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McIntosh, Minnesota



Gretchen Finseth and Vara Kutsev show off their baking skills during Career and Technical Education Month at Win-E-Mac School.



Philip Lee from First National Bank in McIntosh conducts a mock interview with Win-E-Mac Senior, Alayna Espeseth.

WEM Family Movie Night



Popcorn and Water will be for sale. The Book Fair will also be open before and after the movie.

The Win-E-Mac Literacy Committee is hosting a movie night to celebrate Dr. Suess Week. The movie will be The Cat in the Hat. It will take place on Tuesday, February 28th in the Arts and Event Center. The doors will open at 5:30 pm and the movie will start at 6:00 pm.

The event requests a free will donation which will be used to fund future Literacy Events at Win-E-Mac School.



Hunter Chaput and Breanna Carroll, Win-E-Mac Seniors, were selected as the Schools Triple A award winners to represent the school at the sub-section meeting which took place last week in Mahanomen.

WEM students explore Career and Technical Education Month

By: Sandra Jore, Nathan Johnson, and Jeremy Morgan-roth

Career & Technical Education, or CTE, is education that directly prepares students for careers covering many fields. All these courses are extremely important to a well-balanced education for our students and are critical for our economy and communities.

Technical careers are in a high demand and are very important for our communities. These experiences at the Win-E-Mac High school will help students learn valuable skills as well as give them the opportunity to find careers that will allow them to live and work right here in northern Minnesota.

At Win-E-Mac school, CTE is taught in Family & Consumer Science (FACS) which prepares students for family life, work life and careers in FACS by provide opportunities to develop knowledge and skills through learning and practicing with hands-on activities.

Students apply critical thinking, problem solving and technical reading. Essential hard skills and soft skills are practiced for successful job careers.

FACS courses focus on families, relationships, design (interior and textiles), early childhood education, finances and marketing, hospitality, nutrition & wellness, and college and job preparation.

All students in the 7th and 9th grade study these areas at the entry level which are

everyday practical skills for making decisions as informed consumer.

Some electives CTE courses are as follows.

Exploring Early Childhood gives students opportunity to work twice a week with children as they study skills needed to nurture healthy growth and development in a child.

They develop effective communication skills as they learn about parenting, children with special needs and relationships. Design (Interior or Textiles) allows students to be creative in designing a house, exterior and interior. In creating a house model the students manage resources, apply math and technical skills.

Foods for Today prepares students for career paths within the food production or service industries as well as personal skills for their family. Students develop an understanding of the chemistry of food, nutrition across the life span, the art of cooking, skills in making food decisions. Teamwork skills are put to work in carrying out a school wide project. Life skills in housing, insurances, healthy choices, nutrition and food preparation, personal finances, preparing for job interviews as well as managing resources are taught to all seniors in Senior Seminar in preparation for their transition to living on their own.

Seniors prepare themselves by completing a service project, researching career, re-

sume writing, job cover letters, scholarship applications and completing mock interview.

Some WEM students have advanced into Child Care, Teaching, Hospitality and Food Industry, Interior Housing Design, Architecture careers.

With the construction of the new shop at Win-E-Mac last year, we have expanded our CTE offerings and opportunities for the students. Career and Technical courses that fall under the shop envelope include Building Trades,

Cabinet making, Small Engines and Welding. In all of these classes safety, skill development and career awareness are the main objective.

Building Trades is a two hour block course that allows students the opportunity to learn carpentry skills to build garages and other structures. Students also learn about blue print reading, basic electrical wiring, and concepts of plumbing and concrete work. Students taking this course are giving a test at the end of the year to assess their knowledge.

If the students pass this test, the student receive advanced standing form the Pine to Prairie cooperative. Cabinet making is a course that allows student the opportunity to work with a variety of tools and material to construction projects out of wood.

Projects have include gun cabinets, entertainment cen-

CTE... Continued on page 2 ...



Community Calendar

Wed. Feb. 22: McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's

Thurs. Feb. 23: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Feb. 24: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Feb. 27: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. Feb. 28: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. March 1: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh Photography Club 7:00pm @ Community Center

Thurs. March 2: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. March 3: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. March 6: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. March 7: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



Mary Caahan, MacKenzie Tadych, Sydney Tadman and Jessica Thompson practice their child care skills with simulated babies at Win-E-Mac School.



Win-E-Mac Elementary students just had a box tops challenge at the school and collected over 4,000 Box Tops. Each class had to collect at least 200 Box Tops to be able to attend the dance party. Mr. Svalen willing brought in his DJ equipment and the kids absolutely loved it. Every class collected 200 box tops or more!

Wednesday, March 15, 2017
4:00 pm to 6:00 pm
Win-E-Mac
Kindergarten
Round-up Open House

If your child turns five years old before September 1st and you plan to enroll them at Win-E-Mac School, please plan to attend this event.

CTE...

