



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota

McIntosh celebrates the 133rd Annual Fireman's Ball



The community gathered to celebrate 133 years of service with the McIntosh Fire and Rescue Squad on Saturday, April 1st at the McIntosh Fire Hall. Fire Department members are pictured: David Erickson, Brook Simonson, Josh Long, Dave Senn, Seth Senn, Davin Swanson, Mark Simonson, Justin Shultz, Mark Strom, Toby Strom, Lucas Thom, Nick Drelleck, Luke Syverson, Ron LeMer, David Connley, Mark Thompson, and Hunter Smeby.



Lincoln Smeby, son of Hunter and Paige, was having a great time with his buddy Kenny Kasprzak during the 133rd Annual Fireman's Ball held at the McIntosh Fire Hall on Saturday, April 1st.

Area churches offer services throughout the week and on Easter

Several opportunities to attend a worship service will be offered at various churches around our community. If you have questions about a specific church, please make contact with a parish member or clergy.

Our Savior's Lutheran Church of McIntosh will have a Good Friday service on Friday, April 7th at 7:00 pm, and Easter Sunday at 6:45 am and again at 10:30 am. Refreshments will follow the 6:45 am service.

Easter Sunday Mass will be celebrated at St. Mary's Catholic Church on Sunday, April 9th at 8:30 am. There will be Holy Week services at St. Joseph's Catholic Church in Bagley on Holy Thursday, Good Friday and Holy Saturday, please see page 2 of this paper for times.

Grace Lutheran Church of



Stories of the Resurrection as told in the Gospels

Easter is a holy day on the Christian calendar that commemorates the resurrection of Jesus Christ. The resurrection of Jesus is described in the Gospels of the New Testament, which millions of Christians read every year, especially during the Lenten season, which is a 40-day period that directly precedes Easter Sunday.

The Gospels of Matthew, Mark, Luke, and John comprise the canonical Gospels. Each book can help Christians understand and connect with the resurrection of Jesus Christ. The following are passages from each of the canonical Gospels that help to tell the story of the resurrection of Jesus.

Matthew 28: 1-10

Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. And for fear of him the guards trembled and became like dead men. But the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. See, I have told you." So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. And behold, Jesus met them and said, "Greetings!" And they came up and took hold of his feet and worshiped him. Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee, and there they will see me."

Mark 16: 2-7

And very early in the morning, the first day of the week, they came unto the sepulchre at the rising of the sun. And they said among themselves, "Who shall roll us away the stone from the door of the sepulchre?" And when they looked, they saw that the stone was rolled away: for it was very great. And entering into the sepulchre, they saw a young man sitting on the right side, clothed in a long white garment;

Gospels...
Continued on page 4 ...



The McIntosh Fire and Rescue Squad hosted a Steak Dinner for their 133rd Year Fireman's Ball event where they fed over 200 community members, gave away many prizes and had lots of fun with games and socializing throughout the evening.

Shingles vaccination now can save you pain down the road

Benjamin Franklin was on to something back in the 1700s when he coined the phrase, "An ounce of prevention is worth a pound of cure." Granted, he was not talking about getting the shingles vaccination since the FDA did not approve it until 2006.

However, the phrase still rings true when contemplating whether or not the shingles vaccination is worth a shot (make that two).

If you are 50 or older or have a weakened immune system, schedule an appointment to begin your two-dose shingles vaccination at RiverView Health. Just two quick shots in the arm, spaced 2 to 6 months apart, can keep you from suffering from a painful rash of blisters that may take months to clear up.

According to the Centers for Disease Control and Prevention (CDC), most commonly, the rash occurs in a single stripe around either the left or the right side of the body. In other cases, the rash occurs on one side of the face. Shingles on the face can affect the eye and cause vision loss.

In rare cases (usually in people with weakened immune systems), the rash may be more widespread on the body

and look similar to a chickenpox rash.

