



McINTOSH

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McIntosh, Minnesota



Patriot Junior's Ella Strom (left) with her mom, Jessica Strom and Emily Strom (right) with her parents, Sarah and Matt during the recent Parent's Night held during the last regular season home volleyball game.



Patriot Senior, Bret DuChamp with her parents Chris and Bobbi during the recent Win-E-Mac Volleyball Parent's Night.



Senior Patriot cheerleader, Kallie Hand with her Step-Mom, Ashley and little sister, Zoe, during Win-E-Mac football Parent's Night.

Happy Halloween

Hope it's a real treat!



Area workshops on Negotiating a Fair Farmland Rental Agreement

Landlords, Farmers, Agri-Business Professionals should make plans to attend one of the informative meetings being held across Minnesota. These free meetings are being provided by the University of Minnesota Extension. Farmland rental rates are the largest input cost the farmer has. Determining a fair farm rent agreement is a challenge in today's economy.

Negotiating a fair rental agreement that satisfies the landowner and the farmer is a challenge.

David Bau and Nathan Hulsinsky, Extension Educators in Ag Business Management, will provide several ways; by examples, factsheets and worksheets to determine a fair farmland rental rate for both parties.

Topics covered at the meetings will include local historic and projected farmland rental rate trends, current farmland values and sales, a worksheet that will help determine a fair rental agreement. Input costs will be presented along with current corn and soybean prices.

Worksheets will examine costs and what is affordable rent that a farmer will be able to pay, the rate of return to the landlord at current market values and examine flexible rental agreements.

Make plans to attend one of these meetings now. Attendees will receive several informative worksheets and fact sheets that will help to determine what is a fair farmland rental rate is.

Please pre-register for Polk & Norman County meetings by going to z.umn.edu/LanRent2022.

You will have the option of choosing 1 of 3 local meetings, including a virtual option. We will be meeting on November 17, 2022 in Crookston at the Valley Technology Park - University of Minnesota Crookston Campus at 10 am and in Ada at the Ada Event Center at 2pm. The virtual zoom meeting will take place on December 15, 2022 at 10 am. If you choose the virtual option, the link will be emailed to you.

For more information on the workshop, please call or e-mail Heather Dufault, 218-280-1129 or pohl0024@umn.edu.

Halloween ghost stories for scary fun

The old building may – or may not – be haunted but for one night in October there will be ghostly happenings.

A Ghost Story Night will be held on Thursday, October 27, at the Carnegie, 120 North Ash Street, Crookston.

Children's stories will be told from 6:00 pm to 7:00 pm.

Local and classic ghost stories will be told from 7:00 pm to 8:00 pm.

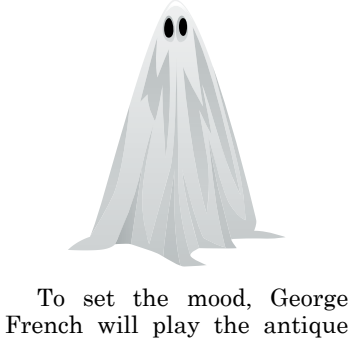
To set the mood, George French will play the antique pump organ.

Ghost stories will be told and spooky tales read by local residents. Anyone with a story to share is welcome.

The event is free and open to the public. Everyone is encouraged to wear a costume.

Halloween treats for children will be provided by the Polk County Historical Society.

Join in for some spooky fun this Thursday at the Carnegie.



Senior, Izabelle Ostenaar with her parents, Shawn and Tamera during the recent Win-E-Mac Volleyball Parent's Night,



Jayden Gensburger with her parents, Mae Knowles and Nathan Gensburger. Jayden is a Senior cheerleader.

Halloween happenings this weekend

Get your costumes and candy bags ready for some halloween fun around our communities. There will be a lot of opportunities to have fun with friends.

Win-E-Mac Halloween party

The Win-E-Mac Halloween Party will be on Friday, October 28th from 6:00 pm to 7:30 pm in the Win-E-Mac School Gym. Cost is one bag of candy per child. Children ages 0 to 10 are welcome

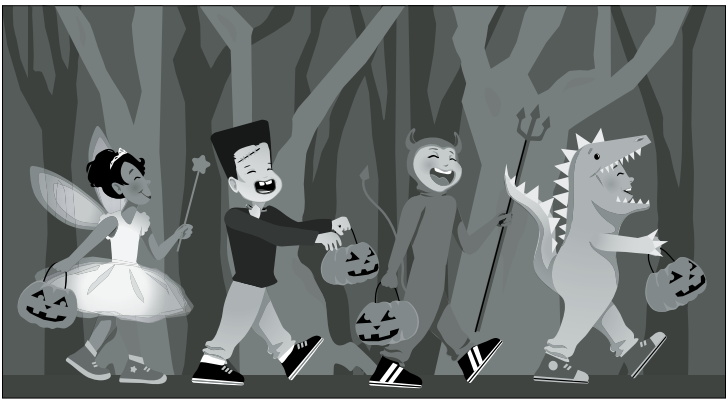
Pumpkin carving contest: Bring your own pumpkin, already carved. Pumpkins must be at WEM by 7:00 pm.

Winger Community Halloween Party

Calling all monsters...join us for a Spooktacular Halloween party!

There will be games, including bingo, crafts, a cupcake walk, haunted stage, and pumpkin painting.

On Monday, October 31st from 4:00 pm to 8:00 pm with



Bingo starting at 6:00 pm.

There will be candy at every stop. Special music by Black Sheep Entertainments.

No entrance fee, free will donations will be taken for local animal rescue, Smiley's Rescue.

Sponsored by the Winger Lions and a group of local moms.

Trick or Treating at McIntosh Senior Living

The staff and residents of MSL welcome all kids to come

and trick or treat inside at McIntosh Senior Living. There will be lots of treats and lots of fun from 5:00 pm to 6:30 pm on Monday, October 31st.

Trick or Treating at Poplar Meadows

Calling all kids...stop into Poplar Meadows Senior Living on Monday, October 31st from 5:30 pm to 7:00 pm for some Trick or Treating fun with the residents and staff at Poplar Meadows.

The complicated connection between black cats, witches and Halloween

Come October, it's hard to miss the many indelible images associated with Halloween. Homeowners may decorate their home exteriors with scarecrows, inflatable ghouls and goblins, and jack-o'-lanterns. Local businesses also may get in on the fun, offering "spooktacular" sales and decorating their storefronts with images of vampires, witches and other symbols of Halloween.

Black cats have become synonymous with Halloween decor, but few may know how this association came to be. According to History.com, the notion of black cats as bad omens can be traced to the Middle Ages. Back then, people believed witches avoided detection by turning themselves into black cats.

The perception of black cats as something more than mere felines may even pre-date the Middle Ages. For example, in Norse mythology, Freyja, a goddess of, among other things, a type of Late Scandinavian Iron Age magic known as "Seior," was believed to have ridden a chariot pulled by two cats. That connection to sorcery could explain the link between black cats and witches that continues to be made today.

Despite the lengthy history suggesting black cats are bad



Quilters meeting

Quilters of East Polk County will be meeting at the McIntosh Community Center on Thursday, October 27th at 6:00pm. We will be discussing the area Veterans Day Programs, and Quilt of Valor recipients. Thank you and see you there!

