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McIntosh, Minnesota

A tour of Israel turns into a quest to get home for local couples



Jim and Nina Palubicki and Rick and Cheryl Mollin on their recent trip to Jerusalem. The Dome is seen behind them.

Make plans for these upcoming Halloween events

► Ghost Story Night in Crookston. The annual Ghost Story Night will be Thursday, October 26, in the former Carnegie Library, 120 North Ash Street in Crookston. Children's stories will be told from 6 to 7 p.m. Halloween treats for children will be provided by the Polk County Historical Society.

Local and classic stories for teenagers and adults will be told from 7 to 8 p.m. Everyone is welcome to share their own spooky stories.

Everyone is encouraged to wear a costume. The event is free and open to the public.

► The Win-E-Mac School's Junior High Student Council will host the annual Elementary Halloween Party on Friday, October 27th. Kids up to 6th grade are welcome to come and join in the fun with games and treats.

There will also be a pumpkin carving contest.

The party will run from 6:00 pm to 7:30 pm in the main gymnasium. Wear your costumes and don't forget the entry fee of one bag of candy per child.

► There will be a Halloween Costume Dance party at Win-E-Mac School on Friday, October 27th from 9:00 pm until midnight for all students in 7th grade through 12th grade.

The dance will be a senior fundraiser and there will be a \$10 admission fee per student.

School dress codes apply to all costumes and costumes are not required but preferred.

► There will be a Halloween party on Saturday, October 28th from 1:00 pm to 4:00 pm at the Winger Community Center with games, crafts, cupcake walk, a haunted stage and pumpkin painting. There will be bingo starting at 3:00 pm as well.

Candy for trick or treaters at every stop along the way



around to all the fun activities.

This event is sponsored by the Winger Lions and a group of local moms.

► All Ghosts and Goblins are invited to Trunk-n-Treats outside of Calvary Lutheran Church in Winger, October 31st from 4pm to 6pm. No costumes are required. Just come and have fun!

► Please join the crew at McIntosh Senior Living on Halloween evening for Trick or

Treating from 5:00 pm - 6:30 pm in the front lobby. The residents are waiting to see all the little trick or treaters and hand out candy.

► Trick-or-Treaters are welcome at Poplar Meadows Senior Living in McIntosh on Tuesday, October 31st from 5:00 pm to 7:00 pm.

Make plans to attend one of all of these great events in our communities.

Start researching your genealogy at the McIntosh Library program on Wed., November 1st

Discover free research tools at your library. Did you know that the McIntosh Library gives you access to three huge genealogy databases? You can learn more on Wednesday, November 1st at 2:00 pm when genealogy expert Rick Crume is at the McIntosh Library to show you how to access historical records, family trees, in-depth research guides, and even more historical records on-site at the library.

The program is offered free-of-charge thanks to funding from the Minnesota Arts &

Cultural Heritage Fund.

Start Researching

Identifying one's family history and lineage can be an exciting and rewarding endeavor. Many people are compelled to trace their ancestry and ultimately gain much from having done so.

Interest in genealogy has grown in recent years. The popular and free family tree application FamilySearch Family Tree had 1.6 million contributors in 2018 who added 28 million new people to the global tree. Thousands upon

thousands also utilize other genealogy resources to paint a more accurate picture of their histories.

According to the Massachusetts Institute of Technology, more than 26 million people shared their DNA with ancestry firms as of the start of 2019. MIT predicts that number will rise to 100 million by the end of 2020.

Those ready to get started on researching their lineage may wonder where to start. These guidelines can map the way.

1. The first step is to work from the known to the unknown, advises The New England Historic Genealogical Society's American Ancestors program. Write down names, dates, places of birth, marriage and death announcements, and other pertinent information you can dig up from looking at personal effects. This will provide a starting point and serve as a springboard for further research.

Genealogy...
Continued on page 2 ...

On October 7th, 2023, the Palestinian Sunni Islamist group Hamas led surprise attacks against Israel by land, sea, and air. The assault came on a Jewish holiday, 50 years after the Egypt-Syria surprise attack that sparked the 1973 Yom Kippur War.

On the same day, Saturday, October 7th, Jim and Nina Palubicki of Fosston, Minnesota and Rick and Cheryl Mollin of Gonvick, Minnesota set off on a vacation and tour of Israel on a Delta Airline flight out of New York. Shutting off their phones for the 12 hour flight, the two couples were unaware of what was happening.

Deboarding the plane in Tel Aviv, the foursome, still not aware of the impact of the attack, were met by one of their tour guides and made their way to their hotel, as Israel's Iron Dome anti-missile system intercepted rockets launched from the Gaza Strip, about 50 miles away from Tel Aviv. During supper on their first evening, the group was ushered into a bomb shelter when a bomb hit nearby the hotel.

Sunday morning, the start of their tour was to begin, the two couples were told that there would be a postponement and they were going to remain in Tel Aviv, where they spent the day walking the beach of the Mediterranean Sea outside their hotel. The Country of Israel under attack was apparent due to the quiet streets, historical sites with no visitors, along with the presence of large numbers of armed soldiers and police nearly everywhere you looked.

Monday morning the couples were told that the tour would continue on schedule with only 10 people arriving from the 38 people who had been originally booked. On Monday morning, the group learned that Delta Airlines, along with all other major airline companies, had canceled all flights to and from Israel until at least October 31st. Left in a warzone by Delta Airlines, they were now tasked with finding another way out of the country.

