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McIntosh, Minnesota



Nadelly Neubert (6) during Parent's Night at Win-E-Mac Volleyball, with her parents, Aaron and Nevette and her sister, Joy.



Patriot Volleyball player, Felicity Andress with her parents Mel and Mae Knowles during Parent's Night held at Win-E-Mac School.



Teddy Bear Band

Win-E-Mac ECFE will be hosting the Teddy Bear Band on Monday, November 4 in the Arts and Event Center from 6:30-7:15 p.m. This will be a fun family event! B.Y.O.T.B. (Bring Your Own Teddy Bear!)



Finn Frisk watched as the kids at the Win-E-Mac ECFE Pumpkin Patch party decorated and experimented with pumpkins. Left: Hudson Swanson, Carter Bartz and Colby Cook decorated pumpkins.

MSL staff receive scholarships



Two of the McIntosh Senior Living staff received scholarships for their nursing degrees. Madison Hove and Hannah Smeby received scholarships from the Minnesota Director of Nursing Association (MN-DONA). Madison is a CNA-TMA and is attending Northland Community College in East Grand Forks and Hannah is a CNA attending Bemidji State University. Both work at McIntosh Senior Living and are both working on obtaining their nursing degrees. Tricia Hove, the Director of Nursing at MSL is a member of MN-DONA and was their sponsor in the application process. Madison received a \$1,000 scholarship and Hannah received a \$750 scholarship.

Learn how to carve a better pumpkin

Toothy grins and a mesmerizing orange glow help make jack-o'-lanterns captivating sights come Halloween. Pumpkin carving is an autumn tradition and runs the gamut of simple designs to more intricate artwork worthy of any medium. Although anyone can grab a pumpkin and get started, when done correctly, jack-o'-lantern designs can last for several days.

- **Start with a fresh pumpkin.** Look for pumpkins that have a thick, green stem. These usually are fresh and haven't been handled much. A thick stem also may indicate fleshier pumpkin walls that can be carved more easily. Avoid pumpkins that are soft or full of blemishes, or those that have dried, shriveled stems.
- **Cut a hole in the back.** Rather than impeding the structural integrity of the pumpkin by cutting off the top and the stem for interior access, cut a hole in the back of the pumpkin. This will still make it easy to reach inside and clean out the pumpkin.
- **Scoop out the pulp and seeds.** Be sure to thoroughly clean the inside of the pumpkin. Leaving the pulpy, stringy matter and seeds inside can cause the pumpkin to rot that



much faster and produce a foul odor. Scoopers, spoons and even hand shovels can help.

- **Keep it cool.** Heat can adversely affect carved pumpkins, so work in a cool area and store the pumpkin in a cold garage or refrigerator if you need a few extra days before displaying it. Also, carving experts suggest using an electric light inside rather than a candle; by using a candle, you're essentially cooking the pumpkin from the inside.

Pumpkins... Continued on page 3 ...



Community Calendar

- Wed. Oct. 23:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Oct. 24:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Oct. 25:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Oct. 28:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue. Oct. 29:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. Oct. 30:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Oct. 31:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri Nov. 1:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Nov. 4:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Nov. 5:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



Win-E-Mac Early Childhood Family Education hosted a "pumpkin patch" event last Monday at the school due to the cold, wet weather. The kids each were able to pick a pumpkin to decorate. There were games and activities as well as a fun pumpkin snack!

Natural ways to fight fall allergies

As the days become shorter and the weather cools down, a new crop of allergy symptoms can arise, turning the autumn season into one marked by sneezing, scratchy throats and itchy eyes. Medications can alleviate such symptoms, but allergy sufferers may want to investigate some natural ways to beat allergies.

According to the American College of Allergy, Asthma & Immunology, ragweed is one of the more common triggers of autumnal allergies. Ragweed contributes to "hay fever," which is a term to describe allergic rhinitis that occurs as a symptom of ragweed pollen in the air. Ragweed releases pollen in mid-August, and it can continue to be problematic until a deep freeze arrives.

