



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Ben Shultz with his dad, Justin during the Win-E-Mac Halloween Party held last Friday evening at the school.

Polk County to receive Opioid Settlement Dollars

Polk County Public Health now seeking Advisory Council applications.

Over the last year, Polk County Public Health Director Sarah Reese has served on the Minnesota Attorney General's Advisory Panel for the Opioid Settlement and Distribution. This summer, Governor Tim Walz signed a bill that will direct how the state will spend its more than \$300 million opioid lawsuit settlement aimed at funding the fight against opioid addiction and overdose deaths. The settlement is part of a \$26 billion multi-state settlement with drug manufacturers Johnson & Johnson, AmersourceBergen, Cardinal Health, and McKesson. The funds are expected to come to Minnesota starting this fall with 75 percent of the funding (\$222 million) will go to local governments with the state keeping 25 percent of the settlement. Polk County's share of the settlement is \$1.9 million to be dispersed over an 18-year period. The harms of alcohol, other drugs – including legal and illegal opioids, and suicide continue to impact individuals



and families in our communities. The funds can be used for prevention, treatment, recovery, harm reduction, research and/or training. As part of the Minnesota Opioids State-Subdivision Memorandum of Agreement, Local Public Health officials in Minnesota counties are the chief strategists for convening multi-sector partners/community members to recommend how funds are dispersed. "Health is created where people live, work, and play. It is essential to draw on the expertise and lived experiences of our community members and partners," said Reese. As such, Polk County Public Health seeks multi-sector partners and community members to participate on the Opioid Settlement Advisory Council. The Council will advise Polk County Public Health and the Polk County Board of Commis-

sioners on how to utilize the Opioid Settlement funds most effectively, efficiently, and equitably. To be considered for the Advisory Council, complete the Opioid Settlement Advisory Council application here: <https://bit.ly/3VY4bgX> Sheriff Jim Tadman, Karen Warmack, Social Services Director, and Reese look forward to utilizing a community focused and collaborative effort with evidence-informed and innovative strategies to prevent and address addiction across our local communities. For more information on county allocations, visit the Minnesota Attorney General website: <https://www.ag.state.mn.us/opioids/SettlementAllocation.asp>. For Polk County Opioid Settlement information, visit: <https://www.co.polk.mn.us/546/Opioid-Settlement-Advisory-Council>



Maci Lee, Adler Stordahl and Edith Gieseke waited in line to take a chance in the Win-E-Mac "Haunted Hallway" last Friday evening during the school Halloween party.

Could switching the clocks soon come to an end?

On the first Sunday in November, people across North America will adjust their clocks, turning them back one hour and thus returning Daylight Saving Time back to Standard Time. When spring arrives anew, the clocks once again will move forward an hour. This phenomenon has taken place for more than 50 years. Time zones once were overseen by the railroad industry in an effort to streamline transportation. In 1918, the handling of time zones and other topics of time were turned over to a federal organization known as the Interstate Commerce Commission. The ICC also was put in charge of regulating the newly established Daylight Saving Time, purported to help with the war effort. The concept initially was introduced by Germany during the war to conserve fuel and power by extending daylight hours. The United States soon followed suit. After World War I, DST was abolished nationally, but continued on a state-by-state basis, according to the Department of Transportation. However, the DOT took over regulation of DST in 1966, and by this time a law made it consistent across the nation. While switching the clocks has become rote, the effects of this tweak have been notable. Some consider it a mild annoyance that messes with their schedules for a few days. Certain health professionals have gone on record to say it is bad for health. The time change



in the spring (DST) has been blamed for everything from increases in traffic accidents to a greater number of heart attacks as people adjust to a temporary deficit in sleep, according to NBC News. A 2019 poll from the Associated Press-NORC Center for Public Affairs Research found that 71 percent of people want to stop switching the clocks. Over the previous half-decade, 29 states have introduced legislation for year-round Daylight Saving Time. In March 2022, the United States Senate passed legislation that would make Daylight Saving Time permanent starting in 2023, ending the twice-annual changing of clock times, leading to brighter afternoons all year long. The measure was dubbed the Sunshine Protection Act, and passed unanimously by vote. To date, however, the House of Representatives, which has held a committee meeting on the matter, has not

