



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Mick Evenson has created a lending library outside his home on NE 5th Street for our communities' adults and children to use at their leisure. There are books for everyone and you are welcome to take and read or leave a book or two for the enjoyment of another.

Unique & fun ways to be more involved in your community

To be involved in your community doesn't mean you have to spend countless hours of your time, something that most of us find in short supply of. There are many ways to become more involved with your community.

Run for local government: Politicians may be the faces of local politics, but volunteers are often the engines that make political operations run smooth.

Coach a youth sports team: Our school is always looking for those who would be willing to coach and mentor young athletes.

Help shelter an animal: Shelters are frequently overpopulated with homeless cats and dogs. Don't have the ability to adopt? Consider fostering an animal from your local shelter, providing them temporary love and comfort until they find their forever home. You can contact area humane societies, like Crookston or Red Lke Falls, that can help you ina the process of becoming a foster care pet family.

Help out the elderly: Chatting and playing board games with local nursing home residents or leading a fitness class at a long-term care facility are great ideas for getting

involved with seniors. In addition, meal delivery organizations, such as LSS in Erskine and senior transportation services often seek help to fulfill the needs of seniors who live independently but require assistance in specific areas.

Get certified for disaster relief: No matter where you live, there's potential for disaster to strike. And while there are several emergency organizations designed to help with those sorts of events, being able to immediately spring into action can have a large impact on your community. From becoming certified in First Aid to learning how to manage volunteer disaster relief, knowing how to respond in emergency situations is a unique way to help the community.

Attend local events: Sometimes, just being present is what your community needs. Providing your support for local sports teams, theatre performances, and other community events shows your willingness to help out the community.

Shop your local businesses: Skip the big box stores! Shopping locally is one of the easiest ways to help your community. By supporting a small business owner in your

area, you make it easier for local businesses to maintain their properties and help support your community's economic stability and growth.

Some great ideas for the family

Volunteering is a great way for families to spend time together. Children of various ages can reap the rewards of volunteering, and those rewards may be even more significant when kids give back alongside their parents. Children's ages and maturity levels should always be considered when looking for a volunteering opportunity. The following are some family-friendly options parents can consider as they look to volunteer with their children.

Food drive: Participating in a food drive is a great way for families to give back together. Kids of all ages can pitch in on a food drive. Parents can take children to the grocery store and let them pick items to donate. Kids also can accompany their parents to pick up donated items and drop them off at the local food bank.

Toy drive: Toy drives are popular come the holiday season, and children of all ages may enjoy picking items that they know will help to make the holiday season special for other youngsters. If toy drive organizers don't request specific items, ask kids which toys they would recommend or encourage kids to donate lightly used items they no longer use. Children are enthusiastic givers, and toy drives are a great opportunity to illustrate how good it feels to help those in need.

Park/beach cleanups: Human beings are stewards of the environment, so what better way to instill that lesson in children than to volunteer to clean up local parks and beaches? Kids will look forward to a day in the great outdoors, and they'll take pride in knowing they did their part alongside their parents to make their favorite green spaces and beaches cleaner for their communities.

Soup kitchens: In 2020, Feeding America, a nationwide network of more than 200 food banks, cited a study that found 67 percent of food banks were in need of volunteers. Many volunteers, a significant percentage of which are seniors, stopped volunteering during the COVID-19 pandemic out of fear of catching the virus.

Volunteering as a family can strengthen the bonds between children and their parents.

Food shortages impact Win-E-Mac school menu

The Win-E-Mac School district breakfast and lunch menu is seeing constant changes in offerings due to the well-documented supply-chain shortages that are being seen across the nation.

With many students returning to full in-person learning this fall, 97 percent of school meal program directors reported in a recent survey that they're "concerned about continued pandemic supply chain disruptions." Sixty-five percent of the directors, according to the School Nutrition Association's survey, described this as a "serious concern."

The USDA announced \$1.5 billion in federal assistance last week, and it has also increased reimbursement rates to help districts cope with rising food prices. The USDA also waived menu requirements to give districts more flexibility, since they have no control over the supply chain or shortages impacting their vendors.

