



McINTOSH

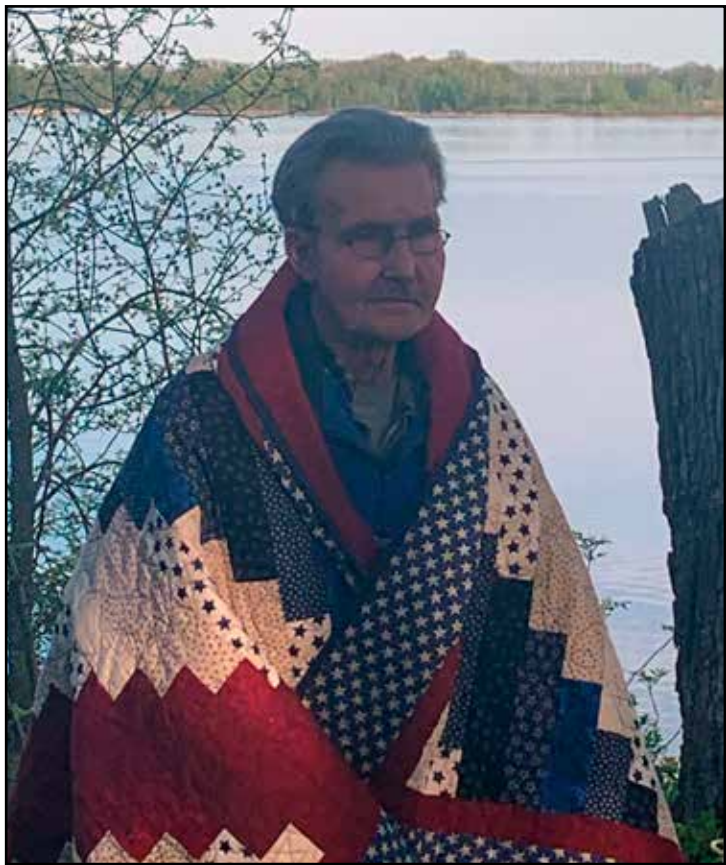
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Hub of the Thirteen Townships

McIntosh, Minnesota



David R. Burks received a Quilt of Valor on Memorial Day weekend with a home presentation. David enlisted in the Army on Nov 18th 1966. He did his basic training at Fort Ord in California. David did one tour in Vietnam and spent time in Korea also. While being in Vietnam he won the Bronze Star Medal with Presidential Unit Citation. He was honorably discharged from the Army in July 1969.

Foraging at home: Can I eat the weeds in my backyard?

By: Noah Burley, Extension horticulture intern

Whether for survival or fun, foraging can be a great way to supplement your diet with plants that are not only delicious but can also be healthy.

Foraging in your own backyard

Although it may be illegal in some cities in Minnesota to forage in parks and woodland areas, foraging on private property is legal. If you don't have the time or ability to wander around the woods in search of elusive treats, sometimes you can find plants and fungi in your own backyard to add to your everyday meals.

While I was walking through my backyard the other day, I found lots of dandelions in bloom. Usually considered a weed, dandelions are one of the easiest edible plants to find and identify.

When foraging for weeds and other plants and fungi it is important to note that these plants can grow next to areas where the soil and water may not be clean due to chemicals from roadways, buildings, or weed removal. Chemicals can have negative effects on your health and it is best to avoid foraging plants where they may have been used.

One way to ensure toxin-free dandelions is to allow them to grow in your own yard, and don't apply toxic chemicals to the plants. When I was a kid, instead of spraying to remove dandelions, I would collect and then sell the blooms to the local winery to be used for dandelion wine.

Dandelion (Taraxacum spp.)

Two singular yellow flowers grow from two dandelion plants with lance-shaped leaves.

Dandelions

Two species of dandelion are most prevalent in Minnesota, the common dandelion (*Taraxacum officinale*) and the red-seeded dandelion (*Taraxacum erythrospermum*). Native to Europe, they were brought to the Americas in the 1600s by settlers and were grown in gardens for edible and medicinal purposes.

Dandelions' status changed from food to weed when the culture of lawn grooming became a symbol of wealth and status. The standard of a manicured lawn was disturbed by dandelion flowers, so they were removed.

Although dandelions offer nectar for pollinators early in the season and do not compete with natives, the culture of weed removal continues to this day.

