalla, bringing the number of gods in attendance to 13. According



to author Charles Panati, who wrote "Extraordinary Origins of Everyday Things," after being deceived by Loki, the blind god Hodr mistakenly shot his brother Balder, the god of light, goodness, and joy. This contributed to number 13 having negative connotations in Scandinavia.

Strong numeric symbols centered around 13 are cemented in religious history as well. The Last Supper was attended by Jesus in addition to his 12 disciples.

The thirteenth to arrive, Judas Iscariot, would go on to betray Christ. Accordingly, History.com reports that the seating arrangement at the Last Supper is believed to have created the Christian superstition that having 13 guests at a table was a bad omen, specifically related to courting death. Friday also is said to be the day Adam and Eve ate the forbid-

den fruit, the day Cain murdered Abel, and the day that Jesus was crucified.

The stories around Friday the 13th have evolved through the years. On October 13, 1307, hundreds of Knights Templar, a powerful religious military order, were arrested by the King of France. Many of those arrested were later executed. In 1907, Thomas William Lawson published the novel "Friday, the Thirteenth" that told the story of a New York City stockbroker who plays on superstitions of the date to create Wall Street chaos, helping to solidify opinions about Friday the 13th. Other troubling events that have occurred on Friday the 13th include the German bombing of Buckingham Palace and the murder of rapper Tupac Shakur.

The number 13 was not considered unlucky by everyone. In fact, in various Pagan cul-

tures, 13 was associated with fertility and fortune.

Individuals can make their own assumptions about Friday the 13th and enjoy it this May, which happens to be the only month this year the superstitious will have to contend with this spooky date on the calendar.



Memorial Day
Parade Volunteers Needed
We are looking for military veterans, their friends and family to walk behind the colors in the McIntosh Memorial Day parade. Uniforms are not required, and you don't need to march in step. Please help us honor those veterans who have passed away. Meet at 10:00 at Dan's Standard. If you have any questions, please contact Roy Ostenaar 218-280-1572 or Charles Svalen 218-563-2197.



Savahanna Svalen escorted by Cameron Bergman.



Alivia Winter escorted by Jonas Spry.



Haley Sander escorted by Riley Ennen.



Rebecca Arney escorted by Flaco Espinoza.



The Win-E-Mac Seniors celebrated their last month of high school by attending the annual Prom. This years theme was Enchanted Twilight. All prom attendees celebrated with a Grand March at 7:00 pm followed by a dance with pizza and refreshments from 8:00 pm to 11:00 pm.



Connie Strom spent the past Saturday morning at the McIntosh Community Center making t-shirts for customers who came to purchase some creative creations she made to order with her new business venture "Creating with Connie".

Northwest Artist of the Year Award given to Ross Hier

The Northwest Minnesota Arts Council is pleased to announce that Ross Hier of Crookston has been awarded the Northwest Artist of the Year Award. Hier is a talented visual artist from Crookston.

Originally from Jackson, Minnesota, Hier's love of nature from a very early age led him to a career as a wildlife biologist. A self-taught artist, he thoroughly enjoys the versatility of transparent watercolors as they allow him to work in loose "washes" or fine detail. Hier also draws in pen and ink. Hier described his training as "from the School of Hard Knocks," and stated that "every painting is a learning experience." Nature provides Ross with unlimited subject matter and his painted subjects are wide-ranging. Although birds amaze him most of all, he also enjoys painting landscapes, prairie plants, fish, reptiles and hunting and fishing scenes. His watercolors have been exhibited at numerous venues in both the Dakotas and Minnesota, including many NWMAC exhibits. He also makes wooden, working duck decoys and many other creations.

According to Wayne Goeken of Erksine, "I have always been impressed with Ross's ability to capture the essence and beauty of the natural world which he knows so well and how he brings images to canvas or paper in such detail and clarity that honors the subject matter at hand. In addition, Ross has generously shared his artistic skills via pen and ink drawings for nonprofit causes that I've been involved with over the years, including the Friends of the Rydell Refuge Association and the Agassiz Environmental Learning Center. His detailed images of prairie landscapes, flora, and fauna of the Fertile Sand Hills for an interpretive trail guide still stands today as a highlight to share with others the beauty of this special natural area which he captured so well."