Until the supply-chain shortages and distribution issues are worked out, the parents and students from Win-E-Mac will have to watch the school website and social media to see the updates in the school breakfast and lunch menus.

Here is a statement from Win-E-Mac Schools Superintendent Randy Bruer last Friday, "At the Win-E-Mac school, we have experienced food shortages, and we know the importance of school meals in fueling both healthy minds and bodies. Even though school meals may look a little



different during School Year 2021-2022, please know that your school nutrition team is working hard to ensure students have safe, nutritious, and appealing meals. Today, I am writing to share how our district is working to overcome food supply and labor challenges related to the Coronavirus (COVID-19) public health emergency so that students continue to receive school meals.

Across the country schools may not receive expected food orders due to labor shortages (such as delivery drivers) and limited product availability (for example, discontinued products or not enough of a specific type of product). As a result, we may need to make last-minute changes to the menu or substitute a different brand of a food product. We know that students have favorite menu items and we are working hard to provide them whenever possible. We are also thinking ahead to identify alternative food items that are nutritious and appealing for the students. In addition to the food short-

ages all schools nation-wide are encountering, Win-E-Mac was notified that Cashwa, our primary food vendor, was exercising their 60-day notification to end our contract with them. Up to 90 other schools in northern Minnesota and North Dakota received the same notification. Cash-wa's reason for this action included a shortage of over-night warehouse workers who stock trucks for delivery and competition for employees with the Amazon distribution center to be located in Fargo. We have been in conversation with other distributors in an effort to secure a new prime food vendor. We hope to make a smooth transition to a new food distributor in the next few weeks.

We appreciate your patience, flexibility, and understanding as we work to provide school meals in a challenging and changing environment. Please contact the Win-E-Mac School nutrition department with any questions, feedback, or suggestions at 218-563-2900 or via e-mail at cthompson@win-e-mac.k12.mn.us."

Win-E-Mac hosts blood drive as the blood supply shortage become critical

A blood drive will take place at the Win-E-Mac High School Arts and Events Center Entryway on Thursday, October 28th from 8:30 am to 2:00 pm.

Nonprofit blood provider Vitalant has a critical blood and platelet shortage and is urging all eligible donors to make an appointment now. Type O blood, which is the most transfused blood type and is vital to helping patients in emergencies, has plummeted to under a two-day supply – its lowest level since May 2020.

Blood donations are going out to about 900 hospitals Vitalant serves nationwide quicker than volunteer donations are coming in. As people resume routine activities, busy donors are not making enough appointments – or keeping them. Scheduling and keeping donation appointments are both critical to meeting patient needs.

"Compared to the beginning of the pandemic, patient needs are stronger than we expected," said Cliff Numark, Vitalant senior vice president. "We're seeking about 1,000 additional volunteer donors to make and keep an appointment each week for the foreseeable future to ensure Vitalant can help trauma victims, cancer patients and critical surgeries."

Vitalant is also experiencing a critical shortage of platelet donations. Platelets are tiny cells that help blood clot. They must be transfused within about a week of donation and about 50% of platelets are given to cancer patients undergoing treatment.

No waiting period to give after receiving a flu shot or COVID-19 vaccine

Those who receive a Food and Drug Administration authorized COVID-19 vaccine or seasonal flu vaccine can give blood immediately if other eligibility requirements are met. Donors must feel well the day of their donation.

Here is where they can sign up for time slots for the Win-E-Mac blood drive on Thursday, October 28th: <https://donors.vitalant.org/dwp/portal/dwa/appointment/guest/phl/timeSlotsExtr?token=1%2F1StVvIwfnwnItly3YedrA9Z8AMMi15SSc8C%2Bb8vk%3D>.

Appointments are encouraged, walk-ins are welcome

To learn more and schedule an appointment to donate, please visit vitalant.org or



call 877-25-VITAL (877-258-4825). Vitalant follows strict protocols to ensure the safety of donors, patients, and staff, including social distancing and other precautions. To support a safe environment and most efficiently follow the latest CDC guidance, masks are required

for all donors, staff, volunteers and guests at Vitalant blood drives and facilities regardless of vaccination status.