Continued from page 1 ...

ters, desks, and chairs. In this class students also have opportunity to use CNC routers and Laser engravers to add finishing touches to their projects.

Welding allows student to use a variety of processes for metal fabrication. Students learn to stick weld, oxy-fuel weld, plasma cut, wire fed weld and TIG weld. Students also have the opportunity to use a CNC plasma cutter to help fabricate and prepare steel pieces for welding. Student projects include fire pits, plinker stands, trailers, and a variety of projects the students design.

The small engines course allows student to do a complete teardown and rebuild of an engine. Students are required to identify all the parts and be able to have their engines running upon completion of the rebuild. Students look at carburetion and fuel systems, electrical systems and theory, and will try to troubleshoot problems with engines. Students use a variety of tools complete tasks and gain irreplaceable knowledge and experience.

The Business/Technology Department includes both required and elective CTE courses for students to participate in. These classes not only provide students a solid background if they choose to enter these fields as a career, but also give students a solid foundation for general life skills and understanding if they choose another path.

Accounting: Speak the Language of Business. We have had many students go onto business/accounting degrees after high school.

High school accounting is an elective that prepares students for degrees in the business field. Even if students do not go into a business field, a general understanding of assets, liabilities, accounts receivable, accounts payable, payroll and taxes help people in their general every-day life.

Economics: Economics is a required subject taken by sophomores at Win-E-Mac. We take a look at how individuals, businesses and government try to maximize their utility in using their limited resources. Economics also explains how supply and demand are the building blocks of our economy and how their role is used in determining prices for producers and consumers.

We also look into the influence government through various policies and procedures.

Multi Media Arts: Multi Media Arts focuses on creating artistic media using a multitude of different devices and programs. Cameras, camcorders, digital microphones, iPads, smartphones are some of the items used. Some of the latest Adobe programs: Photoshop, Dreamweaver, Premiere Pro and Encore are used to create artistic imagery, websites,

videos and dvds.

Business Math: Business Math is an elective class that I commonly refer to as 'Real World' math. In this class we cover topics that will relate to students far after their years in school.

We go over topics such as: Payroll, Banking, Loans, Purchasing Homes and Vehicles, Insurance, Investments, Inventory along with many other life-related topics.

Computer 9: Computer 9 is a semester long required class for 9th graders at Win-E-Mac. It picks ups and expands on the basic computer knowledge that was covered by students in 7th grade.

We emphasize organization through file maintenance along with really focusing on creating, editing, saving and printing Microsoft Office applications.

RiverView Health Luncheon to Focus on Vertigo

Have you ever felt that the environment was moving around you when it was still, or that your body was in motion when you were in fact stationary? This feeling is the description of vertigo, a commonly diagnosed vestibular disorder.

The vestibular system includes the parts of the inner ear and brain that process the sensory information involved with controlling balance and eye movements.

If disease or injury damages these processing areas, vestibular disorders, like vertigo, can result. Vestibular disorders can also result from or be worsened by genetic or environmental conditions, or occur for unknown reasons.

Fortunately, there is help for vertigo. Attend RiverView Health's Tuesday, Feb. 28th health luncheon to hear RiverView Physical Therapist Lindsey Ebertowski explain the pathologies that cause vertigo and potential treatments of the disorder.

Luncheon Details

The luncheon will be held in Meeting Room #1 of RiverView Health, 323 S. Minnesota Street, beginning at noon. Meeting Room #1 is located near the RiverView Clinic entrance on the north side of the building and across from the elevators on first floor.

The luncheon series is in its 19th year of sponsorship by RiverView Health. All men and women interested in improving their health are invited to attend. Each luncheon starts a few minutes past noon and luncheons are kept under one hour so those needing to return to work can attend.

Pre-registration is required. A boxed lunch can be purchased for \$3, but must be ordered while pre-registering for the event. Call Holly Anderson at 218-281-9745 for additional information and to pre-register.

ten to twelve two-wheeled wagons came along on the wagon trail, each drawn by a single horse, carrying women and children. The trail had been routed out and was located where the county road now runs. The men walked and frequently had to help push the wagon through mud holes. They often purchased eggs and potatoes from farmers, bringing an eggshell or potato skin to communicate what it was that they were interested in. Meat was available to them as they hunted and fished along the way.

The early settlers traveled long distances to take care of their business and supply needs. Farmers traveled by horse or ox to Crookston, Red Lake Falls or to Fertile with their wheat to grind it into or trade it for flour. This venture for one of their staples was generally a two or three day trip. Frequently pioneers would walk all the way to Crookston to get their needed supplies. Business dealings were able to be transacted lo-



Jessica Thompson with her mom Cherie showing support, during Parent Night for Win-E-Mac Girls Basketball last Monday night.

Tips to maintain windows instead of replacing them

Drafty windows make homes less comfortable by allowing cold air in during the winter and warm air in when temperatures rise. But comfort is not the only concern associated with leaky windows, as such fixtures also can have a negative impact on the environment.

