



McINTOSH Times

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McKeever awarded MAASP Star of Innovation award

Win-E-Mac High School Principal Kevin McKeever was awarded the Minnesota Association of Secondary Principals (MAASP) Star of Innovation award. Bob Driver, the Executive Director for MAASP stopped at the Win-E-Mac School last week to present Mr. McKeever with a Gold Star, certificate, and \$250 to be used towards any school program of his choosing.

There are only 4 Gold Stars given out each year for the entire state. The criteria for the award is the degree in which the program demonstrates a positive impact on education and the advocacy for children, clear principal leadership in the development and implementation of an innovative program, creativity and imagination while bringing about positive school change, and how easily the program can be replicated to the other schools.

Last year Win-E-Mac added a Media Production class which is taught by Jeremy Morgenroth who oversees the

class curriculum and supervises the various projects related to the class.

The class was created to update our school website and keep it up to date to provide information to our district patrons. The class also has a presence in the creation and submission of various social media posts to provide information to parents and students, but most importantly to showcase and celebrate student achievements and accomplishments.

The class also plays a vital role in broadcasting sporting events, concerts, spelling bees, graduation, awards programs and other events that are of importance to our district.

With the addition of a new state of the art multi-media scoreboard to our gymnasium this year, you can expect high level player introductions, pre-game features, commercials and other fabulous visual effects to enhance the in-game experience at the Win-E-Mac School.

McIntosh Tractor Day is this weekend

McIntosh will hold it's Annual Tractor Day this weekend.

Grab those antique tractors and take a break from the fields to make your way to McIntosh for the annual McIntosh Tractor Day on Saturday, August 27th.

The tractors with the parade, will make it's way through downtown along Main Street.

The day will begin with the antique tractor parade at 11:00 am. Tractors will begin to line up at Erickson Park, on the east side of McIntosh beginning at 9:00 am.

After the parade there will be the Kiddie Tractor Pull sponsored by the Polar Beach Snowmobile Club who supplies and maintains the pedal tractor and pulling sled that are used at each years kiddie pull event. The kiddie pedal pull will again take place in front of the fire hall and registration

will be set up to immediately follow the parade. There are several age/weight classes for kids ages 4 years to 12 years old, though younger kids, able to pedal are welcome to come and give it a try.

There will be a tractor pull at the old football field at 1:00 pm. Tractors must register and pay fees to participate.

There will be food vendors featuring hot dogs, hamburgers, candy, popcorn, pop and water on Main Street and the Shoppes of McIntosh will be open for visitors to browse and shop and look for special deals for the day.

Make plans to bring your family to the annual McIntosh Tractor Day this Saturday, August 27th starting at 9:00 am. See you there!

For questions about the parade or the tractor pull, please call Roy Ostenaa at 218-280-1572 or Steve Urness at 218-280-0399.



Win-E-Mac Back to School Night will take place on Wednesday, August 31st

- Win-E-Mac's Annual Open House will be on Wednesday, August 31st from 5:00 – 7:00 pm. We hope to see everyone there! Below are just a few of the fun and informational things that will be taking place.
- Meet your teacher
 - See your classroom
 - FREE Tailgating Meal
 - FREE Snow Cones
 - Bouncy House and Inflatable Obstacle Course
 - Hang out with local firemen and law enforcement
 - Outside games for all ages
 - Magic Shows at 5:30 and 6:30
 - Century 21 and Other Information Booths
 - Bus information along with free pencils and book-marks
 - Prizes for Free and Reduced Lunch Application sign up
 - Patriot Booster Clothing is available
 - Dolly Parton Reading program
 - Meet the Therapy Dog
 - Music playing outside
- 7th-grade Orientation at 6 pm**
- Letters are being sent home with more information
 - The class will be divided into Mr. Eckman's and Mrs. Winter's rooms
 - Class schedule and device distribution
- Grades 8 - 12 Class Schedule and Device Pickup**

Welcome Back Students & Staff Members. The First Day of School will be Tuesday, September 6th.

