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McIntosh, Minnesota

Looking back:
A Review of 2022

July:
A law in the state of Minnesota legalizing beverages and edibles which are infused with THC takes effect
Derek Chauvin is sentenced to 21 years in federal prison over the murder of George Floyd.
The National Suicide Prevention Lifeline adopts the new three-digit N11 code of 9-8-8.
The Win-E-Mac Class of 1981 created a new scholarship for Win-E-Mac graduates to honor their classmate Kurt "Bingo" Hedman. The scholarship is available to students who are attending Technical college and studying mechanics or manufacturing.
Our Savior's Lutheran Church, a member of, newly formed, A New Journey Lutheran Parish hosted an evening of coming together as a community for supper and worship on Wednesday, July 13th at Roholt Park in McIntosh.
The Annual 4th of July program took place at the Dierkes residence in rural McIntosh with many community members attending and participating in this annual event.
The Lake Agassiz Regional Library (LARL) announces it is now a FamilySearch Affiliate Library, which means it has access to more genealogy resources to help you make more family discoveries. FamilySearch is a world leader in family history.
The 1st Annual Neil's Memorial Cruise honoring the memory of Neil Bursheim, took place on Thursday, July 14th in downtown McIntosh. The rainy weather did not deter many of Neil's friends and car club members to come out to celebrate Neil's favorite pastime.
Harald and Adella Thompson

son spent many years at Poplar Meadows Senior Living in McIntosh. A lot of the warm summer days were spent outside caring for the rose garden. Honoring Harald and Adella memory, Poplar Meadows has dedicated and named the rose garden the Harald and Adella Thompson Rose Garden.
The Winger Fire Department celebrated the year with a Fireman's Ball at Liquor Pigs in Winger. A street dance was held on Friday, July 30th.
August:
The FBI conducted a search of Mar-a-Lago, the home of former president Donald Trump, and found classified materials, including documents labeled "top secret."
Phoenix Mercury star Brittney Griner is found guilty on drug charges in a Russian court and is subsequently sentenced to nine years in prison.
A three-part plan delivers on President Biden's promise to cancel \$10,000 of student debt for low- to middle-income borrowers which is later overturned.
The 8th Annual Bryan Stordahl Memorial Golf Event was held on Saturday, August 6th, at the Oak Lake Golf Course, Erskine. A silent auction was held after the golf event at The Deuce Bar & Grill in Erskine.
The McIntosh Fire Department hosted a Community Cook Out at Roholt Park on Wednesday, August 17th for members of the McIntosh Community and their families.
One of four of the annual Minnesota Association of Secondary Principals' (MAASP) Gold Stars was presented to Win-E-Mac High School Principal Kevin McKeever. The criteria for the award is the

Review...
Continued on page 2...

Ferden re-elected to MREA

Jim Ferden was just re-elected to a 4-year term to the Minnesota Rural Education Association (MREA) Board of Directors.
The MREA Board brings together school board members, school administrators, teachers, and education leaders. The Board is comprised of 21 persons – 16 representative directors elected by the membership (four per zone) and five statewide directors appointed by the Board.
During his time on the MREA Board, Jim has served in several officer positions and on the Executive Committee. Jim will be serving as Board President during 2023.
MREA serves school districts by advocating for the issues that matter to them, communicating changes and



the impact they'll have, and providing high-quality professional development and networking.
Jim continues to serve on the Win-E-Mac School Board, as well as the Region 1 Information Management Services (Region 1) Board and the Garden Valley Technologies Board.



Congratulations to all the Win-E-Mac robotics teams for the showing at the tournament, held at Win-E-Mac School on Friday, January 6th. A special congratulations to Win-E-Mac Team 5300A. This team won the excellence award for the tournament. This is the HIGHEST honor a team can receive at a Vex robotics tournament. Team members are Alec Haskett, Wyatt Davis, Chris Roragen, Kalli Hand, Kailee Kramer and Foma Chermenov.



Tommie (Ella Subbert), the minstrel, helped to narrate the story.