They spent Monday and Tuesday making the best of a difficult situation, their tour guide, an older gentleman, with sons in the military, whom he stayed in contact with, took those in the tour group and headed out to Kibbutz Lavi, a religious kibbutz located in the Lower Galilee near the city of Tiberias in northern Israel. (Kibbutz were initially almost universally agricultural settlements. Not economically motivated, the residents of the communes shared everything and worked as members of a collective. In the early days, times were tough, everything was shared and life was hard.)

On Wednesday the group arrived in Jerusalem. As a holy city for Judaism, Christianity and Islam, Jerusalem has always been of great symbolic importance. Among its 220 historic monuments, the Dome of the Rock stands out: built in

the 7th century, it is decorated with beautiful geometric and floral motifs. It is recognized by all three religions as the site of Abraham's sacrifice. The Wailing Wall establishes the quarters of the different religious communities, while the Resurrection rotunda in the Church of the Holy Sepulchre houses Christ's tomb.

The tour continued through the quiet streets and near empty holy sites in Jerusalem (Jim and Nina, who have traveled here before, said there are normally crowds of people, where now there were few, or even none). Upon stopping for lunch in a market in Old Jerusalem, the shop owner told the group he had not seen anyone earlier in the day and did not expect to see anyone after the group left. The Palubicki's and Mollin's had been working on a plan to get back to the United States and were in contact with their travel agent, who was working with a travel agent in Israel.

Israel announced that anybody in the country who wanted to leave should, due to the imminent possibility of the borders closing on Thursday, October 12th. With this announcement, the tour ended abruptly and Jim and Nina, Rick and Cheryl went to the task of finding a way out of the Country and into Jordan, where they were heading in hopes of finding their way back to America.

The two couples, along with a guide, made their way to Sheikh Hussein Border Crossing between Israel and Jordan. The furthest north of the three crossings into Jordan (and the only crossing which remained open), situated just outside of the Israeli city of Beit She'an and given its northern proximity, this border serves as the ideal passage from Israel. They crossed over into Jordan on Friday, October 13th and spent Saturday and Sunday in Amman, the capitol and largest city in Jordan.

On Saturday, Jim and Nina traveled out to Petra, a historic and archaeological city in southern Jordan. Famous for its rock-cut architecture and water conduit system, it contains tombs and temples carved into pink sandstone cliffs.

Early Monday morning the group of Jim and Nina Palubicki and Rick and Cheryl Mollin made their way to the King Hussein airport in Amman and boarded a Royal Jordanian Airplane to Paris. They arrived in Paris, and quickly made their way home, landing in Minneapolis.

Considering their trip an experience of a lifetime, the two couples do not plan to quit traveling and already have another vacation planned. They felt their primary anxiety on the trip was getting to the border and making it across before it was closed. They felt the tour guides made the best of a "not so great" situation, were friendly and kept the now close knit group of ten, relaxed and feeling safe.



Win-E-Mac Senior Football players with Coach Aaron Cook. Cameron Bergman, Wyatt Davis, Samson Kaya, Chris Roragen, Foma Cheremnov, Alec Haskett and Ryan Kangas.

McIntosh City Council minutes for September 2023

Regular Council Meeting Tuesday, September 12, 2023 5:30 p.m. Community Center
Call to order:

Mayor Strom called the meeting to order at 5:30.

Pledge of Allegiance: Roll Call:

Members present: Mayor Toby Strom, Beth Hagen, Luke Burd, and Luke Syverson
Member absent: Jordan Gunufson
Melissa Finseth – Clerk/Treasurer

Rebecca Boehrsen - Licensed Assisted Living Director for Poplar Meadows of McIntosh

Determination of quorum:

Quorum met.

Agenda additions:

Approval of minutes:

a. August 10, 2023 Regular Council Meeting minutes

Motion by Luke Burd and seconded by Luke Syverson to approve the August 10, 2023 regular Council meeting minutes. Passed unopposed.

b. 2024 preliminary budget meeting

Motion by Luke Syverson and seconded by Luke Burd to approve the 2024 preliminary budget meeting minutes. Passed unopposed.

Public concerns:

None.

MEDA and Poplar Meadows:

a. Rental status
Rebecca Boehrsen reported that Poplar Meadows currently has 26 residents. There is 1 – 1 bedroom apartment available to rent.

b. Approve Poplar Meadows monthly bills

Motion by Luke Syverson

and seconded by Luke Burd to approve the monthly bills in the amount of \$93,775.84. Passed unopposed.

c. Debt payment

Motion by Luke Syverson and seconded by Luke Burd to approve a debt payment of \$10,000.00. Passed unopposed.

d. Bid approval for nursing software

Ms. Boehrsen stated the need for an all-in-one management system to help streamline and automate nursing processes. with some research, she found that Eldermark Senior Living software fits the need. The annual fee is locked in for the next three years, with a 30% discount, in the amount of \$3,276.00. Motion by Luke Syverson and seconded by Luke Burd to approve the software. Passed unopposed.

Old business:

None.

New business:

a. Update personnel policy handbook

The city clerk informed the Council that the state voted to allow personal time off manditory for all city employees beginning January 1, 2024. Part – time, seasonal and volunteer firefighters will earn 12 personal days per year, which matches up with the city's current policy. The city's personnel policy will be updated to reflect the new changes. Motion by Luke Syverson and seconded by Luke Burd to approve the update. Passed unopposed.

b. Park flags

Discussion was had about potentially moving the three flag poles, at Roholt Park, for maintenance reasons. The current location of the VFW memorial flags are in a low spot in the middle of the park which

makes it difficult to get equipment in to replace them when needed. The location being considered is by the army tank, which will provide better visibility and is on higher ground for maintenance. No motions were made as this requires discussion with former mcintosh VFW members for their input.

c. Set truth in taxation meeting

Council agreed to hold the truth in taxation public meeting on December 12, 2023 at 6:30 pm at the McIntosh Community Center.