Fertile resident Matthew Forgit, OD explained, "Ross Hier's lifetime of artwork celebrating the biodiversity of our region is an absolute treasure. His works amazingly cover the entire spectrum of large landscapes down to absolute minutiae of individual small native prairie plants or insects, and everything in between. His larger landscapes always capture the colors of our region, especially through the eyes of an artist. After you've looked at some of his pieces and then pay attention to the next prairie sunset you see, you realize all the colors that you had been missing before."

In 2020, Hier was awarded a national award – the Ding Darling Memorial Award from The National Wildlife Soci-



Artist of the Year Ross Hier with NWMAC Director Mara Hanel.

ety for Wildlife Stewardship Through Art. Hier is on the Minnesota Prairie Chicken Society Board and serves as their Vice President, Secretary, Society Archivist, and Newsletter Editor. Annually, he donates original art to Minnesota and North Dakota chapters of The Wildlife Society to help them raise funds. He volunteered his time and talent to help paint a mural downtown Crookston last year.

When asked about the impact of the arts on individuals or society, Hier said, "Without the arts there is no society. Art is as close as you can get to some of the wonders of nature. The other things in our lives aren't enough to sustain us. When you view art there is a spiritual interconnection." He went on to say, "The arts are finally getting some due. The Legacy Amendment (Clean Water, Land and Legacy Amendment) has made a huge impact on the arts in Minnesota."

Easy oven-free dinner ideas to make the most of summer days

Recipes that require little to no cooking - and no stove - can be a home cook's best friend as summer progresses. Here are a few ideas to get started.

Grilled paninis

Gather some favorite sandwich fixings, such as sliced meats, vegetables and cheeses, and head to the grill. Put ingredients between two slices of crusty bread and place on the grill over low or indirect heat. Weigh down the sandwiches with cast-iron pans to flatten out the sandwiches.

Savory salads

Cool salads can be refreshing and light on hot summer evenings. Salads can range from tradition lettuce- or greens-based salads to pasta

As for advice for aspiring artists, Hier explained, "Not every painting is a homerun. Maybe it's 1 out of 5 or 10 when everything comes together. Keep doing what you are doing. Go with what you feel inside your soul. Put it on paper or create it. Find contentment. You don't have to prove to others."

The Northwest Artist of the Year Award is given each year to recognize artists within our seven-county region who stand out in terms of artistry. This award can be given to any discipline artist including visual, performing, or creative writing who are emerging or at a midway point in their artistic endeavors. "Of the Year" Award winners were nominated by area residents and comes with a cash award of \$500. Funding for the Northwest Artist of the Year comes from the McKnight Foundation.

Congratulations, Ross Hier on being named the Artist of the Year!

salads and chicken or tuna salads. Mix ingredients in advance and store them in the refrigerator. Serve chilled with toppings like shredded cheese, bacon bits and croutons to dress up the salads.

Cold buffet

Summer is a time to avoid hearty, belly-filling meals. Instead, produce a spread of finger foods, ranging from crackers and cheese to vegetables and dips. Fresh fruit also can accompany buffet-style meals, as can slices of Italian bread and homemade tomato bruschetta.

When the weather is hot, think cool, no-fuss meals that keep the stove off but bellies full.

1st Half 2022 Property Taxes Due May 16th

Michelle M. Cote, Polk County Director of Property Records, reminds Polk County property owners that the first half of the 2022

Real Estate Taxes are due by Monday, May 16th. Personal Property taxes must also be paid in full by May 16th.

