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WEM teacher Heather Burd wins Teacher of the Year award

Story by Win-E_Mac Patriots Press
Congratulations are in order! Win-E-Mac physical education teacher Heather Burd recently won the Minnesota Teacher of the Year Award in elementary physical education. She is now eligible for the Central District Teacher of the Year, which is a region of nine central states. If she were to be so honored to become the Central District winner, she would be eligible for the national award of Teacher of the Year in Elementary Physical Education.
When asked about the nomination and award process, here is what Heather had to say, "I was nominated, though we do not know by whom, and then there is an application process to "accept" the nomination. I had to write a letter as to why I accepted the nomination and what sets me apart from other physical education teachers. I had to send in this letter along with my curriculum vitae and professional appearances. I also had to send in letters of recommendation from colleagues that I felt have made the most impact in my professional life. Without them, I would not be the teacher that I am today. You know who you are; thank you."
"I received the news on August 11, 2021 that I got the award! I went down to Lakeville, MN to the annual convention to receive the award and speak on behalf of Elementary Physical Education. I also



was elected to the MNSHAPE board to represent Elementary PE. During my time at the convention, I have been asked to speak about my Elementary PE program to several regional colleges. They will get to see what we do at Win-E-Mac Elementary!"
Heather's favorite part of teaching kids is helping them discover their true potential. She doesn't have any favorite games, just favorite days when kids smile and sweat. She finds the most joy in seeing kids reach their goals in all that they do. She loves to coach kids to accomplish what they want to and need to do! All in all, she believes that she was always called to be a PE teacher because she loves to help people, promote healthy living and healthy choices.
Once again, congratulations Heather! You deserve it!



East Polk County Quilters were happy to present quilts to a father and son. Delmer and Craig Espeseth on November 16th. Delmer Espeseth entered into the US Air Force October 24, 1952. After basic training at Parks Air Force Base in Oakland, CA. He was transferred to Sheppard Air Force Base in Wichita Falls, Texas where he received training as a aircraft mechanic. While at Fairchild Air Force Base, Spokane, WA he worked on many different types of aircraft such as B-25 and B-26 and also cargo planes. After his Air Force enlistment he returned to rural Winger to continue farming with his folks. He and his wife Corneille reside on that same farm where they raised their two sons Craig and Dan. Craig enlisted in the U.S. Army as a Cavalry Scout in 1982 after graduating from McIntosh High School. He had basic training and advanced training at Fort Knox Kentucky, was stationed in Ansbach, West Germany until discharged in 1985.

On Dec. 4th the evening will start with a Christmas parade and continue with A Very Merry McIntosh celebration

McIntosh will have its first ever Christmas parade on Saturday, December 4th starting at 4:00 pm.
Any licensed adult driver can enter a road legal fish house, side by side, ATV or Golf Cart decorated with our without lights in holiday fashion. There will be prizes for the best of the best in fish house and other vehicles.
There is no need to register, but for planning purposes drop a note, email (neilsinc@gvtel.com) or stop by Neil's Quality Meats & More so a count of



participants can be made. Parade will run down Main Street with the route continuing to McIntosh Senior Living

and ending at Poplar Meadows Assisted Living.
After the parade, stay and enjoy A Very Merry McIntosh. It is a magical evening celebrating the wonder of Christmas. Enjoy shopping, music, bonfires, hot cocoa, s'mores, food, lights & much, more.
Grab your family & friends & spend the night with The Shoppes of McIntosh.
The event is brought to you by Neil's Quality Meats & More, The Red Poppy, Minnesota Rust, Howard Soap Company and The Ginger Junker.

