



McINTOSH Times

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Winger Lions Club president, Aaron Iverson presented Dale Balstad a pin on his accomplishments for 2 new members. Winger Lions meet the 1st and 3rd Wednesday at Morans in Winger.

Mentored Youth Deer Hunt at Rydell

Openings are still available for the 2022 Rydell National Wildlife Refuge Mentored Youth Deer Hunt, after the original registration period. There are still 5 unfilled spots for youth hunters.

This two-day hunt will be held on over 1,800 acres of Rydell Refuge on Saturday Oct. 29 and Sunday Oct. 30. Youth between the ages of 12 and 15, who have successfully completed Firearms Safety Training, can register to participate in this special hunt.

The only other requirements are that an adult mentor accompany the youth hunter at all times, and that the youth hunter and their mentor attend a mandatory 4-hour orientation session at the Rydell Refuge Visitor Cen-



ter on Sunday Oct. 23. If you are interested in signing up for this special hunt, call Refuge Manager, Gregg Knutsen, at 218-686-4329 for information on how to get registered and purchase your license(s) from the Minnesota DNR. The sign up deadline for this hunt is Oct. 14.

Licenses for the harvest of up to three deer (only 1 buck) can be purchased for this spe-

cial hunt. This hunt is a cooperative effort between the U.S. Fish and Wildlife Service, the Minnesota DNR, and the Friends of Rydell and Glacial Ridge Refuges Association. The objective of the hunt is to provide new or relatively inexperienced youth a special opportunity to hunt deer under the guidance of an adult mentor.

Title IX Anniversary celebration will be held at WEM on September 29th

Title IX, the landmark federal civil rights law that brought equality and athletic opportunities for girls and women, celebrated its 50th year on June 23, 2022. The Title IX anniversary celebration at Win-E-Mac will be during the varsity volleyball game on September 29th. The team is having a white-out that day. Wear your white

and come out to the Win-E-Mac High School gymnasium to celebrate the 1972 women athletes that were a part of the McIntosh-Winger and Erskine schools at the time when this federal civil rights landmark that marked women sports being offered the same rights in competition. Since Title IX's passage, female participation in sports at

the high school level has grown by 1057 percent and by 614 percent at the college level. It has accelerated change and created a legacy of diverse women leading on and off the court and playing field. Please join the community in recognition of this anniversary on Thursday, September 29th at 7:00 pm.

A closer look at the autumnal equinox

Each September, the Northern Hemisphere experiences the autumnal equinox, which marks the official beginning of fall. In the Southern Hemisphere, spring is arriving at this time. Each year there are two equinoxes, the vernal and the autumnal (March and September, respectively). Shortly after the autumnal equinox, days begin getting shorter and the nights get longer. The autumnal equinox always occurs between September 21 and September 24. In 2021, the autumnal equinox takes place on September 22. The word equinox is from the Latin "aequi," meaning "equal," and "nox" or "night."

That means that during each equinox the hours of day and night are nearly equal in length across the planet. During the equinox, the part of the Earth that is closest to the sun is the equator, explains History.com. That helps make night and day equal in length. According to the National Weather Service, the spring equinox, together with the autumnal equinox, is one of only two times of the year when Earth's axis is tilted neither toward nor away from the sun. This results in a near-equal amount of daylight and darkness at all latitudes. The NWS

notes that the nearly equal hours of day and night results from a refraction of sunlight, or a bending of the light's rays that causes the sun to appear above the horizon, even though its actual position is below the horizon. According to the Farmer's Almanac, the Autumnal Equinox (The first day of fall) in 2022 arrives on Thursday, September 22, 2022, at 9:04 p.m. EDT. Regardless of whether it has been chilly for weeks or there are still balmy summer-like temperatures, this is the start of astronomical fall. This is different from "meteorological fall," which began on September 1st.



The Polar Beach Snowmobile Club sponsored the kiddie pull during Tractor Day in McIntosh where Ryker Chaput gave pulling a try.



