



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota

Saturday was for fun and tractors!



The Clubhouse Childcare Center kids get the spotlight on the first tractor through the parade this past Saturday in McIntosh. Tractor Day was a huge success starting with a pancake breakfast, moving to the parade down main street, the kiddie pedal pull and an afternoon watching the tractor pull. Here, Roy Ostenaar, one of the organizers of the day, pulls a trailer with the Clubhouse kids.



Honoring his dad Herman, Shane Voxland drove his tractor during the McIntosh Tractor Day parade last Saturday.



The streets were lined with onlookers for the Annual McIntosh Tractor Day parade held last Saturday. Here, Bobby Bursheim wards off the sun while he takes a cruise through the streets of McIntosh.

Free school meals program provides foundation for successful year of learning

Well-nourished kids learn better

With the new school year only a few weeks away, state officials and educators are pointing to Minnesota's new Free School Meals for Kids Program as something students, families and teachers can look forward to this fall.

"Providing free breakfast and lunch at school is one of the best investments we can make in our students to support Minnesota's working families, and care for our young learners and the future of our state," said Minnesota Department of Education Commissioner Willie Jett. "This program helps make Minnesota the best state for kids to grow up, and I am grateful to Governor Walz and legislators and advocates for making it happen."

The new program provides state reimbursement to schools that participate in the National School Lunch Program and School Breakfast Program, so

students can have one breakfast and one lunch at no cost at school.

Consistent with the goal of having every student receive free school meals, MDE encourages every public school district, charter school and non-public school to submit an application to participate in the program.

Educators say children who aren't hungry during the school day are more attentive and learn better than those who haven't had enough to eat.

"Kids come to school with a lot on their minds, and for many, that worry includes where their next meal will come from," says Staci Murphy, a fourth-grade teacher at Hoover Elementary School in North Mankato. "Providing young people with healthy meals reduces student stress, improves their focus, and makes them better learners."

Win-E-Mac School provides delicious, healthy meals for

breakfast and lunch. Applications for Educational Benefits will be in your Back - to - School packets. Please keep in mind that a new application needs to be completed each year, the application helps to determine funding for the school.

Ala Cart will be available for extra fees.

More.....

There will be more pictures of McIntosh Tractor Day in next weeks edition of The McIntosh Times.



Carter Bartz, along with his dad, Chris, during the parade last Saturday in McIntosh.



The tractors for the Annual McIntosh Tractor Day parade lined up in Erickson Park for their journey down the main street of McIntosh and around the town on Saturday, August 26th.

Wildfires contribute to
nutrient-rich, murky water in lakes

Warmer temperatures and increasing drought severity associated with climate change are contributing to more frequent and more severe wildfires across North America. While attention to wildfires is commonly focused on California and the western U.S., forested regions of the Upper Midwest, including Minnesota, are maintained through well-documented fire regimes. As these fire regimes shift with climate change, there is limited knowledge of how direct wildfire burns within watersheds affect lake water quality, including which lakes are most sensitive to wildfires and what wildfire characteristics lead to the largest water quality impacts.

New research from the Natural Resources Research Institute (NRRI) at the University of Minnesota Duluth, recently published in the journal Geophysical Research Letters, finds that lakes in burned watersheds had higher nutrient (nitrogen and phosphorus), dissolved organic carbon and total suspended solids concentrations, as well as reduced water clarity and pH, compared to control lakes. "As wildfires become more frequent and more severe under climate change, they may become an important stressor leading to water quality impairments and reduced ecosystem services, such as fisheries, in our prized, forested lakes," said Chris Filstrup, an applied limnologist at NRRI and co-author of the study. "These remote forested lakes are removed from direct human impacts within their watersheds compared to other lakes in the state, so they may be particularly susceptible to impacts of climate change, including increased wildfire regimes."

