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Oak Lake rest area project near Erskine begins May 1st

The Minnesota Department of Transportation announced today, beginning May 1st, the Oak Lake rest area east of Erskine will be under construction.

There will not be any impacts to motorists on Highway 2. There will be a temporary closure of the plaza, including the restrooms, in late June.

The contractor for this \$2.29 million dollar project is KGM Contractors Inc.. This project will create improved pedestrian accessibility and a longer lasting driving surface. It is estimated to be complete by mid-August, weather permitting. Visit the project website below for more information www.mndot.gov/d2/projects/hwy2-oaklake.

Important reminders for motorists regarding work zone safety:

- Slow down when approaching every work zone, then navigate through with care and caution.
- Stay alert; work zones constantly change.
- Watch for workers and



slow-moving equipment.

- Obey posted speed limits. Fine for a violation in a work zone is \$300.
- Minimize distractions behind the wheel.
- Be patient; expect delays, especially during peak travel times.

Please join the MnDOT District 2 Facebook group for updates on construction, road conditions and other transportation related topics. www.facebook.com/groups/mndot-northwest/. For a complete list of projects for 2021, please visit www.mndot.gov/d2.

For real-time traffic and travel information in Minnesota, visit www.511mn.org or get the free smartphone app at Google Play or the App Store.

Alluma to host 2nd Annual Mental Health Event in Crookston

We want to invite the Crookston and surrounding communities to join us for the 2nd Annual Alluma Night on Thursday, May 18, 2023.

Alluma Night provides a safe space to learn different ways to heal, cope, and care for their mental health. There will be various hands-on activities and interactive stations for kids and adults. The event will kick off at 4:30 p.m. at the Sargeant Student Center and Campus Mall at the University of Minnesota Crookston campus.

“Talking about mental health and ways to support mental wellbeing should be just as easy as conversations about going to the dentist, managing your diabetes, or getting routine cancer screenings,” said Michelle Van Camp, Chief Marketing & Communications Officer at Alluma.

The National Institute of Mental Health estimates that one in five U.S. adults live with a mental illness. Alluma Night aims to raise awareness and normalize conversations

around mental health.

“Something new this year, we’re highlighting our Peer Support Services. Our Certified Peer Specialists have lived experience and have been successful in the recovery process,” said Adult Services Supervisor, Suzanne Staver. “They walk alongside clients, helping guide, support, and motivate them in their healing and recovery journey. The power of social connection and working with someone who’s been in your shoes – it’s incredible.”

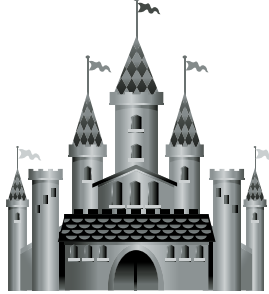
The event is free of charge and open to the public. Swap bags will be available while supplies last. Transportation will be available in Crookston city limits via T.H.E. Bus between 4:30-8:00 p.m.

For a complete list of activities and vendors, please visit allumacares.org/allumanight. You can also check the event page on Facebook for regular updates.

Please email info@allumacares.org with event-related questions.



Pictured above: Last Wednesday evening, Howard Soap Company hosted a Win-E-Mac Community Education candle making class. The ladies gathered and were taught how to make a scented candle from Katherine Howard. Pictured (l-r) Kristi Plante, Madysen Carlson, Patti Johnson, Michelle Carlson, Katherine Howard and Ivy Howard.



Win-E-Mac students present

The play King Arthur's Quest on Friday, April 28th at 6:30 pm in the Arts & Event Center.

In partnership with The Missoula Children's Theatre.

Rep. Grossell introduces the Rocks and Cows Act

Representative Matt Grossell (R – Clearbrook) along with fellow Greater Minnesota Representatives have introduced the Rocks and Cows Act.

Members with districts along the affected borders have been especially supportive of this bill.

This Legislation would create a State Boundary Adjustment Planning Commission to study and make recommendations on a pathway for North and South Dakota to annex desiring counties into their respective borders.

This will be a bipartisan commission with members appointed by both the majority and minority in the House and Senate as well as by the Governor. These members will seek input from stakeholders and expertise from other states that have proposed similar boundary changes.

Economic relief and hearing the voices of rural communities are important goals of this legislation. As taxes continue to raise and decision-making gets centralized around the metro many are looking for some independence. “We are standing up for the future of our families as Minnesota trends towards such extremes on tax and social policy.” Said Rep. Grossell on the motivation for leading the charge on the Rocks and Cows Act.