Easily detectable by their bright yellow flowerhead and lance-shaped leaves, harvesting dandelions can be worry-free. Although there are dandelion look-alikes in sow thistle and cat's ear, both look-alikes are also edible. For a quick way to differentiate the dandelion from its lookalikes, the dandelion has a hollow stalk and a single flower head.

The three parts of the dandelion that are edible are the flower, leaves, and roots. All of these parts are full of nutrients such as vitamins A and C, iron and fiber, and have been used for many traditional medical remedies.

The flower of the dandelion when harvested immediately pre- or post-bloom has a sweet taste many compare to honey that can be used in the making of wines and teas. You can mix the petals in with pancake batter, cookie dough and cakes, or fry them whole in a fritter.

The mature flowerhead, while still edible, will become bitter as it ages.

The leaves are best harvested when the flower is young, before it blooms, and can be eaten alone, as seen in some of the top kitchens around the

Weeds.. Continued on page 2 ...



Annual Winger Lions Fish Fry

The 2022 Winger Lions Fish Fry will take place on Saturday, June 25th from 5:00 pm to 7:30 pm at the Winger Community Center.

The menu will be all-you-can-eat fish, potato, salad, baked beans, rolls and a beverage. Take out is available.

This will also be a collection site for used eye glasses and hearing aids to support the Lions Club International.

Proceeds from this event will benefit local projects. All are welcome to attend.



The Win-E-Mac class of 1994 had a great class turnout for their float and fun during the Win-E-Mac All-School Reunion held the weekend of June 3rd - 5th.



Win-E-Mac Mites Summer Rec Baseball: Coach: Wyatt Davis. Back L-R: Connor Breitbach, Lynn Burd, Koen Kiecker, Roman Shultz, Jens Stordahl, Dawson Gunufson, Wyatt Lee, Kolby Cook, Bridger Huschle. Front L-R: Aron Morlock, Camden Determan, Emmett Rock, Carter Bartz, Maverick Soltvedt, Charles Subbert, Krosby Jore, and Grayson Sonstelie.

Weeds....

Continued from page 1

world, mixed into a pesto, or used to garnish a baked potato. The leaves have a slightly bitter taste comparable to radicchio, which becomes stronger as the plant grows older, but bitterness can be reduced through cooking.

The roots may be tough to eat raw, but when dried and roasted can be a great coffee replacement, as a bitters ingredient, or added to soup.

While there are numerous recipes for dandelion, my personal favorite is adding them to lemon bars.



Wood sorrel (*Oxalis* spp.)

A plant with heart-shaped, trefoil leaves and five-petaled yellow flowers has droopy leaves.

In cool cloudy weather, yellow woodsorrel lowers its leaves.

Another warm-season quick snack with a sour flavor you can find in almost any yard is wood sorrel. There are several species of wood sorrel in Minnesota including southern wood sorrel (*Oxalis dillenii*), common wood sorrel (*Oxalis montana*), and violet wood sorrel (*Oxalis violacea*). All are edible.

Found in full sun to partial shade, wood sorrel is a trefoil plant (three-leaved) with each leaf forming a heart-like shape.

This plant is also identified by its five-petaled flowers. Wood sorrel's flowers are usually yellow or white but have also been seen in different shades of violet.

This plant is mostly native to North America and as such has been used for thousands of years by many different Indigenous American groups. Some species may have been introduced.

Both wood sorrel and clover have a similar appearance, but wood sorrel leaves look like hearts, and clover leaves are rounded. When blooming, clover flowers are significantly different from wood sorrel flowers, having multiple pink or white flowers that give the appearance of a sphere.

All of the wood sorrel plant is edible, and if you do mix it up with clover, don't worry, your bite will taste more like vanilla than citrus, but both are edible.

Although this is one of my favorite forageable snacks, make sure to only eat it in moderation. Wood sorrel contains oxalic acid, which, when combined with other minerals in our bodies, turns into oxalates. Oxalates are also found in foods like spinach and other leafy greens and are healthy if managed correctly. For a healthy oxalate level, it is recommended to stay under 8g (13-20mg/g, based on 200-300mg/day) of wood sorrel per day, but this number can vary and it is best to consult your physician if worried. If not



Common Purslane managed correctly, oxalates can lead to kidney stones and other potential issues.

Although wood sorrel can be used in teas and soups, I think it tastes the best when left raw.