Other sources of fall allergies include leaf mold and pollen that is present on fallen leaves. This gets circulated when people begin to rake or blow fallen leaves. Classroom pets and chalk dust in schools (although chalkboards are largely a thing of the past) are other autumn allergens.

The good news is that many natural remedies work just as effectively as over-the-counter medications in regard to combatting ragweed and pollen problems. Here's how to beat the fall allergy blues.

• **Stay away from pollen.** Stay away from pollen and prevent it from being tracked indoors. Remove shoes when walking through the door. Take off clothes worn outside and



launder them promptly, showing to wash pollen off of the body. Use an air conditioner or keep windows closed when the pollen count is high.

• **Increase omega-3 fatty acids.** It is well documented that fatty acids are good for brain health and cardiovascular well-being. But these acids also may help with allergies. A German study linked foods high in omega-3 fatty acids with the ability to fight inflammation, which is a hallmark of allergy suffering. Foods that are high in fatty acids include walnuts, flax, eggs, and cold-water fatty fish.

• **Rinse off pollen.** Use a mild cleanser to rinse the eyelids and eyelashes of pollen, as this is where it tends to congregate after being outdoors. Use saline spray to clear nasal passages of excess pollen as well.

• **Take natural supplements.** A study published in

the journal Clinical and Experimental Allergy found participants who used tablets of the herb butterbar showed significant allergy relief after only one week. Select herbs from reputable manufacturers who certify them.

• **Use eucalyptus oil.** This oil is great to have in the house to help clear up sinuses and provide nasal congestion relief. Mix a small amount with coconut oil and rub onto the chest. There also is some evidence that adding a few drops of eucalyptus oil to cleansing products can help kill dust mites around the house.

• **Wear a mask.** When doing housework or yard work, wear a mask to reduce the inhalation of specific allergens.

Avoid seasonal allergies by exploring natural ways to find prevention or relief of symptoms.



McIntosh Veterans Day, November 11th

The McIntosh Friends of Veterans will sponsor the Veterans Day Program at McIntosh Senior Living on November 11, at 2 p.m. The speaker will be U. S. Marine Craig Burslie, 3 patriotic songs will be sung by the audience. There will be Patriotic verses given by various people. A quilt of Valor will be given. Lunch will be served after the program.

Everyone is invited to this special event to show support for our Veterans.

The McIntosh Friends of Veterans will meet in the back room of the building next to the

Bountiful MN pumpkin season

Find local pumpkin patches in Minnesota Grown DirectoryThe freshest Minnesota pumpkins, large and small, bumpy or smooth, in multiple colors, are now available from local growers around the state to last throughout your harvest season.

This year's crop is a great one, said Valri Wittner, owner of Lendt's Orchard in Wyoming, Minn..

"Maybe it was the moisture or the cool weather," she said. "The pumpkin handles are nice and firm. A fabulous crop!"

Buying a local pumpkin from one of the 128 pumpkin growers listed in the Minnesota Grown Directory ensures that you will get the freshest pumpkin to last all month long. Locally grown pumpkins are also available pre-picked at select locations including farmers markets.

Wittner's 40-acre pumpkin patch allows customers to pick from 20 different varieties, including green, blue, white, pink and lumpy-bumpy for \$4 each, any size.

When picking a pumpkin, Wittner advises carrying it in your arms, instead of by the stem, which can break off.

The Minnesota Grown Directory is available in print and online, and is a great resource for finding local apple orchards or farmers markets. The 2019 Directory includes 118 apple orchards. Free, printed copies of the Directory may be ordered online or by calling 1-888-TOURISM (1-888-868-7476).

City Hall on Friday, October 25 at 7 p.m. to discuss Veterans Day and the Christmas Cards for the Friends of our Troops.

The Friends of our Troops have again requested Christmas cards to be given to Veterans serving in the U. S. Military. The rules are the same as previous year. 1. Greeting cards must have the senders name and address on the back of the card and also on the upper left corner of the envelope. 2. Do not address any of the envelopes 3. Sign your name to the card and you can write something in the card or write a short note on a piece of paper and include that in the card. 4. Do not seal the envelopes and the flap should be tucked inside the envelope. 5. All cards must be flat and not have any glitz or any other items in the envelope.