Other symptoms of shingles can include

- Fever
- Headache
- Chills
- Upset stomach

Effective Prevention

"The only way to help prevent against getting shingles is obtaining the shingles vaccine," shared RiverView Family Nurse Practitioner Riley Hermreck. "Currently, one in every three people will develop shingles in their lifetime. If you are 50 years or older, getting the two doses of the shingles vaccine not only will help prevent against shingles but is extremely effective."

Studies show that the shingles vaccination, Shingrix, is more than 90% effective in adults with healthy immune systems.

If you had shingles in the past, you should still be vaccinated to help prevent future disease occurrences. There is no specific length of time you need to wait after having shingles before you can receive the vaccination; however, you should ensure the shingles rash has gone away before being vaccinated.

Relationship

to Chickenpox

Chickenpox and shingles are related because they are caused by the same virus (varicella-zoster virus). After a person recovers from chickenpox, the virus stays inactive in the body. It can reactivate years later and cause shingles.

The CDC shares the following facts

You can get the shingles vaccination whether or not you remember having had chickenpox in the past.

More than 99% of Americans born on or before 1980 have had chickenpox, even if they do not remember having the disease.

Adults with weakened immune systems and no documented history of chickenpox disease, chickenpox vaccination, or shingles should talk to their primary care provider for further guidance.

If you previously received the shingles vaccine called Zostavax, you should now get the Shingrix vaccine. As of November 2020, the Zostavax vaccine is no longer available in the US.

Talk to your primary care provider about the benefits of being vaccinated against shingles, or call 281-9595 to schedule your vaccination.

Cheerful dessert brings smiles to Easter

The fresh, bright flavor of lemon can bring a cheery ambience to any occasion when it makes an appearance in delicious recipes. Lemon essence seems ripe for spring and summer entertaining, and can feature prominently in Easter desserts.

Such is the case with this recipe for "Lemon Poppy Seed Pound Cake" from "The Pampered Chef® Stoneware Inspirations" by The Pampered Chef® Test Kitchens.

Lemon Poppy Seed Pound Cake
Yield: 16 servings
11/2 cups all-purpose flour
11/2 cups granulated sugar
2 tablespoons lemon zest
2 tablespoons poppy seeds
1 teaspoon baking powder
1/2 teaspoon salt
3/4 cup butter, softened (do not substitute margarine)
4 ounces cream cheese, softened

4 eggs
2 tablespoons milk
1 teaspoon vanilla extract
Powdered sugar (optional)

1. Preheat oven to 325 F. Spray Stoneware Fluted Pan (or any bundt cake pan) with nonstick cooking spray. Combine flour, granulated sugar, lemon zest, poppy seeds, baking powder, and salt in a 2-quart mixing bowl; mix well. In a 4-quart mixing bowl, beat butter and cream cheese on high speed of hand-held elec-



tric mixer 1 minute. Add flour mixture; beat on low speed 1 minute or until blended (mixture will form a stiff paste).

2. In a small bowl, whisk eggs, milk and vanilla just until blended. Add egg mixture to cream cheese mixture in four additions, beating 2 minutes after each addition. (Do not undermix.)

3. Pour batter into pan. Bake 55 to 60 minutes or until a cake tester inserted near the center comes out clean. Cool cake in pan 10 minutes. Loosen cake from sides of pan; carefully invert onto a cooling rack, keeping pan over cake. Cool completely.

4. Place cake on serving platter. Sprinkle with powdered sugar or prepare a glaze, if desired.

Grace Community Food Shelf

The Grace Community Food Shelf Advisory Board meeting will be Tuesday, April 11, 2023 at 7:00 pm at Grace Lutheran Church, Erskine, MN. The community is invited to attend.