passed the bill before it can go to President Biden to sign. The House is considering whether DST or Standard time is the better option for permanency, based on health implications and circadian rhythms. Other impediments affecting the legislation's chances of passing appear to be fundamental disagreements over the bill's lan-

guage and a general consensus that other matters before the House may be more urgent. Will switching the clocks each year come to an end? It still may take time to resolve this issue. In the interim, the public should be prepared to switch their clocks back on Sunday November 6, 2022, at 2:00 a.m.

McIntosh Veterans honored

The Friends of McIntosh Veterans will be airing a Veteran's Day program on Garden Valley TV, channel 30, on Friday, November 11th at 1:00 PM as well as on the group's Facebook page and website, www.friendsofmcintoshveterans.com. If you or a loved one are from McIntosh and have served our country, we would like to honor you. If you didn't provide your military history and a photo of yourself in uniform last year, we would like to add you this year. Please include: the branch you served in; when you were drafted/enlisted; when you were discharged; your MOS/specialty; your highest rank; and the bases/locations where you served. Photos and information can be dropped off by Monday, November 7th at the First National Bank or emailed to darlene1978@gmail.com or drjaanenson@gmail.com. We would like to extend our heartfelt gratitude to all of the men and women who have served our country and preserved our freedom. When you see a veteran, please thank them.



lene1978@gmail.com or drjaanenson@gmail.com.

Local 4-H Extension Educator Receives National Honor

Katie Becker, Fertile, was honored at the National Association of Extension 4-H Youth Development Professionals (NAE4-HYDP) conference in Madison, Wisconsin, held in October. Becker along with 29 4-H staff from Minnesota participated in this conference. Becker received the Distinguished Service Award which honors NAE4-HYDP members with more than seven years of experience in 4-H Youth Development Programs. Becker is a 4-H Extension Educator with the University of Minnesota Extension in Polk County, where she provides leadership and guidance to the 4-H program. Becker strives to ensure that the youth voice is heard and volunteers serve as guides. Becker collaborates with colleagues in the NW region in Minnesota to develop high quality youth programs. NAE4-HYDP is a professional development organization. Becker has attended national conferences, presented at the state conference, and served on the awards committee for the Minnesota Association of Extension 4-H Youth Development Professionals. 4-H provides a safe environment for young people to learn alongside other peers and caring adults. If you are interested in learning more about the Polk County 4-H program, reach out to Katie Becker at mext-polk@umn.edu.



Katie Becker, Extension Educator, 4-H Youth Development Polk County receives her national award from NAE4-HYDP President Scott Nash



Sheriff Hawkin Roed during the Win-E-Mac Halloween party.

Win-E-Mac Veteran's Day program

The Win-E-Mac School in conjunction with area Veteran's organizations will be holding a Veteran's Day program at the high school gymnasium on Friday, November 11th at 9:00 a.m.

We are inviting all veterans and community members to attend this very special program. Veteran's Day gives all of us a chance to honor and thank those who have served and sacrificed in order to preserve our freedom.

The Win-E-Mac School would like to honor all Veterans past and present in our communities by hosting a Digital Photo Board on our new Video Scoreboard in the gymnasium during our Veteran's Day program which is scheduled for 9:00 a.m. on Friday, November 11 in the main gym at the Win-E-Mac School.

To honor a Veteran, please

send a digital picture along with the Veteran's name to Jeremy Morgenroth at jmorgeroth@wemschools.org

You can simply take a pic-

Did you know?

There is much to be thankful for in November.

Here's a look at some of the interesting facts about the month.

