



McINTOSH Times

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Congratulations to the Win-E-Mac Class of 2022!



The Win-E-Mac Class of 2022 celebrated the end of their high school years on Saturday, May 28th at the 2022 Commencement Exercises. Pictured: Class Co-President Anton Hickman sharing his closing thoughts at the Podium; Rebecca Armye, Peter Basargin, David Boianoff, Tabitha Bratager, Leonardo Casagni, Kolten Cherf, Monania Erofeff, Dylan Gunderson, Jadon Kangas, Kerianna Kutsev, Lukiya Kutsev, Teagan Paulson, Eva Qualey, Elizabeth Riley, Anisha Saeland, Haley Sander, Chase Shear, Ethan Shimpa, Maci Smeby, Savannah Svalen, Hunter Trandem, Scott Tyler and Alivia Winter.

Reunite with friends: This weekend is the All-School Reunion

As we kick off summer with the Erskine Water Carnival, this year the Win-E-Mac Alumni Association will present an All-School Reunion the weekend of June 3rd through the 5th, with events happening in both Erskine and McIntosh.

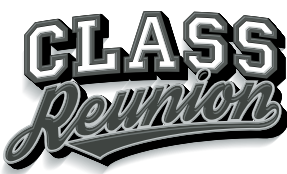
There will be plenty to do and plenty of friends and past school mates to meet up with and enjoy a fun-filled weekend.

Friday evening, the Alumni Association hopes the encourage individual classes to get together for visiting and float preparations. The Win-E-Mac Alumni Association will be having a Split-the-Pot raffle at the Erskine Carnival in the evening with drawings both Friday and Saturday night at 9:00 pm on the main music stage.

Saturday morning starts with a pancake breakfast at the Win-E-Mac school from 8:00 am to 10:00 am, served by the local fire departments of Winger, Erskine and McIntosh. Tours of the school will also be available at 8:00 am, 9:00 am, and 10:00 am.

There will also be coffee and shaking dice at the old B-B-Lunch with a Mac Bakery twist available on Saturday morning in McIntosh.

Take a golf cart tour of McIntosh to see how McIntosh has changed over the years from



10:30 am to 12:30 pm meeting outside of the Ginger Junker (formerly Abrahamson's Hardware Store), and take a side-walk tour down Main Street to see memories of the past.

Saturday from 11:00 am to 3:00 pm, all members of the community are welcome to explore the new Freedom Christian Academy that will hold an Open House at the old Erskine School and enjoy a hotdog, chips and soda.

The All-School parade will begin line-ups at 11:00 am with the parade starting at 1:00 pm in McIntosh. The floats will then travel to Erskine by 3:30 pm for the parade to start at 4:00 pm. Parade floats will be judged with prizes given to McIntosh - Winger School from 1906 - 1986, Erskine School from 1918 - 1986 and Win-E-Mac School from 1986 to present.

There will be fireworks in Erskine around 10:15 pm as part of the Water Carnival.

On Sunday, make your way over to the old McIntosh school lawn for a non-denominational church service with Pastor

Keith Zah. Church service begins at 11:00 am and everyone should bring their own chair. In case of rain, service will be held at Our Savior's Lutheran Church.

We hope all who attend enjoy their time together as they meet up with their classmates and friends and get to enjoy a fun-filled weekend with events for all taking place in McIntosh and Erskine.

For more information or

"Explore Underwater" Summer Reading Challenge at Mac Library

Lake Agassiz Regional Library is bringing an underwater exploration-themed Summer Library Experience to youth and adults of all ages in communities in Becker, Clay, Clearwater, Mahnomen, Norman, Polk, and Wilkin counties, including the McIntosh Library. Beginning June 1st, participants can read to win prizes as well as attend enriching events on an underwater exploration theme.

Those interested in participating are encouraged to stop by their local library or LINK Site or track their reading virtually using the Beanstack app (download the app at larl.org/explore).

Information about the program and event lists are avail-

questions, please visit the Facebook page at Win-E-Mac Reunion.

Also, please continue to check the Class Reunion column on page 2 of the McIntosh Times for specific class information.

If you wish to have your class information listed, please submit to mcintoshtimes@gmail.com before Friday, May 27, 2022.