Roasted pumpkin seeds is a fun treat

Don't throw out those pumpkin seeds! Pumpkin seeds are high in minerals and omega-3 fatty acids, making them a healthy and tasty snack. They also make a great crunchy garnish for soups, salads, or hotdishes. Customize the seasoning mix to fit your taste or intended use!

Roasted pumpkin seeds

Ingredients:
1 ½ cups fresh pumpkin seeds (can be from pie pumpkins, decorative pumpkins, squash, or a mixture)

2 teaspoons melted butter or cooking oil of your choosing

Salt, to taste

Garlic powder, to taste

Cayenne pepper, to taste

Directions:

1. Separate seeds from pulp, rinse thoroughly to try to remove as much flesh and fibrous material as possible.

2. Make a salty brine using 1 tablespoon of salt for every 4 cups of water.

Place cleaned pumpkin seeds in brine and soak for 12 to 24 hours. This step helps



give your pumpkin seeds a perfect crunch when roasted.

3. Preheat oven to 300°F.

4. Drain pumpkin seeds in a colander and then dry thoroughly between layers of paper towels or clean kitchen towels. This will help ensure the seeds crisp in the oven. For extra crunch, you can even let the seeds air dry for a few hours before moving onto the next step.

5. Place pumpkin seeds in a large bowl. Add melted butter or oil and stir to coat thoroughly. Sprinkle with the seasonings of your choice and stir well to evenly distribute. Go easy on the salt, as the salt brine soak will add some saltiness to the seeds.

You can always add more

salt after baking, but over-salting is hard to fix.

6. Spread seeds in a single layer on a baking sheet. Bake 15-30 minutes until golden brown, stirring occasionally. Watch carefully to prevent burning. Cool and store in an airtight container.

This delicious fall recipe is featured in the Fall edition of the Living Local publication. Living Local will reignite your love of local foods through seasonal, mouthwatering recipes and the latest info on what is in-season, starting with this fall-themed issue. Order your copy at <https://minnesotagrown.com/live-local/>.



CHURCH DIRECTORY

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

Wed. Oct. 26: 11:30am Mass at St. Mary's, Fosston
Fri. Oct. 28: 8:30am Mass at St. Mary's, Fosston
Sun. Oct. 30: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Nov. 2: 11:30am Mass at St. Mary's, Fosston
Fri. Nov. 4: 8:30am Mass at St. Mary's, Fosston
Sun. Nov. 6: 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. Oct. 30: 10:00am Coffee Hour; 10:30am Worship Services
Sun. Nov. 6: 10:00am Coffee Hour; 10:30am Worship Services

Our Savors 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 Savors service will be available by 8:30 am each Sunday until further notice.

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

Sunday Services
11:00am Mt Carmel
9:30am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

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

Friday, Oct. 28: 10:00 a.m. Telecast of the Luther League program on GVTV-3
Sun, Oct. 30: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com); 7:00 p.m. Luther League (see article elsewhere in the paper)

Nov. 1: 10:00am Sunday worship service telecast on GVTV--30

Wed. Nov. 2: 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
PastorLee Laaveg

Sun. Oct. 30: 9:00am Worship
Sun. Nov. 6: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

CALVARY LUTHERAN CHURCH
Winger

Sundays: 9:45am Sunday School; 10:00am Coffee Fellowship; 10:30am Worship

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The evolution of Halloween costumes

It is impossible to identify the first Halloween costume and which masks the earliest celebrants donned in efforts to keep away the evil spirits during Samhain, which historians believe is the Celtic precursor to Halloween.

According to Lesley Banatyne, an author who has written extensively about the history of Halloween, masks and coverups were designed to symbolize ghosts and the souls of the dead, first for Samhain and later for the custom of "souling," which was intended to cut back on pagan influences.

Costumes of saints and evil spirits also were popular during this time. When immigrants brought Halloween customs to North America, early 20th century costumes

featured much of the same - ghosts and ghouls.

It wasn't until the 1920s and 1930s that pop culture began to infiltrate costumes. In fact, one of the first costume companies, J. Halpern Company, began licensing pop culture images like Mickey Mouse and Popeye around this time.

By the 1960s, costumes were largely store-bought, spurring entire industries.

Many 1980s kids recall buying boxed costumes that consisted of rigid plastic masks with eye holes (and very small holes by the mouth and nose) that stayed in place with thin elastic straps, and a plastic sheeting costume that went over clothes.

Modern costumes have evolved into outfits that are far more complex.

Keep your pumpkins in tip-top condition all autumn long with these easy tricks

Choosing your pumpkin: Buy locally! This ensures that your pumpkin was picked recently and will hold up longer.

While at the pumpkin patch, look for pumpkins with clear skin and a firmly attached stalk.

Go for pumpkins without soft spots, as this may indicate frost damage. The skin should feel hard on all sides.

Do not lift your pumpkin by the stem: use two hands to lift in order to avoid damaging the stem.

At home:

Be sure to keep your pumpkin out of extreme temperatures. If it is a hot fall day, consider putting them in the fridge.

If the temp is near freezing,



bring your pumpkins inside. When pumpkins freeze and thaw, they rot faster.

Keep your pumpkin out of direct sunlight.

Wait as long as possible to carve. Pumpkins begin breaking down soon after they are cut. Though it may be tempt-

ing, avoid creating your artistic masterpieces more than a week or two before Halloween day.

When decorating:

Use petroleum jelly. Coat the exposed flesh with the jelly slow break down from air exposure.

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McINTOSH Times

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"Serving the Win-E-Mac area"

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USDA \$500 million
available to increase innovative
American-made fertilizer production

U.S. Department of Agriculture (USDA) Secretary Tom Vilsack announced \$500 million in grants available to increase American-made fertilizer production to spur competition and combat price hikes on U.S. farmers caused by the war in Ukraine.

“USDA is creating a resilient, secure and sustainable economy, and this support to provide domestic, independent choices for fertilizer supplies is part of that effort,” Vilsack said. “USDA believes in the growth of innovative, local businesses owned and shared by people who can best serve their own unique community’s needs, fill gaps, and build opportunities.

Recent supply chain disruptions have shown just how critical it is to invest in the agricultural supply chain here at home. The funds are being made available through the Commodity Credit Corporation. The Fertilizer Production Expansion Program is part of a whole-of-government effort to promote competition in agricultural markets. The funds are being made available through the Commodity Credit Corporation.

Grants will be used to support independent, innovative and sustainable American fertilizer production to supply American farmers. Funds also will expand the manufacturing and processing of fertilizer and nutrient alternatives in the U.S. and its territories.

The program will support fertilizer production that is:

· **Independent, and outside the orbit of dominant fertilizer suppliers.** Because the program’s goal is to increase competition, market share restrictions apply.

· **Made in America.** Products must be produced by companies operating in the U.S. or its territories, to create good-paying jobs at home, and reduce the reliance on potentially unstable, inconsistent foreign supplies.

· **Innovative.** Techniques will improve fertilizer production methods and efficient-use technologies to jumpstart the next generation of fertilizers and nutrient alternatives.

· **Sustainable.** Ideally, products will reduce the greenhouse gas impact of transportation, production and use through renewable energy sources, feedstocks and formulations, incentivizing greater precision in fertilizer use.

· **Farmer-focused.** Like other Commodity Credit Corporation investments, a driving factor is providing support and opportunities for U.S. agricultural commodity producers.