Elected officials in both North and Sound Dakota have already been contacted to discuss the future this legislation could bring for their states. “I look forward to finding a solution that is amicable to everyone involved and provides a prosperous future for all of our states.” Concluded Representative Grossell.



Win-E-Mac Senior Jayden Genseburger was picked to sing the National Anthem at the Region 8A - Subsection 30 Honors Concert last week in Fosston.



Win-E-Mac Elementary Students Become Published Authors, Writing and Illustrating Their Own Books. Win-E-Mac students have become published authors through a national student publishing program. As part of the publishing process, students in K-5th grade planned, wrote, and illustrated their own books using a free publishing kit provided by Studenttreasures Publishing. The Studenttreasures publishing program provides teachers with an easy way to incorporate any lesson plan – from math and science to history, art, and more – into a fun and memorable activity. Publishing a book in the classroom engages students through hands-on learning and inspires a love of reading and writing. The best part? A classroom full of proud, smiling young authors, with a memory that lasts a lifetime, plus, a full-color, deluxe hardcover book for the teacher or school library. The students’ parents also have an option to purchase copies of these unique, childhood keepsakes. Great job 4th Graders!

Signs of depression not to ignore

It can be difficult to watch someone struggle with their mental health, and it can be equally difficult to experience your own mental health struggles. Here are some common symptoms of depression to watch out for.

Difficulty Getting Out Of Bed. It's perfectly normal to enjoy sleeping in or spending time in bed. However, if it has become difficult to find the motivation to get out of bed or get ready in the morning, this could be a sign of depression. Depression can make us feel fatigued and physically drained to the point where even small tasks, like getting up in the morning or taking a shower, can feel exhausting.

Changes In Sleep Habits. The physical and mental exhaustion that comes with depression can also affect our sleeping habits. Changes in sleep can show up in a number of ways. Sometimes this means sleeping throughout the day, using sleep as a way to pass the time or preferring sleep to other daily activities. Sleep changes can also create bouts of insomnia, which can make it difficult to fall asleep or stay asleep at night. Missing out on quality, restful sleep can increase our anxiety levels and intensify feelings of depression.

Changes In Appetite. Our appetite and eating habits can also be impacted by depression. Some people may experience an increased appetite, while others have less of an appetite or may not be hungry at all. Sleeping habits may also

Did you know?

Data from the United States Department of Labor indicates that, between February 2020 and March 2021, roughly 1.1 million women between the ages of 25 and 54 dropped out of the labor force. By contrast, 830,000 men dropped out of the labor force in the same period, a time frame marked by the sudden onset of the COVID-19 pandemic and all of the resulting restrictions instituted in response to it. Surveys indicated women returning to work after COVID-related restrictions were lifted expressed excitement about going back to work. A 2021 survey by Snycio found that 54 percent of women expected to earn less upon returning to the workforce. That sting is even more significant given the lasting effects of inflation, which led to heightened costs of just about everything and well into 2023.

change the way you eat. This is because sleep helps regulate our hunger hormones, which help to keep us from over- or undereating.

Persistent Irritability Or Mood Swings. Depression can cause us to experience outbursts and mood swings. One minute we're angry, the next we're crying uncontrollably or shutting down. When someone is struggling with depression, changes in mood can switch in a moment's notice. If you notice a pattern of irritability or mood swings that last more than a few days, it may be linked to depression.

Self-Harm And Self-Injury. When anxiety or depression create overwhelming emotions, some people may turn to self-harm in search of relief. Typically when people engage in self-harming behaviors, they do not do so in an attempt to commit suicide, but rather as a way to manage painful emotions. Because self-harm is highly stigmatized, it can be hard for people who self-harm to get help.

Difficulty Experiencing Connection. When we find that we are no longer enjoying or finding pleasure in the things we used to enjoy, this can be a sign of depression. In some cases people may also isolate themselves from close friends, family members and others who care about them, which can perpetuate the feelings of hopelessness and symptoms of depression.

If you, or someone you love, are struggling with depression, talk to your doctor or a mental health professional and get the help you need. If you would like additional support, I may be reached by letter at

559 W. Broadway St., Winona, MN 55987 or by email at got-tahavehope38@gmail.com



Dan Allosso from Bemidji State University.

NELL to present in McIntosh

On Wednesday May 3rd, 2024, Professor Dan Allosso from Bemidji State University will speak on "The Gilded Age & Populism" at the McIntosh Community Center in McIntosh Minnesota; 240 Cleveland Ave SW, McIntosh MN. The doors open at 9:00 am, presentation at 9:30 by Northern Exposure to Lifelong Learning.