See you at the reunion!



The Win-E-Mac Class of 2022 chose to have Mr. Doug Johnson as the guest speaker at their graduation ceremony on Saturday, May 28th. Mr. Johnson has spent the last 41 years teaching students and will retire this year. Thanks to Doug for all the great years.

Win-E-Mac Century 21 Summer Program



Bus Pick-up

times & locations:

Winger:
7:35 am at Titam Equipment

McIntosh:
7:45 am at Cenex

Erskine:
7:55 am at Ness Cafe



These students have a long way to go, but the Class of 2034 has just about completed kindergarten. Go Patriots! Back L-R: Mrs. Cook, Kai Johnson, Amelia Alvarado, Kotah Hillstad, Grayson Sonstelie, Bailey Bauer, Zoya Kutsev, Ana Kutsev, Leland Vigoren, Gabriella Reese, Svea Carlson, Thomas Fitzgerald, and Mason Lofgren. Front L-R: Morgen Brtek, Kylie Sandberg, Evedakia Kutsev, Wayne Shimpa, Jessa Hoiland, Michael Franklin, Ryker Jax, Elliott Lewis, Reily Pedersen, Jonas Shear, and Hudson Swanson.



McIntosh Library to host Taiko Drumming performance on June 10th

The community is invited to join Lake Agassiz Regional Library for an interactive event featuring a performance by a world-class Taiko ensemble delivering a loud, energetic show combining dance, culture and athleticism.

Enso Daiko of TaikoArts Midwest will visit the McIntosh Public Library on Friday, June 10th at 10:00 a.m. to share about the history and cultural context of Taiko drumming in Japan and the United States, including how Taiko drums are made.

The program is appropriate for all ages and will include a demonstration and Q&A session.

Admission is free thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

Taiko is the Japanese word for drum and refers to the modern style of playing these drums. Wadaiko (in Japan) and kumi daiko (in North America) is movement infused, heart-pounding, dynamic group drumming.

Think of it as a high energy performance art that combines music, dance, martial arts, athletics, and culture.

Enso Daiko offers loud, energetic performances that combine music, dance, culture, and pure athleticism. The group regularly premieres new work

adding their unique voice to the expanding canon and innovation of North American taiko.

Through performances, studio classes and school residencies, Enso Daiko has taught thousands of students of all ages and abilities.

Enso Daiko was founded as Mu Daiko in 1997 by Rick Shiomi. New Artistic Director, Jennifer Weir, renamed it Enso Daiko in 2017, when TaikoArts Midwest took over the taiko program formerly supported by Theater Mu.

Join the fun on Friday, June 10th at 10:00 am at the McIntosh Public Library. All ages are welcome to attend.



The many health benefits of dairy

Many people recall the slogan "Milk, it does a body good." But as different health fads have emerged since that slogan was first uttered, including an increased availability of dairy alternatives, dairy has been somewhat pushed aside, leaving many people to question if it is a friend or foe.

According to Vasanti Malik, a nutrition research scientist with the Harvard T.H. Chan School of Public Health, dairy isn't necessary for maintaining optimal health for humans. However, it is one of the best and easiest ways to get ample amounts of vitamin D, protein and calcium, each of which keeps vital organs, muscles and bones functioning properly. Here's a deeper look at dairy in the average diet.

What is dairy?

Dairy products consist of a variety of products that are from mammals, including cows, goats and sheep. These include milk, yogurt, cheese, kefir, ice cream, butter, ghee, cream, cream cheese, sour cream, whey products, and casein. Dairy products are often categorized as "regular," "whole," "reduced fat," "low-fat," or "skim." These characterizations indicate the fat content in a given item.

Nutritional benefits of dairy

Dairy products are nutrient-dense and great sources

of protein, calcium and vitamins. Protein builds and repairs muscle tissue; carbohydrates in milk provide energy; and calcium and phosphorus can help strengthen bones and teeth. Vitamin D helps promote the absorption of calcium. Dairy also contains riboflavin, vitamin A, pantothenic acid, potassium and niacin. One eight-ounce serving of milk contains the recommended daily values of these nutrients based on guidelines from the U.S. Food & Drug Administration.

