



McINTOSH Times

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\$1.00

October is National Bullying Prevention Month

October is National Bullying Prevention Month, a time to focus and raise awareness on bullying.

During this month, many groups across the country will release new resources, campaigns, and efforts aimed at bringing awareness to the issue of bullying.

What is Bullying?

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance.

The behavior is repeated, or has the potential to be repeated, over time.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Bullying can also take place through technology, known as cyberbullying.

Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake

profiles.

There are many other types of aggressive behavior that don't fit the definition of bullying.

This does not mean that they are any less serious or require less attention than bullying. Rather, these behaviors require different prevention and response strategies.

National Bullying Prevention Month

Beginning in October 2006, PACER's National Bullying Prevention Center, along with the National Education Association, National PTA, American Federation for Teachers, and the National Coalition for Parent Involvement in Education, hosted the first awareness week sponsoring events and activities to raise awareness of the issue of bullying throughout the month.

PACER realized that students, parents, and people throughout the country needed to become more aware of the serious consequences of bullying.

The point of National Bullying Prevention Month was

to transform a society that accepts bullying into a society that recognizes that bullying must – and can – be addressed through education and support.

Over the past several years, the event has only grown in awareness and in its reach. "It has grown beyond our expectations," says Paula F. Goldberg, PACER's executive director. "It has become a major event." National Bullying Prevention Month is now recognized in communities across the United States, with hundreds of schools and organizations signing on as partners.

This year, Bullying Prevention Month features many new initiatives.

Among the many, PACER is releasing several new toolkits and public service announcements. The NEA is releasing new training modules to help education support professionals address bullying.

DoSomething.org is releasing new findings from their online survey about bullying. And, the "Be more than a bystander" campaign with the Ad

Council officially launches on StopBullying.gov.

Helping youth to prevent bullying by mentoring is a great way to be involved. Mentoring helps youth build skills, develop relationship, overcome challenges, and gain confidence.



WEM Conferences

Thursday, October 14th will be Win-E-Mac Parent Teachers conferences. School will be dismissed at 12:30 that day and buses leaving shortly after that.

Help Your Child Develop Resilience

We all know it's been a hard year. Many children have just returned to school grounds for the first time in months. For some children a return to school may mean experiencing bullying. Children may be bullied for many reasons, but especially if their peers perceive them as being different from others.

Bullying is considered an adverse childhood experience (ACE), which is a potentially traumatic experience than can have long term effects. Bullying can impact children's short- and long-term physical and emotional development,

school performance, and mental and physical health. There are negative consequences for everyone involved in bullying, so it is important to support everyone, including children who bully, children who are bullied, and children who witness bullying.

One way that parents and caring adults can support children and help prevent bullying is by helping them build resilience. Resilience is the ability to overcome serious hardship and adapt well when faced with adverse experiences, including bullying. Building resilience helps children develop

their sense of control and connection, which is important when facing trauma. Children who possess the following may be more resilient than their peers when facing difficult ACEs, such as bullying:

Relationships with adults that comfort and guide them, helping them develop.

The ability to work on problem-solving skills help children use different parts of their brain and develop pathways they can use in different experiences, like high-stress situations.

The ability to self-regulate helps with positive social, aca-

demic, and mental health outcomes.

Parents and caring adults can help children build resilience on a daily basis using many approaches. For example, work on solving problems together. Help your child with self-reflection: If your child is defensive or aggressive, help them reflect on the situation to understand what is causing their behavior.

With the support of caring adults, children can become more resilient and develop skills for navigating challenging life experiences, like bullying.



Members, Deb Winjum and Denise Disrud were busy sewing and piecing together these quilts during a recent gathering at the McIntosh Community Center.



Meet the Patriot Night was a huge success as the elementary and preschool kids were invited to the football field for fun activities with the Win-E-Mac football, volleyball and cheerleading teams last Monday night as a part of Homecoming Week.



Connie Strom holds a quilt she recently made to donate to a local organization. Recently the Win-E-Mac Quilt Guild gathered at the McIntosh Community Center to do some community sewing. The quilts that are sewn by the members are donated to area organizations like Project Linus and others. The group is also planning on sewing clothing protectors for our area nursing homes. If you are interested in joining the sewing guild the group is always ready to welcome new members.



The ladies of the Win-E-Mac Sewing group are making quilts to donate to local organizations for those in need. Here, Lois Boehrnsen is holding a quilt she recently sewed. The guild welcomes sewers of all skills. If you are new to sewing it is a great way to get together with other sewers and learn, while making new friends and helping the community.