About Vitalant
Vitalant ("Vye-TAL-ent") is the nation's largest independent, nonprofit blood services provider exclusively focused on providing lifesaving blood and comprehensive transfusion medicine services for about 900 hospitals and their patients across the U.S. Every day, Vitalant needs to collect about 5,300 blood, platelet and plasma donations to help save lives. For more information and to schedule a donation appointment, visit vitalant.org or call 877-25-VITAL (877-258-4825). Follow us on Facebook, Twitter and Instagram.

Friends of McIntosh Veteran's will sponsor annual Christmas Cards

The Friends of McIntosh Veterans will again sponsor the annual Christmas cards for Veterans. The deadline for getting the cards to Garnet will be November 12th.

This has been our project for many years-even when we were still the VFW Auxiliary.

The rules are pretty simple. You must sign each card and write something in the card if you so choose. You must put your return address on the back of each card and on the upper left corner if the envelope. Do not address the cards or put a stamp on the envelop.

This project is for everyone so hopefully this year we can get at least 500 cards to send to the Veterans place in Missouri

The complicated connection between black cats, witches & Halloween

Come October, it's hard to miss the many indelible images associated with Halloween.

Homeowners may decorate their home exteriors with scarecrows, inflatable ghouls and goblins, and jack-o'-lanterns. Local businesses also may get in on the fun decorating their storefronts with images of vampires, witches and other symbols of Halloween.

Black cats have become synonymous with Halloween decor, but few may know how this association came to be. According to History.com, the notion of black cats as bad omens can be traced to the Middle Ages. Back then, people believed witches avoided detection by turning themselves into black cats.

The perception of black cats



for distribution to the Veterans in the states and around the world.

We appreciate all of your efforts in remembering all of our Service veterans to help make their Christmas better knowing that we have done our part.

The Trumpeter Swan has made a historic comeback in Minnesota



Trumpeter swans originally graced wetlands across a broad region of North America from Illinois northwest to Alaska. Throughout the 17- and 1800s, swans were hunted for their meat, skins and feathers. At the same time Trumpeter Swan habitat diminished as settlers moved across North America. By the 1880s, trumpeter swans disappeared from Minnesota. By the 1930s, only 69 trumpeter swans remained in the lower 48 states, living in the remote Red Rock Lakes area in southwestern Montana. The last record of a wild breeding population in Minnesota is from about 1885, and the Trumpeter Swan was declared extirpated in the state by the mid 1900s.

Minnesota's swan reintroduction efforts began in 1966, were expanded in the 1980s, and continued through 2012. The Trumpeter Swan population and breeding range increased slowly at first, but has continued to build to the point where they currently nest throughout much of Minnesota. A statewide Trumpeter

Swan survey was conducted in 2015, and the breeding population was estimated to be more than 17,000 individuals.

The state's initial Trumpeter Swan reintroduction goal of 15 breeding pairs and the revised goal of 500 individuals have both been met and surpassed, but the long-term viability of the population is still unknown.

Continued threats to the Trumpeter Swan population in Minnesota include loss or degradation of wetland habitat, lead poisoning, power line collisions, and illegal shooting. It is estimated that lead poisoning from the ingestion of lead shot and fish sinkers is responsible for more than half the mortality of Trumpeter Swans in the Midwest (Gillette and Shea 1995).

Hence, the Trumpeter Swan was listed as a threatened species in Minnesota in 1996. Although the population recovery has far exceeded expectations, in 2013, due to continued threats, the Trumpeter Swan was included on Minnesota's List of Endangered and

Threatened Species List, with the status of special concern.

The Trumpeter Swan is a large white bird averaging 4.8 - 5.4 feet in length, with a wingspan of 6-8 feet. Adults are white, and juveniles are light to medium gray. Adults have black bills and feet, and juveniles have pink bills and feet that gradually turn black during their first year. There is some overlap in size between female Trumpeter Swans and male Tundra Swans, making the two species difficult to distinguish in the field during spring and fall, when Tundra Swans are migrating through the state.

The best cue, from a distance, is the trumpet-like call of the Trumpeter Swan. Seen up close, the Trumpeter Swan's bill is solidly black; whereas, the Tundra Swan's bill often has a yellow mark in front of its eye. In addition, when viewed head-on, the Trumpeter Swan's forehead comes to a sharp point as it meets the top of the bill; this same area is rounded on the Tundra Swan.

