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McINTOSH Times

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McIntosh, Minnesota



Sheree Breckel and Paulette Kringlen were presented with plaques for their years of service at First National Bank in McIntosh.

Sheree Breckel and Paulette Kringlen reach bank milestones

Recently both Sheree Breckel and Paulette Kringlen were honored for their years of service to First National Bank in McIntosh.

"I would like to congratulate both Sheree and Paulette for their contributions and accomplishments. No matter what role has been taken over the years, the length of time they have spent here shows great loyalty and commitment. It's something we just don't see in almost any industry anymore," said Bank VP Philip Lee.

Sheree came to McIntosh

with her husband Mike in January of 1990 from North Dakota and worked at the grocery store before starting at First National Bank in February of 1992. Prior to working at FNB, she had no banking experience. Her primary duty was as a teller, job sharing with Paulette working the teller line three days a week, while coming in to work on "Social Security Day" and "Statement Day" each month. When she

Bank...
Continued on page 2 ...

Paul Carlson honored with a Quilt of Valor



Paul Carlson with his wife, Donna Rae with the Quilt of Valor that was presented to Paul for his military service.

Over 300 people were present when Paul Carlson was presented a Quilt of Valor by Kathryn Carver during the 10th Annual Caring Friends Concert held at the Bagley High School on Saturday, February 11th.

Paul is a Vietnam veteran from Winger. During his time in the military his job was to keep the Cobra Helicopters repaired.

The quilt is an honor that the Quilts of Valor program started a few years back. The group is out of Fosston, and they make approximately 15 to 20 quilts each year to present to area veterans.



Win-E-Mac graduate, Madison McKeever who is a freshman at USD.

McKeever named 'Sixth Woman of the Year'

Four women from the University of South Dakota Coyotes Women's Basketball team were honored by Summit League including freshman Madison McKeever was named Sixth Woman of the Year as the Summit League released its women's basketball post season awards on Thursday, March 3, 2017. Those honored were selected by the league's head coaches, sports information directors and media.

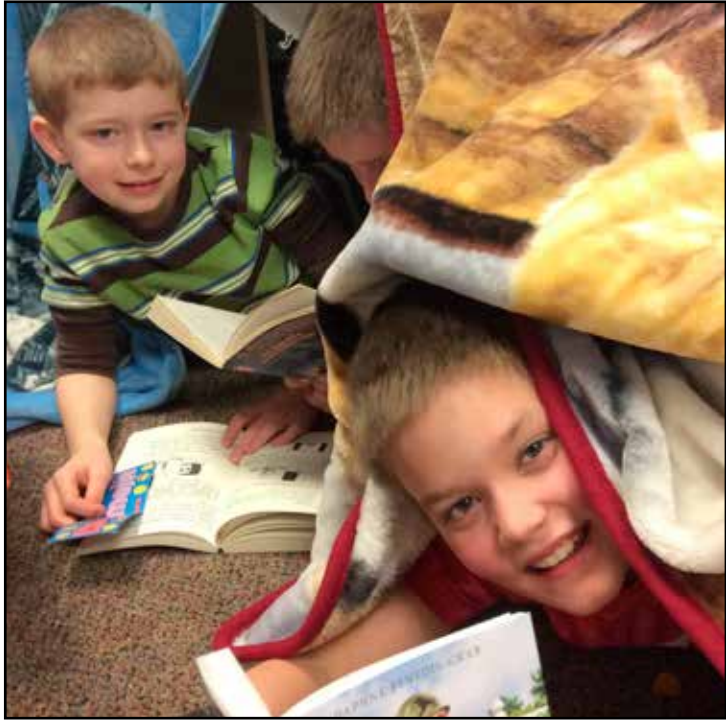
Without a change to the Coyotes starting lineup from game one, McKeever has been a true sixth woman in providing a spark off the bench. A USD Coyotes guard from Erskine, MN, McKeever, a 2016 Win-E-Mac graduate, leads the Coyotes with 46 steals. She added 7.8 points and 2.0 assists per game. McKeever posted eight double-figure games during the season, including three of the final four. The freshman becomes the first Coyote to earn the Summit League's Sixth Woman award.

Students at Win-E-Mac Elementary celebrate reading

Students at Win-E-Mac Elementary took part in ReadQuest, a nationwide reading event on Friday, March 3, 2017. They joined more than 12,000 educators and tens of thousands of students in Renaissance's annual one-day reading celebration that encouraged K-12 students to celebrate the power of reading—and the incredible places it takes us.

Students read books, non-fiction articles, and took Accelerated Reader 360® quizzes on what they had read to contribute to the national reading effort.

On the ReadQuest website, students were able to see their quizzes count toward the live books-read ticker, the results of the poll in Accelerated Reader 360, and the random winners drawn throughout the day.



