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Win-E-Mac celebrates the 50th Anniversary of Title IX



The ladies that were honored at the Ceremony for honoring Title IX anniversary held at Win-E-Mac School last Thursday during the Patriot volleyball game. L-R Standing: Nancy Andree, Ilene Kiecker Reiersen, ; Cindy Tranby Ostenaar, Mary Strom Schmidt, Nola Johnson Hanson, Julie Bergman Kees, Darlene Johnson Dierkes, Amy Schimanski Renier, Naomi Thompson Hillgartner, Beth Strom Fortin, Pam Aanenson, Nancy Benson Tradewell, Mary Beth Nornes Espeseth, Ruth Thompson Vetter, Tami Yeomans Ose, Deb Johnson Carey, and Lori Osland Hole. Kneeling: DeAnna Haagenson.

4 candidates vie for the Win-E-Mac School Board



Megan Rock

Hello! My name is Megan Rock. Myself and my husband of 11 years ,Garrett, along with our 3 children Emmett(9), Hayden (5) and Paxton (1) have resided in McIntosh since December of 2012. We love it here because it's a safe and friendly area to raise our children. I've spent the last 13 years working in administrative positions for various companies in the area. Running for school board is something that I never saw myself doing, but as my children begin their school journey I think it's important to become involved in that journey with them. I enjoy being challenged to think outside of the box for solutions. School environments are not a "one size fits all" and we need to be as flexible as possible to accommodate the different needs of the children. My biggest challenge with running for school board is I have not been part of the Win-E-Mac community for very long, and because of that I do not have a specific agenda if I am to be

elected for the school board. I do believe in making decisions based on what is best for the vast majority of the children. I plan to spend my time on the school board doing so with a common sense no nonsense approach. If budget cuts within the school need to happen, and I hope they do not, I believe it is important to cut things that benefit our children in the least way possible. Cutting things just because it's the most financially beneficial is not the right approach. There is always a way, it just needs to be searched for. I hope to maintain a safe and enjoyable environment for both the children and the staff. Making sure we have the best educators and additional staff possible. Thank you so much, and I look forward to serving on the Win-E-Mac School Board as an advocate for your child(ren).

Jackie Huschle.
My Name is Jackie Huschle. I currently work at First National Bank of McIntosh. I was born and raised in Mc-



Intosh. I received my AA degree from Northland College in Thief River Falls, where I met my husband, Cody. After getting married, I finished my Business degree at Bemidji State University. Our family moved a few times before moving back to the Win-E-Mac school district, where our son Bridger attends school. I am a proud Patriot and am excited to have Bridger carry on the

pride of wearing the red, white, and blue! Every district operates a little differently. Having lived in a few different districts, I have a different perspective on how things could hopefully improve our school. Like most districts, the challenges faced can vary from year to year. If elected as a school board member, my hope is to offer whatever help I can to make sure that those

challenges don't affect the student's ability to have an excellent education. One challenge many districts are faced with is the dreaded "Budget Cuts". I would try to avoid as many cuts as possible by collaborating with staff to find what areas we can afford to cut and what areas we can't. Working together is essential, because in the end, everyone wants the same thing, and that is what's

best for the kids. One final thing you should know about me is that I'm a firm believer in teamwork. Teamwork can be challenging at times but so rewarding. Being part of the school board team would be an exciting opportunity for me. What better team could a person ask to be a

School Board...
Continued on page 2...



Cub Scout Pack 89 was a busy bunch on the evening of Tuesday, September 27th. They assisted the Winger Lions with the Adopt-A-Highway program South of Winger hiking over two miles collecting garbage and roadway debris. Be on the lookout for scouts in your area as the annual popcorn sale is currently ongoing. Please feel free to contact a Scout to support this important fundraiser. Pack 89 is geared up and ready for service! Helpers for the day were Back(L-R) Bennett Bailey, Karl Jax, Silas Lee, Chandler Bailey, Emmett Rock, Jens Stordahl, Dean Morin, Cory Dibblee, and Den Chief Jareth Walk. Front (L-R) Jaxson Flynn and Macey Lee.