WEM to have Holiday Giving Tree

Win-E-Mac School will once again be having their annual Giving Tree.
We will be sharing the "ornaments" virtually this year. We will anonymously post "ornaments" for children in the Win-E-Mac School District that may have a need this holiday season for clothes, toys, or other items.
Their wish list will be printed on the "ornament." If you are interested in taking an ornament or donating, please follow the link posted on the school website(wemschools.org) There you will find prompts that allow you to choose a child by age and it will display their wish list. All gifts will need to be delivered, unwrapped, to the school no later than December 15th so they can be distributed to the families.
If you need some assistance or you know of a child or family that may be in need this holiday season, please contact Amy Bartz, Cassie Subbert, Melissa Smeby or Alyssa Hickman at

the school, 563-2900 or 687-2236. The Giving Tree also accepts monetary donations.
The donations go toward food gift certificates for families to use over the holidays. If you are interested or have questions about donating, please contact one of the people stated above.



Mac Fire Dept. to host Angel Tree

The McIntosh Fire Department will have an Angel Tree at placed at Little Bobby's Bar & Grill this year.
There will be tags on the tree to purchase items for an anonymous child.
After purchasing the item for the child, there will be a drop off box at Little Bobby's for dropping of the gifts.
The child will then receive that item wrapped and ready for Christmas.
If you wish to donate money instead of purchasing an



item, there will be a box for the funds and the items will be purchased for a child in need.
If you have any questions about the Angel Tree, please contact a McIntosh Volunteer Fire Department member who can provide you with more information.



Mrs. Frisk's 6th Grade STEM class at Win-E-Mac school created Holiday and Thank You Cards and donated items for our U.S. Soldiers that are stationed overseas. They collected gifts that made for 3 large boxes to be shipped. We want to thank the Erskine American Legion for their donation for shipping costs.



Lois Boehrnsen presents Craig Espeseth with his Quilt of Valor.



Delmer Espeseth is presented a Quilt of Valor from Lois Boehrnsen.

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- Anonymous

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Did you know?

Lights on a Christmas tree may seem like a relatively recent phenomenon, but people who can't wait to deck the halls each December may be surprised to learn that this beloved tradition dates all the way back to the late nineteenth century. Edward Johnson, a friend and colleague of Thomas Edison, introduced holiday light bulbs in 1882. Prior to that, candles were lit on trees and families would briefly gaze at this awe-inspiring bit of holiday decor before the candles were quickly extinguished. Johnson is credited with being the first to suggest light bulbs, which were invented by his friend Edison, be used to light trees in place of candles. While many were impressed by Johnson's eight-bulb holiday display, it remained a novelty until the 1920s, when preassembled lights became more accessible. Since then, Christmas tree lights have taken hold as a must-have piece of holiday decor in households across the globe.

Tips on eating through the holidays

The holidays can be a stressful time for those concerned about weight gain. Many people feel guilty when they overindulge. However, how do you say no to your co-worker's sugar cookies or a second helping of Grandma's special stuffing?

Take a deep breath. You can make it through the holidays, indulgences and all, with a little planning and self-care.

"Holidays are a time for celebrations, not guilt," shared Laura Slaathaug, clinical dietitian at RiverView Health. "We tend to celebrate by having an abundance of food on the table, which can lead to overeating. If this does happen, the most important thing is to have compassion toward yourself."

Moderation is key with our favorite holiday foods. As long you aren't repeatedly over-consuming treats, a few indulgences won't wreck your long-term health.

Better Days Ahead

The best thing to do after overindulging is to get back on track as soon as you can. To help regain normal eating, Slaathaug recommends slowing down as you eat and making sure you taste each bite of food. She stresses the importance of tuning in to your body to recognize feelings of hunger and fullness.

"It's OK to leave food on your plate or save some for leftovers," she stated.

Slaathaug also recommends physical activity to help curb some of the holiday weight gain or alleviate the feeling of heaviness and bloating that accompanies a large meal or overindulgence.

"Keep in mind that having a healthy mindset is one of the most important parts of trying to eat healthy. A varied diet comes from a variety of food, both high calorie and low calorie, and not from eating only a couple of food groups. Be sure to supplement your favorites with a variety of fruit and vegetable side dishes that can add color and nutritional value to your plate."