William Klawitter and Hudson Smeby read last Friday as Win-E-Mac school took part in ReadQuest.

er) "They loved seeing their Accelerated Reader 360 quizzes count toward the national books-read ticker. Our students gained valuable reading

practice, strengthened their vocabularies, and had a blast. We're so proud of our students and can't wait until next year's event."



The cast of the Win-E-Mac Junior High play "Sleeping Beauty and the Beast" include: Front: Savahanna Svalen, Bryce DuChamp, Katrina Jackson, Haley Sander, Olivia Paradis, Hunter Trandem; Middle: Jadon Kangas, Jamie Jerdee, Jhana Saeland, Anisha Saeland, Rebecca Armey, Maci Smeby, Josh Hegre; Back: Brock Trandem, Paige Breckel, Grace Kaupang, Zach Simonson, Kobe Hamre, Gavin Walker, Chase Shear, and Anton Hickman.



Community Calendar

- Wed. March 8:** McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's
- Thurs. March 9:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council meeting @ Community Center 5:30pm
- Fri. March 10:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Sat. March 11:** WEM Junior High Play 7:00pm
- Sun. March 12:** WEM Junior High Play 2:00pm
- Mon. March 13:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tues. March 14:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. March 15:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. March 16:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. March 17:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. March 20:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tues. March 21:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



WEM to present Junior High Play

Win-E-Mac Junior High School students will present "Sleeping Beauty and the Beast" a comedic fairy tale mash-up by Wade Bradford this Saturday and Sunday at the Arts and Event Center.

The play will take place on Saturday, March 11th at 7:00 pm and again on Sunday, March 12th at 2:00 pm.

The play features Win-E-Mac students in grades 7-9 and is directed by Andrew Hanson and Donna Parenteau.

Make sure to come out to support these talented kids!



Treating weather-related joint pain

Early spring is often marked by wind and rain that precedes the more welcoming warmth synonymous with late spring and summer.

Rainy, damp conditions may be great for homeowners looking to revitalize their lawns and gardens, but such conditions can wreak havoc on achy joints, especially for those who experience arthritis. Although there is no concrete proof to link aching joints and muscles with damp weather, rheumatologists are often asked why achy joints and muscles tend to ache that much more in damp weather.

Dropping barometric pressure, which occurs when rain is on the horizon, may cause tissues to swell. Swelling tissues in already inflamed joints can add to pain, especially if these tissues push into nerves and muscles in the area. According to a survey published in the journal "Pain", two-thirds of people living with chronic joint pain believe there is a link between their pain and weather changes. Changes in humidity and temperature also may play a role, affecting pressure all over the body. Joint pain may not be the only effect, as some people get headaches as well.

While spring may be a painful time of year for sufferers of joint pain, there are steps such men and women can take to alleviate some of those aches. When rainy or cooler temperatures loom, try these ideas.

- **See your doctor.** If your pain is growing more severe, consult with your doctor, who may be able to develop a plan that helps you deal with the changing seasons more comfortably. Doctors may suggest chiropractic manipulation, or physical therapy or prescribe pain medications.

- **Keep the body warm.** Cold limbs and joints may be more prone to stiffness and pain. Dress in layers and use heating pads to combat chilly temperatures.

- **Exercise painful joints.** Rely on low-impact exercises, such as walking or swimming, to loosen up stiffness in the body. Loosening up and stretching before any intense workouts is recommended.

Rainy weather may be in the forecast, and that can mean increased pain for those with achy joints. Working with a medical professional can help take the "ouch" out of seasonal changes

Thank you to Neil's Quality Meats & More for the food basket that I won for their Valentines promotion. It was wonderful!

Thanks again,
Corky Syverson

Did you know?

If you think that the only way to exercise and burn calories involves gym equipment, think again. Yard work can be just as challenging as a thorough aerobics workout at a nearby fitness club. To reap the greatest benefits, gardeners should use as little motorized machinery as possible. Manual tools will get you moving and can burn a substantial amount of calories. Try to vary positions and alternate which hands you use to reduce strain and get an even workout. Fitness experts say that gardening can improve strength, increase endurance and assist with flexibility. According to a report in the UK publication The Telegraph, clearing a pond or weeding can burn some 300 calories in an hour. Forty-five minutes worth of gardening can burn as many calories as 30 minutes of aerobics.

REGULAR COUCL MEETING

Thurs. March 9, 2017
5:30 P.M.
Community Center

CALL TO ORDER:
PLEDGE OF ALLEGIANCE:
ROLL CALL:
DETERMINATION OF QUORUM:
AGENDA ADDITIONS:
APPROVAL OF MINUTES:
a. FEBRUARY 9TH, 2017
PUBLIC CONCERNS:
OLD BUSINESS:
a. WELLHEAD PROTECTION PLAN, PART 1
b. REFINANCING POPLAR MEADOWS
c. DEPUTY CLERK
NEW BUSINESS:
a. COMMUNITY CENTER KITCHEN UPDATES
b. AIRBORNE CUSTOM SPRAYING CONTRACT
c. PET REGISTRATION DAY AT FIRE HALL
d. CLEAN UP DAY
e. RESOLUTION – GAMBLING LICENSE – THE COOP
f. RESOLUTION – GAMBLING LICENSE – THE CLUB BAR & GRILL
APPROVAL OF MONTHLY BILLS:
COUNCIL & STAFF REPORTS:
NOTICES & CORRESPONDENCE:
ADJOURNMENT:

M50C

NOTICE: Sletten Township

Sletten Township will hold it's Annual Meeting and Election of Officers Tuesday, March 14th at the Town Hall with election hours 5:00 – 8:00 pm.