Early Childhood Family Education will be on Tuesday evenings this year starting on Tuesday, September 13th. Follow them on Facebook at

Win-E-Mac ECFE or check the school website for registration information at www.wem-schools.org.

There is also information on the website about school supplies should any family be in need of assistance for the upcoming school year.



Justin Shultz, the McIntosh Fire Chief, managed the grill during the cookout hosted by the McIntosh Fire Department at Roholt Park last Wednesday, August 17th.



Playing some beanbags during the McIntosh Fire Department cookout in the Park was Ava Frisk, Hudson Swanson and Dawson Gunufson.



Adeline Frisk, Annabelle Shultz and Henry Swanson were a few of the kids that enjoyed playing some beanbags during the cookout hosted by the McIntosh Fire Department last Wednesday at Roholt Park. The Fire Department grilled hotdogs and hamburgers for community members who came out to enjoy the weather and community.

Join the Workplace Wellness Collaborative: Helping to put a healthy workplace within reach

Polk-Norman-Mahnomen Community Health Services is actively recruiting new

Workplace Wellness Collaborative partners from the three-county area.

As a result of the COVID-19 pandemic, workplaces have been rethinking and reprioritizing employee health and wellness. COVID brought about huge changes in both where and how we work. As we reconnect, we have a unique opportunity to build workplaces that put employee well-being at the forefront and to practice appreciation, recognition and create connection.

Mental Health America's 2021 "Mind the Workplace Report" reports that most employees are already experiencing burnout and aren't receiving the support they need, resulting in stress that is severely impacting employees' mental health. The COVID-19 pandemic intensified preexisting workplace stress and burnout and now is a great time to analyze current policies to help reshape workplace well-being for a changing workforce. To retain and recruit great people, organizations need to be genuinely concerned about employee well-being and dynamic wellness programs are an excellent way to build, demonstrate, and support employee's overall wellness.

Polk County Public Health and Norman-Mahnomen Public Health Statewide Health Improvement Partnership (SHIP) Workplace Wellness Collaborative will provide businesses with the tools and resources to support employee well-being and provide actionable tips and thought-starters for new well-being initiatives and strategies in the workplace. The collaborative will discuss strategies for workplace environment and policies

that can support healthy living and make big impact with little time and resources. Topic areas will include: leadership support, organization and employee assessment, managing stress and worry, belonging and burnout, connection and physical impact, social support, worksite environment, healthy equity, building wellness networks, and sample well-being policies such as daily movement, stress management, healthy eating, breastfeeding support, diversity and more.

"The workplace collaborative will help to put a healthy workplace within reach and meet individuals where they are in their health and mental well-being journey. Take steps to create a healthier workplace and contact your local SHIP to get started! Each workplace participant will receive a stipend to assist businesses on wellness activities and initial

Mac Library closed for Labor Day

All Lake Agassiz Regional Library (LARI) branches and LINK sites will be closed on Monday, September 5 in observance of Labor Day, with operation resuming Tuesday, September 6.

LARI's branch libraries are located in Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahnomen, McIntosh and Moorhead. LARI's LINK sites are found in Cormorant, Frazee, Gonvick, Halstad, Hendrum, Lake Park, Rothsay, Twin Valley and Ulen.

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org.

tives following completion of the program. We look forward to continued partnership and collaboration with our Northwest region's businesses and organizations in creating healthy workplaces," shares Amanda Lien, Wellness Coordinator, SHIP.

To get involved or for more information, please contact Amanda at Polk County Public Health at 218.281.3385 or email amanda.lien@co.polk.mn.us. Interested businesses are asked to fill out a few brief introductory questions in planning for the upcoming Workplace Wellness Collaborative in Fall and Winter 2022/23; questions can be found in English, Spanish and Arabic here: <https://forms.office.com/g/LK-WQA3V9fA> or can be emailed upon interest and inquiries sent.



Getting those burgers out to the hungry crowd was Fireman, Davin Swanson last Wednesday evening in Roholt Park.