Peyton Roed during the kiddie pull at McIntosh Tractor Day.



Boone Gunufson was one the many kids who participated in the kiddie pull at Tractor Day in McIntosh.



The winners of the 2022 McIntosh Tractor Day Kiddie Pull sponsored by the Polar Beach Snowmobile Club. The top winners in each class were: New Holland Class: Oliveah Stordahl; Ford Class: Ryker Chaput, Annabelle Shultz, and Silas Lee; Oliver Class: Gracen Simonson, Aubrey Gunufson, Carson Thode; and Allis Class: Benny Shultz, Beux Subbert, and Ivy Biggerstaff.

Look to spinach for nutrition & flavor

Spinach packs quite the nutritional punch, making it a favorite of people who want to eat healthy without sacrificing flavor.

Spinach contains carotenoids such as beta carotene, lutein and zeaxanthin which can help to prevent inflammation, reduce cancer risk and prevent potentially harmful eye conditions like cataracts and macular degeneration. Spinach also is naturally rich in nitrates, which have been linked to improved blood flow and low blood pressure.

Though its health benefits are significant, spinach also makes for a flavorful and versatile addition to any meal. Spinach can be used as a topping on pizza, serve as a go-to leafy green in salads and even been enjoyed on its own as a nutritious side dish.

Anyone looking to reap the rewards of a diet with more spinach can try this recipe for "Spinach and Pumpkin Curry"

from Deb Roussou's "350 Best Vegan Recipes" (Robert Rose).
Spinach and Pumpkin Curry
Serves 6
1 pie pumpkin, halved and seeded
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 tablespoons olive oil
2 tablespoons vegan hard margarine
1 onion, chopped
2 carrots, peeled and chopped
1 green apple, chopped
1 tablespoon grated fresh ginger root
11/2 teaspoon curry powder
2 cups vegetable broth
2 cups plain hemp milk
3 cups packed spinach
1. Place the steamer basket in a large saucepan and add water to about 1 inch below the bottom of the basket. Place the pumpkin halves in the basket, cover the pan and turn heat to medium-high. When the water

boils, reduce heat to medium and cook until the pumpkins are tender, 10 to 15 minutes, adding hot water if necessary. Let cool. When cool enough to handle, scoop pulp from skins. Transfer to a food processor, add salt and pepper and puree until almost smooth. Set aside.
2. Place a large, heavy-bottomed saucepan over medium heat and let pan get hot. Add oil and margarine and when melted, tip pan to coat. Add onion, carrots, apple, ginger, and curry powder and cook, stirring frequently, until softened, 6 to 8 minutes. Add pumpkin, vegetable broth, milk, and salt and pepper to taste, stirring well to thoroughly combine.
3. Reduce heat and simmer, stirring occasionally, until soup is slightly thickened, about 10 minutes. Stir in spinach.
Taste and adjust seasonings and cook, stirring occasionally, until spinach is wilted, about 4 minutes.

Cranberry-infused cocktail for autumn entertaining

Besides the ubiquitous "pumpkin spice," nothing says "autumn" more than tart cranberries.

Cranberries are a major component of Thanksgiving feasts, turning up alongside and atop turkey as well as in quick breads and desserts.

Cranberries are loaded with health benefits, which include reducing the risk for ulcers and preventing gum disease.

Also, just eight ounces of cranberry juice cocktail contains 137 percent of the daily recommended value of vitamin C.

Cranberries can even be used to craft great cocktails. Move over mulled ciders, this crisp "Cranberry Margarita" from The Cape Cod Cranberry Growers' Association makes a great autumn-inspired beverage.

Cranberry Margarita
Serves 1
11/2 shots of tequila
1 shot of cranberry juice cocktail
1/4 cup of whole berry cranberry sauce
1/2 shot of triple sec
10 ice cubes
Sweetened dried cranber-

ries, for garnish
Lime, for garnish
Combine all ingredients except garnish in a blender. Blend on high until smooth and frosty.
Serve in a margarita glass. Garnish with dried cranberries and a lime wheel.
Enjoy in moderation.

