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Deputy Commissioner Graff visited Win-E-Mac schools recently and stopped into Jessica Strom's math class. Pictured here are Deputy Commissioner Stephanie Graff, Bret DuChamp, Kallie Hand, Jamie Stuhr and Jessica Strom.

Dputy Commissioner Stephanie Graff visits the Win-E-Mac School

Commissioner Willie Jett has named new members to the Minnesota Department of Education's (MDE) Executive Team, including the Deputy Commissioner and Assistant Commissioners of the offices of Educational Opportunity and Equity and Engagement.

Stephanie Graff has been named the Deputy Commissioner of MDE and oversees the offices of Student Support Services, Educational Opportunity, Teaching and Learning, and the Chief Operating Officer and the divisions of Government Relations and Communications.

Graff comes to the role after holding multiple roles at Minnesota Department of Education providing leadership and support for efforts focused on equitable opportunities and outcomes for all of Minnesota's students, most recently as Chief of Staff and Assistant Commissioner. She also worked previously as a special advisor on education for the



Commissioner Graff with Heather Burd's Physical Education class at Win-E-Mac School.

Governor and Lieutenant Governor and was a high school teacher prior to her 12 years of service at the state.

Tractor drive & Lion's Fish Fry this weekend in Winger

The 2nd Annual Winger Boys Tractor Drive is an antique tractor drive on June 24th. The tractors are meeting at the Winger Depot Cafe parking lot at 10:30 am and heading to Fertile. Stopping there for lunch before heading back to Winger. Tractors need to travel at least 10MPH. For more information please contact Tom Vesledahl 701-261-4276 or Dean Johnson 218-280-7672.

End the day on Saturday, June 24, 2023 with the annual **Winger Lions Fish Fry**. The fish fry will take place at the

Winger Community Center from 5:00 pm to 7:30 pm. There will be all you can eat fish, potato, salad, baked beans, rolls and a beverage. Take out is also available or eat there and enjoy the company of community members and friends.

UMN Extension to offer Tractor & Farm Safety Training for youth this summer

University of Minnesota Extension will be offering Youth Tractor and Farm Safety Training at four locations across the state this summer. The youth tractor and farm safety certification program provides youth 14 years and older the opportunity to learn about safe equipment operation and general farm safety. Students who complete the program are eligible to receive a U.S. Department of Labor certificate of training. This certificate is required for 14- and 15-year-olds who wish to work on farms as employees.

This hybrid training includes an online course on the National Safe Tractor and Machinery Operation Program learning objectives and two days of in-person training that include tractor operation instruction in a safe learning environment.

The online course takes 8 to 10 hours to complete and can be done at the participant's own pace. After completing the online course, participants attend a two-day in-person training with hands-on instruction. All sections of the online course must be completed prior to attending an in-person session.



In-person training days are scheduled locally for Polk and Norman Counties on July 19 - 20, 2023 at the Norman County Fairgrounds in Ada, MN.

The cost to take this course is \$40 per student and includes all materials and meals on training days. Scholarships are available to ensure all students who want to complete the training can do so.

If you need more information on other locations across the state, please visit the link. Contact Heather Dufault for more information. Additional information and registration can be found at z.umn.edu/TractorSafety.

If you have any questions, please contact Heather Dufault at pohl0024@umn.edu or (218)280-1129 (cell) or Polk County Extension office at (218)563-2465 or Norman County Extension office at (218)784-5550.



The annual Cops versus Kids games took place during the last week of school at Win-E-Mac. Both the high school kids and elementary kids had an opportunity to play against Polk County's finest. Pictured here is Polk County Sheriff Jim Tadman with his daughter, Kianna Tadman (right) and Ella Strom (right). Both girls will be Seniors at Win-E-Mac during the 2023 -2024 school year.



