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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



On Wednesday March 29th, Win-E-Mac students participated in the Region 8 Art Festival. 9 students presented 17 works of art. Jaime received 2 Superior Awards in Sculpture & presented in painting, Sava Erofeeff received a Superior in Ceramics, Evsey Erofeeff received Excellent in Ceramics, Vadim Kulikov received 2 Superior awards in Computer-based Art, Jamison Nichols presented artwork in Painting, Emily Strom received 2 Superior awards (Painting & 2D Mixed Media), Annika Shimpa received an Excellent in Crafts & a Superior in Crafts, and Alyssa Morberg (not pictured) presented in drawing and received a Superior in Crafts, Ella Strom (not pictured) received an Excellent in Crafts and a Superior in 2D Mixed Media. Annika was also awarded Spotlight on the Arts Awards in Crafts. Ella received the Spotlight award in 2D Mixed Media. The Spotlight awards represents the best artwork in that category for our region and an opportunity to showcase the artwork at the state show! Awesome job Mrs. Aakre and students.

Avoiding wet basements and flooding during spring snow melt

Northwest Minnesota is just recovering from a large snow-storm which caused school closing and no travel warnings the week prior to Easter, and with no time to spare, now is the time to prepare and prevent wet basements and flooding issues around your home and community. Just one inch of water can cause thousands of dollars of damage to your home.

Standing water in a basement may pose an immediate health and safety hazard or may create problems over time due to the growth of mold and disease-causing organisms, or damage to the surfaces or structure.

Basement flooding may be minimal requiring a few steps of correction or the flooding and water damage may be extensive requiring significant actions and costs. Some basic information to help guide you through the prevention and cleanup process follows, however, depending on your situation, you may need to consult a licensed professional to safely and properly address flood and water damage issues.

Here are some tips for prevention of water flooding your basement:

- Make certain your sump pump is working properly, the basin is cleared of debris and that the circuit is turned on;
- Dump a few gallons of water into the sump pump basin to see if your pump is working properly;
- Make sure your drainage hose is not frozen or clogged;
- Make sure your floor drains are not clogged or blocked;
- Seal up cracks in your floor and walls so the water can't come in, and dig the snow out of your basement windows so the melted snow doesn't get inside;
- Make sure your gutters and downspouts are attached,



clear and placed properly.

Use fan to circulate air and quickly dry wet areas in your basement.

Any part of your home that gets wet is likely to be moldy. Check for mold in your basement if your basement floods because of rain and snow melt. Moisture can also seep through your home's concrete foundation and make the bottom of carpets or the inside of a finished wall moldy.

If you experience mold issues, wearing protective gear, clean the moldy area and then after cleaning the affected area wipe down the wall, ceiling or floor again using a mixture of liquid household chlorine bleach and water. If you are cleaning a small area, use 5 cups of water mixed with 1/2 cup bleach. Be sure to open windows when you use bleach, so you have fresh air to breathe and the bleach does not irritate your lungs. Always use bleach with caution. When molds get inside materials like carpets and mattresses, they can't be cleaned. Throw them away.

You may also want to consider flooding insurance. Basic homeowners' policies don't cover flooding in your basement, you have to buy that extra. The Insurance Federation of Minnesota sent out a reminder that says you must have your policy for at least 30 days before filing a claim.



Congratulations goes out to Win-E-Mac Senior Kallie Hand on being named Academic All-State for GBB from the Minnesota Basketball Coaches Association (MBCA).

Minnesota Severe Weather Awareness Week is April 17th to April 21st

The week of April 17 - 21, 2023 is designated Minnesota Severe Weather Awareness Week.

Severe Weather Awareness Week is a public education campaign promoted by the National Weather Service, Minnesota Department of Public Safety and local Emergency Management Agencies. Each day of the week features a different weather hazard, and two statewide tornado drills will be conducted on Thursday, April 20th.