Louise Baumgartner kept busy cutting rectangles during a recent WEM Quilters Guild gathering in McIntosh.

Covid-19 held and resources are still available in NW MN

COVID-19 cases continue to increase across Minnesota and in Polk County. It's important we work together to slow the spread. Take precautions such as distancing yourself from others, wear a face covering when in public indoor settings, and get vaccinated if eligible.

For the most up-to-date COVID-19 guidance and recommendations, please refer to the Minnesota Department of Health and the Centers for Disease Control and Prevention.

Well-being information:

Since the pandemic arrived in our world, we've all had to make changes to our daily routines and how we live. Being anxious in this time is a completely normal response to stress.

Hope Coalition: Creating positive mental well-being and reducing death by suicide needs to be a community focus.

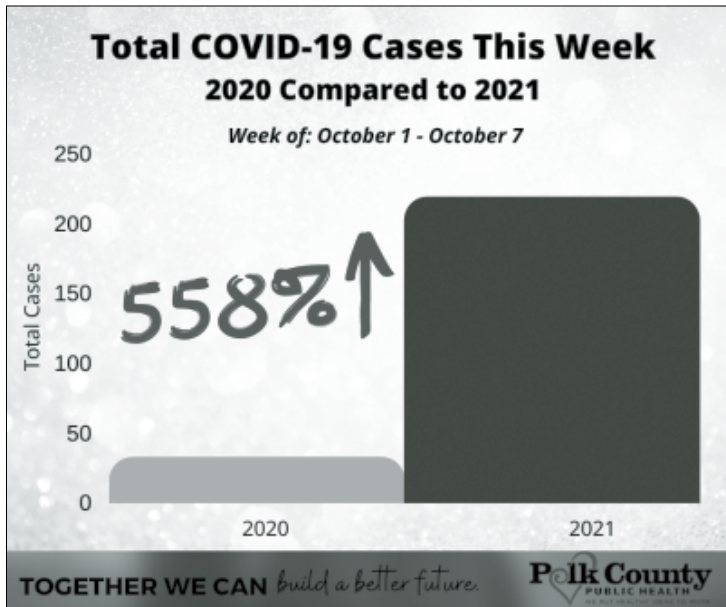
The H.O.P.E (Help, Outreach, Prevention and Education) Coalition was formed in Crookston, expanded into Polk County in 2019 after the community and region lost several people to death by suicide. We have most recently expanded into the eight NW MN counties (including Polk, Norman and Mahanomen counties).

The coalition is comprised of individuals, businesses and agencies committed to ending death by suicide in NW MN through HOPE.

Our Goals:

- Zero Death By Suicide
- Increase Outreach & Educational Activities
- Increase Awareness of how each individual in NW MN can access services
- In the darkest times, there is ALWAYS HOPE!

For more information on



trainings, events, resources and how to get involved visit mnhopecoalition.org

Essential Services:

Polk County Public Health is offering coordination of Essential Services to residents of Polk County, who are in isolation or quarantine due to COVID-19. If you need help obtaining essential services such as groceries, medications, and other daily items, please contact us at 218.281.3385. We will guide you to local resources.

Local Covid

Testing information:

Area health care systems continue to conduct COVID-19 testing for individuals who meet their screening criteria. Individuals who have symptoms of COVID-19 should contact their healthcare provider for guidance prior to going to a clinic or office.

No cost Covid testing for all Minnesotans is available at: <https://learn.vaulthealth.com/state-of-minnesota/>.

Isolation keeps someone who is infected with the virus away from others. Current guidance recommends people who have a lab confirmed case of COVID-19 should stay home until all three things are true:

- You feel better. Your cough, shortness of breath, or other symptoms are better and
- It has been 10 days since you first felt sick and
- You have haven't had a fever for at least 24 hours, without using medicine that lowers fevers.

If you have tested positive for COVID-19 but do not have symptoms, you should stay home and away from others for 10 days.

If an individual is not fully vaccinated and is a close contact with someone with COVID-19, the safest option is to stay home and away from others for 14 days. In certain situations, they may end their quarantine after 10 days, or after 7 days with a negative COVID-19 test result.

Avoid these common Halloween costume dangers

Children and adults may spend weeks planning their Halloween costumes.

Movie or television characters, political figures, horror icons, or everyday heroes are among the most popular costumes each year.

Much thought goes into Halloween costumes, and equal consideration should be given to ensuring the costume is as safe as it is fun.

The following are some common costume hazards and how to avoid them.

