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McINTOSH Times $1.00

Hub of the Thirteen Townships Since 1888 McIntosh, Minnesota

Terry Strom with a Northern Pike he speared using his Smart Teaser. You can see Terry and his wife, Heidi this Saturday at the Spears, Beers, and Decoys show held in Bejou and purchase a Smart Teaser for yourself.

Spears, Beers and Decoy show this Saturday, November 18th in Bejou

Are you dreaming of getting out onto the ice for a little fishing? Are you looking for a new and fun winter hobby? Do you appreciate the art and creativity of classic, made by hand sporting goods that stand the test of time and become family heirlooms?

Then you need to make plans to attend the Annual Spears, Beers and Decoy show held this Saturday, November 18th at the Lean To Tavern and Peachy's Pub on Main Street in Bejou, Minnesota.

The vendor show will start at 9:00 am and continue until 3:00 pm. There will be a live auction with a special guest, professional auctioneer starting at 3:30 pm.

This year brings new and returning vendor artisan's to the biggest show yet, spread across 2 venues, The Lean To Tavern and Peachy's Pub.

The vendors at this year's show will include: Icesaw, LLC, Northern Spiked Darkhouse Spearing, Nephew Teasers, Tradewell Decoys, TemptLure, Rick Wirth, Belle River Spear, Co., Hjelle Arc Custom Spears, Whittier Decoy's, PTP Chapter, Wes Lofstrom, Smart Teaser, Minnesota Darkhouse and Angling Association, Grumpy's Balls, John Peeters, Dennis Bertram, Finn's Spins, JW Allrich Custom Designs, Virgil Prestby, Panfish Pirate, Brad Lange, Randy Lofstrom, Stoney's Custom Designs, John Baar, Allen Erickson, Wabana Creek Decoy's, Uffda Carving, Gus Nelson, Hitch Harness, and Bruce Blades.

There will also be a concession stand at the Lean To Tavern with proceeds benefiting the Win-E-Mac Boxtops for Education along with regular menu items at Peachy's Pub.

Minnesota Darkhouse & Angling Association will also be at the show selling apparel.

Minnesota Darkhouse Pine to Prairie Chapter will be on hand to renew memberships or to sign up new members. The Pine to Prairie Chapter will also have a Fish house raffle fundraiser with a chance to win a new 6 foot by 10 foot spear house.

Ryan Gast of Tradewell Decoy's will be the featured artist at this years show.

The event is presented by Icesaw.com and owner Jordan Gunufson who has a passion for the sport of darkhouse spearing and brings that passion to this fun-filled day.

There will be raffles, door prizes, and a lot of fun activities taking place throughout the show.

Spearing is a fascinating way to harvest one of Minnesota's largest fish, the Northern Pike, Looking down from above, you seek and see the fish in its world rather than blindly pulling the fish in on a line. Find all you need to make this your new winter sport this weekend.

Again, the show is this Saturday, November 18th at the Lean To Tavern and Peachy's Pub in Bejou, Minnesota from 9:00 am to 3:00 pm with many other activities to follow.

A table full of Northern Pike speared by Terry Strom and his research team using the Smart Teaser. For more on Terry's story visit the Tri-County Canary section of this week's paper.

The Win-E-Mac Annual Giving Tree

The Win-E-Mac School will once again be having their annual Giving Tree.

We will be sharing the "stars" virtually again this year. We wilWl anonymously post "stars" for the Win-E-Mac School District that may have a need this holiday season for clothes, winter clothing, toys, or other items.

Their wish list will be linked to their Star number If you are interested in taking a Star or donating items, please follow the link posted on the school website (wemschools.org) or school Facebook page.

There you will find prompts that allow you to choose a child by age and it will display their wish list. Not all items on the wish lists need to be purchased, but we suggest getting clothing items and at least 1 toy or fun item. Donations of items are also accepted, we use those items to fill the wish lists for children on the Giving Tree.

All gifts will need to be dropped off at Win-E-Mac school, unwrapped, no later than December 15th so they can be distributed to the families.

If you need some assistance or you know of a child or family that may be in need this holiday season, please contact Cassie Subbert or Emily Stoner, at the school 563-2900 or 687-2236.

The Giving Tree also accepts monetary donations. The donations go toward food gift cards for families to use over the holidays.

If you are interested or have questions about donating, please contact one of the people stated above.

Ella Strom takes Paisley Tofstad "fishing" during the Win-E-Mac School Halloween Party held on Friday, October 27th.

These girls go together like ketchup and mustard. Jemma and Ivy Cook during the Win-E-Mac Halloween Party.

Students in Win-E-Mac Elementary were visited by Mentor Fire and Rescue Department, Heather Burd, for Fire Prevention Training. They talked about "get low, get fast, get out", how to check a door before getting out, having two ways to get out, and how a firefighter looks when they come to help. The older kids even got to learn how to use a fire extinguisher. Good job kids!

Simplify your feast by slow cooking your Thanksgiving turkey

Food features prominently in many holiday celebrations, but perhaps no holiday is more closely associated with eating than Thanksgiving. In fact, Thanksgiving and food are so closely connected that many people lovingly refer to the holiday as "Turkey Day," which is an homage to the popular main course that finds its way to millions of Thanksgiving dinner tables across the country each year.

Side dishes abound on Thanksgiving dinner tables, but turkey still takes center stage. That reality can put some pressure on hosts tasked with preparing the meal for their family and friends. Unlike some other dishes that require a laundry list of ingredients and lots of prep work, turkey is a relatively hands-off main course.