Leaky windows require heating and cooling systems to work harder to keep home interiors comfortable during times of the year when temperatures can be extreme.

In the dead of winter, a leaky window will force a home's inhabitants to turn up the thermostat, which only increases energy consumption and energy bills. The same scenario plays out in summer, when leaky windows allow hot air in, leading homeowners to lower the temperature of air conditioning units so everyone inside is cool and comfortable.

Thankfully, making windows more energy efficient does not necessarily require homeowners to replace existing windows. Before going that potentially expensive route, homeowners can consider the following strategies to improve the energy efficiency of their windows.

Hang curtains. Curtains can help homeowners cut down on heating and cooling costs. According to the U.S. Department of Energy, properly hung draperies can reduce heat loss by as much as 25 percent. In the summer, curtains can block the hot rays from the sun from entering a home, reducing the need to turn up air conditioning units. While curtains won't fix leaks or block hot or cold air from entering a home, they can serve as a buffer between a home's inhabitants and the air seeping in through leaks.

Caulk or add weatherstripping. Small cracks and

gaps around windows, which are most often found around windows in older buildings, might not seem like a big deal, but such breaches can lead to considerable energy loss. The DOE recommends using caulk to seal cracks that are less than 1/4-inch wide on the parts of the window that do not move (i.e., frames and where the trim meets the wall). Caulk might be less effective at fixing leaks larger than 1/4 inch in width. Employ weatherstripping to address leaks on movable parts of the window. Properly applied weatherstripping should adequately seal windows when they are closed without making it difficult to open or close them later on. Weatherstripping is available in various materials, and homeowners can visit www.energy.gov/energysaver/ weatherstripping to find the material that's most suitable for their situation.

Install windows films. Plastic window films are another option for homeowners looking to improve the energy efficiency of their windows. Heat shrink film can be cut to fit each individual leaky window in a home and then attached to windows using double-sided tape. A hair dryer can then be used to shrink the film and remove any wrinkles. Low-emissivity, or Low-E, coatings are a more expensive alternative to heat shrink film, and they can be equally effective at improving energy efficiency. Installation of Low-E coatings can be more difficult, as they do not provide as much leeway for mistakes during application as heat shrink film.

Leaky windows are bad for homeowners' energy bills and the environment.

But homeowners have options other than full window replacements to fix leaks and improve efficiency

Polk County Public Health

To schedule an appointment at the McIntosh Office of Polk County Public Health, please call 218-563-2010. Please remember, foot bare is by appointment only.

If you have any questions about foot care clinics or other services provided by PCPH, please call any of the offices: Crookston 218-281-3385; East Grand Forks 218-773-2431; or McIntosh 218-563-2010.

Beginning March 1, 2017, Polk County Public Health will be offering expanded hours and locations for our family planning clients. Walk-in times will now be available in the Public Health McIntosh office, located at 275 Cleveland Ave., and the East Grand Forks Human Service Building, 1424 Central Ave. N.E. Services covered during these walk-in times include: contraceptive refills, emergency contraceptives, condoms, pregnancy testing, counseling, HIV/Hepatitis C screenings and STI screenings and treatment. No appointment is necessary for walk-in services.

Crookston walk-in hours will be every Monday and Thursday from 2-4:30pm, and every Tuesday from 2-5:30pm.

McIntosh hours will be the second and fourth Tuesdays from 3-4:30pm.

NOTICE Election and Annual Meeting Hill River Township

The annual election and meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Tuesday, March 14, 2017 at the Hill River Town Hall.

The Polls will be open from 5:00 p.m. to 8:00 p.m. to elect one (1) Supervisor for a term of three (3) years.

The annual meeting will start as soon as possible after the polls close to conduct all and any business that comes up at the meeting.

If necessary, the storm date shall be one week later. Notice will then be given over the Fosston Radio Station.

Raymond O. Sundrud,
Clerk/Treasurer
Hill River Township M48-49C



Corky Syverson is the Winner of the Valentine's Day Basket from Neil's Quality Meats & More in McIntosh.

Community Birthday and Anniversary Calendar

Thurs. Feb. 23: Matthew Klemer, Shawn Hedlund

Fri. Feb. 24: Anna Mandt, Alfred Smithling, Krosby Jore

Sun. Feb. 26: Ashton Anderson, Paul Hedlund

Mon. Feb. 27: *Jason & Leah Smeby

Tues. Feb. 28: Bud Kiecker, Eli Kringlein, Thomas Reitmeier, Todd Goodwin

McINTOSH Times

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ST. MARY'S CHURCH

**Fosston
Fr. John Suvaakeen,
Pastor**

Sun. Feb. 26: 8:00am Confession; 8:30am Mass at St. Mary's Fosston, 10:30am Mass at St. Joseph's, Bagley

Sun. March 5: 8:00am Confession 8:30am Mass at St. Mary's Fosston, 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

**Winger/Bejou
Supply Pastor
Gordon Syverson**

Sun. Feb. 26: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. March 5: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

**McIntosh
Supply Pastor
Gordon Syverson**

Sun. Feb. 26: 11:15am Worship Service

Sun. March 5: 11:15am Worship Service

GOSEN LUTHERAN CHURCH

**Independent
Gary Johnson, Pastor
www.gosen-church.com**

**Face Book:
Gosen Church**

Wed. Feb. 22: 1:30pm Bible Study at The Country Place.