Buddy Bear Deliveries took place this weekend. The Northwest Chapter of ABATE donated buddy bears to local first responder organizations on Saturday June 3rd. Bears were donated to Beltrami Fire Department, Mentor Fire department, Polk County EMS in Fertile, Fertile Fire Department and Red Lake Falls Fire Department. Our chapter and members furnished 40 buddy bears in all. Buddy bears are small, soft, cuddly stuffed brown bears. ABATE Chapters purchase and distribute them to emergency first-responder groups to help ease stress in the event of a traumatic incident or accident involving a child. It has been proven in times of crisis that such an item will help take the child's mind off the event and focus on something else. The Northwest Chapter of ABATE is able to make these donations through their gambling fundraisers throughout the previous year. A.B.A.T.E. stands for American Bikers for Awareness Training and Education. Pictured (l-r): Don Conrad, Dan Farder, Gary Johnsrud, Cecil McGlynn, Larry Shimp, April Shimp, Brian Shimp, Lonnie Smith, Ashley Hand, Ben Hand, Kallie Hand, Greg McGlynn, Julie Simek and Joe Shimp.

Research Brief: Profitability decline is forcing many rural hospitals to close or merge

Our nation's rural hospitals are struggling. Between 2010 and 2021, almost 140 rural hospitals closed. Additionally, about one-third of the rural hospitals still operating are unprofitable.

Rural hospitals struggle financially for a variety of reasons, including low patient volume, high fixed costs and a greater reliance on public payers than privately insured patients.

As the financial distress of rural hospitals increases, access to healthcare is under threat for rural Americans. A new study from the University of Minnesota School of Public Health (SPH) examined this challenge by analyzing how rural hospitals — including unprofitable ones — fared over the course of eight years.

The study, published in Health Affairs, tracked 858 hospitals in rural areas, including 325 rural hospitals that were unprofitable beginning in 2010, and found:

- 77% of unprofitable hospitals continued to operate as usual, while 17% merged and 7% closed.
- Of the 77% of unprofitable hospitals that continued to operate, about half returned to profitability by 2018.
- Rural hospitals that were unprofitable yet remained open were found to have relatively strong measures of longer-term financial health including positive net assets, and positive general fund balance that they could draw from to offset their short-term financial losses.

The authors also examined



unprofitable, rural hospitals located in markets with no competitor hospitals within 15 miles. They found that closure rates among these isolated hospitals were lower than hospitals that had nearby competition. Only 5% of unprofitable rural hospitals located in isolated areas closed, compared to 11% of hospitals with nearby competitors.

Similarly, rural areas with more hospitals saw higher rates of closures and mergers. Among the 192 rural markets studied with hospitals that were unprofitable at the beginning of the study period, 22% lost at least one hospital to either closure or merger, with closures and mergers occurring less often in areas with three or fewer hospitals, compared to those with four or more.

"The financial viability of our rural hospitals is declining," says lead author and SPH Assistant Professor Caitlin Carroll. "The fact that almost one-quarter of unprofitable

hospitals closed or merged over eight years underscores the need for policy makers to consider how to promote access and limit market power in rural areas."

Rural markets with dwindling competition in the healthcare sector may also have antitrust implications because mergers and reduced competition can lead to increased market power and higher prices. However, by charging those higher prices, rural hospitals may be able to stay open and continue providing service to area residents. Addressing these challenges and understanding when additional financial support for rural hospitals may be needed remain key policy concerns.

The authors suggest that further empirical research should be conducted to better understand the effects of consolidation in rural markets.

Contact: Rachel Cain, University Public Relations, rcain@umn.edu.

The basics of early-onset Alzheimer's

The National Institute on Aging defines Alzheimer's disease as a brain disorder that slowly destroys memory and an individual's ability to think. The majority of individuals diagnosed with Alzheimer's disease are 60 and older, which can give the impression that the disorder is exclusive to the elderly.

However, younger adults are not immune to the disease, and a small percentage of individuals under 60 could be diagnosed with early-onset Alzheimer's.

The prevalence of early-onset Alzheimer's (sometimes referred to as "young-onset Alzheimer's") is unknown.