The Annual Meet the Patriots night was held on Monday, September 26th at Win-E-Mac School where the elementary kids are able to visit and play with the Patriot football, volleyball and cheerleading squads for a fun evening full of games and laughter.

School Board...

Continued from page 1

part of than one that helps our children's futures?

Brad Sander

My name is Brad Sander. I live in McIntosh with my wife Melissa. We have three kids Carlie 21, Haley 18, and Brayden who is in 10th grade at Win-E-Mac. I work for Sander Construction. I'm seeking re-election or school board. have four years of experience on the board at Win-E-Mac. I feel that schools are always facing different challenges, and as a school board member

I would work alongside other school board members to find a solution to the topics at hand. Communication is a key factor in finding solutions to the challenges we face. If the school is faced with future cuts, I would suggest rearranging staff and classes to make minimal cuts or no cuts at all. Being on the school board has been a learning experience. I would like to continue to be on the board and to work with the other board members to make the best decisions for our school

that we can.

Joel Strom

Joel Strom is a candidate for the Win-E-Mac School Board but did not submit a statement.



Coffee with a cop Oct. 5th

In honor of National Coffee with a Cop Day, Sheriff Jim Tadman and the Polk County Sheriff's Office are pleased to offer Coffee with a Cop on Wednesday, October 5th, 2022, from 8:00 am – 10:00 am at Northdale Oil located at 702 N Mill Street in Fertile.

Sheriff Tadman and deputies are looking forward to visiting with our community members over a cup of coffee discussing issues and learning more about each other.

The Polk County Sheriff's Office is inviting you to pull up a chair, grab a cup of coffee, and take this opportunity to get to know us.

Ask questions, share your concerns, or just visit with a deputy. This is an informal setting hosted by our friends at Northdale Oil in Fertile. We hope to see you there!

About Coffee

with a Cop Day

National Coffee with a Cop day is a day dedicated to encourage communication and positive interactions between law enforcement agencies and the public.

The day began as part of



National Community Policing Week in 2016 and now continues each year on the first Wednesday in October furthering efforts nationwide to bridge the gap between the community and the law.

"Coffee with a Cop is community policing at its core. The simple act of having a cup of coffee with community members can be the first step in increasing trust and cooperation between the police and the people they serve," said former COPS Office Director Ronald L. Davis.

Coffee with a Cop brings police officers and the community members they serve together – over coffee – to discuss issues and learn more about each other.



Pictured above: Ilene (Kiecker) Reiersen, Cindy (Tranby) Ostenaar, and Nola (Johnson) Hanson took part in the Title IX presentation during the Thursday evening Volleyball game at Win-E-Mac School.

Pictured left: The Class of 1978 had the biggest turnout at the presentation to honor the female athletes from the Title IX era: Ruth (Thompson) Vetter, Pam Aanenson, Darlene (Johnson) Dierkes, Deanna Haagenson, Beth (Strom) Fortin, and Mary Beth (Nornes) Esposito.



Community
Birthday and
Anniversary
Calendar

Wed. Oct. 5:

*Josh & Nicole Vetteson, *Matthew & Morgan Voxland

Thurs. Oct. 6:

Matthew Voxland, Russell Sultvedt, Wayne Gustafson

Fri. Oct. 7: Samantha Rasussen, Rob Roed, *Rob & Lori Roed

Sat. Oct. 8: *Darren & Holly Kringlen

Sun. Oct. 9: Jason Carlson, Heidi Lemer

Mon. Oct. 10: Jim Ferden, Jonah Salvhus

Tues. Oct. 11: Annabelle Shultz, Sandra Jore, Ambrose Anderson, Shawn Ostenaar

McIntosh Times			
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1978	\$5.00	\$10.00	218-2865
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2020	\$5.00	\$10.00	218-2865
2021	\$5.00	\$10.00	218-2865
2022	\$5.00	\$10.00	218-2865

First National Bank will be closed Monday, October 10th in observance of Columbus Day.