LSS Meals Menu 687-2262

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

Mon. April 10: Salisbury Steak & Gravy - Baked Potato - Peas & Carrots - Oatmeal Muffins - Tropical Fruit - Milk

Tues. April 11: *Bingo* Tator Tot Hotdish - Green Beans - Peaches - Wheat Rolls - Banana Bars - Milk

Wed. April 12: Chicken Wild Rice Hotdish - Broccoli - Garlic Breadsticks - Fruited Jello - Milk

Thur. April 13: *Bingo* Pulled Pork on Bun - Boiled Potatoes - Squash - Lettuce Salad - Butter Cookies - Milk

Fri. April 14: Turkey Alfredo / Fettuccine Noodles - Carrots - Pears - Breadsticks - Oatmeal Cookies - Milk

Community Birthday and Anniversary Calendar

Wed. April 5:

Levi Halstad, Earl Roed, Joan Lee

Thurs. April 6:

Kassi Schow, Judi Lindseth, Caillie Boucher

Fri. April 7:

Allen Carver

Sat. April 8:

Charles Lindseth, Brenner Sylstad, Lorraine Rustad, Ethan Shimp, Amanda Farrell, *Jordyn & Daros Zahn

Sun. April 9:

Dylan Roy, *Kain & Hunter Schow

Mon. April 10:

Bobby Strom, Jeffery Brekke, Ione Halverson

Tues. April 11:

Don Sultvedt

McIntosh Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

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"McIntosh Times" (USPS 336-020) is published weekly for \$35.00 per year (in county) and \$45.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to: McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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

Wed. April 5: 11:30am Mass at St. Mary's, Fosston

Thurs. April 6: 7:00pm Mass of Last Supper and Adoration after Mass until 10:00 pm at St. Joseph's, Bagley

Fri, March 31: 6:00 pm, Passion of the Lord, Good Friday at St. Joseph's, Bagley

Sun, April 9: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. April 12: 11:30am Mass at St. Mary's, Fosston

Fri, April 14: 8:30am Mass at St. Mary's, Fosston

Sun. April 16: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. April 19: 11:30am Mass at St. Mary's, Fosston

Fri, April 21: 8:30am Mass at St. Mary's, Fosston

Sun, April 23: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlerberg
Synodical Authorized Minister Katie DeMarais

Fri. April 7: 7:00pm Good Friday Service

Sun. April 9: Sunrise Easter Sunday Worship Service 6:45am, followed by refreshments; 10:30am Easter Worship Service

Sun. April 16: 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
11:00am Mt Carmel
9:30am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

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

Sun, April 9: 9:30am Easter Brunch; 11:00am Easter Worship Service (also on Facebook and gosenchurch.com)

Tues, April 11: 10:00am. Sunday worship service telecast on GVTV--30

Wed, April 12: 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. April 9: 9:00am Worship

Sun, April 16: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

CALVARY LUTHERAN CHURCH
Winger

Sundays: 9:45am Sunday School; 10:00am Coffee Fellowship; 10:30am Worship

GRACE LUTHERAN CHURCH- NALC
Erskine
Rev. Pam Thorson

Fri, April 7: 12:00pm Meditation; 7:00pm Tenebrae Worship Service

Sun. April 9: 10:30am Worship with Holy Communion

Sundays: 10:30am Worship

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.

Ancient Persians are believed to have painted eggs for Nowrooz, their new year celebration that would fall on the spring equinox each year.

Eggs also have been part of Passover celebrations. A hard-boiled egg dipped in salt water is served at a Passover seder, symbolizing both new life away from oppression and the Passover sacrifice at the Temple in Jerusalem, according to Chabad.org.

Lent, Christianity and eggs

In medieval times, eating eggs was forbidden during Lent, when both dairy and meat were avoided. To reduce waste, eggs laid during Lent were boiled or preserved in some way.

The fast ended on Easter Sunday, and eggs became, once again, important and nutritious staples - especially for poor families that couldn't afford much meat. Eggs also were given to the church by medieval English villagers and also to the lords of the manor. Royals eventually got in on the act, and decorated eggs were distributed to the household in

a tradition that was one of the earliest to include eggs.

Egg hunts and more

Some historians suggest that egg hunts can be traced back to German Protestant reformer Martin Luther, who organized egg hunts for his congregation. The men would hide the eggs for the women and children to find. This symbolized the story of Christ's resurrection, when the tomb was discovered by women. The eggs also represented Jesus' new life and his emergence from the tomb.