The McIntosh Friends of Veterans will send the Christmas cards to New Madrid, MO by November 20. Garnet Aanenson, President, will collect all of these cards hopefully by Veterans Day so that they can be boxed and sent. The more cards that are sent, the cheaper will be the amount needed for the membership dues to the Friends of our Troops.

Anybody with questions about this project can bring them to the meeting on October 25.

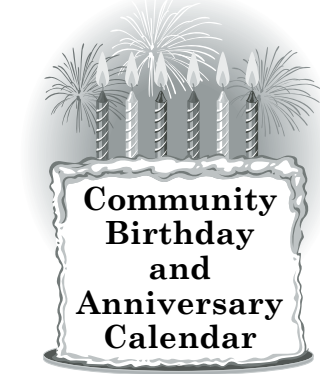
-Garnet Aanenson, President



President Reagan said in his 1986 State of the Union "Today there is a wound in our national conscience. America will never be whole as long as the right to life granted by our Creator is denied to the unborn."

Consider the forced abortions in China. They have created a devastating demographic. Their low birth rate has led to an expanding ageing population and ever decreasing procreating generations. Because their moral compass has been steered by disregard for human life they are facing catastrophic economic and social failure. They do not have sufficient population to address national debt or take care of their elderly.

-a.m.opdahl



Wed. Oct. 23: Tony Haugen
Thurs. Oct. 24: Sydney Walk, Katelynn Cavalier, *Todd & Lorene Tranby, *Christopher & Amy Bartz
Fri. Oct. 25: Lukas Gensburger
Sat. Oct. 26: Mark Krossen, Mary Schow,
Sun. Oct. 27: Mark Sylstad
Mon. Oct. 28: Shelby Mandt, Colten Mandt, Leah Mahlen
Tues. Oct. 29: Brenda Uglade, Bob Bursheim, Croix Haaven



Elliana Lindberg and her parents Troy and Liz during Volleyball Parent's Night held at Win-E-Mac School.



Henry Swanson had some fun with this cute fall backdrop during the Early Childhood Education Pumpkin Patch Night held at Win-E-Mac School on Monday, October 14th.



Trick-or-Treating

Please join us at McIntosh Senior Living on Halloween evening for Trick or Treating from 5:00-6:30pm in the front Lobby. Our residents are waiting to see all the little Spooks and Goblins and hand out candy

Signs children might be victims of bullying

Despite the best efforts of educators and parents, bullying is a problem at many schools. According to StopBullying.gov, an official website of the United States government, as many as one in three American students say they have been bullied at school. And the problem is not exclusive to the United States, as the Canadian Institutes of Health Research report that at least one in three adolescent students in Canada report being recent victims of bullying.

Bullied students often suffer in silence. As a result, the onus is on parents to learn the signs that a child is a victim of bullying. Such signs are not always easy to recognize, as StopBul-

lying.gov notes that the most common types of bullying are verbal and social. Physical bullying happens less often, so kids who are being bullied may not exhibit physical symptoms like bruises or unexplained injuries, which are common indicators of physical bullying. By learning the common signs of bullying, parents are in better position to recognize when their children are being bullied, whether that bullying is physical, social or verbal.

Signs of bullying
There are many signs of bullying and kids may not exhibit them all. In fact, StopBullying.

Bullying...
Continued on page 4 ...