A Romeo and Juliet moment in the play performance with Will Love-Minor (Cameron Svalen) and Skylar (Josie Fortman).



The cast of the Win-E-Mac High School play "Murder at the Renaissance Faire or....Shakespeare Kills Me" performed for the community in December at the Arts & Event Center. The members of the cast included: Ella Subbert, Jayden Gensburger, Lillian Shimpa, Josie Fortman, Cameron Svalen, Ben Tollefson, Emelia Boianoff, Sydney Svalen, Evelyn Ryan, Maya Holm, and director, Andrew Hanson, who filled in for a missing cast member. The crew of the play included (not pictured) Kallie Hand, Jaime Stuhr, Caleb Green and Jareth Walk.

Review...

Continued from page 1.....

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 change in school.

The Ice Cream Island crew brought the boat to Roholt Park in McIntosh for local community members to enjoy some cool treats. The crew, young entrepreneurs Brooklyn and Breyer Strem were o hand to serve up some yummy treats to all who visited.

The annual McIntosh Tractor Day was held on Saturday, August 27th. The parade made its' way down the main street, followed by the kiddie pull outside of the fire station and the tractor pull on the old football field.

Win-E-Mac's Annual Open House will be on Wednesday, August 31st.

September:

Britain's Queen Elizabeth II died in Scotland, at the age of 96. Her son Charles succeeded

Wage growth competes with inflation: Examining the gap between low and high earners in MN

New research shows M:innesota's wage gaps are better than the nation as a whole.

The Minnesota Department of Employment and Economic Development (DEED) today published three research articles related to the historic rate of wage increases, exploring how they compare with inflation for real buying power and how wages are distributed from low-income to high-income Minnesotans. This research helps improve understanding of wage increases in offsetting inflation, as well as measuring wage inequality in Minnesota.

The first two in a series of wage distribution research articles by Labor Market Information (LMI) Office Economist Mustapha Hammida. The first article in the series sets the stage by describing the distribution of hourly wages of Minnesota workers in the year before the COVID-19 pandemic. It offers for the first time an illustration of the shape of such a distribution and its proper-

her as king.

About 15,000 nurses in Minnesota walked off the job Monday to protest understaffing and overwork — marking the largest strike of private-sector nurses in U.S. history. Slated to last three days, the strike spotlights nationwide nursing shortages exacerbated by the coronavirus pandemic that often result in patients not receiving adequate care.

Area families that were looking for an alternative to the Minnesota public school system had an opportunity to enroll their preschool and elementary age children in the new Freedom Christian Academy that opened for the 2022 - 2023 school year in the former Erskine Elementary School.

Kristi Plante, principal secretary for many years moved into Ann Veseldahl's role in the district office for the start of the 2022 - 2023 school year.. The school hired Erin Lisburg as our new receptionist to the Main Office.

Win-E-Mac School installed new scoreboards in the gym over the summer. The boards

offer new updated technology and the ability for advertising.

The Annual McIntosh Harvest Festival, sponsored by the McIntosh Community Club took place on Saturday, September 17th in downtown McIntosh. There were vendors set up from 9:00 am to 3:00 pm in the Fire Hall with many unique and fun finds. Pie and coffee were served at the Community Center, kid games and a paper plate drop took place on the old football field and the annual pie eating contest was downtown to round out the day.

Hocus Pocus Movie Night and Ladies Night Out was in downtown McIntosh on Wednesday, September 28th and sponsored by the Shoppes of McIntosh.

Church staff and clergy at Our Saviors Church in McIntosh discovered that they had damage to three doors The church, located on the main north and south through fare of State Street, appeared to have had the lock area of the doors burnt as a person or person attempted to get inside the church building.

ber 2022, private sector wages increased 5.7% in Minnesota; however, they fell short of inflation, which increased 8.3% over the same period. The Consumer Price Index for All Urban Consumers (CPI-U), which is a common measure of inflation, was just released today showing a continued slowing of inflation. The CPI-U declined 0.1% in December on a seasonally adjusted basis and over the year (OTY) it was up 6.5%, significantly smaller than the 8.3% OTY measured in November and the smallest OTY increase since October 2021.