Bone health

Dairy protein and calcium may play critical roles in bone health and density, helping to reduce the risk for osteoporosis, states the Dairy Alliance. Eating and drinking foods rich in calcium may offset a possible protein-calcium loss that occurs with aging, thus protecting bone health.

Heart health benefits

Some people avoid dairy because of perceptions that it is bad for cardiac health. A report presented at the 2018 Congress of the European Society of Cardiology that looked at 20 studies involving around 25,000 people found no association between the consumption of most dairy products (including whole fat varieties) and cardiovascular disease. The only exception was milk, but the results showed one



would have to drink almost a liter of milk a day for a higher risk of cardiovascular disease. Still, the American Heart Association recommends adults choose fat-free or low-fat dairy products whenever possible. Also, a 2018 study published in the British Journal of Nutrition found men who ate plenty of fermented dairy products like yogurt and cheese had a smaller risk of coronary artery disease than men who ate less.

Additional benefits of dairy include a reduced risk of childhood obesity and an improvement in body composition and weight loss during energy restriction in adults, according to a 2016 report in the Journal of Food and Nutrition Research.

Dairy provides many health benefits. People concerned about their overall health should work recommended dairy servings into their daily diets.

Essentia Health to hold virtual advance care planning classes

Essentia Health is hosting free advance care planning (ACP) classes on the following days:

- 11:00 a.m. to noon Monday, June 6th.
- Noon to 1:00 p.m. Wednesday, July 13th.
- 9:00 - 10:00 a.m. Tuesday, Aug. 16th.

ACP is a process that helps you think and talk about your choices for health care in the future.

It's important for every adult to have an advance directive, also known as a living will or health care directive.

Everyone is invited to join in thought-provoking conversation to discover the value of ACP, reflect on your values,

choose a health care agent, explore goals for treatment and take steps toward completing a health care directive for yourself. By having these conversations proactively, you can ensure that your preferences are understood if you become unable to make medical decisions for yourself due to an accident, injury or sudden illness.

For the safety of our communities, these classes are currently being offered virtually.

To register and for more information on ACP please visit: <https://www.essentiahealth.org/patients-visitors/advance-care-planning/>

If you are unable to attend a

virtual class but are interested in learning about ACP, our pre-recorded webinar, "It's about the conversation," is available at the above link, as well.

Feel confident that you'll get the health care you want—even when you're no longer able to communicate with your doctors or loved ones. Talk with your care team at Essentia Health about creating a legal document that puts your wishes in writing.



City Wide Garage Sales

Mark your calendar's for the annual McIntosh City Wide Garage Sales. The sales will start on Friday, June 17th for those who wish to be open. Saturday, June 18th will be the big day for treasure hunting through the sales that will take place throughout the City. More information next week!



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

Sun. June 5 : 8:30am Easter Sunday Mass at St. Mary's, Fosston
Sun. June 12: 8:30am Easter Sunday Mass at St. Mary's, Fosston
Sun. June 19: 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

Sun. June 5: 10:00am Coffee Hour; 10:30am Worship Services
Sun. June 12: 10:00am Coffee Hour; 10:30am Worship Services
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:
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, June 5 :9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com).
Tues. June 7 : 10:00am Sunday worship service telecast on GVTV--30
Wed. June 8: 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
Pastor Lee Laaveg

Sun. June 5: 9:00am Worship
Sun. June 12: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

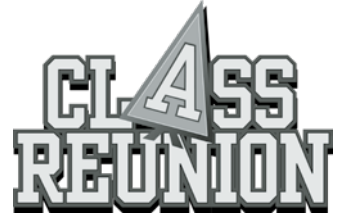
THANK YOU

We, the family of Lorraine Lee, want to thank all the wonderful people who gave much sympathy and cards.

Thank you as well to the first responders, ambulance crew, doctors & nurses. Also to Home Health Care, and to all the wonderful neighbors.

God bless you all,

The family of Lorraine Lee



Please visit the **wem-reunion Facebook page** for any information about the All-School reunion taking place the weekend of June 3rd - 5th. There are notices about specific class meetings, etc. that are available.

The Win-E-Mac Alumni Association is looking for volunteers to help out a few hours either on Saturday, Sunday or both. A small time commitment would be a big help from those who are able to help.