Eligible entities are for-profit businesses and corporations, nonprofit entities, Tribes and Tribal organizations, producer-owned cooperatives and corporations, certified benefit corporations, and state or local governments. Private entities must be independently owned and operated to apply.

The maximum award is \$100 million. The minimum award is \$1 million. The grant term is five years.

The Department will begin accepting applications in the coming days via www.grants.gov. Notably, there will be two opportunities for submission.

The Department plans for a 45-day application window for applicants to receive priority for projects that increase the availability of fertilizer (nitrogen, phosphate or potash) and nutrient alternatives for agricultural producers to use in crop years 2023 or 2024. To View Timelines go to: Fertilizer Production Expansion Program

The Department will also offer an extended application window, providing an additional 45 days (90-day application window) to receive applications for financial assistance to significantly increase American-made fertilizer production to spur competition and combat price hikes. This extended application window will support

applicants who need more time to make additional capacity available.

Background
On March 11, 2022, USDA announced plans for a \$250 million investment in grants to support additional fertilizer production for American farmers to address rising costs and spur competition. These grants are part of a broader effort to help producers boost production and address global food insecurity. USDA’s Natural Resources Conservation Service is also improving opportunities for nutrient management. This includes targeting funding, increasing program flexibilities, launching a new outreach campaign to promote nutrient management’s economic benefits, and expanding partnerships to develop nutrient management plans. Meanwhile, USDA’s Risk Management Agency expanded crop insurance options for double cropping to reduce risk for producers raising two crops in the same year.

Fertilizer prices have more than doubled since last year due to many factors, including price hikes caused by the war in Ukraine, a limited supply of the relevant minerals, high energy costs, high global demand and agricultural commodity prices, reliance on fertilizer imports, and a lack of competition in the fertilizer industry. For these reasons, the Biden-Harris Administration in doubled the program funding to \$500 million.

Rural Development provides loans and grants to help support infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural, tribal and high-poverty areas. For more information, visit www.rd.usda.gov/mn. If you’d like to subscribe to USDA Rural Development updates, visit our GovDelivery subscriber page



Jaime Stuhr and her parents, Glenda and Chuck during the recent Win-E-Mac Volleyball Parent's Night.



Kyra Stuhaug and parents, Lisa and Brian.



Livaeh Kiecker with parents, Kevin and Jenessa.



Patriot Senior, Nadelly Neubert with parents, Aaron and Nevette during Parent's Night at the last home volleyball game of the regular season.



Alyssa Morberg with parents, Rachel and Dan.



Isabelle Morinville with parents, Shane and Alysia Schmitz.

SAMPLE BALLOT

Official Ballot		State General Election Ballot Polk County, Minnesota November 8, 2022		Judge _____ Judge _____
Instructions to Voters: To vote, completely fill in the oval(s) next to your choice(s) like this: ●				
Federal Offices		State Offices		County Offices
U.S. Representative District 7 Vote for One		Attorney General Vote for One		Soil and Water Conservation District Supervisor District 1 (West) Vote for One
☐ Travis "Bull" Johnson Legal Marijuana Now ☐ Michelle Fischbach Republican ☐ Jill Abahsain Democratic-Farmer-Labor ☐ _____ write-in, if any		☐ Jim Schultz Republican ☐ Keith Ellison Democratic-Farmer-Labor ☐ _____ write-in, if any		☐ Eric McWalter ☐ _____ write-in, if any
State Offices		County Offices		Soil and Water Conservation District Supervisor District 3 (West) Vote for One
State Senator District 1 Vote for One		County Commissioner District 2 Vote for One		☐ Johnathan Sorenson ☐ _____ write-in, if any
☐ Mark Johnson Republican ☐ _____ write-in, if any		☐ Curtis Knutson ☐ Warren Strandell ☐ _____ write-in, if any		☐ _____ write-in, if any
State Representative District 1B Vote for One		County Commissioner District 4 Vote for One		Special Election for Soil and Water Conservation District Supervisor District 3 (East) To fill vacancy in term expiring January 6, 2025 Vote for One
☐ Debra (Deb) Kiel Republican ☐ Cynthia (Cindy) Ansbacher Democratic-Farmer-Labor ☐ _____ write-in, if any		☐ Joan K Lee ☐ Dennis R. Boucher ☐ _____ write-in, if any		☐ Kory Sonstelie ☐ _____ write-in, if any
Governor and Lieutenant Governor Vote for One Team		County Commissioner District 5 Vote for One		City Offices
☐ Steve Patterson and Matt Huff Grassroots - Legalize Cannabis ☐ James McCaskel and David Sandbeck Legal Marijuana Now ☐ Scott Jensen and Mike Winter Republican ☐ Tim Walz and Peggy Flanagan Democratic-Farmer-Labor ☐ Hugh McTavish and Mike Winter Independence-Alliance ☐ Gabrielle M. Prosser and Kevin A. Dwire Socialist Workers ☐ _____ write-in, if any		☐ Mark Holy ☐ _____ write-in, if any		☐ Mayor City of Beltrami Vote for One ☐ Dale Schoenborn ☐ _____ write-in, if any
		County Sheriff Vote for One		Council Member City of Beltrami Vote for Up to Two
		☐ Jim Tadman ☐ _____ write-in, if any		☐ Bruce Mosher ☐ Jeremy Billing ☐ _____ write-in, if any
		County Attorney Vote for One		☐ _____ write-in, if any
		☐ Gregory Widseth ☐ _____ write-in, if any		☐ _____ write-in, if any
Secretary of State Vote for One		Soil and Water Conservation District Supervisor District 1 (East) Vote for One		Mayor City of Climax Vote for One
☐ Kim Crockett Republican ☐ Steve Simon Democratic-Farmer-Labor ☐ _____ write-in, if any		☐ Kenneth Pederson ☐ _____ write-in, if any		☐ Pamela Berg ☐ JaNan Erickson ☐ _____ write-in, if any
State Auditor Vote for One		Soil and Water Conservation District Supervisor District 2 (East) Vote for One		
☐ Will Finn Grassroots - Legalize Cannabis ☐ Tim Davis Legal Marijuana Now ☐ Ryan Wilson Republican ☐ Julie Blaha Democratic-Farmer-Labor ☐ _____ write-in, if any		☐ David Kiecker ☐ _____ write-in, if any		
		Vote front and back of ballot		

**State General Election Ballot
Polk County, Minnesota
November 8, 2022**

Instructions to Voters:
To vote, completely fill in the oval(s) next to your choice(s) like this: ●