Egg hunts are not the only egg-related games that were hatched for Easter celebrations. According to the website Learn Religions, some European children go from house to house begging for Easter eggs, like children may ask for treats on Halloween. The custom is called "pace-egging," a term derived from the old word for Easter, "Pasch." Egg rolls also are symbolic of rolling away the stone from Christ's tomb. Various countries have their own rules on egg rolls. In Germany, for example, children roll their eggs down a track made from sticks.

Easter eggs are an integral symbol of the holiday that hold both secular and religious meaning.

Vesledahl Wetland Bank Update Meeting

The Sand Hill River Watershed District, MN Department of Transportation, and the Board of Water and Soil Resources (BWSR) are holding a landowner meeting on the Vesledahl Wetland Bank on Thursday, April 6 at 5:00 p.m. in Winger at the Community Center. The purpose of the meeting is to provide an update to area landowners and provide them with the opportunity to discuss any issues or concerns they may have. The meeting will include a review of the permit process MnDOT has established, with BWSR review, for routine maintenance.

M3C

Little Bobby's

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

BENEFIT FOR ELI BRUGGEMAN

Saturday, April 8th, 2023

Eli is 4 years old and has leukemia.

There will be Easter Baskets for sale this week from \$10 to \$20. Spaghetti Supper begins at 4:00 p.m. on Saturday at Little Bobby's.

OPEN 7 DAYS PER WEEK AT 3:00 PM

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Talking organ donation with U of M

More than 100,000 people in the United States are waiting for an organ donor right now, according to the Health Resources and Service Administration. Each donation is impactful — a single donor can save eight lives and enhance over 75 more.

For National Donate Life Month in April, Dr. Thomas Leventhal with the University of Minnesota Medical School talks about the importance of organ donation, misconceptions, and how people can make a difference.

Q: Why is organ and tissue donation so important?

Dr. Leventhal: Transplantation can provide a cure, so to say, for many medical conditions that are irreversible and typically end in mortality or severe sickness. In my practice, I've seen patients with liver failure who can essentially live normal lives after receiving a liver transplant.

Donors can also provide tissues that can help those with torn ligaments in their knee or for people with vision loss due to a disease involving the retina, ultimately and dramatically improving their quality of life.

Q: What is living-donor transplantation? What are the most common types?

Dr. Leventhal: For some people with end-stage organ failure, they may be a candidate to receive a donated organ (or partial organ) from another living person. The donor is often a family member or close friend of the potential recipient. Other times, the donor may be unknown to the recipient, but their organ is an excellent match. Living-donor transplants typically involve kidneys or a portion of the liver, and studies have shown these donors tend to have great long-term outcomes. Living-donor transplantation is an excellent way to receive a transplant without significant time on a wait list, which decreases the likelihood of the recipient getting seriously ill from their disease.

Q: What are some misconceptions about organ and tissue donation?

Dr. Leventhal: Many people have heard rumors that medical teams are aggressive about declaring someone dead, or that "death panels" exist to transition hospitalized patients into donors. This simply isn't true. Every life is immensely valuable and we work hard to save and maintain each one. Sometimes the best medical care simply isn't enough to prevent death, and in those situations, it provides an incredible opportunity for a donor to give part of themselves to others in desperate need.

Q: Who can become an

organ and tissue donor?

Dr. Leventhal: Anyone can be an organ donor! Any time you apply for a state ID or driver's license in Minnesota there is an opportunity to document your desire to be formally recognized as a donor. Minnesota's also been a national leader in providing opportunities for people to declare themselves as organ and tissue donors by including it as an option on hunting and fishing license applications.

Regardless of including this information on a formal license, it is important to talk to loved ones and those that would speak on your behalf to make sure they know your desire to donate. I am very proud that the people of Minnesota, North Dakota and South Dakota have some of the highest percentages of registered organ donors in the U.S.