While inflation growth appears to be slowing, wages will have to continue increasing for real wage growth to occur. Post-Pandemic Recession Wage and Inflation Growth by Assistant LMI Director Oriane Casale and Labor Market Analyst Luke Greiner reviews wage growth in Minnesota and the U.S. with comparisons between industries and across states, where available.



pressure and emphasizes limiting salt, red meat and foods with added sugars, including sweets and sugary beverages. It's important that all people, and especially those with high blood pressure, limit their salt intake, as sodium is known to increase blood pressure.

· **Avoid excessive alcohol consumption.** The AHA notes that excessive alcohol consumption can raise blood pressure. In addition, despite what popular misconceptions may suggest, there is no evidence to suggest that red wine consumption is good for heart health. Like other alcoholic beverages, red wine should be consumed in moderation, if at all. The AHA urges individuals to limit their alcohol intake to no more than two drinks per day for men and no one more than one drink per day for women.

· **Exercise regularly.** Routine exercise benefits the heart in myriad ways, including helping people control high blood pressure. Individuals recently diagnosed with high blood pressure who are unaccustomed to physical activity should work with their physicians and a personal trainer

to design an exercise regimen that's within their abilities. As their bodies get used to increased physical activity, people can then work with the same individuals to tweak their routines so they can keep making progress toward their fitness goals. Routine exercise also helps to reduce stress, which the AHA notes is another step people with hypertension should take to lower their blood pressure.

· **Shed extra weight.** Each of the aforementioned strategies can help people shed extra weight, which is another step the AHA recommends for people with high blood pressure. The AHA notes that losing as few as 10 pounds can help to manage high blood pressure. Maintaining a healthy weight also reduces strain on the heart, thus lowering the risk for high blood pressure and the conditions that can arise from it.

More than 1.2 billion people across the globe are currently living with high blood pressure. Taking steps to reduce hypertension is a great way to promote long-term health and overcome this often silent killer.

MN pilot program connects COVID-19 positive people with treatment options

A new pilot program by the MN Dept of Health has been created to be an easy way for anyone who tests positive for Covid to use a computer, smart phone or telephone to report that positive result and be connected to a practitioner who can then prescribe antiviral medications on the spot and arrange to have them delivered directly to your door!

No need to take the prescription to the pharmacy or deal with taking prescriptions to a pharmacy yourself. All this can be done quickly and efficiently and you never need

to leave your home.

As you know, taking some antiviral medications within 5 days of testing positive and showing symptoms can greatly reduce the severity of how the infection can affect you.

Talking to a practitioner directly can help you evaluate if this antiviral medication is in your best interest and can help you make that decision.

The entire process can be completed in minutes and you never need to leave home. And, it is a free service of the MN Dept of Health that is designed to keep citizens out of the hos-

pital!"

For more information on how to access this program and for instructions on downloading and getting started with the associated app, called the Cue Health App, please visit the Cue Health website at www.care.cuehealth.com

McIntosh

Community Calendars
McIntosh Community Calendars are now available at the First National Bank of McIntosh. There are plenty for sale and the price is still \$6. Pick up yours today!



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

Wed. Jan. 18: Noon - 8:00pm Adoration

Sun. Jan. 22: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Jan. 25: Noon - 8:00pm Adoration

Sun. Jan. : 8:00am Confession; 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. Jan. 22: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Jan. 29: 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, Jan. 22: 9:30am. Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Jan. 24: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Jan. 25: 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. Jan. 22: 9:00am Worship

Sun. Jan. 29: 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

GRACE LUTHERAN CHURCH- NALC
Erskine
Rev. Pam Thorson

Sundays: 10:30am Worship

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.