Trumpeter Swans in Minnesota generally only migrate to central or southern Minnesota or nearby states to overwinter, but some of the reintroduced birds have been documented wintering in scattered locations as far south as Arkansas, Kansas, Missouri, Oklahoma, and Texas. Trumpeter Swans return to their breeding grounds as the spring thaw begins, typically in late March and early April. They usually mate for life, but will find another mate if their mate is lost. They normally begin nesting when they are 3 or 4 years old.

Wednesday, October 20, 2021

October Weed of the Month: Red Hailstone

Red hailstone (Thladiantha dubia) is an herbaceous vine named for the red fruit on female plants. The vines grow vigorously to climb over other vegetation enabling red hailstone to dominate. It smothers native vegetation and has been problematic in agricultural fields.

Within the United States, red hailstone has been found in Illinois, Massachusetts, Michigan, Minnesota, New Hampshire, New York, and Wisconsin. Minnesota infestations are in Linwood (Anoka County), Watertown (Carver County), Fergus Falls (Otter Tail County), Orrock Township (Sherburn County), and Stillwater (Washington County). Native to Asia, the vines may have been planted here as a vegetable or ornamental; then the vines spread.

Red hailstone is an attractive vine with separate male and female plants that can grow in light levels ranging from full sun to shade. To date, all populations reported in Minnesota are male, so there has not been reproduction by seed. However, the vines spread by underground stems and produce tubers that can



Red hailstone has a golden flower and heart shaped leaves.

send up new shoots. The vines die back to the ground each winter but can grow 18 feet per year to cover large areas. Leaves are alternate, simple, and heart-shaped with irregularly toothed edges.

This vine is also known as goldencreeper for the golden flowers. Flowering is from July to September. Flowers have five petals fused at the base to form a tube. Curling tendrils attached to the stems help the

vines to climb. University of Wisconsin Extension produced this helpful identification video "Goldencreeper (Thladiantha dubia): A listed invasive plant in Wisconsin."

If you find red hailstone in Minnesota, please report it to Arrest The Pest using our new online reporting form or note the location and email photos of the leaves, flowers, and infestation to arrest.the.pest@state.mn.us.

Statewide youth deer season returns Oct. 21st -24th

Minnesota's youth deer season will continue statewide for its third year, starting Thursday, Oct. 21st, through Sunday, Oct. 24th.

The season coincides with statewide teacher workshops, so many Minnesota students don't have school during the youth season.

To participate, youth must be 10-17 years old and have a valid firearm deer license (same as required for the November deer season).

Participant numbers are not limited and there is no special permit, so parents should purchase or obtain a regular deer hunting license for the youth who will be hunting.

An adult parent, guardian, or mentor must accompany youth ages 10-13.

All youth hunters and mentors must follow blaze orange/pink clothing requirements. Adults may not hunt, unless they are in an area open dur-

ing the early antlerless season and have a deer license and at least one valid early antlerless permit.

This youth season is not part of special youth deer hunts in state parks. Registration for those hunts closes Aug. 20. Dates for some of those special state park youth hunts may fall within the dates of the statewide youth deer season.

Bag limit/bonus tags

The bag limit is one either sex deer. If the youth is hunting in an early antlerless area, he or she may take up to five antlerless deer with the correct licenses.

Youth may not take antlerless deer in permit areas designated bucks-only.

Legal bucks must be tagged with the youth's firearm license. Bonus tags are not valid for legal bucks. Party hunting is not allowed.

Deer permit area designations for the youth season are

the same as the firearms season. A permit area designated either-sex during the firearm season is either-sex during the youth deer season.

Youth may use a bonus tag rather than their youth firearm license tag for antlerless deer in permit areas designated two-deer limit or three-deer limit, or where the early antlerless season is in effect.

Youth must use their youth firearm license tag if they take an antlerless deer in a permit area designated antlerless permit lottery or either-sex. Bonus tags are not valid in these areas.

Crossbows are allowed. Itasca State Park (Deer Permit Area 287) is closed during the Youth Deer Season.