The Gosen Luther League meets on Sunday evening, August 28th, at 7 o'clock. The Overtones men's quartet from the Roseau area will be in concert. Their harmonies and blend of Country-Southern and Northern Gospel music have been compared to The Statler Brothers and The Oak Ridge Boys. The group is made up of Keith Sandland, baritone; Randy Holwell, lead; Neil Vagle, tenor; and Dale Billberg, bass. Join us for an inspirational evening in honor of our Lord Jesus Christ. Refreshments will be served following the program. 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.

THRESHER'S MEAL

August 27th
FOLLOWING THE TRACTOR PARADE
AT LITTLE BOBBY'S

- HAM & SCALLOPED POTATOES
- CORN ON THE COB
- BUTTERED ROLLS
- PUMPKIN, BLUEBERRY & CREAM PIES
- LEMONADE & COFFEE

Ron Roseland, Kevin Wolden play 4 p.m.
"Honky-Tonk Troubadours" play at 7 p.m.



M22-23C



Thurs. August 25: Jason Breckel, Mike Breckel, Mara Halland

Fri. August 26: Shirley Delage, Silas Schow, *Jarid & Alicia Graff, *Mark & Hannah Sylstad, *Jason & Holly Breckel

Sat. August 27: Peyton Schow, *John & Tara Burthwick

Mon. August 29: Cameron Burslie, Bill Fritz, Jr., Gerald Borud

Tues. August 30: Michael Voxland, Megan (Syverson) Sveen, Carol Bartz, Perry Grundyson

Ad deadline:
Noon Friday

McINTOSH Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

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"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER: Send address changes to: McIntosh Times, PO Box 9, McIntosh, MN 56556. mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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LSS
Meals Menu
687-2262

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

Mon. August 29: Hamburger w/Bacon, Lettuce, Tomato on Bun - Macaroni Salad - Corn - Brownies - Milk

Tues. August 30: *Bingo* Tator Tot Hotdish - Green Beans - Peaches - Wheat Rolls - Lemon Bars - Milk

Wed. August 31: Turkey Gravy over Mashed Potatoes - Peas & Carrots - Wheat Rolls - Fruit Crisp - Milk

Thur. Sept. 1: *Bingo* Meatloaf - Au Gratin Potatoes - Italian Blend Vegetables - Wheat Rolls - Butterscotch Pudding - Milk

Fri. Sept. 2: Fish - Rice Pilaf - Oriental Blend Vegetables - Wheat Rolls - Apple Slices - Milk



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

Wed. Aug. 24: 11:30 am Mass at St. Mary's, Fosston

Fri. Aug. 19: 8:30am Mass at St. Mary's, Fosston

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

Wed. Aug. 31: 11:30am Mass at St. Mary's, Fosston

Fri. Sept. 2: 8:30am Mass at St. Mary's, Fosston

Sun. Sept. 4: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh

Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. August 28: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Sept. 4: 10:00am Coffee Hour; 10:30am Worship Services

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Interim Pastors John Anderson and Phil Rokke

Sunday Services
11:00am Mt Carmel
9:45am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

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

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

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

Wed. August 31: 6:30pm Bible Study at Sharon Ramberg's home

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

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Lee Laaveg

Sun. August 28: 9:00am Worship
Sun. Sept. 4: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.



Farther and son, Mark and Matt Thompson came out to Roholt Park for the McIntosh Fire Department cookout last Wednesday.



Stephanie Frisk and Amanda Shultz get into the action of the bean bag game during the McIntosh Fire Department cookout in the Park held last Wednesday at Roholt Park.

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

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Drought relief checks
begin mailing this week

Requests for relief totaled more than twice as much as available funds.

Checks to Minnesota livestock farmers and specialty crop producers who applied for the Minnesota Department of Agriculture's (MDA) 2021 Agricultural Drought Relief Program (ADRoP) will begin to be mailed this week.

A total of 2,922 out of 3,000 received applications were approved, totaling \$18.9 million in eligible requests. The total request was more than double the \$8.1 million appropriated by the Legislature for ADRoP this spring.