However, home cooks know a dried out turkey is not on anyone's holiday wish list. Slow cooking can help to avoid such a result. This recipe for "Holiday Turkey," courtesy Andrew Schloss' "Cooking Slow" (Chronicle Books), calls for slow cooking the bird. Such an approach should result in a delicious and mouth-watering main course that satisfies anyone who's anxious to sit down at the Thanksgiving dinner table this year.

Holiday Turkey

Makes 15 servings

1 fresh turkey, about 15 pounds, preferably free-range

1 tablespoon olive oil

1 quart apple cider

2 teaspoons dried poultry seasoning

Coarse sea salt and freshly ground black pepper

Remove the giblets from the turkey and discard (or save for another use). Rinse the turkey inside and out and pat dry with paper towels. Rub it all over with salt and pepper. Refrigerate, uncovered, for at least 12 hours and up to 24 hours. During that time, the surface of the turkey will become visibly dry and the skin will tighten; this encourages a nice crisp skin on the finished bird.

Remove the turkey from the refrigerator 1 hour before you plan to start roasting. Preheat the oven to 450 F.

Put the turkey on a rack set in a large, flameproof roasting pan. Drizzle the oil over the top.

Roast for 1 hour. Reduce the oven temperature to 175 F. Pour the cider into the roasting pan and sprinkle the poultry seasoning in the liquid. Continue roasting until an instant-read thermometer inserted into the thickest part of a thigh (but not touching bone) registers to 170 F.

Transfer the turkey to a carving board, tent loosely with aluminum foil, and let rest for about 15 minutes (see tip). Meanwhile, skim the fat from the surface of the liquid in the pan. Put the roasting pan over two burners and bring the pan drippings to a boil over high heat. Cook until the juices reduce and thicken slightly, enough to coat a spoon, about 10 minutes. Taste for seasoning. Carve the turkey and serve with cider pan juices.

Resting tip: Slow-roasted meats need far less resting time (pretty much none) than those that are traditionally roasted. The reason for resting meat that has been roasted at a high temperature is to allow juices that have collected in the cooler center time to migrate back into the dryer (hotter) exterior sections after it comes out of the oven. Because slow-roasted meats are cooked evenly and a temperature that keeps most of the juices in place, a resting period is largely unnecessary. A brief resting time does allow the meat to become a little firmer as it cools, making it easier to carve.

8 steps to a more functional kitchen

A kitchen is often the most utilized room in a house. Meals may be prepared, cooked and often eaten in kitchens, and the room is often utilized as a homework spot or a makeshift place to pay bills and stay on top of household needs. By enhancing the organization and functionality of the kitchen, homeowners can enjoy these popular spaces even more.

Homeowners have increased their spending on home improvements in recent years. According to the Joint Center for Housing Centers for Harvard University, project spending rose to $472 billion in 2022 from $328 billion in 2019. It's estimated consumers will have spent $485 billion by the end of 2023. Kitchen renovations were the most popular upgrade and accounted for the highest budgets in 2021, according to Houzz. When the time comes to renovate a kitchen, homeowners can take steps to make these spaces more organized and therefore functional. Here are eight tips to creating a more functional kitchen.

1. Increase storage, and then invest in more. Make the most of corner cabinets and other potential dead spots in a kitchen. Various products can be used to organize awkwardly angled or shaped areas. Kitchen designers also can work with you to reconfigure cabinets and kitchen layouts.

2. Organize utensils and dishes around the sink/dishwasher. Rather than traversing the kitchen to put clean dishes away, make loading and unloading the dishwasher that much easier by locating commonly used items next to and above it. Similarly, place frequently used saucepans, baking dishes and other items near the oven or food preparation area.

3. Utilize drawer and cabinet organizers. Make a place for everything in the kitchen. Take out all items and see what you need and use all the time. Then coordinate storage around those items so everything fits perfectly. Pull-out shelves and Lazy Susans also can facilitate access.

4. Add shelves to cabinets. If you can afford to have a custom-built kitchen, by all means design cabinets according to preference. If you're using standard cabinets, you may have to reconfigure shelves and spacing to fit the items you have. This also will help you maximize cabinet space.

5. Organize the garbage. Have a pull-out drawer or cabinet to store trash bins. Separate compost, trash and recycling needs.

6. Create continuity in the room. Many open concept homes will have kitchens open up to another room in the home. Mirror the design scheme from elsewhere in the house, and make sure that the flow between spaces is not obstructed.

7. Create a beverage station. A beverage station can minimize the time needed to make a cup of tea or coffee or for the kids to grab juice or chocolate milk.

8. Have a workspace in the kitchen. Whether paying bills, making a grocery list or leaving notes for the family, a dedicated workspace can add more function to the room. Be sure there is task lighting nearby and ample overhead lighting to ensure that all kitchen needs are illuminated properly.

Free Life Matters November movie event

The October movie event of Soul Surfer was well attended by around 50 people of all ages who watched the account of Bethany Hamilton's surfer shark attack experience. Even though losing her left arm changed her life forever, her comment at the close of the movie was compelling. When asked if she wished the attack had never happened, she surprised reporters with her answer, "No." Her reason? Her story had reached thousands of children challenged with their own obstacles. They were going to try to overcome them because she had inspired them by learning how to surf with one arm. She said she had reached more people with one arm than she could have ever done with two.

This month, we bring you Because of Winn Dixie. While addressing some challenging real life circumstances, it also tackles the ever present human fault of making assumptions. This storyline is not as intense as Soul Surfer and offers thoughtful takeaways. The movie will be Sunday, November 19th at 1:00 pm at the Fosston Theater.

We are selective in our choice of movies. As always, we trust your discretion for which movies you feel may be appropriate for promotion in your organization. We are open to suggestions of films you would like to see sponsored by MCCL #45.