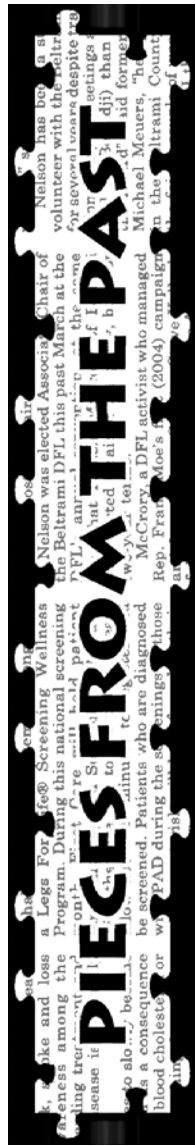
**Ad deadline:
Noon Friday**



10 years ago...2011: The Win-E-Mac 8th grade volleyball team has been having an unbelievable season. With only 3 games to go, their record is 14 - 0. These young ladies have been working very hard to remain undefeated. Pictured above are: Coach Doug Johnson; top row (l-r) Olivia Simonson, Jessi Kasprzak, Mikayla Vesledahl, Indy Nornes; front row: Brianna Carroll, Kelsey Knutson, and Kinlee Faldet.



50 years ago...1971: Mrs. Messelt (center, background) puts her junior thespians through rehearsal in preparation for their class presentation which will be Friday evening. A comedy, "The Hang Up Generation", is their offering.



40 years ago...1981: 1981 Homecoming Queen, Susan Oseth, and her escort, Russell Bly, leave the stage while the recessional plays at Monday night's coronation ceremony.



30 years ago...1991: Present for the membership dinner of the McIntosh VFW Post and Auxiliary were 1991 - 1992 officers: (back, l-r) Lylah Hanson, patriotic instructor; Ila Pederson, guard; LaVerne Benson, committee chairman; Garnet Aanenson, President; and Bernice Smith, senior VP; (front) Carole Burslie, Junior VP; Patti Benson, secretary; and Elaine Bergman, chaplain. Not present for photo: Barbara Rolf, treasurer.



20 years ago...2001: Carey and Tyler Burslie of McIntosh took a trip to Alaska to catch BIG halibut from BIG water. Tyler brought back a trophy fish and a BIG fish story. In the background is the Petersburg Harbor and some of the launches.

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

Local government bodies are in the process of developing their budgets for 2022 but none of them has as many big issues before it as those that are before the Northwest Regional Corrections Board.

For reference, the Regional Corrections Board — made up of two commissioners each from Polk, Norman and Red Lake counties — is the body that oversees management of the Tri-County Community Corrections agency's operation of the Northwest Regional Corrections Center jail, the Red River Valley Juvenile Center, and the Probation Department.

It is the Juvenile Center portion of these operations that has thrown a wrench into things. Problems began on May 14 when a pop-up rain event dumped 1.5 inches of rain on Crookston. The rain came while the Juvenile Center was in the process of being re-roofed. As a result, there was nothing to stop water from rushing through the open areas in the roof.

Non-secure and secure, the 2 sides

Most affected was the “non-secure” or residential side of the center along with the electrical equipment room. Damage was so extensive that the entire center had to be immediately shut down with the juvenile residents transferred to other facilities in the region.

Damage to the “secure side” was much less severe. That side of the center was temporarily re-opened in a limited role on July 26. The Regional Corrections Board took action to close it down this month. A combination of operational and financial reasons were factors in that action.

Operational issues dealt with the fact that when a ju-

venile is placed in secure detention, it is very important to have the option to move him/her to the residential side when behavior and classification allows. Without residential side beds being available that option no longer existed. As a result, placement agencies (probation, courts, social services) are more likely to place juveniles in situations where both secure and residential housing are available. Operating just a secure side center became impractical without also having residential housing available.

Full cost of staffing
Add in the cost of staffing the center for just one side of operations and the financial considerations involved made closure something that needed to be done.

The Juvenile Center will be rebuilt. That is not a question. How long that will take is a question.

ICON Architectural Group, Grand Forks, has begun designing a new residential side floor plan. The time is right, too, for the heating and cooling systems to be updated.

But with contractors all generally having a lot of work to do and, like many other businesses being short of employees, completion won't happen for a while, probably not for up to a year.