Town Officers to be elected are: Supervisor - 3 yr. term and Treasurer - 2 yr. term. Annual meeting to follow after election. **Attention:** In case of inclement weather, the meeting will be held the following Tuesday, March 21st at the same polling place and time.

M49-50C

NOTICE OF MEETING OF STOCKHOLDERS OF FOSSTON TRI-COOP

Fosston, Minnesota

Notice is hereby given that the Annual meeting of stockholders of Fosston Tri-Coop will be held at Ventures Bar & Grill in Fosston, Minnesota on Thursday, March 16, 2017. 5 p.m. meeting with a supper to follow.

The business meeting will include the presentation of the annual report and election of three directors, who will serve a term of three years.

Dave Kiecker
Secretary-Treasurer

M49-51C

Bank...

Continued from page 1 ...

started, most of the functions were paper trailed, so very little was done electronically. Many of the locals would come in to pick up their statements from the drawers behind the counter instead of mailed out. In 2005, Sheree was promoted to Teller Supervisor and carried all functions pertaining to ACH transactions and primary bookkeeping functions. She has held this position since that time.

Paulette began as a substitute teller in 1982 while also providing daycare out of her home. Paulette had an education background in business management. She wanted to be a teacher, but her father had talked her out of it because at the time there was an overabundance of teaching positions in the area. Business was seen as more durable and applicable. Paulette recalls a much busier bank environment when she started as there were no automated functions and all bookkeeping was done on site. Large sorters for checks and daily courier runs made for a lot of foot traffic. There were no direct deposits or mobile applications to take care of your business. Social Security day and School payroll day were very busy and she worked on those days as well. Paulette's time at the bank increased to a regular part time schedule in 1989, which she job shared with others until going full time as an assistant cashier in 1997. In January of 2014, she was promoted to Cashier at First National Bank where she serves her current role. The banking environment has changed drastically since her first days here in McIntosh.

Congratulations to these two ladies for such dedication and spirit. Phil Lee says it best, "While we have seen many instances of mistrust or lack of integrity within banking over the last few years, examples of such service to their community such as this drive home the benefits of community banking. They both have been an important part of making our customers feel like they matter and can count on us when they need us."



King Township Notice of Annual Election and Meeting

The annual meeting and election for King Township, Polk County, State of Minnesota will be held on Tuesday, March 14, 2017 at the McIntosh Community Center.

The annual meeting will take place at 3:00pm and voting will follow for one supervisor for a term of 3 years and one clerk for a term of 2 years.

M49-50C

Polk County Public Health

To schedule an appointment at the McIntosh Office of Polk County Public Health, please call 218-563-2010. Please remember, foot bare is by appointment only.

If you have any questions about foot care clinics or other services provided by PCPH, please call any of the offices: Crookston 218-281-3385; East Grand Forks 218-773-2431; or McIntosh 218-563-2010.

VFW Auxiliary #6891 News

The March meeting of the VFW Auxiliary #6891 will be held at 5 p.m., Monday, March 13, at The Club in McIntosh.

Part of the meeting will be to complete the annual reports that are due to the 9th District President by March 31, 2017.

A report of the 9th District VFW Auxiliary meeting held on March 4 will be given.

Anyone that has plastic bags can bring them to The Club. The 9th District VFW Auxiliary members are making crocheted mats out of plastic bags for homeless persons and Veterans. The pattern is very easy in the event that someone else wants to give it a try. A VFW Auxiliary member from Roseau gave the presentation on how to make these crocheted mats. These mats keep the individual from having to sleep on a wet sidewalk or in a damp area.

All Auxiliary members are urged to attend. The April meeting will be the election of officers and the May meeting will be to induct the officers for 2017-2018.



Food for Fines at Mac Library in March

At Lake Agassiz Regional Library, during the month of March, you can bring your overdue library materials back to the library with unexpired, non-perishable food items and we will erase your late fees! 1 non-perishable food item equals \$2 fine waived. The donations will be donated to the local food pantries.