However, early-onset Alzheimer's can affect every aspect of a young person's life, including their relationships, finances and ability to live independently.

Such consequences underscore the significance of greater recognition of the condition and what it entails.

What is early-onset Alzheimer's disease?

The experts at Johns Hopkins Medicine note that Alzheimer's disease is the most common form of dementia and it most often affects older individuals. But in rare cases individuals under 60 can develop Alzheimer's, and Johns Hopkins notes such instances generally affect people in their 40s and 50s. Most types of early-onset Alzheimer's disease are the same, but cases may be categorized as common or genetic Alzheimer's.

• **Common:** Johns Hopkins notes that most people with early-onset Alzheimer's have the common form of the disease, which progresses in much the same way as it does in older individuals.

• **Genetic:** In rare cases, a young person may be diagnosed with genetic, or familial, Alzheimer's. The United Kingdom-based Alzheimer's Society notes that this is caused by genetic mutations that run in families. The risk that this mutation will be passed from parents to children is 50 percent. Individuals who develop genetic Alzheimer's typically have lengthy family histories of the disease and may know several relatives, in addition to a parent, who were affected at a similar age.

What are the risk factors

for early-onset Alzheimer's?

Though people who develop early-onset Alzheimer's disease are most likely to be diagnosed with the common form of the condition, family history of the disease remains the only known risk factor.

What are the symptoms of early-onset Alzheimer's?

The Alzheimer's Association® notes that health care providers do not generally look for Alzheimer's in young people, which can make the process of diagnosing the condition long and frustrating. Symptoms are often attributed to other factors, such as stress. However, Johns Hopkins reports that the presence of these symptoms could indicate a person is in the early stages of early-onset Alzheimer's:

- **Forgetting important**

things, particularly newly learned information or important dates

- **Asking** for the same information again and again
- **Trouble** solving basic problems, such as keeping track of bills or following a favorite recipe
- **Losing track** of the date or time of year
- **Losing track** of where you are and how you got there
- **Trouble with** depth perception or other vision problems
- **Trouble** joining conversations or finding the right word for something
- **Misplacing** things and not being able to retrace your steps to find it
- **Increasingly** poor judgment



The Gosen Luther League meets on Sunday evening, June 25th, at 7 o'clock. The Gloryland Gospel Team will be in concert. They accompany their vocals of Country and Southern Gospel music with rhythm guitar, electric, bass, and pedal steel guitar. Refreshments will be served following the program. Join us for an inspirational evening in honor of our Lord Jesus Christ. Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242.

Summer on the grill: Balsamic grilled chicken with strawberry salsa

Grilling chicken is a summer staple. This balsamic grilled chicken breast recipe will become your new favorite. The balsamic chicken marinade is so full of flavor it transforms the chicken. Couple that with the amazing Strawberry Salsa and your family will be begging for more.

Balsamic marinade
1/4 cup balsamic vinegar
2 tablespoons dijon mustard
2 tablespoons lemon juice
2 tablespoons olive oil
1 teaspoon garlic - grated or finely minced
salt and pepper to taste
4 chicken breasts - skinless boneless breast halves

Strawberry salsa
2 cups strawberries - diced
1/2 jalapeno - finely minced
1/4 cup red onion - finely minced
1 1/2 teaspoon parsley -

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Podcasting Workshop

Join your library for a fun interactive experience allowing kids to make a live story podcast! Ed Jenkins, creator and executive producer of PBS KIDS new podcast, "Keshawn Solves It," will share how to create your own one-of-a-kind wacky story podcast.

This program is appropriate for a wide range of ages including children in PreK-6th grade.

Jenkins will offer podcasting the workshop at the Fosston Public Library on Wednesday, June 28 at 2:00 p.m.

This program is offered free-of-charge and is made possible thanks in part to funding from the Minnesota Arts & Cultural Heritage Fund through an appropriation from the Legacy amendment.