Flammable materials: According to the ASTM D1230-17 - Standard Test Method for Flammability of Apparel Textiles, some combustible fabrics used in the design of clothing "are potentially dangerous to the wearer because of such factors as ease of ignition, flame spread time, amount of heat released, and design of the garment." Quite often Halloween costumes fall under these dangerous classifications because they are not considered everyday apparel. Materials may not be sturdy and federal requirements for clothing to be

flame-resistant may be skirted. Some costumes can ignite in seconds. Others also may cause "flaming drip," which describes the melting of plastic material that leads to it separating from the rest of the costume. Look for costumes that list flame-resistance, even if they may be more expensive.

Invisible suits: Invisible suits are stretchy bodysuits that cover the entire frame and head. Newer incarnations that are all black without eyeholes can be dangerous to wear because they limit wearers' ability to see clearly and be seen by others.

Dangerous makeup: Halloween makeup may not be created in adherence to the same standards as regular cosmetics. Check ingredients for hazards and warnings about where the makeup can be applied, as some products are not recommended for use around the mouth or eyes.

Capes and flowing components: Costumes that have long, flowing parts, such as a costume for Ringwraith, a character from the "Lord of the

Rings" trilogy, or even caped crusaders can be fire hazards. Parts of such costumes also can get caught underfoot in doors (such as rotating entrances to stores) and even the gears on bicycles. Strangulation or falls can occur in these instances.

Faulty footwear: Costumes that require the use of high heels, platform shoes or any other design that may impede the ability to walk safely should be discouraged. Not only can they cause foot discomfort that reduces time spent on the trick-or-treating circuit, but these costumes also increase the risk of slips and falls and twisted or broken ankles.

Contact lenses: Colored or patterned contact lenses are popular components of some costumes. However, decorative contact lenses should not be used without a proper fitting by an eye care professional who sells reputable decorative contact brands.

Halloween is a festive holiday, and even more so when costumes don't compromise celebrants' safety.



Kathy Finstad is one of many in the group of quilters who meet at the McIntosh Community Center to sew for charitable organizations and community projects.



Sewing this fun and festive quilt to be given away is Ilene Rierson who is part of the Win-E-Mac quilters group.



Val Brekke sews a quilt for charity with the Win-E-Mac quilters group.



Wed. Oct. 13: Darren Kringlen, Paisley Roed
Fri. Oct. 15: Mary Jane Gaalswyk, *Ray & Felly Catahan, *Bob & Laura Bursheim
Sat. Oct. 16: Connie Strom, Calvin Schow, April Osstenaa, Brook Simonson, Mara Erickson
Sun. Oct. 17: Adam Jore
Mon. Oct. 18: Steve Carlson, *Mark & Joan Lee
Tues. Oct. 19: Craig Espeseth

McIntosh Times
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"Serving the Win-E-Mac area"

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LESSOR TOWNSHIP NOTICE

The monthly meeting of Lessor Township has been moved from the 3rd Monday of October to the 4th Monday of October. The meeting will take place on Monday, October 25, 2021 at 7:00 pm at Trinity Lutheran Church.
M29-30C

LSS Meals Menu 687-2262

Tues, Oct. 19th -Baked Chicken - Baked Potato / Sour Cream - Broccoli - Wheat Bread - Pecan Pie - Milk

Wed, Oct. 20th -Turkey Stuffing Casserole - Mixed Vegetables - Sliced Apples - Bread - Vanilla Pudding - Milk



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

Wed. Oct.13: 11:30am Mass at St. Mary's, Fosston

Sun. Oct. 17: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Oct. 20: 11:30am Mass at St. Mary's, Fosston

Fri. Oct. 22: 8:30am Mass at St. Mary's, Fosston

Sun. Oct. 24: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Wed. Oct. 13th: 1:00 pm-Quilting at Our Savior's

Sun, Oct. 17th: 9:30 am-Coffee hour at Our Savior's; 10:30 am-Worship at Our Savior's

Mon, Oct. 18th: 5:30 pm-Our Savior's council meeting

Wed., Oct. 20th: 1:00 pm-Quilting at Our Savior's; 6:00 pm -Confirmation at Immanuel; 7:00 pm-Worship at Immanuel

Sun, Oct 24th: 9:30 am-Coffee hour at Our Savior's; 10:30 am-Worship at Our Savior's

Wed., Oct. 27th: 1:00 pm-Quilting at Our Savior's

Sun, Oct. 31st: 10:00 am-coffee hour at Calvary; 10:30 am-Worship at Calvary

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson

Sunday Services

9:30 Mt Carmel
1100 Trinity

Video Sermon -

GVTV Channel 30

9:00am Sunday

Repeated 6pm Wednesday

Also available on the McIntosh Free Lutheran YouTube Channel

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

Sun., Oct. 17: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch.com)

Tues. Oct. 19: 10:00am Sunday worship service telecast on GVTv--30

Wed. Oct. 20: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junction 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.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor Gordon Syverson

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and 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 Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

LITTLE BOBBY'S BAR AND GRILL

295 Cleveland Ave, McIntosh, MN • 218-563-3008

THIS WEEK'S EVENTS!