City Offices	City Offices	Town Offices
Council Member City of McIntosh Vote for Up to Two	Council Member City of Trail Vote for Up to Two	Town Supervisor Seat 3 Town of Badger Vote for One
Jordan Mark Gunufson write-in, if any write-in, if any	Kandys White Dallas Stine write-in, if any write-in, if any	Brady Lee write-in, if any
Mayor City of Mentor Vote for One	Mayor City of Winger Vote for One	Town Supervisor Seat A Town of Belgium Vote for One
Lonnie Morberg write-in, if any	Darrell "Ole" Olson write-in, if any	Ron Salentine write-in, if any
Council Member City of Mentor Vote for Up to Two	Council Member City of Winger Vote for Up to Two	Town Clerk Town of Belgium Vote for One
Ruby Finn write-in, if any write-in, if any	Steven Massmann write-in, if any write-in, if any	Town Supervisor Seat A Town of Brislet Vote for One
Mayor City of Nielsville Vote for One	Town Offices	Town Supervisor Seat B Town of Brislet Vote for One
write-in, if any	Town Supervisor Seat A Town of Andover Vote for One	Wally Diedrich write-in, if any
Council Member City of Nielsville Vote for Up to Two	Dustin Perry write-in, if any	Town Supervisor Seat A Town of Chester Vote for One
Kelly J Burd Kaylin H. Engelstad Jessica L. Burke write-in, if any write-in, if any	Town Clerk Town of Andover Vote for One	Kyle Vetteson write-in, if any
Mayor City of Trail Vote for One	Michele Leas write-in, if any	Town Clerk Town of Chester Vote for One
Chasity Elbinger write-in, if any	James Folz write-in, if any	Pam O'Neill write-in, if any
	Town Clerk Town of Angus Vote for One	Town Supervisor Seat A Town of Crookston Vote for One
	Sandi K. Kalt write-in, if any	TJ LaPlante write-in, if any
		Town Treasurer Town of Crookston Vote for One
		Kristal Paul write-in, if any
	Vote front and back of ballot	

SAMPLE BALLOT

State General Election Ballot Polk County, Minnesota November 8, 2022		
Instructions to Voters: To vote, completely fill in the oval(s) next to your choice(s) like this: 		
City Offices Council Member City of Climax Vote for Up to Two ☐ Josh Gilbertson ☐ Ronald Baatz ☐ write-in, if any ☐ write-in, if any	City Offices Council Member City of Fertile Vote for Up to Two ☐ Todd Wise ☐ Mary Kiefert ☐ write-in, if any ☐ write-in, if any	City Offices Mayor City of Gully Vote for One ☐ Donna Marshall ☐ write-in, if any Council Member City of Gully Vote for Up to Two ☐ write-in, if any ☐ write-in, if any
Mayor City of Crookston Vote for One ☐ Dale Stainbrook ☐ Clayton L. Briggs ☐ write-in, if any	Special Election for Council Member City of Fertile To fill vacancy in term expiring January 6, 2025 Vote for One ☐ Amanda Bosman ☐ write-in, if any	Special Election for Council Member City of Gully To fill vacancy in term expiring January 6, 2025 Vote for Up to Two ☐ write-in, if any ☐ write-in, if any
Council Member at Large City of Crookston Vote for One ☐ Lane DeVoge ☐ Tim Menard ☐ write-in, if any	Mayor City of Fisher Vote for One ☐ Emily Tinkham ☐ write-in, if any	☐ write-in, if any ☐ write-in, if any
Council Member at Large City of East Grand Forks Vote for One ☐ write-in, if any	Council Member City of Fisher Vote for Up to Two ☐ Mark Clauson ☐ Mitch Bakken ☐ write-in, if any ☐ write-in, if any	Mayor City of Lengby Vote for One ☐ Brian Ohren ☐ write-in, if any
Mayor City of Erskine Vote for One ☐ Marc Plante ☐ write-in, if any	Mayor City of Fosston Vote for One ☐ James R. Offerdahl ☐ write-in, if any	Council Member City of Lengby Vote for Up to Two ☐ Daryl Larson ☐ Benjamin Walker ☐ write-in, if any
Council Member City of Erskine Vote for Up to Two ☐ Dustin Faldet ☐ Michael A. Bolz ☐ Julie Bauer ☐ write-in, if any ☐ write-in, if any	Council Member City of Fosston Vote for Up to Two ☐ George Bosselman ☐ Brandon LePier ☐ Charlie Anderson ☐ write-in, if any ☐ write-in, if any	Special Election for Council Member City of Lengby To fill vacancy in term expiring January 6, 2025 Vote for One ☐ Michael McColl ☐ write-in, if any
Mayor City of Fertile Vote for One ☐ Daniel Wilkens ☐ Brian Nephew ☐ write-in, if any	Vote front and back of ballot	Mayor City of McIntosh Vote for One ☐ Toby Strom ☐ write-in, if any

State General Election Ballot
Polk County, Minnesota
November 8, 2022

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City Offices	Town Offices	Town Offices
Council Member City of Crookston Ward 2 Vote for One	Town Supervisor Seat C Town of Euclid Vote for One	Town Supervisor Seat C Town of Helgeland Vote for One
write-in, if any	Dennis Schulz write-in, if any	Robert Wimpfheimer write-in, if any
Council Member City of Crookston Ward 4 Vote for One	Town Supervisor Seat C Town of Fisher Vote for One	Town Supervisor Seat C Town of Higdem Vote for One
Rob Silvers Donald R. Cavalier write-in, if any	Lyle Gapp write-in, if any	Steven P Nelson write-in, if any
Council Member City of Crookston Ward 6 Vote for One	Town Clerk Town of Fisher Vote for One	Town Treasurer Town of Higdem Vote for One
Dylane Klatt Morgan Hibma write-in, if any	Paul Metzger write-in, if any	Jeffrey Hanson write-in, if any
Council Member City of East Grand Forks Ward 2 Vote for One	Town Supervisor Seat A Town of Grove Park-Tilden Vote for One	Town Supervisor Seat 1 Town of Hubbard Vote for One
Ben Pokrzywinski Clarence V. Vetter Karen Peterson write-in, if any	write-in, if any	Matt Chandler write-in, if any
Council Member City of East Grand Forks Ward 4 Vote for One	Town Supervisor Seat C Town of Grove Park-Tilden Vote for One	Town Supervisor Seat 3 Town of Hubbard Vote for One
Tim Johnson Dale Helms write-in, if any	write-in, if any	Leslie Palm write-in, if any
Town Offices	Town Clerk Town of Grove Park-Tilden Vote for One	Town Supervisor Seat A Town of Knute Vote for One
Town Supervisor Seat B Town of Esther Vote for One	Town Treasurer Town of Grove Park-Tilden Vote for One	Al Bauer
write-in, if any	write-in, if any	write-in, if any
Town Supervisor Seat C Town of Esther Vote for One	John W. Johnson	Town Supervisor Seat 1 Town of Nesbit Vote for One
write-in, if any	write-in, if any	Dustin McDonald write-in, if any
Town Supervisor Seat B Town of Euclid Vote for One	Town Supervisor Seat B Town of Helgeland Vote for One	Town Treasurer Town of Nesbit Vote for One
Greg Sherry write-in, if any	Wayne Hamrick write-in, if any	Randall Wagner write-in, if any
		Town Supervisor Seat A Town of Roome Vote for One
		Dean Sylvester
		write-in, if any
	Vote front and back of ballot	

SAMPLE BALLOT

State General Election Ballot
Polk County, Minnesota
November 8, 2022

Instructions to Voters:
To vote, completely fill in the oval(s) next to your choice(s) like this: ●