Columbus Day

Christopher Columbus was born in Genoa, Italy, in 1451. Columbus had little schooling but learned how to use oars and sails when he was very young.

In 1492, King Ferdinand and Queen Isabella of Spain financed Columbus' first voyage to America. Each October, we remember Christopher Columbus for the discovery of America.

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Mac Library to host Secrets of the Glensheen Mansion Murders program Oct13th

Fans of true crime will enjoy presentation by reporter Joe Kimball, author of "Secrets of the Congdon Mansion," giving a first-hand account of Minnesota's most infamous murder case.

Hosted by the McIntosh Public Library, Kimball will discuss his experiences covering the story from start to finish as a reporter for the Star Tribune and will give inside details about the victims, investigators and perpetrators, bringing the tale to life. This program will be held free-of-

charge Thursday, October 13 at 7:00 p.m. at the McIntosh Public Library. Programming is made possible in part thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

Mac Library

closed Oct. 11th

All Lake Agassiz Regional Library (LRL) branches and LINK sites will be closed on Monday, October 10 for staff development and will resume regular hours on Tuesday, October 11th.



LSS
Meals Menu
687-2262

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

Mon. Oct. 10: Lemon Pepper Fish - Au gratin Potatoes - Baked Beans - Rolls - Chocolate Crazy Cake - Milk

Tues. Oct. 11: *Bingo* Pork Tips in Gravy over Mashed Potatoes - Peas & Carrots - Wheat Rolls - Banana Bars - Milk

Wed. Oct. 12: Chicken Spaghetti - Green Beans - Cole-slaw - Bread - Peanut Butter Cookies - Milk

Thur. Oct. 13: *Bingo* *Call with Choice* Liver & Onions or Poor Man's Steak - Mashed Potatoes & Gravy - Broccoli - Rolls - Lemon Bars - Milk

Fri. Oct. 14: Homemade Chili - Baked Cheese Sandwich - Peas - Chocolate Zucchini Bars - Milk



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

Wed. Oct. 5: 11:30am Mass at St. Mary's, Fosston

Fri. Oct. 7: 8:30am Mass at St. Mary's, Fosston

Sun. Oct. 9: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Oct. 12: 11:30am Mass at St. Mary's, Fosston

Fri. Oct. 14: 8:30am Mass at St. Mary's, Fosston

Sun. Oct. 16: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Oct. 19: 11:30am Mass at St. Mary's, Fosston

Fri. Oct. 21: 8:30am Mass at St. Mary's, Fosston

Sun. Oct. 23: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Mass at St. Joseph's, Bagley

OUR SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Interim Pastor Keith Zeh

Synodical Authorized Minister Katie DeMarais

Sun. Oct. 9: 10:00am Coffee Hour; 10:30am Worship Services; 11:30am Meatball Dinner

Sun. Oct. 16: 10:00am Coffee Hour; 10:30am Worship Services

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Interim Pastors John Anderson and Phil Rokke

Sunday Services

11:00am Mt Carmel

9:30am Trinity

Sunday School

10:45am Trinity

9:45am Mt. Carmel

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

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

Tues. Oct. 11: 10:00am Sunday worship service telecast on GVTV-30

Wed. Oct. 12: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

PastorLee Laaveg

Sun. Oct. 9: 9:00am Worship

Sun. Oct. 16: 9:00am Worship

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker,

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

Superintendents Notes

By Randy Bruer

Win-E-Mac
Digital Tools

Win-E-Mac Public Schools uses a variety of digital tools to support student learning. Technology vendors and software are utilized to support work as we help all students develop the skills necessary to succeed in an ever-changing world. We have an inventory of our curriculum, testing, and assessment tools posted at wemschools.org/digitaltools.

This spreadsheet includes an outline of the student data elements within each tool. (Some digital tools that do not collect student data may have been included, but many were not included on this spreadsheet.) This list is maintained and communicated via the Win-E-Mac website at the start of each school year.

Please reach out to Andrew Hanson (technology coordinator) at technology@wemschools.org for additional questions regarding specific digital tools used in classrooms.