Wednesday Little Bobby will play 7PM to 9PM. Have a margarita, snacks & enjoy the music	Thursday is Bingo at 6PM	Live Music Friday and Saturday Night
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UPCOMING EVENTS!

Benefit for Holly Schlegal, Fernando Soto and family on Oct. 29th & "Baby Bash" on Oct. 30th

POTATO KLUB ON WEDNESDAY FROM 11:30 AM TO 1:00 PM

Tues. night • Two-for-one burgers Wed. night • Two-for-one margaritas Thurs. night • Two-for-one domestic beers and bar rails

HOURS AT LITTLE BOBBY'S: Mon. and Tues. open at 3PM, Wed. to Sun. open at 10 AM. *Coffee and goodies in the AM with lunch specials.*

Food Specials Thursday, Friday & Saturday

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Funds available to improve safety on MN farms

Cost-share, rebate programs offset purchase, installation costs.

Minnesota farmers who want to improve safety on their farms can now apply for funding through two programs from the Minnesota Department of Agriculture (MDA) that help with the cost of buying, shipping, and installing eligible safety equipment.

"There's very little that can comfort a family who has lost someone due to a preventable accident on the farm," Agriculture Commissioner Thom Petersen said.

"Fortunately, small safety improvements can prevent that from being necessary, and we're grateful to offer support so farmers can make those

changes."

Now in its second year, the Grain Storage Facility Safety Cost-Share program reimburses up to 75% of the cost to buy, ship, and install eligible safety equipment for on-farm grain bins or silos. The program will pay up to \$400 per bin or silo, with a limit of \$2,400 per farm per year. The first year of the program reimbursed 91 farmers an average of \$831 to install guardrails, platforms, auger shields, safety harnesses, and more.

For more information and to apply, visit the MDA's Grain Storage Facility Safety Cost-Share webpage.

The Rollover Protective Structures (ROPS) Rebate Program makes tractor safe-

ty equipment affordable and simple to order. Minnesota's program reimburses farmers and schools at least 70% of the cost to purchase, ship, and install a rollover protection kit, limiting the cost to no more than \$500 per tractor. The National ROPS Rebate Program (NRRP) works with farmers to identify and price the appropriate rollover protection kits for their tractors.

For more information and to apply, visit the MDA's ROPS Rebate Program webpage.

Both programs are accepting applications through June 30, 2022, or until all funds are exhausted. Funding for these programs comes from the Minnesota Legislature and private donations.

Sustainable agriculture grant funding available

Apply by December 9, 2021.

The Minnesota Department of Agriculture (MDA) anticipates awarding up to \$250,000 to demonstrate and publicize the energy efficiency, environmental benefit, or profitability of sustainable agricultural techniques or systems, from production through marketing.

The Agricultural Growth, Research, and Innovation (AGRI) Program's Sustainable Agriculture Demonstration Grant program will accept applications through 4 p.m. on Thursday, December 9, 2021.

Applicants may request up to \$50,000 per project.

The first \$25,000 does not need to be matched by the applicants. For requests between \$25,000 and \$50,000, applicants must provide a dollar-

for-dollar match on the amount above \$25,000.

Funding will be awarded in 2022. Projects must last two to three years and grantees must be willing to share what they learn with others.

Projects are published annually in the MDA's Greenbook, which provides a summary of each project along with results, management tips, locations of previous projects, and other resources.

Past grants have funded a wide range of projects, such as exploring farm diversification; cover crops and crop rotation; conservation tillage; input reduction strategies; and alternative energies such as wind, methane, and biomass.

Minnesota farmers, educational institutions, individu-

als at educational institutions, and nonprofit organizations are eligible to apply. Applicants must be Minnesota residents, and projects must take place on Minnesota farms.

Proposals are required to be submitted through our online application system.

Funding for this program is made available through the AGRI Program, which administers grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota.

The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

For more information, visit the AGRI Sustainable Agriculture Demonstration Grant webpage.