Q: What research are you doing in this area at the University of Minnesota?

Dr. Leventhal: Our team at the University of Minnesota recently completed a study evaluating liver transplantation for people with acute liver

failure — a severe malfunction of the liver which can be deadly. We were able to show that donated organs were of the highest quality and that people who received liver transplant with this condition recovered very well.

We are also in the process of assessing a standardized approach to managing organ and tissue donors to see if it can help maximize the number of organs and tissues the incredibly generous individuals are able to share.

Dr. Thomas Leventhal is an assistant professor of medicine at the University of Minnesota Medical School and a transplant hepatologist, gastroenterologist and critical care physician with M Health Fairview. Dr. Leventhal treats critically ill patients with liver disease, with a special clinic interest in those with acute liver failure, and management of hospitalized patients before and after liver transplantation. His research focus is acute liver failure as well as outcomes in the pre- and post-transplant period and generic drug costs and their impact on care.

MDA seeks applications for Local Food Purchase Assistance Program Grant

Applications due by May 30th.

The Minnesota Department of Agriculture (MDA) is now accepting applications for the 2023 Minnesota Local Food Purchase Assistance (LFPA) Program. The program provides funding for projects that buy local food primarily from socially disadvantaged and emerging farmers and distribute that food to underserved communities. The MDA anticipates that applications will propose a wide range of models for local food procurement and distribution, knowing that there is no one-size-fits-all model that can effectively serve the whole state.

Individuals (including farmers), non-profit organizations, for-profit businesses, tribal nations, government entities, agricultural cooperatives, economic development organizations, and educational institutions are eligible to apply. Applicants are required to partner with at least one other individual or organization as part of their application to support collaboration within communities.

Applications for the 2023 grants will be accepted through May 30, 2023. Applicants may request between \$10,000 and \$100,000 and indicate their interest in additional funding if available. The MDA anticipates awarding roughly \$2.125

million in total for this round. A second, competitive application process is anticipated to be issued in the fall of 2023.

Interested parties can attend one of two virtual information sessions to learn more about the LFPA Program. The sessions will be held at the following times:

April 18, 2023, from 5:00 pm – 6:00 pm. Register for this event.

April 19, 2023, from 12:00 pm – 1:00 pm. Register for this event.

Additional information about the grant program, including complete eligibility requirements, is available on the MDA website. Applications are preferred to be submitted online. Questions and requests for paper applications can be directed to MN LFPA Program staff at LFPAGrant.MDA@state.mn.us, 651-201-6290, or by mail:

MN Local Food Purchase Assistance Program
Commissioner's Office
625 Robert Street North
St. Paul, MN 55155

The U.S. Department of Agriculture's Agricultural Marketing Service awarded the MDA \$3.82 million in LFPA funding in September 2022. The LFPA Program is authorized by the American Rescue Plan to maintain and improve food and agricultural supply chain resiliency.



40 years ago...1983: Last Saturday was a preview of days to come at Neil's Quality Meats and Meals. All the women workers wore their long, festive Centennial dresses and hats while they waited on customers and offered free samples of Neil's homemade pizza, pop, coffee, cheese and sausages. From the left are Diane Amundson, Carol Bauer, Melody Beaudain, Barb Salverson, Debbie Leier, Becky Bursheim, Linda Sylstad, Laura Dyrdaahl and Lylah Arneberg. As you can see, the only legs showing Saturday at Neil's belonged to the frogs in the frozen seafood section.



30 years ago...1993: The Bake Walk was a popular place at the Sixth Grade Pancake Supper that was held at the Erskine Community Center on March 15th. Student managers of the musical corner were (L-R) Tina Nienaber, Julie Pearce and Amber Stordahl.



20 years ago...2003: Students from the Win-E-Mac Concert Choir have been named to the Honor Choir, which will perform at Mahnomen Regionals. Congratulations to (Back, L-R) Robbie Jenson, Cody Bartz, Ashley Jenson and Philip Lee. (Row 2) Amber Evans, Cassie Osland, Tiffany Shimpa and Skyler Hoass. (Front) Ashlee Stordahl, Ashley Haugen and Jessica Burslie.