Sat. Feb. 25: 8:00pm Prayer Meeting

Sun. Feb. 26: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service;

Tues. Feb. 28: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. March 1: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's home

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Wed. Feb. 22: 7:30am Bible Study at Mt. Carmel

Thurs. Feb. 23: 7:00am Men's Breakfast at Gerald Borud

Sun. Feb. 26: Guest Speaker Mr. Nathan Dalager; 9:30am Worship at Trinity; 10:45am Sunday School at Trinity; 9:45am Sunday School at Mt. Carmel; 11:00am Worship at Mt. Carmel

Tues. Feb. 28: 9:30am WMF at Mt. Carmel

Wed. March 1: 7:30pm Ash Wednesday Service at Trinity

Thurs. March 2: 7:00am Men's Breakfast at Mt. Carmel

Sun. March 5: 9:30am Worship at Trinity; 10:45am Sunday School at Trinity; 9:45am Sunday School at Mt. Carmel; 11:00am Worship at Mt. Carmel; 12:15pm Confirmation at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Feb. 26: 9am Worship

Sun. March 5: 9am Worship

DOVRE FREE LUTHERAN

Pastor Don Edlund

Wed. Feb. 22: 6:00p Confirmation Class; 7:15pm Bible Study- Everyone Welcome!

Sun. Feb. 26: 10:00am Worship Service; Sunday School to follow worship service

Wed. March 1: 7:15pm Bible Study: Old Testament Tabernacles

Sun. March 5: 10:00am Worship Service; Sunday School to follow worship service

IMMANUEL LUTHERAN CHURCH

**McIntosh
Rev. John Anderson,
Pastor**

Wed. Feb. 22: 5:30pm Confirmation, Immanuel

Thurs. Feb. 23: Bible Study, Poplar Lake

Sun. Feb. 26: 8:45 Worship Service

Wed. Mar. 1: 5:30pm Confirmation, Immanuel

Thurs. Mar. 2: 6:45pm Bible Study, Poplar Lake

Holy Communion 1st and 3rd Sundays



The Settlement and Development of King Township- Part I

Although the city of McIntosh plays a major role in the history of King Township, the known account of the township goes back to the 1880's and the Indians that would travel from the Red Lake to White Earth on the Beaulieu Trail. Initially a small group of individuals traveled on foot carrying furs, pelts, collecting roots used for medicines from along the edges of the swamps and camping south of the current McIntosh town site along the creek. (It is speculated that the furs and pelts were sold to the fur traders along the Pembina Trail.) Later caravans of

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Winger News

Linda Pulskamp

Greetings again from Winger and the Union Lake areas where the past week has been wonderful with the warmer temps, is nice to go outdoors and get a breath of the fresh air. One must still be very careful as it is still terribly slippery. Is also nice to see the piles of snow growing smaller every day, and not only that with the sunshine it seems to make one have a better frame of mind. But winter is still not over and the ides of March are just around the corner.

SYMPATHY to Peggy Ystenes and her family on the passing of her Mother, Vivian Rikje of Gully. Vivian's funeral was held last Friday in Gully.

CONGRATULATIONS to Paul Carlson on receiving a quilt of valor last Saturday evening in a ceremony held at the Bagley School. Paul was a helicopter mechanic serving in Vietnam. Many family members were in attendance including most all of his grandchildren. Thank You Paul for your service.

Wednesday the 8th Lonnie and Judy Gieseke brought food and along with Milton's food prepared, all enjoyed visiting over dinner. Later in the afternoon Chad Carlson visited with Milton bringing rolls with him that they enjoyed.

Visitors last Friday afternoon at the Pulskamp home were Joan Helland of Fargo and Jim Pederson of West Fargo.

Last Friday Helmer and Verlys Homme attended the 50th birthday party for Lonnie Paradis that was held in Brooks.

Craig and Beverly Helgaas of Glenwood attended the funeral for Vivian Rikje in Gully last Friday, after the funeral Bev spent the weekend with Sister Cindy Johnson near Gully and Craig was a house guest at the Pulskamp home.

Friday February the 10th Paul Carlson stopped in at the Milton Carlson home briefly on his way to work and topped off his morning coffee for the drive.

Brent, Jessie, Sidnie, Skylie and Brylie Pulskamp of Wahpeton were last weekend house guests at the Pulskamp home along with Craig Helgaas of Glenwood. The weekend consisted of lots of visiting and their annual sausage making.

Terry and Gail Johnson of Karlstad were visitors with Gail's Mother Martha Henney at the Pioneer Home last Sunday afternoon.