So, with the center closed down, what happens to the center's staff? Of the 11 employees, the program director and caseworker have taken temporary position in the Probation Department where the program director had previous experience.

All five fulltime youth counselors have agreed to assume alternative work assignments in the jail (all these positions were otherwise unfilled).

The three part-time youth

counselors have been laid off. They will qualify for unemployment insurance.

All of the employees will return to their Juvenile Center positions once reconstruction is completed.

Who pays the bill?
There is also the question of who pays for the estimated \$800,000 cost of rebuilding the non-secure side of the Juvenile Center? No settlement has been offered by the contractor or the contractor's insurance company.

So, the question of who pays for what is a subject that could result in litigation. Tri-County has engaged an attorney in the event of a lawsuit.

While the Juvenile Center presents the big question mark in the preparation of a budget, things are going well in the operations of the Northwest Regional Center jail and the Probation Department.

However, with this being a “contract year” for all Tri-County employee groups and with those talks ongoing, that is another important factor in the budgeting process.

All of these things make for some pretty important discussion topics when the Regional Corrections Board has its meetings. But in time there will be, shall we say, “corrections.”

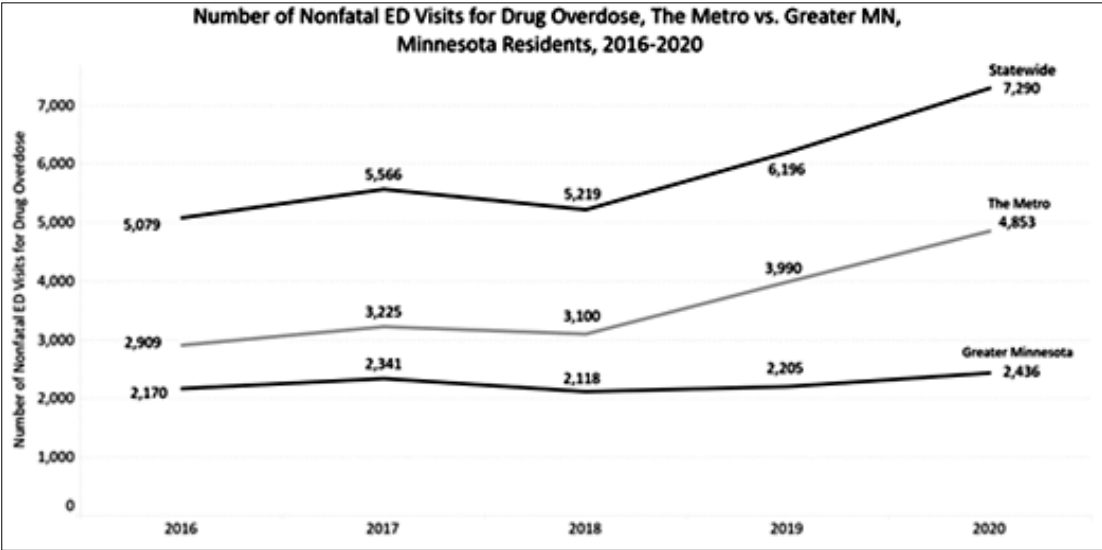
Thoughts for the day:

Note to coaches: The best place to coach might just be at an orphanage — Anonymous

No one would ever have crossed the ocean if they could have gotten off the ship during the storm. — Ketterling

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners

Nonfatal drug overdoses increased during COVID-19 pandemic



Minnesota hospitals report upward trend in non-fatal overdoses, mirroring fatal overdose data.

Improving health and wellness is possible for anyone who uses drugs, including the more than 14,000 Minnesotans who had an overdose treated at a hospital in 2020. In fact, in 2020, for every overdose death of a Minnesota resident, there were 14 nonfatal overdoses reported.

The Minnesota Department of Health (MDH) reported an 18% increase in nonfatal, emergency department-treated drug overdoses in 2020 compared to 2019. Nonfatal overdoses rose from 6,196 in 2019 to 7,290 in 2020. Opioids and stimulants drove much of the increase, as they were involved in 57% of emergency department visits for nonfatal overdoses.