Town Offices	School District Offices	School District Questions
Special Election for Town Supervisor Seat B Town of Roome To fill vacancy in term expiring January 6, 2025 Vote for One	School Board Member Independent School District No. 595 (East Grand Forks) Vote for Up to Three	To vote for a question, fill in the oval next to the word "Yes" on that question. To vote against a question, fill in the oval next to the word "No" on that question.
Travis Schwarz	Lindsey King Thomas Piche Josh Perkerewicz Amanda Holweger Matt Foss write-in, if any write-in, if any write-in, if any write-in, if any	School District Question 1
Town Treasurer Town of Roome Vote for One		RENEWAL OF EXPIRING REFERENDUM REVENUE AUTHORIZATION
Joel Ness		The School Board of Independent School District No. 599 (Fertile-Beltrami), Minnesota, has proposed to renew the school district's existing property tax referendum revenue authorization of \$491.74 per pupil which is scheduled to expire after taxes payable in 2023. The proposed referendum revenue authorization would be first levied in 2023 for taxes payable in 2024 and would be applicable for ten (10) years, beginning with taxes payable in 2024, unless otherwise revoked or reduced as provided by law.
School District Offices		Shall the renewal of the expiring property tax referendum proposed by the School Board of Independent School District No. 599 (Fertile-Beltrami) be approved?
School Board Member Independent School District No. 592 (Climax-Shelly) Vote for Up to Four	School Board Member Independent School District No. 599 (Fertile-Beltrami) Vote for Up to Four	Yes No
Toscha Larson Vance Thoreson Scott Swanson Jayne Nesvig write-in, if any	Ryan Opdahl Paul Stromstad Mark Sorenson Matthew Erickson Stanton Wang write-in, if any write-in, if any write-in, if any write-in, if any write-in, if any	BY VOTING “YES” ON THIS BALLOT QUESTION, YOU ARE VOTING TO EXTEND AN EXISTING PROPERTY TAX REFERENDUM THAT IS SCHEDULED TO EXPIRE
		School District Offices
		School Board Member Independent School District No. 600 (Fisher) Vote for Up to Three
		Matthew Crowell Ceara Solheim Alice Anderson Isaiah Henderson Joshua Krostue write-in, if any write-in, if any write-in, if any
School Board Member Independent Schoool District No. 593 (Crookston) Vote for Up to Three		
Marcia J. Meine Marianne Isaacs Tim DuFault Patty Dillabough Mary Gosse write-in, if any write-in, if any write-in, if any		
	Vote front and back of ballot	

State General Election Ballot
Polk County, Minnesota
November 8, 2022

Instructions to Voters:
To vote, completely fill in the oval(s) next to your choice(s) like this: ●

School District Offices	School District Offices
School Board Member Independent School District No. 2311 (Clearbrook-Gonvick) Vote for Up to Three ☐ Jill Nelson ☐ Corey Petterson ☐ Randall Bodensteiner ☐ _____ write-in, if any ☐ _____ write-in, if any ☐ _____ write-in, if any	School Board Member Independent School District No. 2906 (Red Lake County Central) Vote for Up to Three ☐ Sylvia Majeres ☐ Matt Kolstoe ☐ Pam Paradis ☐ _____ write-in, if any ☐ _____ write-in, if any ☐ _____ write-in, if any
Special Election for School Board Member Independent School District No. 2311 (Clearbrook-Gonvick) To fill vacancy in term expiring January 2, 2025 Vote for Up to Two ☐ Scott Abel ☐ Kayla Walberg ☐ _____ write-in, if any ☐ _____ write-in, if any	
School Board Member Independent School District No. 2609 (Win-E-Mac) Vote for Up to Three ☐ Megan Rock ☐ Bradley Sander ☐ Joel Smeby ☐ Jackie Huschle ☐ _____ write-in, if any ☐ _____ write-in, if any ☐ _____ write-in, if any	
	Vote front and back of ballot

SAMPLE BALLOT

State General Election Ballot
Polk County, Minnesota
November 8, 2022

Instructions to Voters:
To vote, completely fill in the oval(s) next to your choice(s) like this: ●

School District Questions	School District Offices	School District Offices
To vote for a question, fill in the oval next to the word "Yes" on that question. To vote against a question, fill in the oval next to the word "No" on that question.	School Board Member Independent School District No. 601 (Fosston) Vote for Up to Three	School Board Member Independent School District No. 2176 (Warren-Alvarado-Oslo) Vote for Up to Four
School District Question 1	☐ Scott Christen	☐ Marshall Westberg
Renewal of Expiring School District Referendum Revenue Authorization	☐ Crystal Munter	☐ Peter Sedgeman
The board of Independent School District No. 600 (Fisher Public School) has proposed to renew its existing referendum revenue authorization of \$161 per pupil which is scheduled to expire after taxes payable in 2023. The proposed referendum revenue authorization would be applicable for ten years beginning with taxes payable in 2024, unless otherwise revoked or reduced as provided by law.	☐ _____ write-in, if any	☐ Calvin Schoepp
Shall the increase in the revenue proposed by the board of Independent School District No. 600 be approved?	☐ _____ write-in, if any	☐ Ashley Reinier
☐ Yes	School Board Member Independent School District No. 630 (Red Lake Falls) Vote for Up to Four	☐ _____ write-in, if any
☐ No	☐ Linda Schultz	☐ _____ write-in, if any
BY VOTING "YES" ON THIS BALLOT QUESTION, YOU ARE VOTING TO EXTEND AN EXISTING PROPERTY TAX REFERENDUM THAT IS SCHEDULED TO EXPIRE.	☐ Josiah Hoefler	☐ _____ write-in, if any
School District Question 2	☐ Lacey Konickson	☐ _____ write-in, if any
Renewal of Expiring Capital Project Levy Authorization	☐ Andy Knott	School District Questions
The board of Independent School District No. 600 (Fisher Public School) has proposed a capital project levy authorization of 6.992% times the net tax capacity of the school district. This authorization would renew the school district's existing authorization which is scheduled to expire after taxes payable in 2023. The proposed capital project levy authorization will raise approximately \$315,355 for taxes payable in 2024, the first year it is to be levied, and would be authorized for ten years. The estimated total cost of the project to be funded over that time period is approximately \$3,153,550. The additional revenue from the proposed capital project levy authorization will provide funds for the acquisition and betterment of school sites and facilities, the acquisition and replacement of school buses and vehicles, and the acquisition, installation, replacement, support and maintenance of software, software licenses, computers, improved technology equipment, networks, infrastructure, and the costs of technology related personnel and training. The project has received a positive review and comment from the commissioner of education.	☐ Nichole Beauchane	To vote for a question, fill in the oval next to the word "Yes" on that question. To vote against a question, fill in the oval next to the word "No" on that question.
Shall the capital project levy authorization proposed by the board of Independent School District No. 600 be approved?	☐ _____ write-in, if any	School District Question 1
☐ Yes	☐ _____ write-in, if any	Approval of School District Bond Issue
☐ No	☐ _____ write-in, if any	Shall the school board of Independent School District No. 2176 (Warren-Alvarado-Oslo) be authorized to issue its general obligation school building bonds in an amount not to exceed \$24,900,000 to provide funds for the acquisition and betterment of school sites and facilities, including renovations and updates to the school building's main entrance; the construction and equipping of an elementary school gymnasium and consolidated administrative office area to support the high school, elementary, and district personnel; the construction and equipping of a shared kitchen to support the high school and elementary school; the construction and equipping of new elementary classrooms and music rooms; renovations and upgrades to existing high school science rooms, music rooms and the auditorium; repurposing existing spaces at the school site and facility; the construction of improvements to the parking lot and parent drop off and pickup areas; the construction and installation of fire protection systems and ADA accessibility improvements; the construction and installation of mechanical, HVAC and electrical infrastructure improvements; and remodeling and upgrading of restrooms?
BY VOTING "YES" ON THIS BALLOT QUESTION, YOU ARE VOTING TO RENEW AN EXISTING CAPITAL PROJECTS REFERENDUM THAT IS SCHEDULED TO EXPIRE.	☐ Yes	☐ No
	Vote front and back of ballot	BY VOTING "YES" ON THIS BALLOT QUESTION, YOU ARE VOTING FOR A PROPERTY TAX INCREASE.