How to care for perennials

Perennials can add color and vibrancy to any garden. One of the more desirable components of perennials is that they come back year after year, meaning homeowners do not have to invest in a gardenful of new flowers every year. That can add up to considerable savings. Perennials often form the foundation of beautiful gardens.

Annuals only grow for one season, produce seeds and then die. However, perennials die back to the ground every autumn and their roots survive the winter. So the plants reemerge in the spring, according to The Farmer's Almanac. Some perennials are short-lived, meaning they will come back a few consecutive years; others will last for decades.

Though planted perennials require less maintenance than annuals, they are not completely maintenance-free. Certain care is needed to help perennials thrive, and that starts with the soil. In fact, soil is the single most important factor for growing healthy plants. Penn State Extension says most perennials grow ideally in well drained, fertile soil with a pH of 6.0 to 7.0. In addition, organic matter can improve soil texture and water-holding ability.

When including perennials in the garden, make sure you wait for the right time to plant them.

The ideal time is during the spring or fall. Perennials come as container-grown perennials, which already have been established in the soil. Bare-root perennials are just roots that are often packed in peat moss. In order to plant bare-root perennials, soak the roots in water for several minutes before gently planting in the ground, indicates the how-to resource Tip Bulletin.

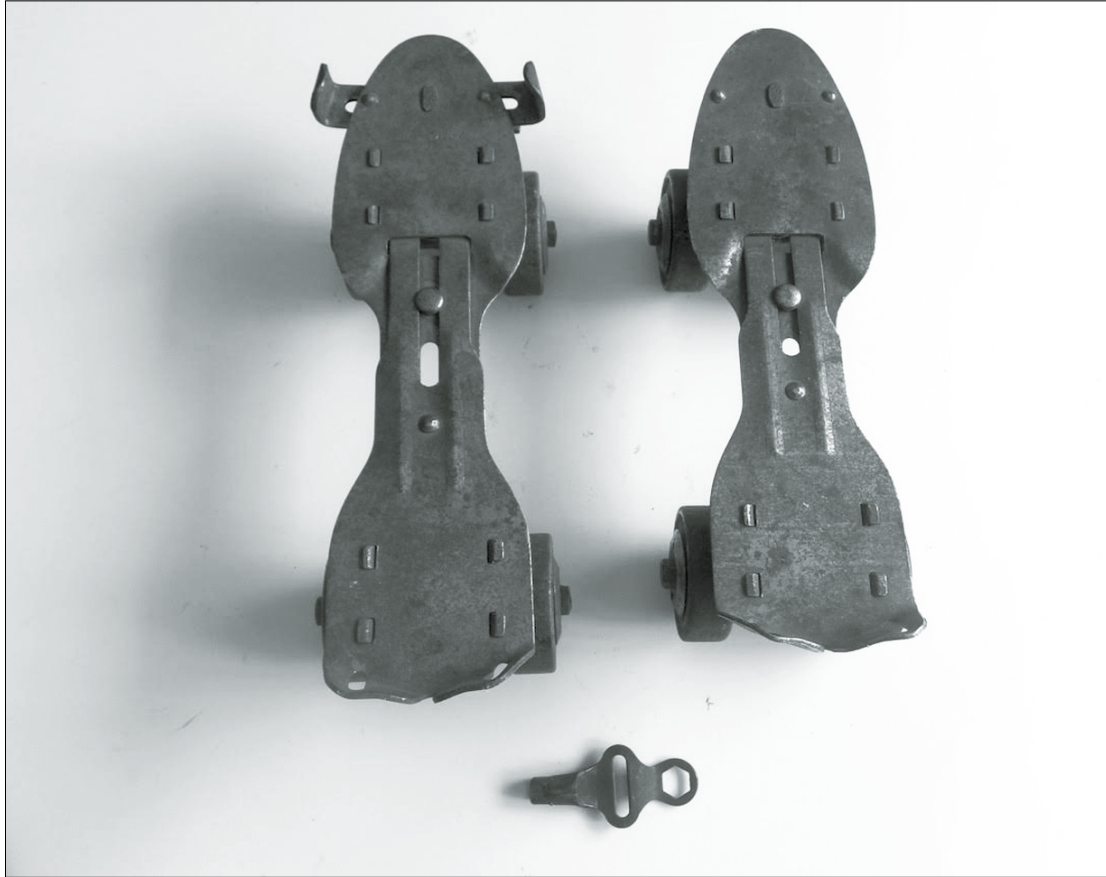
Perennials should be watered deeply, especially during the first growing season. However, the soil should never be overly dry or wet. Most perennials do not need to be fertilized heavily. A single application in the spring typically is all that's needed.