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ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. Oct. 27: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Nov. 3: 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. Oct. 27: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Nov. 3: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson
Sun. Oct. 27: 11:15am Worship Service.
Sun. Nov. 3: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Sun. Oct. 27: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service
Tues. Oct. 29 : 10:00 a.m. Sunday worship service telecast on GVT7V-30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center
Wed. Oct. 30: 7:00pm Bible Study at Sharon Ramberg's

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. Oct. 23: 7:30pm Bible Study at Mt. Carmel
Thurs. Oct. 24: 7:00am Men's Breakfast at Mt. Carmel
Sun. Oct. 27: 9:30 Mt. Carmel Worship; 9:45 Trinity Sunday School for all ages; 10:45 Mt Carmel Sunday School for all ages; 11:00 Trinity Worship

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
Sun. Oct. 27: 9am Worship; fellowship coffee following worship
Sun. Nov. 3: 9am Worship; fellowship coffee following worship

DOVRE FREE LUTHERAN
Pastor Don Edlunds
Wed. Oct. 23: 7:00pm Bible Study on Ezra and Nehemiah Everyone Welcome
Sun. Oct. 27: 10:00am Worship Service and Children's Sunday School
Wed. Oct. 30: 7:00pm Bible Study on R Ezra and Nehemiah. Everyone Welcome
Sun. Nov. 3: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,
Sun. Oct. 27: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Nov. 3: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC
Erskine, Minnesota
Pr. Scott Baker, interim
Sun. Oct. 27: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship
Sun. Nov. 3: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby
Wed. Oct. 23: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. Oct. 26: 8:00am Men's Prayer Group
Sun. Oct.27: 10:00am Worship
Wed. Oct. 30: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. Nov. 2: 8:00am Men's Prayer Group
Sun. Nov. 3: 10:00am Worship

McINTOSH Times

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USDA opens 2020 enrollment for ARC and PLC programs

Safety Net Program Payments for 2018 Have Started.

Agricultural producers now can enroll in the Agriculture Risk Coverage (ARC) and Price Loss Coverage (PLC) programs – two U.S. Department of Agriculture (USDA) safety net programs – for the 2020 crop year. Meanwhile, producers who enrolled farms for the 2018 crop year have started receiving more than \$1.5 billion for covered commodities for which payments were triggered under such programs.

“These two programs provide income support to help producers manage the ups and downs in revenues and prices,” said Richard Fordyce, Administrator of USDA’s Farm Service Agency (FSA). “USDA is here to support the economic stability of American agricultural producers by helping them maintain their competitive edge in times of economic stress. We encourage producers to consider enrolling in one of these programs.”

ARC provides income support payments on historical base acres when actual crop revenue declines below a specified guaranteed level. PLC provides income support payments on historical base acres when the effective price for a covered commodity falls below its reference price. The 2018 Farm Bill reauthorized and updated both programs.

Signup for the 2020 crop year closes June 30, 2020, while signup for the 2019 crop year closes March 15, 2020.

Producers who have not yet enrolled for 2019 can enroll for both 2019 and 2020 during the same visit to an FSA county office.

ARC and PLC have options for the farm operator who is actively farming the land as well as the owner of the land. Farm owners also have a one-time opportunity to update PLC payment yields beginning with crop year 2020.

If the farm owner and producer visit the FSA county office together, FSA can also update yield information during that visit.

Covered commodities include barley, canola, large and small chickpeas, corn, crambe, flaxseed, grain sorghum, lentils, mustard seed, oats, peanuts, dry peas, rapeseed, long grain rice, medium and short grain rice, safflower seed, seed cotton, sesame, soybeans, sunflower seed and wheat.

2018 Crop Year ARC and PLC Payments

FSA began processing payments last week for 2018 ARC-County (ARC-CO) and PLC on covered commodities that met payment triggers on enrolled farms in the 2018 crop year. In addition to the \$1.5 billion now in process, FSA anticipates it will issue another \$1 billion in November once USDA’s National Agricultural Statistics Service publishes additional commodity prices for the 2018 crop.

Producers who had 2018 covered commodities enrolled in ARC-CO can visit www.fsa.usda.gov/arc-plc for payment rates applicable to their county and each covered commodity. For farms and covered commodities enrolled in 2018 PLC, the following crops met payment triggers: barley, canola, corn, dry peas, grain sorghum, lentils, peanuts, and wheat.

Oats and soybeans did not meet 2018 PLC payment triggers.