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

Mon. Jan. 23: Parmesan Chicken - Green Beans - Fruit Cocktail - Breadsticks - Pumpkin Bars - Milk

Tues. Jan. 24: *Bingo* Swedish Meatballs - Mashed Potatoes & Country Gravy - Carrots - Wheat Bread - Chocolate Pudding - Milk

Wed. Jan. 25: Turkey Gravy over Egg Noodles - Broccoli - Apple Slices - Wheat Rolls - Molasses Cookies - Milk

Thur. Jan. 26: *Bingo* Roast Beef - Mashed Potatoes & Gravy - Corn - Wheat Bread - Peaches - Milk

Fri. Jan. 27: Salmon Loaf - Mashed Potatoes - Creamed Corn - Peas - Wheat Bread - Roman Apple Cake - Milk



Wed. Jan. 18: Kendall Olson, Anika Shipa, Jessica Carlson, Becky Boehrnsen
Thurs. Jan. 19: Carter Bartz, Marceline Hoaglund
Fri. Jan. 20: Jerry Sultvedt, Carla Ferden
Sat. Jan. 21: Susan Lee
Sun. Jan. 22: Peyton Roed
Tues. Jan. 24: Angela Lindseth

McINTOSH Times

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MCINTOSH, MINNESOTA
KLM PROJECT NO.: 3900-19
JANUARY 2023

MANDATORY PRE-BID DATE:
JANUARY 26, 2023 BID OPEN
DATE: FEBRUARY 6, 2023

A **mandatory pre-bid conference call** will be held at 10:00 AM CST on January 26, 2023 to discuss the scope of the project with the Owner's representatives, Engineer, and prospective bidders. An on-site visit can be arranged for bidders by contacting the Project Engineer at the number listed on the Title Page. **Attendance by prospective bidders or their designated representatives at the pre-bid conference is a prerequisite to bidding the project.**

Conference call information is as follows:
Number – 1-612-351-3093
Access Code – 434056

The Owner will receive sealed bids for the furnishing of all, labor, materials, and equipment necessary for the project until 1 PM CST, February 6, 2023 at which time and place all bids will be publicly opened and read aloud via a live video conferencing platform. Those desiring to attend the conference should contact the KLM representative below to obtain access information.

Project documents are available starting January 16, 2023, at <http://www.questcdn.com>. You may download the complete set of digital bidding documents for \$30.00 by entering eBidDocTM #6599587 in the "Search Projects" page. Contact QuestCDN at 952-233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with this digital project information.

All bids shall be accompanied by a 5% bid bond payable to the City of McIntosh, Minnesota.

Project bids shall only be received and accepted via the online electronic bid service through QuestCDN.com. To access the electronic bid form, download the project documents and click the online bidding button at the top of the advertisement. A \$50 fee is charged to provide a bid.

For any bidding questions, please contact Benjamin Feldman, P.E. at KLM Engineering, Inc., at 651-773-5111 or bfeldman@klmengineering.com.

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Public comment sought for
County's Hazard Mitigation Plan

Polk County has completed an updated draft of the Hazard Mitigation Plan (HMP) and is now seeking public feedback. Like all Minnesota Counties, Polk County is vulnerable to a variety of potential natural disasters, such as tornadoes, windstorms, severe winter storms, flooding, drought, and extreme temperatures, which threaten the loss of life and property in the county. Planning for natural disasters minimizes the impact of these events that can cause vast economic loss and personal hardship.

All county residents, as well as other interested stakeholders (those in neighboring counties or working with affected agencies) are strongly encouraged to review and offer feedback on the interactive website, PDF of the draft plan, and proposed local mitigation actions. The review and comment period are open for 15 days, through January 26, 2023. The public can access the plan using the following links:

- Polk County HMP Website: z.umn.edu/PolkHMP;
- Mitigation Action Charts: <https://polk-county-hmp-umn-hub.arcgis.com/pages/mitigation-actions>;
- Public Comment Feedback Form: <https://z.umn.edu/Polk-SurveyHMP>.