Last Sunday evening the 12th Chris, Sheila and Carson Benesh and Paul and Donna Carlson were visitors with Milton Carlson at the Carlson home.

Mark and Betty Syverson visited last Saturday afternoon with Helmer and Verlys Homme at the Pioneer Home at Erskine.

Valentine's Day Lonnie and Judy Gieseke were visitors and coffee guests with Milton Carlson at the Carlson. They brought with them rolls that all enjoyed with their coffee.

This past week Martha Henney had a very enjoyable phone visit with her cousin Audrey Ellingson of Battle Lake.

Visiting during the weekend at the Pulskamp home were Kelly Johnson and his Granddaughter Lilly, Dean Johnson and Josh Brevik.

Paul Carlson stopped by for a visit with Milton Carlson at the Carlson home on Wednesday the 15th.

It's not what you have in life that matters but who you have in life.

Until next week enjoy the balmy temperatures.

From Bun Manor:

On February 6th, Gary and Jill Sonstelie went to Las Vegas to celebrate Jill's birthday and Gary attended a conference. Gary and Randy Lee attended meetings will Jill and Wendy Lee enjoyed time @ the spa and by the pool!! After the conference ended, Gary and Jill spent a couple days at the Grand Canyon. They went for a helicopter ride and walked on the Canyon Skywalk. They spent their last night in Vegas on Freemont Street and had supper with Heidi Ness and her friend before flying home the next day.

Last Sunday after church Carsten and Joanne Zahl took a cruise up to Thief River Falls and visited with Joey Espeseth. They also got to visit with Mary and Brian who were also there visiting. When they left there they headed over to see Stephanie(Sorvig) Daley at her place. She recently moved to a different location.

Bun got stood up on Valentines day by Dale. The plan was to meet at the church for Ladies Aid lunch but Matthew lead him astray and he was a no show.

Bun and Dale have had a few Valentines days together when they have been vacationing. He did make it up to him on Thursday when he met him at the School to watch the boys play their last home basketball game home. They won the game by a considerable amount.

Bun would like to thank those who called him, sent cards, greetings from the social media and put on parties. The Winger Lion's ladies dressed up as dancing girls at the meeting and sang Happy birthday to him followed by a little dance

Scrap put on a belated surprise party for him on Friday evening at his shop. Bun thought they were having a party for Lars but to his surprise when he got there the party was for him. The guys made pheasant, grouse, wall-eye and all the fixings. A good time was had by all.

On February 7th Steve and Lorri Massmann took the early flight to Houston to spend 5 days with Evan, Nikki and Grandson Harrison. The weather was unseasonably warm with temps in the 80's. Steve and Lorri enjoyed this as they knew what temps back home in Winger were that week. While there they took in some hiking through a habitat area and a developed area along the Buffalo watershed. Took in several ethnic restaurants where food is all hand prepared. Very good. Evan had some jobs for Steve and Grandma Lorri while there such as



Bailee Burcham and her parents Shannon and Shelley at Win-E-Mac Girls Basketball Parents night last Monday.



Win-E-Mac Freshman Lindsey Espeseth and her parents Dan and Karen Espeseth at Win-E-Mac School last Monday.



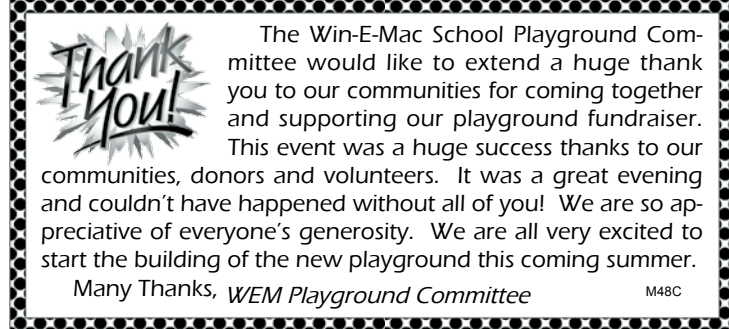
During Parent Night Tanya Bring brought flowers for her folks, Angie and Lonnie Morberg.



Girls Basketball manager Haley Sander and her mom and dad, Brad and Melissa during Parents night at Win-E-Mac School.

building a bench in garage and watching Harrison. This was the best part of the trip. Keeping up with the little guy was the quite the feat. A per-

son forgets how active and fast 9 month old can be on there knees. Nice to get away and see the family.



40 years ago...1977: All-Conference Players chosen by the coaches this past season include the following Scots: Kevin Johnson, Tim Rolf, and Larry Haugen, who are all displaying their trophies. Rolf is also holding the larger trophy which he received as Most Valuable Player in the 1976-77 Conference Basketball. Ten players are chosen as All-Conference players out of the entire Conference. These Scots are three of the ten. Rolf is the Conference MVP.



30 years ago...1987: McIntosh Mayor, Roland Habedank (right) pins the Chief of Police badge on Mike Swecker as he begins duty for the City of McIntosh.