Ways a Registered Dietitian Can Help

Other than weight issues

Gosen Luther League

The Gosen Luther League meets on Sunday evening, November 28th, at 7 o'clock. New musical guests will be in concert. Ean Johnson, 17, and his sister Keva Munter, 22, of Lengby will present a mixture of old Gospel hymns and contemporary worship music. Both accompany their vocals with guitar and bass guitar along with Grandpa David Johnson on pedal steel guitar. Ean's desire is to follow in his Grandpa's musical footsteps.

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 or 687-3461.

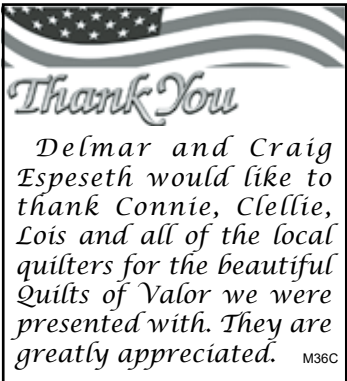
NW MN jobs update

In Northwest Minnesota, employers reported just over 17,750 vacancies in the second quarter of 2021. That was up more than 5,500 compared to 2020, a 45% increase.

Like the state and several regions, the number in Northwest set a new record high for job vacancies in 2021. As we've previously reported in these economic update videos, Northwest saw a smaller decline than other regions, and saw a much faster recovery.

(overweight or underweight). Slaathaug can help you with a variety of topics, including

- You have diabetes, cardiovascular problems, or high blood pressure and need help safely changing your eating plan without compromising taste or nutrition.
- November is National Diabetes Awareness Month. Besides seeing patients one-on-one, Slaathaug also runs RiverView's Monthly Type 2 Diabetes Support Group. Currently, virtual meetings take place on the third Wednesday of every month. Sessions are free and open to anyone with diabetes or their family members.
- You are thinking of having or have had gastric bypass surgery and now must develop an eating plan for your new needs.
- You have digestive problems and need assistance creating a diet that won't aggravate your condition.
- You're pregnant, trying to get pregnant, or breastfeeding and need to determine the healthiest diet for you and your baby.
- You or your child has issues with food and eating healthfully. Slaathaug assists patients dealing with eating disorders like anorexia and bulimia.



Winner of the Neil's Quality Meats & More Pre-Christmas Drawing is Darci Seledkov from Fosston. Congratulations.



Wed. Nov. 24: Betty Tangen, Mary Lerfald, *Gordy & Barb Oseth

Fri. Nov. 26: Karen Rolf, Kristi Tofstad, Brittany Sylstad, Raquel Lindseth

Sat. Nov. 27: Susanah Roed, *Robert & Janet Landsverk

Sun. Nov. 28: Charlotte Catahan, Jacob Roue

Mon. Nov. 29: *Bob & Lorraine Lee

Tues. Nov. 30: Dan Salvhus, Harriet Rolf, Adeline Frisk

limia.

- You're caring for an aging parent or family member and need help determining how to care for them and their changing taste buds.
- You want to eat smarter. Slaathaug can help you sort through misinformation, learn how to read labels at the supermarket, discover that healthy cooking is inexpensive, eat out without ruining your eating plan, and give you tips on resisting workplace temptations.
- You want to improve your performance in sports. Slaathaug can help you set goals to achieve results — whether you're running a marathon, skiing, or jogging with your dog.

If you have concerns about nutrition, call 281.9595 to schedule an appointment with Slaathaug.