Weather Alerts and Warnings are Monday's topic. Several different types of watches and warnings may be issued for an area. Remember that watches mean that conditions are favorable for the development of severe weather or tornadoes, and warnings mean that severe weather or tornadoes are occurring, likely to occur, or are imminent. Advisories and special weather

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

Severe weather, including hail and lightning are covered on Tuesday. Hail develops during thunderstorms when a strong updraft is featured, especially in super cell thunderstorms. Hail causes nearly a billion dollars in damage annually and can range from pea size to over the size of softballs. Lightning kills around 100 people each year, more than tornadoes. If you are outdoors and encounter lightning, remember the saying, "When thunder roars, go indoors." Lightning can strike ten miles from a storm and can strike even when it isn't raining.

Wednesday's topic is

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

Minnesota's state-wide tornado drill will take place on Thursday. Outdoor warning sirens and NOAA Weather Radios across the state will be sounded at 1:45PM and 6:45PM. The two drills are intended to allow workplaces and schools an opportunity to test their severe weather plans. The second drill is to allow second shift workers and families at home an opportunity to test their plans. In accordance with the Association of Minnesota Emergency Manager's best practice guidelines, out-

door warning sirens in Polk County are used for tornadoes and intense thunderstorms with expected winds in excess of 70mph. There is never an "all clear" activation for sirens. According to the Minnesota Department of Natural Resources, Minnesota experiences an average of 29tornadoes per year. In 2021, Minnesota recorded 64 tornadoes, including 22 on December 15 alone, which were the latest reported tornadoes on record. A record was set in 2010 with 113 tornadoes touching down across the state.

So don't forget! The statewide tornado drills are Thursday, April 20, 2023 at 1:45 P.M. and 6:45 P.M.

Please take this opportunity to review emergency plans and procedures, and conduct emergency drills at work and at home.

Friday is dedicated to heat related emergencies.

During the summer months, even here in Minnesota, temperatures can soar to near or over 100 degrees. Combined with high humidity, these temperatures can create dangerous conditions. To avoid heat related ailments, drink plenty of non-alcoholic fluids, avoid strenuous activity during the hottest time of day, check on the elderly, wear light weight loose clothing, and never leave children or pets in vehicles. Even on warm days, vehicles act like a greenhouse and temperatures can rise to lethal levels in minutes.

Specific information about these topics, including fact-sheets, checklists, data and other resources, is provided on the HSEM Weather Safety and National Weather Service, Chanhassen websites.

Contact HSEM for comments, questions or support at ready.minnesota@state.mn.us



The 2023 Win-E-Mac Band and Choir Trip to Chicago was a huge success and students and chaperones were able to participate in many activities and enjoy the sights of Chicago. Day 1 of Chicago Tour (pictured above) The group participated in the Band & Choir Clinics at the University of Wisconsin Eau Claire. On day 2 the group spent time at the Field Museum, Shedd Aquarium, Navy Pier, the Bean, ate some Chicago style pizza and ended the night with Tina Turner. During the last full day in Chicago the highlights included a trip to the top of the John Hancock Building and the tilt experience, the Museum of Science and Industry, Spirit of Chicago yacht, Comedy Sportz and ending the night with Dave and Busters.

Springtime insects in homes

Spring is here and soon the temperatures will begin to rise and stay warm. With the springtime increase in temperature you may begin to notice insects in your home. Brown marmorated stinkbugs, box elder bugs and multicolored Asian lady beetle are the common culprits along with cluster flies and sowbugs.

As the angle of the sun changes and the days get longer, these bugs come out of their winter hiding spots. Fortunately, these insects are harmless, although they can be annoying, especially when many of them are present. Here are a few things to keep in mind when dealing with nuisance insects.

These are last year's bugs

First, it is important to know that these insects are not reproducing indoors. Though they may peak out of their hiding places throughout the winter and early spring, these are not offspring emerging. In fact, all of the insects you see now entered your home last fall.

They hibernate in balls or clusters in wall voids, attics



and similar areas. As the temperatures warm, the insects in the wall layer closest to your livingroom, for example, become active first and come out into your home. They do not all become active at the same time.

What are they up to?

The screen that in the fall kept boxelder bugs out now keeps them inside the home.

The insects are hungry, they haven't eaten since the last calendar year, and are starting to get signals that are telling them it is time to head outside. Once outside, they will go feed on plants (in the case of stinkbugs and box elder bugs) or pest insects (in the case of multicolored Asian lady beetle). But many of these insects won't be able to escape

your home.