Common purslane (*Portulaca oleracea*)
A creeping plant with thick stems and many small, shiny leaves in a garden.

Purslane loves the sun in garden beds.

Purslane is another weed that can be a delicious addition to a meal. Purslane was primarily used as a food source before the manicured lawn movement and is used in many traditional recipes around the world.

In Minnesota, there is one primary species of purslane, *Portulaca oleracea*, which grows close to the ground (prostrate), with a red stem, rounded succulent leaves, and small yellow, red, pink or white flowers. Although common purslane prefers dry and full sun environments, this plant will grow in almost all conditions.

Purslane has one toxic look-alike, prostrate spurge (*Euphorbia maculata*). To distin-

guish them from each other, simply break the stem. A prostrate spurge stem will have a milky sap inside, while common purslane will not.

Once common purslane has been identified, all parts are edible, although the leaves and stem are used most commonly in cooking.

Purslane adds a lemony/salty bite to any recipe, and has been proven to contain large amounts of potassium, magnesium and omega-3 fatty acids that can aid the cardiovascular system.

Although this plant can be nutritious, much like wood sorrel, eat it sparingly as it also contains oxalic acid. To maintain a healthy oxalate level, it is recommended to eat less than 23g of purslane a day (6.71-8.69mg/g based on 200-300mg/day). The amount of consumable purslane per day may change based on each individual as well as their oxalate needs and it is best to consult your physician if worried. Oxalates can lead to kidney failure, kidney stones, and other issues if not managed correctly.

One of my favorite uses for purslane is in tzatziki, adding a zesty flavor to the Greek sauce.

Adding weeds to your diet can be as easy as weeding your yard. Although the yard is a great place to start foraging, there are many other edible plants and fungi in Minnesota that can be found nearby. From the honey-like taste of dandelion flowers to the citrusy/salty taste of woodsorrel and purslane, Minnesota is a great place for foraging!

A great resource for learning more about foraging in Minnesota is the Minnesota Harvester Handbook.

Self-medicating mental health issues

By: Mark Jacobson, Peer Support Specialist

Drinking and using drugs to change your moods, face your fears, or deal with painful emotions? Self-medicating may offer some relief in the short-term, but over time it only exacerbates the issues that you are dealing with.

Signs that you may be self-medicating include:

You turn to drugs or alcohol when you're feeling anxious, stressed, or depressed. If you are regularly drinking or using drugs to cope with stress, relieve boredom, or improve how you feel, there is a strong possibility you're self-medicating.

Your problems are multiplying. You started drinking to cope with stress, but now you've got health, relationship, and financial problems to cope with as well. And the stress is even worse. The more you self-medicate, the more problems it creates in your life.

It takes more and more self-medicating to gain relief. Where it once took just one or two drinks to ease your anxiety or de-stress at the end of the day, now it takes three, four, or more. As you continue to self-medicate, your tolerance will

continue to increase-as will the problems caused by your increased substance use.

Your friends and family are worried about your substance use. Have people who care about you expressed their concern that you seem to be drinking more than usual? Or perhaps they've noticed the changes in your personality, behavior, or social life? Substance abuse can affect those around you just as much as it affects you. It takes great strength to listen to your loved ones' fears and recognize when your substance use has become a problem.

If you, or someone you know, are struggling with mental health issues and/or substance abuse, get help now. SAMHSA has established a free, confidential information service open 24 hours/365 days a year, for individuals and family members facing mental health issues or substance abuse disorders. They can direct you to resources available in your area. They may be reached at 1-800-662-HELP (4357).

If you would like additional support, I may be reached at: gottahavehope38@gmail.com or by letter to 559 W Broadway St, Winona, MN 55987.



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Polk County Sheriff's News

On June 16, 2022 the Polk County Sheriff's Office received a reported scam from a citizen of Polk County. The scammer contacted the citizen on the phone and the caller ID showed 218-281-0431 which is the number for the Polk County Sheriff's Office. The scammer told the citizen they missed court and there was a warrant out for their arrest, the scammer then demanded the citizen go to the bank and take out money and bring it to the Polk County Sheriff's Office.

The scammer was confronted as being a scammer and then hung up.

The Polk County Sheriff's Office wants to remind the

Gosen Luther League

The Gosen Luther League meets on Sunday evening, June 26th, at 7 o'clock. The Cowboy Church Band will be our musical guests.