- **Withdrawal** from work and social situations
- **Changes** in mood and personality

Symptoms such as memory loss and behavioral changes, including severe mood swings, are some of the signs that present as early-onset Alzheimer's progresses.

Early-onset Alzheimer's is a rare disorder. But its effects can be just as significant as forms of the disease that affect older individuals.

Story to Share?

If you have a story or photos you want to share, please send to: mcintoshtimes@gmail.com

minced
2 tablespoons balsamic vinegar
1 tablespoon brown sugar
Instructions
Preheat grill to medium high.
Mix together all of the marinade ingredients.
Place chicken in the marinade and let sit for at least 15 minutes.
Meanwhile, stir together all of the salsa ingredients and set aside.
Grill marinated chicken for 5-7 minutes on each side, or until internal temperature

Thank you!
I want to thank everyone who attended the party, sent greetings, called, or left gifts to help me celebrate my 90th birthday. It was wonderful to see so many people, visit and reminisce. I want to thank all those who helped plan and make this party happen. I thank God for the support of the community, friends and dear family who have been such a blessing through the years. ~ Helmer Homme

LSS Meals Menu 687-2262

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

Mon. June 26: Pizza Hot-dish - Green Beans - Apple-sauce - Breadsticks - Chocolate Pudding - Milk

Tues. June 27: *Bingo* Polish Sausage - Mashed Potatoes - Sauerkraut - Wheat Bread - Rhubarb Dessert - Milk

Wed. June 28: BBQ Chicken Breast - Macaroni Salad - Corn - Peaches - Rice Krispie Bars - Milk

Thur. June 29: *Bingo* Sloppy Joe on Bun - Potato Wedges - Baked Beans - Fruit - Peanut Butter Cookies - Milk

Fri. June 30: Sausage Gravy over Biscuits - Roasted Potatoes - Apple Slices - Pudding Cake - Milk



Wed. June 21: Linda Christianson, Elvind Jore, *Jim & Susan Lee

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

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

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

Sun. June 25: *Travis & Kelsey Mahlum

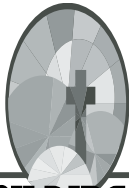
Mon. June 26: Matt Thompson

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

reaches 165 degrees.

Remove chicken from the grill and serve with Strawberry salsa on top.

* Once, you get those strawberries home, you can make the strawberry salsa and it will stay good in your refrigerator for up to 7 days. But you can freeze it in an air tight container for use anytime.



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

Wed. June 21: 11:30am Mass at St. Mary's, Fosston

Fri. June 23: 8:00am Mass at St. Mary's, Fosston

Sun. June 25: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. June 28: 11:30am Mass at St. Mary's, Fosston

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

Sun. July 2: 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. June 25: 10:00am Coffee Hour; 10:30am Worship Services

Sun. July 2: 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

Vacation Bible School

June 12th - 16th

9:00 am - 2:15 pm

218-563-3454

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book:
Gosen Church

Sun. June 25: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com); 7:00pm Luther League with the Gloryland Gospel Team (see article elsewhere in the paper)

Tues. June 27: 10:00am. Sunday worship service telecast on GVTV--30

Wed. June 28: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Lee Laaveg

Sun. June 25: 9:00am Worship

Sun. July 2: 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: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH-NALC Erskine

Rev. Pam Thorson

Sundays 9:00am Worship Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

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The County Line
By Warren Strandell
Polk County Commissioner, Dist. 2

It was a few years ago now... well, more like quite a few years ago. At the time, I was living in Albert Lea, Minn., and was city editor at The Evening Tribune daily newspaper there.

It was then that some colleagues and friends invited me to join the local Toastmasters Club. While attending the first meetings, I heard talk about this Aahs Award that could be given out. It sounded like an award for a speech well done... something pretty good.

Soon, it was time for me to give my first speech. I don't remember the subject but remember that I had put some time into preparing it. In the process of preparing, I had actually planned to take the liberty of saying "aah" at times as I took a breath before moving on with the next bit of brilliance.