“The report on nonfatal overdoses in Minnesota is a reminder that so many lives are tragically impacted by substance use,” said Minnesota Commissioner of Health Jan Malcolm.

“The COVID-19 pandemic has been the biggest public health issue in the world for almost two years now, but the

other pressing public health issues have not gone away. The opioid epidemic continues to be pervasive and requires continuing, comprehensive drug overdose prevention and response efforts.”

“As with fatal overdose data, we see populations most impacted by systemic racism are more often affected by substance use,” said MDH Overdose Prevention Supervisor Dana Farley. “Recovery has a greater chance of success when communities are involved. Systemic racism and lack of access to recovery resources hinders recovery efforts for many Minnesotans.”

“The Minnesota Department of Health is working to amplify the work of our community partners who provide needed support for people in their recovery journey.”

Naloxone, also known as Narcan®, is a life-saving medication that can be used to reverse the effects of opioids during an overdose. Anyone can carry naloxone, and it is available through a number of sources in Minnesota.

“As long as someone is alive, they can access treatment resources, making recovery possible,” said MDH

epidemiologist Shelbi Giesel. “Prevention efforts like naloxone distribution and linkages to care are promising practices that have the potential to save many lives.”

More information on and where to find naloxone can be found on the MDH website. Read more about nonfatal overdoses in Minnesota in the Nonfatal Emergency Department Visits for Drug Overdose Among Minnesota Residents 2016-2020 (PDF) report. Visit the MDH Drug Overdose Dashboard to learn more about overdose data, opioid emergency response, lifesaving naloxone, and preventing the demand for drugs.

The harms of drug overdoses are another area of wellness, where the inequities experienced by communities of color, as a result of systemic racism and its influence on health, contribute to the greater burden among Minnesota's communities of color.

The data shows American Indians were nine times as likely to experience a nonfatal overdose than white Minnesotans. Black Minnesotans were three times as likely as white Minnesotans to experience a nonfatal overdose.



Tips to carve the perfect jack-o'-lantern

Jack-o'-lanterns are one of many indelible symbols of Halloween.

It's hard to pinpoint the precise origins of jack-o'-lanterns, but many historians trace the tradition to 19th century Ireland.

In fact, this instantly recognizable staple of Halloween decor actually gets its name from an Irish folktale character named "Stingy Jack."

Jack-o'-lanterns are ubiquitous in October, but a refresher course on carving one can help those who haven't dusted off their carving skills since last fall.

• Don't carve too early. Though it can be tempting and fun to carve a jack-o'-lantern once the calendar turns to October, it's unlikely the finished product will make it all the way to October 31. Horticulturists indicate that jack-o'-lanterns have a shelf life of roughly five to 10 days, though an especially cold October could shorten that life expectancy even further. If you want your jack-o'-lantern to greet trick-or-treaters on Halloween,

wait to carve it until a few days before the big day.

• Use a dry-erase marker to outline the design. It's easy to make mistakes when carving a jack-o'-lantern, especially if this is your first time using a carving knife since last year. Use a dry-erase marker to trace the design onto the pumpkin before you make a cut.

• Avoid severing the stem. When many people envision jack-o'-lanterns, the image in their minds is one in which the top of the pumpkin is removed so candles or lights can be effortlessly placed inside. However, the custom pumpkin carving experts at New York-based Maniac Pumpkin Carvers note that removing the top cuts off the vine, which supplies the pumpkin with nutrients and moisture, even after it's been cut. A whole in the back of the pumpkin can provide easy access when placing candles or lights inside, and cutting here won't cut off the nutrient and moisture supply a pumpkin needs to avoid drying out.

Time for a children's vision checkup

As the routine of a school year settles in, families may direct their focus to factors that have nothing to do with school supplies or enrolling youngsters in extracurricular activities. For example, the weeks after families settle into a new school year routine can be a great time to have students' vision checked.

According to Prevent Blind-

ness, the oldest eye health and safety nonprofit organization in the United States, common vision problems in children include amblyopia (lazy eye), strabismus (crossed eyes), and refractive errors like myopia, astigmatism and hyperopia.