Vacuum them up

Since these insects are coming from hidden sites, it is not practical to treat them to prevent their emergence. Once they are out in the open, the best way to deal with them is physical removal, such as vacuuming. Eventually, all these overwintering insects will become active and move away from their overwintering sites.

Keep them from coming back in

To minimize this problem in the future, it is important to treat for these insects in the fall as they are first trying to enter your home. This is a two-pronged approach.

Inspect the outside of your home during summer and seal spaces and gaps that may be used by insects to get inside.

Follow up with an insecticide application to the outer perimeter of your home in the fall, just as these insects are trying to get inside.

It is not possible to prevent all nuisance insects from entering into a home, but you can reduce the number, causing fewer headaches later during the winter and spring.

Income Tax Pay Day

April 18, 2023

Join us for a LIFE MATTERS EVENT!

ENCOURAGING EACH OTHER WITH THE MESSAGE: **Life Matters. All Stages. All Ages.**

APRIL 19th
McIntosh Community Center

Coloring Contest
Win Pro-Life Kids book and Activity book combo!
3 WINNERS!

Sponsored By MCCL #45

Something for everyone!
Choose what fits your family.

6pm - Taco in a bag & coloring contest
7pm - Guest Speaker: Beth Burris, Apple Valley, MN

As a High School Student, Beth found herself in life-altering circumstances which shaped the woman she is today. As she shares her story, be prepared to have your life altered too.

Thank You

Thank you everyone for helping me celebrate my 95th birthday. I enjoyed reading your cards and visiting with each of you

Harald Thompson and family



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

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
Wed. April 26: 11:30am Mass at St. Mary's, Fosston
Fri. April 28: 8:30am Mass at St. Mary's, Fosston
Sun. April 30: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. May 7: 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 Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. April 16: 10:00am Coffee Hour; 10:30am Worship Services
Sun. April 23: 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 16: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)
Tues, April 18: 10:00am. Sunday worship service telecast on GVTV--30
Wed, April 19: 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. April 16: 9:00am Worship
Sun, April 23: 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
Erskind
Rev. Pam Thorson
Sundays: 10:30am Worship



Leave the last open to the yard, or consider installing screens to mimic the look of popular lanais. The walls will offer more weather protection, meaning you can invest in high-quality patio furniture to make this a fully functioning outdoor living room. Hang a television that is rated for outdoor use for movie-watching under the sun or stars.

1. Pretty pergola

A pergola is an open-air (traditionally wood) structure that adds a measure of shade and privacy without completely blocking views of Mother Nature. Installing a pergola over the patio helps define the seating area. Hanging plants can add to the ambiance and string lights can make this a great spot to gather when the sun sets.

2. Patio fire pit

Build a fire pit right into the design with the same materials used to create the patio. For example, if the patio is brick or flagstone, build up to create an eye-catching fire pit. Fire pits not only look good, they also expand the time frame that the patio can be enjoyed, offering cozy spots to sit even when the weather chills.

3. Frame it in

Make the patio a true extension of the inside by putting up walls around three sides of the patio if it connects to the home.

Did you know?

A 2017 study published in the journal The Lancet examined images of part of the brain involved with fear and stress and found links between stress and cardiovascular disease episodes. Various situations can induce stress, but work-related stress tends to be especially common among adults, and that stress isn't always due to workload.

For example, Johns Hopkins Medicine notes that researchers have found that people who are worried about losing their job are almost 20 percent more likely to have heart disease.

Perhaps even more surprising is the link between stress and enjoyable events, as Johns Hopkins also notes that one study found heart attacks more than doubled in one German city when the national team was playing in the World Cup. All of this points to the importance of corralling and managing stress, whether it's caused by work or leisure activities.

National Public Safety Telecommunications Week celebrates the first to respond

It is National Public Safety Telecommunications Week! Please join Sheriff Jim Tadmán and the Polk County Sheriff's Office in saying THANK YOU to the FIRST of the FIRST RESPONDERS!

Our telecommunicators (aka 9-1-1 operators) are a diverse group of professionals who provide support 24 hours a day, 7 days a week to our citizens, law enforcement, and emergency services professionals.