The group is comprised of Suzanne Shear from McIntosh who sings and plays guitar at Bethel Assembly; her grandson Jesse Quam, also from McIntosh, who plays on a couple different worship teams playing keyboard and mandolin; and Ron Swenson, pastor of Cowboy Church and his wife Twila from Bagley who both accompany their vocals with guitars.

Refreshments will be served following the program.

Join us for an inspirational evening in honor of our Lord Jesus Christ.

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.



public that typical law enforcement agencies including the Polk County Sheriff's Office do not conduct business this way. The Sheriff's Office does not collect any money from subjects with warrants. If anyone gets a call similar to this hang up the phone and report it to local law enforcement.

Scammers can spoof numbers to make it appear as if they are calling from another number.



Wed. June 22: Erik Hamre, *Andy & Stacy Smith, *Jerry & Bonita Shaver, *Jason & Shannon Svalen

Thurs. June 23: Vicki Strom, Fernando Soto, *Kris & Gwen Rue, *Paul & Sandra Jore

Fri. June 24: Karlie Schow, Holly Schlagel, Mark Simonson, Wyatt Schow, *Calvin & Anne Schow, *Steve & Candace Haaven

Sat. June 25: *Travis & Kelsey Mahlum

Sun. June 26: Matt Thompson

Mon. June 27: Debbie Haaven, Tenley Grettum, *Clay & Teresa Syverson

Tues. June 28: Judy Webster, *Craig & Jill Lende

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 27 Chicken Chow Mein over Rice - Chow Mein Noodles - Oriental Vegetables - Mandarin Oranges - Rhubarb Dessert - Milk

Tues. June 28: *Bingo* Swedish Meatballs - Mashed Potatoes & Country Gravy - Carrots - Wheat Bread - Chocolate Chip Bars - Milk

Wed. June 29: Chicken Gravy Over Mashed Potatoes - Peas & Carrots - Wheat Bread - Fruit Crisp - Milk

Thur. June 30: *Bingo* Pork Loin - Sweet Potatoes - Broccoli - Wheat Bread - Jello Cake - Milk

Fri. July 1: Sloppy Joe on Bun - Potato Wedges - Corn - Vanilla Pudding - Milk



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

Wed. June 22: 11:30am Mass at St. Mary's, Fosston
Sun. June 26: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. June 29: 11:30 am Mass at St. Mary's, Fosston
Sun. July 3: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. June 26: 10:00am Coffee Hour; 10:30am Worship Services

Sun. July 3: 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 26 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com); 7:00am Gosen Luther League (see article elsewhere in paper)

Tues. June 28 : 10:00am Sunday worship service telecast on GVTV--30

Wed. June 91: 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 26: 9:00am Worship
Sun. July 3: 9:00am Worship

IMMANUEL LUTHERAN CHURCH McIntosh

Pastor Bruce Blocker

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



Little Bobby's

295 Cleveland Ave, McIntosh, MN • 218-563-3008



Corn Hole and Wings on Wednesdays



Upcoming events:

June 25th at 9PM – Allen Kirk and George Moye “Funky Blues”

July 1st at 9PM – Blind Joe and then Rehab - \$35 per ticket

July 2nd at 9PM – Lydia Rose and then Rehab - \$35 per ticket \$50 for both days

July 22nd at 9PM – Indigenous with special guest “Dubble Down” \$20 general admission

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"Serving the Win-E-Mac area"

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The Mac-Winger Class of 1979.



The Mac-Winger Class of 1975.



ADVERTISEMENT FOR BIDS
CITY OF WINGER, MINNESOTA

General Notice
The City of Winger (Owner) is requesting Bids for the construction of the following Project:

**2022 SANITARY SEWER COLLECTION
AND TREATMENT FACILITY IMPROVEMENTS**
Project No. 19.01475

Bids for the construction of the Project will be received by the City of Winger, Minnesota by mailing to PO Box 70, Winger, MN 56592-0070 or by hand delivery to Winger City Hall at 10 E Minnesota Ave, until July 21, 2022 at 10:30 a.m. local time. The opening and reading of the Bids may be modified subject to COVID-19 preventative measures. After that time bids will be received by hand delivery to the bid opening at the **Winger City Hall at 10 E Minnesota Ave, Winger, Minnesota** until 11:00 a.m., July 21, 2022, at which time they will be publicly opened and read aloud for furnishing all labor, materials, and all else necessary for the construction of:

The Project includes the following Work:

COMMON EXCAVATION	4,200 C.Y.
AGGREGATE BASE CLASS 5	3,800 C.Y.
BITUMINOUS BASE AND WEAR COURSE	1,800 TON
SANITARY SEWER AND APPURTENANCES	14,500 L.F.
CONSTRUCT DRAINAGE STRUCTURE.....	48 EA.
36" - 48" PIPE STORM CULVERT	250 L.F.
SANITARY SEWER LIFT STATION	2 EA.