Because the legislation stipulated that all qualifying applicants must receive a payment, checks will be pro-rated to 41.9% of the amount farmers were eligible to receive. While the legislation permitted up to \$7,500 per eligible farmer, the maximum payment per farmer will be \$3,143.

"We know this won't make people whole from the extra costs they had last year," Minnesota Agriculture Commissioner Thom Petersen said. "But it should help people pay a few bills and that's important this time of year."

Following up with farmers who submitted incomplete applications or needed to submit documents made the process

take a little longer than expected, but checks are now being processed and mailed as quickly as possible, Petersen said.

Drought-related expenses incurred after June 1, 2021, and before May 23, 2022 were eligible for funding.

Eligible expenses for specialty crop producers include water handling equipment; water hauling; wells; irrigation equipment; replacement plants, seeds, or seedlings; additional hired labor; farmers' market fees for canceled markets; and more.

Eligible expenses for livestock farmers include water-

related expenses; feed-related expenses; custom bailing; equipment rental; livestock transportation; livestock pond dredging; cover crop, pasture, or forage replanting; fencing; grazing rights; additional hired labor; and more.

Farms must be located in a county designated by the United States Department of Agriculture as a primary natural disaster area after July 19, 2021 and before January 1, 2022, or in a county contiguous to a designated county. All Minnesota counties except Goodhue, Rice, Wabasha, and Winona were eligible.

Continued aerial
herbicide application assessment

Detroit Lakes Wetland Management District and Glacial Ridge National Wildlife Refuge Complex continued aerial herbicide application environmental assessment – Opportunity for public comment.

A draft version of the Detroit Lakes Wetland Management District and Glacial Ridge National Wildlife Refuge Complex (Complex) Continued Aerial Herbicide Application

Environmental Assessment (EA) will be available in the office and will also be posted on the Glacial Ridge National

Wildlife Refuge's webpage. This document will be available for public review and comment from August 15 – August 30, 2022.

The web address is: www.fws.gov/refuge/glacial-ridge/

This Environmental Assessment outlines potential alternatives for the use or discontinued use of aerially applied herbicides on Complex lands.

Comments can be provided via mail, email, or phone to office personnel: Rydell National Wildlife Refuge, 17788 349th St. SE, Erskine, MN 56535; 218-687-2229; rydell@fws.gov

DNR webinars cover early
goose hunting, tips on hunting ammo

The Minnesota Department of Natural Resources invites Minnesotans interested in wildlife and outdoor skills to tune in to upcoming webinars that will discuss opportunities to hunt geese in Minnesota before the regular waterfowl season opens, as well as tips on hunting ammunition.

The first webinar is at noon Wednesday, Aug. 24. Nick Trauba, DNR assistant area wildlife manager, will discuss early season hunting opportunities for geese and provide tips on where and how to bag a goose this time of the year. Minnesota's early goose season is Saturday, Sept. 3, through Sunday, Sept. 18, and there are also special hunting seasons established by the DNR that target high populations of geese in specific areas. Some of these special opportunities happen during the early goose season.

The second webinar is at noon Wednesday, Aug. 31. Kraig Kiger, DNR shooting sports coordinator, and James Burnham, DNR R3 coordinator, will lead a talk on hunting ammunition. The webinar will include two guests from Federal Ammunition: Jon Zinnel, senior manager of conservation and youth education programs, and Eric Miller, production



manager of rifle ammunition and components. The group will discuss bullets, options for different game, development of products, and other tips to consider when purchasing ammo.

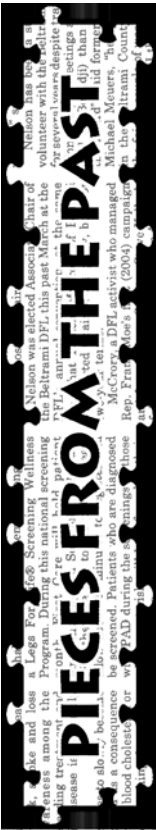
The webinars are part of the DNR's Minnesota Outdoor Skills and Stewardship Series, which aims to give participants quick, relevant information on upcoming seasons and events,

as well as skills to enjoy these opportunities.