Impress fellow fans with smoked brisket for the big game

Sports is often credited with bringing people together. That tendency to connect people from different walks of life is even more noticeable when sports is combined with food.

Food and sports go hand in hand. Food is never too far away when getting together with fellow fans.

That's true if fans are hosting a game watch at home or if they're tailgating in a stadium parking lot. Certain styles of food are synonymous with sports, and that includes grilled and smoked items. Smoking has become particularly popular among sports fans in recent years, and many modern smokers are now portable enough that they can be taken on the road when following a favorite team.

Gameday can be the perfect time to master the art of smoking. Smoking can take a long time, which makes it an ideal option for day-long tailgates or game watch parties.

Fans who have volunteered for cooking duties this season can impress guests with their smoking skills by following this recipe for "Texas-Style Beef Brisket" from "The Essential Kamado Grill Cookbook" (Rockridge Press) by Will Budiaman.

Texas-Style Beef Brisket
Serves 6 to 8
1 8- to 10-lb. beef brisket
3 tablespoons kosher salt
3 tablespoons freshly



ground black pepper
Dry-brining time: Overnight
Prep time: 15 to 30 minutes
Cook time: 7 hours, 30 minutes to 9 hours, 30 minutes; plus 1 to 2 hours to rest
Grill temperature: 250 F to 275 F
Smoking wood: Oak or pecan

1. Trim off any hard fat from the brisket and square off the edges. Trim the fat cap down to an even 1/4-inch thickness. Sprinkle evenly on all sides with the salt and pepper. Refrigerate overnight.
2. Prepare the grill for smoking at 250 F to 275 F.
3. Place the brisket fat-side up on the grate over the drip pan. Close the lid. If desired, wrap in aluminum foil after 5 to 6 hours or once the bark

(crust) is dark brown.

4. Turn over the brisket, close the lid, and continue cooking for 2 hours, 30 minutes to 3 hours, 30 minutes more or until an instant-read thermometer inserted into the center registers 200 F.
5. Rest the brisket, wrapped in foil, for 1 to 2 hours before serving. Cut across the grain into 1/4-inch-thick slices. Pour over as much of the drippings from the pan as you like, and serve.

Cooking tip: The grain in each part of the brisket - it's made up of two different muscles, known as the flat and the point - runs in two different directions. Roughly speaking, the grain in the point runs perpendicular to the grain in the flat, so you'll want to slice the two sections separately.



20 years ago...2001: Members of the winning Relay for Life McIntosh Bakery team include: Jill Kaupang, Jessy Shuck, Lois Schimanski, Michelle Solsten, Jesse and Elizabeth DeFrang, Kayla Schimanski, Darlene Roue, Mary Nell Bovee, Jennifer Roue, Lois Ostenaar, Susanne DeFrang and Corky Syverson. Not pictured: Ann Nephew, Cindy Finseth, Sue Lee, and Alice Okstad.

Pictured right: 10 years ago...2011: Congratulations to the 2011 Homecoming King & Queen candidates. King candidates from left to right are: Zachary Farrell, Will Klinke, Cody Lee, Kain Schow. Queen candidates from left to right are: Cassie Kihne, Caitlyn Espeseth, Amy Glass, and Samantha Lee.



50 years ago...1971: Marilyn Sannes was named McIntosh-Winger Homecoming Queen at festivities Thursday evening. Here she is flanked by Senior princess' Sandie Finkle (left) and Jane Widseth (right).



40 years ago...1981: Coach Bruce Grundyson and his 1981 Mac-Winger Junior High Football team.



30 years ago...1991: Taking their commitment to the Adopt - A - Highway program seriously, this not - so - serious group of McIntosh Mens Action Club (MACs) took advantage of a beautiful fall evening to pick up paper and trash along Highway 2. (l-r) Roland Habedank, Bob Quinlan, Gary Schommer, Russ Horacek, Craig Burslie, Pat Schimanski, Steve Carlson and Mic Evenson.



Fall makes good bugs go bad

All around us we see how the changing seasons affect our trees, gardens, and the insects that depend on them. Sometimes these changes make the good bugs go bad — as is the case with multicolored Asian lady beetles and minute pirate bugs. These insects spend the spring and summer working hard in our yards, gardens and trees, but as fall rolls around they become an annoyance.

Un-ladylike ladybugs
While we might first think of the multicolored Asian lady beetle as an invasive insect and fall invader, they do a lot of good work in Minnesota's gardens and crops.