School Levy

Our school levy for the 2022 Pay 2023 school year will increase by 5%. This increase is due to largely to increases in Market Values, sales ratio



and inflationary adjustments based on the CPI referendum conversions. The district made no extra increases in the levy. People who own Ag property or farmland will see another decrease due to the Ag credit legislation passed in 2019. Ag credit will be used for Agriculture and timberland owners in 296 school districts to reduce bond debt taxes. This is a new property tax law only applied to Ag acres and timberland, so the tax burden of school buildings is not a heavy burden on farmers. See table below.

Taxes Payable Year	Total Ag2school credit
2021	55%
2022	60%

2023 70%
Covid 19 Continues to take a toll on our schools in Polk County

Win-E-Macs Covid Leadership team met twice with school starting to review a few changes which will not make huge impacts. If you have 2 or more common symptoms, we ask children and/or adults to go home and return after 36 hours if symptoms improve without fever-reducing medications. We have tests available for our families if needed. Check with our Win-E-Mac nursing office if assistance is needed.

Teacher Conferences

The school is planning to host virtual conferences on October 13th with more information to follow. We have decided that the conference format will be to allow parents to access us any of three ways: Zoom, In-Person, or via phone call. However, we want all three options available to parents by all staff.

Last year we had some limited options so this year we want all three choices to be available to parents so that the formats and choices are the same for all grades.

Funds available to
update livestock operations

Apply by November 15, 2022 for Livestock Investment Grant.

Minnesota livestock farmers and ranchers seeking to improve their operation are encouraged to apply for the Agricultural Growth, Research, and Innovation (AGRI) Livestock Investment Grant program. The Minnesota Department of Agriculture (MDA) anticipates awarding approximately \$1.3 million using a competitive review process.

Applications for the grant will be accepted until 4 p.m. on Tuesday, November 15, 2022. A second round will open only if the MDA does not receive enough quality applications in this first round.

The MDA will issue a second RFP if there are any remaining funds by spring 2023. Unsuccessful applicants for this round will be able to reapply if a second round is offered.

All principal operators of livestock farms in Minnesota are invited to apply, including those who have received grants in the past.

Only one application will be accepted per farm. Preference will be given to applicants/farms that have not previously been awarded a grant.

Livestock Investment Grants encourage long-term industry development in Minnesota's \$7 billion livestock industry.

Grant funds are available for equipment purchases, physical improvements, and acquisition of facilities used to start, improve, or expand livestock operations in the state of Minnesota. Funding for the grants comes through the AGRI Program to advance

Minnesota's agricultural and renewable energy industries.

Applicants may apply for up to 10% of their project's total expense, with a minimum expense of \$4,000 and a maximum expense of \$250,000. Grant awards can range in size from \$400 to \$25,000.

Only expenses incurred after the grant contract has been

signed by all parties are eligible for reimbursement. The MDA expects to have contracts to grantees by early 2023.

Applicants must use the MDA's online application portal to apply for the grant.

More information about the grant can be found on the AGRI Livestock Investment Grant website.

Enjoy some winter squash recipes for fall dining

If you grew up thinking the only way to eat butternut squash was to mash it with lots of butter, milk, and brown sugar. Although that's a delicious way to enjoy it (it's still one of most peoples favorites), There are many more possibilities when it comes to preparing the vegetable.

This delicious fall recipe is featured in the Fall edition of the Living Local publication.

Winter
Squash with Apples
Ingredients:

- 1 1/2 pounds uncooked winter squash, peeled & cut into cubes
- 1/2 pounds fresh cranberries (optional)
- 2 to 3 apples, chopped
- 1/4 cup raisins
- Juice & grated peel of 1 small orange
- 1 1/4 tablespoon maple syrup (or honey)
- Dash each of salt & cinnamon

Directions:

- Preheat oven to 350 degrees.
- Combine squash, cranberries, apples and raisins in a small buttered casserole dish.
- Combine juice, peel, syrup and salt, and pour over squash mixture.
- Lightly dust with cinnamon,

cover, and bake until squash is tender, approximately 30 to 45 minutes.