A recent study titled "Children's Vision and Eye Health: A Snapshot of Current National Issues, 2nd Edition," points

out that vision has a critical role in children's physical, cognitive and social development. Furthermore, visual functioning is a strong predictor of academic performance in school-age children, according to the study. In fact, without early detection and treatment, uncorrected vision disorders can interfere with learning and impair children's development.

Parents and educators are urged to be aware of symptoms of common eye disorders in children, which include the following.

- Squints eyes a lot.
- Closes or covers one eye to read or see.
- Tilts head or thrusts forward.
- Has trouble reading or doing other close-up work.
- Holds objects close to eyes to see.
- Complains things are blurry or hard to see.
- Squints eyes or frowns.

All children, and especially those who are having issues with their eyes, should visit with an eye professional annually to have their vision checked. In addition, parents can rely on Prevent Blindness in conjunction with Children's Vision Massachusetts and School Health for a new web resource to assess their kids' digital screen time use. Tips are available at <https://preventblindness.org/childrens-screen-time-tips/>.

Traveling art exhibit visits Ada Public Library



NWMAC Traveling Art Exhibit at Ada Public Library.

The Northwest Minnesota Arts Council (NWMAC) sponsors an annual Traveling Art Exhibit, which visits northwest Minnesota communities throughout the year.

After a break last year due to the pandemic, the exhibit will once again be coming to your area. The exhibit includes 15 original pieces of art by regional adult and student artists, chosen from works submitted for our annual juried exhibit.

The exhibit is currently at the Ada Public Library in Ada until November 17. The Ada Library is open on Tuesdays and Thursdays from noon to

8 pm and on Wednesdays and Fridays from 10 am to 6 pm. Please stop by to see these works of art. See below for the schedule for the year.

August 27– September 22, 2021 Hallock Public Library, Hallock

September 22–October 14, 2021 East Grand Forks Campbell Library

October 15–Nov 17, 2021 Ada Public Library

Nov 17–Dec 16, 2021 Fertile Public Library

Dec 16, 2021– January 12, 2022 Thief River Falls Public Library

January 12 – February 16, 2022 Fosston Public Library

February 16 -- March 16, 2022 Crookston Public Library

March 16 -- April TBD** Red Lake Falls Public Library

*The start and end dates at each location are approximate, depending on weather, venue hours and other circumstances that may occur to prohibit travel. For specific library hours, please contact each location before planning your visit, especially if you are planning on bringing a group

For more information about the Traveling Exhibit or our other exhibits look to our website at www.NWArtsCouncil.org,

Decorate a festive pie for Halloween party fun

Candy may be a mainstay of Halloween celebrations, but other desserts also can make festivities even more enjoyable - especially when those desserts coordinate with the Halloween theme.

The word "chibi" means "short and chubby" in Japanese, but it also has expanded to refer to characters with especially cute, babylike features. The chibi style lends itself well to jack-o'-lantern designs, which many people find cute, short and chubby. Making a jack-o'-lantern themed pie is even easier when pumpkin - which is an especially popular flavor this time of year - is the pie of choice.

Find your favorite pumpkin pie recipe or purchase a store-made one and some refrigerated pie dough to add some Halloween flair with this instructional guide for "Chibi Pumpkin Pie" courtesy of "Pies are Awesome: The Definitive



Pie Art Book, Step-By-Step Designs for Every Occasion" (Rock Point) by Jessica Leigh Clark-Bojinn.

Chibi Pumpkin Pie

Ingredients:
Egg wash (or almond milk if making a vegan pie)
Vanilla extract
Brown, black, green and pink gel food color
Opaque white icing color
Orange and yellow sanding sugar

Supplies:
Pie pan of your choice
Baking sheet
Parchment paper
Food-safe precision knife
Pastry brush
Food-safe artist brushes
Ramekins or small containers to mix color and hold egg wash

Fondant sculpting tool or toothpick

Since this pie is a literal picture of a pumpkin, I think it makes sense for the filling to be pumpkin, but then again, who am I to stifle your creativity? Since this pie has a sanding-sugar top, you can use any flavor of filling you like and the dough of your choice. You also can use a store-bought pie.

1. Roll out the dough of your choice onto parchment paper and cut out all the chibi pumpkin template pieces with a sharp knife. (Note: Make your own template or purchase the book for instructions on how