Approval of monthly bills:

Motion by Luke Burd and seconded by Beth Hagen to approve the monthly bills in the amount of \$15,478.60. Passed unopposed.

Council & staff reports:

Beth Hagen presented information, from the USDA regarding a federal grant, loan or the combination of the two, for the Community Center kitchen update. Further information, from the city's local rural development office, is needed before we can proceed.

Luke Syverson informed the council that a storm drainage pipe needs to be replaced located along 4th Street NW. Public works superintendent, Peter Tranby is aware of the situation.

Council will hold a public hearing, in November for ordinances involving cannabis laws and changes to the city's utility billing procedure.

Notices & correspondence:

Adjournment:

Motion by Beth Hagen and seconded by Luke Burd to adjourn at 6:13. Passed unopposed.

Genealogy...

Continued from page 1

2. **Establish what you want** to learn about your family. Maybe you simply want to have a complete family tree that dates back to a particular ancestor? Perhaps you want to see where your family name originated? Identify what is behind your interest and allow those goals to guide your research.

3. **Access census records,** military records, travel documents, and other official papers, which can provide key clues to family history. These can be researched individually, but many people like using resources like Ancestry.com because their databases pool information from a variety of sources. The National Archives

offers free access to its records database at www.archives.gov/research/databases.

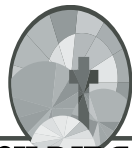
4. **Consider privacy concerns** before digging deeper. Acquiring DNA testing and sharing results in an effort to connect with relatives has become a popular side effect of genealogy research. However, experts advise caution before submitting any DNA samples. MIT Technology Review indicates that, if the DNA collection trend continues, the companies that hold this data will have genetic information on more than 100 million people. The Review goes on to say, "as these databases grow, they have made it possible to trace the relationships between

nearly all Americans, including those who never purchased a test."

5. **Learning new information** can be overwhelming, so it's best to focus on one family story at a time rather than tackling the entire family tree in one sitting, suggests the service Findmypast.

6. **Connect with like-minded individuals** if you find that your genealogy interests expand beyond personal history. Family historians often connect via social media or through local genealogical societies.

Genealogy research is a growing pastime that can reveal secrets and insight into one's family history. It's never too late to start uncovering information.



CHURCH DIRECTORY

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

Sun. Oct. 29: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Nov. 5: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. Oct. 29: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Nov. 5: 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
9:30am Mt Carmel
11:00 am Trinity

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

Fri. Oct. 27: 10:00 a.m. Luther League Concert with the Ottosons telecast on GVTV--30
Sun, Oct. 29: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Oct. 31: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Nov. 1: 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
Pastor Lee Laaveg

Sun. Oct. 29: 9:00am Worship

Sun, Nov. 5: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

CALVARY LUTHERAN CHURCH
Winger

Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH-NALC
Erskine
Rev. Pam Thorson

Sundays: 9:00am Worship
Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.



Jim and Nina Palubicki (left) and Rick and Cheryl Mollin (right) enjoyed supper with their group of ten and their tour guide recently in Israel.

Enjoy fall flavor anytime with Pahl's Market squash pie

As the leaves turn their vibrant autumn hues, it's time to bake up some delectable pies! Think beyond pumpkin - this squash pie from Pahl's Market has a similar flavor profile with a delicate sweetness. With many kinds of squash available at farms and farmers' markets, experiment with different varieties to discover your personal favorite!

Gary Pahl has a clever trick for preserving the bounty of the season. He fills his freezer with zip lock bags, each preloaded with two cups of cooked squash so that he can whip up one of these comforting pies on a moment's notice. Find instructions below on how to prepare the squash so that you too can enjoy scrumptious pies all winter long.

Ingredients:
2 9-inch pastry crusts: one to line the pan and a second optional one for decoration

2 cups mashed, cooked winter squash* (buttercup or butternut work well)

1/2 cup sugar
1 tablespoon butter, melted
1 teaspoon cinnamon
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/4 tsp nutmeg



1/4 tsp ground cloves (optional)

1 3/4 cup milk
2 eggs, lightly beaten
1 teaspoon vanilla
Unsweetened whipped cream for serving

Directions:
Prepare and roll out one pastry crust according to your favorite recipe. Line a 9-inch pie plate with the pastry crust and trim to 1/2 inch beyond the edge of the plate. Flute the edge high.

Pro tip: do not prick pastry. Par-bake the crust for 4 minutes at 450 degrees. Cool thoroughly.

Using a sieve, drain the cooked, mashed squash well to remove any excess liquid.

In a large mixing bowl combine the drained squash, sugar, melted butter, cinna-

mon, salt, ginger, nutmeg, and cloves. Mix just until smooth, then stir in milk, beaten eggs, and vanilla. Do not overmix.

Place the partially baked pie shell on oven rack and pour in the filling. To prevent overbrowning, cover edges of pie crust with tin foil. Use the second crust to top with decorative crust cut-outs at this time if desired.

Bake for 30 minutes at 375 degrees. Remove foil; bake about 20 minutes more or until nearly set. (Pie will appear soft in center but becomes firm after cooling.)