Care along the way can include deadheading spent flowers so that plants can use their energy on seed production and reblooming. Perennials should be divided when

they grow large, every three to four years when the plants are not in bloom. Perennials produce fewer flowers or may look sickly when the time has passed to divide them. Early spring often is a good time to divide perennials, advises The Farmer's Almanac.

A thick layer of mulch can help perennials to overwinter successfully. Perennials planted in containers will need to be transplanted into the garden before it gets cold because most containers cannot thoroughly insulate perennial roots.

Apart from these strategies, perennials pretty much take care of themselves. As long as sunlight requirements match plant needs, the perennials should thrive.



The "mystery object" is no longer a mystery. It was found in a box in the Polk County Historical Society's museum in Crookston. Yvonne Halvorson said it's a roller skate key. Bruce Flaig also recognized it. "Kids bought skates that would clamp onto their shoes. You could lengthen or shorten the skate to fit your shoe length and clamp the skates on for your shoe width. The key was used for both those functions. It would hang near where you kept your skates," Mary Fouassier-Flaig explained. That accounts for the length of twisted wire with a loop attached to one end of the key.

Two ladies reminisced about wearing keys around their necks to be sure they wouldn't lose them.

David Searles of Kansas, formerly of Beltrami, sent this photo of old fashioned roller skates. He pointed out that the shoe clamp is missing on the right skate as well as the leather straps that bound the back to the ankle. "The skate key could be kept on a strap through the center slot. Farm kids did not get these, they had to be used on hard surface city streets," Searles noted.

Letter to the Editor

UNDERFUNDED MENTAL HEALTH AND ADDICTION SERVICES

Decades of failed mental health policies have placed law enforcement on the front line of mental health crisis response and turned jails and prisons into the new asylums. Deinstitutionalization, treatment laws demanding a person become violent before intervention, discriminatory Federal Medicaid funding policies and the prolonged failure by states to fund their mental health systems drive those in need of care into the criminal justice and corrections systems, rather than into the public health system where they belong.

While many states attempt to divert people from jail if their crimes are the product of mental illness, diversion alone



Trinity Lutheran Church of McIntosh
Welcomes everyone to our annual
Harvest Festival
Sunday, October 2, 2022 at 2:30pm
Special Music includes:
Violinist Jeff Menten and
Pastor John Anderson & family
Pie and Coffee will be shared after the service.
Offerings will be donated to Bethany Bible Camp for the bathroom remodel finalization
M27-28C

cannot address policies making the care of those with mental illness a law enforcement matter rather than a medical one. Criminalizing mental illness worsens the health of hundreds of thousands of people and complicates their recovery by creating additional barriers in housing, employment and education. It burdens law enforcement and correctional systems. In the process, it costs taxpayers millions of dollars. Nobody benefits, everybody loses.

Community-based mental health care encompasses a wide variety of programs and services designed to meet local needs. These programs and services are delivered primarily by community agencies and are designed to serve the most vulnerable and those with serious mental health issues. Some of these programs and services include detox units, behavioral health (psychiatric) units, and crisis centers (complete with fully staffed mental health mobile crisis intervention teams).