- **Many elections** take place in the United States on the Tuesday after the first Monday in November.

- **November used to be the ninth month of the calendar of Romulus.** That all changed when the calendar was modified and January and February were added.

- **November is 30 days long.** It is one of four months that last 30 days.

- **The chrysanthemum**

ture of an old photo with your Iphone and send us the picture. Deadline for photos will be Wednesday, November 9th.

is the flower of November, which is fitting since so many mums are seen during the fall.

- **People born in November** fall under the zodiac signs of Scorpio or Sagittarius.

- **Veterans are commemorated in both Canada and the United States** each year on November 11.

- **November's full moon is known as the Beaver Moon.** Algonquin tribes and colonial Americans would use the month to set beaver traps before the swamps froze to ensure a supply of furs for the winter. It is also sometimes called the Full Frost Moon.

Delicious soup perfect for the season



Cooler weather arrives just as prime entertaining season heats up. Those who will be hosting gatherings soon can expand their recipe repertoire to feed guests and keep them satisfied. Borrowing some flavors from the season can make entertaining festive and even more flavorful.

Pumpkins and winter squashes are popular in fall, and their versatility undoubtedly contributes to that popularity. However, when chilly days require something to warm you up from the inside out, nothing can beat a soothing soup. And soup recipes can be altered to easily feed a crowd.

Cooks can step out of their chicken soup comfort zones and try this recipe for "Roasted Pumpkin Soup With Pumpkin Crisps" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filipeli.

Roasted Pumpkin Soup With Pumpkin Crisps

Serves 6 to 8
3 to 3 1/2 pounds pumpkin
6 tablespoons olive oil
2 onions, chopped
3 garlic cloves, chopped
1 3-inch piece of fresh ginger root, grated
1 teaspoon ground coriander
1/2 teaspoon ground turmeric

Pinch of cayenne pepper
4 cups vegetable stock
Salt and ground black pepper
1 tablespoon sesame seeds
Fresh cilantro leaves, to garnish

For the pumpkin crisps
Wedge of fresh pumpkin, seeded
1/2 cup olive oil
1. Preheat the oven to 400 F. Prick the pumpkin around the top several times with a fork. Brush the pumpkin with plenty of the oil and bake for 45 minutes or until tender. Leave

until cool enough to handle.

2. Take care when cutting the pumpkin, as there may still be a lot of hot steam inside. When cool enough to handle, scoop out and discard the seeds. Scoop out and chop the flesh.

3. Heat about 4 tablespoons of the remaining oil (you may not have to use all of it) in a large pan and add the onions, garlic and ginger, then cook gently for 4 to 5 minutes. Add the coriander, turmeric, and cayenne, and cook for 2 minutes. Stir in the pumpkin flesh and stock. Bring to a boil, reduce the heat, and simmer for about 20 minutes until tender.

4. Cool the soup slightly, then puree it in a food processor or blender until smooth. Return the soup to the rinsed out pan and season well.

5. Meanwhile, prepare the pumpkin crisps. Using a swivel-blade potato peeler, pare long thin strips off the wedge of pumpkin. Heat the oil in a small pan and fry the strips in batches for 2 to 3 minutes, until crisp. Drain on paper towels.

6. Reheat the soup and ladle it into bowls. Top with the pumpkin crisps and garnish each portion with sesame seeds and cilantro leaves.

Community Club updates

It's almost the end of the year, which means the McIntosh Community Club will be working on our community birthday calendar. If you have additions to your family, or want to add a new neighbor or friends please let us know. You may either email us at mcintoshcommunityclub@gmail.com or stop by First National Bank with additions or changes. We look forward to hearing from you with any new changes.