National Public Safety Telecommunications week is observed the second week in April.

We take this opportunity to recognize and celebrate the work of telecommunicators who help to save millions of

lives each day.

Without them, countless lives would be lost due to untimely assistance. With over 240 million emergency calls made in the United States, most dispatchers work 12-hour shifts, holidays, birthdays, evenings, and weekends. Throughout this week, we ask you to thank those telecommunicators who remain calm in the chaos.

Their service is essential to keeping the rest of our first responders on track and our citizens safe.

From our 25-year veterans to our newest trainee, we thank them. We are proud to call them teammates and friends.

Important Information Regarding Assessment and Classification of Property This may affect your 2024 property tax payments.

The Board of Appeal and Equalization for township of Sletten will meet on Tuesday, April 25th, 3:30 p.m., at the Town Hall. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Given under my hand this 27th of February, 2023
Terri Kaupang, Clerk of the Township of Sletten

M4-5C

HILL RIVER ASSESSMENT NOTICE

Notice is hereby given, that the Board of Appeal and Equalization of the township of Hill River in Polk County, Minnesota, will meet at 9:30 a.m. in said township, at the Town Hall, on Monday the 24th day of April for the year 2023. The purpose of this meeting is to determine whether taxable property in the jurisdiction has been properly valued and classified by the assessor, and to determine whether corrections need to be made.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you are still not satisfied with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board shall review the valuation, classification, or both if necessary, and shall correct it as needed. Generally, an appearance before your local board of appeal and equalization is required by law before an appeal can be taken to the county board of appeal and equalization.

Given under my hand this 1st day of April, 2023.
Raymond O. Sundrud
Clerk/Treasurer of Hill River Township

M4-5C

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"Serving the Win-E-Mac area"

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M3-28C

The challenge of preserving affordable housing in greater MN

Report by CURA, with MHP and Housing Justice Center, includes critical policy recommendations for maintaining affordable rural rental housing.

This research effort was a multi-year collaboration between the Center for Urban and Regional Affairs (CURA), Housing Justice Center, and Minnesota Housing Partnership (MHP). The CURA-funded research was lead by Ryan Allen with support by CURA Community-Based Research. For MHP, this report illustrates the intersection and cross-collaboration between the organization's three program areas: our research, policy, and community development departments.

"From MHP's community development work in rural communities, we know many rural residents need deeply affordable rental housing, and USDA 515 rental housing are often the only affordable options in many communities. Preserving these USDA 515 properties is critical both for their rental assistance and to update these aging properties, before it is too late."—Jill Henriksen, Community Development Manager, MHP

Like urban areas in the U.S., rural areas currently face a housing affordability crisis. Approximately 6.9 million (27%) of rural or small-town households are considered "cost-burdened" (paying more than 30% of their monthly income on housing costs). Since 1949, USDA's Section 515 program has been an effective strategy for creating affordable rents in rural areas of the U.S. The program provides low interest loans for building multi-family rental housing, restricting the amount of rent that can be charged to tenants. Section 515 rental housing is frequently coupled with Section 521 Rental Assistance, ensuring these homes are affordable to rural residents with extremely low incomes.

In 2020, Section 515 properties accounted for almost 19% of the nearly 50,000 subsidized units located in greater MN. They also accounted for more than 20% of subsidized housing in the majority of MN counties.

Section 515 properties are required to maintain affordability restrictions for the life of the loan (50 years), but

properties lose affordability when their mortgages mature. In MN, the peak of mortgage maturations will occur in 2030. As properties in the Section 515 program mature out of the program in the next 10 to 30 years, the Midwest stands to lose thousands of affordable rural rental homes.

With no clear contingency plan for maintaining affordability in these properties, many of the properties may exit the program, reducing the number of affordable housing units in rural areas where the stock of affordable housing is already scarce.

The report provides a background to the Section 515 program, insights from Section 515 stakeholders, and a set of recommendations for policymakers to ensure the program's viability in the coming years.