LSS Meals Menu

687-2262

Tues, Nov. 30th -Spaghetti with Meat Sauce - Lettuce Salad - Pineapple - Garlic Toast - Swedish Coconut Cookie - Milk

Wed, Dec. 1st -Chicken Gravy over Mashed Potatoes - Carrots - Wheat Bread - Fruit Crisp - Milk



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

Sun. Nov. 28: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Dec. 1: 11:30am Mass at St. Mary's, Fosston; 6:00pm Mass at St. Mary's

Thur. Dec. 2: 11:30am Mass at St. Joseph's, Bagley

Fri. Dec. 3: 8:30am Mass at St. Mary's, Fosston; 5:30pm First Friday Mass at St. Joseph's, Bagley

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

Tues. Dec. 7: 5:00pm Mass at St. Joseph's, Bagley (The Immaculate Conception of the Blessed Virgin Mary)

OUR SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Wed. Nov. 24: 6:00pm Confirmation Class at Immanuel in Bejou; 7:00pm Worship Service at Immanuel in Bejou

Sun. Dec. 1: 9:30am Coffee Hour at Our Savior's; 10:30am Worship at Our Savior's with Pastor Zeh

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:
Pastor Karl Anderson

Sunday Services
9:30 Mt Carmel
11:00 Trinity
Video Sermon -
GVTVel Channel 30
9:00am Sunday
Repeated 6pm Wednesday
Also available on the McIntosh Free Lutheran YouTube Channel

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book:
Gosen Church

Sun., Nov. 28: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com); 7:00pm Luther League (see article elsewhere in the paper)

Tues. Nov. 30: 10:00am Sunday worship service telecast on GVTv--30

Wed. Dec. 1: 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.

A Thanksgiving Proclamation

"It has seemed to me fit and proper that God should be solemnly, reverently and gratefully acknowledged, as with one heart and one voice by the whole American People. I do therefore invite my Fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands to set apart and observe the last Thursday of November as a day of Thanksgiving and praise to our beneficent Father who dwelleth in the Heavens."
Abraham Lincoln, October 1863

First National Bank of McIntosh will be closed Thursday, November 25th in observance of Thanksgiving Day.

260 Cleveland Ave. SW
PO Box 129
McIntosh, MN 56556
www.fnbmcmintosh.com
M36C

Phone (218) 563-2865



The Cenex Convenience Store in Mahanomen started on fire on Saturday, November 20th, and the fire quickly spread throughout the roof space. The Mahanomen Fire Department was on scene along with the mutual aid from Waubun, Twin Lakes, Winger, Twin Valley, Ogema and Detroit Lakes. There were no injuries reported and the building suffered heavy damage.

BUSINESS & PROFESSIONAL GUIDE

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McINTOSH Times

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"Serving the Win-E-Mac area"

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TAX-FORFEITED LAND SALE

NOTICE OF PUBLIC SALE OF TAX-FORFEITED LANDS
THURSDAY, DECEMBER 9TH AT 10 A.M. * Polk County Government Center, Crookston, MN
ALL PARCELS SOLD AT THIS SALE Will HAVE TAXES DUE AND PAYABLE IN 2022

NOTICE IS HEREBY GIVEN that the parcels of land described in the list of tax forfeited land which is contained herein shall be sold to the highest bidder at the Polk County Government Center in the City of Crookston at public sale. The sale will be governed by the provisions of M.S. 282.01 and by the resolution of the Polk County Board of Commissioners authorizing such sale. The resolution reads as follows:

BE IT HEREBY RESOLVED By the Board of County Commissioners of Polk County that the parcels of land forfeited to the State of Minnesota for non-payment of taxes appearing on the list filed with the County Auditor-Treasurer, a copy of which is attached herein by reference, which have been classified and appraised as provided by Minnesota Laws 1935, Chapter 386, as amended, shall be offered for sale by the Polk County Auditor-Treasurer is hereby directed to publish a Notice of Sale provided by law.

BE IT FURTHER RESOLVED that the terms of this sale shall be for CASH ONLY. That the conditions and terms of the public sale shall be as described in the list contained herein and approved by the Polk County Board of Commissioners.