After all, I had heard people — some of whom I thought quite highly of — say aah quite regularly... use an aah as they sought out their next words. They did it almost all the time and I thought it was a cool way of holding a thought and/or the floor.

Anyway, as I got into that first speech, I soon uttered an aah, which immediately trig-

gered the sound of a marble falling into the bottom of a big glass jar. Being naturally nervous and not comfortable in a speaking role in the first place, I became quite startled. I hadn't realized why the marble hit the bottom of that big jar, but I went on with the speech.

I soon uttered another aah. Another marble hit the bottom of that big jar. With that I became more nervous, but I went on. Another aah. Another marble. More aahs. More marbles. Soon, it sounded like you were in a tin hut during a hailstorm.

Morale of the story: Aahs aren't really cool. At least the membership in that Toastmasters Club didn't think so.

In addition to the aahs that many people use so often are other words that are regularly used in today's communication.

The "you knows" have to be at the top of the list. A good share of the population uses that one. Other words/sounds are popular, too. Take the "likes" that the younger generation really likes to use. Others include uhs, stuffs and the I means. And there are more. Many of us are guilty of something in that line and we likely have no idea that we are using them.

As for the Toastmasters

experience(s). I was briefly in two clubs, the second came in Grand Forks a few years later. I never got very far through the manual while in either club. I certainly didn't become good at public speaking, never became comfortable doing it.

Instead, I found that it has always been much easier to communicate with writing instead of public speaking. That way you have time to think about the next word before putting anything on paper.

And it eliminates the sound of marbles hitting the bottom of big glass jars. Even if you don't particularly like doing public speaking using an ah won't kill you, you know.

Thoughts for the day:

• If profanity had any influence on the flight of the ball most everyone would play better. — Truisms of Golf

• You spend 90 percent of your adult life hoping for a long rest and the last 10 years trying to convince the Lord that you're not that actually not that tired. — Robert Brault

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board

Wildfire smoke causes
air quality index to drop to very unhealthy

On Wednesday, June 14th, Minnesota had the worst air quality in the country, with the Air Quality Index reaching the "Very Unhealthy" category.

Minnesota has been plagued by smoke from wildfires from Canada in May and June. The sun was reduced to a pale disk in the sky.

The average Air Quality Index (AQI) for June 14th for the Twin Cities was 175, which is the highest daily average measure recorded in the Twin Cities since Air Quality Index records began in 1980.

The wildfire smoke contained fine particulates that drifted south and large areas of northern, central and southern

Minnesota at times was in the Red ("Unhealthy") category in the Air Quality Index.

Some of the Pollution Control Agency's sensors in central Minnesota, including parts of the Twin Cities, indicated air quality had degraded into the Purple ("Very Unhealthy") category in the late afternoon and evening. Reduced visibilities in smoke down to two miles were seen at Duluth and International Falls. St. Cloud had visibilities down to a mile and a half, Rochester down to two and a half miles. This is the same visibility threshold used to define heavy snow, dense fog, and blizzard conditions.

Air Quality Advisories be-

gin at when the Air Quality Index (AQI) reaches a value of at least 101, which is the baseline for the Orange or "Unhealthy for Sensitive Groups" category. The Red/Unhealthy category presents risks to the general public and may cause more serious health risks for sensitive groups, and the Purple/Very Unhealthy category increases health risks for everyone.

In recent years, reports of smoke have become more common. There was a quick smoke front on July 6, 2015. In August 2018 there were smoky skies off and on. There was another smoke episode on September 13-15 2020, and a summer of smoke in 2021.

Hot weather gardening tips

We've just experienced a couple of weeks of very warm temperatures, and meteorologists are predicting that we'll continue to see above-average temperatures this summer.

What does this mean for how we manage our gardens?

Water wisely

• Water your plants in the morning as early as possible. This allows the soil and your plants to absorb more water because in the heat of the day there is more evaporation occurring at the soil surface.