Wild rice studded with butternut squash, pecans, and dried cranberries, which can be enjoyed warm or cold.

Wild Rice Pilaf
with Squash,
Pecans, and Cranberries

- 1 cup wild rice
- 4 cups water
- 1 teaspoon kosher salt, divided, plus more as needed
- 1/4 teaspoon freshly ground black pepper
- 1 medium butternut squash (2 1/2 to 3 pounds), peeled and cut into 1/2-inch pieces (about 7 cups)
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1 large shallot, finely chopped
- 1 teaspoon chopped fresh thyme leaves
- 2/3 cup dried cranberries
- 1/2 cup pecans, toasted and coarsely chopped
- 1/4 cup loosely packed chopped fresh parsley leaves

Arrange a rack in the middle of the oven and heat to 425°F.

Place the wild rice in a fine-mesh strainer and rinse well under cold running water.

October Weed of the Month:
Non-native Bush Honeysuckles in MN



By: Maggie Barnick, Minnesota Department of Agriculture

Because non-native bush honeysuckles have pretty flowers and thrive in a variety of soil conditions, they were planted as ornamentals, for erosion control purposes, and as wildlife habitat. Now we know exotic honeysuckle are detrimental to our forests, spreading and outcompeting native forest understory plant species.

Non-native honeysuckles leaf out earlier and hold their leaves later than native shrubs, shading out native plants. They also begin absorbing nutrients and water earlier

in the growing season, depriving our native plants of these critical resources. In the fall, you can notice their colorful red to orange-yellow berries, which are eaten and distributed by bird species, and although they have little actual nutritional value for our native birds, this creates an important vehicle of spread into new areas. Finally, their shallow root systems leave the soils more prone to erosion.

There are 180 species in the Lonicera genus worldwide. In Minnesota, we have four non-native bush honeysuckle species of concern: Morrow's, Bell's, Tatarian, and Amur honeysuckles. Bell's honey-

squash, cranberries, pecans, and parsley. Taste and season with more salt as needed. Serve hot, warm, or at room temperature.

Recipe Notes

Make ahead: The wild rice and butternut squash can be cooked up to 2 days ahead and stored in separate airtight containers in the refrigerator. Re-warm briefly in the microwave if serving the pilaf hot. Otherwise, leave both out at room temperature for 20 minutes or so before proceeding with the recipe.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.

This recipe makes a lot of food, which is great! I would recommend dividing the mixture up between two baking sheets to give the food some space to roast more evenly. Baking it the full amount of time will definitely yield very soft results, so feel free to shorten the bake time if you prefer firmer squash and potatoes.

Ginger, Butternut
Squash & Sweet Potato

- 1 large butternut squash, peeled & seeded
- 4 medium sweet potatoes,

suckle is a hybrid of Tatarian and Morrow's honeysuckle. Morrow's, Bell's, and Tatarian honeysuckle are all widespread in Minnesota. Bell's honeysuckle is thought to be the most common. Amur honeysuckle is not known to be widespread in Minnesota but exhibits similar invasive characteristics as the other three and is a problem in other parts of the Midwest. Amur honeysuckle has the most distinctive characteristics of the four species. It has leaves that are lance shaped with tapered, pointy tips. Its fruits and flowers are nearly stalkless.

Non-native bush honeysuckle can be quite difficult to distinguish from one another. The four species exhibit slightly different characteristics in flower color, leaf pubescence, fruit color, and size, too.

Minnesota has several native species of honeysuckle that differ greatly from non-native invasive honeysuckle. One key distinction is the pith on twigs that are two years or older. In non-native bush honeysuckle species, the pith will always be hollow whereas the pith of native honeysuckle species is solid.

The four non-native bush honeysuckles are Restricted Noxious Weeds, meaning the importation, sale, and transportation of their propagating parts in the state is prohibited. Japanese honeysuckle (L. japonica) is also regulated in Minnesota but is a woody vine and not similar to the four bush honeysuckles focused on in this article.