State General Election Ballot
Polk County, Minnesota
November 8, 2022

Instructions to Voters:
To vote, completely fill in the oval(s) next to your choice(s) like this: ●

Judicial Offices		Judicial Offices	
Supreme Court		Court of Appeals	
Associate Justice 3 Vote for One		Judge 18 Vote for One	
☐	Gordon Moore <i>Incumbent</i>	☐	Jeff Bryan <i>Incumbent</i>
☐		☐	
_____ write-in, if any		_____ write-in, if any	
Associate Justice 6 Vote for One		Judge 19 Vote for One	
☐	Natalie E. Hudson <i>Incumbent</i>	☐	Francis Connolly <i>Incumbent</i>
☐		☐	
_____ write-in, if any		_____ write-in, if any	
Court of Appeals		9th District Court	
Judge 1 Vote for One		Judge 6 Vote for One	
☐	Theodora Karin Gaitas <i>Incumbent</i>	☐	Jerrold A. Shermoen <i>Incumbent</i>
☐		☐	
_____ write-in, if any		_____ write-in, if any	
Judge 5 Vote for One		Judge 8 Vote for One	
☐	Louise Dove Bjorkman <i>Incumbent</i>	☐	Eric Schieferdecker <i>Incumbent</i>
☐		☐	
_____ write-in, if any		_____ write-in, if any	
Judge 7 Vote for One		Judge 16 Vote for One	
☐	Susan Segal <i>Incumbent</i>	☐	Jeanine R. Brand <i>Incumbent</i>
☐		☐	
_____ write-in, if any		_____ write-in, if any	
Judge 8 Vote for One		Judge 17 Vote for One	
☐	Denise D Reilly <i>Incumbent</i>	☐	Corey A. Harbott <i>Incumbent</i>
☐		☐	
_____ write-in, if any		_____ write-in, if any	
Judge 10 Vote for One		Judge 20 Vote for One	
☐	Jennifer L. Frisch <i>Incumbent</i>	☐	Donna K. Dixon <i>Incumbent</i>
☐		☐	
_____ write-in, if any		_____ write-in, if any	
Judge 11 Vote for One		Judge 23 Vote for One	
☐	Michelle A. Larkin <i>Incumbent</i>	☐	Kristine R. DeMay <i>Incumbent</i>
☐		☐	
_____ write-in, if any		_____ write-in, if any	
Judge 16 Vote for One			
☐	Peter M. Reyes, Jr. <i>Incumbent</i>		
☐			
_____ write-in, if any			
Judge 17 Vote for One			
☐	Matthew E. Johnson <i>Incumbent</i>		
☐			
_____ write-in, if any			

Vote front and back of ballot



Shirley Carver a.k.a. Grandma Shirley speaks to the students with Mrs. Blackburn at Freedom Christian Academy. Grandma Shirley comes in four times a week to help work with the younger students. We are grateful to have her.



The staff and students at Freedom Christian Academy got to rake leaves on the FCA grounds as well as some in the neighborhood. The only thing the kids liked more than helping was jumping in the leaf piles!



Barrett Wilkens gets to try on a firefighter's jacket. The younger students from Freedom Christian Academy enjoyed their trip to the fire station in Erskine during Fire Safety Week. Some have decided they want to become firemen once they grow up.

Arts grants funding available, apply now

Upcoming Deadlines for Individual Artist Grants, Project Grants, Artist Residency Grants, Arts Equipment for Schools.

Individual Artist Grants have a November 15 deadline for \$1,500 and an ongoing deadline for quick turnaround grants for \$500. These grants are awarded to performing artists, visual artists, media artists, and creative writing artists from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

Individuals must be out of high school and at least 18 years of age to be eligible. College tuition is not an eligible expense. This is the main category that individuals use to support their artistic business or advance their technical skills. This category is for non-hobby artists who make substantial yearly income from their art. Grants are awarded annually with \$1,500 going to four individuals. Support for this program comes from The McKnight Foundation.

Nonprofits and government organizations can apply for one arts project at a time. Upcoming grants deadlines for these are November 1 and March 1. Grants are between \$500 and \$10,000. Funding sources for



these grants are Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

Organizational arts activities funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities. This is a great way to bring arts experiences to your community.

Schools in our seven-county region can also apply now for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster is a great resource to view artists available to teach in our area and is available on our website at www.NorthwestMinnesotaArtsCouncil.org under the artists tab. Another resource to view artists available to enhance curriculum is COMPAS.

Schools can initially apply for one residency. Then based on remaining funding, can request up to three additional residencies into spring and summer. Funding for residency activities comes from the Clean Water, Land and Legacy Amendment in Minnesota.

Schools can also apply for Arts Equipment for their school by November 1 each year. Grants are for up to \$3,000 with a 25% cash match requirement. Funds for this arts equipment in schools grant program come from the general fund of the State of Minnesota.

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

NWMAC announces TARP training

The Northwest Minnesota Arts Council is pleased to announce an upcoming series of 7 teaching artist training sessions.

Session topics include business skills on lesson plans, artistic statements, web listing, creating a mock grant application on sponsorship and a mock press release.

This series will be held online for 6 Thursdays from January 19 until February 23 from 6:00 to 9:00 PM via Zoom. The final training will be in person on Saturday, February 25, 2023, in Warren from 10:00 am to 4:00 PM.

Who should apply?

Area creatives interested in earning income by working within our local schools and festivals as an artist in residency.

What is the result?

In addition to honing your teaching and professional skills, you will join the Teaching Artist Roster list on the NWMAC website where schools and festivals go to select

who they would like to sponsor with grant funds. You will also have tangible and useful items like an artistic statement, lesson plans, a grant application, a press release, and more.

Is there a cost to participate?

This training is free! This is a wonderful opportunity to receive professional training at no cost.

Being selected into the TARP cohort is the equivalent of receiving a \$500 grant award.

How Do I Apply?

The application process is online. To start an application, log into the NWMAC grants system via the Grant Login button in the top right-hand corner of the website at NWArtsCouncil.org.

If you have questions or need assistance, NWMAC's Director Mara Hanel can help walk you through the process. Contact her at director@NWArtsCouncil.org or 218-745-8886.

Joan Lee

for

Polk County Commissioner for District 4

Service and Leadership

- Chairperson - Polk County Board of Commissioners 2018, and 2022
- Chairperson - Polk County County Social Services, 2017 - 2018, 2021 - 2022

Polk County Committees

- Aquatic Invasive Species - Red Lake River Corridor
- Chairperson - Solid Waste Committee
- Chairperson - 10 County Hazardous Waste Committee
- Treasurer - East Polk County Developmental Achievement Center
- Inter-County Community Council
- Polk - Norman - Mahnommen Community Health Board
- Polk County Extension
- Chairperson - Agassiz Trail Advisory Committee
- Drug Task Force
- Chairperson - Wild Rice / Marsh / Watershed / Plan
- Vice-Chairperson - Clearwater / Watershed / Plan

"If you know me - as so many of you do - you'll know that I am quite serious about my mission to improve our lives together here in Polk County."