Community Birthday and Anniversary Calendar

Wed. March 8: Tanner Graff, Michael Sylstad, Tara Burthwick, Wade Hedlund

Thurs. March 9: Dennis Boucher

Fri. March 10: David Hagen, Lori Roed, Anna Tofstad, *Scot & Emily Carlson

Sat. March 11: Albert Plante, Karen Thompson

Sun. March 12: Sheldon Burslie, Rebecca Schommer, Kris Rue, Rachel Carlson, Cindy Lecy

Mon. March 13: Sylvie Strom, Christian Widman, Henry Swanson

Tues. March 14: Barbara Rolf



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McINTOSH Times

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. March 8: 1:00pm Mass at McIntosh Nursing Home; 5:30pm Mass at St. Mary's, Fosston

Sun. March 12: 8:00am Confession; 8:30am Mass at St. Mary's Fosston, 10:30am Mass at St. Joseph's, Bagley

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

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejor Supply Pastor

Gordon Syverson

Sun. March 12: 8:30am Worship at Immanuel; 9:45am

Worship at Calvary

Sun. March 19: 8:30am Worship at Immanuel; 9:45am

Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor

Gordon Syverson

Wed. March 8: 6:00 pm to 7:00 pm there will be a Lenten

Supper with proceeds going to Dylay Roy's and Kobe Hamre's mission trip to Denver, Colorado this summer

Sun. March 12: 11:15am

Worship Service

Sun. March 19: 11:15am

Worship Service.

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Wed. March 8: 1:30pm Bible Study at The Country Place.

Sat. March 11: 8:00pm

Prayer Meeting

Sun. March 12: 9:30am

Sunday School and Adult Bible Study; 11:00am Worship Service;

Tues. March 14: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. March 15: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Thurs. March 9: 7:00am

Men's Breakfast at Mt. Carmel

Sun. March 12: 9:30am

Worship at Trinity; 10:45am

Sunday School at Trinity; 9:45am

Sunday School at Mt. Carmel; 11:00am

Worship at Mt. Carmel; 12:15pm

Confirmation at Mt. Carmel

Thurs. March 16: 7:00am

Men's Breakfast at Mt. Carmel

Sun. March 19: 9:30am

Worship at Trinity; 10:45am

Sunday School at Trinity; 9:45am

Sunday School at Mt. Carmel; 11:00am

Worship at Mt. Carmel; 12:15pm

Confirmation at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson

Sun. March 12: 9am

Worship Sun. March 19: 9am

Worship

DOVRE FREE LUTHERAN Pastor Don Edlund

Wed. March 8: 6:00p

Confirmation Class; 7:00pm

Lenten Services, Youth serving after-

wards

Sun. March 12 : 10:00am

Worship Service; Sunday

School to follow worship service; 7:00pm Bible Study; Je-

sus the One and Only

Wed. March 15: 6:00p

Confirmation Class; 7:00pm

Lenten Services, Youth serving after-

wards

Sun. March 19: 10:00am

Worship Service; Sunday

School to follow worship service; 7:00pm Bible Study; Je-

sus the One and Only

Wed. Mar. 8: 5:30pm

Confirmation, Immanuel

Thurs. Mar. 9: 6:45pm

Bible Study, Poplar Lake

Sun. March 12: 8:45

Worship Service

Sun. March 19: 8:45am

Worship Service

Holy Communion 1st and

3rd Sundays



Recipe from Arlyne La Voi

Arlyne (Mecca) Roue grew up on a farm south of Fosston which her father homesteaded after moving here from Canada. She married Francis La Voi in 1940. They lived in Fosston for two years and then moved to Illinois where they spent two years. Francis and Mecca came back to Fosston and settled on her homeplace and lived there for 47 years.

The couple had the Prairie Lane farm where they raised milking shorthorns.

They had four sons, Dr. Jerry lives in St. Cloud and teaches at the college; Jeff, a John Deere dealer in Grand Forks; Danny and Scott of Fosston, who live

on the family farms. Francis and Mecca have 11 grandchildren and moved to town in 1986.

Meccas worked for the Hartz Store 5 years, Daisy's Drive-In for 7 years, the Fosston Potato Plant for 12 years and the Citizens Craft Shop and helped with the Senior Outreach Program.

Mecca also did volunteer work for the hospital, the Heritage House, Hospice and the One-Fund Drive.

She belonged to the Garden Club, liked to do craft work, quilting and oil painting.

Creamy Rice Pudding

2 cups rice
1 pint milk
¾ cup raisins
3 eggs, slightly beaten
½ cup sugar
3 Tbsp. butter
1 tsp. vanilla

Put into a 1 ½ quart casserole. Mix well. Bake uncovered for 10 minutes, 350 degree oven. Cover and bake 45 minutes or until pudding is set. Serves 12.

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Winger News

Linda Pulskamp

Hello again from Winger and the Union Lake areas, where the ides of March are upon us. Our balmy weather has been replaced by some colder temps and a cold north wind that has gone with it. As we moved into the month of March the old saying has been in like a lamb our like a lion, so far I haven't decided what it is. Along with the transition into March we moved into the period of Lent before Easter and also St. Patrick's Day is right around the corner.