For additional information on non-native honeysuckles, visit the Minnesota Department of Agriculture's website or the Minnesota Department of Natural Resource's website.

peeled
3 yellow onions, peeled and sliced thin

- 1 (4-inch) piece ginger, peeled and julienned
- 5 tablespoons olive oil
- 1 tablespoon kosher salt
- 1/2 tablespoon black pepper
- Preheat oven 400°F.

Cut the butternut squash and sweet potatoes into wedges, about 2 inches each. In a large bowl, combine the squash, sweet potatoes, onions, ginger, olive oil, salt, and pepper. Use your hands to mix all ingredients together.

Transfer to a parchment-lined baking sheet, and arrange in a single layer. Bake, uncovered, for 40 minutes. Reduce the temperature to 300°F, and cook for an additional 1 1/2 hours. Reduce oven temperature to 200°F and cook for 1 hour longer. If you are not serving this dish immediately, keep in oven until serving (even if the oven is "off," the warmth does it good.)

There's a wonderland of winter squash out there, and it turns out the good eating goes way beyond pumpkin pie. So let's get all those gorgeous gourds out of the fall displays and into our kitchens, where they belong



The ladies that were honored during the Title IX Anniversary program were given hand claps by both the Win-E-Mac and Fosston volleyball teams that were playing during last Thursday evenings events.

Polk County youth celebrate National 4-H Week Oct. 2nd - 8th

October 2-8, 2022 is National 4-H Week, and Polk County is celebrating the 4-H youth who have made an impact on the community, and are stepping up to the challenges of a complex and changing world.

The 4-H youth development program provides experiences where youth can “learn by doing,” which encourages youth to experiment, innovate and think independently. 4-H programs are offered through school-based, after-school and camp settings, as well as within community clubs, where groups meet regularly to work on projects, perform community service and develop leadership skills. Through this unique process, youth obtain essential life skills such as problem-solving, decision making, coping and communicating.

“4-H provides positive non-school learning opportunities that are critical for the development of young people,” said Jennifer Skuza, associate dean for the Center for Youth Development and Minnesota 4-H state director. “As a result, 4-H youth are able to contribute and make a difference in positive ways in their homes, schools and communities throughout Minnesota.”

Today’s 4-H projects include the traditional and still popular agriculture and animal science projects, but youth also



work on cutting-edge technology projects, such as aquatic robotics, digital photography, community service and environmental projects—like maintaining local hiking trails and testing water in area streams for contaminants.

Recent findings from Tufts University’s 4-H Study of Positive Youth Development indicate that young people in 4-H are three times more likely to contribute to their communities than youth not participating in 4-H. Notably, the Tufts

research discovered that the structured learning, encouragement and adult mentoring that 4-H’ers receive play a vital role in helping them actively contribute to their communities. In Polk County more than 109 4-H members and 40 volunteers are involved in 4-H.

Learn more about 4-H in Minnesota and how you can get involved at www.4-H.umn.edu or contact Katie Becker, 4-H Extension Educator, at 218-563-2465 or kabecker@umn.edu.



Webelos Scout Silas Lee takes a moment to admire the large amount of garbage collected in the ditches along highway 59 South of Winger.

Does breast cancer run in families?

No woman is immune to breast cancer. However, some women with extensive family histories of the disease may wonder if they’re more vulnerable to breast cancer than those without such a link. According to the Centers for Disease Control and Prevention, roughly 3 percent of breast cancers result from inherited mutations in the BRCA1 and BRCA2 genes that are passed on in families. Inherited mutations in other genes also can cause breast cancer (as well as ovarian cancer), but BRCA1

and BRCA2 are the most commonly affected genes. And it’s not just women who can inherit these mutations.

Though men account for only a small percentage of breast cancer patients, they can get the disease, and those who inherit mutations in BRCA1 and BRCA2 are more likely to develop breast cancer than other men. The CDC notes that not everyone who inherits a BRCA1, BRCA2 or other mutation will develop breast cancer, and women with such mutations can take

steps to help lower their risk for the disease. Doctors can discuss those steps with women, but they may include genetic counseling and testing. The CDC also notes that, even in instances when counseling and testing is not ultimately recommended by a physician, women should consider talking to their doctors about starting mammography screening in their 40s. That’s earlier than some organizations recommend, though physicians may feel it’s worth it depending on the individual.