TERMS FOR THE SALE OF TAX-FORFEITED LAND IN POLK COUNTY PUBLIC SALES: Basic Sales Price. All parcels are offered at public auction and sold to the highest bidder. The minimum bid acceptable is the basic sale price which is shown on the list of tax-forfeited land. The basic sale price is equal to the appraised value or the appraised value plus any extra charges for special assessments levied after forfeiture and for hazardous waste control.

EXTRA FEES AND COSTS IN ADDITION TO THE BASIC SALE PRICE
A 3% surcharge for the state assurance account will be collected at the time of the sale. The following extra fees will be collected when the basic sale price is paid in full: a sheriff notice fee, a state deed fee of \$25, a deed filing fee of \$46.00, and a state deed tax equal to the greater of \$1.65 or 0.33% of the basic sale price.

PAYMENT TERMS: CASH ONLY

SPECIAL ASSESSMENTS: Levied before forfeiture. The balance of any special assessments' which were levied before forfeiture and cancelled at forfeiture and which exceed the amount of the basic sale price may be reassessed by the municipality or agency. These special assessments are shown on the list of tax-forfeited land under the column entitled "Assessments Before Forfeiture."

Conditions: Restrictions on the use of the properties. Sales are subject to the following restrictions on the use of the properties: (1) existing leases, (2) easements obtained by a governmental subdivision or state agency for a public purpose, (3) building codes and zoning laws, (4) all sales are final with no refunds or exchanges allowed, and (5) the appraised value does not represent a basis for future taxes.

PRIVATE SALES: Parcels not sold at public auction. Any parcel not sold at a public sale may be purchased after the public sale by paying the basic sales price. The basic sales price amount cannot be changed until the parcel is reappraised, republished, and again offered at a later public sale.

LIENS: Most mortgages and liens except Federal and State Tax liens are cancelled at forfeiture.
TITLE: Proof of Ownership. The buyer will receive a receipt at the time of the sale. The Department of Revenue will issue a state deed after full payment is made. Tax forfeiture will create a break in the chain of title, and services of an attorney may be necessary to make the title marketable.

FORMER OWNERS: Must pay the purchase price or the amount of delinquency, whichever is greater. Including extra costs the County has incurred since forfeiture

Information about the sale of tax-forfeited land in Polk County can be obtained at the office of the County Auditor-Treasurer, Polk County Government Center, 612 North Broadway, Suite 207, Crookston, Minnesota 56716. Telephone: (218) 281-2554

Given under my hand and official seal at Crookston, Minnesota, this 26th day of October 2021.