Believe it or not a flock of geese was spotted last week on one of the spring like days we had and also a group of robins was seen congregated in a friend's yard under a flowering crab tree eating the berries on the ground. Hopefully that means spring is right around the corner too.

News is pretty scant this week, I think that with so much sickness still making the rounds people are staying home to avoid it or are not doing anything because they are sick. Hopefully this too will soon pass.

Thursday the 23rd Paul Carlson stopped in at the Milton Carlson home for a eye opening cup of coffee and a brief visit on his way to work. Donna Carlson stopped by Milton's later that same day bringing Milton some home made soup.

Last Friday Mark and Betty Syverson were visitors with Helmer and Verlys Homme at the Pioneer home at Erskine. They enjoyed visiting and playing rook.

Saturday the 25th Kristen, Monte, Emma, Tory, Mia and Hadley Erickson and Mariah Gaulley of Fertile were all

visitors with Milton Carlson at Milton's home.

Butch and Linda Pulskamp visited on Monday with Donnie Johnson of Maple Lake, MN and Nola Abele at the Abele home in Fosston. That evening they all had supper together at Venture's in honor of Nola's birthday.

Chad, Michelle, Taylor, Jessica and Traydon Carlson of Fosston brought noon lunch last Sunday and were visitors with Milton Carlson at the Carlson home. Later that same day Chris, Sheila, Jade, Vincent, Jasmine and Carson Benesh were visitors at the Carlson home bringing with them cookies for a treat.

Camilla Aasen Pearsall of Minnetonka spent two weeks in Reedsport, OR in February visiting brother Noel and his wife Sheri, sister Janet and David Grundyson and Jennifer and Keith Tymchuk. Jenny is Jon Aasen's sister and the daughter of the late Lynn and Kay Aasen. Wonderful time, beautiful scenery near the ocean.

Sheldon and Rita Trandem were visitors on Tuesday with Helmer and Verlys Homme at the Pioneer Home at Erskine.

Tuesday morning Paul Carlson stopped in for coffee and a brief visit with Milton Carlson on his way to work.

Bev Helgaas of Glenwood was a visitor on Thursday morning at the Pulskamp home, she was on her way to Gully to spend a couple days with Sister, Cindy Johnson while Craig remained at the Pulskamp home where the guys have undertaken another project.

This is what I have gathered for the week, hopefully

the flu and colds will subside so people feel better and in turn we will have a bit more to report next week

Until then, you cannot hang out with negative people and expect to live a positive life.

From Bun Manor:

Friday afternoon, Bun, Dale, Bert and Joyce gathered at the Lunch Box for lunch. To Bun and Dale's astonishment, Joyce bought for the entire group.

Bun thinks Joyce maybe a little gun shy to buy again anytime too soon after she got the bill. The group does appreciate the free lunch. Now we have to get Bert to loosen up his wallet. That will probably be harder to get him to buy than Joyce.

Saturday afternoon Bun headed over to Erickson's Smoke House in Fertile to have lunch with Mark and Shelly Broden and Vern and Michele Anderson.

The occasion was to help Michele celebrate her birthday. They enjoyed listening to Vern and Michele tell stories about their recent trip to Aruba.

That same evening Bun headed into Winger for the spaghetti feed fund raiser at the Lunch Box for Terry Fryholz from Bejou. She is having health issues and bills come with doctoring. They had a nice turnout for the feed and they also had a silent auction and a bake sale. Some local notables were Carsten and Joanne, Elmyrna, Jerry Wang, Gale Melby, Buns buddy Bert and Dale. The crew at the Lunch Box should be commended on the fine job they did organizing the event.

Monday, February 20th Dale Balstad came down to Detroit Lakes where he met Matthew and his friend Haley prior to departing for their trip down to Houston. They are able to hear about Haley's window tint ticket as she was a bit late to the tavern, before heading

Notice of Annual Meeting and Election

Winger Township will be holding its Annual Meeting on March 14th, 2017 at 4:00 pm. The annual election for Winger Township will run from 5:00 to 8:00 March 14th, 2017. All proceedings will take place at Winger Town Hall.