The research team used the Greenwood Fire near Isabella, Minnesota, which was the 9th largest wildfire in Minnesota since 1984, as a case study. The Greenwood Fire burned 108 square kilometers of Superior National Forest from August 15 through September 2021, after being ignited by a lightning strike. They sampled 30 total lakes monthly from May through September 2022, with 15 lakes being located in burned watersheds and 15 lakes being located in nearby, unimpacted lakes (control group). Burned and control lakes included both drainage and isolated lakes, and burned lakes varied in the amount of watershed burned and wildfire severity. Water samples were collected from the deepest location in each lake as integrated surface mixed layer samples. Water samples were analyzed for nutrients (total nitrogen and total phosphorus), dissolved organic carbon, total suspended solids, water clarity, chlorophyll a (a measure of algae biomass), pH, and temperature. The study found that:

▪ Increased nutrient concentrations in burned lakes did not lead to increased algae biomass, potentially due to reduced light availability.

▪ Water quality responses in burned lakes were often cumulative or persisted throughout the summer, especially for drainage lakes which received tributary inflows from burned watersheds.

▪ Water quality impacts were greatest in lakes when wildfires burned shoreline areas and when wildfires were of high severity. For example, phosphorus concentrations increased with increasing proportions of high severity burns within the watershed.

▪ Among water quality variables, wildfire characteristics explained the most variation in total phosphorus, with the proportion of shorelines burned at high severity explaining more variation in total phosphorus (39.6%) than other lake and watershed variables.

"We were surprised that we did not see an increase in algae biomass in burned lakes caused by excess nutrient concentrations in these lakes,"

said Filstrup. "We do not know how long light limitation will continue to suppress algae biomass in these lakes, or if changes in underwater nutrient and light regimes will contribute to shifts in algae communities."

According to Filstrup, the findings suggest lakes with wildfire burns along the shoreline or lakes within high severity burn zones are the most susceptible to water quality impairments from wildfires, and should be increasingly monitored post-wildfires to document impacts.

Consequences of climate change, including increasing wildfire regimes, will continue to modify how aquatic ecosystems function, so scientists and natural resources managers will need to continue to work together to adapt previous management strategies to meet the challenges of these new realities.

"We're working with our agency partners to identify how our findings can contribute to targeted, post-wildfire monitoring strategies to assess wildfire impacts on lake health and provisioning of ecosystem services, as well as how they can be used to help inform forestry management practices and fuel reduction strategies near sensitive lakes," said Filstrup.

For future studies, Filstrup added the findings demonstrate how lakes respond to wildfire disturbances in the short-term, but the sustained, long-term impacts of wildfire burns on lake water quality are poorly understood.

Additionally, it is unclear how wildfires directly (through increased erosion and runoff) and indirectly (through changes in water quality) impact biogeochemical rates in burned lakes, including contaminants such as mercury and methyl mercury.

Funding for the study was provided by the National Science Foundation's Division of Environmental Biology.

Applications are now being accepted
for the 28th Annual Accessible Deer Hunt

Options and the United States Fish and Wildlife Service in collaboration with the Minnesota Department of Natural Resources is pleased to announce that applications for the 28th Annual Accessible Deer Hunt for people with disabilities to be held at Rydell National Wildlife Refuge are ready for release. The dates of the hunt will be October 12th, 13th and 14th. This year's hunt will be open for buck or doe.

Rydell National Game Refuge, located south of Mentor, Minnesota, offers hunters with disabilities a unique experience by providing the opportunity to hunt in one of the most accessible wildlife refuges in the Nation.

Rydell has miles of paved trails in addition to hard-packed trails. It is large enough to accommodate up to 20 hunters, having enough land so risks associated with deer hunting are minimized. The refuge has all-terrain vehicles with accessible trailers to transport hunters to and from stand locations as well as a limited number of accessible hunting platforms available.

Hunters are responsible for travel to and from the refuge, their sleeping accommodations while at the hunt, purchasing their license, and providing for their personal needs such as warm clothes, guns, ammo, attendants, etc. Hunt organizers will assist hunters with getting from the refuge headquarters to and from their hunting site, providing volunteers to assist with the handling of the animal after it is shot, and meals. Meals will consist of a noon meal prior to hunting and an evening meal once the hunter has come back from hunting.