Michelle M. Cote

Michelle M. Cote
Polk County Director of Property Records



SUBDIVISION	SEC. OR LOT	TWP OR BLOCK	RANGE	SPECIAL ASSESSMENTS BEFORE FORFEITURE	BASIC SALE PRICE
Bygland Township parcel# 09.00326.00 Lot Two (2) of Peterson's Subdivision	2			\$0.00	\$5,000.00
Columbia Township parcel# 12.00249.02 That part of the North Half of the Northeast Quarter (NI/2 of NE1/4) of Section Thirty-two (32), in township One Hundred Forty-seven (147) North of Range Thirty-nine (39) West of the Fifth Principal Meridian, described as follows: beginning at a point 32 rods north and 10 rods east of the Southwest Corner of the NE1/4 NE1/4 of said Section 32, thence running west and parallel to the south line of said N1/2 NE1/4 to the center of the Channel of the Poplar River as it is now situated; thence southeasterly along the center line of the said Channel of the Poplar River to the point where it intersects the west line of the NE1/4 NE1/4 of said Section 32; thence south along the west line of said NE1/4 NE1/4 of Section 32 to the northwesterly right of way of County State Aid Highway No. 4; thence northeasterly along said right of way line to a point 10 rods east of the west line at said NE1/4 NE1/4 of Section 32; thence north and parallel with the west line of said NE1/4 NE1/4 of Section 32 to the place of beginning.	32	147	39	\$0.00	\$500.00
Eden Township parcel # 16.00172.00 That part of the Northeast Quarter of the Northeast Quarter (NE1/4 NE1/4) of Section Thirty-two (32), Township One Hundred Forty-nine (149) North of Range Thirty-nine (39) West of the Fifth Principal Meridian, described as follows: Starting at the Northeast corner of the NE1/4 of the NE1/4 of Section 32, Township 149, North of Range 39 West; thence on a line due West for a distance of 115 feet along the North line of Section 32; thence at right angles due South for a distance of 243 feet; thence at right angles due East for a distance of 115 feet; thence on a line at right angles due North along the East Section line of section 32 for a distance of 243 feet to place of beginning.	32	149	39	\$0.00	\$100.00
Knute Township parcel# 45.00282.00 Lots 1 and 2, Clementson's 2nd Subdivision, Knute Township	2			\$2,214.49	\$750.00
parcel# 45.00413.00 Lot Twenty-two (22), Block One (1) Lakeview Estates, Knute Township.	22	1		\$1,618.06	\$250.00
parcel # 45.00414.00 Lot Twenty-three (23), Block One (1) Lakeview Estates, Knute Township.	23	1		\$1,915.06	\$250.00
Woodside Township parcel# 74.00588.00 Lots One (1), Two (2), Three (3), and Four (4) in Woodland Subdivision in Section Twenty-one (21), Township One Hundred Forty-eight (148) North of Range Forty-three (43) West of the fifth Principal Meridian.	4			\$0.00	\$25,000.00
City of Beltrami parcel# 80.00057.00 Lots 3, 4, and 5, Block 9 First Addition to Beltrami City	5	9		\$2,305.00	\$100.00
City of Crookston parcel# 82.00032.00 .83 A in SW cor of lot 12 (Ex pt of DeBoer's 2nd Subd) Section 31 Township 150 Range 46	31	150	46	\$0.00	\$100.00
parcel# 82.01040.01 Lot Fourteen (14), Block Seven (7), Cromb & Sletten's Subdivision of Outlets in Hurlbut's Addition to Crookston.	14	7		\$545.73	\$500.00
parcel# 82.01048.01 West One Half of Lot 22, Block 7, Cromb and Slettens Subdivision Crookston City	22	7		\$290.00	\$250.00
parcel# 82.01248.00 Lot Ten (10) in Block One (1) of Clement's Third Addition to the City of Crookston	10	1		\$3,084.39	\$500.00
parcel# 82.01277.01 Lots Seven (7) and Eight (8), Block Five (5), Clement's Third Addition to Crookston, Minnesota.	8	5		\$632.25	\$500.00
parcel# 82.02011.00 Lot Nine (9) and the West Half of Lot Eight (WI/2 L 8), Block Two (2), Highland Park Addition to Crookston.	9	2		\$360.00	\$2,000
City of East Grand Forks parcel# 83.04249.00 Lot Twelve (12), Block One (1), Peabody's 1st Addition to the City of East Grand Forks.	12	1		\$50,065.12	\$5,000.00
City of Fosston parcel# 87.00288.00 That part of lot 16, Block 1, lakeside Addition to West Fosston, lying Northeasterly of a line described as follows: commencing at the most Westerly corner of lot 14, said block 1; thence Northeasterly, along the Northwesternly line common to lots 14, 15, and 16 of said Block 1, a distance of 133.00 feet to the point of beginning of the line to be described; thence Southeasterly deflecting to the right g4°00' to the intersection with the West right of way line of North Granum Avenue and said line there terminating.	16	1		\$393.75	\$500.00
City of Gully parcel# 88.00051.00 Lots Three (3) and Four (4), Block Six (6), Townsite of Gully	4	6		\$175.82	\$250.00
parcel# 88.00052.00 Lots Five (5) and Six (6) in Block Six (6) in the Townsite of Gully	6	6		\$1,385.49	\$250.00
City of McIntosh parcel# 90.00078.00 Outlot U, Auditor's Plat of Outlots, City of McIntosh.	U			\$6,235.12	\$500.00
parcel# 90.00192.00 Lot Twenty-one (21) in Block Six (6) North McIntosh	21	6		\$435.00	\$200.00
parcel # 90.00291.00 Lots Five (5) and Six (6), Block three (3), South McIntosh	6	3		\$8,052.82	\$750.00
parcel# 90.00437.00 Lot 12 Block 1 Hegg Addition to the City of McIntosh	12	1		\$5,199.10	\$1,000.00
City of Mentor parcel# 91.00116.00 Lots One (1) and Two (2), in Block One (1), Townsite of Mentor	2	1		\$0.00	\$500.00
City of Trail parcel# 93.00012.00 That part of the Northwest Quarter (NW1/4) of Section Thirty (30), Township One Hundred Fifty (150) North of Range Thirty-nine (39) West of the Fifth Principal Meridian in Minnesota, described as follows: Beginning at a point 47.5 rods West of the Southeast corner of said NW1/4 Sec. 30-150- 39 thence proceeding in a Westerly direction 12.5 rods; thence deflecting right and proceeding in a Northerly direction for a distance of 16 rods; thence deflecting right and proceeding in an Easterly direction for a distance of 12.5 rods; thence deflecting right and proceeding in a Southerly direction for a distance of 16 rods to the point of beginning.	30	150	39	\$820.00	\$500.00