Prepare your garden for winter's onslaught

Individuals who don’t live near the equator or in another warm climate know that winter will rear its chilly head this year.

Cold temperatures and snowy conditions may be excellent for skiing and sledding, but gardeners recognize these conditions are not ideal for their plants.

The inevitable slowing of activity in the garden during fall marks a time to shift attention from constant plant care to preparing the landscape for next season. It may be tempting to simply let Mother Nature take over, but a little pre-winter TLC can ensure gardens make it through winter unscathed.

Remove spent plants
Decomposing organic material is the basis for compost and other fertilizers. However, vegetable plants that are left to sit can lead to decay in the garden. Decaying plants can serve as hosts for pest populations and diseases. Rotting vegetables also can drop unwanted seeds into the soil, which eventually can strip nu-

trients that normally would go to next year’s crops.

Ornamental plants and perennials can be cut back in fall. Cut down stalks and remove leaves.

Plant a cover crop
The gardening resource This Is My Garden recommends planting a cover crop to set the stage for a successful spring. A cover crop protects the soil and can return nutrients to it. When the soil is bare during winter, weed seeds can easily blow in and lie in wait, ultimately becoming a problem during the ensuing year. Cover crops can include clover or field peas, which will increase the levels of available nitrogen.

Amend the soil
Fall is a perfect time to add soil amendments, such as manure and compost. These fertilizers will add nutrients and break down gradually, enriching the soil over the winter.

Replenish mulch
Gardeners may have added mulch around shrubs and other areas of the landscape early in the season because it is attractive. But mulch also does

much to reduce water loss and protect the soil from erosion. It may inhibit weed growth as well. Replacing mulch when the mercury drops can insulate the soil, which helps to regulate soil temperature. A thick layer of mulch around root vegetables left in the garden can offer protection against hard frosts.

Divide bulbs
Divide plant bulbs and plant them where you want flowers like daffodils and tulips to grow in the spring.

Prune dormant plants
Wait until plants are dormant to prune them and adjust their shape. Most shrubs and trees should be pruned in late winter, right before new growth.

Move potted plants
Bring delicate plants into a sheltered area, such as a greenhouse or indoor garage, so they can continue to thrive during the winter.

Fall and winter still provide opportunities to spend time in the garden. At this point in the year, gardeners can prepare landscapes for the next season.



Scare up a haunted house at home

Everyone deserves a good scare come Halloween. Some people sit down to horror movie marathons, while others page through thrilling books from famed horror writers such as Stephen King and Dean Koontz.

However, hands-on scares can be just as effective, which probably accounts for the popularity of haunted hay rides and haunted corn mazes.

Homeowners looking to provide their own share of scares to friends and family - or to create a scream-worthy tableau for the visiting public to enjoy - can consider some of these haunted house ideas.

Create a spooky ambiance

The fear of the unknown can be a powerful force. In many horror scenes, suspense is built by what audiences cannot see. Borrow this idea when creating the mood for your haunted house. Dim lighting by way of red or black outside bulbs will help increase the shadows and camouflage any decorations that may not be completely realistic in the light of day. In addition to lighting, create a playlist of creepy sounds. Consider how effective those grandfather clock bell tolls were at evoking fear in season four of “Stranger Things.” Pick your spooky sounds, whether it’s animals or something more supernatural.

Narrow down a theme

Decide which type of scenes you’ll want to depict and maintain continuity throughout. Graveyards, monstrous realms, insane asylum, or evil fairy tale creatures can serve as inspiration for a theme. Once a theme has been chosen, you can build props, decorations, lighting, and other effects around it.

Enlist some live-action help

Gather a bunch of volunteers who can be on hand to staff your haunted house, particularly if you’re opening up your property to the neighborhood for a night or two, or if you’re hosting a party. Each volunteer should be dressed and acting according to the theme. A mix of stationary decorations with creepy people moving about can really set a haunted house apart.