An example of this is in soybeans. Minnesota produces nearly 7.5 million acres of soybeans (14% of Minnesota's land area). One of the biggest pests in this crop is soybean aphid, which causes yield loss and spread disease from plant to plant. Multicolored Asian lady beetle is a farmer's biggest ally in dealing with this pest.

Why are they a farmer's ally? Because these beetles are so hungry! Larval lady beetles can eat an average of 23 aphids a day, and adults can eat anywhere from 15 to 65 aphids per day.

Aphids are also found in gardens, and multicolored Asian lady beetle can be helpful there as well.

Sometimes we see large groups of beetles feeding on fruit, especially apples and raspberries. While the lady beetles often take the blame for the damage, the beetles are most likely to be found on fruit that has already been damaged by weather events or animals.

Unfortunately, the cooler weather drives these beetles to seek out where they will spend the winter. They aggregate on the sunny sides of trees and buildings and look for a way inside, where they will be protected from even cooler temperatures in the coming



Lady beetle larvae eat the same foods but look very different than adults. Photo: David Cappaert, Bugwood.org.
months. In their native China, the beetles would cluster in caves facing the sun, but the Midwest is short on this type of cave, so your home will have to do.

Dealing with home-invading ladybugs

The multicolored Asian lady beetle can smell bad, bite, and large groups have a major “ick” factor but are not worth spraying with pesticides. They do not spread disease, and spend most of the year helping us grow plants in ways that are hard to quantify. This means the best way of dealing with them is to prevent the beetles from entering our homes.

A bonus of many ladybug prevention measures is that they can keep other pests out and lower your heating bill. Now is the time to check the outside of your home for spaces where ladybugs can make their way inside.

- Seal cracks around doors and windows.
- Seal areas where cables and pipes enter your home.

- Patch or replace window and door screens.
- Install door sweeps along doors. If you already have these, check if they are worn down and replace them as necessary.
- Take a look at your garage door seals, and if they are worn or missing, replace them with rubber seals. Rubber works better than vinyl in Minnesota's cold weather.
- If you are finding them in your attic, inspect your soffits and install insect screens over vents and fan exhausts.

While these steps won't mean that you will never see a ladybug in your house, they will go a long way in keeping a large number of them out.

If you want to take a more drastic measure, vacuuming can work. Vacuuming won't kill these beetles (insects are tough). This means that it is important to empty out your vacuum canister or bag so they don't become trapped and continue releasing their bad-smelling defensive compounds.

Nov. 1st is the deadline for arts grants up to \$10,000

The Northwest Minnesota Arts Council is pleased to announce that applications are open for Arts Legacy and Arts Project grants. Arts Legacy grants of up to \$10,000 and Arts Project grants of up to \$3,000 have a November 1 deadline.

Applications funded by the Northwest Minnesota Arts Council, through these important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

Grants are awarded to non-profit arts organizations, communities, schools, and other nonprofit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties.

The Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region. Funding for the grants comes from the Minnesota State Legislature through the Arts and Cultural Heritage Fund of the Clean Water, Land and Legacy Amendment.

These grants are a maximum of \$10,000 with a required cash match. To apply, complete the Arts Legacy regular application.

Schools in our seven-county region can apply for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. T

his application is streamlined and easy to complete especially if you use an artist from our teaching artist roster online.

Our roster is a great resource to view artists available to teach in our area. To apply, complete the Arts Legacy school residency application.

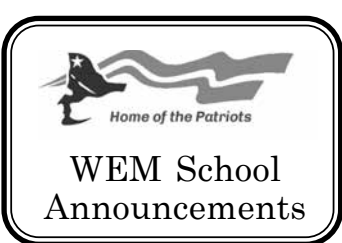


Arts Project Grants are used primarily for small budget arts projects and the sponsorship of performances of touring companies and artists. These grants are a maximum of \$3,000 with a required cash match. These grants have substantially less reporting requirements than Legacy grants.

November 1st is also the yearly deadline for our Arts Project grant called Arts Equipment for Schools. This special grant allows schools to purchase artistic equipment for their art room, theater, band room, etc.

Equipment that is used solely for the pursuit of arts like a kiln or theater lights, or a band instrument has a better chance of being funded. Grants of up to \$3,000 are awarded with a 25% cash match requirement.

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org. The grant application process is conveniently online and NWMAC's Executive Director Mara Hanel can help walk you through the process of using the grants portal. You can also request a paper application or come, with an appointment, to our office in Warren, MN to fill out the paperwork at our grant writing station. Contact her at 218-745-8886 or director@nwartscouncil.org to learn more.