Professor Allosso teaches US, World, and Environmental History at Bemidji State University. He has an MA in Latin American History from MSU Mankato and a PhD in History from the University of Massachusetts. He turned his dissertation into a book called "Peppermint Kings: A Rural American History" and it was published by the Yale University Press in their Agrarian Studies Series in 2020. He has written several textbooks that are available free in the Open Textbook Library. He also has a Substack blog and a Youtube

Serve up homemade salsa this Cinco de Mayo

Much like St. Patrick's Day is celebrated by people with no trace of Irish heritage, Cinco de Mayo has become a day of celebration for people who do not trace their ancestry to Mexico.

In fact, History.com notes that Cinco de Mayo is a relatively minor holiday in Mexico, where the day commemorates a symbolic yet not significantly strategic win by a heavily outnumbered Mexican army over French forces sent by Napoleon III to establish an empire on Mexican land.

In the United States, Cinco de Mayo has become a day to commemorate Mexican culture, including its much-loved cuisine.

Food is front and center

at many Cinco de Mayo celebrations. Home cooks hosting friends or those who simply want to enjoy some homemade Mexican fare this Cinco de Mayo can try their hands at this recipe for "Fiery Corn Salsa" from Kelley Cleary Coffeen's "2000 Easy Mexican Recipes" (Robert Rose).

Fiery Corn Salsa
Makes 2 cups
1/4 cup olive oil
3 tablespoons freshly squeezed lime juice
2 teaspoons minced fresh cilantro
3 tomatoes, seeded and diced
1 1/2 cups corn kernels
2 to 3 jalapeño peppers, seeded and diced

channel, both called Making-History.

If you have any questions, feel free to contact me at pamelajeaneism63@gmail.com or 218-401-1651 (call or text).

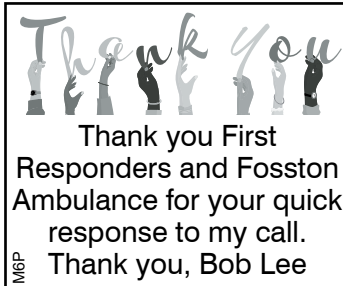
Polk County Sheriff's News

On Thursday, April 13, 2023 the Polk County Sheriff's Office was dispatched to the report of a burglary in rural McIntosh. The homeowner reported that while they were away at a family members funeral unknown person(s) attempted to enter their residence and forcefully entered an outbuilding.

Anyone with information is asked to contact the Polk County Sheriff's Office.

The Polk County Sheriff's Office would like to remind the citizens to take steps to secure their property if they are going to be away for a period or if they are going to be away at a publicized event such as a funeral. Some steps that can be taken would be to make sure all doors are locked and secured, ask a neighbor or friend to watch the property while you are away and install cameras.

You can also contact the Polk County Sheriff's Office to request extra patrol and our Deputies will check on the property when time allows.



Thank you First Responders and Fosston Ambulance for your quick response to my call.
Thank you, Bob Lee

Thank You

Thank you to all of the relatives, friends, neighbors and people who attended my 80th birthday party or sent me birthday greetings. You made my day totally complete and so enjoyable.
Shirley Dessellier



McIntosh - Winger High School Class of 1973 50 year reunion

The reunion will be held on Saturday, June 10th at the Winger Community Center. Supper will be at 6:00 pm with live entertainments from 7:00 pm to 10:00 pm.

Classes from 1971 - 1975 are invited to join in celebrating this milestone with us.

Please join us for a meal, live entertainment, and the opportunity to reminisce with friends.

For more information, please contact Tom Vesledahl at tomvesledahl@gmail.com or call/text: 701-261-4276.

We hope to see you there!

LSS Meals Menu 687-2262

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

Mon. May 1: Chicken Fried Beef Steak - Mashed Potatoes & gravy - Mixed Vegetables - Wheat Rolls - Date Bars

Tues. May 2: *Bingo* Pork Loin/Gravy - Sweet Potatoes - Broccoli Mix - Wheat Bread - Cinnamon Rolls - Milk

Wed. May 3: Liver & Onions or Poor Mans Steak - Mashed Potatoes/Gravy - Stewed Tomatoes - Wheat Rolls - Peanut Butter Cookies - Milk

Thur. May 4: *Bingo* Chef's Choice: Beef Stroganoff over Egg Noodles - Baby Carrots - Coleslaw - Wheat Rolls - Rhubarb Crisp - Milk

Fri. May 5: Closed: Life Screening in Building



Community Birthday and Anniversary Calendar

Wed. April 26: Karen Krossen

Thurs. April 27: Elijah Clark, *Steve & Devra Carlson

Fri. April 28: Amber Olson, Teresa Syverson, *Marvin & Barbara Rolf, *Michael & Gina Gensburger

Sat. April 29: Hally Catahan, Tavin Hewitt, Isla Clark

Sun. April 30: Wes Kaupang

Mon. May 1: Lavern Tofstad, Ava Carlson, Isabel Burthwick

Tues. May 2: Stacey (Kringlen) Smith, Jessica Strom, Casey Bartz, Maren Laing, *Philip & Ashlee Lee

McIntosh Times

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"Serving the Win-E-Mac area"

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E. Polk Quilters to meet this Wed.