10 years ago...2013: The 2013 Win-E-Mac Patriot Knowledge Bowl Team is going to State! Back (l-r) Coach Ann Vesledahl, Micah Ferden, Marshall McKeever, Daniel Revier; Front: Michelle Soto, and Reed Klinkhammer.

Spring cleaning tips and tricks

Spring is a time of year when change is in the air. Trees are budding, plants are flowering, and homes laden with dark or heavy fabrics and clutter could use some lightening up.

Spring cleaning projects are popular this time of year as residents take inventory of their living spaces and aim to

declutter, clean and increase efficiency. Some people find the prospect of getting organized overwhelming. Here are some tips that can help anyone master spring cleaning.

- **Create a plan.** Make a checklist and establish a cleaning plan of attack. Focus on areas that are not regularly

cleaned, as they probably need a little attention.

- **Assemble your cleaning kit.** Spring cleaning can be slowed down considerably if you don't have all of your equipment at the ready. Items to have on hand include an all-purpose cleaner, concentrated cleaner, microfiber cloths, pa-

per towels, mop, vacuum, dusters, and a squeegee. Adjust your equipment based on the task at hand.

- **Curate your cleaning playlist.** Create a playlist with songs that will get you moving and motivated to clean.

- **Work from top to bottom.** Work efficiently by cleaning shelves, ceiling fans and other elevated items first, as dust and debris will trickle down and need to be cleaned next.

- **Purchase or rent a carpet cleaner.** According to the experts at Clean That Up, carpets help filter indoor air by trapping debris and allergens. By deep cleaning carpets, homeowners can improve the indoor air quality of their homes. Use a carpet cleaner on a warm, dry day so that windows can be opened and cross breezes will help dry the damp rug.
- **Clean windows.** Wash windows inside and out and

utilize their screens to help brighten indoors spaces.

- **Deep clean the kitchen.** Clean out and disinfect the refrigerator by wiping it down with warm water and baking soda or a vinegar-and-water solution. While in the kitchen, set the oven to the self-clean function so it becomes cleaner as well.

Spring cleaning can bring the revitalizing nature of this beloved time of year into your home.

Superintendents Notes

By Randy Bruer

Prom and Graduation

The school is entering a new stage with no COVID 19 restrictions and students will be able to have Prom on Saturday, May 6, 2023 and Graduation on May 27th, 2023. We are planning for a Grand March and Post Prom party at the school. Graduation will be normal like previous years.

Summer Programing

The school district will offer a free Century 21 program for one last summer of the grant, with a re-energized summer rec program, from 7:30 am till 5:15 pm, along with a free breakfast and lunch to all kids. There is a fee for the summer rec activities and a quarterly fee for the extended day supervision after the programs till 5:30 pm, through the summer. The District will offer a busing service to a designated pickup spot in the towns within our district. There will be an informational meeting and sign-up at school for all who are interested on April 19, 2023 from 6:00-6:30 pm. If you would like to find out more about the program, please call the District Office @ 218-563-2900.

MCA Testing

Our mission at school is to help all of our students reach their full potential, and that is our commitment to students from the district to all classroom levels. We know our scores will reflect the lack of knowledge gained due to the pandemic, but the scores will not be used against the district. MCA testing has begun last week and the Win-E-Mac School District students generally perform better than state



averages on the Minnesota Comprehensive Assessments, "So we need to celebrate the proficiency of the majority of our students, while addressing the achievement needs of students who are struggling."

Stormy Weather

We hoped the storms were pasted and spring will begin for students in activities. We can only hope this storm does not have a lot of punch, but we are always cautious of travel for busing, staff and students. Slippery roads and visibility are always concerning. After the snow will come flooding and soft roads. Busing students to school may be a problem if the road is not stable. If you see an unsafe condition of a road, please call our School District Office.