Make your payments at the Polk County Government Center in the Taxpayer Service Center from 8:00 a.m. to 4:30 p.m. weekdays. Payments can also be placed in the Taxpayer Service Center drop box located outside the main East doors at the Polk County Government Center, paid online at www.co.polk.mn.us, or mail them along with your tax statement stub postmarked no later than May 16th.

Please make checks payable to Polk County Administrator.

Thank you.

MCB

Factors that can adversely affect mood

No one is immune to the occasional bad mood. A bad mood can make a difficult day feel even more so, and multiple-person households can become uncomfortable places to be if one person's mood is less than welcoming.

Bad moods can be easy to shrug off, and that may not inspire people to wonder why their generally upbeat outlooks can suddenly take a turn for the worse.

Each person is different, so what triggers a mood swing in some individuals may not necessarily do so in others. However, various factors can adversely affect mood. Taking steps to avoid or minimize such factors can reduce the number of days when you feel as though you woke up on the wrong side of the bed.

Lack of physical activity: A 2019 study from the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression. That link is likely connected to the release of endorphins triggered by exercise. Endorphins are hormones that studies have shown contribute to a general feeling of well-being, which explains why a lack of physical activity can adversely affect mood.

Chronic stress: Chronic stress has long been linked to a host of health problems. According to the Mayo Clinic, chronic stress puts individuals at increased risk for heart disease and weight gain but also issues that affect mood, including anxiety and depression. Individuals who find themselves routinely confronting bad moods may be dealing with chronic stress. Identifying the source of that stress and speaking with a health care professional about how to reduce and manage it may lead to improvements in mood.

Hunger: A 2018 study from researchers at the University of Guelph in Ontario found evidence that a change in glucose levels can have a lasting effect on mood. The study, published in the journal *Psychopharmacology*, found that rats injected with a glucose metabolism blocker experienced stress and depressed mood due to the resultant hypoglycemia. The study lends credence to the notion that many people have about feeling moody when they don't eat.

Weather: Seasonal Affective Disorder is a type of depression that adversely affects certain individuals' moods during winter, when hours of sunlight are fewer than during spring, summer and fall and when temperatures outside

can sometimes be so cold as to keep people indoors for extended periods of time. In addition, a 2013 study published in the journal *Social Indicators Research* found that individuals report greater life satisfaction on exceptionally sunny days than they did on days with ordinary weather.

Bad moods come and go for most people. Identifying common triggers for bad moods can help individuals prepare for potential mood swings and navigate them in healthy ways.

Polk County Sheriff's Report

Watercraft Safety

If you are operating a boat or personal watercraft on Polk County lakes the Polk County Sheriff's Office is asking you to be mindful of the high-water tables due to recent weather and flooding. Wakes from watercrafts have negative impacts, including:

- Shoreline erosion, which results in impaired water quality and property loss
- Damage to other's property
- Public safety hazards both on the water and on shore.

Please OWN YOUR WAKE and keep the great quality of all the lakes in Polk County so they can be enjoyed by everyone.



Wed. May 11: Joseph Breckel

Thurs. May 12: Gina Gensburger, Elainia Kundert

Fri. May 13: Jerry Shaver, Cameo Herem

Sat. May 14: Sharon Krossen, *Bruce & Debbie Haaven

Sun. May 15: Grace Klemmer, Paul Lindseth, Arlene Bly, *Justin & Amanda Shultz

Mon. May 16: William Shimpia, Jon Lecy

Tues. May 17: Jane Aakhus, Carl Hedlund

Do you have a story to share?

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

LSS Meals Menu 687-2262

Call to reserve your meal. Indoor dining at 11:30 am; drive-up available at 11:00 am.