Quilters of East Polk County will have a meeting on Wednesday April 26th at 6pm at the McIntosh Community Center. We'll be voting for various positions and talking about quilt donations for upcoming events. Hope to see you there.



ST. MARY'S CHURCH

Fosston
Fr. John Suvaheen,
Pastor

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

Sun, May 14: 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 30: 10:00am Coffee Hour; 10:30am Worship Services

Sun. May 7: 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

Fri. April 28: 10:00am Telecast of Luther League program with The Rusty Chords on GVTV--30

Sun, April 30: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com); 7:00pm Luther League with The Rusty Chords Trio

Tues, May 2: 10:00am. Sunday worship service telecast on GVTV--30

Wed, May 3: 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 30: 9:00am Worship

Sun, May 7: 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

Sundays: 10:30am Worship



Win-E-Mac band students who took part in the Region 8A - Subsection 30 Honors Concert held on Wednesday, April 19th at the Fosston High School. Pictured: Nevaeh Simpson, Hana Thompson, Izabelle Ostenaar, Julian Janisch, Shelby Mandt, Kassidi Qualey, Kallie Hand and Wyatt Davis.

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Prescribed burning at Rydell & Glacial Ridge NWR

Adopt a Highway volunteers remove 38,500 bags of trash from highways in 2022

Prevent cuts. Protect aging in greater MN

A graphic for Loyalty Day, May 1. It features a bald eagle in flight on the left, with several stars scattered around the text. The text "Loyalty Day" is in a large, bold, cursive-style font, and "MAY 1" is in a smaller, bold, sans-serif font below it. The entire graphic is in black and white.



The Win-E-Mac Honor Band and Honor Choir took part in the Region 8A - Subsection 30 Honors Concert held on Wednesday, April 19th at the Fosston High School. The musical entertainment included school Honor choir and band selections as well as the Subsection 30 Honor band and Choir, and the best of the day solos and ensembles from this school years' contests. Pictured above are the senior students from Win-E-Mac School (in random order): Jayden Gensburger, Kylie Geray, Laila Roragen, Thomas Revier, Jamison Nichols, Nadelly Neubert, Izabelle Ostenaa, Alecia Hancock-Fitzgerald, Jonathan Moritz, Justin Courneya and Jacob Eggl.



Win-E-Mac Honor Choir members who took part in the Region 8A - Subsection 30 Honors Concert held last week at Fosston High School. The students performed for community members from several different schools. Pictured in random order: Kailee Kramer, Ella Strom, Livaeh Kiecker, Jayden Gensburger, Josie Fortman, Presley Haugen, Ericka Kramer, Alyssa Morberg, Jacob Eggl, Justin Courneya, Jonathan Moritz and Thomas Revier.

How TikTok affects our mental health? It's complicated, new U of M study shows

As the social media platform TikTok continues its exponential growth, many people have begun to question its potential impacts on society — particularly surrounding mental health.

According to a first-of-its-kind study from University of Minnesota computer science researchers, the social media platform and its unique algorithm can serve as both a haven and a hindrance for users struggling with their mental health.

The researchers' study is published in the proceedings of the Association for Computing Machinery (ACM) Conference on Human Factors in Computing Systems.

Through interviews with TikTok users, the U of M team found that the platform provided many people with a sense of self-discovery and community they were unable to find on other social media platforms. However, the researchers said that the TikTok algorithm also displayed a worrying tendency to repeatedly expose users to content that could be harmful to their mental health.

"TikTok is misunderstood by

people who don't use the platform," explained Stevie Chancellor, senior author of the paper and an assistant professor in the College of Science and Engineering.

"They think of it as the dance platform or the place where everybody gets an ADHD diagnosis. Our research shows that TikTok helps people find community and mental health information. But, people should also be mindful of its algorithm, how it works and when the system is providing them things that are harmful to their wellbeing."

