



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Win-E-Mac School nutritional professionals are (l-r) Brenda Hole, Lisa Salvhus, and Cam Thompson.

Win-E-Mac honors the School Lunch Heros on May 5th

Celebrating School Lunch Hero Day on May 5, 2023.

Between preparing delicious food, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, Win-E-Mac nutrition professionals have a lot on their plate. To celebrate their hard work and commitment, Win-E-Mac schools will celebrate School Lunch Hero Day on May 5. This day, celebrated annually since 2013, was designated by The School Nutrition Association and Jarrett Krosoczka, author of the "Lunch Lady" graphic novel series. School Lunch Hero Day provides an opportunity for parents, students, school staff and communities to thank those who provide healthy meals to nearly 30 million of America's students each school day.

Across the school district, school nutrition professionals will be honored and recognized by students, school staff, parents, and the community.

School nutrition employees must balance many roles and follow numerous federal, state, and local regulations to ensure safe and healthy meals are available in schools. School Lunch Hero Day provides the opportunity for the community to thank these hard working heroes for their dedication to fueling our students for suc-

cess. Federal nutrition standards ensure that school cafeterias always offer low-fat or fat-free milk, fruits, vegetables, whole grains and lean protein. School meals also meet limits on calories, sodium and unhealthy fats. The importance

WEM spring music programs during May

Get ready for some music to celebrate spring and the end of the school year.

Elementary program
The Win-E-Mac Elementary students in grades K-3 will be presenting their annual Spring program on Tuesday, May 9, 2023. Come out and celebrate another year of Music with our elementary students.

The program will take place in the Win-E-Mac School Arts & Events Center, and will begin at 6:30 P.M.

Elementary Band concert
The Win-E-Mac Elementary students in grades 4-6 will be presenting a band/choir concert on Tuesday, May 16, 2023. The concert will take place in the Win-E-Mac School Arts & Events Center and will begin at 7:00 PM.

Both the Elementary Band & Choir have been working hard preparing many fun

and nutritional value of school meals are well documented. For many children, school lunch is the most important and nutrient-rich meal of their day.

Get the details about School Lunch Hero Day at www.schoollunchheroday.com.

songs for you to enjoy, so we invite you all to come out for an enjoyable evening of music!

Junior High & Senior High concert
The Win-E-Mac School vocal music department is proud to present their Spring JH/SH choir concert on Thursday, May 18, 2023.

The concert will take place in the Win-E-Mac School Arts & Events Center, and will begin at 7:00 P.M.

This concert will feature the Jr. High Choir and Sr. High Choir.

Awards will also be presented. In addition, two of our outstanding event ensembles will be featured.

We will also be recognizing our Choir Seniors. Our music students have been working hard preparing a wide variety of musical entertainment, so we invite everyone to come out and enjoy an evening of music.

Many community member's gather for a Life Matters event held in McIntosh

A large group of community members gathered at the McIntosh Community Center on Wednesday, April 19th to enjoy a meal together and hear from guest speaker Beth Burris.

The evening began with a taco in a bag supper with a free will donation, registration for drawings and community fellowship. The program started at 7:00 pm.

Beth Burris is a pro-life speaker from Apple Valley, Minnesota who spreads her story, which is a story of hope.

Founded by a small group of Minnesotans in 1968, Minnesota Citizens Concerned for Life (MCCL) has worked ever since to secure protection for innocent human life from conception until natural death through education, legislation, and political action.

MCCL contends that human rights belong to all human beings, regardless of their age, size, ability, health, or dependency. Everyone counts. That's why we work to defend unborn children from abortion and to support their mothers. It's why we oppose efforts to legalize euthanasia and assisted

suicide, which endanger all of us and devalue the lives of the elderly, sick, and disabled. It's why we think even the youngest members of our species should be treated with respect

rather than like disposable research material.

The event is sponsored by the Minnesota Citizens Concerned for Life Local Chapter #45



Pro-Life speaker Beth Burris spoke to the crowd at the recent event held at the McIntosh Community Center.



Freedom Christian Academy is very fortunate to have Shirley Carver helping with the Pre - K and Kindergarten programs. She has worked with every grade in her long teaching career all the way up to adult education. She is an all-around asset to the Academy and the staff and students are grateful to have you there! Here, Grandma Shirley shows off her Tri-Valley Making a Difference Award. Thanks for all you do for FCA Grandma Shirley!