Drivers Education Classroom ~ Win-E-Mac Community Ed will offer Drivers Education Classroom instruction beginning October 27th, 2021 from 3:15-6:00 P.M. The classes will be held at the Win-E-Mac School in room 37 – Mr. Hanson's classroom. Instruction will be held on the following dates October 27, 29, November 1, 2, 4, 5, 8, 9, and 10 with November 11 being a make-up day. Students who enroll in Drivers Education Classroom need to be 15 years old by June 1. This class needs to be completed and the written Driving Exam passed prior to the Behind the Wheel Instruction. A parental course (optional) for the primary driving supervisor will be offered Monday, October 25th. The course is 90 minutes and covers GDL information, safety risks for teen drivers, potential adult influence on teen driving behavior, and additional resources. If the parent has previously taken the class, they do not need to take it again. Notify Mr. Hanson that you have done it already with another child to get your certificate. Please complete this form and return to the office at the Win-E-Mac School by October 20th, 2021. Your payment of \$60.00 payable to Win-E-Mac Schools must accompany this form in order for you to be signed up. Students who exhibit immaturity in the classroom will be assumed to be too immature to drive a vehicle and will be dismissed from the class without refund. Students can then sign up for the next class and repay. Please pick up forms in the office.

Congratulations to the newest members of our Win-E-Mac Chapter of the Minnesota Honor Society: Kalli Hand, Nadelly Neubert, Izabelle Ostenaar, and Bret DuChamp.



Heather and Tyler Larson soak up time with their newborn son Reese.

Hospice support groups offer healing for those facing pregnancy & infant loss

by Hospice of the Red River Valley

Losing anyone you love is extremely difficult, but it is especially devastating and overwhelming when faced with the loss of a baby. Whether the loss occurs during pregnancy, or after the baby is born, parents and loved ones lose not only the precious little one, but also their hopes and dreams for the future. Such a loss can forever change the lives and relationships of those affected.

According to the March of Dimes, about 15-25 percent of known pregnancies will end in a miscarriage, and studies show that number is likely closer to 50 percent because often the loss can happen before a woman even knows she is pregnant. No matter how common this experience may seem, each loss is unique and met with its own emotional impact, uncertain future and societal expectations.

Accepting support and talking with those who have experienced a similar loss can ease the isolation felt during this time and help with the grieving and healing processes. Hospice of the Red River Valley offers two different pregnancy and infant loss support groups. All support groups are facilitated by an individual who has experienced the loss of a baby. While each experience is different, the group facilitator offers much-needed support and insight to grieving parents.

Living Through the Loss Heather's Story

Heather Larson, Hospice of the Red River Valley grief specialist, facilitates Hospice of the Red River Valley's pregnancy and infant loss support groups. For Heather, this topic strikes a deeply personal chord, as she and her husband experienced the loss of two

babies in consecutive years, 2010 and 2011. Although each circumstance was so different, both losses left the couple with a tremendous amount of grief.

With their first baby, Reese, the couple discovered he had a severe heart defect at the 20-week ultrasound, and they were given three choices: terminate the pregnancy, take him home and keep him comfortable after he was born or attempt palliative-type surgeries. After many opinions with other doctors and much research, they decided to take Reese home with the help of Hospice of the Red River Valley.

“For my husband and me, hospice care meant feeling empowered to take our infant son home to care for and love him through his final days,” Heather said. “By involving Hospice, we were able to prioritize how we wanted to spend his precious days here with us. I don't think there would have been any other way. It was the right way for us, and it allowed us to feel like a family for a short time, which was a blessing.”

The year following Reese's passing, Heather became pregnant with a baby girl, Hudson, who passed away in utero from complications made by a knot in the umbilical cord. “It was an unreal time for our family. It's pretty hard to put it into words,” she shared. “We began with the hopes of starting a family and were left with shattered dreams and compounded grief. We were parents by definition, but we had no living children to care for, nurture and love. It was the ultimate heartbreak.”

One resource Heather found helpful was one-on-one grief support available through Hospice of the Red River Valley since her son was cared for by

Hospice. Because both losses were so close together, she had an established relationship with Hospice staff. “I found it comforting, just knowing we had somebody to go to if we needed to,” she explained. “The informational resources were good, and the fact that the Hospice staff acknowledged the death of our second baby, really stood out to me.”