• Drip irrigation is ideal because it deposits water directly at the soil surface and can be targeted.

• Watering by hand is also quite effective; water as close to the soil surface as possible.

• If you need to use sprinklers, use sprinklers that deposit water low to the ground rather than spraying high into the air to minimize evaporation.

How much water is needed?

The average vegetable garden needs about 1 inch of rain per week. This looks like:

▪ 62 gallons for a 10x10 area.

▪ About 20 gallons for a 4x8 raised bed.

During extremely hot weather (daytime temperatures above 90F and nighttime temperatures above 70F), try to water daily or every other day. In a 10x10-foot garden, this would mean giving your plants 8 to 9 gallons of water each day.

If you're watering with a hose, fill a container with a known volume (like a gallon of milk or a 5-gallon bucket) and calculate how long it takes. Multiply that by the number of gallons needed to figure out how long you should leave the hose on.

Prune carefully

June is a great time to prune your tomatoes and certain other plants like lilacs. However, keep in mind that when it's extremely hot out-

side, your plants are stressed. Pruning is another stressor so, if possible, try to wait until conditions have cooled slightly to prune your plants.

Only prune when there is no rain in the forecast and humidity is low. This limits the likelihood of infection as the plants heal the wounds left by pruning.

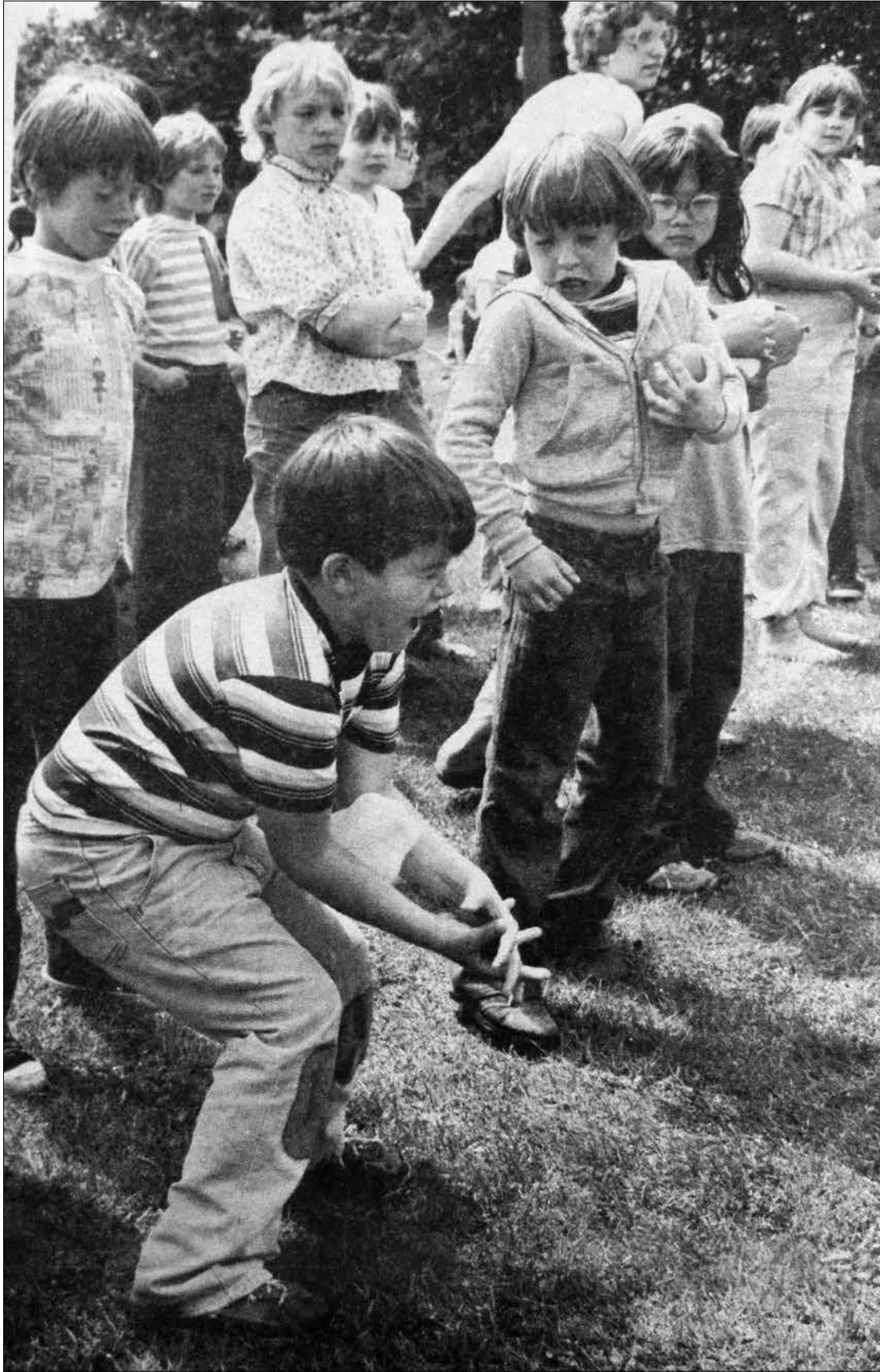
After pruning, give your plants plenty of water, applied directly to the roots.