May is Motorcycle Awareness Month

According to NHTSA data, there were 5,579 motorcyclists killed in traffic crashes in 2020, an 11% increase from 2019 (5,044).

Motorcyclist deaths accounted for 14% of the total highway fatalities in 2020. Sadly, motorcyclists are significantly overrepresented in traffic crashes and fatalities each year.

In fact, in 2020, per vehicle mile traveled, motorcyclists were about 28 times more likely than passenger vehicle occupants to die in a motor vehicle crash and were 4 times more likely to be injured.

Safe driving and riding practices from all road users, drivers and riders alike, will help reduce the number of fatalities and injuries on our nation's highways



On Friday the Win-E-Mac first Graders took a trip to the Shrine Circus at the Ralph Engelstad Arena in Grand Forks, North Dakota The wonder and amazement of going to the circus was apparent in the faces of the kids as they all enjoyed the event.

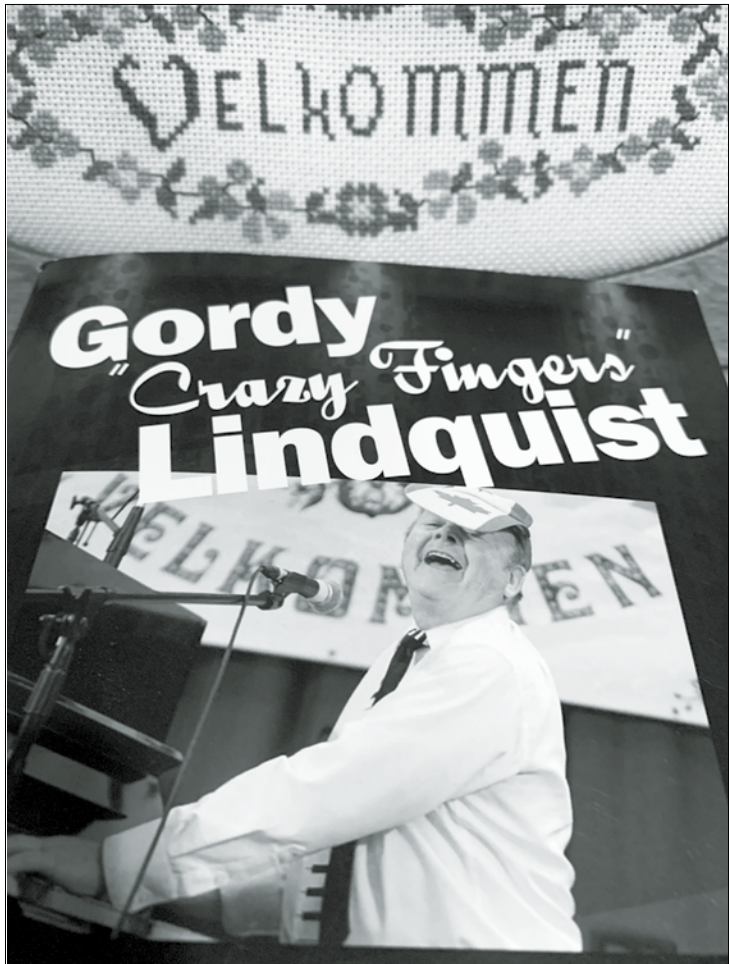
Syttende Mai Celebration May 17th

Syttende Mai, Norwegian Constitution Day, will be celebrated in Fosston on Wednesday May 17th at the Fosston Arts Center with a concert and Scandinavian dessert buffet. Sponsored by the East Polk Heritage Center and Sons of Norway Granlund Lodge #240, the evening will celebrate Norway's National Holiday. This free event is open to all.

Gordy "Crazyfingers" Lindquist will perform on stage in what is expected to be a very enjoyable evening! Gordy is a professional pianist and entertainer with an accomplished niche in Scandinavian Music. A North Dakota farm boy, Gordy has been playing the piano since he was five years old and has played professionally in the U.S., Canada and Europe. He has performed with such notables as Myron Floren, Red Skelton, George Burns and Bob Hope at the Norsk Hostfest in Minot, N.D.