2018 PLC payment rates for the following covered commodities have not been determined: crambe, flaxseed, large and small chickpeas, long and medium grain rice, mustard seed, rapeseed, safflower, seed cotton, sesame seed, sunflower seed and temperate Japonica rice.

More Information

On December 20, 2018, President Trump signed into law the 2018 Farm Bill, which provides income support, certainty and stability to our nation’s farmers, ranchers and land stewards by enhancing farm support programs, improving crop insurance, maintaining disaster programs and promoting and supporting voluntary conservation.

For more information on ARC and PLC including two online decision tools that assist producers in making enrollment and election decisions specific to their operations, visit the ARC and PLC webpage.

For additional questions and assistance, contact your local USDA service center. To locate your local FSA office, visit farmers.gov/service-locator.



Bret DuChamp with her parents Chris & Bobbi during Parent's Night.



Rylee Haugen with her parents Jenny and Jason Haugen.

Pumpkins..

Continued from page 1...

• **Work in your lap.** When carving faces or intricate designs, looking down onto the pumpkin provides more control.

• **Don't cut all the way through.** Many pumpkin designers end up shaving or scraping off the outer rind of the pumpkin, but leave a delicate orange film underneath. Light can still shine through, but the design will not collapse on itself as easily if you were to cut straight through the pumpkin wall. Experiment with different tools to achieve the desired look.

• **Maintain the freshness.** Rubbing exposed areas of the pumpkin flesh with petroleum jelly may help keep the pumpkin moist. Some designs will last for a few days. However, since pumpkins are highly perishable, it's wise to wait to carve until a day or two before putting a pumpkin on display.



Volleyball manager, Taybryn Knutson and her parents, Derick and Brandi Knutson during Win-E-Mac Parent's Night.

Did you know?

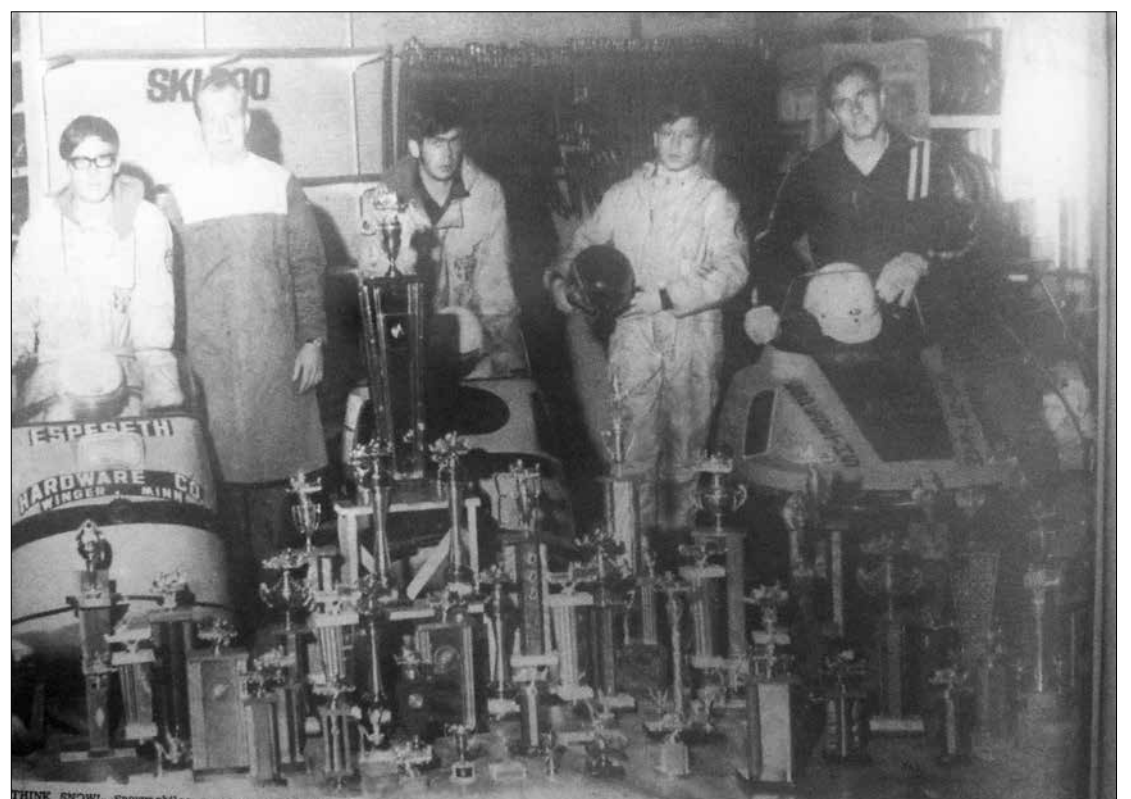
In 2012, the U.S. Department of the Treasury studied the effect that getting stuck in traffic has on fuel consumption. Researchers discovered that Americans were wasting 1.9 billion gallons of gas each year due to congested roads and inadequate transportation infrastructure.