I respectfully ask for your vote this November 8th.

M32C This ad was prepared and paid for by the candidate in her own behalf.

VOTE NOVEMBER 8

Sample

U.S. Representative District 7

Michelle Fischbach

Republican

To find your polling place, please call 320-593-3145 or visit <https://mn07.link/vote>

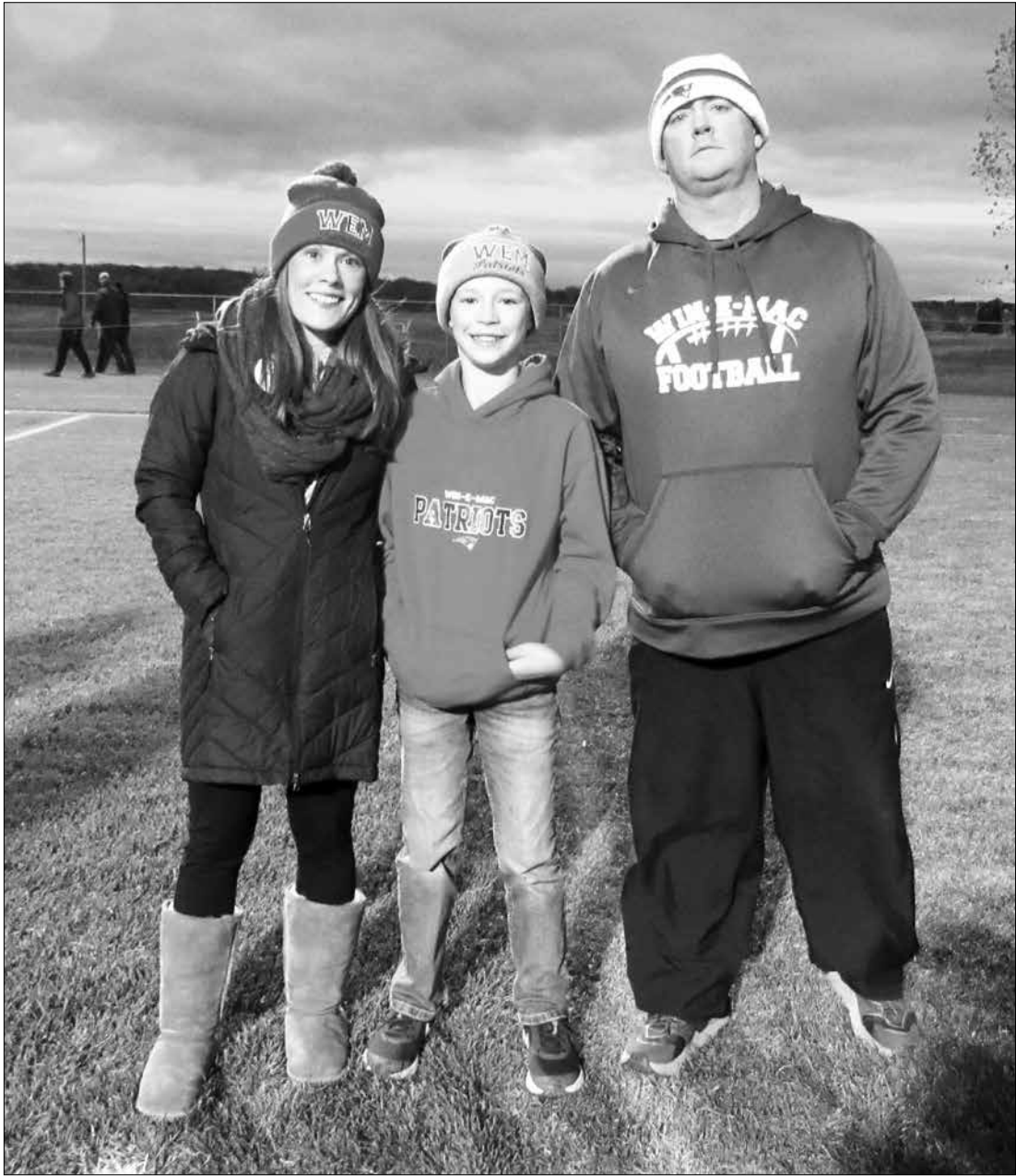


JOIN THESE GROUPS SUPPORTING MICHELLE FISCHBACH FOR CONGRESS

REPUBLICAN PARTY OF MN • NATIONAL RIFLE ASSOCIATION (NRA)
NATIONAL RIGHT TO LIFE • MCCL
MINNESOTA FARM BUREAU FOUNDATION PAC
MINNESOTA POLICE AND PEACE OFFICERS ASSOCIATION
NATIONAL FEDERATION OF INDEPENDENT BUSINESS (NFIB)
ASSOCIATED BUILDERS AND CONTRACTORS OF MN/ND
★ PRESIDENT DONALD J. TRUMP ★

OGM32-33MNA

Fall is for football



Varsity football manager, Grady Breitbach with his parents, Ryan and Rhonda during the recent Patriots Parent's Night held at the Win-E-Mac School.



Hunter Wescott with parents, Tyler Wescott and Michelle Brinkman.