Quilters for E. Polk County News

Quilters for East Polk County Veterans will meet on November 17 and 18 at the McIntosh Community Center at 9:00 am both days. Friday Nov 17 we will cut out kits to be sewn the next day. Please bring cutting mat, rotary cutter and ruler. There are some in our supplies. On Saturday Nov 18 we will sew. Bring sewing machine and extension cord. Also any supplies you need. There are irons and boards available to use. Also bring something for potluck for both Friday and Saturday . We can use people who don't sew as well. We will find you a job. Any questions contact Lois at 218-280-3574 or Connie at 218-779-5425.

Neil's Sausage cooking contest

Neil's Quality Meats & More will host a sausage cooking contest during A Very Merry McIntosh on Saturday, December 2nd.

Stop at Neil's to sign up and get your choice of one free package of sausage to cook with.

Make anything you like including soup, hotdish and it can be sweet or savory. The choice is yours.

On Saturday, December 2nd, contestants will bring 4 servings of your dish in a disposable container to the building on the north side of Neil's Quality Meats & More at 4:00 pm for judging.

There will be 2 prizes. One for the best taste and another for most creative. Winners will be announced at Neil's shortly after 4:00 pm. Need not be present to win.

Daisy Hagen Auction

On Sunday, November 26th, collectors, arts supporters, Christmas shoppers, and curiosity seekers alike will be treated to the 'Daisy Hagen Auction for the Arts', a special Fosston community event that only comes around once in two years. At 1:00pm on Sunday, November 26th, the preview will begin in the public library and gallery of the Fosston Public Library and Aurora Center for the Arts. Shortly after, at 2:00pm, both the live and silent auctions will begin. Josh Pearson, Fosston graduate and high school teacher, will be calling the bids!

Items donated include quilts, paintings, baked goods, gift certificates, woodworking, honey, smoked cheese, children's items, and so much more! There will also be a raffle! As always, homemade yummy holiday treats and refreshments will be served.

All proceeds will benefit the Aurora Center for the Arts (formerly the FCLAA) to enhance our arts programming. Come and enjoy yourself while taking care of some holiday shopping!

Did you know?

Wages for jobs in Northwest Minnesota have increased to entice workers to fill open positions, with median wage offers for job vacancies climbing 4.7% per year from 2019 to 2022. However, wages for filled positions have increased even more, with the median wage for all jobs increasing 6.1% per year from 2019 to 2022.

- DEED's Regional Analysis & Outreach unit

Wed. Nov. 15: Gayle Burslie

Thurs. Nov. 16: Sheena Burslie, Bret Schulz

Fri. Nov. 17: April Plante, Kraig Kundert, Olivia Simonson

Sat. Nov. 18: Jim Wertish, *David & Veronica Rolf

Sun. Nov. 19: Dan Schow, Hunter Smeby

Mon. Nov. 20: Ruth Mandt, Jill Lende, Joseph Lee, Layla Norton

Grace Community Food Shelf

Open Thursday, November 16th from 10:00am to 2:00pm..

Any question call 218-687-2250, leave a message.

CHURCH DIRECTORY

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

Wed. Nov. 15: 11:30am Mass at St. Mary's, Fosston; Adoration noon to 8:00 pm

Fri. Nov. 17: 8:30am Mass at St. Mary's, Fosston

Sun. Nov. 19: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed, Nov. 22: Adoration noon to 8:00pm

Sun. Nov. 26: 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
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. Nov. 19: 10:00am Coffee Hour; 10:30am Worship Services

Wed. Nov. 22: 7:00pm Thanksgiving Eve Worship Service

Sun. Nov. 26: 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
9:30am Mt Carmel
11:00 am Trinity

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

Sun, Nov. 19: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Nov. 21: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Nov. 22: 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. Nov. 19: 9:00am Worship

Sun,Nov.26: 9:00amWorship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

CALVARY LUTHERAN CHURCH
Winger

Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH- NALC
Erskine
Rev. Pam Thorson

Sundays: 9:00am Worship

Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

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

Please join us for a
Thanksgiving
DINNER
November 23 11AM-3PM
Hosted by FCA
505 Ward Ave
Erskine, MN 56535
Come for food & fellowship.
Bring a friend!
Please RSVP at 218.687.3733
or Text 218.280.3137
Free-Will Donation
All Proceeds Benefit FCA Students
M34-35C

McIntosh Thanksgiving Eve Worship Service
Wednesday, November 22, 2023 at 7:00 pm at Our Savior's Church
Offering will go to local food shelves both canned goods and monitory donations accepted.
Bars and refreshments served following the service.
All are welcome!
M35-36C

Sand Hill River One Watershed One Plan Public Hearing

NOTICE is hereby given that a public hearing on the draft plan for the Sand Hill River One Watershed, One Plan is scheduled for 11:15 a.m. Monday, November 20th 2023, at the Sand Hill River Watershed District located at 219 N Mill Street, Fertile, MN.

The public can view the draft plan online on the Sand Hill River Watershed District's website http://sandhillwatershed.org/1W1P.html. The purpose of this hearing is to present the comments received during the 60-day comment period. All persons are invited to attend the hearing and submit comments, written or verbal, that will become part of the official public hearing record. These comments will be considered when making final revisions to the Plan.

Partners in the One Watershed, One Plan effort include the Sand Hill River Watershed, Counties: Polk, Norman and Mahnomen, and Soil and Water Conservation District's: East Polk, West Polk, Norman, and Mahnomen.