State and Federal policy makers have lost insight regarding their constituents' needs, especially those living with mental health or addiction issues. Community-based programs and services in many areas of the state are understaffed, underfunded and lack the resources necessary to provide quality services to those living with mental health or addiction issues. How many more people need to suffer needlessly with mental health issues, die by overdose, alcohol related accidents, or suicide?

Your help and your voice is needed so that mental health and addiction programs and services are available to all who need them and when they need them. I would like to hear your views and opinions on these issues. I may be reached at gottahavehope38@gmail.com or by letter to 559 W Broadway St., Winona, MN 55987.

Respectfully Submitted,
Mark Jacobson
Peer Support Specialist
Winona, MN
507-703-8159



Wed. Sept. 21:
Siri Vigoren

Thurs. Sept. 22:
Milan Wirth, Delores Syverson, Mark Strom, Adelle Stenmoen, *Brooke & Eli Clark, *Curt & Judy Bartz, *Bobby & Greta Strom

Fri. Sept. 23:
Michael Lindseth, Angel Hedlund, Kolten Barch, Garnet Aannenson

Sat. Sept. 24:
Shawn Burslie, Caitlyn (Espeseth) Thode, Nathan Frisk, Amber Syverson, *Tyler & Amanda Schow

Sun. Sept. 25:
Paulette Kringlen, *Dan & Mary Schow, *Larry & Orlett Hedlund

Mon. Sept. 26:
Marvin Rolf, Sherree Breckel, Elliot Carlson

Tues. Sept. 27:
Dominic Kringlen, Emma Ekeberg, Tish Burslie, *Joel & Connie Strom, *Wesley & Valerie Brekke, *Jackie & Cody Huschle

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LSS
Meals Menu
687-2262

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

Mon. October 3: Scalloped Potatoes & Ham - Carrots - Diced Pears - Wheat Rolls - Lemon Cake - Milk

Tues. October 4: *Bingo* Swiss Steak - Rice Pilaf - Mixed Vegetables - Wheat Bread - Chocolate Pudding - Milk

Wed. October 5: Chicken Ala King over Buttermilk Biscuits - Peas - Peaches - Oatmeal Raisin Cookies - Milk

Thur. October 6: *Bingo* Beef Tips in Gravy over Egg Noodles - Green Beans - Coleslaw - Wheat Rolls - Rhubarb Dessert - Milk

Fri. October 7: Sweet & Sour Meatballs - Boiled Potatoes - Broccoli - Wheat Bread - Strawberry Shortcake - Milk



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

Wed. Sept. 14: 11:30am Mass at St. Mary's, Fosston
Fri. Sept. 16: 8:30am Mass at St. Mary's, Fosston

Sun. Sept. 18: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Sept. 21: 11:30am Mass at St. Mary's, Fosston
Fri. Sept. 23: 8:30am Mass at St. Mary's, Fosston

Sun. Sept. 25: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Fri. Sept. 30: 8:30am Mass at St. Mary's, Fosston

Sun. Oct. 2: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Oct. 5: 11:30am Mass at St. Mary's, Fosston
Fri. Oct. 7: 8:30am Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Interm Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. Sept. 25: 10:00am Coffee Hour; 10:30am Worship Services; 11:30am Meatball Dinner

Sun. Oct. 2: 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, Sept. 25: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. Sept. 27: 10:00am Sunday worship service telecast on GVTN-30

Wed. Sept. 28: 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. Sept. 25: 9:00am Worship
Sun. Oct. 2: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

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

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Rebates for farms with Organic Certification Cost Share Program

Organic Certification Cost Share Program Increases Affordability of Certification rebates now available to farms and handlers.

Minnesota organic farmers and processors can apply for a rebate of up to 50% of the cost of their organic certification. The Minnesota Department of Agriculture (MDA) is accepting applications for the Minnesota Organic Certification Cost Share Program from now until November 1, 2022.