Community Birthday and Anniversary Calendar

Wed. Nov. 2: Bridgette Burslie, Robert Christianson, Bernie Marshall, *Ron & Elaine Roed

Thurs. Nov. 3: Ethan Ekeberg, Sharon Hegland, Paxten Rock

Fri. Nov. 4: Greta Strom, Cameron Svalen

Sat. Nov. 5: Avery Ostenaar

Sun. Nov. 6: Judy Bartz, Carolyn Lundquist, Jessica Goodwin, Davin Swanson, Kathy Nornes

Mon. Nov. 7: Phillip Carlson, Sandy (Brekke) Enger, *Wade & Tina Farrell

General Election

Sletten Township polls will be open Tuesday, November 8, 2022 from 10:00 a.m. to 8:00 p.m. Voters can come to the Sletten Town Hall.



Quilting news

The Quilters of East Polk County will be meeting on Saturday November 12th, starting at 9 am to have a "Pattern Cutting Day" to prepare for upcoming sewing days. Bring your cutting mats, rotary scissors, and any other supplies you need. Please bring a potluck item to share for lunch. You can stay for as long as you'd like.

We also would like to encourage ALL people who have an interest in helping wrap our local Veterans in a quilt for their service. We are looking to add members to our group, so if you have any interest in sewing, or learning how to help out, please come by and meet us! We'd love to have you join as a new member!

LSS
Meals Menu
687-2262

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

Mon. Nov. 7: Lemon Pepper Fish - Au gratin Potatoes - Green Beans - Wheat Rolls - Chocolate Chip Bars - Milk

Tues. Nov. 8: *Bingo* Meatloaf - Baked Potato - Corn - Wheat Bread - Banana Bars - Milk

Wed. Nov. 9: Turkey Gravy over Noodles - Broccoli Mix - Apple Slices - Rolls - Vanilla Pudding - Milk

Thur. Nov. 10: *Bingo* Baked Chicken - Rice Pilaf - Peas & Carrots - Jello w/Mandarin Oranges - Milk

Fri. Nov. 11: Closed - Veterans's Day



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

Wed. Nov. 2: 11:30am Mass at St. Mary's, Fosston

Fri. Nov. 4: 8:30am Adoration & Benediction, First Friday, St. Mary's, Fosston

Sun. Nov. 6: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Nov. 9: 11:30am Mass at St. Mary's, Fosston

Fri. Nov. 11: 8:30am Mass at St. Mary's, Fosston

Sun. Nov. 13: 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. Nov. 6: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Nov. 13: 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
9:30am 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. Nov. 6: 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)

Tues. Nov. 8: 10:00am Sunday worship service telecast on GVTV--30

Wed. Nov. 9: 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. Nov. 6: 9:00am Worship
Sun. Nov. 13: 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



Celebrating Halloween at the Win-E-Mac Halloween party last Friday evening was the Plante family, Carissa, Nick, Autumn and Asher.

Sponsored by First National Bank

Remember Our Veterans

November 11th is Veterans Day. Special ceremonies will be held all across the United States to honor the men and women who have served in our country's armed forces.

First National Bank of McIntosh will be closed on Friday, November 11th in observance of Veterans Day.

FDIC

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

Phone
(218) 563-2865

BUSINESS & PROFESSIONAL GUIDE

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

CALL 218-563-3585

Carlin
FAMILY FUNERAL SERVICE
"Caring service for three generations"
(218) 435-1144
Funeral Home ~ Cremation Service ~ Granite Memorials

ANDERSON FAMILY
FUNERAL HOME & CREMATION SERVICE
719 N. Main 644 Main St.
Mahnomon, MN Winger, MN
*Paige Ennen *Kelly Waltjer
*Tim & Denise Anderson
*Licensed Funeral Director
218-935-9000
Toll free: **866-935-9009**

Is There A Wedding In Your Future?
We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.
LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.
487-5225 Gonvick, MN
Richards Publishing Co.