20 years ago...1997: (L-R) Casey Haden, Ryan Benbo, Mike DiMaggio and Garrett Nornes, members of the Win-E-Mac Student Council, display some of the canned goods that were collected as Snow Fest dance admission. The collected food items and \$191 in cash admission will be donated to the local food shelf.



10 years ago...2007: Paulette Kringlen was honored for her 25 years of service at the First National Bank in McIntosh. Paulette was presented with a plaque from Darrell Johnson and along with an Open House.

grains update in Crookston in Jan., this would be a great substitute
Dairy Days-UMN Extension March 7th

• 10am-3pm @ McIntosh Community Center
• East Polk DHIA meeting at lunch

Regional Ag News

Ed Gindele,
Extension Educator

2017 Extension Drainage Design Workshop

The annual Extension Drainage Design Workshop will be held at the Grand Forks County Office Building in Grand Forks, ND March 2 - 3. The workshop is a collaborative effort between the University of Minnesota, and North Dakota State University Extension.

The 2-day workshop starts at 8:00 a.m. and end at 5:00 p.m. on day two. The workshop will focus on planning and design of agricultural tile drainage systems to meet both profitability and environmental objectives. The course content is taught in a hands-on manner with lots of discussion time.

The workshop is intended for those interested in a more complete understanding of the planning and design principles and practices for drainage and water table management systems, including: farmers, landowners, consultants, drainage contractors, govern-

ment agency staff and water resource managers. Planning topics include: legal aspects, basics of drainable soils, agronomic perspectives, doing your own tiling, land evaluation tools, wetlands, and conservation drainage concepts and techniques. The design topics begin with basic design considerations and progress through individual small team projects, with several hands-on problem-solving examples covering basic design and layout principles, water flow calculations, drain spacing, sizing, and grades. Participants are encouraged to bring information for their own fields, and any computers they are using for design, so they can work on their own projects during exercises.

Registration for the workshops is now available at: <https://www.regonline.com/2017DrainDesign>. The registration price is \$300, and is limited to about 50 partici-

pants. Due to seating limitations, on-site registration will not be available on the day of the event.

WORKSHOP LOCATION:
March 2-3, 2017
Grand Forks County Office Building 151 South 4th Street (6th Floor)
Grand Forks, North Dakota 58201

FOR MORE INFORMATION, PLEASE CONTACT:
Gary Sands, University of Minnesota Extension, gsands@umn.edu;
Brad Carlson, University of Minnesota Extension, bcarlson@umn.edu, 507-389-6745;
Tom Scherer, North Dakota State University Extension, thomas.scherer@ndsu.edu, 701-231-7239
Hans Kandel, 701-231-8135, hans.kandel@ndsu.edu
Other Important events:
"Gardening and Beyond"
-Gardening workshop, Saturday Feb. 25th

• 9am-3:15pm @ Evangelical Free Church 211 Arnold Ave N, Thief River Falls, MN
• Going Over-strawberry/raspberry production, amending garden soils, honeyberries, microgreens & baby greens

SWCD East Polk will be ending the tree order forms by Feb 28th

• GREAT DEALS
Advanced Crop Advisers Workshop Feb. 28th -March 1st

• East Polk DHIA meeting at lunch
• Great presenters, Great program, Do not miss
• Anhydrous Ammonia Inspection and Compliance Workshop-MN Department of Ag. March 15th
• 9am-12pm @ Cenex Harvest States (CHS) Warren, MN
East Polk Crop Improvement Meeting-UMN Extension/MCIA March 6th
• 9am-12pm @ McIntosh Community Center
• If you missed the small

Random Things and Stuff



Writing a Letter to Me

By: Emily Lynne

What if you could write a letter to a younger version of yourself? First off, would you read it? Would you take your future-self's advice? Would that letter have changed the course of your life? Here is what I would say to myself if I could send a letter to myself when I was in 6th grade:

Hi Emily,

I know this is a little weird... getting a letter from your future self. No, this isn't a joke, so please listen to what I have to say. Right now, you have just moved to a new school and are starting to make new friends. Don't pass up any opportunity that comes your way. Be honest, hardworking, and take your schoolwork seriously. Let yourself be happy, and don't be afraid to step out of your comfort zone. Trust your gut, when something feels wrong, it usually is. When you start middle school, don't try to find yourself in others. Bad times will come, but you just have to look at

WEM Elementary students to takepart in Nationwide ReadQuest

Students at Win-E-Mac Elementary School are preparing to take part in ReadQuest, a nationwide reading event set for Friday, March 3, 2017.

They are among thousands of students who will join in this annual reading celebration for K-12 students.

ReadQuest is a one-day event that brings K12 students from all over the country together to celebrate the power of reading—and the incredible places it takes us. Students will read books, nonfiction articles, and complete Renaissance Accelerated Reader 360® quizzes on what they've read.