Mon. May 16: Chicken Fried Beef Steak - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Strawberry Cake - Milk

Tues. May 17: *Bingo* Baked Chicken - Baked Potato - Italian Blend Vegetables - Wheat Bread - Pumpkin Bars - Milk

Wed. May 18: Lasagna - Broccoli Mix - Peaches - Garlic Bread - Chocolate Pudding - Milk

Thur. May 19: *Bingo* Chicken Spaghetti - Peas & Carrots - Coleslaw - Wheat Bread - Fruit Crisp - Milk

Fri. May 20: Chili - Lettuce Salad - Corn Muffins - Pears - Lime Jello Cake - Milk



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

Sun. May 15: 8:30am Easter Sunday Mass at St. Mary's, Fosston

Sun. May 22: 8:30am Easter Sunday Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh

Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Wed., May 11: 5:30pm Council Meeting; 7:00pm Parish Council Meeting at Our Savior's

Sun. May 15: 10:00am Coffee Hour; 10:30am Worship Services

Sun. May 22: 10:00am Coffee Hour; 10:30am Worship Services

Sun., May 29: (Memorial Day weekend) NO CHURCH AT OUR SAVIOR'S due to Memorial Day Weekend

Our Savors 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 Savors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Interim Pastors John Anderson and Phil Rokke

Sunday Services

9:30am Mt Carmel
11:00am Trinity
Sunday School
9:45am Trinity
10:45am Mt. Carmel

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

Sun, May 15 :9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. May 17: 10:00am Sunday worship service telecast on GVTV--30

Wed. May 81: 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.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
PastorLee Laaveg

Sun. May 15: 9:00am Worship
Sun. May 22: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

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This space for rent at \$127.40 for 6 months.

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The County Line

By Warren Strandell

Polk County Commissioner, Dist. 2

Wherever you went, it seemed, there were people — kids, adults, military members, just everyone — that were applauding you, shaking your hand, and thanking you for your service. You were made to feel like a real hero and that treatment never ended the whole weekend.

I'm talking about the Veterans Honor Flight, the three-day, two-night trip to Washington, D.C., that is made available to military veterans.

Although far less worthy than many veterans, especially those whose service went all the way to the frontlines, I had the privilege of being on the trip that flew out of Fargo on Saturday, April 30, and returned Monday evening, May 2nd.

Of the 183 people on the chartered airplane, 84 were veterans (4 from World War II, 71 from the Korean era, and 9 from the Vietnam years). Those vets represented 60 from Army service, 6 Air Force, 4 Marines, 13 Navy and 1 Coast Guard. Two of the vets the were women.

Lots of support

On the trips everything is taken care of by about 85 volunteers (doctors, nurses, and staff members all of whom are unpaid). Should you need any kind of medical attention, want/need a wheelchair — and if even if you don't — the volunteers offer to provide them. They are always asking if you wouldn't rather ride than walk. There were some 70 wheelchairs available on the trip along with the volunteers needed to load and push them. A family member can go along to help take care of their vet but they pay their way.

As of this latest trip, the Veterans Honor Flight North Dakota/Minnesota organization has flown approximately 1,349 veterans to Washington, D.C. There, veterans are driven past such places as the Capitol and White House with stops at such sites as the Fort McHenry National Monument, the Arlington National Cemetery (to watch the changing of the guard), the Iwo Jima, Franklin Delano Roosevelt, Air Force, Lincoln, Korean, Vietnam, World War I and World War II memorials, and the National Archives.

A few observances & thoughts:

- The Fort McHenry National Monument & Historic Shrine was described as the birthplace of the United States and where, at the end of the War of 1812, the Star Bangled Banner was written by Francis Scott Key. His inspiration came from the defeat of what had been the heavily armed British forces — both in ships

and ground forces — who finally abandoned their attempt to proceed into Washington. This was largely because of the threat posed by the big cannon balls that were launched from 26 cannons at Fort McHenry. Those cannon balls, known as "hot shots" because they were heated prior to firing, kept the British at a distance to avoid the damage the balls would do to their wood ships. Finally, the Brits left and the American victory became evident with daybreak on the morning of Sept.14, 1814. Thus, the song.

You might pay more attention to the words when you sing/hear it at the next ball game or wherever. The words mean a lot more to me now. In fact, I'm probably going to feel a few goose bumps.