TikTok is different from other social media platforms in that it is primarily run by a recommender system algorithm that displays videos it thinks you will like on your "For You Page" feed as opposed to mostly showing posts from accounts you follow.

While this can be great for showing you new content that fits your interests, it can also lead to a rabbit hole of negative content that's nearly impossible to escape from, the researchers said.

"TikTok is a huge platform for mental health content,"

said Ashlee Milton, first author of the paper and a University of Minnesota computer science and engineering Ph.D. student. "People tend to gravitate toward social media to find information and other people who are going through similar situations. A lot of our participants talked about how helpful this mental health information was. But at some point, because of the way the feed works, it's just going to keep giving you more and more of the same content. And that's when it can go from being helpful to being distressing and triggering."

The researchers found that when users get into these harmful spirals of negative content, it can be incredibly difficult to escape from the direction the algorithm has taken them. The TikTok interface includes a "Not interested" button, but the study participants said it didn't make any difference in the content that appeared in their feeds.

The research participants also expressed difficulty discerning when TikTok creators are posting emotional or intense mental health content

genuinely, or if they're "chasing clout" — the act of following popular trends in an attempt to increase one's visibility and influence, regardless of the content of the trend — to gain more followers and likes. Many participants were forced to take breaks or quit using the platform entirely because of the stress it caused.

According to the U of M researchers, all of this doesn't mean TikTok is evil. But, they said, it is useful information to keep in mind when using the platform, especially for mental health purposes.

"One of our participants jokingly referred to the For You page as a 'dopamine slot machine,'" Milton said. "They talked about how they would keep scrolling just so that they could get to a good post because they didn't want to end on a bad post. It's important to be able to recognize what is happening and say, 'Okay, let's not do that.'"

This study is the first in a series of papers Chancellor and Milton plan on writing about social media, TikTok and mental health.

"Ashlee and I are interested

in how platforms may promote harmful behaviors to a person so that eventually, we can design strategies to mitigate those bad outcomes," Chancellor said. "The first step in this process is interviewing people to make sure we understand their experiences on TikTok. We need insights from people before we as computer scientists go in and design to fix this problem."

In addition to Chancellor and Milton, the research team included University of Minnesota computer science Ph.D. candidate Leah Ajmani and University of Colorado Boulder researcher Michael Ann DeVito.

The University of Minnesota College of Science and Engineering brings together the University's programs in engineering, physical sciences, mathematics and computer science into one college. The college is ranked among the top academic programs in the country and includes 12 academic departments offering a wide range of degree programs at the baccalaureate, master's, and doctoral levels. Learn more at cse.umn.edu.



Win-E-Mac school will be hosting a blood drive on Wednesday, April 26th in the Arts and Events Center. Anybody who donates blood will get a \$10 gift card. Students can donate once they are 16 years old and the community is welcome. You can sign up in the office.

All Win-E-Mac Seniors and their families are invited to attend the annual Senior Academic and Scholarship Night, which is scheduled for Wednesday, May 9th. The evening which will include a dessert bar will begin promptly at 6:30 pm and will be held in the Events Center. Scholarships as well as Valedictorian, Salutatorian, and Senior Arts and Athletic awards will be presented. Students who have been on the Honor Roll at least one quarter will also be recognized. While there is no charge for the dessert bar, we do need to have an accurate number of people who will be attending. Each senior is asked to sign up in their English class and indicate how many people will be attending with them. We need to have all seniors and family members who are attending signed up by Friday, May 5th. We are looking forward to recognizing the Seniors for their Academic, Athletic, and Fine Arts successes as well as awarding numerous scholarships.

A babysitting clinic will be offered for all students grades 6th through 8th. This class will include general child care information and child safety that is necessary for quality child care. Students will be American Red Cross certified babysitters upon completion of this course. The class will be limited to the first 20 students to sign up. The cost of the class is \$10 and will be held on Wednesday, May 31st from 9:00 am to 12:30 pm at the Win-E-Mac Media Center.

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.

The Missoula Children's Theatre will be at Win-E-Mac to work with our elementary actors and put on two performances (one for the school and one for the public) on Friday, April 28th. Unlike other programs which use orchestra CDs, MCT features a live, local pianist. If you play the piano, this is a great opportunity to be paid for your talents!

The accompanist is needed for rehearsals after school on Wednesday and Thursday, April 26th and 27th, plus the two performances on Friday, April 28th (1:30 and 6:30).



Spring is here! The 1st graders learned their most complex game yet, as they completed their baseball unit in Mrs Burd's Phy Ed class. They finished their unit with a 'Class vs. Class' game. Their teachers were also gracious enough to join the game and fun!