At Win-E-Mac students will be celebrating throughout the day. All students who participate will receive a Certificate of National Participation.

"Our students are thrilled to be participating in ReadQuest this year.

"We're expecting as many as 200 students to contribute to the shared reading effort," said Mr. Roragen

"We love ReadQuest because our students gain valuable reading practice, strengthen their vocabularies, and grow not only as readers, but as students as well."

During the event, Renaissance will showcase a live books-read ticker to display students' nationwide shared reading effort, give students a chance to have their voices heard with a poll in Accelerated Reader 360, and hold random prize drawings during the day. To follow along with the day's activities, visit <http://www.renaissance.com/readquest/>.

About Renaissance

Accelerated Reader 360

Accelerated Reader 360 is a K-12 program that engages students in personalized independent reading practice and close reading of nonfiction articles.

The web-based program provides more than 180,000 quizzes and a variety of high-interest nonfiction articles.

About Renaissance

Renaissance is the leader in K-12 learning analytics—enabling teachers, curriculum creators, and educators to drive phenomenal student growth. Renaissance's solutions help educators analyze, customize, and plan personalized learning paths for students, allowing time for what matters—creating energizing learning experiences in the classroom.

Founded by parents, upheld by educators, and enriched by data scientists, Renaissance knows learning is a continual journey—from year to year and for a lifetime.

Our data-driven, personalized solutions are currently used in over one-third of U.S. schools and more than 60 countries around the world. For more information, visit www.renaissance.com.

WEM ECFE

Friday 2/24 Five Senses! Look Listen Touch Taste Smell! Explore your 5 senses in our themed classroom stations, listen to a story, and learn a fun song! Ages 0-5yrs 10:30am Prek Rm

WEM Early Childhood Family Education classes are for ages 0-5 yrs old and fami-

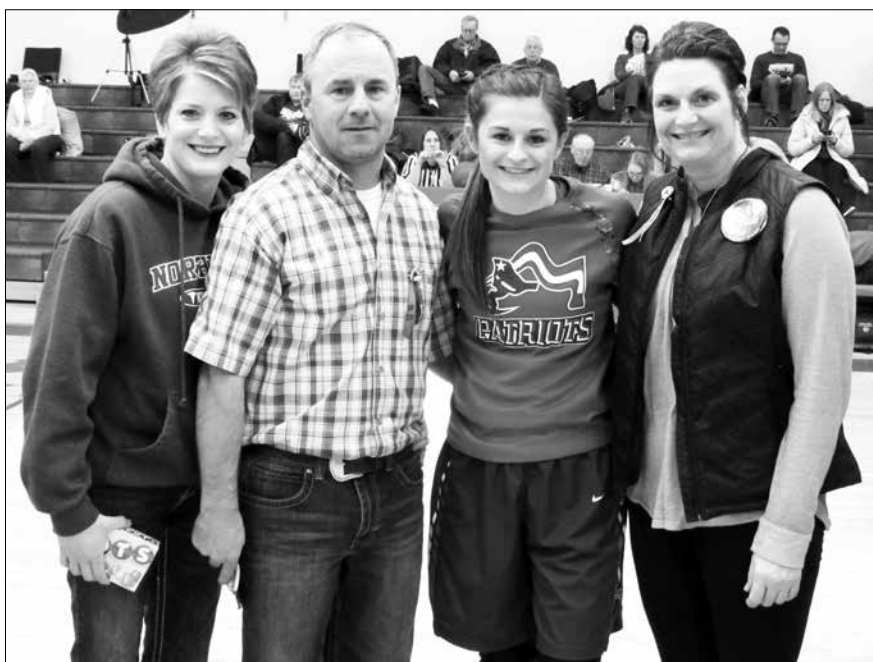
the positive side of situations. Don't let your self-esteem be based on what others think of you. Learn to love yourself for who you are. Every chance you get, spend time with your grandparents and other loved ones.

You are going to start to play basketball soon, which is something you didn't think you would ever do. I'll let you in on a secret, you are going to love it. You are going to love playing both volleyball and basketball. As you get older, you may think that it is a good idea to quit playing and that your self-esteem is a big reason for this. Don't let this happen. Play as much as you can while you are in school.

Shoot for the moon kiddo, love your life and the ones in it. Stay active in your church and community. I know right now you think that you may want to be a writer when you grow up, but remember nursing. I know you like volunteering at Pioneer, and you should continue to do that until you can work there. You'll fall in love with it. When you have a bad day or think you may not be good enough, look at this letter. You made it, you are strong and you were able to write this letter in the future.

Sincerely,

Me



Lauren Strom a Win-E-Mac Junior Girls Basketball Player has a lot of support from her parents Danette and Mark Strom and Kristi Strom.



Shannon and Deann Brekke are the parents of Kylie pictured here together during WEM Parents Night for Girls Basketball.



Elliana Lindberg and her folks, Troy and Liz during Parent Night at Win-E-Mac School last Monday before the Girls Basketball game.