Academic Standards, Course Requirements

Graduation Requirements in both the House and Senate are proposing to require some requirements to graduate from HS in Minnesota. This proposal is in both the Omnibus bills. We hope to see some requirements taken off the list

because this requirement could take away some course electives. Below is a shortened list of subjects:

- Requires students to complete a credit in personal finance.
- Requires students to complete a course for credit in government and citizenship
- Requires districts to offer an ethnic studies course and to provide ethnic studies instruction in elementary and middle schools per state academic standards.
- Requires state high school math standards to include algebra II, integrated math III, or an equivalent, and grade 8 standards to include completion of algebra.
- Requires districts to adopt state arts standards. Adds media arts as a fifth arts area.
- Modifies physical education standards and math credit requirements.
- Requires local CTE standards to align with CTE frameworks developed by the Department of Education, standards developed by national CTE organizations, or recognized industry standards.



Spring sport pictures will be Wednesday, April 5th at the Win-E-Mac school.

Fitness Center is open, locker rooms closed. The Fitness Room locker rooms will be closed for all outside patrons until June 2023. The school will need to use these rooms for instructional purposes. The bathrooms located on the opposite side of the Fitness Room entrance will remain open.

Memory Night Boy/Mom Style is Saturday, April 15th. To register or for more information see form on school website www.wemschools.org

Preschool/Early Childhood Screening is a free and simple check of your child's growth, development, and learning.

- A trained professional will check the following:
- Vision and hearing
 - Height and weight
 - Immunizations (shots)
 - Large and small muscles
 - Thinking, language, and communication skills
 - Social and emotional development

Preschool/Early Childhood Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten.

Polk County Public Health (Bjella Building) in McIntosh Contact Heather Earls at Win-E-Mac to schedule an appointment for your child to be screened. hearsl@win-e-mac.k12.mn.us; Win-E-Mac: 218-563-2900

Prom Grand March and Dance attendees, if you still need to pay your \$20, please get that to Mrs. Winter asap. The fee covers your pizza and drink at the event as well as helping pay for the DJ service.

After Prom Party sign up is in the office please get signed up, the sooner the better for planning reasons. Get a waiver form from the office also and turn into Mrs. Strom once filled out. If you are not attending prom, you may still attend the after-prom party but will not be able to bring a guest.



Ronnie Roed brought a lamb by Freedom Christian Academy for the students to bottle feed recently. Thanks Ronnie for the fun time and opportunity.



Friends and family of Freedom Christian Academy students enjoyed the bingo night we had at the school in March.



Cathy Forgit shows Joe Nikolayson how to spin wool. All the students at Freedom Christian Academy got to make bracelets out of the wool.



Gospels....

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and they were affrighted. And he saith unto them, "Be not affrighted: ye seek Jesus of Nazareth, which was crucified: he is risen; he is not here: behold the place where they laid him. But go your way, tell his disciples and Peter that he goeth before you into Galilee: there shall ye see him, as he said unto you."

Luke 24: 1-12

But on the first day of the week, at early dawn, they went to the tomb, taking the spices they had prepared. And they found the stone rolled away from the tomb, but when they went in they did not find the body of the Lord Jesus. While they were perplexed about this, behold, two men stood by them in dazzling apparel. And as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? He is not here, but has risen. Remember how he told you, while he was

still in Galilee, that the Son of Man must be delivered into the hands of sinful men and be crucified and on the third day rise." And they remembered his words, and returning from the tomb they told all these things to the eleven and to all the rest. Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told these things to the apostles, but these words seemed to them an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home marveling at what had happened.

John 20: 1-10

Now on the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran and went to Simon Peter and the

other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." So Peter went out with the other disciple, and they were going toward the tomb. Both of them were running together, but the other disciple outran Peter and reached the tomb first. And stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen cloths lying there, and the face cloth, which had been on Jesus' head, not lying with the linen cloths but folded up in a place by itself. Then the other disciple, who had reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the Scripture, that he must rise from the dead. Then the disciples went back to their homes.