Lindquist holds a Bachelor of Arts degree from Concordia College in Moorhead, Minn., and a Master of Arts degree from the University of Northern Colorado. His hometown is Bottineau, N.D., but he spends part of the winter in Arizona, where he puts on numerous concerts around the valley. Lindquist believes music is the great healer and truly is the international language!

Prior to the concert, a Scandinavian Dessert Buffet will be served beginning at 6:00 PM.



The buffet will include an array of delectable treats that will include, but not be limited to, Krumkake, Lefse, Almond Cake, and many other sweet dishes associated with Norwegian heritage. The concert starts at 7:00 PM and doors to

the theater will open at 6:30. There is no charge for this event (donations will be appreciated) and it is open to all! It is funded in part with a grant to EPHC from the Minnesota State Arts Board through the Minnesota Legacy Fund.

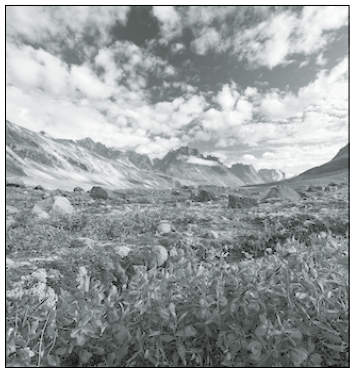
Bite back against Lyme disease with key steps

Among the tall grasses and wildflowers that sprout each spring and summer lies a stealth predator just waiting for its chance at an easy meal. Ticks may be small in stature, but their impact on bite victims is potentially significant. Preventing Lyme disease and other tickborne illnesses comes down to following some key steps.

Learn how common Lyme disease is. Lyme disease affects an estimated 476,000 people each year in the United States alone, according to the Center for Disease Control and Prevention's Division of Vector-Borne Diseases. Lyme disease is most common in New England, the mid-Atlantic states and the upper Midwest. Between 2009 and 2022, the Government of Canada reported 17,080 human cases of Lyme disease across Canada. However, instances of Lyme disease are likely under-reported due to undiagnosed cases.

Know which ticks carry Lyme disease. The black-legged deer tick and the Western black-legged tick carry the Lyme disease spirochete. The black-legged tick is native to the northeastern, mid-Atlantic and north-central U.S., while the western black-legged tick is found on the Pacific coast.

Wear light-colored clothing outdoors. When traveling in areas where ticks reside, it is important to wear light-colored clothing. Long pants and tall socks, long-sleeved shirts, and hats also should be worn. It is easier to spot ticks on light-colored



clothing, and covering up prevents ticks from gaining easy access to skin.

Know where to expect ticks. John's Hopkins Medicine says black-legged ticks live in moist and humid environments, particularly in and near wooded or grassy areas. Walking through leaves and bushes or through tall grasses can disturb ticks and enable them to jump onto people or pets. To avoid ticks, walk in the center of trails and avoid tall vegetation.

Be mindful of pets. Even if you do not venture outdoors into tick-laden environments, your dog may. He or she can carry ticks into the house where they may end up on you or other family members. Prescription tick repellent products are available from veterinarians, and there are topical solutions and collars that can keep ticks away.

Remove ticks quickly and correctly. The CDC says if a tick is removed in less than 24 hours from when it first attached, the chances of getting Lyme disease is very small. Remove a tick with fine-tipped tweezers as soon as it is no-

ticed, being cautious to remove all mouth parts. Try not to squeeze the tick, as it can regurgitate saliva and other fluids when squeezed.

Repel ticks when possible. Create less favorable conditions for ticks. Use a product containing DEET or permethrin on clothing to repel ticks. Some people use chemical-con-

Feast on traditional Mexican cuisine this Cinco de Mayo

Cinco de Mayo is a festive occasion that celebrates Mexican culture and food.

Cinco de Mayo commemorates a minor Mexican victory over France that took place on May 5, 1862 at the Battle of Puebla. While it has never been a big deal in Mexico - especially in comparison to celebrations of Mexico's independence - Cinco de Mayo has become a festive phenomenon north of the border.

When it comes to food and beverage, many people see Cinco de Mayo as an excuse to indulge in a few margaritas and dine on tacos.