McINTOSH Times
PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.
RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR
McIntosh (218) 563-3585
Cell: (218) 280-1684
Gonvick (218) 487-5225
"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"
PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

USDA launches loan assistance tool to enhance equity and customer service

The U.S. Department of Agriculture (USDA) launched a new online tool to help farmers and ranchers better navigate the farm loan application process. This uniform application process will help to ensure all farm loan applicants receive equal support and have a consistent customer experience with USDA's Farm Service Agency (FSA) regardless of their individual circumstances.

"USDA recognizes more must be done to ensure all customers have equal access to our programs and services," said FSA Administrator Zach Ducheneaux. "The Loan Assistance Tool is another example of USDA taking accountability and ensuring we update our existing systems, processes, and policies to make them equitable for all customers. The tool will help loan applicants better understand the application process and gather the needed documents before the process even begins."

USDA experiences a high rate of incomplete or withdrawn applications, particularly among underserved customers, due in part to a challenging and lengthy paper-based application process. The Loan Assistance Tool is available 24/7 and gives customers an online step-by-step guide

that supplements the support they receive when working in person with a USDA employee, providing materials that may help an applicant prepare their loan application in one tool.

Farmers can access the Loan Assistance Tool by visiting farmers.gov/farm-loan-assistance-tool and clicking the 'Get Started' button. From here they can follow the prompts to complete the Eligibility Self-Assessment and start the farm loan journey. The tool is built to run on any modern browser like Chrome, Edge, Firefox, or the Safari browser, and is fully functional on mobile devices. It does not work in Internet Explorer.

The Loan Assistance Tool is the first of multiple farm loan process improvements that will be available to USDA customers on farmers.gov in the future. Other improvements and tools that are anticipated to launch in 2023 include:

A streamlined and simplified direct loan application, reduced from 29 pages to 13 pages.

An interactive online direct loan application that gives customers a paperless and electronic signature option, along with the ability to attach supporting documents such as tax returns.

An online direct loan re-

payment feature that relieves borrowers from the necessity of calling, mailing, or visiting a local Service Center to pay a loan installment.

Background

USDA provides access to credit to approximately 115,000 producers who cannot obtain sufficient commercial credit through direct and guaranteed farm loans. With the funds and direction Congress provided in Section 22006 of the Inflation Reduction Act, USDA is taking action to immediately provide relief to qualifying distressed borrowers whose operations are at financial risk while working on making transformational changes to loan servicing so that borrowers are provided the flexibility and opportunities needed to address the inherent risks and unpredictability associated with agricultural operations.



Serenity Lundin went "fishing" during the Win-E-Mac School Halloween party last Friday evening.

Tips for choosing a family pet

When shopping for a new pet, the right fit can make all the difference. Before bringing any animal into a household, it is important to ask a few pointed questions and conduct an honest assessment of various factors that can affect the animal's well-being.

Assess budget first. Pets require different financial commitments. For example, a beta fish in a small tank will cost considerably less than a pet dog or a horse kept at a stable. Adults must consider what they can afford when it comes to pets, as each animal comes with a separate initial price tag and subsequent food and care costs.

Think about allergies. Dander, hair and feathers can trigger allergic reactions in children and adults, so certain pets may need to be avoided. Speak with a pediatrician or a veterinarian and ask for suggestions on which pets may work best.

Consider a child's developmental stage. Children younger than age five or six may not be mature enough

to view the pet as something other than a toy or plaything. Before committing to a pet, particularly one that will serve as a child's companion, be honest about the child's maturity level. Some pets may have easygoing temperaments, like family-friendly dog breeds, including beagles and retrievers.

Look at family lifestyle. Families that go on frequent vacations or are involved in many after-work or extracurricular school activities may not have enough time to devote to pets that thrive on interaction. Rather, a pet that is comfortable in a habitat or cage or one that is mostly self-sufficient might be a better fit.

Research, research, research. Before making a commitment, families should conduct significant research on the pets they are considering. This way there will be fewer surprises. Look at information regarding pet/breed temperament, genetic illness predisposition, exercise requirements, veterinary checkup schedules, and immunizations, among other factors.