"People perceive that access to affordable housing is only a problem in urban areas, but in reality the scarcity of affordable housing is reaching a crisis point in rural areas as well. As we show in this research, in many cases Section 515 makes up a substantial proportion of the subsidized housing. In some rural communities, it is the only supply of subsidized housing. Ensuring the continued vitality of rural communities will likely mean creating a plan for how to keep these housing units affordable." — Dr. Ryan Allen, Report Author, Director, the Urban and Regional Planning program, and associate dean for research at the Humphrey School of Public Affairs

Major Findings Include:

- The Midwest will see large proportions of its Section 515 properties mature out of the program earlier than the U.S. overall. The peak of mortgage maturations for Section 515 properties in the Midwest will occur in 2030, about 10 years before the peak in mortgage maturations occurs for Section 515 properties in the U.S. In Minnesota, we estimate that 2,125 Section 515 units will mature and potentially leave the program by 2030

- The unique characteristics of Section 515 properties in the Midwest suggest that some policy responses may need to be tailored to fit the unique needs of the program there.

The average size of a Sec-

tion 515 property is smaller in the Midwest than in the U.S. This smaller scale suggests that owners may have less capacity to absorb costs related to capital maintenance and complex real estate transactions compared to owners of larger properties.

Nearly 40% of Midwest Section 515 properties are owned by nonprofit organizations, about double the proportion of in the U.S. Nonprofit organizations active in rural areas are often small and less able to manage large amounts of financial risk or complicated tasks associated with raising capital and navigating government programs.

Midwest Section 515 properties are more likely to be used by seniors than in other states. Thus, some of rural Minnesota's most vulnerable households are at risk of substantial rent increases and potential displacement.

- Changes in the housing market in many rural counties and in the Section 515 program itself have made it less attractive to private owners and investors. On the other hand, mission-driven owners have maintained a strong interest in the 515 program as one of the few affordable housing resources available to rural communities.

This is a solvable problem, and now is the time to act.

Report recommendations include:

- Create unique funding support for small scale Section 515 properties, including supporting needed capital maintenance.
- Streamline the property transfer process, from owners who want to exit the program to buyers willing to maintain long-term affordability, by making it easier, faster and less risky for preservation buyers to acquire Section 515 properties, especially for small sized properties.
- Prioritize preservation of properties based on locations in hot and cold housing markets and those with looming mortgage maturations.

"For far too long, the USDA 515 program has been the most important housing resources for rural communities that nobody is talking about. Now these critical sources of safe, stable, and affordable housing are at risk of disappearing forever. As this report shows, the time for action is now if we want to prevent displacement of low income renters and to save these irreplaceable resources in rural communities. The good news is that there are practical solutions to ensure that rural Minnesota communities can remain great places for people to call home." —Margaret Kaplan, Executive Director, Housing Justice Center

Pictured Right (above): 20 years ago...2003: Win-E-Mac elementary students have collected Campbell soup labels that will be used to purchase items for classrooms. The top three collectors in each grade level were awarded cash prizes. They include: (front, l-r) Chloe Smeby, Austin Tadmman, Zac Tradewell, Katie Meine, Carson Stuhaug, Brittany Lee; (seated) Austin Parenteau, Cody Lee, Tom Kildal, Garret Espeseth; (Standing) Art Neinaber, Dakota Christianson, Tyler Oppeggaard, Rachel Benbo, Danielle Stein, Katie Slavhus, Donald Grinolds, and Kendra Lee. Not present for the picture: Reed Klinkhammer and Logan Cook.