Cool pie on rack before serving. Garnish with unsweetened whipped cream, if desired. To store, cover and refrigerate.

Tip: to precook the squash, slice in half and remove the seeds (save them for roasting!). Place cut-side down on a baking sheet and roast at 400 degrees until fork-tender, about 35-40 minutes. You can pour a little water in the pan to help prevent burning, or line the pan with foil or parchment paper. Scoop out the flesh and let cool before using in this recipe or freezing for future use. Mash the cooked squash well, or puree in a food processor.



LEGAL NOTICE

City of McIntosh
McIntosh, Minnesota
Summary to repeal and replace
ORDINANCE NO. 54.03, repeal
ORDINANCE NO. 92.38 (2) and add
ORDINANCE NO. 92.72 and 92.73

AN ORDINANCE REGULATING THE DISCONNECTION FOR LATE PAYMENT AND REGULATING THE TRIMMING, REMOVAL AND THE LIKE INCLUDING ADMINISTRATIVE PROCEDURES AND PROVING PENALTY FOR VIOLATION.

The City intends to repeal and replace ordinance No. 54.03. This ordinance contains the regulation of the disconnection of water service for late payment.

The City intends to repeal ordinance No. 92.38 (2). This ordinance contains the owner's responsibility for trimming, removal and the like weeds, grasses and rank vegetation or other uncontrolled plant growth on their property.

The City intends to add ordinances No. 92.72 and 92.73. These ordinances regulate the sale and use of and the prohibited use of cannabis.

A printed copy of the ordinance is available for inspection by any person during regular office hours in the office of the City Clerk at 115 Broadway Ave. NW, McIntosh, MN 56556.

Passed and adopted by the McIntosh City Council this. This Ordinance shall become effective, December 1, 2023 after its publication in the McIntosh Times on November 14, 2023.

Mayor _____
Clerk/Treasurer _____

M32C



Wed. Oct. 25:
Lukas Gensburger, Barb Oseth

Thurs. Oct. 26:
Mark Krossen, Mary Schow, Arlene Gustafson

Fri. Oct. 27:
Mark Sylstad

Sat. Oct. 28:
Shelby Mandt, Colten Mandt, Leah Mahlen, Bob Lee

Sun. Oct. 29:
Brenda Ugalde, Bob Bursheim, Croix Haaven

Mon. Oct. 30:
Randy Christianson, Dave Stordahl

Tues. Oct. 31:
Gloria Bren, *Joseph & Kelly Lee



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"Serving the Win-E-Mac area"

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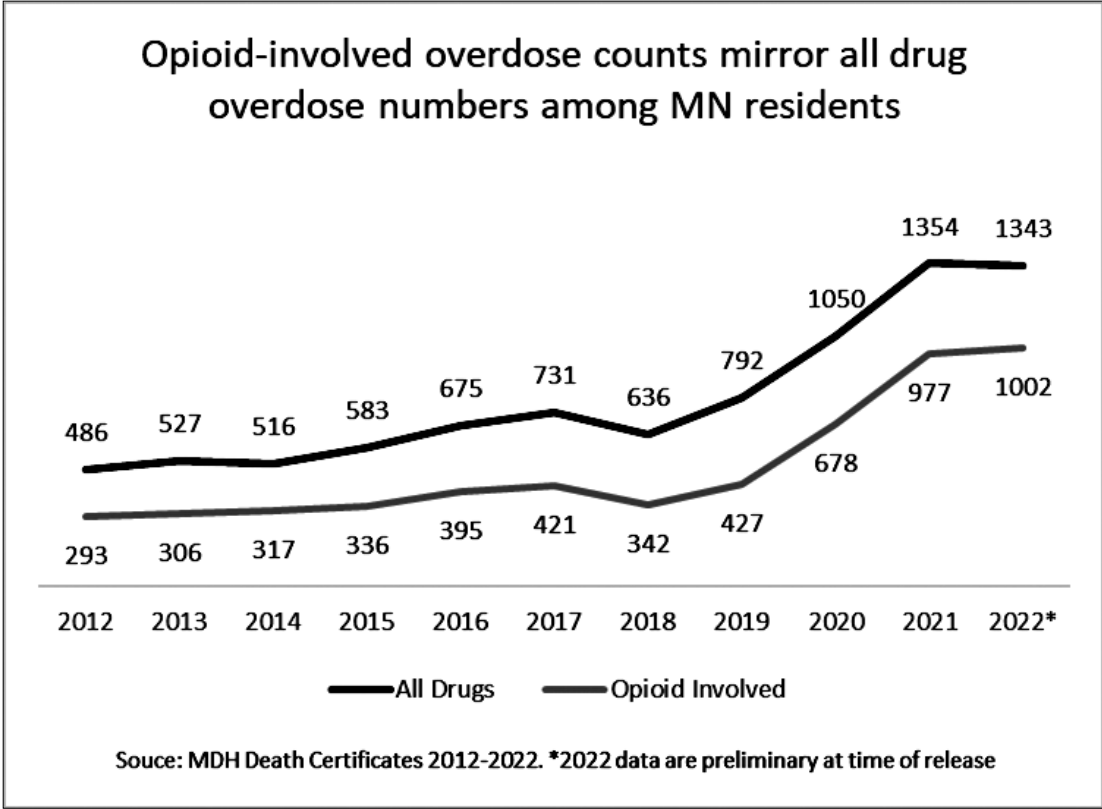
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Overdose deaths held steady in 2022



Widespread naloxone availability is a key response to average of three deaths a day

Overdose deaths held steady from 2021 to 2022, 1,356 to 1,343, marking a plateau after several years of sharp increases, according to the Minnesota Department of Health's (MDH) Statewide Trends in Drug Overdose: Preliminary 2022 Data Update (PDF).