In need of volunteers to man the memorabilia tables from 10:30 am to 12:30 pm on Saturday; An individual or group to coordinate the float for the over 90 year old alumni and to make sure they participate in both the McIntosh and Erskine parades; Golf carts and operators for the golf cart tours in McIntosh on Saturday from 10:30 am to 12:30 pm; possibly other positions that need filling as time progresses. If you are interested, please message Win-E-Mac reunion on Facebook or contact Devra at 218-280-3269.

Memorabilia is needed for decade memorabilia tables, mostly for the 2000's table, but welcome is anything from the 1940's, 50's, 60's, 70's, 80's and 90's as well. Old jersey's, band uniforms, class remembrances, etc. Please contact Devra at 218-280-3269 if able to help. Thank you.

Mac-Winger Class of 1966
Looking for the following six classmates. If you know how to get in touch with the following six people, please have them call, text or email. Wes Knutson at 218-289-2922, lwknutson@gra.midco.net

The six classmates are: Dawn (Richter) Shupe, Carol (Henschke) Peterson, Owen Smeby, Dennis Hendricks, Larry Bolstad, and Alan Johnson.

Class of 1979 Meeting June 3
The class of 1979 will be meeting at Barb Berg-Faldet home at 38112 270th Ave SE, McIntosh on Friday, June 3rd at 7:00 p.m. Bring a snack to share and BYOB. Looking forward to reacquainting with the "Older Version" of the class of 1979.

Win-E-Mac Class of 2002:
Please let Brandon Omang know if you plan on attending the reunion. He can be reached at (218) 280-7598. The class will meet at Travis Kolden's house on Friday night (June 3rd) at 5:00 pm. Message Brandon for address/directions.

Thank You

I would like to thank the McIntosh Volunteer Fire Department for the fire extinguisher that I won at the Firemen's Ball, and also for the great job that you do. - Dianne Roed

LSS

Meals Menu

687-2262

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

Mon. June 6: Orange Chicken over Rice - Oriental Vegetables - Mandarin Oranges - Pineapple Cake - Milk
Tues. June 7: *Bingo* BBQ Pork on Bun - Potato Wedges - Coleslaw - Pineapple Tidbits - Oatmeal Raisin Cookies - Milk
Wed. June 8: Beef Macaroni Hotdish - Peas - Tropical Fruit - Garlic Bread - Chocolate Pudding - Milk
Thur. June 9: *Bingo* *Call With Your Choice* Liver & Onions or Poor Man's Steak - Mashed Potatoes & Gravy - Carrots - Wheat Rolls - Rhubarb Dessert - Milk
Fri. June 10: Fish Patty on Bun - Cheesy Hashbrowns - Baked Beans - Spice Cake - Milk



Wed. June 1: Roan Burslie
Thurs. June 2: Bristol Vettleson, Evonne Hartel, Wade Farrell, Christine (Lee) Weber, *Curt & Kris Johnson
Fri. June 3: Clayton Bartz, Elena Boianoff
Sat. June 4: *Megan & Nicolai Sveen, Morgan Voxland
Sun. June 5: Madisyn Norton
Mon. June 6: Bernice Voxland, Theresa Agnes, Joanna Jore, *Albert & Karen Plante
Tues. June 7: Bob Olson, Carmen Syverson, Diana Linds-eth, Nickie Carlson, Kelly Lee, *Dennis & Diane Boucher

McINTOSH Times

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June Weed
of the Month: Teasel

By: Maggie Barnick, Minnesota Department of Agriculture.

What is the connection between woolen mills and cemeteries? As you might have guessed, each of those has a connection to a noxious weed that has been reported in several new counties in Minnesota in the past several years. As early as the 1700s, teasel was brought from its native habitat in Europe to the United States. It is thought to have been grown for woolen mills to use in the process of “raising the nap,” or brushing out woven fabric to create a soft, uniform surface. Today, teasel can also be found in floral arrangements, and it can often be found in and around cemeteries where memorial bouquets contained dried teasel flowerheads.