The Polk County HMP is a multi-jurisdictional plan that covers Polk County, including the cities of Beltrami, Climax, Crookston, East Grand Forks, Erskine, Fertile, Fisher, Foss-

ton, Gully, Lengby, McIntosh, Mentor, Nielsville, Trail, and Winger. The Polk County HMP also incorporates the concerns and needs of townships, school districts, and other stakeholders participating in the plan.

Update of the plan has been under direction of Polk County Emergency Management in cooperation with U.Spatial at the University of Minnesota Duluth and representatives from county departments, city and township governments, school districts, and other key stakeholders. Together, the planning team worked to identify cost-effective and sustainable actions to reduce or eliminated the long-term risk to human life or property from natural hazards. Examples include improvement of roads and culverts that experience repetitive flooding, construction of safe rooms in areas where residents and visitors are vulnerable to tornadoes and severe storm events; burying powerlines that may fail due to heavy snow, ice or wind storms; ensuring timely emergency communication to the public through warning sirens and mass notification systems; and conducting public awareness and education campaigns to help people be prepared to take safe action before, during, or following a hazard event.

Hazard mitigation planning helps Polk County and other jurisdictions protect their residents. Working with local communities through the process helps identify vulnerabilities

and develop strategies to reduce or eliminate the effects of a potential hazard. In addition, increasing public awareness of natural disasters and encouraging personal preparedness helps to create a community that is resilient to disaster, and breaks the cycle of response and recovery. Updating the plan further allows Polk County and its jurisdictions to be eligible to apply for future FEMA Hazard Mitigation Assistance grant program funding for projects that help to reduce or eliminate the impacts of future hazard events.

Community feedback is vital to the success of the plan. Polk County invites public review and feedback of the draft plan prior to submitting it to the State of Minnesota and the Federal Emergency Management Agency (FEMA) for review. Feedback may be provided via the online comment forms or directly to Polk County Emergency Management.

Do you
have a
story to
share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com



The Polar Beach Snowmobile Club figured the kids of McIntosh needed a better runway at the sled hill. The members took the skid and made a couple of race lanes for kids to get out and enjoy. Anyone who is graduated to the bigger sleds be sure to join the Polar Beach Snowmobile Club. Have fun!



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START DATE



Who is the villain of this play? Well it could be one of these 3...Harris (Sydney Svalen), Marghet Pierre (Jayden Gensburger) or Brielle (Emelia Boianoff). The characters face off over the missing and now dead actor who was discovered at the Renaissance Faire.



Emelia Boianoff, Lillian Shimpa and Sydney Svalen during the play performance at the Win-E-Mac Arts & Event Center in December.

Win-E-Mac Construction Class for 2024

We will be asking for bids from patrons who are interested in a house built during the 2023-2024 school year. Our Construction class will be building a house next school year. It takes time to arrange so we will be asking in March for bids of those interested. Please call the Win-E-Mac Superintendent's Office for questions.

School Board

Newly elected School Board members, Megan Rock and Jackie Huschle, will be sworn in this month as members of the Win-E-Mac school board. They will join members Jim Ferden, Davin Swanson, Sarah Strom, Brad Sander and Tyler Brekken. The Board meets the third Tuesday of each month. We want to welcome these members.

School Bus Stop Arms

The School District applied for a Grant and received money to install Stop Arm cameras on each school bus. This camera will identify the license



plate and car disobeying the stop arm when kids are loading or unloading the school bus. It is against the law to run a stop arm in the State of Minnesota. This has been a big concern from many school districts of people in a hurry and not considering the safety of students while crossing the street. Win-E-Mac is no different and has cars running the stop arm and is reported immediately to law enforcement.

Subs needed

If you would have the time to work for the school as a Substitute for a Para-Professional,

Cook, Custodian or have a 4-year degree in any subject, we would like to hear from you. Substitute teachers and other area subs are hard to find, and we need your help. This is a paid position during the day with a free lunch. Give the District Office a call if interested.