M35C

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THE WINGER ENTERPRISE

3

Wednesday, November 15, 2023

Free entrance to MN state parks and recreation areas on Nov. 24th

Minnesotans encouraged to explore outdoors with friends and family over the holiday weekend.

The Minnesota Department of Natural Resources is waiving entrance fees to all 75 state parks and recreation areas on Friday, Nov. 24th, the day after Thanksgiving. This "Free Park Day" is one of four days each year when the DNR waives the requirement for a vehicle permit at state parks and recreation areas. The goal of Free Park Days is to encourage Minnesotans to get outdoors and enjoy the health and wellness benefits of spending time in nature.

"During the hustle and bustle of the busy holiday season, Minnesota state parks and recreation areas are the perfect places to enjoy the tranquility of nature," said Ann Pierce, director of the DNR Parks and Trails Division. "We encourage people to get outside with friends and family after Thanksgiving gatherings to enjoy the calming sights and sounds of nature."

Many published studies show the positive physical and mental health benefits of spending time in nature. According to the American Psychological Association, the calming and restorative qualities of nature help lower cortisol levels, which leads to reduced stress and improved cognitive function.

Some state parks will offer naturalist programs on Nov. 24th.

Among the programs planned on Free Park Day are guided nature walks at Whitewater, Wild River and Split Rock Lighthouse state parks. Most naturalist programs are free, but sometimes require advance registration. Check the parks and trails event calendar webpage (mndnr.gov/pt-calendar) for details.

Most state park offices and visitor centers will be minimally staffed on Nov. 24, so visitors are encouraged to plan ahead and arrive prepared for their visit.

Check visitor alerts and find directions on state park webpages (mndnr.gov/park-list).

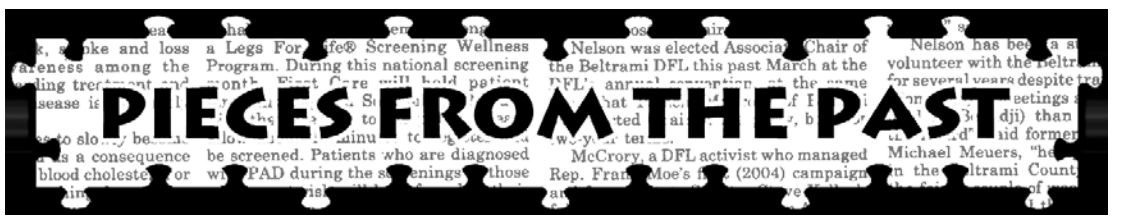
Download the Avenza app and the geoPDF map for the park you'll be visiting before the trip.

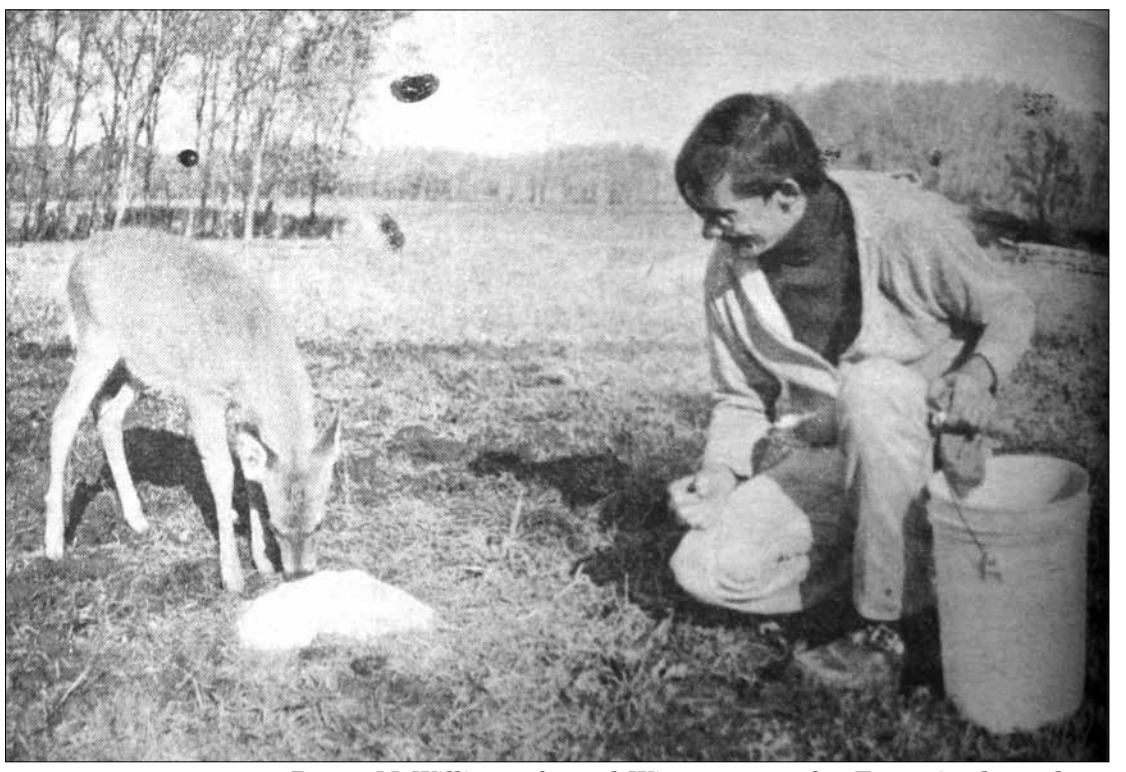
The app and maps are free, and maps will display a user's current location even when not connected to the internet or cell service. Find information on the DNR's geoPDF map webpage (mndnr.gov/geopdf). Visitors without a smartphone should look for paper maps outside the park office.

Visit the self-orientation signs near the park entrance for suggestions on what to see and do in the park.