The webinars are free but registration is required. More information, including registration information for webinars and recordings of past webinars, is available on the outdoor skills and stewardship page of the DNR website (mndnr.gov/Discover).



20 years ago...2002: Volunteers are the main stay of many of the services in a small community. Many volunteer hours are donated each year to assist the Senior Meal Program, both at the Senior Meal Site and for the home delivered meals. (l-r) Elaine Bergman was the noon delivery person with help from Ruby Heideman and Pat Tranby.



50 years ago...1972: Paul and Russell Bly were the leaders of the parade during Crazy Days in McIntosh.



40 years ago...1982: These youngsters rode a collective total of 368 miles last Saturday and raised about \$600 in local pledges for the fight against Cystic Fibrosis. Pictured from the bottom, in the first row at the right are Jeramie Pearce, Ann McClelland, Pat Thompson, Robert Christianson and Lisa Carver. In the middle row are Kjersten Langemo, Marshall Langemo, Kris Tangen and Bernie Rivera. In the final row are Jimmy Langemo, Kris Burskie, Tracey Kolstad, Jeff Oseth and Mark Krossen. Missing from the photo was the fifteenth biker, Erin Tangen. Terri Hamilton coordinated the bike-a-thon.



30 years ago...1992: The Pee Wee baseball team (ages 10 - 11) playing the in the Win-E-Mac Summer Recreation Program is coached by Jeramie Pearce. Playing for the Pee Wees is (back, l-r) Bryce Stordahl, Steven Bradley, Scott Brumwell, Adam Burthwick, Nick Ostenaar and Michael Friedley; (Front) Travis Nelson, Matt Tradewell, Adam Rock, Cory Myhre, Scott O'Neil and Nathan Tangen.



10 years ago...2012: (l-r) Austin Kindem, MarJenna McWilliams, Samantha Lee, Hannah Rolf and Mary Welin (not pictured: Erika Hamre and Ross Hamre) are the kids who represented Polk County at the Minnesota State Fair.



Lucas Thom and Seth Senn were some of the fire department members that hosted the Fireman's Cookout at Roholt Park on Wednesday, August 17th in McIntosh.

Christine Loff earns certification in dry needling for pain relief, mobility issues

What if there was an inexpensive service that could provide pain relief, faster recovery from injury, optimized sports performance, and could prevent issues from becoming chronic? Sounds pretty good, right?

Well, there is; it's called dry needling, and RiverView Physical Therapist Christine Loff recently earned certification as a Functional Dry Needling Specialist.

Dry needling is a safe, effective treatment involving needles the same size as those used in acupuncture. Trained in the specialty,

Loff inserts needles along a patient's trigger points — the tight bands of tissue within a muscle — to promote the body's healing mechanisms. The practice loosens stiff muscles, eases joint pain, and improves blood flow and oxygen circulation within the body.

"I often incorporate dry needling during my therapy sessions, since it is a great tool to help treat dysfunctional muscle tissue," Loff shared. "It aids in reducing pain and helps to restore function. It has been a game changer, especially when used in conjunction with traditional physical therapy."

From Patient to Practitioner

Not only is Loff a dry needling specialist, but she's also a patient. She became interested in dry needling after she sought treatment for a cold and cough that lasted for an extended time and caused shoulder and rib pain. She found pain relief by having dry needling done to the muscles surrounding her shoulder.

Her patient experience, combined with her desire to



help others, led to her current RiverView practice in Crookston and East Grand Forks, where she provides dry needling in the office setting.

The needles are single-use, fine, short, stainless steel needles that do not inject fluid into the body.

That is why the term "dry" is used. The needles help release the knot and relieve any muscle pain or spasms.

In addition to relieving muscular pain and stiffness, easing the trigger points improves flexibility and helps increase the range of motion; this is why the method is often used to treat sports injuries and even fibromyalgia pain.