Win-E-Mac Schools

The school is important to our community, and we need to acknowledge this to all patrons and visitors in our community. Our enrollment is an essential piece for our district funding, so we need to talk about our school to others in an effort to attract new families and students to our school and community. I encourage patrons to speak with your neighbors or people contemplating change and invite them to visit our school. Our teachers and staff pride themselves on creating expectations for each student to succeed. If students choose to return to their home district or want to apply to a new district, they should apply for open enrollment by January 15, 2023. This gives the districts time to plan for the student needs.



As the suspense builds, Will Love-Minor (Cameron Svalen) shows the actors of the Faire some interesting discovery.



The Win-E-Mac High School presented "Murder at the Renaissance Faire or...Shakespeare Kills Me" to the community in mid-December at the Arts & Event Center. Here, (director and fill in cast member) Andrew Hanson, Maya Holm, Evelyn Ryan, Ben Tollefson, Cameron Svalen, Lillian Shimpa and Josie Fortman are on stage.

The basics of meditation

Taking steps to safeguard mental health is a vital component of a healthy lifestyle. The National Institute of Mental Health notes that mental health affects how individuals think and feel, the choices they make, and how they relate to others, which underscores just how important it is to prioritize mental health.

Meditation is a popular practice with a history so lengthy it may surprise even its most devoted practitioners. According to Psychology Today, some archaeologists trace the origins of meditation all the way back to 5,000 BCE. The global spread of the practice is believed to have started

around the fifth or sixth century BCD, when trading along Eurasia's famed Silk Road exposed the practice to various cultures.

The lengthy history of meditation is proof that the practice is no mere fad. In fact, people from all walks of life have much to gain from meditation. Novices can start their meditation journeys with this basic rundown of a practice that has inspired devotees for thousands of years.

What is meditation?

The Mayo Clinic notes that meditation is considered a type of mind-body complementary medicine that intends to produce a tranquil, relaxed state

of mind. When practicing meditation, individuals focus their attention and aspire to remove potentially stress-inducing, jumbled thoughts from their mind.

Are there different types of meditation?

The Mayo Clinic reports that there are various ways to meditate. Guided meditation is a popular form of the practice in which individuals form mental images of places or situations they find relaxing. Guided meditation practitioners employ their senses of smell, sight, sound, and touch during a session, which may be led by a guide or teacher.

Mantra meditation is another form of the practice in which individuals silently re-

peat a calming word, thought or phrase. The repetition is designed to block out distractions.

Mindfulness meditation is a popular form of the practice that emphasizes awareness, or mindfulness, and acceptance of living in the moment. The Mayo Clinic notes that individuals practicing mindfulness meditation will focus on what they experience during meditation, such as the flow of their breath, as they attempt to observe their thoughts and emotions.

How do I meditate?

Mindful Communications, which offers corporate training, practical advice and other insights regarding mindfulness and meditation, notes

that meditation is both simpler and more complex than most people think. But the following seven-step prospectus can serve as a useful foundation for meditation novices.

1. Take a seat. Individuals are urged to find a calm, quiet place to sit.

2. Set a time limit. A short session between five and 10 minutes can help novices.

3. Notice your body. Individuals should be stable and sit in a position they can maintain for a while.

4. Feel your breath. As you breath in and out, make an effort to feel the sensation of your breath.

5. Notice if your mind wanders. It's likely that your mind will wander to other places

during your sessions. Pay attention to when it does and then refocus your attention to your breathing.

6. Don't judge yourself. Wandering thoughts during meditation are not deserving of scorn. When the mind wanders, simply return to meditating without obsessing over the thoughts that came into your head when your mind wandered off.

7. Close with kindness. As your session draws to a close, gently lift your gaze and take a moment to notice your surrounding environment, how your body feels and your thoughts and emotions.

More information about meditation can be found at [mindful.org](https://www.mindful.org).



Win-E-Mac School hosted a Robotics Tournament on Friday, January 6th. The teams that compete are each given a table to prepare for their events. There were many teams set up in the Arts & Events Center on that day.