Two species of teasel are currently found in Minnesota

and both are Prohibited Eradicate Noxious Weeds, meaning all above and below parts of the plants must be destroyed. Additionally, no transportation, propagation, or sale of these plants are allowed.

Both species of teasel can form dense stands that shade out other species. Teasel is a monocarpic perennial, existing for at least one year as a basal rosette.

Their rosettes can be rather large, with basal leaves as large at 16” in length at their full maturity. After at least one year, rosettes will have acquired enough resources to send up a prickly flower stalk. Teasel flowers along large oval-shaped heads from July to September, and their flower stalks can reach up to 7 feet in height. Flowers are tiny, blooming in rows on the heads, and are surrounded by spiny bracts. After teasel flowers, it



Common teasel flowers (left) are primarily purple in color. Outer bracts on their flowers extend beyond the head. Cutleaf teasel flowers (right) are white, with no outer bracts.

produces seed and dies.

Common teasel has been reported 38 times in nine counties and cutleaf teasel has been reported 169 times in 17 counties. Most recently, cutleaf teasel was reported in Duluth. It is thought to have possibly escaped from a garden and then spread to adjacent public lands along the Munger Trail. It was also found across a busy street from its original location in Duluth. While its seeds

typically don’t travel very far from the parent plant, it can be spread by humans or, in some instances, birds. Seeds germinate quickly and the seedbank is short lived, with most seeds germinating within 3-5 years.

If you suspect that you have found either type of teasel, report it! Be sure to include identifying characteristics in photos and record its exact location with either an address, or the location’s GPS coordinates.

Drought relief application
window to open mid-June

Prepare now to apply for up to \$7,500 reimbursement for expenses

Minnesota livestock farmers and specialty crop producers (including those that grow fruits, vegetables, nursery, floriculture, horticulture, and other crops) who incurred expenses due to last year’s drought can apply for up to \$7,500 per farm in reimbursement through the Minnesota Department of Agriculture’s (MDA) 2021 Agricultural Drought Relief Program (ADRoP) when it opens in mid-June.

The Minnesota Legislature appropriated \$8.1 million for ADRoP, which will reimburse farm operators for drought-related expenses incurred after June 1, 2021, and before May 23, 2022.

Farms must be located in a county designated by the United States Department of

Agriculture as a primary natural disaster area after July 19, 2021 and before January 1, 2022, or in a county contiguous to a designated county. All Minnesota counties except Goodhue, Rice, Wabasha, Winona are eligible.

The application window will run approximately 10-12 business days and applicants are highly encouraged to submit their application through the online grants management system to ensure it is received in a timely manner. The application window will be announced when finalized.

More information about drought relief for farmers is available at www.mda.state.mn.us/droughtrelief. Once the application opens, farm operators can email drought@state.mn.us or call the Grants Line at 651-201-6500 with any questions.

Turn your yard into a vacation-worthy oasis

Warm weather means more time to relax outdoors. For those homeowners lucky enough to have entertaining spaces outside, spring and summer provides plenty of opportunities to enjoy fresh air under the sun or stars.

Over the last few years, families have become especially familiar with what works about their yards and where there is room for improvement. Pandemic-related travel restrictions and early stay-at-home mandates resulted in plenty of time spent in backyards on staycations. Even

though many such restrictions have been lifted, homeowners may have seen the benefits of having functional respites right outside their doors.

A backyard renovation can cost anywhere from \$5,000 to \$50,000. The American Society of Landscape Architects suggests homeowners budget the cost of a major landscaping project at between 5 and 10 percent of their home’s value. Large or small, here are ways to make an outdoor oasis at home.

Create living privacy
Living in close proximity to

neighbors may make privacy harder to come by. Wood or vinyl fences, however effective, may not provide the all-natural look many people desire. Vertical gardening, which trains easy-care vines like English ivy, Clematis or various climbing roses to grow on trellis or fencing adds greenery and privacy. Hedges and fast-growing shrubs also can be used for natural barriers.

Install a pool
Pools are the ultimate spots to cool off on hot days. An elaborately shaped inground pool can blend in with the landscape

and offer the ultimate hang-out zone. However, above-ground pools also serve the purpose and are more budget-friendly. Stock tank pools are popular among those who want minimal pool expenditure or have small spaces to work with. Stock tanks are metal vessels traditionally used as watering holes for livestock. They also can be “adult kiddie pools” when combined with some plumbing. Galvanized steel frames make them sturdy. With floats and other accessories, they can become the perfect oasis.