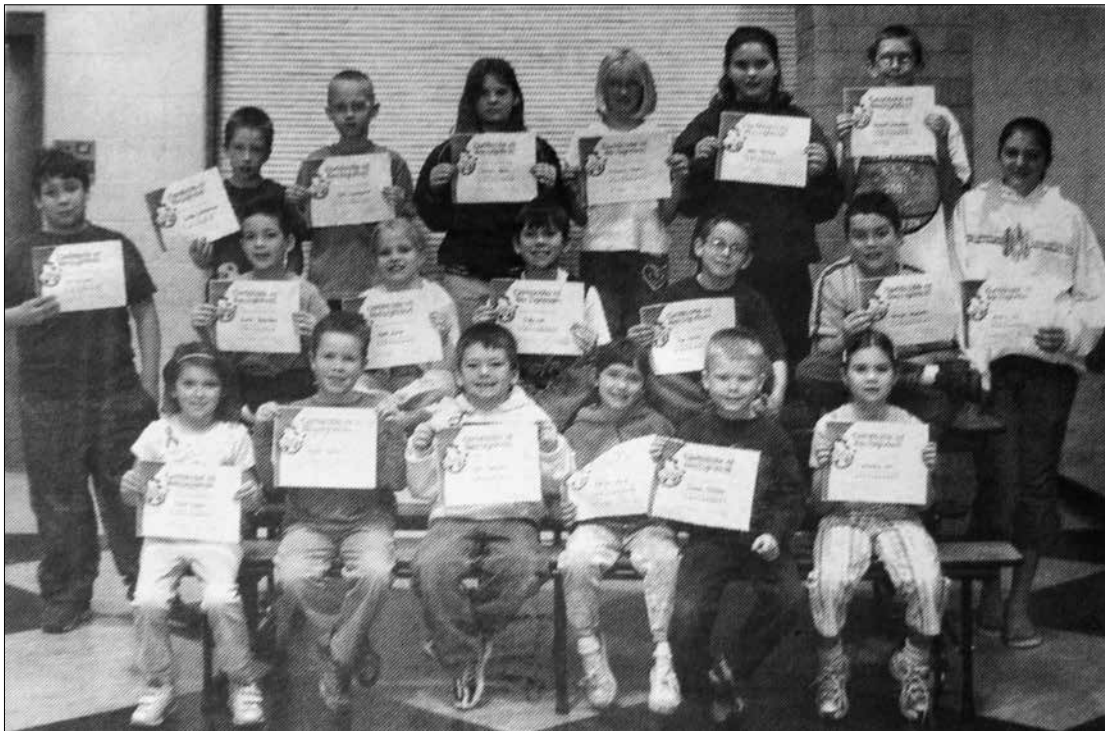
Pictured right: 10 years ago...2013: (l-r) Kyle Mandt, Greg Patenteau, Donna Parenteau, Darla Soto, Jill Jaeger, Lisa Marchand, and Bernice McKeever were Senior parents who came out to help their kids earn money at the Senior Supper Spaghetti Feed before the Seniors vs. Staff Basketball Game. The money raised from the Spaghetti Feed and the drawings, split the pot, and pork raffle will be used for the Win-E-Mac Senior Class Trip as well as the Elementary Dance.