Support for Grieving Parents

Hospice of the Red River Valley offers two pregnancy and infant loss support groups: Life & Pregnancy After Loss, and Pregnancy & Infant Loss. Each group is tailored around the unique needs of grieving parents. The purpose of each group is to provide compassionate grief support, understanding and resources to bereaved parents while allowing them to share their grief in a safe place with others who have experienced a similar journey.

Each group session has expectations and boundaries for attendees. Everyone's situation will be respected as unique, and no one's circumstances are more or less difficult than someone else's story. “The group as a whole values life, so we don't necessarily look at it as how early or late the loss occurred in your personal journey,” Heather said. “A loss is a loss. You can't compare or assume.”

During group, Heather shares a little of her own grief journeys to empower others to be open. She offers validation and reassurance that wherever people are in their grief, it is OK, and the loss of their child is not their fault.

“Looking back, I wish we would've utilized the support by Hospice more than we did. It's hard to know what you need in the midst of your dark-

est day,” Heather explained. “It's easier now to see what could have been helpful and what was helpful in those initial weeks and months. For me, talking with other mothers who had experienced the death of a baby was a great source of support, hope and healing.”

Tips for Helping Grieving Parents

Sometimes you may not have the right words with grief, and it is OK to say nothing. Sitting in silence with your grieving loved one can be just what he or she needs.

Grieving parents still want to hear the name of their child and stories about them. They think about their child daily, so it is nice to have other people bring them up in conversation, as well.

Help plan physical things to help grieving parents remember and celebrate their child, such as planting a tree or plant, decorating their memorial site for birthdays and

holidays, etc.

Don't ask someone who is grieving: What do you need? or Let me know how I can help. Instead, think of things you can do to help and take action.

Don't say: “You should ...” or “You need to ...” Instead, offer the same idea in a suggestive question like, “Have you thought about ...?”

Never say: “At least ...” At least you have a living child. At least you can get pregnant again, etc.

Pregnancy & Infant Loss Groups

There is life after loss, and there is purpose in every life no matter how long or short. When your baby dies, your whole world changes. We welcome the opportunity to help you in your healing.

The virtual support groups are free and open to community members. Registration is required. For more information or to register, contact us at grief@hrrv.org or call (800)

Films kids can enjoy this Halloween

Scary movies are a must-see for many Halloween enthusiasts each October. Classic characters like Freddy Krueger and Michael Myers make their way into millions of people's living rooms each year and serve as testaments to the staying power of scary movies.

A scare might be what many people want on Halloween night, but such movies are best left to teenagers and adults. When it comes to more kid-friendly films this Halloween, parents can give these classics a try.

· **"It's the Great Pumpkin, Charlie Brown" (1966):** Parents can take a stroll down Memory Lane and enjoy this classic that has been entertaining kids for more than half a century. The costumes for

the Peanuts gang, most notably Charlie Brown's, elicit a few laughs, while kids will no doubt be in awe as Linus speaks of the Great Pumpkin.

· **"Monsters, Inc." (2001):** Halloween wouldn't be the same without monsters, but the monsters in this beloved Pixar classic are decidedly more kid-friendly and significantly funnier than Frankenstein.

· **"Wallace & Gromit: The Curse of the Were-Rabbit" (2005):** This film based on the British stop motion comedy franchise gave the feature film treatment to Wallace and his dog, Gromit. The film's action is centered around Tottington Hall's annual giant vegetable competition and features enough silliness to keep kids

237-4629 and ask to speak to the grief department.

Life & Pregnancy After Loss

This is an ongoing support group for anyone who is pregnant or has given birth to a living baby after previously experiencing pregnancy or infant loss.- Third Tuesday of each month from 6:30-8 p.m.

Pregnancy & Infant Loss

This is an ongoing support group for anyone who has experienced the death of a baby through pregnancy loss, stillbirth or in the first year of life.- Fourth Tuesday of each month from 6:30-8 p.m.

Hospice of the Red River Valley offers many free grief support resources to any community member in need, including one-on-one support, grief classes, support groups and more. For more information about grief support resources, visit the grief section of our website.

laughing.

· **"Scooby-Doo on Zombie Island" (1998):** Youngsters who love Scooby-Doo and his mystery-solving pals are no doubt accustomed to a few lightly scary moments, so this story that unfolds when the gang heads to Louisiana to investigate a haunted mansion is sure to please.

· **"E.T. the Extra-Terrestrial" (1982):** Produced and directed by Hollywood legend Steven Spielberg, this tells the story of a young boy named Elliott who befriends a charismatic extraterrestrial. The film is loaded with memorable scenes and dialogue, and parents will no doubt love the chance to watch their own youngsters' eyes light up at the sight of E.T.