Organic certification is a third-party verification system.

It assures consumers the organic products they buy are produced in accordance with federal organic regulations.

Organic operations must follow National Organic Standards and are monitored through review of their records and on-site inspections at least once a year.

“The yearly cost of certification can range from a few hundred to several thousand dollars,” Assistant Commissioner Patrice Bailey said. “This program provides some relief and goes a long way to make organic certification more affordable.”

Funds for the cost share program are available first-come, first-served and come from a cooperative agreement with the United States Department of Agriculture’s (USDA) Farm Service Agency (FSA).

Operations that received certification (or had ongoing certification) between October 1, 2021 and September 30, 2022 are eligible for reimbursement of up to 50% of certification-related expenses, with a maximum of \$500 per category (crop, livestock, processing/handling, wild harvest). MDA also offers a similar cost share

program for transitioning a farm to organic.

To qualify, applicants must be certified organic by a USDA-accredited certifying agency. New this year will be an online application process.

Certified organic farmers or processors can obtain all the program details and necessary

Meat, poultry, egg, & milk processing grant available

Apply by October 27, 2022 for grant to boost livestock product sales.

Minnesota livestock product processors seeking to start up, modernize, or expand their businesses are encouraged to apply for the Agricultural Growth, Research, and Innovation (AGRI) Meat, Poultry, Egg, and Milk Processing Grant program.

The Minnesota Department of Agriculture (MDA) anticipates awarding up to \$1.4 million using a competitive review process. The maximum equipment award is \$150,000, and the minimum award is \$1,000.

The intent of the program is to increase sales of Minnesota-raised livestock products by investing in equipment and physical improvements that support processing, capacity, market diversification, and market access.

“Meat processing demand continues to increase, and capacity has to keep pace for a healthy market to exist,” Minnesota Agriculture Commissioner Thom Petersen said. “This grant helps processors become more agile and resilient, expanding access to products.”

Applicants must:
Intend to or be engaged

materials on the MDA’s website or by calling 651-201-6134.

Applicants that do not wish to apply with MDA may apply through their local FSA Office.

Additional funding for up to 25% of allowable certification costs is available through FSA. That application deadline is October 31, 2022.

Be an individual (including farmers), business, agricultural cooperative, non-profit, educational institution, or a local unit of government (including Tribal Governments).

Currently reside in Minnesota and be authorized to conduct business in Minnesota

Grantees are responsible for at least 50% of the total cost for the first \$50,000 and 75% of the total cost for every dollar after as a cash match.

Funding for the AGRI Meat, Poultry, Egg, and Milk Processing Grant will be awarded in one round.

Grant applications will be accepted until 4 p.m. Thursday, Oct. 27, 2022. Funding will be awarded in early 2023.

If a grant application is not selected during the AGRI Meat, Poultry, Egg, and Milk Processing Grant, it will be considered for the AGRI Value-Added Grant that is expected to open in winter 2023.

Proposals must be submitted through our online application system.

For more information, visit the AGRI Meat, Poultry, Egg, and Milk Processing Grant webpage.



Easton Peterson pulls during the Kiddie Pedal Pull held at McIntosh Tractor Day.



Focused on his pull during the Pedal Pull at McIntosh Tractor Day is Silas Lee.



Roman Shultz pulling a full pull during McIntosh Tractor Day.



Giving the Kiddie Pedal Pull a try is Adler Stordahl during McIntosh Tractor Day.

Beginning farmers tax break still available

Tax credit available for land, equipment owners who help new farmers.

A tax credit for the sale or lease of land, equipment, machinery, and livestock in Minnesota to beginning farmers is still available through the Minnesota Department of Agriculture’s (MDA) Rural Finance Authority.

Qualifying applicants can include individuals, trusts, or qualified pass-through entities renting or selling land, livestock, facilities, buildings or machinery used for farming in Minnesota to a beginning farmer.