Weed, weed, weed!

While weeds also need water to grow, many common weeds are well adapted to drought conditions, and heat allows them to grow quickly. Try to get out every couple of days in June to remove weeds from your garden; they are easier to remove when they are small, and they can quickly become a lot of work to manage.

Take care of yourself

Make sure to take breaks and drink plenty of water as you garden.



40 years ago...1983: Second grader, Chad Olson (in the sweatshirt) anticipates what will happen if Richie Hoiland drops the water filled balloon during the elementary school contest. Watching from left to right are Eric Melby, Stephanie Voxland, Christina Leier, Carrie Bartz and Erin Hammer.



30 years ago...1993: The Win-E-Mac track team has seven athletes who will advance to regional competition in Park Rapids, MN. Shown are (back) Coach Vance Kaupang, Jerrod Finseth, Jason Carlson, Coach Doug Johnson; (front) Nicki Hole, Alissa O'Neil, Emily Hegg, Amy Halvorson and Meredith Hegg.



10 years ago...2013: Mark & daughter, Jade Kihme, Stacy & daughter, Kianna Tadman, Brian & daughter, Kyra Stuhaug, Tony & daughter, Clare Stuhaug, Nevette & daughter, Nadelly Neubert, Dylan Wand & friend Laila Roragan, Jarris Wang & niece, Kallie Hand and Rachel & daughter, Alyssa Morberg were all Win-E-Mac softball players during the 'Family & Friends' game on Father's Day.

Pictured right: 20 years ago...2003: (l-r) Branden Kiecker, Kyle Perkerwicz, Sarah Lundquist and Adam Jore (Not present, Ashley Haugen) have been named as representatives to attend the Girls and Boys State Convention in June. The students are juniors attending Win-E-Mac High School.





Deputy Commissioner Stephanie Graff made a recent visit to Mrs. Maruska's elementary school class when she stopped by Win-E-Mac school.

4 strategies to keep kids occupied on long car trips

Road trips and self-driving vacations tend to produce their own unique moments and memories, but that doesn't mean they don't share certain characteristics. Lately, those characteristics might be high gas prices and more traffic as many vacationers drive in an effort to circumvent the escalating cost of air travel. For parents, one component of road trips to count on like clockwork is the moment when kids ask, "Are we there yet?"

A frustration moms and dads from all walks of life and across all generations can share, bored children calling out from the backseat can try any parent's patience. Thank-

fully, parents can utilize these four strategies to keep kids occupied on long car trips.