- The Changing of the Guard at Arlington National Cemetery was very touching. But just as impressive as the ongoing drill was the complete attention, respect and even reverence that about 100 young visiting school children showed for the ritual. Those kids, likely much to the credit of their teachers beforehand, were locked into what the highly skilled soldiers were doing as they marched, halted, did snappy right/left turns, stood at complete attention for 21 seconds, turned back in line and took 21 steps before repeating the practice again.

As I watched those kids, I found myself thinking that if they and more like them around the country are the ones who will be in charge in the years to come, I'll have no concern about where this country is heading.

- On the many tiered steps outside the Arlington National Cemetery, which covers 625 acres and is home to 40,000 plus hero soldiers, sat a handsome young man. With him was his wife, family member, friend, or whoever it was. He needed help to stand up. His legs below the knee were gone. In their place were prostheses... some artificial legs. I wasn't able to continue watching, just had to turn away. My emotions took over. He fit the real description of hero.

Other thoughts included:

- While moving along in our bus (four buses were used to tour the city), we passed an area where a Porta Potty was situated. Eddy, our driver, pointed it out and then reported that the facility had been dubbed by a Marine officer as the Jane Fonda memorial. Further, it was said that if so inclined, appropriate deposits could be left.

- There were a few military remembrances, too, like those of the "hurry up and wait" practice that is so common.

There weren't any KP or guard duty assignments, though.

While reveille didn't start each morning, there could have a good rendition of one ahead of the breakfast that was served at oh-600 on our last day. That time meant that most alarms had to go off at oh-500. With the one hour lost with the time zone change, we were up by oh-400. That was early, even in military time.

- At the conclusion of the banquet on our final evening, the night concluded with mail call. Honor Flight organizers had arranged for notes and letters to be written by our family members, friends, and colleagues. A few were penned too by school children from throughout the area. My packet had 56 notes and letters. Wow. If time were to be rolled back some 60 years, I might have been tempted to re-up. (If not familiar with that word, just ask a vet.)

Great experience

So, that's a little bit of what transpired on our trip. It was a great experience all the way around. If you are a veteran, you might consider making an application to go on the next one. It will leave from Grand Forks in the fall.

Oh, and one last thing, it wouldn't hurt one bit if you were to add the Veterans Honor Flight to your giving practices. It takes an awful lot of money and work to put one of these together. No stones are left unturned in the care of veterans, almost all of whom are up in years with the physical issues that come with age and hard knocks. That's why there were all those wheelchairs and medical personnel.

All of this is done with money earned through fund drives and donations and by the work of volunteers.

There are no government grants. The total cost of a trip, including the chartered airplane, hotel (a Marriott in Baltimore), meals, snacks, escorts, etc. runs over \$230,000. Donations can be mailed to: Veterans Honor Flight of ND/ MN, P.O. Box 644, West Fargo, ND 58078.

And to all vets, thank you for your service.

Thoughts for the day:

Ask not what your country can do for you. Ask what you can do for your country. — President John Kennedy

Complaining about a problem without proposing a solution is called whining. — Teddy Roosevelt

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board.

later this year.

School gardens, community gardens, urban farms, and small-scale agriculture projects in rural and urban areas can be recognized as a "People's Garden" if they:

Benefit the community by providing food, green space, wildlife habitat, education space.

Are a collaborative effort. This can include groups working together with USDA agencies, food banks, Girl Scouts, Master Gardeners, conservation districts, etc.

Incorporate conservation management practices, such as using native plant species, rain barrels, integrated pest management, xeriscaping.

Educate the public about sustainable gardening practices and the importance of local, diverse, and resilient food systems providing healthy food for the community.

To watch these gardens grow, visit our People's Garden Webpage or follow the hashtag #PeoplesGarden on USDA's social media channels.

More Information

USDA originally launched the People's Garden Initiative in 2009. It's named for the "People's Department," former President Abraham Lincoln's nickname for USDA, which was established during his presidency in 1862.