Those who prefer more authentic fare may want to explore further. Pork loin is a quintessential Mexican dish. It can be prepared in many ways with rich spices.

This recipe for "Stuffed Loin of Pork" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippelli, is stuffed with a ground pork mixture to make it even more savory.

Stuffed Loin of Pork
Serves 6
3 to 3 1/2 pounds boneless pork loin, butterflied and ready for stuffing

For the stuffing
1/3 cup raisins
1/2 cup dry white wine
1 tablespoon vegetable oil
1 onion, sliced
2 garlic cloves, crushed
1/2 teaspoon ground cloves

trol agents on their properties to reduce the number of ticks in the yard. Discourage deer from the property, as they can carry many ticks, by erecting fences and removing vegetation that deer eat.

Various strategies can help people reduce their risk for Lyme disease.

RiverView offers May 4th First Aid class

Thousands of people die each year in situations where first aid could have made a difference. Make your home and community a safer place by learning what to do in case of a medical emergency.

RiverView Health hosts four basic first aid classes a year. Participants in each class learn to provide first aid for acute injuries and sudden illnesses such as burns, bites, poisoning, and seizures.

Remaining class dates for 2023 will be on the following Thursdays:

- May 4th
- August 3rd
- November 2nd

First aid classes are held in the RiverView Home Care Building at 721 S. Minnesota Street, Crookston, from 600 pm - 10:00 pm. The cost of a class, including the book and card, is \$50. You must pay in advance to save your spot. To register or for more information, call 281-9405. No walk-ins will be accepted.

RiverView offers these classes as part of its American Heart Association (AHA)



Community Training Center. Contracted Community Training Centers, like RiverView, are the only sites permitted to offer AHA classes to the public and professionals through their affiliated instructors and programs.

The American Heart Association is not responsible for fees for these classes. The AHA strongly promotes knowledge and proficiency in all AHA classes and has developed instructional materials. Using these materials in an educational class does not represent course sponsorship by the AHA. Fees charged for a class, except for a portion for AHA materials, do not represent income to the AHA.



Minnesota Citizens Concerned for Life (MCCL) Chapter 45 President Mike Brouse opened the Life Matters Pro-Life event held recently at the McIntosh Community Center where many community members, church groups and other organizations gathered together.

fully and tie it at intervals with kitchen string. Weigh the pork and calculate the cooking time at 30 minutes per pound, plus another 30 minutes.

8. Put the stuffed pork loin in a roasting pan, season with salt and pepper, and roast for the calculated time. When the loin is cooked, transfer it to a meat platter, place a tent of aluminum foil over it, and let it stand for 10 minutes before carving and serving with the roasted vegetables of your choice.



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

Wed, May 3: Adoration
Noon to 8:00 pm; 11:30am
Mass at St. Mary's, Fosston

Fri, May 5: First Friday
5:00 pm Adoration & Benediction; 5:30pm Mass

Sun, May 7: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed, May 10: Adoration
Noon to 5:00pm; 5:30pm Mass

Fri, May 14: 8:30am Mass

Wed, May 17: Adoration
Noon to 8:00pm; 11:30am Mass

Fri, May 19: 8:30am Mass

Sun, May 14: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley



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

Mon. May 8: Baked Chicken - Baked Potato - Green Beans - Garlic Breadsticks - Brownies - Milk

Tues. May 9: *Bingo*
Swedish Meatballs - Mashed Potatoes - Carrots - Wheat Bread - Chocolate Pudding - Milk

Wed. May 10: Turkey Noodle Hotdish - Broccoli - Apple Slices - Wheat Rolls - Swedish Coconut Cookies - Milk

Thur. May 11: *Bingo*
Roast Beef - Mashed Potatoes & gravy - Corn - Wheat Bread - Peaches - Milk

Fri. May 12: Breaded Fish - Scalloped Potatoes - Green Beans - Wheat Rolls - Fresh Banana - Milk