Relief from the following issues can also be achieved with dry needling:

- Neck pain
- Headaches
- Low back pain
- Shoulder pain
- Tennis elbow
- Carpal tunnel
- Knee pain

- Shin splints
- Plantar fasciitis

Different than Acupuncture

If you only compared dry needling and acupuncture with a photo, you might be stumped to identify each.

Needles are inserted into the skin for both practices, and both treat pain. However, that is where the similarities end.

Dry needling is designed to stimulate trigger points or muscles that are irritable. It is based on Western medicine and modern science.

Needles are placed into tight, painful muscles and other tissues to release tension and lower pain.

Acupuncture relieves pain, discomfort, or issues by opening up a person's energy flow or chi. It is based on ancient Oriental medicine.

Loff works with each patient on a treatment plan to help determine how many sessions may be needed for optimal results.

After you feel better, routine exercise and good posture help keep the problem from returning. If the pain starts to return, you may need to have another treatment.

A referral from your primary care provider is needed. Insurance may cover the technique; however, you should contact your insurance provider to determine coverage. If your insurance does not cover the service, you may pay an up-front fee of \$30 per session for one to two muscle groups and three or more muscle groups at \$64.

For more information, call RiverView's Rehab Services Department at 281-9463.



Enjoying some good food and good fun is Roman Shultz recently at the McIntosh Fireman's Cookout held at Roholt Park.



Nate and Stephanie Frisk enjoy the weather and visiting with friends during the cookout held by the McIntosh Fire Department in Roholt Park last Wednesday evening.



The 2022 - 2023 Win-E-Mac School Supply List

Pre-k Supplies

(LABEL everything!)

- Extra clothes in large zip lock bag, with your child's first and last name on the bag. (pants, shirt, underwear, socks)
- Jacket for playground
- Backpack
- Large pencil box (we will store ALL school supplies in here!)

- Small scissors
- 24 pack of crayons 8-10 pack markers (not fine tip)
- 1 glue stick . 1 glue bottle
- 1 folder
- Tennis shoes for recess and/or gym time
- Water bottle
- 1 box of Kleenex (to share, optional)
- 1 package of Band-Aids (to share, optional)
- 1 box sandwich zipper bags (to share, optional)

Kindergarten Classroom Supply List

- 24 pack crayons Several pencils Pack of colored pencils
- Pack of water based markers
- Eraser
- Small pencil sharpener 4 or 8 oz Elmer's glue bottle Glue stick
- Kid's scissors Pencil box (5"by 8") fits in our cubbies.
- Folder
- Backpack
- Change of clothes(in bag with child's name)
- Tennis shoes for the gym floor (Phy-ed)
- Paint shirt (big old t shirt works best)
- To share: Clorox wipes, hand sanitizer and Kleenex
- For Ipad Use: over the ear headphones

First Grade supply list

- crayons (24 pack) classic washable markers
- colored pencils 4 or 8 oz. glue bottle
- 10 glue sticks
- small scissors 24 sharp-ended pencils
- 1 large eraser dry erase markers 1 white board eraser
- pencil box 2 wide ruled notebooks
- 3-3 ring binder pocket folders headphones (no wireless/bluetooth headphones)
- Kleenex backpack (no wheels)
- tennis shoes for Gym change of clothing (pants, underwear, socks, and t-shirt)
- \$5.00 for classroom celebrations
- PLEASE No Trapper Keepers
- No Novelty Items No Pencil Sharpeners
- Last names starting with A-L - Please bring disinfectant wipes. Last names starting with M-Z - Please bring quart or gallon Ziploc baggies.