Anyone interested in applying for this year's hunt may contact Options for an application by calling (800) 726-3692. Questions can be directed to Randy @ (800) 726-3692. If more hunt applications are received than spots available applicants will be selected based on severity of disability, ability to hunt in other locations other than the Rydell hunt, hunting

experience as a person with a disability, and hunting experience at Rydell Refuge. If all is equal a random drawing will take place.

Volunteers sought to assist
in Options' 28th Annual Deer
Hunt for people with Disabilities

This year marks the twenty-eighth year of Options' Accessible Deer Hunt for people with disabilities. The Hunt provides a hunting opportunity for up to 20 hunters to go out in the field to Deer Hunt on Rydell National Wildlife Refuge. The Hunt strives to create a replica of a northern Minnesota Deer Hunting Camp, one where people with disabilities feel free exchanging with others stories and expound on ideas on how as a person with a disability you can access the outdoors. There is a broad range of disabilities and ages represented at the hunt from young persons who have never hunted to the elderly. To make this possible Options needs Volunteers, so if you have time available to assist it would be greatly appreciated.

Volunteer as little or as much as you would like. Assist with scouting for blind locations, setting up blinds, taking hunters to their stands, in some cases sitting with hunters, dispatching wounded animals, tracking, food preparation, serving food and take down after the hunt. Most of our volunteers have participated multiple years and have come to identify with this hunt as much as they do any hunt they actively participate in.

This year's deer hunt is set for Oct. 12th, 13th, and 14th; from noon to end of legal hunting time each day. Volunteers can assist during the whole hunt or the days they are available. We start each day at 10:00 A.M. and go until everyone is done hunting and off the Refuge, usually around 9:30 P.M. Saturday, September 30 we will mark and set up stands giving hunters the opportunity to visit the Refuge if they choose.

To request a signup sheet call or text Randy at (218) 779-7408 or go to SurveyMonkey and fill out the form with your contact information and the dates you are available. <https://www.surveymonkey.com/r/Y66KMLS>



Gary Sonsteli brought one of his antique tractors to McIntosh for the parade held last Saturday.



Polk County Commissioner Joan Lee in the Antique Tractor Parade last Saturday in McIntosh.



Lance Erickson made his way down the main street of McIntosh last Saturday.



Dean Strom during the Antique Tractor Parade in McIntosh with his tractor and a hay rake.

Suicide is the 10th leading cause of death in the United States, killing 128 people every day (1 person approximately every 11 minutes). For each death, another 25 people attempt suicide.

The following signs can help you identify a person who might be at risk for suicide:

D-depression.

Over half of the time, a suicidal person is experiencing depression. Clinical depression is a serious medical illness affecting mood, concentration, activity level, interests, appetite, behavior and physical health.

A-alcohol and drug use increase.

Alcohol and drugs may seem like a good way to manage difficult feelings and situations, however, substance use usually acts to mask the underlying problem which grows worse because it's not being addressed. Alcohol is a depressant and it reduces judgment and impulse control—a lethal combination for someone who is considering self-harm.

N-negativity.

People contemplating suicide are feeling overwhelmed and powerless to get better or to change their circumstances. The feeling is often a symptom of a mental health condition (such as depression, anxiety, bipolar disorder, schizophrenia); a serious or chronic

health condition (such as cancer, heart disease, Parkinson's, etc.); extremely stressful life events (such as a death, divorce, job/financial loss); or prolonged exposure to abuse, harassment, or bullying.

G-giving away.

Frequently, those with suicidal plans activate a "living will" by allocating cherished objects, positions, activities, and relationships to others. In some cases the person will behave in ways to push loved ones away because they would be "better off without him/her" and feel this will lessen the pain for their loved ones when they are gone.

E-estrangement.

People contemplating suicide often pull away from friends, family and social activities that they normally enjoy. The individual often feels different than others and uncomfortable in groups. Also, isolation serves as a means to distance themselves from the pain of ultimate separation.

R-rage, risky, and restlessness.