What is Plaid Friday?

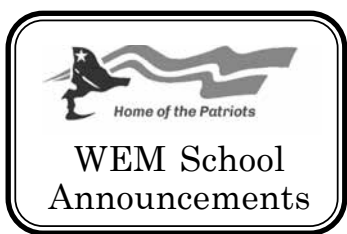
Locally owned small businesses are vital components of many thriving communities. The unique role locally owned small businesses play was never more apparent than during the pandemic, when many such establishments were forced to close, reduce their hours of operation or downsize their offerings as consumers were urged to stay home and prevent the spread of the COVID-19 virus. In the wake of those changes, communities across the country soon realized how vital local businesses are to their local economies. Job creation and tax revenue are two ways that locally owned small businesses sup-



port local economies. These businesses also make communities unique and serve as a source of pride for residents, which underscores the importance of supporting them as the world slowly emerges from the pandemic. Businesses big and small look to the holiday season as

a great time to increase their revenue. Big business gets a significant boost from Black Friday, which occurs on the day after Thanksgiving and marks the unofficial opening of the holiday shopping season. But consumers who want to support locally owned small businesses as they start their holiday shopping can look to Plaid Friday. Plaid Friday was initially organized in Oakland, Calif., in 2009. Back then, Plaid Friday, which takes place on the day after Thanksgiving, was intended to serve as a more laid back alternative to Black Friday, a day that's become as

notorious for incidents threatening public safety as it has for great deals. Plaid Friday efforts promote locally owned small businesses and encourage residents to patronize these establishments as they begin their holiday shopping. Since 2009, Plaid Friday has caught on outside of Oakland, and many communities now embrace it. Many small business owners host Plaid Friday sales, and some even offer extra discounts to customers who wear plaid, which has come to symbolize support for small, independently owned businesses. This year Plaid Friday occurs on November 26. Residents are urged to support small, locally owned businesses, many of which could use a boost after a challenging 2020 holiday season



FYI: The report cards for quarter 1 are now available on StudentVue/ParentVue in Synergy. **The Win-E-Mac Virtual Veterans Day Program** will be on the Win-E-Mac YouTube channel (linked below,) Thursday night at 7 pm. https://youtube.com/channel/UC_gip1CCnJb_mSbwX3o9U2w **Lost and Found:** Parents and students will have until November 30th to claim, after that, it will be donated. **Open Gym** will begin November 7 and be open every Sunday night through Sunday, March 6. There will be no open gym on Sunday, December 26 or February 13 due to the Super Bowl.