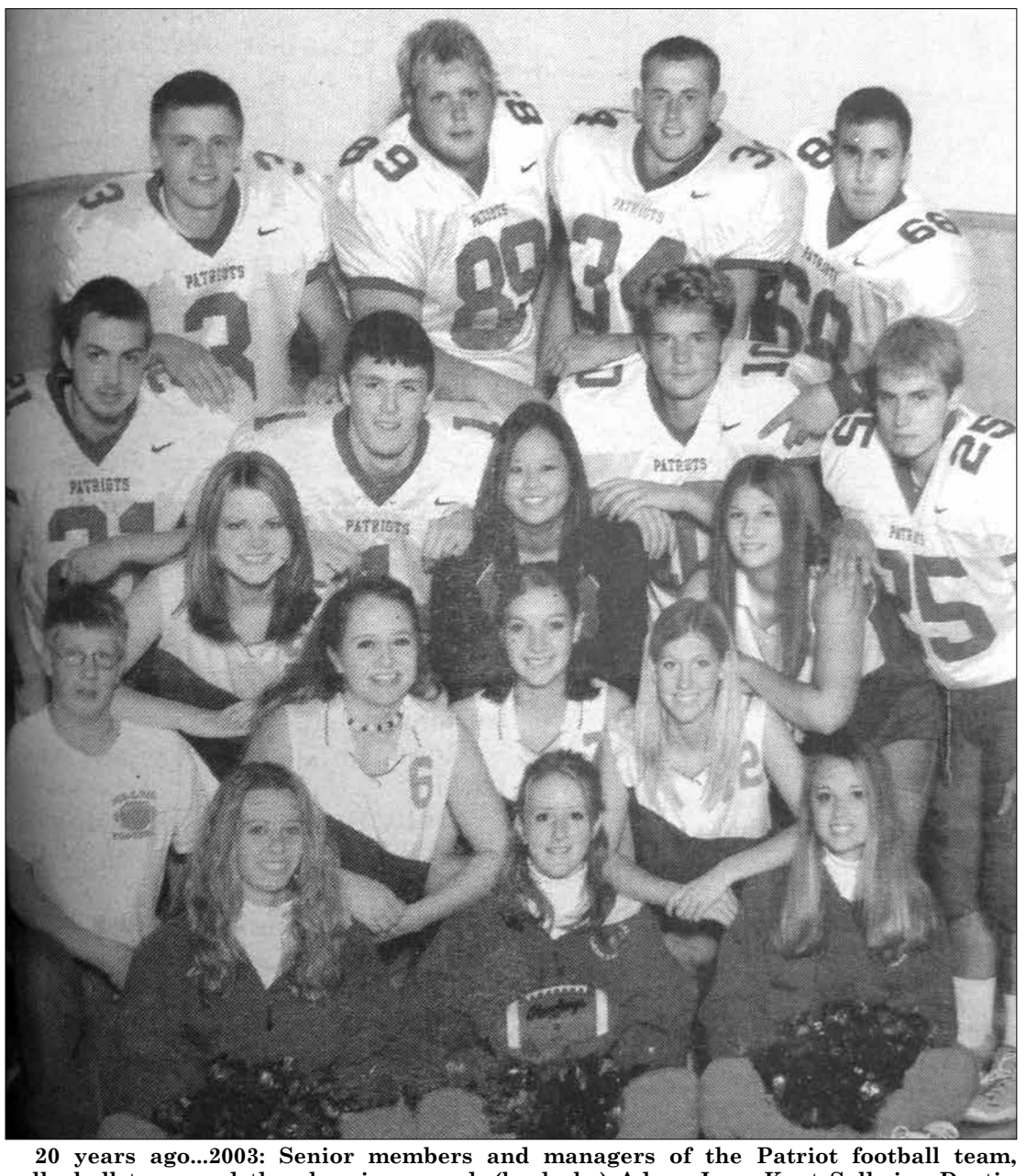
Check the weather forecast before leaving home, and dress appropriately for the conditions. Be sure to pack water and snacks.

For more information, visit the free park day webpage (mndnr.gov/freeparkdays).