- 1. Take out the tablet.** Unlike their own parents, modern moms and dads have a reliable ally in the fight against backseat boredom. Tablets can be loaded with all sorts of entertainment, from e-books to movies to interactive activities to school lessons. Rules governing device usage may be a part of life at home, but parents can relax those rules on the road to ensure kids stay occupied until the family arrives at its destination.
- 2. Encourage kids to scrapbook the trip.** If a road trip involves visiting multiple

destinations, parents can encourage kids to spend some time scrapbooking their experiences in the backseat. Kids can write about the previous day's activities and paste ticket stubs and other mementos from the trip into their book.

- 3. Transform the backseat into a play area.** Parents may prefer their vehicles remain toy-free most of the time, but transforming the backseat into a play area can ensure kids have plenty of things to do and less time to dwell on how long it's taking to get from point A to point B. Avoid packing anything that can be turned into a projectile, especially for children who aren't

Arts grants applications have upcoming deadline of July 31st

Grant Writing Training on July 17 at 10:00am.

Applications are open for government entities and non-profit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

Nonprofits and government organizations can apply for one arts project at a time. Grants deadlines for these are July 31, October 31, and February 29. Grants are between \$500 and \$10,000. Funding sources for these grants are Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

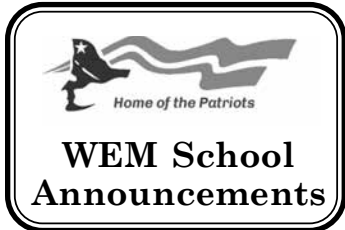
Organizational arts activities funded through this very important grant opportunity includes festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many

other activities that improve the quality of life of people in our communities.

The NWMAC will offer a grant writing training session on July 17 at 10 AM. This can be virtual or in person. You must RSVP. Please let us know if you have a conflict and we can find another time to assist you.

To learn more about grant programs and start an application visit www.Northwest-MinnesotaArtsCouncil.org. The grant application process is completely online and NWMAC's Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Please contact her at director@NWArtsCouncil.org or call 218-745-8886.

ADVERTISING DEADLINE IS FRIDAY AT NOON



Win-E-Mac will be hosting a basketball camp on July 25th, 26th, and 27th. Shannon Nelson (Head Coach of NCTC Women Program, National Champion Coach, Former Gopher women player, and played in a Final Four) will be running a camp for all our elementary students and is willing to run a camp for our 7th -12th athletes as well as long as we can get enough participants. Camp charge is \$30 dollars as our elementary basketball fund will be covering the rest of the cost. Please let Nathan Johnson know if you have any questions and please encourage your athletes to participate in this camp.



Did you know?

According to the National Weather Service, the summer solstice, which marks the official beginning of summer, occurs at the moment the earth's tilt toward the sun is at a maximum. As a result, on the day of the summer solstice, which in 2023 occurs on Wednesday, June 21, the sun appears at its highest elevation with a noontime position. The precise moment the solstice occurs is when the sun is directly over the Tropic of Cancer. This year the sun will reach that point at 10:57 a.m. Though it's not always sunny on the summer



solstice, when the sun is out throughout the solstice people in the Northern Hemisphere can expect more hours of sunlight than any other day of the year. That provides yet another reason to welcome the official arrival of summer.



On the morning of May 23rd, some of the Win-E-Mac high school and elementary students participated in the annual "Cops versus Kids" softball games. A huge thanks to the Polk County Sheriff's Office/Emergency Management and Sheriff Jim Tadman as well as the other officers who were involved in helping us make this such a special and fun event. This is a day that students and cops look forward to every year. It's important to bring students closer to the leaders in our community, and have a chance to honor our officers in a fun way. A special thank you to Heather Burd for taking charge, and all of those who participated and helped out with the event.



The Win-E-Mac Elementary Dance took place during the last week of the 2022 - 2023 school year. Kids listened and danced to music in the Arts & Event Center and won cool prizes. A huge thanks goes out to the Box Tops Committee and the Patriot Pride Booster Club for donating the prizes! Also recognition to Mr. Svalen, who was instrumental in putting on such a great event.