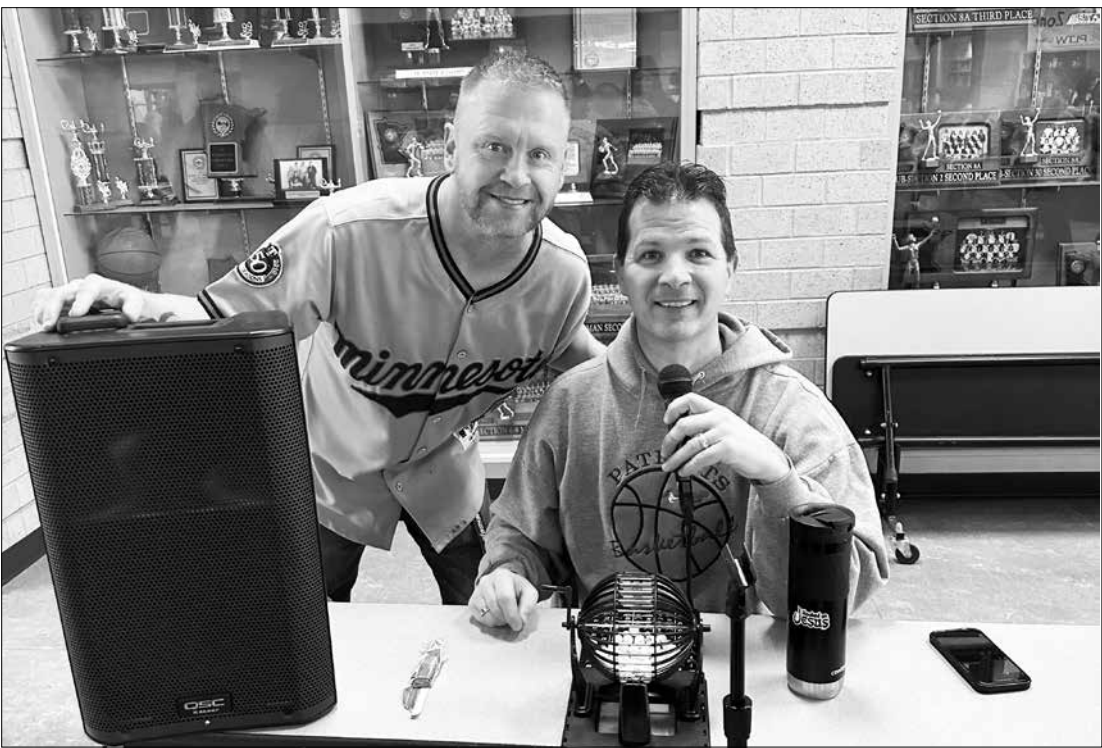


40 years ago...1983: John Strom and Jim Mork won first place trophies in individual computer programming competition last Friday at Moorhead State. Stacy Vasend and Brian Bratager worked with John and Jim in team contests and placed ninth among 22 regional schools.



30 years ago...1993: The 15th Annual Easter Cantata titled "This is my Story" was presented by the McIntosh Community Choir on Good Friday evening in McIntosh. Soloists for this special evening of music were (back, l-r) Bob Bursheim, Carol Bursheim, Tim Jore, Roland Habedank; (middle) Doris Murray, Stuart Ingman, Lois Baron, Cinday Ostenaa; (front) Barbara Ingman.





Mr. Svalen and Mr. Roragen were the official Bingo callers for the Win-E-Mac elementary AR Reading Bingo party held last week for all students who completed their AR (Accelerated Reader) goals.



The Win-E-Mac School celebrated our AR Readers who reached their quarter 3 goals with Bingo. The Win-E-Mac Literacy Committee donated books, pencils, and treats for prize winners. Great Job Patriot Readers!



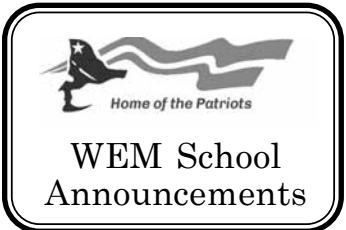
A crowded Commons as Win-E-Mac elementary students played Bingo for fun prizes last week as a reward for AR readers who reached their third quarter goals.



The Win-E-Mac band and choir were part of a music clinic held at the University of Wisconsin Eau Claire campus during their recent trip to Chicago.

Rep. Fischbach announces Congressional Art Competition

Congresswoman Michelle Fischbach (MN-07) invites high school students from Minnesota's Seventh District to participate in the annual Congressional Art Competition. "I am excited to announce our office's participation in the Congressional Art Competition, a longstanding U.S. Capitol tradition. This is an excellent opportunity for high school students across the district to showcase their creativity and hard work, and I am looking forward to reviewing many wonderful submissions," said Congresswoman Fischbach. The competition is open to all public, private, charter, and home school students in grades nine through 12. Winning submissions from each congressional district will be displayed for one year in the tunnel from the U.S. Capitol to the Cannon House Office Building, where they will be viewed by thousands of visitors, tourists, and distinguished Members of Congress. The winners will also be highlighted on Congresswoman Fischbach's social media channels. Additional guidelines and submission instructions are available <https://fischbach.house.gov/art-competition>. Artwork must be submitted no later than 5:00 p.m. CT on Monday, May 1, 2023.



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.

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

All prom attendees must be signed-up and pay attendance fees ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom. Attendees are expected to wear formal attire if possible. Sophomores and former graduates (under age 21) may attend as a guest of a WEM senior or junior. The cost to attend is \$20 each. Return forms (from Mrs. Winter's room) with payment directly to Mrs. Winter.



Tuesday, April 4th was opening day for Patriot Baseball. Unfortunately, the field wasn't quite playable for the season opener. The game was postponed for warmer weather. The season will begin shortly as spring weather is melting the snow quickly.