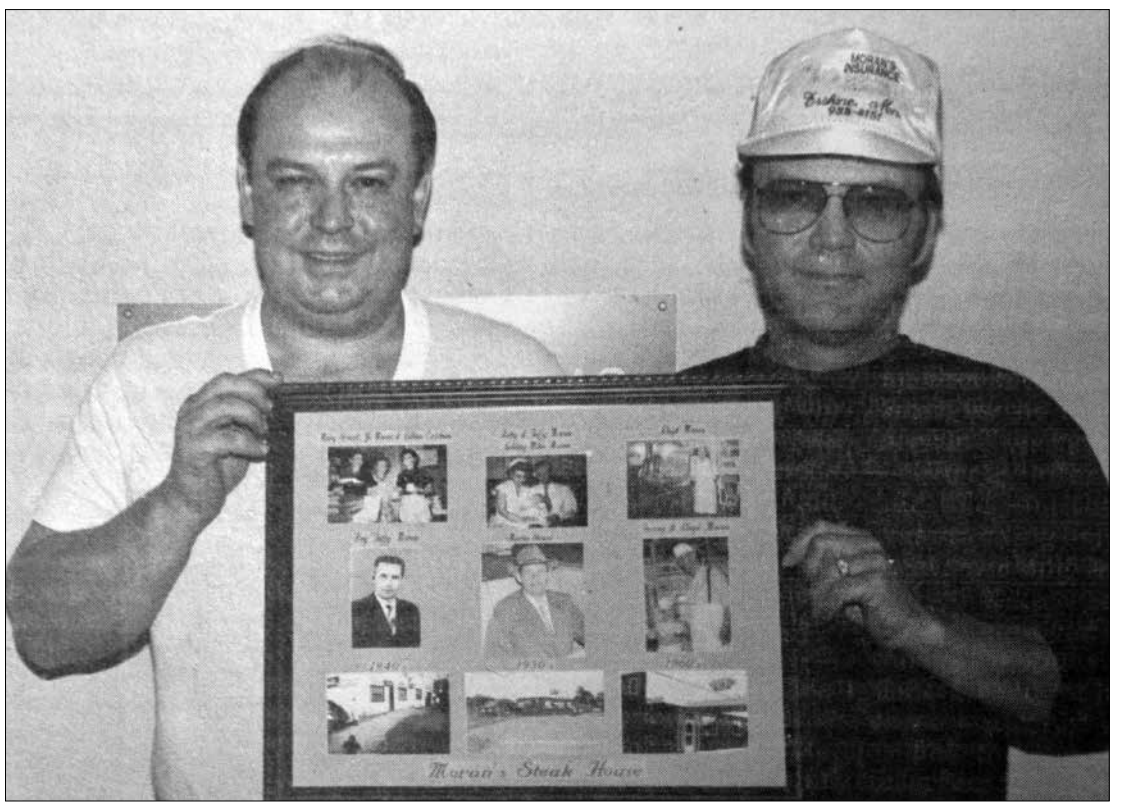


40 years ago...1983: Bruce McWilliam of rural Winger cares for Fawnzie these days. When the little fawn lived with the Burslies, it was known as Bambi.

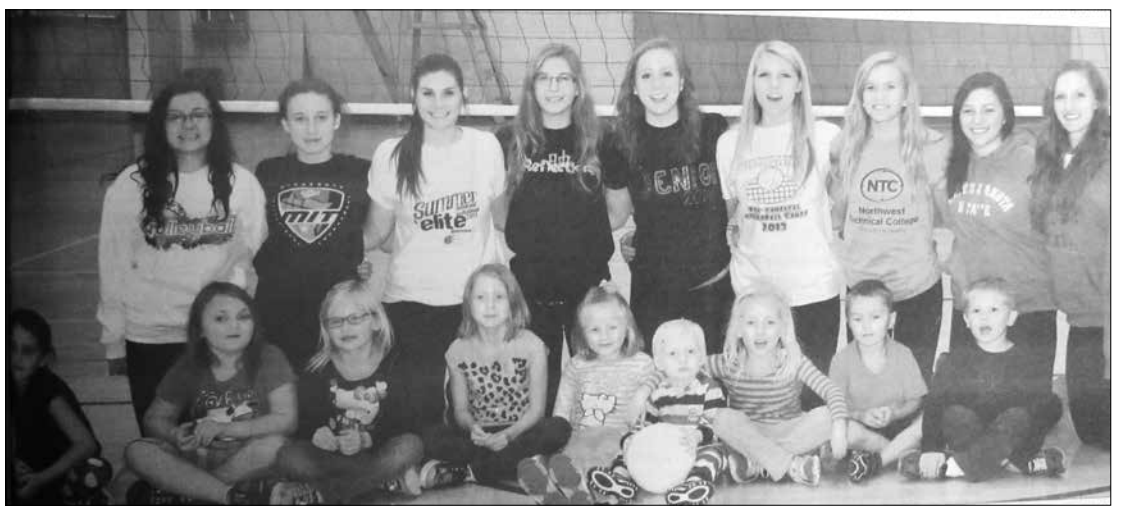


20 years ago...2003: Senior members and managers of the Patriot football team, volleyball team and the cheering squad. (back, l-r) Adam Jore, Kent Solheim, Dustin Vedbraaten and Andrew Wandersee; (row 2) Chris Gagner, Justin Moran, Tom Mullen, and Leo Winter; (next row) Ashlee Stordahl, Sarah Lundquist, and Katie Galland;(next row) Nathan Moran, Claire Giannonatti, Samantha Brubacker, and Kristi Schow; (front) Cassandra Boucher, Lacy Oian and Ashley Haugen.

(Pictured right) 10 years ago...2013: The Win-E-Mac Varsity Volleyball Team hosted a Volleyball Buddies night with the ECFE kids on Columbus Day, Monday, October 24th. (back, l-r) Jordyn Ose, Kara Sonstelie, Brittany Lee, Karina Morrison, Shelby Kaster, Olivia Simonson, Kelsey Knutson, Brooke Christenson, and Korbyn Ross. (front) Destiny Molstad, Presley Haugen, Josie Fortman, Sydney Svalen, Kalli Roy, Logan and Josie Johnson, Jayden Haugen and Carter Fortman.



30 years ago...1993: Mike and Danny Moran have been continuing the family tradition in the restaurant business started by their grandfather in 1946. They continually look for ways to improve service to their customers, and have added a new dimension to their establishment in recent months, Moran's Supper Club is now open for lunch business. The two men are holding a collage of photographs that depict the supper club's progress, and some of the special employees that have been involved with the supper club in the last forty seven years.



Friday, October 27th was the Win-E-Mac Halloween party

Hawkin Roed

Edith Gieseke

Dawson Gunufson

Torvi Benbo

Superintendents Notes

By Randy Bruer

Inclement Weather

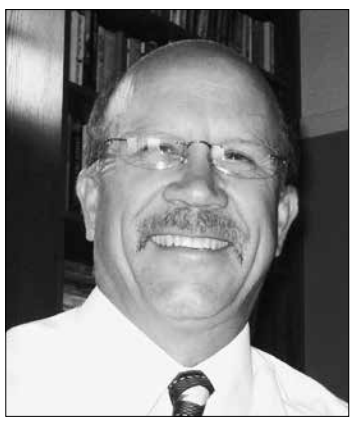
Snowy weather will soon be upon us and we will be faced with decisions to close school because of unsafe weather conditions. The district will use a School Reach system to notify parents and students when unsafe weather conditions are upon us.