At the same time, the preliminary data showed fentanyl-related overdoses continued to take a tragic toll, keeping deaths at a historically high level.

Fentanyl, which is more deadly and 50 times more potent than heroin, has made Minnesota's drug supply more dangerous.

Fentanyl is now involved in 92% of all opioid-involved deaths and 62% of all overdose deaths in Minnesota, according to preliminary 2022 data. Opioid-involved deaths increased 3% (977 to 1002 deaths) from 2021 to 2022, according to preliminary data.

"We are responding to the more deadly threat of fentanyl with several new tools for saving lives that were passed by the Legislature in 2023, such

as expanding the availability of naloxone, and covering the costs of having it on hand, in school buildings, treatment programs, and during emergency and law enforcement calls," said Minnesota Commissioner of Health Dr. Brooke Cunningham.

Meanwhile, deaths involving prescribed opioids, heroin and methadone decreased. Deaths involving heroin fell to a 10-year low, decreasing 56% (103 to 45 deaths) between 2021 and 2022.

Psychostimulants (e.g., methamphetamine) and cocaine also contributed to the number of drug overdose deaths. Cocaine-involved deaths saw the largest increase of any drug category, increasing 27% (165 to 210 deaths).

Drug overdoses have a larger impact on individuals, families and communities than deaths alone. For every one drug overdose death, there were nearly 13 nonfatal drug overdoses in 2022. The number of hospital-treated nonfatal overdoses remained relatively stable, decreasing 5% from 2021 to 2022 (17,792 to 16,934 overdoses), according to the data brief.

Governor Tim Walz and Lieutenant Governor Peggy Flanagan's 2023 One Minnesota Budget included over \$200 million to address substance use and overdoses, with \$50 million of that coming to MDH over the next four years. The investment addresses prevention, harm reduction, treatment and recovery. Additionally, the governor and Legislature passed a policy to reduce drug overdose deaths by requiring all schools, law enforcement officials, emergency responders and residential treatment programs to have naloxone on hand. MDH and the Minnesota Department of Education have posted a toolkit to help schools obtain cost-free naloxone and implement the new requirement.

Additional state-led activities include expanding medication-assisted treatment, establishing new peer recovery support systems and launching the MN Naloxone Portal where mandated groups can access no-cost naloxone. Collaboration with other state agencies and federal funding partners help make this overdose and substance use response work possible.

Behaviors that can affect liver health

The liver performs many important functions for the body. In fact, Johns Hopkins Medicine says more than 500 different vital functions have been identified with the liver, which underscores how important it is to protect the liver from possible damage. This begins with a recognition of behaviors that have the potential to jeopardize liver health.

Liver disease can be genetic, but various lifestyle choices can increase anyone's risk for liver disease. The following are some behaviors that adversely affect liver health.

- **Excessive alcohol consumption:** The liver can withstand a lot, including moderate alcohol consumption. However, drinking to excess can contribute to liver disease. According to the National Institute of Alcohol Abuse and Alcoholism, alcoholic liver disease accounts

for a significant percentage of morbidity among heavy drinkers.

- **Unhealthy diet:** The USA Oncology Centers indicates a diet high in processed foods, saturated fats and sugars adversely affects weight and overall health. It's also a threat to the liver. Poor diet can contribute to obesity and non-alcoholic fatty liver disease, which can progress to more severe conditions.
- **Infection:** Infection with certain viruses can cause liver damage. Some such viruses are spread through blood or semen. The most common types of liver infection are from hepatitis viruses, including Hepatitis A, B and C. Engaging in risky sexual behaviors and drug use may increase the chances of contracting hepatitis.
- **Overuse of medications:**

Certain medications, when taken excessively or without the guidance of a doctor, can harm the liver. Even prescription medications, including certain antibiotics and cholesterol-lowering drugs, may have adverse effects on the liver.

- **Nighttime eating:** Nighttime eating, or Night Eating Syndrome, is characterized by excessive caloric intake when eating after dinner. A study of NES among shift workers identified that the condition could lead to diabetes and obesity, which could potentially contribute to fatty liver disease.

Certain behaviors can be harmful to the liver. It's important to discuss eating and drinking habits, as well as other lifestyle choices with a doctor to see what can be done to improve liver health.