2nd Grade Classroom Supply List

- Crayons (24 Count)
- Colored Pencils
- Markers (10 count)
- 6 glue sticks
- 1 bottle of glue
- Better quality wood pencils-please no fancy wrappers on them
- Big erasers
- 1 inch Binder
- Plastic pencil case for 3 ring binder
- 4 notebooks
- 4 folders
- Small pencil box to hold supplies
- A pair of good scissors
- 8-10 fine tip white board markers
- Sneakers for gym
- Earbuds or headphones
- \$5.00 for class parties
- Optional items
- 1 box of sandwich bags
- 1 box of kleenexes
- Clorox wipes

3rd Grade Classroom Supply List

- Box of crayons 24 count
- A pack of colored markers
- 2 glue sticks, and a bottle of school glue
- Pencils & sharpener hand-held
- Pencil top erasers
- 4 dry erase markers
- 2 spiral notebooks . 3 pocket folders
- 1-2 boxes of Kleenex
- \$5.00 for class events
- A pair of sharp scissors adult size
- 2 black sharpies
- Sneakers for gym . A backpack
- Snow pants, boots, hat, mittens for winter outdoor play
- During the school year we also are in need of gallon or half gallon size Ziploc bags, disinfecting wipes, such as Clorox, dry erase markers, paper plates, bowls and napkins for the class to share. If you are able to provide some of these items, it would be much appreciated.

Fourth Grade Supply List

- Crayons- 24 Count
- 1 Pencil Sharpener
- Markers- Small Container
- Pencil Top Erasers
- Colored Pencils- Small Container
- 1 Pointed Scissor
- Pencils- Enough for the Year
- 1 Set of Multiplication Flash Cards
- 1 Dry Erase Marker- Any Color
- 1 Pair of Headphones/ Ear-buds
- 1 Highlighter- Any Color
- 1 Basic Calculator
- 4 Single Subject Notebooks- 1 per/gtr.
- 1 Water Bottle
- 4 Folders

- 2 Containers of Disinfecting Wipes
- 1 Small Pencil Box
- 1 Box of Sealing Quart Bags

- 1 Small Bottle of Glue
- 2 Large Boxes of Tissues
- 1 Glue Stick
- 1 Bottle of Hand Sanitizer
- 1 Stylus- Electronic Writing Tools
- Healthy Snacks are welcomed We are very excited to start the new year with you!

We look forward to meeting you on August 31, 2022 from 4:00-7:00 PM at the Win-E-Mac Open House.

Items NOT to bring include:

- Toys
- Backpacks with wheels
- Electronic Games
- Cell Phones

Sincerely,

*Large Binders

*Beverages other than water

Mrs. Frisk 5th grade Supply List

- 1 box of Kleenex o Girls-hand sanitizer o For Sharing
- Boys- zip lock bags (gallon or quart size)
- Scissors
- 3 spiral bound notebooks
- 1 composition notebook
- Markers
- 1 black sharpie
- 1-3 ring binder- 1-1.5"
- 24pk crayons
- Colored pencils
- 1 glue bottle 1 highlighter
- 2 larger glue sticks
- Headphones or earbuds to leave at school (not Bluetooth)
- 3 folders with pockets- ELA-Math-Home
- Pencils-enough for the school year o Pencil box/bag-big enough to fit all supplies into o Ruler (inches and centimeters)
- 2 dry erase markers-and

- 2 Containers of Disinfecting Wipes
- 1 Small Pencil Box
- 1 Box of Sealing Quart Bags
- 1 Small Bottle of Glue
- 2 Large Boxes of Tissues
- 1 Glue Stick
- 1 Bottle of Hand Sanitizer
- 1 Stylus- Electronic Writing Tools
- Healthy Snacks are welcomed We are very excited to start the new year with you!
- We look forward to meeting you on August 31, 2022 from 4:00-7:00 PM at the Win-E-Mac Open House.
- Items NOT to bring include:
- Toys
- Backpacks with wheels
- Electronic Games
- Cell Phones
- Sincerely,
- *Large Binders
- *Beverages other than water