Please check your communications info with the school for accuracy. We will send out a notification to your home phone, cell phone, email or other means of programmed communication if such weather exists. If we have nasty weather, please listen to the TV station of KVLY and Fosston KKCQ and Crookston KROX radio stations for emergency weather announcements. We make numerous contacts and visits throughout our district and region to make a concise decision of whether to close school or not. Our priority is the safety of students.

This year we will be using e-learning days if we are forced to take a snow day. Students should take their technology with the day before if bad weather is suspected.

School Levy

Around Thanksgiving each of you will receive your Proposed Property Tax Statement/s. The school levy Portion of the Statement for the 2023 Pay 2024 school year will show a 6% increase. This is due to three factors: school enrollment, increased Market Values and inflationary adjustments based on the CPI referendum conversions. Compare the Market Value and tax



comparison to last year to see the differences. This past summer we resurfaced our school parking lot. Due to a reduction of debt service payment this year, the timing was right for the school to add a 2-year payment which would not increase the school debt service levy due to a reduced cost of interest payment. The district made no extra increases in the levy. People who own Ag property or farmland will continue with the reduced tax due to the Ag credit legislation passed in 2019. Ag credit will be used for Agriculture and timberland owners in 296 school districts to reduce bond debt taxes. This is a new property tax law only applied to Ag acres and timberland, so the tax burden of school buildings is not a heavy burden on farmers. See table below.

Taxes Payable Year -	Total Ag2school credit
2021	55%
2022	60%
2023	70%

Strategic Planning

Our school board is moving through a lengthy process to determine the direction of our school for the next 5 years. We have asked our staff, parents, students and patrons to give their time in this direction planning.

We did list a survey on our webpage in August for patrons to assist in giving us some guidance in this process. Now we are meeting in person with up to 30 of these members to identify the direction of the district for the school board to consider. After numerous meetings and planning, we will have a new direction and plan available for everyone to review. This will be completed by the end of December.

Sports

Both the Volleyball and Football had a fun season with a lot of excitement for all. We are proud of our girls and boys, and Thanks to the coaches and athletes for all the memories and hard work they put into the sport. The Girls and Boys Basketball seasons are beginning soon. If you are looking for something to do this winter season, please visit our Garden Valley TV station or come in person.

Construction Trades Program

The Building Trades class built a new 8-hole heated icehouse to sell. Its brand new and needs a home. Come and see the house. This project provided students with many concepts of building a house on a smaller scale. For details, call the District Office. Call 218-563-2900 or email rbruer@win-e-mac.k12.mn.us.

Geographic disparities in MN youth

Sexually Transmitted Infections (STI), Pregnancy and Birth.

Polk-Norman-Mahnomen Community Health Services emphasizes the importance of Reproductive and Sexual Health Services for our youth. Pregnancy and birth disproportionately impact greater Minnesota while STIs affect youth regardless of geography.

Although the numbers of pregnancies and births are larger in the Twin Cities metro area, the rates of pregnancies and births are higher in greater Minnesota.

The ten counties with the highest teen birth rates are all in greater Minnesota. Despite historic lows, the United States continues to have one of the highest adolescent pregnancy and birth rates among high-income nations.

In rural areas, such as Polk, Norman and Mahnomen counties, access to confidential, affordable, youth friendly health care may be limited. There are large geographic disparities in sexual health clinic hours of availability and distance to service. In rural counties of Minnesota, 37% have no sexual health clinic location in the

county itself.

According to the Minnesota Adolescent Sexual Health report, although they account for only 6.5% of the population in Minnesota, adolescents age 15-19 accounted for 24% of the chlamydia and 14% of the gonorrhea cases in Minnesota in 2022. Females have a significantly higher rate of chlamydia and gonorrhea compared to males.

In Minnesota, STIs remain at extremely high levels. In 2022, there were 20 new cases of HIV among 15– 19-year-olds in Minnesota, this is an 82% increase from 2021. Higher STI rates among young people are likely due to a combination of: biological, behavioral, and cultural factors; barriers to accessing health services such as transportation, cost, and concerns about confidentiality; and peer and media influences.

Getting yourself tested for STIs and using safe and reliable contraception are two of the most important things you can do to protect your health. Testing is quick, simple, and confidential.

Contact Polk County Public Health for information about STIs, birth control options and affordable clinic services. STI testing is available by appointment and is a confidential, low to no cost service. Please call 218-281-3385 or text 218-280-1117 to make an appointment. No one will be turned away for inability to pay.

Win-E-Mac announces first quarter Honor Roll

The following Win-E-Mac Senior High School and Junior High School students have attained either an "A" or "B" average in academic subjects for the first quarter of the 2023 - 2024 school year. Congratulations! To be eligible for the "A" Honor Roll, you need to have attained a 3.76 - 4.00 GPA (grade point average) and to be eligible for the "B" Honor Roll, you need to have attained a 3.00 - 3.75 GPA.