Nate Johnson, Clerk

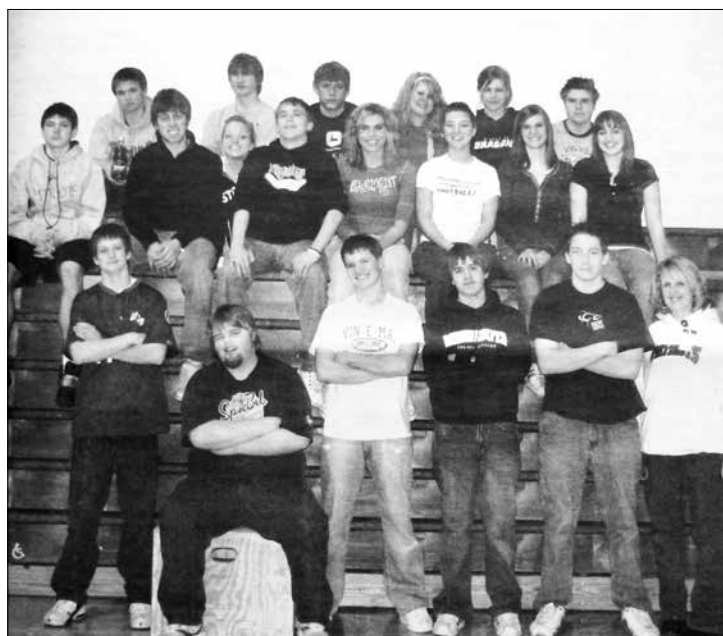
M49-50C

out. The next morning, Dale and Matthew headed down to Houston. After a couple of good flights with a minimal weather delay, the crew met Evan, and took off for their visit to Austin, TX. The town maintains a slogan of "Keep Austin Weird" and the group certainly found the town to be quite eclectic. After exploring the night life of Austin, the crew also enjoyed a tour of the Texas capital and the University of Texas campus and football stadium. Dale did offer his photography skills for an un-centered picture with the top cut off of the capital of Evan and Matthew, that you will get to see later. The group also witnessed the departure of the Mexican fruit bats from the Congress street bridge which is certainly worth the Youtube watch if you are not headed to Austin soon. The group then headed back to Houston where they got to see Nikki and Harrison, who has sure gotten big and even took his first two steps in Dale and Matthew's presence. The remainder of the trip was spent basking in the sun of Texas. Dale and Matthew did get to take a field trip to where Evan works to see his train dispatching skills in action. They also enjoy a big ol' batch of Crawdads at a local eatery. Dale and Matthew were also able to each score a BOGO half off shoe sale and Dale purchased a new pain of shades. On Monday, Dale and Matthew had an uneventful flight home. Pepper the dog has been lost with Dale and Matthew's company, but it will make the next time all the better. A great time was certainly had by all.



Gindele...

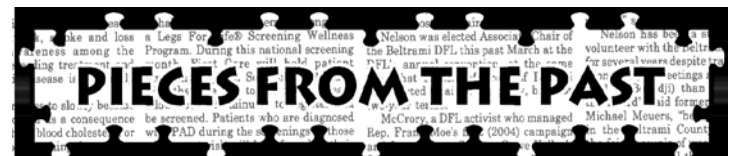
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10 years ago...2007: Win-E-Mac Senior High Knowledge Bowl is (back row l to r) Logan Cook, Joseph Lee, Casey Nornes, Alyssa Tranby, Rebecca Lee, Kelsey Smith and Sam Gagner; (front row l to r) Andrew Giannonatti, Jake Hertwig, Evan Massmann, Nolan Klinkhammer, Jarriid Wang and Coach Ann Vesledahl.



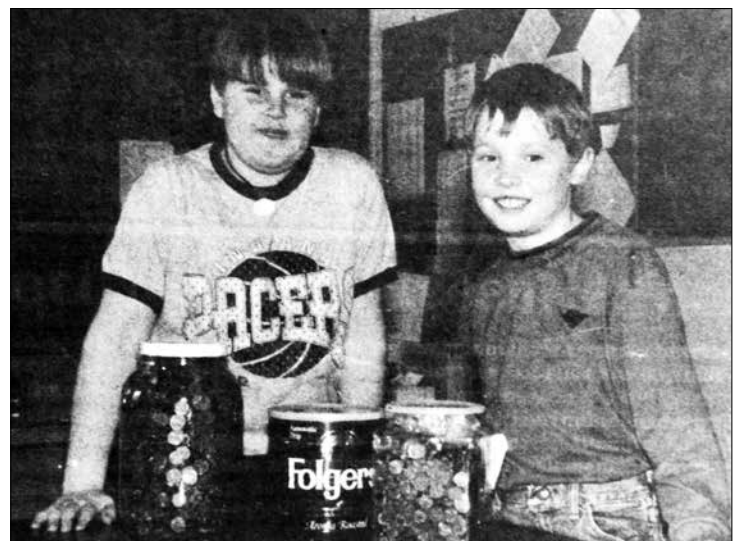
A nice day in Austin, TX. Dale was quite the photographer...almost got the whole rotunda and centered... Pictured Evan and Matthew Massmann.



40 years ago...1977: World War I Veterans who were honored guests at the American Legion Birthday Party on Monday evening in McIntosh were Ed Bertile, Haldor Hegg, John Hedlund and Johnnie Johnson. Other Veterans of World War I in the McIntosh Area not present were Gust Haugum, Martin Swanson, Fred Warren, and Albert Mandt, Sr.



30 years ago...1987: Having the last cup of coffee following the pancakes and eggs are Alfred Hegland, Clarence Hagen and Piney Edwards.