Poisonous plants to avoid around the house

Homeowners must consider various factors when choosing plants to display in and around their homes. That's because, despite their beauty, various plants are toxic to humans and animals.

Avoiding potentially poisonous plants can prevent injuries and even deaths. Here's a list of some plants homeowners may want to avoid.

- **Rhododendron:** Rhododendrons produce flower clusters that bloom in the spring. They also produce thick, glossy leaves that thrive in the fall and winter in many areas. If any part of the plant is swallowed it can cause vomiting and potentially slow the pulse.

- **Lily-of-the-valley:** This popular plant grows close to the ground, blooming bell-shaped, sweet-smelling flowers. If large doses of the toxin in this plant are ingested, it can gradually slow the heart down and potentially prove fatal.

- **Dumb cane:** The houseplant dieffenbachia, commonly known as Dumb cane, adds tropical appeal indoors. The sap of the plant causes the tongue to burn and swell, enough to block off air to the throat. It can be fatal if ingested by both pets and humans.

- **English ivy:** This go-to draping vine looks lovely cascading down from planters or shelving. While its toxins need to be ingested in large amounts to cause problems, English ivy can cause skin irritation, rash and fever, particularly after eating the berries.

- **Bittersweet nightshade:** Bittersweet nightshade grows as a weed on some properties. It's particularly problematic for those who have pets or young kids because of the brightly colored berries it produces. The highest level of toxicity comes from these berries.

- **Foxglove:** According to The Spruce: Decor, foxgloves

are among the most toxic specimens commonly grown on landscapes. They are widely coveted for their pink, purple and white bell-shaped flowers that grow in tall spires. They're also deer- and rabbit-resistant, making them especially popular. However, foxgloves contain potent cardiac glycosides that can be lethal in high doses.

- **Philodendron:** Philodendron are easy to care for and hearty. While not fatal, a bite of philodendron can irritate the skin and cause nausea and swelling of the mouth, throat and tongue. Similar effects occur with Pothos, another common and hearty houseplant.

- **Yew shrubs:** The needle-like leaves of this shrub are

toxic to humans and animals, as are the fleshy, bright red berries that grow toxic seeds. Kids may be tempted to pick and consume these bright berries.

- **Palms:** Several different palm trees are poisonous to people and pets. Palms are an overlooked source of poisoning tragedies in warmer climates. Formosa palm, Sago palm, Queen Sago, and Cardboard palm are some of the varieties that can cause issues if ingested or allergic skin reactions if touched.

When planning a landscape, work with a skilled garden expert to choose plants that will not be hazardous to family and pets.

spring
cleanup

City of Winger

Spring Clean-up Day

When: Saturday, May 21st, 2022

Please have materials out by 9 AM

Please remember!

NO hazardous materials, such as tires, batteries, televisions, OR computer monitors. Household garbage will NOT be picked up.

APPLIANCES Will be picked up this year: ovens, fridges, washers, and dryers.

Any questions call Winger City Clerk
@218-938-4150

Ultima Bank and Titan Machinery employees will be available Friday to haul out items for those who need help. Call Ron or Sarah at 938-4144 or Kathy 218-556-2141 for assistance.

MB-9C



Kianna Tadman escorted by Dorian Fadat.



Kiersten Anderson escorted by Kolten Cherf.



Ella Strom escorted by Jamison Nichols.



Nadelly Neubert escorted by Leonardo Casagni.

USDA renews People's Garden Initiative

Agriculture Secretary Tom Vilsack planted a tree to announce the reopening of the U.S. Department of Agriculture's (USDA) People's Garden Initiative.

People's Gardens across the country will grow fresh, healthy food and support resilient, local food systems; teach people how to garden using conservation practices; nurture habitat for pollinators and wildlife and create greenspace for neighbors.

The garden at USDA headquarters in Washington, D.C. will be joined by 17 flagship gardens located in urban communities nationwide.