Seniors

"A":
Justin Courneya
Ava Howard
Isabelle Morinville
Emily Olson
Luella Strom
Kyra Stuhaug
Jaime Stuhr
Kianna Tadman
Brooke Tofstad

"B":
Cameron Bergman
Foma Cheremnov
Wyatt Davis
Dylan Hagen
Ryan Kangas
Kailee Kramer
Kayleena Kutsev
Preston Lecy
Emma Lundy
Oscar Moldestad
Emily Strom
Clare Stuhaug
Hana Thompson

Juniors

"A":
Arianna Dickinson
Sava Erofeeff
Josie Fortman
Mason Halstad
Johnathon Haverkamp
Bergen Howard
Colten Mandt
Evelyn Ryan
Danielle Winter

"B":
Clay Below
Emelia Boianoff
Kaylee Dickinson
Braylon Hamre
Calvin Hill
Julian Janisch
Livaeh Kiecker
Ericka Kramer
Callista Lewis
Shelby Long
Ustina Mametieff
Shelby Mandt
Kassidi Qualey
Brayden Sander
Abigail Sauer

Sophomores

"A":
Paige Breitbach
Cambell Brown
Josie Johnson
Lauren Kaupang
Joy Neubert
Karlie Schow

"B":
Daniel Boianoff
Jordyn Halstad
Cody Johnson
Claire Juve
Riley Kochmann
Klaudia Kutsev
Courtney Lecy
Alexa Morberg
Adrian Ryan
Hudson Smeby
Cameron Svalen
Hunter Westcoff

9th Grade

"A":
Joe Courneya
Carter Fortman
Austin Johnson
Hayden Johnson
Austin Langseth
Nathaniel Spry
Jareth Walk

"B":
Ashton Anderson
Cora Earls
Adrianna Fitzgerald
Macie Haskett
Chloe Howard
Caralina Janisch
Clara Kolden
Theodore Mortiz
Kolten Schow
Lillian Shimpa
David Zarkoff

8th Grade

"A":
Andrew Austin
Haylee Beckett
Charles Carlson
Jayden Close
Lukas Gensburger
Cooper Gieseke
Adylaide Hickman
Stephen Kutsev
Ella Langemo
Khloe Luckow
Nickolas Schow
Bella Senn
Krista Shimpa
Kale Smeby
Peyton Solie
Owen Strom
Ella Subbert

"B":
McCauley Anderson
Julian Boianoff
Abraham Cheremnov
Addison Clow
Garett Davis
Susana Erofeeff
Axel Fuglseth
Callie Herriman
Cameron Holthusen
Malaina Jax
George Juve
Eleanor Kaiser
Elsii Kiecker
Avery Maness
Adara Peterson
Rylin Rischmiller
Nikolas Solheim

7th Grade

"A":
Bennett Bailey
Grady Breitbach
Emma Determan
Adrienne Goldsmith
Ana Kolden
Megan McGlynn
Corbin Moran
Mya Strom

"B":
Stella Davis
Aria Doyle
Carson Fortman
Ethan Geray
Levi Halstad
Santiago Janisch
Vasily Kutsev
Vivea Kutsev
Larissa Martushev
Madelyn McKinney
Alexander Molina
Liam Schow
Shelby Shimpa

WEM School Announcements

Open gym starts this Sunday, November 5th from 3:00pm to 6:00pm.

Boys and Girls 7th grade-12th grade that are planning to participate in GBB, BBB, or cheerleading this winter needs to make sure they are registered for these activities online. Some did this in the fall, but there are still a lot who need to do this. You cannot start these activities until you are registered online. On our website click on the activities tab, then select registration/signup.

Attention Sophomore and Senior families! Jostens will be at school on Tuesday, November 7th to discuss class rings and graduation items. They do have an order deadline on Friday, November 11th. So, watch for special promotions as we approach that date. An email will be sent out that week with more information, so please check your email for more information!" Sophomores will meet in the band room at 2:15 and Seniors will meet in the band room at 2:40 for these meetings.

Yearbook Pre-sale. Order a Yearbook, Get a Donut at Delivery in May! Cost is $40.00 now and until December 20th. Cost increases to $50.00 after December 20th.

Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours. Complete the form below and return it with your payment.

Parents, are you ready to support your student's gaming passion? Our esports program is launching this year, offering students the chance to compete, strategize, and triumph over opponents from other schools. Embrace the spirit of healthy competition and be part of their journey towards the state tournament! Encourage your student(s) to join the eSports Google Classroom (link in an email from Mr. Hanson, sent to all High School students) to learn more

The Win-E-Mac chapter of the National Honor Society is teaming up with Garden Valley Technologies in order to collect new/used winter clothing for our communities. All sizes boys and girls.

Items can be put in drop boxes located at the school and in the Garden Valley retail store from November 6th until November 17th.

Pictured below: Alex and Vini Hedlund all dressed up in their costumes, enjoying the Win-E-Mac Halloween Party held on Friday, October 27th and sponsored by the Win-E-Mac Junior High Student Council.

The Plante family, Nick, Clarissa, Asher, Autumn and Adalyn, along with sister (and Aunt) Breelyn Hegre during the Win-E-Mac Halloween Party.

Did you know?

Estimates from the Department of Veterans Affairs indicate that there were around 19 million veterans in the United States in 2021. Veterans Day, observed each year on November 11, honors all those who served honorably in the U.S. military during both wartime and peacetime.

Data from the VA indicates that, as of 2016, Gulf War veterans account for the largest share of all U.S. veterans. Roughly 7.8 million veterans served during the Gulf War. Vietnam veterans also make up a sizable percentage of U.S. military veterans, as VA estimates indicate there were approximately 5.9 million veterans who fought in the Vietnam War in 2021.

Though veterans need not have served in wartime in order to be recognized and honored on Veterans Day, the vast majority of U.S. veterans served during wartime. According to the VA, 78 percent of veterans in 2021 had served during wartime