Outdoor atmosphere

Create a bespoke bistro vibe by using freestanding planters and posts along with hanging lights to make an intimate outdoor hangout spot at night. For those with permanent structures, like a deck or a gazebo, lights can be strung across the area or on railings or edging.

Extend the living space
Decks and patios can help make outdoor entertaining areas more comfortable by eliminating the need to sit on the grass or gravel. Plus, they add another “room” to the home. When paired with weather-proof patio furniture, such as

sofas, loungers and tables, a private seating area can be crafted and utilized for any number of entertaining desires.

Hang a hammock
Few things evoke feelings of relaxation better than a hammock. Fitted between two trees (or two posts if trees are sparse), a hammock is an ideal place to grab a nap or read a book.

Additional oasis-inspired ideas include outdoor kitchens, letting up lanterns, cascading water features, and bird feeders to attract the sounds of nature.



The Win-E-Mac Senior High Choir, under the direction of Charity Salmonson, sang "Count on Me" (arr. by Andy Bev) during the 2022 Win-E-Mac Graduation Ceremony last Saturday afternoon.



Directed by Mrs. Amanda Shultz, the Win-E-Mac Junior and Senior High School Band were part of the entertainment during the 2022 Graduation Ceremony held on Saturday, May 28th.

Summer fun for active seniors

Seniors may have more time for leisure and recreation than working adults, and the summer months provide ample opportunities to get active. After months of chilly temperatures, seniors in various parts of the country may be eager to get outdoors and enjoy some fun in the sun.

The U.S. Centers for Disease Control and Prevention recommends that adults age 65 and older get at least 150 minutes of moderate-intensity aerobic activity each week. There are plenty of ways for active seniors to meet this exercise goal and have some fun along the way. The following are some good starting points.

· **Join or start a walking club.**

Walking is a great way to stay in shape and work the mind as well. View new sights along the way by changing the route each time you go. Walking with friends can pass the time and provide the motivation to keep going.

· **Catch a sporting event.**

Attending a sporting event can be an entertaining way to spend several hours, and that includes amateur and recreational sports. Catch a grandchild's swim meet or a baseball game for an action-packed way to connect with loved ones and get out.

· **Take a fishing charter.**

Casting a rod from a dock or pier is perfectly acceptable, but securing a spot on a fishing charter is a great way to spend hours out on the water enjoying the scenery and the sport of fishing. Plus, there's the added benefit of enjoying the fruits of your labors by cooking the day's catch for dinner once you arrive home.

· **Be a tourist.**

Many cities and towns have



their own tourism boards and showcase interesting spots that have historical significance or appeal to other interests. Be a tourist for the day - even in an area with which you are familiar. Hop on a trolley or sightseeing bus to view the town as an outsider.

· **Spend time swimming.**

Swimming is a low-impact activity that can work the body in many different ways. Devote time to doing a few laps in the pool. Or make a day of going to a lake or another body of water to wade out and enjoy some strokes in nature. Stick to swimming areas that are monitored by lifeguards for optimal safety.

· **Tend to a garden.**

Gardening is a great form of light exercise that can produce rewarding results. If you don't

have a garden or enough space for one at home, many neighborhoods have community gardens in which you can secure a plot.

· **Visit a fair or farmer's market.**

The warm weather months are a peak time for outdoor activities, including various community fairs and farmer's markets. Chances are you can find a farmer's market nearby most days of the week, but especially on the weekend. A town market or state fair is a great way to get out and walk, play games of chance or enjoy some live entertainment. Check your community calendar for local events.

Active seniors can embrace long, warm summer days to enjoy plenty of time away from home.

Hospice of the Red River Valley celebrates groundbreaking of Heather's House

Hospice of the Red River Valley has begun construction on Heather's House, a free-standing hospice house that will serve patients and families around the region.

Hospice of the Red River Valley is an independent, community-based nonprofit organization that has served patients and families in our region for 40 years.