Although that study was conducted in 2012, it's reasonable to conclude that wasted fuel remains a big and potentially dangerous issue. One way to cut down on the environmental and financial toll of traffic is to find different routes that help drivers avoid traffic jams.

Even if such routes are more circuitous, they may end up helping commuters save time and money in the long run. Popular GPS-based traffic apps can guide drivers to less congested roadways by allowing users to set filters to avoid traffic



Senior, Abby Lende with her parents Darrell and Linda Lende during Parent's Night at Win-E-Mac.



50 years ago...1969: Think Snow! Snowmobilers were getting enthusiastic with the first general snowfall of the season which came down Saturday afternoon and evening. As much as six inches were recorded in places. With the coming winter thoughts of the people at Espeseth Hardware in Winger turn to snowmobiling too. Here is graphic proof of their enthusiasm by the score. These drivers will be out to add more trophies to their collection at the different racing events in the area. The picture shows Kyle, Kent and Bryan Espeseth and Dick Roue. In back is mechanic Roger Zahl.



40 years ago...1979: Jim Wertish and Tom Bauer answered questions from the public near their Fire Truck display last Saturday evening in McIntosh, as a courtesy during Fire Prevention Week. The firemen are standing near the drop tank used for water storage at rural fires. The tank holds 2,000 gallons of water which can be unloaded from the Tank Truck.



30 years ago...1989: The varsity volleyball team includes: (back row) Missy Middleton, Carrie Hegg, Krissy Hoeft, Stephanie Hoeft and Stephanie Voxland; (front) Angie Stuhaug, Janna Kiecker, Stephanie Hegg, Stephanie Jones and Jennifer Warmbecker. Roysland is looking across the net at an even stronger District 30 than last year. He feels secure with the nucleus returning from a title winning team of 1988 and has confidence that his team will gain strength through the season.



20 years ago...1999: Candidates for Homecoming royalty were elected by the senior class at Win-E-Mac. The students will vote to elect a king and queen to reign over the week of festivities culminating in the football game on Friday and the homecoming dance that follows. Candidates include (back l-r) Jeremy Gieseke, Steven Bradley, Mike Friedley and Bryce Stordahl. Front l-r) Jackie Ostenaar, Brooke Foss, Heidi Vesledahl, and Heather Hoffman.

WEM Elementary Students of the Month for October

October Character Trait:
Leadership



Ariella Schouviller
Ariella Schouviller has been chosen to represent our Kindergarten class for the character trait of leadership. Ariella has been a wonderful example in class and in school. She is kind, trustworthy, and makes good choices. She helps students with their questions and is a good guide to be a leader! She is a good decision maker and knows which tasks need to be done in order to finish a project. Ariella has a plan for each action she takes and will quickly finish it with accuracy. She works well with many students and has been very kind and considerate to all. Ariella is a classroom leader and will do very well this year!