Some who are experiencing depression or suicidal thinking exhibit a spectrum of anger-related and/or risky behaviors, including irritability, no sense-of-humor, short fuse, ranting, road rage, aggression, abusive or controlling behavior, driving too fast, having promiscuous

sex, abusing drugs or alcohol, and gambling.

When a person is experiencing some or many of these danger signs, it is very difficult to reach out and ask for help. Not having anyone notice or reach out to them confirms their worst fears. But, reaching out to the person can help put them on the path to recovery. Don't be afraid to ask the person if they are thinking about suicide.

If you or someone you know struggles with thoughts of suicide, now is the right time to seek help. In a crisis, where someone is in immediate danger, call 911. If you are in a state of crisis you can call the Suicide Prevention Hotline at 988. The Suicide Prevention Hotline has a network of over 200 crisis centers with trained mental health experts who provide help 24/7.

If you, or someone you know, are not in a crisis, but need of someone to talk to I may be reached at gottahavehope38@gmail.com or send letter to 559 W. Broadway Street, Winona, MN 55987,

Respectfully Submitted;
Mark Jacobson
Peer Support Specialist
Winona, MN
Material for this article has been provided by the staff at Pine Rest Christian Mental Health Services.

A refresher course in school bus safety

The dawn of a new school year is a time marked by change and fresh opportunities. For many children, school marks the first time they are away from their parents for an extended period of time. It also may be the first time they ride in a vehicle other than their parents' cars.

Each school day, 25 million children ride a bus to school in the United States. A school bus is among the safest modes of transport and one of the most regulated vehicles on the road, according to the National Highway Traffic Safety Administration.

Riding a school bus can be a novel experience no matter a student's age or grade. Kindergarteners may be introduced to the school bus on their first day of school, while older students are no doubt familiar with life inside a school bus. But all students and families can benefit from a refresher course on school bus procedures to ensure this school year begins on safe footing.

Be a smart pedestrian. Riding the school bus is very safe, but injuries can occur walking to and from the bus stop. Watch for cars backing out of driveways and always

look both ways multiple times before crossing streets.

Remember school bus laws. Most areas of the country have specific school bus laws that include stopping when red lights are flashing on the school bus. Cars must stop whether they're behind the school bus, next to it or on the opposite side of the street facing the bus. Stopping allows passengers to enter or exit the bus safely.

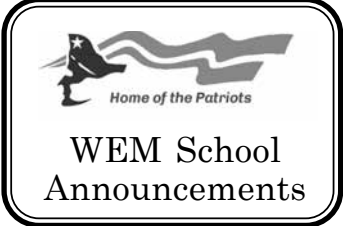
Stand away from the curb. The National Safety Council advises keeping six feet, or three giant steps, away from the curb while waiting for the bus. Young children should be carefully supervised.

Be visible. Always cross in front of the bus, making eye contact with the driver so that he or she knows your intentions before crossing. If you drop something, do not bend down to pick it up. Tell the driver instead.

Remain seated. Find a seat promptly and remain seated for the duration of the ride. Do not stand up and proceed down the center aisle until the bus has stopped.

Minimize distractions. Always speak softly and behave so that you do not distract

the driver. School buses are very safe vehicles, but passengers need to do their part to avoid injury.



First day of school for the 2023 - 2024 school year at Win-E-Mac will be Tuesday, September 5, 2023

Fitness Room Renewal: Membership to the School Fitness Center is only good until August 31, 2023. You will need to renew the \$75 membership fee by that date, or your card will be deactivated until a payment is made. If you did not purchase a membership last year and would like one this year, please come to the District Office to fill out a membership application and fee. Adult members of a family must have their own access card from the office. Parents can use their card supervising school aged children. Do not access the rest of the school after hours or an alarm will activate law enforcement. The school has video cameras at entrances and hallways of the school to show access. Please call 218-563-2900 for any questions.



Lorraine Mains.



Paul Voteva.



Pete Anderson.



Justin Moran.



Raeann Svalen.



Colin Ferden.