Obtaining the Bidding Documents
Information and Bidding Documents for the Project can be found at the following designated website:

www.ulteig.com
www.questcdn.com

Bidding Documents may be downloaded from the designated website using QuestCDN project number 8193848. Prospective Bidders are urged to register with the designated website as a plan holder, even if Bidding Documents are obtained from a plan room or source other than the designated website in either electronic or paper format. The designated website will be updated periodically with addenda, lists of registered plan holders, reports, and other information relevant to submitting a Bid for the Project. All official notifications, addenda, and other Bidding Documents will be offered only through the designated website. Neither Owner nor Engineer will be responsible for Bidding Documents, including addenda, if any, obtained from sources other than the designated website.

The Issuing Office for the Bidding Documents is:

Ulteig Engineers, Inc
1345 Highway 10 West, Detroit Lakes, Minnesota 56501

Prospective Bidders may obtain or examine the Bidding Documents at the Issuing Office on Monday through Friday between the hours of **9:00AM TO 4:00PM**, and may obtain copies of the Bidding Documents from the Issuing Office as described below. Partial sets of Bidding Documents will not be available from the Issuing Office. Neither Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including addenda, if any, obtained from sources other than the Issuing Office.

Printed copies of the Bidding Documents may be obtained from the Issuing Office by paying a non-refundable fee of \$300.00 for each set. Make deposit checks for Bidding Documents payable to ULTEIG ENGINEERS, INC.

Instructions to Bidders

All bids shall be made on the bidding documents included in the project manual. All bids shall be in a sealed envelope with a brief description thereon of the work for which the bid is being submitted and shall contain the required bid security. Bids may be filed with the City of Winger during normal office hours or hand carried to the meeting prior to the scheduled bid opening as specified above. No bidder shall withdraw his bid for at least sixty (60) days after the scheduled closing time for the receipt of bids.

All bidders must be able to submit a sworn statement to the City of Winger demonstrating that it is a responsible contractor as defined by Minnesota Statute 16C.285. The failure to provide such a statement will render any proposal non-responsive.

Each bid shall be accompanied by a bidder's security in a sum equal to five (5) percent of the full amount of the bid. The bidder may submit a Bid Bond, certified check, or cashier's check payable to the City of Winger. The bid security is a guarantee that the bidder, if awarded the contract, will enter into a contract for the work described in the Contract Documents. The bid security of the three (3) lowest bidders will be retained until the contract has been awarded and executed, but no longer than sixty (60) days after the opening of bids. The successful bidder will be required to furnish contract Performance and Payment Bonds, each in the full amount of the contract.

Wage rates for this project are subject to the current Federal (Davis-Bacon) and State prevailing wage rate laws.

Any contract or contracts awarded under the Advertisement for Bid are expected to be funded by a loan and grant package from the USDA Rural Development.

Bidders on this work will be required to comply with the President's Executive Orders 11625 and 12138 and Section 129 of PL 100-590 Small Business Reauthorization and Amendment Act of 1988 regarding service contracts to minority, women's business enterprises, and small businesses and requires recipients to utilize affirmative steps in procurement. The requirements for bidders and contractors covered by this policy are explained in the Instructions to Bidders.

Bidders on this work will be required to comply with President's Executive Order No. 11246 regarding Equal Employment Opportunity and any amendments or supplements to that Executive Order.

Bidders shall comply with Title VI of the Civil Rights Act of 1964 (PL 88-352), the Rehabilitation Act of 1973 (PL 93-1123, 87 Stat 355, 29 USC Section 794), the Older Americans Amendments of 1975 (PL 94-135 Section 303, 89 Stat 713, 728, 42 USC Section 6102), and subsequent regulations, ensures access to facilities or programs regardless of race, color, national origin, sex, age, or handicap.

Complete instructions for filing bids are included in the Instructions to Bidders.