"The simple act of planting a garden can have big impacts — from building a more diversified and resilient local food system to empowering communities to come together around healthy food access, climate change, and equity," said Secretary Vilsack, who unveiled the upgraded garden flanking the National Mall.

"We're committed to our priorities, and we are leading by example."

About the Gardens

The Washington, D.C. People's Garden is growing plants in a variety of ways, from small containers to wheelchair accessible raised beds. Active beehives are on the rooftop of the USDA Whitten Building.

In early spring, cool weather crops like peas, kale, collards, radishes, cilantro, parsley, carrots, lettuces, beets, chard and spinach are planted, followed by warm weather crops like beans, tomatoes, peppers, eggplant, squash, and pumpkins in late spring and early summer. Conservation practices like cover crops and pollinator plantings are being used to conserve natural resources.

The garden has new signage that provides information on local and regional food systems, urban gardening, pollinators, and food waste reduction and composting, among other topics.

The People's Garden is adjacent and visible from where the USDA Farmer's Market is set up. The USDA Farmer's Market is open on Fridays from May to October.

Meanwhile, USDA has plans to launch flagship gardens in urban communities. Those cities include: Albuquerque, N.M.; Atlanta, Ga.; Chicago, Ill.; Cleveland, Ohio; Dallas, Texas; Detroit, Mich.; Grand Rapids, Mich.; Los Angeles, Calif.; Minneapolis, Minn.; New Orleans, La.; New York, N.Y.; Oakland, Calif.; Philadelphia, Pa.; Phoenix, Ariz.; Portland, Ore.; Richmond, Va.; St. Louis, Mo.

USDA plans to expand the initiative to other communities

Superintendents Notes

By Randy Bruer

Voluntary Preschool

Many districts offer a preschool program in the school. About 6,000 children were enrolled in preschool this school year in Minnesota, according to state data. Pre-K will remain the same as previous years. Win-E-Mac will offer a free Pre-K program for all students who are age 4 by Sept. 1st of the current year. If your child would like to attend, please call the District Office for more information or to register your child.

Pre-School Screening was a great success this year. If you missed the April screening date and your child needs to be screened, we are planning another date arranged for August 2022. Please call the school if your child needs to be screened.

Win-E-Mac Awards Banquet

The Win-E-Mac Academic, Athletic, and Fine Arts Awards Program will take place LIVE on Wednesday, May 11 at 6:30 p.m. We still want to celebrate



the accomplishments of the Class of 2022 and make this a special evening for our seniors. We want to take the time to honor our senior scholarship recipients, celebrate our academic achievements, and present special awards in fine arts and athletics.

Graduation

We are planning to have Graduation with full attendance on May 28th, 2022. We believe a live experience will send our Seniors off with a Great Celebration of achieve-

ment. Our staff has done an exceptional job to give our students the best education, given the circumstance of the Pandemic. Hats off to all our students and staff.

Public schools

Our Public Schools offer many programs and activities for students to enjoy and participate in. Activities such as: Pep Bands, Choir, Knowledge Bowl, AR reading, Robotics, Honor Society, Lego clubs, After school Century 21, Technology, and extracurricular programs for both boys and girls. Our student council hosts dances and regular activities designed to create leaders for tomorrow. Win-E-Mac has a sounding tradition of good athletes and coaches making the sections and state playoffs. We want to pride ourselves on the student's successes. Our academic scores are constantly higher than state averages showing we have a good education here in Win-E-Mac Schools.



Alecia Hancock Fitzgerald escorted by Dakota Croff.



Lorelai Hebert escorted by Chase Shear.



Kallie Hand escorted by Jadon Kangas.



Izabelle Ostenaa escorted by Thomas Revier.



Eva Qualey escorted by Ethan Shimpa.



Jayden Gensburger with her friend Grace Kaupang.



Win-E-Mac Sophomores who attended the 2022 Prom held on Saturday, May 7th.



The 2022 Win-E-Mac Prom "Enchanted Twilight" was held on Saturday, May 7th at the school. Pictured are the Junior Class students who attended this year's prom.