PIECES FROM THE PAST



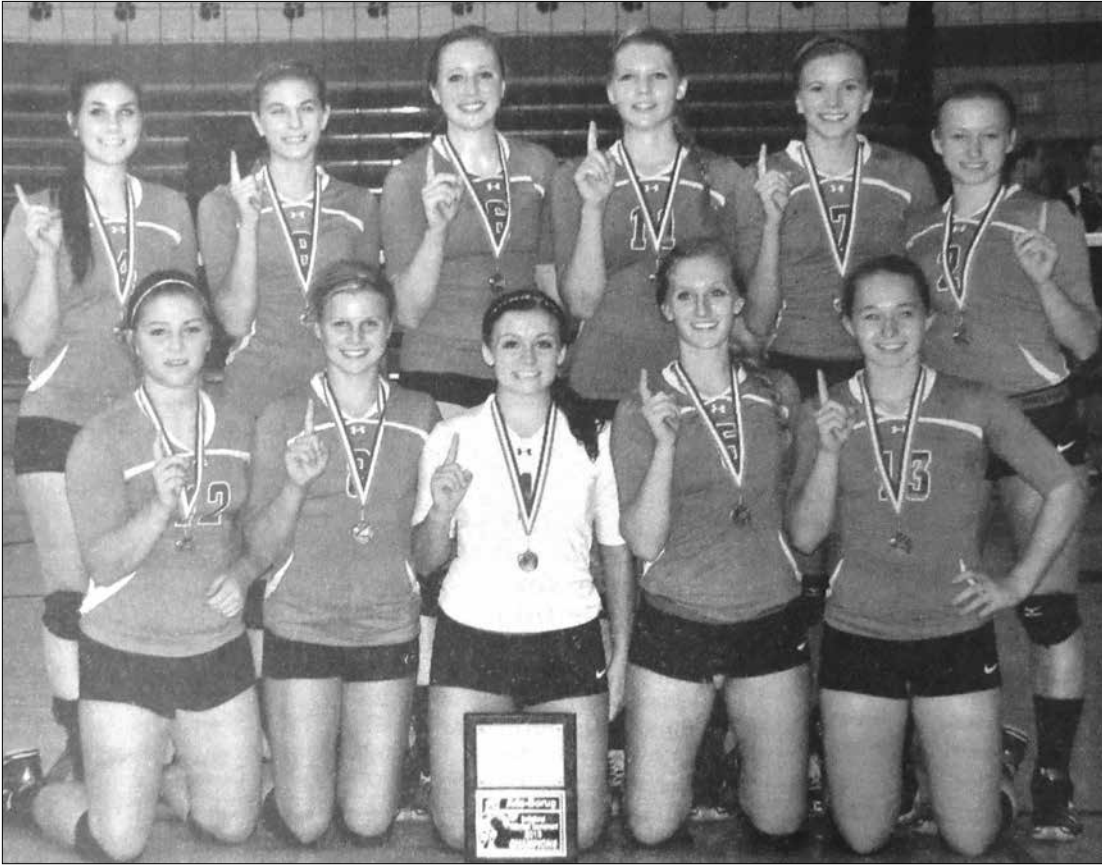
40 years ago...1983: Bob Quinlin of the County Extension Office presented the "Bronze Dustpan" Award to Al and Agnes Solie upon their retirement recognition party Thursday at the Municipal Building.



30 years ago...1993: Homecoming Queen and King crowned at afternoon coronation ceremonies at Win-E-Mac are Samantha Hamre, daughter of Sam and Clara Hamre and Shawn Ostenaar, son of Gordie and Cindy Ostenaar. They were attended by crown bearers, Ashlee Stordahl and Matthew Mahlen.



20 years ago...2003: Volunteers from Salem Lutheran Church in McIntosh served lunch and sold baked goods as a benefit for Lynn Wang during the Market and Craft Day event in McIntosh on Saturday. (back, l-r) Mavis Haugom, Jennie Svalen, Betty Tangen, Peggy Randall and Pastor Roger Rains; (front) Arlene Bly, Edna Pearson, Margaret Pearson, Charles Svalen and Jeanne Burns.



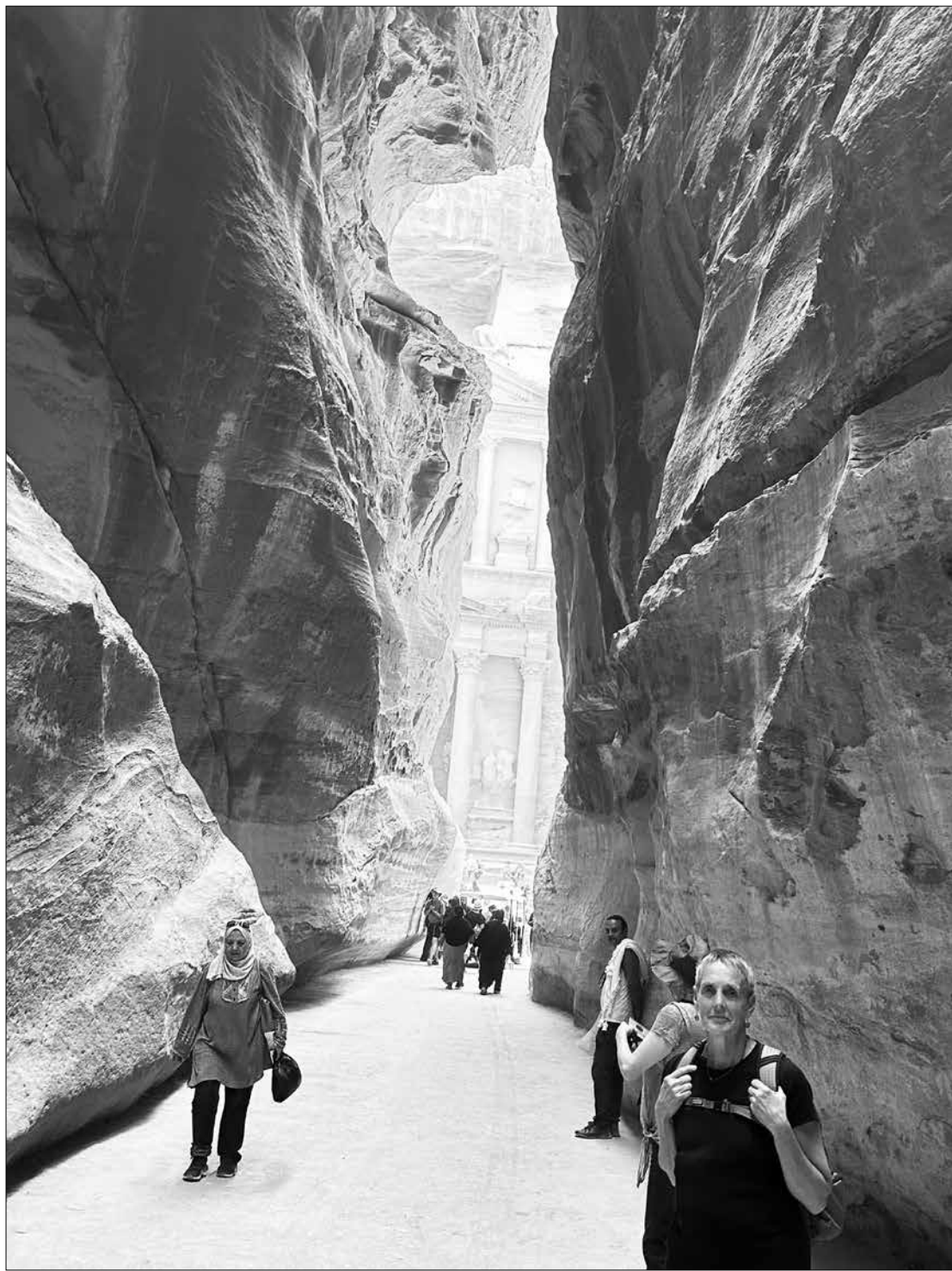
Pictured left: 10 years ago...2013: Win-E-Mac Patriots captured First Place in the Gold Divisions of the Ada Tournament. Players with their medals are (back) Brittina Lee, Karina Morrison, Shelby Kaster, Olivia Simonson, Kelsey Knutson and Kara Sonsteli; (front) Brooke Christianson, Madison McKeever, Jordyn Ose, Korbyn Ross and Jessica Kasprzak. They defeated East Grand Forks, Roseau, and Red Lake County Central. Their win total advanced them to the gold division tournament. Their first round was with The Northern Freeze, winning and advancing them to the championship. They defeated Ada-Borup for the title.