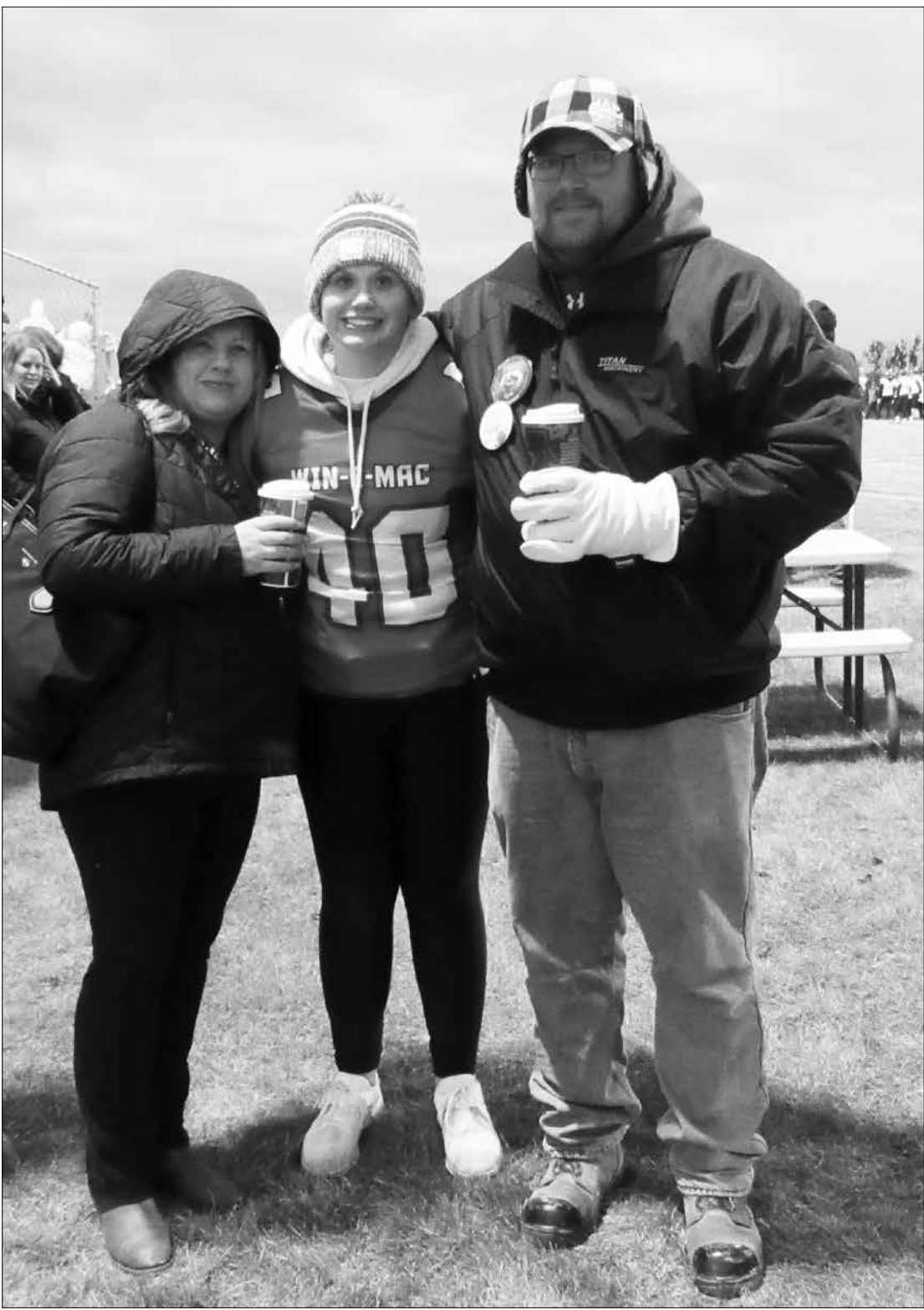
Peter Kolden with parents, Travis and Amy Kolden.



Win-E-Mac varsity football manager, Charley Carlson with parents, Jason and Nicki and his sister, Svea.



Hayden Johnson with parents, Erin and Nate.



Win-E-Mac cheerleader, Kylie Geray with her parents, Nick and Shawna.

Patriot parent's night



Kiersten Anderson with her parents, Ambrose and Leah during the recent Patriot's Parent's Night held at the school.



Kianna Tadman with her parents, Jim and Stacy and her big brother, Austin (left).



Sydney Svalen with her parents, Shannon and Jason and her brother, Cameron during the recent Win-E-Mac Parent's Night.



Destiny Molstad with her parents, Shawn and Angel Hedlund.

Experiment with Halloween bark

Festive Halloween treats can be easily concocted with a little imagination. Crafting a homemade chocolate and candy bark is one way to incorporate many of the candies and other treats synonymous with Halloween in a single delicious bite.

According to Baking Bites, an online source of recipes and cooking advice, chocolate bark is a sheet of chocolate that is usually covered with nuts, dried fruits, candies, or additional pieces of chocolate. Bark, which is an easily prepared homemade dessert, can be broken apart into pieces.

Making bark begins with a favorite melting chocolate. Individuals can use candy-making chocolate that may need to be tempered and poured, or they can melt down chocolate

bars and chips. This is best done in a double boiler set over simmering water. Some people have success melting chocolate in a microwave on low until the right consistency is reached.

The chocolate should be spread out on a pan lined with parchment paper or another nonstick surface, such as oiled aluminum foil. While the chocolate is still tacky, add the desired bark ingredients. Come Halloween, cooks can use candy corn, pretzels, raisins, pumpkin seeds, sunflower seeds, and even dried cranberries to give the treat a seasonal feel. Another fun idea is to have gummy worms or other candies sticking out of the bark for a truly 3-D effect.

Let the bark cool and harden. It can then be lifted off of the pan and broken into pieces.



Ava Howard with her mom, Katherine during Parent's Night at Win-E-Mac School.



Clare Stuhaug with her parents, Heidi and Tony.

A Q&A about the flu vaccine

"Flu season" has become such a commonplace turn of phrase that it's easy to overlook just how big a threat the flu can pose. But estimates from the U.S. Centers for Disease Control and Prevention suggest that as many as 41 million illnesses and 52,000 deaths each year can be attributed to the flu.

There's no denying that the flu can be a formidable foe, even for those who recover from it within a few days of becoming ill. Flu vaccines can make cases of the flu much more manageable, making

now a great time to answer some common questions that arise every flu season.

Why are flu vaccinations important?

The CDC notes that annual flu vaccinations help to reduce the risk of getting the flu. But it's also worth noting that a flu shot helps to prevent more serious complications for those people that do get it. Such complications can include ear infections, sinus infections, bacterial pneumonia, and the worsening of chronic conditions like asthma and diabetes.

How do

flu vaccines work?

Researchers work year-round to get an idea of which influenza viruses are likely to be most common in a given flu season. This is why flu vaccines change from year to year. Regardless of those changes, the CDC notes that all flu vaccines work in the same way, with each causing the development of antibodies in the body within a couple of weeks of vaccination. These antibodies protect against the flu virus.

Do flu vaccines take individuals into account?
The CDC notes that, during



Hana Thompson with her parents, Pat Thompson, Cherie Thompson and Matt Rivera.

the 2022-23 flu season, three flu vaccines are preferentially recommended for people ages 65 and older. That recommendation was based on research suggesting the three vaccines are more effective for people in this age group than the standard dose unadjuvanted flu vaccine. For the 2022-23 flu season, the CDC has no preferential recommendation for people under 65.

**Should everyone
receive a flu shot?**

Though there are rare exceptions, the CDC urges all individuals age six months and older to get a flu shot every year. Vaccination can be especially important for people con-

sidered to be at elevated risk of serious complications should they develop the flu. This includes individuals over 65, people with chronic health conditions and children younger than two-years-old, among others. A more complete list of people who could be at high risk of flu complications is available at cdc.gov/flu/highrisk/index.htm.

What is the best time to get a flu shot?

The CDC notes that September and October are generally the best times for most people who need a single-dose vaccination to get their flu shot. Anyone concerned about when to receive the flu shot is urged to speak with their phy-

sicians, ideally before the end of October.

Am I protected immediately after receiving a flu shot?

The flu shot does not provide immediate protection. The CDC notes that it takes roughly two weeks for antibodies to develop and provide protection against the flu virus. This is one reason why it's wise to get a flu shot before flu season begins.

Flu vaccines are a highly effective mode of protection against influenza viruses. More information is available at cdc.gov.

HALLOWEEN PARTY

Calling All Monsters



EEK!

CANDY AT EVERY STOP!

**Join us for our
Spooktacular Halloween Party**

✦ Games ✦ Cupcake Walk ✦ Crafts

✦ Haunted Stage ✦ Bingo ✦ Pumpkin Painting

Winger Community Center
October 31, 2022
4 pm to 8 pm, Bingo at 6 pm
Special music by Black Sheep Entertainment
No entrance fee

Free will donation for our local animal rescue, Smiley's Rescue.
Sponsored by the Winger Lions Club & a group of local moms.

M20C