The organization covers more than 44,000 square miles across more than 40 counties, with offices located in Bismarck, Fargo, Grand Forks, Valley City, N.D., and Detroit Lakes and Thief River Falls, Minn.

As the longest standing hospice organization in the state of North Dakota, Hospice of the Red River Valley has the background, staff experience and reputation to meet the end-of-life care needs of our community.

Like the rest of the nation, our region stands on the threshold of an aging boom, and demand for hospice services is higher than ever. Currently, Hospice of the Red River Valley serves more than 400 hospice patients every day.

With an already sizable elderly population within our service area, the need for end-of-life care is expected to continue to grow significantly. To see this unmet need come to fruition has been our dream for more than a decade. Now is finally the right time to make the dream of building a Hospice House a reality.

· **A home away from home**

A freestanding hospice care facility will allow patients to receive the kind of end-of-life care they need and want at a lower cost than most other in-patient facilities.

It is not designed to treat

patients with acute, short-term medical problems, but rather, to emphasize quality of life for whatever time remains.

· **The building will include:**

• **Expert care** with a reduced financial burden: A short stay at a Hospice House is 100% covered by Medicare for respite and general inpatient care.

• **Features designed to support** a patient's physical health and wellbeing: Each patient room is fully equipped with medical-grade equipment and call systems. These and other medial features are creatively hidden to mask their institutional look and maintain a home-like feeling.

• **Peace and comfort** for the caregiver and the patient: The Hospice House isn't just for a patient - primary caregivers can benefit from respite care which allows them the opportunity to take a short break and rest easy knowing their loved one is receiving best-in-class care in a peaceful setting.

• **A heart for terminally ill children:**

The Hospice House will provide a comfortable space for children and teens to receive concurrent care (both curative and hospice services). The House's space for children and teens will include equipment and technology, art supplies and activities, music and toys. It will be a place where kids can just be kids while also having their pain and symptoms managed with around-the-clock care.

· **About Hospice of the Red River Valley**

In 1981, Hospice of the Red River Valley was founded on the fundamental belief that everyone deserves access to high-quality end-of-life. Contact us anytime at 800-237-4629 or hrrv.org.



WEM Summer Rec: The season will officially begin on June 7, 2022. The Championship week will begin July 18th and be completed on July 22nd. We will be taking a day off of practice on June 14th, but the pee Wees will still be playing their game.

There is no game schedule yet and probably will not be receiving it until June 7th. Please check the school website, as it will be posted as soon as it is received. A practice schedule is also available on the website.

If you have any questions of concerns, please feel free to contact Oscar at 218-289-4181. Please, no calls/texts after 9:00 pm unless it is an emergency.

Students interested in the Summer Sports Performance Program with Rhonda Breitbach, please pick up a form in the office. This program will be open to students ENTERING 7th-12th grades next year. It will run 2-3 days a week in June & July (depending on age). This is a GREAT way to improve your strength and speed for the upcoming sports seasons. Formore information you can reach out to Mr. Langemo.

There is a signup sheet in the office for any HS boys' grades 9-12 who might be interested in playing volleyball this summer with the possibility of forming an official team that could play with other teams across the state. .

This would be a club sport for now and is not associated with the Win-E-Mac School. If you are interested in trying it out- please sign up. Practices would start late in June. There will be a fee, but it has not been determined yet.



Valedictorian, Teagan Paulson, speaks during Win-E-Mac graduation last Saturday.



Alivia Winter, Win-E-Mac Class of 2022 Salutatorian addressed the audience during the graduation ceremony.



Win-E-Mac Class Co-President, Savahanna Svalen welcomed family, friends and community members to the 2022 Commencement Ceremony.



The Win-E-Mac Class of 2022: Rebecca Arme, Peter Basargin, David Boianoff, Tabitha Bratager, Leonardo Casagni, Koltan Cherf, Monania Erofeeff, Dylan Gunderson, Anton Hickman, Jadon Kangas, Kerianna Kutsev, Lukiya Kutsev, Teagan Paulson, Eva Qualey, Elizabeth Riley, Anisha Saeland, Haley Sander, Chase Shear, Ethan Shimpa, Maci Smeby, Savahanna Svalen, Hunter Trandem, Scott Tyler, and Alivia Winter.