Cheryl Mollin and Nina Palubicki walk along the Mediterranean Sea while in Tel Aviv, Israel on Sunday, October 8th. The ladies, along with their husbands were on a vacation tour when they landed in Tel Aviv the day before as the country was on the brink of war.



Jim and Nina Palubicki visiting Petra, a famous archaeological site in Jordan's southwestern desert. Petra is half-built, half-carved into the rock, and is surrounded by mountains with passages and gorges throughout.



Through a passage in Petra, sometimes called the Rose City during a recent trip into Jordan is Nina Palubicki. Petra is considered one of the 7 Wonders of the World.

How to keep kids safe on Halloween

When Halloween arrives each October, most people are interested in the entertaining aspects of the holiday in addition to the abundance of sweet foods that are there for the taking. Even though fun may be foremost on the brain, it is important for everyone keep safety in mind as well.

According to the Florida Law Group, Halloween is a time of heightened injuries and fatalities, and is actually the deadliest day of the year for children. A State Farm insurance study that analyzed four million fatalities between 1990 and 2010 discovered children are twice as likely to die on Halloween as they are on any other day of the year. Data published in the Wall Street Journal indicated children between the ages of four and eight are 10 times more likely to be fatally injured by a car on Halloween than any other day of the year.

While no one wants to put a damper on Halloween festivities, it's important that everyone celebrate safely.

Keep weekdays in mind

Halloween falls on a Tuesday in 2023 and that could be more dangerous than if it fell on a weekend. According to Autoinsurance.com, which conducted a study that analyzed 24 years' worth of data provided by the National Highway Traffic Safety Administration (NHTSA), injuries to children and pedestrians in general were higher on weeknight than weekend holidays, with most accidents occurring between 6



p.m. and 7 p.m. - prime commuter time. Exercise extreme caution walking around this year.

Opt for face paints over masks

Medical masks may still be worn by some families as precautions against COVID-19. However, when it comes to Halloween costumes, face paints are preferable to masks and other face coverings. Masks tend to limit visibility, which can lead to kids tripping and falling, or even not being able to see cars or other pedestrians. Follow safety instructions when using face paints around the eyes and mouth.

Improve visibility all around

In late October, the sun sets at 5:50 on average (for New York City according to 2021 data). Sunset will occur earlier the more north one is located latitudinally. With darkness descending during peak trick-or-treating times, it's imperative that children carry flashlights or glow sticks or utilize reflective tape on their costumes so others can see them.

Traverse familiar areas

Children trick-or-treating with adults may be able to venture a bit further in pursuit of treats, but it is generally safer to stay close to home where surroundings are familiar. This reduces the propensity for getting lost or wandering into sketchy situations. Older kids allowed to venture out on their own would be wise to stay close to home as well. Neighbors can assist if something goes awry and there's less chance of getting turned around.

What

homeowners can do

Even though safety is largely on the shoulders of trick-or-treaters, homeowners and renters can do their part to ensure the safety of those enjoying Halloween hijinks. Make sure walkways to doors are clear. Have additional lights on pathways or overhead to improve visibility. Contain pets indoors, as they may become skittish on Halloween with extra crowds and noises. Don't run the risk of kids getting scratched or bitten.

Embracing various safety strategies can help make Halloween even more enjoyable

RiverView's respiratory therapy team helps patients breathe easier

Did you know you take about 23,000 breaths a day? If you're healthy, you may not think twice about breathing. However, breathing may be all you think about if every breath is a struggle.