The beautiful weather brought the kids from The Clubhouse Childcare Center in McIntosh outside for a Halloween parade on Monday morning.



Kids from The Clubhouse Childcare Center had a Halloween Parade in downtown McIntosh on Monday.

When is the right time for kids to start volunteering?

Aristotle once said the essence of life is "to serve others and do good."

It's well documented that volunteerism offers many benefits to those who are recipients of the charitable work as well as the volunteers.

According to The Corporation for National & Community Service, one in four Americans are volunteers. Volunteers come from all walks of life and various age groups. Nearly one-quarter of all volunteers are people under the age of 24.

Parents and guardians who want to introduce their children to volunteerism may not know when is the right age to do so. Many experts agree that there isn't a definitive age for children to get involved in volunteering. In fact, no child is too young to volunteer. Joseph F. Hagan Jr., M.D., a clinical professor of pediatrics at Lerner College of Medicine at the University of Vermont, says helping out during the toddler and preschool years helps shape a child's sense of morality.

Rather than wondering if a child is too young to volunteer, adults should focus on finding the right activity to match the child's age. For example, a three- or four-year-old child can fill bags or boxes with donated food or help gather blankets and towels to donate to an animal rescue. However, a toddler or preschooler may not have the stamina to complete a 5K walk.

Volunteerism doesn't even have to be in the traditional sense of working with an established charity. A youngster can pick flowers from a field and deliver them to an elderly neighbor. Or a preschooler can



invite a child playing alone to come play together. A toddler who loves sorting items can help sort recycling items at home and watch a parent deliver them to the recycling center.

Another way to engage kids in volunteer work is to match their interests with the tasks. Many kids can't get enough of animals, so they may want to help out an animal organization or be involved with a conservation group. A child can

collect change to "adopt" an endangered species.

Kids also can visit a children's hospital and deliver gifts to youngsters battling illnesses. In such situations, kids may be more engaged if they can help kids their own ages.

Children are never too young to volunteer. Finding the right fit can inspire a lifetime of giving back that benefits youngsters throughout their lives.



Divinity Hedlund tried her hand at one of many games that were a part of the Win-E-Mac Halloween party.



Aubry Gunufson gives a game a try with the help of Justin Courneya during the Halloween party at Win-E-Mac school last Friday evening.



The Win-E-Mac Kindergartener's celebrated Halloween on Monday .

★Re-Elect★ Joan Lee ★Re-Elect★ Polk County Commissioner for District 4

By voting for Joan Lee for Commissioner in Polk County's District 4, you're voting for the improvements and future growth and the successes in all of the communities that make up Polk County. It's a complex job, but Joan has worked with the processes and procedures of how a governmental body operates and how to make it work on behalf of the citizens of the County.



I respectfully ask for your vote this November 8th

Experience • Service • Commitment • Leadership

M33C

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>



PAID FOR BY FISCHBACH FOR CONGRESS

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

WEM School Announcements

Josten's will be here November 10th . Sophomore Ring Meeting: Thursday, November 10th – 2:15-2:40 (ALL sophomores should attend the meeting). Senior Grad Meeting: Thursday, November 10th – 2:40-3:07.

Open Gym will begin No-

vember 6th and be open every Sunday through March 12th. There will be no open gym on Sunday, December 23rd or February 12th, 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 \$49 membership. Time is 3:00 pm to 6:00 pm.

The Community Fitness Center is open. Memberships are currently being taken in the main office. Please stop in to get a membership form or call the school to have a form mailed to you. Cost of a yearly membership is only \$40. The hours to the events center once open will be from 3:30 pm to 8:00 ma. All members will be given an access card to enter the fitness center at the hours that are convenient for you to exercise.

ECFE - Fall Fun: Every Tuesday for parents and children ages 0 - 4. The fun activities are in the pre-school room unless otherwise noted.