A beginning farmer is defined as a Minnesota resident with the desire to start farming or who began farming in Minnesota within the past 10 years, provide positive projected earnings statements, have a net worth less than \$903,000, and enroll in, or have completed an approved financial management program.

The farmer cannot be related by blood or marriage (e.g., a parent, child, grandparent, grandchild, or sibling) to the person from whom he or she is



buying or renting assets. The farmer must provide most of the labor and management of the farm.

The tax credit for the sale or lease of assets can then be applied to the Minnesota income taxes of the owner of the agricultural land or other assets.

Three levels of credits are available:

5% of the lesser of the sale price or fair market value of the agricultural asset up to a maximum of \$32,000

10% of the gross rental income of each of the first, second and third years of a rental agreement, up to a maximum

of \$7,000 per year

15% of the cash equivalent of the gross rental income in each of the first, second or third year of a share rent agreement, up to a maximum of \$10,000 per year

The Beginning Farmer Tax Credit is available on a first-come, first-served basis. Applications must be received by October 3, 2022.

Interested beginning farmers can also apply for a separate tax credit to offset the cost of a financial management program up to a maximum of \$1,500 per year – for up to three years.



Gracen Simonson during the McIntosh Kiddie Pull at McIntosh Tractor Day.

Superintendents Notes

By Randy Bruer

Vape detection

Our school has vape detectors in each restroom with cameras located outside the door entrance. When an alarm sounds, we are able to detect who the person is coming out of the restroom immediately. This is considered a tobacco product and will be disciplined accordingly. Please take time to speak with your children about the products they may be using.

Review these questions each time you send your child to school.

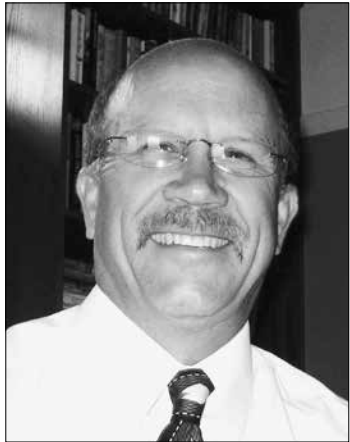
Does your child have one or more of these symptoms? - Fever greater than or equal to 100.0 degrees F, Difficulty breathing, new onset and/or worsening cough, new loss of taste or smell

Does your child have at least two or more of these symptoms? - Sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new onset of severe headache, new onset of nasal congestion or runny nose. If you see any of these symptoms call the school and keep your child home. We recommend symptom free for 36 hours before a children return to school.

Century 21

After-School Program

Win-E-Mac will be doing one more year of the after-school program. Our school



along with 3 other districts will be funded for a program of 5 days a week plus next summer, for kids attending our school district. If your child would like to be in an excited program after school till 5:15, call the school @ 218-563-2900 for more details. We will also offer an early morning drop-off if needed for parents beginning at 7:30 am.

Patriot Pride Boosters

This group of parents and community members want to help with all aspects of the school and is open to anyone who is willing to help achieve this goal. There is no fee to join and for more information contact patriotpridebooster@gmail.com.

Extra-Curricular Activities

The district has extra-curricular activities and sports

taking place after school this fall with Volleyball and Football. Please review a school calendar to events you may be interested in attending. Catch the Patriot Spirit.

Digital Tools

Win-E-Mac School 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 will have an inventory soon of our curriculum, testing, and assessment tools posted on our website at www.wem-schools.org which includes an outline of the student data elements within each tool. This list is maintained and will be communicated annually to all families at the start of the school year. If we have an imminent threat to life or safety, schools are required by MN State Statute 2020, section 13.32, Subd. 14. To notify students and parents, within 72 hours of the access, that the school-issued device was accessed and a written description of the interaction, including which features of the device were accessed and a description of the threat.

Please reach out to the District Office or Andrew Hanson, WEM Tech, for additional questions regarding specific digital tools used in classrooms.