The gym is available for basketball, volleyball, jumping rope, running games, hula hoops, etc. Parents are encouraged to come and play with their children. The Win-E-Mac School is also available Sunday evenings for anyone interested in walking for exercise. You can walk in the gym or use the hallways. The weight room in the Events Center is also for adults to use with a yearly \$20 membership.

Dates: Sunday, November 6- through March 6
Time: 2:00-5:00
Reminder: NO OPEN GYM ON DECEMBER 26 or FEBRUARY 13 DUE TO THE SUPER BOWL

Information for parents: If your family lives in any of the following situations: In a shelter; In a motel or campground due to the lack of an alternative adequate accommodation; In a car, park, abandoned building, or bus or train station; Doubled up with other people due to loss of housing or economic hardship. Your school-age children may qualify for certain rights and protections under the federal McKinney-Vento Act. Your eligible children have the right to:

Receive a free, appropriate public education; Enroll in school immediately, even if lacking documents normally required for enrollment; Enroll in school and attend classes while the school gathers needed documents; Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is your preference. *If the school district believes that the school you select is not in the best interest of your children, then the district must provide you and inform you of your right to appeal its decision; Receive transportation to and from school of origin, if you request this; Receive educational services comparable to those provided to other students, according to your children's needs. If you believe your children may be eligible, contact the local liason to find out what services and supports may be available. Ther also may be supports available for your pre-school age children. Local Liason: (218) 563-2900; State Coordinator: (651) 582-8385. If you need further assistance with your children's educational needs, contact the National Center for Homeless Education: 1-(800) 308-2145; homeless@serve.org; <http://nche.ed.gov>.

Yearbook staff is taking pre-orders for this year's book to be distributed upon completion in May of 2022. The Yearbook will feature a classic theme featuring letter art, and it will contain 80 pages! Seniors, underclass, students, events, activities and fun memories will be captured and displayed from cover to cover in full color! Cost is \$35.00 now and until December 22nd and will cost \$40.00 after December 22nd. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours. Complete a form and submit your payment. **Caulfield's** will be here on Friday, December 3rd for class groups, yearbook groups and winter sports team's pictures. We will plan on being there at 9:00 and starting with the class groups, then yearbook groups and then the winter sports teams and individuals.

Daisy Hagen Auction for the Arts to be held Nov. 28th

On Sunday, November 28th, collectors, arts supporters, Christmas shoppers, and curiosity seekers alike will be treated to the 'Daisy Hagen Auction for the Arts', a special Fosston community event that only comes around once every two years. At 1:00 pm on Sunday, November 28th, the preview will begin in the public library and gallery of the Fosston Community Library Arts Center. Shortly after, at 2:00pm, both the live and silent auctions will begin, with the highly anticipated guest auctioneer and former Fosston High School English teacher, Lynda Lohmeier, returning to call for the bids. Items donated include quilts, watercolor paintings, baked goods, gift certificates, woodworking, honey, smoked cheese, glassblowing, and so much more! There will also be a raffle! As always, homemade



yummy holiday treats and refreshments will be served. All proceeds will benefit the Fosston Community Library Arts Association to enhance our arts programming. Come and enjoy yourself while taking care of some holiday shopping!



Congratulations to Win-E-Mac Patriots Savahanna Svalen, Alivia Winter, and Haley Sander for being named to the Pine to Prairie All-Conference Honorable Mention team.



Congratulations to Win-E-Mac Patriots Jonas Spry and Ryan Kangas for being selected to the All Sub-District Football Team. Also, congratulations to Patriot Anton Hickman for being named to the All Sub-District Honorable Mention Football Team.



On November 15th, these students participated in the band and choir solo contests held at Win-E-Mac School. Contest results: Instrumental: Josie Fortman - Excellent; Anisha Saeland - Superior; Choir: Josie Fortman - Excellent; Evie Ryan - Excellent; Jonathan Moritz - Excellent; Emelia Boianoff - Superior; and Savahanna Svalen - Superior.