20 years ago...1997: Win-E-Mac Elementary Student Council members (L-R) Tyler Burslie and Eric Strand, are busy penny counters for the Leukemia Society. The 4th grade students are part of the fund raising program in the school gathering over 300 pounds in pennies for the Pennies For Patients program.



During the intermission of the 10th Annual Caring Friends Concert held in Bagley, Paul Carlson of Winger was presented with a Quilt of Valor. His family joined in the celebration of this honor.

Random Things and Stuff



Adult or Not?

By: Emily Lynne

What really defines when you are an adult? Does being 18 really make you an adult? Where is the point when you know you are no longer an adolescent, but an adult ready to make bigger decisions for your life? Do you ever feel 'ready' to be an adult?

Legally, people are considered an adult when they turn 18 years old. When you turn 18, you can now vote, gamble, and buy tobacco. But do these three things really define being an adult? When I turned 18 I was still in high school, which is probably a common case for most people. You are technically an adult, but you are still surrounded by "more adultier figures" telling you how you should be making your decisions. So, does this mean you are more of an adult when you graduate high school? In a way, yes. You are no longer considered a high schooler, and you are ready to go out and make your own decisions about where you would like to work

to earn a living, and you get to decide if you would like to pursue a college education.

Okay, so you are a freshmen in college or you are out in the workforce right out of highschool, is this what defines you as an adult? In some cases, yes. However, a lot of people still have the support of other "more adultier figures" in their lives helping them to continue making decisions that would be in their best interest. So you go through college, or the work force, and you have been out of high school five years. Does this make you an adult?

To me, I don't think there is ever a specific time you feel like you are an adult. I think there are times where you think, "Oh yeah I am the adult, I have to do such and such". But there are other times where I think, "who qualified me to be an adult and make these kinds of decisions?" I think you know that you are an adult when you take responsibility for your actions. Even if you make the wrong decision, you still take accountability for what you have done. I think this is what really separates adults from adolescents.

"I don't feel like adulting today, you will find me in my blanket fort, coloring, watching cartoons, and drinking from my juicebox"

Bisek.....

Continued from page 3...

that may help diagnose blastomycosis include a urine analysis, and an X-ray of the dog's lungs.

Treatment

Treatment is generally done at home, using oral dosages of an antifungal medication. The medication is relatively expensive and must be administered for a minimum of 60 days, or one month after all signs of blastomycosis have disappeared.

Dogs with severe difficulty breathing (a condition known as dyspnea) may require an supplemental oxygen until lung condition has improved. The preferred antifungal at the moment for dogs diagnosed with this infection is Itraconazole, which is better tolerated and has fewer side effects than older antifungal drugs. It is recommend a nutraceutical called quantum nucleotide, which helps to stimulate an immediate immune system reaction, as well as oil of oregano in capsule form, which is excellent support for a body fighting a fungal infection.

In severely prolonged infections, or when medication has not cured the infection, surgery may be necessary in order to remove part of an abscessed lobe in damaged lungs.

Living and Management

Continue to give the necessary antifungal medication regularly and limit the dog's physical activities -- this will help it avoid straining its lungs. A high-quality diet to stimulate the dog's appetite is also encouraged. Chest X-rays can help determine the duration of and response to treatment, and reveal any permanent changes in the lungs that may have resulted from the

treatment.

Although the disease is only spread from animals to people through bite wounds, humans may have been exposed to the Blastomyces organism at the same time as pets and should inform their physician if they have breathing problems or skin lesions, which are both good indicators of blastomycosis.

Prevention

This condition often is acquired in environments where decaying wood is found: farms, forests, wooded areas, camps, hunting areas.

Decay of other organic material is also conducive to its growth in soil, especially when the soil is not exposed to sunlight and remains damp all the time.

Conversely, the spores may be more likely to go airborne during dry weather, when the contaminated dust is lighter. It is not easy to predict exactly where the Blastomyces organism may be growing, and is thus difficult to avoid entirely.

The only useful recommendation that can be given is to avoid lakes and streams where risk of exposure is greatest. This is, admittedly, an impractical suggestion for most.

This condition is only rarely transmittable from animal to animal, or from animal to human. In the event that transmission does occur, it is when the animal has an open and draining wound, and it comes into contact with an open wound on the human, or the discharge from the animal's wound gets into the humans eye

Source: www.petmd.com
www.healthypets.mercola.com
www.cdc.gov

WEM ECFE

Friday Morning Playdates!

Join us every Friday for a mixed aged play date! Explore our themed learning centers, listen to stories, sing a song, enjoy a snack! 10:30am PreK Rm. Ages 0-5yrs old.

March Special Events:

Friday 3/10 NO ECFE class: Preschool Screening in McIntosh

Tuesday 3/14 6-7pm Little Artists! Join us at the McIntosh Library for National Crafting Day! Cut, paint, and glue your very own masterpiece!