October 22-28, 2023, is National Respiratory Care Week, a time to look at your lung health and ask for help if something is taking your breath away.

"Most people take breathing for granted," shared Dallas Aune, Respiratory Care coordinator at RiverView Health. "It's second nature, an involuntary reaction to our body's need for air. However, for millions of people it's done with great effort due to different respiratory diseases. RiverView's Respiratory Care Department is dedicated to helping ease the burden by educating and treating patients."

RiverView's Respiratory Therapy (RT) Team comprises individuals from the Respiratory Care Department and Cardiopulmonary Rehab. Each team member plays a vital role in preventing, diagnosing, and treating lung disease. Respiratory therapists work with individuals of all ages — from newborns to elderly patients at end-of-life — experiencing breathing and airway problems. These issues can include chronic lung conditions, such as asthma and emphysema, or infectious diseases, such as COVID-19.

As you breathe, the lungs filter out waste and move the ever-important oxygen into your bloodstream and to all the cells in the body. Oxygen is your body's fuel to maintain growth and repair cells. You need healthy lungs to keep your body working as it should. The lungs are the centerpiece of your respiratory system and are always hard at work. As you age, your lung capacity declines, making the oxygen exchange more difficult. Disease and lifestyle choices can also damage lung capacity. However, there are things you can do to keep your lungs healthy and even increase your capacity.

Some of the services by RiverView's RT Team to test and improve lung function include

- Asthma education and testing
- Evaluations for home oxygen
- Methacholine challenge tests
- Pulmonary function tests
- Pulmonary Rehab post-COVID
- Respirator fit testing
- Sleep studies (home and in-lab)
- Stress tests (Lexiscan and treadmill)
- Tobacco cessation
- Nitric oxide testing

RiverView therapists are board-certified in Respiratory Care at the national level and licensed by the Minnesota Board of Medical Practice. They are also certified in subspecialties, including sleep medicine, pulmonary function testing, asthma education, and COPD (Chronic Obstructive



Stephanie Korynta, Respiratory Therapist, conducts a Pulmonary Function Test (PFT).

Pulmonary Disease) education.

Due to the COVID-19 pandemic, the Respiratory Care Department and Cardiopulmonary Rehab have seen increased patient needs.

"We have had several patients that have come into Pulmonary Rehab for post-COVID symptoms, usually fatigue and shortness of breath," Wanda Sorum, coordinator of RiverView's Cardiopulmonary Rehab, reported. "With the guided and monitored exercise in Pulmonary Rehab, they significantly improved their level of physical activity. Before Pulmonary Rehab, they were exhausted after a couple hours of work, and had to rest, or go home for the day. The post-COVID patients that have completed Pulmonary Rehab were able to return to a full day of work."

While Sorum reports that some long-COVID patients (people with a wide range of ongoing health problems lasting weeks, months, or years) have benefitted from Pulmonary Rehab, she believes there are many people who have resigned themselves to a reduced quality of life when Pulmonary Rehab or Respiratory Care could get them back the quality they have been missing.

If you have breathing issues, talk to your primary care provider about services offered at RiverView or call Rehab Services at 281.9463 for more information.

Ten simple steps to your healthiest lungs

Stop Smoking (and avoid secondhand smoke). If you currently use tobacco products, quitting smoking is the fastest way to improve lung health

Exercise regularly. Regular exercise doesn't only make your lungs stronger, but it makes your heart stronger too.

Maintain a healthy diet and stay hydrated. Drinking water can help thin the mucus lining of your airways and lungs, making it easier to breathe.

Get annual check-ups. Your healthcare provider should be the first to hear about any breathing troubles you may be experiencing.

Stay up to date with vaccinations. Vaccines are especially important for people with lung disease as they can

help prevent serious illness.

Avoid outdoor air pollution exposure. More than one in three Americans live in places with unhealthy outdoor air.

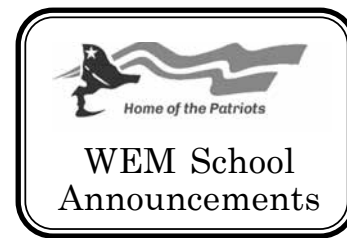
Improve indoor air quality. Dusting regularly, changing air filters, and keeping your house smoke free are just a few of many tips to improve your indoor air.

Practice deep breathing. Breathing exercises can improve the lungs' strength and endurance.

Maintain good hygiene. Washing your hands regularly, using hand sanitizer, staying socially distant, or wearing a mask can help you avoid contracting or spreading an infection.

Get screened for lung cancer. Low-dose CT scans can reduce deaths in those at high risk by detection lung cancer before symptoms appear.

-American Lung Association



Drivers Education classroom instruction will begin on October 26th. Class will be daily for 10 days with 1 free make up day if needed. Attendance is mandatory and will be on the following dates: Oct 26, 27, 31, Nov 1-3, 6-9 from 3:15-6:15 P.M. Classes will be held in the PLTW room. Registration and Payment is due today. Students who enroll in drivers' education classroom must be 15 years old by June 1. If you have any questions, please contact Ian Hanson.

There is a sign-up sheet in the office for Junior High girls' basketball. Practice starts Monday October 30th. You will also need to register online if you haven't already done so.

Win-E-Mac Juniors: Cookie dough sold will be arriving on Wednesday, the 1st of November. Be sure to make arrangements to take your boxes of items that day after school as the school has no extra storage. Deliver or be able to freeze items.