Wed. May 3: Donna Skeie, Roxanne Stordahl, Bonita Shaver

Thurs. May 4: Connor Haaven, *Nick & April Ostenaa

Fri. May 5: Anne Schow, *Carey & Elaine Burslie

Sat. May 6: *Clyde & Paulette Kringlen

Sun. May 7: McKenzie Smith, Logan Kringlen

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

Sun, May 7: 10:00am Coffee Hour; 10:30am Worship Services

Sun, May 14: 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, May 7: 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 9: 10:00am. Sunday worship service telecast on GVTV--30

Wed, May 10: 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, May 7: 9:00am Worship
Sun, May 14: 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

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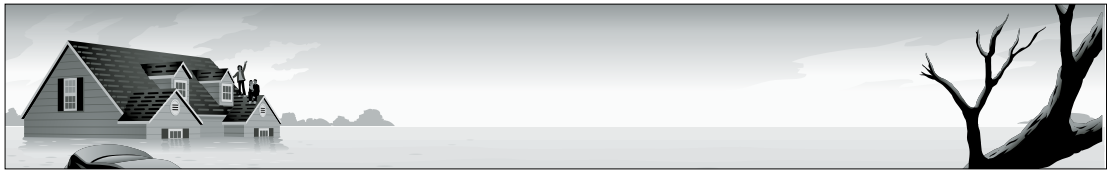
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The Win-E-Mac Senior High choir and band participated in the subsection large group contest on Wednesday, April 26. The contest was held in Ada. Our choir received two Superior ratings and one Excellent rating (overall Superior rating). Our band received one Superior rating and two Excellent ratings (overall Excellent rating). Congratulations to both the Honor Choir and Honor Band on all their accomplishments throughout this school year.



Polk County accepting IDA Reports

Polk County Emergency Management is now accepting Initial Damage Assessment (IDA) reports for expenses incurred from any flood related damages that impacted your jurisdiction after April 11th, 2023.

All local government and public entities claiming to have flood related costs and/or damages should submit an IDA report to the Polk County Emergency Management Department as soon as possible. The submitted IDA reports will be utilized by local, state, and federal officials to determine if the disaster related expenses could qualify for any State and/or Federal assistance.

Examples of the types of expenses and/or damages to document on the IDA reports would be any type of emergency protective measures, debris removal, damages to public roads, bridges, water control facilities, buildings, equipment, and utilities.

Delaying and/or not submitting your jurisdiction's disaster related costs and/or damages could make your organization ineligible for obtaining any State and/or Federal assistance.

All the Initial Damage Assessment reports need to be

submitted to the Polk County Emergency Management Department by May 15, 2023.

For more information on ob-

taining the Initial Damage Assessment forms and the process for submitting them please go to: www.co.polk.mn.us/IDAP

Understanding this season's planting outlook

As Minnesota farmers prepare to head into their fields and begin planting crops this spring, some are concerned about a late start due to soil temperatures and moisture conditions.

Jeffrey Strock, a professor at the Southwest Research and Outreach Center in Lamberton, Minnesota, provides expert commentary on what Minnesota farmers can expect this spring.

"The ground was still frozen during the spring warm up so not a lot of the moisture available from the snow made it into the soil. Although there was a lot of snow this winter, not all of the melted water associated with the snow seeps into the soil. Some evaporates and some runs off. It will be very important to receive rain this spring in order to recharge the soil profile for the 2023 growing season.

With the exception of one

week during April, air temperatures have been on the cool side, not unlike 2022 when we had a cool wet start to spring. Soil temperatures have been in the low 40s, which is too cold for planting. With warmer temperatures, the soil will warm rapidly.

It seems like we will have a near repeat of conditions from 2022 for the early part of the 2023 growing season. Farmers will likely start planting in early May. Fortunately, most farmers can get their crops planted quickly these days."

Jeffrey Strock is a professor in the Department of Soil, Water & Climate and works at the Southwest Research and Outreach Center. His areas of interest include soil hydrology, water quality and fertility. His research and outreach activities focus on soil hydrology, agricultural drainage and nutrient management in agricultural systems.

RiverView Health's Emergency Department sees increase in patients

While this winter and early spring were full of announcements of business and school closures due to what felt like never-ending blizzards, there's one service never mentioned in the cancellations – RiverView Health's Emergency Department (ED). Why? Because RiverView's ED NEVER closes.