Ainsley Hickman
Ainsley Hickman has been chosen to represent 1st grade for the character trait of leadership. Being a leader in first grade is not an easy task as we are still learning about cooperation, sharing, and positive communication. Ainsley is a leader in first grade because she is able to share her opinions and still listen to those of her classmates. She is willing to help a classmate who is having trouble and does so in a respectful way. Ainsley is an example of quality leadership because even when no one is looking she is still working to meet expectations.



Sofia Zarkoff
Sofia Zarkoff is someone who has a lot of character, is very focused on completing tasks, and is very good at solving problems. Sofia's leadership skills really show in her actions in the classroom. She is always prepared for class, participates, and does her best work. Sofia is a great example

to the other students of what it means to be a leader. Sofia is good at deciphering right from wrong. This shows in the positive choices she makes.



Bennett Bailey
Thanks for being a great leader, Bennett! Behavior and leadership provided by Bennett models a great example to our class! He models polite leadership with everyone and verbalizes the rules. He demonstrates how to solve problems with others with directions or helps them by providing examples for his classmates to follow. He often helps while working diligently and setting a good example and completing work in a timely, accurate manner. If you visited 3rd grade, you would notice Bennett leading!



Ella Langemo
Ella Langemo has been chosen to represent the 4th grade for her character trait of leadership. Being a leader means that Ella has a strong character. Her character shows her confidence in herself and her ability to overcome tough situations which may not always be popular among her peers, but she always chooses what is right. Ella can be counted on to demonstrate leadership by completing her homework, keeping things organized, and always lending a helping hand when it is needed. This is a great example to her fellow classmates. Ella is sometimes asked to complete tasks that are over and above typical expectations and she always does them without question. Congratulations Ella!



Cora Earls
Cora Earls has been chosen to represent the 5th grade for the character trait of leadership. Showing true leadership at an elementary age is not easy. Many students will struggle to develop this character trait until much later in

their schooling, if at all. Cora's ability to always show what is right and wrong while encouraging her classmates to do the same is a powerful attribute. Cora makes good decisions, plans and thinks ahead while managing her actions with maturity and respect. It takes courage to be a leader among your peers, something Cora handles with dignity. Congratulations Cora!



Lauren Kaupang
Lauren Kaupang has been chosen to represent the 6th grade for the character trait of leadership. Lauren is a very honest person and I know I can always trust her. She wants her classmates to do well, so she checks in with her group daily, as well as other students, to make sure they know what they need to do and get it done. She is a strong leader in her study groups, and keeps her group members on-task and being productive. She manages to do all this in such a pleasant and positive manner! Even though it's not always easy to get everyone on the same page, Lauren always tries to motivate those students who are not doing what they need to do. I know I can depend on Lauren for positive leadership in my classroom! Congratulations, Lauren!



Jaycee Knutson with parents Randy and Sharlene Knutson.



Savhanna Svalen with parents Joey and RaeAnn Svalen.



Lindsey Espeseth with her mom, Karen Espeseth.



Alivia Winter with her sister and her mom, Vondria.

Win-E-Mac Volleyball Parent's Night



Senior Carlie Sander and Sophomore Haley Sander with their parents, Melissa and Brad Sander during the Win-E-Mac Patriots Volleyball Parent's Night.



Parent's Night for Volleyball with Sani Pasanen and Liliana Jaeger with parents Erika and Jason Beckett.



Mia Thompson with parents Cherie Thompson and Pat Thompson.

Bullying... Continued from page 2

gov notes that some bullied children exhibit no warning signs. So in addition to learning these signs of bullying, parents can make a concerted effort to communicate with their children every day, asking youngsters about how their day went and if they encountered anything that adversely affected their mood.

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares

Declining grades, loss of interest in schoolwork, or not wanting to go to school

- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviors, such as running away from home, harming themselves, or talking about suicide

Parents are urged to report any concerns about bullying to educators immediately, as research indicates bullying can lead to or worsen feelings of isolation, rejection, exclusion, and despair. Bullying also can lead to or worsen feelings of depression and anxiety, which can contribute to suicidal behavior. Learn more about bullying and how to combat it at www.StopBullying.gov.

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