Create 'bloody' candles

Purchase white pillar candles and get one long, red candle as well. Over a protected surface, melt the red candle and drizzle “blood” trickles over the white candles from the tops and down the sides. These candles can be placed around your haunted house.

Spooky silhouettes

Back-lit silhouettes made of cardboard or another thick pa-

per can cause haunted house visitors to take a second look. Prop them up in windows or place them at the end of dark hallways to create the feeling that someone is watching. You’ll be sure to get pulses rising.

Glowing Eyes

Did you have any idea that you could make bone chilling ghosts with bright glowing eyes peek out of your garden bushes, all by using some old, empty toilet paper rolls and some glow sticks? Freak out everyone who is passing by your house with these spooky eyed creatures and have a fun-filled Halloween. Take a look at this pictorial representation of how you can work these devils out.

DIY Bats

If you have kids you probably have a box full of stuff that you wish to use some day for creating some kind of craft

with your kids. Well, this Halloween can be the lucky time to do so. Make your own DIY Halloween bats just with some black card stock, scissors and tape. Sport them over the exterior or the interior walls of your house, flying in a stream and add to the creepy feel of Halloween.

Gather old dolls

Dolls can be creepy characters, and older dolls may appear even more haunted and spooky. Set up an old baby bassinet with a bunch of worn dolls found at various antique stores or garage sales. Work them into your theme or let them be scary all on their own.

Once your haunted house is complete, set up a clearly marked path so visitors know where to walk. Create different scenes along the path to have a scare around every corner. The haunted house will receive rave reviews in no time.

Check out these new scary movies

Come Halloween, television networks and streaming services offer their curated takes on frightening flicks worth watching. Some are horror masterpieces and others campy classics.

Film studios continue to release horror films each year - and 2022 is no different. Here are some recently released horror movies and others slated for release in the months to come.

• **Scream:** Neve Campbell, Courteney Cox and David Arquette return to reprise roles they made famous 25 years ago. A new killer dons the “ghostface” mask and terrorizes a California town. Screams undoubtedly ensue.

• **Hellbender:** A teen and her mother reside in the woods and pursue a passion for making music. A chance encounter with another teen has Izzy learning about a connection between her family and witchcraft, which causes a rift with her mother.

• **Texas Chainsaw Massacre:** The sequel to the 1974 hit arrives streaming on Netflix. A new group of victims unknowingly disrupt Leatherface’s home and are in for a gruesome surprise.

• **Fresh:** Noa finally meets what appears to be the ideal guy in Steve during a meet-cute in the supermarket. They exchange numbers and begin a relationship, planning to head away for the weekend. The rosy glow of their relationship soon extinguishes when Steve’s warped desires come to the surface.

• **The Requin:** A romantic trip goes south when a couple’s villa is swept to sea during a storm. The couple is forced to do what it takes to survive. The added horror comes from sharks circling them below.

• **Umma:** This supernatural thriller tells the story of Amanda, a quiet beekeeper who receives her mother’s ashes from South Korea. She is told that the mother’s “anger will grow as long as she remains in the box.” Soon after Amanda is tormented by her mother’s spirit.

• **Morbius:** This offering from Marvel tells the tale of Michael Morbius. When he tries to cure himself of a rare blood disorder, Morbius actually turns himself into a living vampire, blurring the lines between good and evil.

• **Choose or Die:** Viewers will ponder if a video game actually can kill. That’s because young student Kayla stumbles upon an old game from the 1980s that mirrors the “choose your own adventure” books of the era. It offers a \$125,000 cash prize to the winner. Having been laid off, Kayla begins play, only to discover that what occurs in the game has very real consequences in her real life.

• **Studio 666:** The rock band Foo Fighters moves into a California mansion to record an album. However, that abode is steeped not only in rock and roll memories, but some grisly history as well.

The thrills of Halloween get even bigger when people watch the latest crop of frightening horror films.