As a matter of fact, according to Ashley Dufault, RN and Emergency Room coordinator, storm days are busier days for the 24/7/365 department. "When the weather is bad, we usually see an uptick in patients who normally go to the clinic. We also see more patients arriving by ambulance since they don't feel comfortable driving."

Winter and snow events also make for a busier department due to car and snowmobile accidents, falls on the ice, shoveling injuries, and falls from roofs while trying to decrease snow load.

In 2022, 6,145 people received care in RiverView's ED, an increase of 600 from 2021.

Busier, More Serious 2023

With the abundance of winter weather in the first quarter of 2023, it's no surprise that Dufault, who has served in her role since July 2020, reports that the ED has been extra busy.

"We have seen a huge increase in strokes and trauma activations. We have been see-

ing a lot more very sick people."

In an effort to always provide the most up-to-date services, Dufault, also the manager of the Stroke Program and Trauma Program, reports that the department is currently switching its stroke patient protocol to the latest best practices.

As an Acute Stroke Ready Hospital, RiverView can assess and treat potential stroke patients.

The staff has advanced training in stroke care with a CT machine (used to obtain detailed internal images of the body noninvasively) to help diagnose acute strokes.

The department also works closely with the Minnesota Statewide Trauma System to continuously improve its life-saving services.

Patients needing more advanced care are transferred by ground ambulance or air in a helicopter or fixed-wing airplane to specialty hospitals across Minnesota and North Dakota.

"We have great relationships with Crookston Area Ambulance, County EMS, and Red Lake Falls EMS for great continuity of care, as well as great relationships with Altru, Sanford Fargo, and Essentia Fargo when patients are needing a higher level of care."

Fully Staffed, Specially Trained

ED providers are Dr. Bosun

Fashoro, Dr. Joe Dib, Dr. Ram Paneru, Dr. Nicole Lovat, Dr. Sarah May, Dr. Mathew Stayman, Dr. Matthew Viscito, Dr. Bryan Delage, and a full staff of specially trained nurses.

"Our nurses continue to be passionate about their work and always staying up to date on continuing education on stroke, trauma, sepsis, mental health, and all different types of patients to ensure our community is getting the best care possible."

Along with the ED and on-call general surgeons, Dr. Brett Vibeto, who is also the medical director of the Trauma Program, and Dr. Huy Nguyen, RiverView's Laboratory and Diagnostic Imaging Department also offer around-the-clock services.

Short wait times and less overcrowding than other facilities are important goals for the ED Team. The average patient spends less than two hours in RiverView's ED, Dufault reported.

"We pride ourselves on keeping wait times low and providing efficient patient care," she shared. "One of the benefits of coming to the RiverView Emergency Department is that the physicians can spend time with each patient and get a feel for their condition and needs. They can handle any adult or child illness or injury, from minor to complex."

Win-E-Mac announces 3rd quarter honor roll

The following Win-E-Mac Junior High School and Senior High School students have attained either an "A" or "B" average in academic subjects for the 3rd quarter of the 2022 – 2023 school year. Congratulations! To be eligible for the "A" Honor Roll, you need to have attained a 3.76 – 4.00 GPA (grade point average) and to be eligible for the "B" Honor Roll, you need to have attained a 3.00 – 3.75 GPA.

Seniors

"A":

Flaco Espinoza
Kallie Hand
Zachary Luckow
Nadelly Neubert
Jamison Nichols
Izabelle Ostenaa
Laila Roragen
Jonas Spry

"B":

Jacob Audette
Bret DuChamp
George Erofeeff
Kylie Geray
Alecia Hancock – Fitzgerald

ald

Vadim Kulikov
Jonathan Moritz
Thomas Revier

Juniors

"A":

Justin Courneya
Ava Howard
Kayleena Kutsev
Emily Olson
Emily Strom
Luella Strom
Kyra Stuhau

Jaime Stuhr
Kianna Tadman
Hana Thompson

"B":

Foma Cheremnov
Wyatt Davis
Caleb Green
Dylan Hagen
Alex Haskett
Ryan Kangas
Kailee Kramer
Preston Lecy
Isabelle Morinville
Jordan Paradis
Clare Stuhau

Sophomores

"A":