1 eraser

Mr. Langemo's 5th Grade Supply List

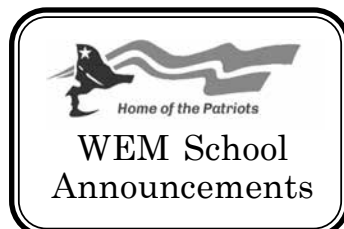
- 1 Highlighter
- 1-2 Dry Erase Markers
- Pencils (#2 lead - enough for the year)
- 1-2 Glue Sticks
- Colored Pencils
- Crayons (optional)
- Markers
- Erasers
- Pencil Sharpener
- Pencil Box/Bag
- 1 Sharpie (black)
- 3 Composition Notebooks
- 3 Spiral Bound Notebooks
- Scissors (pointed)
- 5 Folders with pockets
- Headphones (to leave at school)
- 2 Boxes of Kleenex
- 1 Container Clorox Wipes
- Tennis shoes for physical education class
- \$5.00 to be used for class celebrations throughout the year

6th Grade Supply List

- Headphones or earbuds for ipads
- 2 Highlighters
- 4 Dry Erase Markers
- Dry Erase Eraser or cloth to wipe of whiteboards
- Ruler (inch & centimeter combo)
- 1 Glue Sticks
- 1 Glue bottle
- Markers
- Colored Pencils
- Crayons
- Pencils (enough for the year)
- Pencil Top Erasers
- Handheld Pencil Sharpener
- Scotch Tape
- Small Pencil Box
- 2 Sharpie (black)
- 6 Folders with pockets
- 4 Spiral notebooks (WIDE RULED)
- 2 Composition notebooks (WIDE RULED)
- Salmonson Scissors (pointed) Basic Calculator Gym Shoes
- optional - non-spill water bottle
- For Sharing: 2 Boxes of Kleenex Hand Sanitizer Clorox Wipes Quart Size Ziplock bags

Supply List for Grades 7-12

- Scientific Calculator (\$10-\$15) - Look for the sin, cos, tan buttons. This will last your child all through high school. They will need it daily.
- Pens and Pencils
- Organization system (folders or binder)
- Notebook Suggestions:
 - o Large notebook for math class
 - o 5 subject notebook with pocket dividers - one for each semester (for students who need help organizing their assignments, etc.)
- Gym Classes:
 - o Shorts, t-shirt, socks
 - o Tennis shoes for indoors
 - o Tennis shoes for outdoors
- Device Accessory Suggestions:
 - o A case will be provided
 - o Mouse (wireless recommended), for those who prefer to use a mouse rather than a trackpad
 - o Headphones may be useful for certain classes (headphones with a microphone built in are recommended Read180 classes)
 - o The devices this year will not be touch screen, so do not worry about purchasing a stylus



5th Grade Band Information: 5th grade band will be starting Fall 2022. Interested 5th graders should sign up with Mrs. Shultz by August 17th by mail, email, or through the band website. All band information will also be mailed to 5th grade families. If you are interested in learning more about specific instruments, check the band website. You can even submit a band interest form online. (Elementary Band tab, click on the Band Interest Form button.) Any 6th graders who missed sign-up for band last year but would like to join this year are encouraged to fill out the online form and/or contact Mrs. Shultz.

Early Childhood Family Education Starting Tuesdays This Fall: Please join us Tuesday evenings this fall for a night of fun learning activities in a classroom setting at the Win-E-Mac preschool room. Follow us on Facebook at Win-E-mac ECFE for more updates. To register contact DeAnn Boe at dboe@win-e-mac.k12.mn.us or 563-2900. ECFE is for children and their parents/caregivers birth to age 4 (not enrolled in preschool).ECFE is based on the idea that parents are a child's most significant teacher. Our goal is to support you are parents/caregivers in providing the best learning environments for your child's learning and development.

Win-E-Mac Preschool/Early Childhood Screening is a free and simple check of how your child is growing, developing and learning.

A trained professional will check: Vision and hearing; Height and weight; Immunizations (shots); Large and small muscles; Thinking, language and communication skills; Social and emotional development. Preschool/Early Childhood Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten.

The screening will take place at the Polk County Public Health (Bjella Building) in McIntosh. Contact Heather Earls at Win-E-Mac to set up an appointment time for your child to be screened. Email: hearls@win-e-mac.k12.mn.us and phone Win-E-Mac: 218-563-2900.