The Owner reserves the right to reject any or all bids and to waive informalities.

All questions regarding the bidding documents shall be directed to the Project Engineer: Brian Hiles at 320-289-5257 or by e-mail at brian.hiles@ulteig.com. All questions must be received in writing or by e-mail on or before 5 days prior to the bid opening. Responses to technical questions will be issued by addendum within 2 days prior to the bid opening.

This Advertisement is issued by:
Owner: **City of Winger, Minnesota**
By: **Ms. Dominica Zarkoff**
Title: **City Clerk**
Date: **June 14, 2022**



The Mac-Winger Class of 1976.



The Mac-Winger Class of 1982, with Gavin & Sylvie Strom picking up parade candy



The Win-E-Mac Class of 1994 during the Win-E-Mac All-School Reunion parade held on Saturday, June 3rd in downtown McIntosh.



Mr. Doug Johnson got in the the Win-E-Mac All-School Reunion parade with a float to celebrate his 43 years opf teching! Way to go Mr. Johnson!

Western Governors University partners with MREA to offer scholarships

Nonprofit, fully online university will provide \$50,000 in scholarships through its “Power Your Future” initiative for new students who are electric cooperative members or employees.

In an effort to empower residents in rural areas of Minnesota to go back to school and further their education, Western Governors University (WGU) recently announced it has partnered with the Minnesota Rural Electric Association (MREA) to provide \$50,000 in scholarships to Minnesotans who are served by an electric cooperative and are interested in pursuing a degree from the fully online, nonprofit university. The “Power Your Future” Scholarship is open to new students in rural areas of Minnesota who are employees of, member-owners of, or live in a household served by one of the 50 electric co-ops that power rural Minnesota.

“One of the things that makes electric cooperatives unique is their commitment to the seven cooperative principles, which combine to help build trust between the co-op, its members and the community,” said Darrick Moe, MREA president & CEO. “As the state-wide organization for Minnesota’s rural electric cooperatives, MREA demonstrates the fifth cooperative principle of education, training and information through an education program focused on providing continuing education to co-op board directors and staff. The Power Your Future Scholarship provides MREA and its members with an innovative approach to advancing that principle for cooperative employees as well as member-owners throughout the state.”

WGU is a leader in providing fully online, affordable competency-based education to working adults who are interested in furthering their skillset but need the flexibility of online education to fit their busy lives. Through the “Power Your Future” Scholarships, WGU aims to empower Minnesota’s rural students who are committed to going back to school to complete their undergraduate or graduate degrees. Each scholarship is valued at up to \$3,000 and will be applied at a rate of \$750 per six-month term. To be eligible, scholarship applicants must be officially admitted to WGU and enrolled in one of the university’s more than 60 accredited bachelor’s and master’s degree programs in business,

information technology, K–12 teacher education, and health professions, including nursing. Students must also complete the scholarship application at wgu.edu/power and be interviewed by a WGU scholarship counselor. Recipients will be selected based on academic records, financial need, readiness for online study and current competency, among other considerations.

“We are proud to partner with the Minnesota Rural Electric Association to deliver this scholarship offering to adults who are interested in furthering their education through WGU’s flexible, online format,” said Dr. Terrance Hopson, Regional Director of Western Governors University. “Together, we will seek to provide a streamlined approach and expand access to higher education, which will be of particular value for rural residents served by co-ops for whom high-quality, career boosting college degrees are not always readily available.”

For more information about WGU or the “Power Your Future” Scholarship, visit wgu.edu/power. For more information about MREA or Minnesota’s rural electric cooperatives, visit mrea.org.

For more information about WGU or the “Power Your Future” Scholarship, visit wgu.edu/power. For more information about MREA or Minnesota’s rural electric cooperatives, visit mrea.org.



The Schimanski's and the Syverson's had a full float of their own, with 11 Schimanski's graduating from Mac - Winger or Win-E-Mac along with 8 Syverson's plus one future Win-E-Mac student on the Syverson side.



Stephanie Frisk, Amanda Schultz and the 21 Century School program had a busy Monday Morning! The kids learned about trees, how to take care of existing trees and how to plant new trees! They spent the morning planting 12 new Elm and Maple trees around the WEM softball field and Playground! It was hard work, but totally worth it as the beauty of these trees grow! We want to thank Bergeson’s Nursery for their bare root tree selections and donation