Ariana Dickinson
Kaylee Dickinson
Sava Erofeeff
Bergen Howard
Livaeh Kiecker
Colten Mandt
Shelby Mandt
Evelyn Ryan
Abigail Sauer
Danielle Winter

"B":

Clay Below
Emelia Boianoff
Josie Fortman
Braylon Hamre
Presley Haugen
Calvin Hill
Julian Janisch
Ericka Kramer
Callista Lewis
Shelby Long
Kassidi Qualey
Brayden Sander
Nevaeh Simpson

9th Grade

"A":

Paige Breitbach
Josie Johnson
Lauren Kaupang
Riley Kochmann
Klaudia Kutsev
Joy Neubert
Karlie Schow

"B":

Cambell Brown
Jordyn Halstad
Marissa Mayer
Adrian Ryan
Hudson Smeby
Cameron Svalen

8th Grade

"A":

Joe Courneya
Chloe Howard
Carter Fortman
Austin Johnson
Hayden Johnson
Austin Langseth
Nathaniel Spry
Jareth Walk
David Zarkoff

"B":

Ashton Anderson
Rian Bergh
Dominic Carlson
Caralina Janisch
Clara Kolden
Mihael Mametieff
Theodore Mortiz
Kalli Roy
Lillian Shimpa

7th Grade

"A":

Charles Carlson
Jayden Close
Adylaide Hickman
Ella Langemo
Owen Strom
Ella Subbert

"B":

Samantha Armey
Andrew Austin
Abraham Cheremnov
Garett Davis
Susana Erofeeff
Axel Fuglseth
Lukas Gensburger
Cooper Gieseke
Gracey Gunderson
Malaina Jax
George Juve
Stephen Kutsev
Khloe Luckow
Avery Maness
Nickolas Schow

Bella Senn
Kale Smeby
Peyton Solie



WEM School Announcements

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.



Grandpa Dan Wilkens joins in, with students and staff, for worship every morning at Freedom Christian Academy.



Aurora Holte, a student at Freedom Christian Academy in Erskine, has fun at the playground in Mentor.



The students at Freedom Christian Academy recently went on a field trip to the University of Minnesota Crookston Campus where Mae Breckel shows the proper way to sit in a saddle.

Crafts lead the way for Mother's Day gifts

Mother's Day is a special time for children to show their appreciation for their mothers, grandmothers and the other special women in their lives. Older children typically are capable of designing their own Mother's Day gifts or even shopping for gifts for Mom, while younger children will likely need some help from an adult.

Youngsters may not be able to take charge of Mother's Day festivities alone, but they certainly have the energy and enthusiasm to chip in.

Handmade craft gifts are a thoughtful way for young kids to show their love for Mom. Here are a few ideas that can occupy even the youngest of hands.

Handprint butterfly photo card

All that is necessary for this craft is a printed photograph of the child's face, paper, scissors, glue, and finger paints. The child should dip hands into the paint and make four handprints on paper in some preferred colors. When dry, cut around the perimeter of the handprints. These will serve as the "wings" of the butterfly. Glue the picture of the child's face in the middle of a piece of paper or card stock. Draw a butterfly body underneath it (or print out a stock image to use). Draw antennae sticking out of the child's head and attach the handprints around the head and butterfly body to make the wings.

Heartfelt masterpiece

Children can draw and color all over a large sheet of construction paper or another durable paper. An adult can then use another sheet of paper to make a frame mat of sorts, cutting out a heart shape



from the middle. Both pieces of paper are then trimmed to the dimensions of a photo frame. The artwork is placed first and then the heart matting on top so that the artwork will show through the heart shape. Frame everything together for a lasting memento.

Fuzzy flowers

Kids can make Mom a bouquet of flowers that will never wilt. Print a photo of the child's face and attach it to a piece of circular card stock that is roughly six inches in diameter. Have the child paint a popsicle stick green, and then attach that to the back of the round card stock. The child then glues small fuzzy pom poms to the card stock surrounding the picture to make a flower. If desired, attach a magnet to the back of the flower so it can be secured to the refrigerator.

Crafts are a great gift option for young children looking to give something special to Mom on Mother's Day.



Our Win-E-Mac lunch ladies enjoy their job and always have fun with staff and students during the lunch hour. Win-E-Mac is lucky and proud to have a great team.