Madysen Plante with her supportive parents, Marc and Kristi during Parents Night for WEM Girls Basketball last Monday.

WEM School Announcements

Parent-Teacher Conferences at WEM

Win-E-Mac Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, February 23, 2017 from 1:00 p.m.-7:30 p.m. Parents of students in grades K-6 should have made appointments to see their respective teachers. Parents of 7th-12th grade students, conferences will be self-led by the students, with their homeroom teachers. Signup sheets will be sent home with students to schedule a time.

Students interested in clay target league this spring, please sign up in the office. Students in grades 6-12 can participate as long they have their firearms safety completed.

The Progress report period 'Mid-term 3' ended on 2/15/2017 grading period has ended at Secondary. Please check ParentVUE for your student's current grades! Thank you for participating in the success of your student(s).

Prom sign-up forms are available in Mrs. Winter's room. All couples must sign-

lies. Events are **FREE** and pre-registration is **NOT** required unless noted. For more information, contact ECFE Coordinator, Shannon Svalen 218-688-2170, ssvalen@win-emac.k12.mn.us, or **LIKE** us on Facebook: WEM Early Childhood Family Education.

up ahead of time for admittance and planning purposes. WEM seniors and juniors are invited to attend the prom with a guest who is a sophomore or older in or out of school but no older than 20 years of age. Prom will be held May 6th.

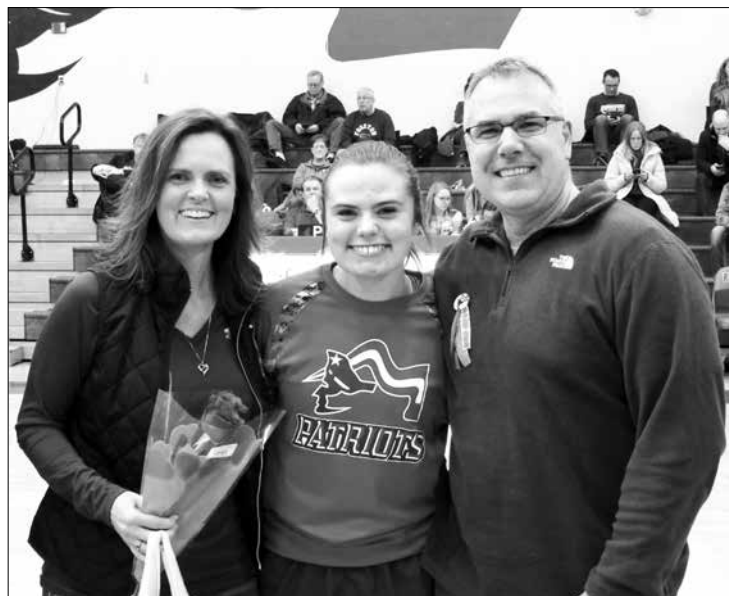
Due to the storms and cancellation of school at Win-E-Mac for a couple of days there will be make up days, which will be April 17th, 2017 and May 30, 2017.



Rylee Haugen has the support of her folks Jason and Jenny and her whole family during Parent's Night for Girls Basketball.



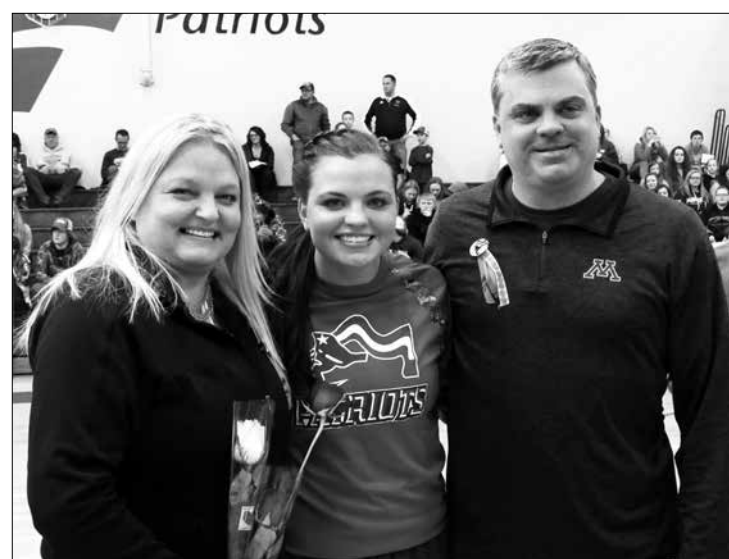
Mae Mero was at Parents Night to cheer on her daughter, Felicity Andress during Parents Night for Girls Basketball at Win-E-Mac School.



Sydney Tadman and her parents, Stacy and Jim during Girls Basketball Parents Night at Win-E-Mac School.



Abby Lende and her Prents Darrell and Linda during WEM Grils Basketball Parents Night last Monday.



Supportive parents Scott and Marc Wilson with their daughter Tyra during WEM girls Basketball Parents Night.