Tuesday 3/28 Daddy/Grandpa and Me Night! 6-7pm Prek Rm Bring out daddy & grandpa and make bird feeders! Supper provided!

April Special Events:

Tuesday 4/11 Lego Night! 6-7pm Come to the library to create and build with LEGO'S. Enter your name for a drawing at the end of the night!

Friday 4/14 No ECFE class- Good Friday

Tuesday 4/25 Book Bingo! 6-7pm PreK Rm Bring along a few gently used books to exchange for bingo. Everyone wins books to bring home! Supper provided!

May Special Events:

Baseball/Softball Buddies Night! (date to be announced!)

Tuesday 5/9 Bugs! Bugs! Bugs! 6-7pm Join us at the McIntosh library for some "not-so creepy" bug activities and stories!

WEM Early Childhood Family Education classes are for ages 0-5 yrs old and families. Events are FREE and pre-registration is NOT required unless noted. For more information, contact ECFE Coordinator, Shannon Scalen 218-688-2170, ssvalen@win-e-mac.k12.mn.us, or LIKE us on Facebook: WEM Early Childhood Family Education.



WEM School Announcements

Prom sign-up forms are available in Mrs. Winter's room. All couples must sign-up ahead of time for admittance and planning purposes. WEM seniors and juniors are invited to attend the prom with a guest who is a sophomore or older in or out of school but no older than 20 years of age. Prom will be held May 6th.

Anyone in grades 6-12 interested in playing softball this spring on the Eastpolk Northstars please sign the list on room 40's (Mrs. Lee's) door.

Win-E-Mac Kindergarten Round-up Open House

For the 2017-18 school year
When: March 15th, 2017
from 4:00-6:00 PM

Where: Room #25 at the Win-E-Mac School.

If your child turns five years old before September 1st, 2017 and you plan to enroll them at Win-E-Mac, please plan to attend

Win-E-Mac

Playground Fundraiser

The Win-E-Mac Playground Committee has been working hard during the last several months hosting several fund raisers in an effort to generate money towards replacing the current playground equipment.

The committee hosted a large raffle/auction event with a meal, in Erskine Community Center on February 11, 2017.

Tickets were available from school staff members at \$30 for a meal and a chance to win items such as a Savage Axis .270 rifle which was won by Adam Jore; av55" Smart TV won by Ron Spry; 2 - \$250 Northern Propane Gift Certificates which were won by Chris Bartz and Shirley Carver; a Kitchen Aid Mixer won by Ashley Schow and a Mpls. Family Fun Package won by Jim Ferden.

The Committee and staff sold 200 tickets for the event. Many prizes and silent auction items were also given away that evening.

If you would like to donate or are curious to see pictures of the new playground equipment please stop at the school or call the district office @ 218-563-2900. Thank you to everyone for your support with

Superintendents Notes

By Randy Bruer



this project.

Pre-K Programs and Summer Recreation

We are presently planning Summer Recreation programming for our students. The program will change this summer from what it has been previously.

The program will be an all-day program, 5 days a week for 7 weeks with children being dropped off beginning at 7:30 and being picked up no later than 5:30 pm. Parents will be able to sign up for a number of activities such as computer technology, arts and crafts, PE activities, cooking classes and the usual summer recreation activities which include swimming lessons, baseball, softball

and T-ball. As we get further into planning the summer activities many other options will also be available.

There will be a cost for the program, along with before and after program supervision costs. Once the programming is done at the end of 7 weeks, we will have supervision of students at school through the summer days until school workshops begin. Much more to come as plans proceed.

Win-E-Mac Public School

School Bus Drivers are needed. Our school will have one and possibly two open routes this next school year. This is open to both male and female drivers.

The District must advertise now so you will have time to complete the licensing process. It does require a written test, behind the wheel test, a pre-trip inspection and a physical which all take time to schedule.

The School will assist you with all the needed expenses and training to get the license. We need you; so if you have the desire to work at school for a short time during the day with a great wage and benefits, please email or call the Superintendent's Office.

Contact info: rbruer@win-e-mac.k12.mn.us or 218-563-2900.



Brook Tofstad relaxes and reads a good book during the ReadQuest nationwide reading day last Friday, March 3rd at Win-E-Mac School.



Reading in a fort looks like fun for Karlie Schow last Friday when Win-E-Mac School participated in ReadQuest Read Across America.



Last Friday, Levkii Basargin is enjoying his books while reading in Mrs. Frisk's Kindergarten class.



Ruby Breckle had a lot of books she was reading last Friday when students at Win-E-Mac took the day to read.



The Junior High cast of "Sleeping Beauty and the Beast" got into character for a quick picture. The play will be presented at Win-E-Mac Arts and Event Center on Saturday, March 11th and Sunday, March 12th.



Win-E-Mac Kindergartener's during ReadQuest National Day of Reading last Friday morning.