Polk County 4-H Youth Exhibit their Best at the 2022 MN State Fair

4-H youth from across Minnesota again showcased their learning at the 2022 "Great Minnesota Get Together" at the Minnesota State Fair. Polk County 4-H Program had 9 youth participate in the livestock encampment held August 25-28 and then 11 youth participate in the general encampment held September 1-3rd.

Throughout the year, 4-H youth select project areas that reflect personal areas of interest and pursue hands-on learning in both self-directed and guided environments. The results of their learning are exhibited at county fairs and other showcase events across the state. A collection of the best exhibits from each fair and showcase are brought to the Minnesota State Fair.

Education is integral in the "learn by doing" philosophy of 4-H. Exhibiting project work and delivering public presentations at the state fair also provide youth opportunities to showcase their achievements and continue to learning through the interactive conference judging and team experiences.

Polk County thanks the hard working chaperone volunteers that help support 4-H youth. Huge thanks to the live-



Ben Capistran

stock encampment chaperones Hannah Rolf and Kevin Ramberg, and general encampment chaperone Lorri Capistran. 4-H not only produces purple ribbon animals and projects, but more importantly, focuses

on producing purple ribbon kids. We congratulate Adelle Erickson, Ben Capistran, Catie Erickson, and Courtney Vatnsdal, who were awarded purple ribbons at the Minnesota State Fair.

Fun activities to engage kids in conservation

Conservation is a collective responsibility shared by individuals across the globe. Protecting the planet and ensuring its future has never been more important, as various organizations and environmentalists warn that, without immediate action, many of the more harmful effects of climate change could prove irreversible.

The Organisation for Economic Co-operation and Development reports that, without new policies, global greenhouse gas emissions are projected to increase by 50 percent by 2050. That includes a 70 percent spike in energy-related carbon dioxide (CO2) emissions.

The potentially dire consequences of climate change underscore the importance of educating youngsters about the need to protect the planet. Today's children will be forced to confront climate change in the decades to come, so learning about conservation now can help them as they grow up and reach adulthood.

Teaching kids about conservation can be fun, and the following are three activities that will prove both engaging and educational.

1. Clean up

a favorite hiking trail.

Hiking is a great family-friendly pastime that promotes physical activity and appreciation for nature. That makes hiking an ideal way to teach kids about conservation. Parents can plan a hiking trip that focuses on cleaning up trails. Kids who have a favorite hiking trail may be especially enthusiastic about cleaning up a place they already feel attached to, and parents can let them know they're doing their part to protect the planet with each piece of litter they collect and ultimately remove from the park.

2. Teach kids to compost.

Parents do not need to leave their homes to teach kids about conservation. According to the National Resources Defense Council, composting ben-

efits the planet in numerous ways. In addition to reducing the waste stream, composting cuts methane emissions from landfills, which the NRDC reports are the largest source of human-generated methane emissions in the United States. Composting also helps to conserve water by adding organic matter to soil, which research has shown improves the soil's capacity to retain water. Families can build a compost bin together and parents can teach kids about which types

6 tips for taking stunning nature photos

Exploring the great outdoors is a rewarding way to bear witness to the majesty of nature. Nature frequently presents awe-inspiring vistas that can take individuals' breath away. Some nature lovers are content to bask in the moment and set the scene to memory. Others may want a more permanent way to commemorate the view.

Amateur photographers eager to capture the majesty of the great outdoors can practice their picture-taking skills. According to the photography tips and technique experts at Picture Correct, many factors are involved in taking nature photographs. These tips can help anyone take stunning nature photos.

Invest in quality gear.

The right photography gear makes it much easier to take great photos. Lenses are very important for capturing shots. Macro lenses are designed for insects and flowers. Wide-angle lenses help snap landscapes. Telephoto lenses can focus on animals without having to get too close.

Take the foreground into consideration. When you find an inspiring landscape to photograph, skip the empty landscapes and think about zeroing in on something interesting in the foreground. This can be a particularly attractive flower in front of a vast field, or even a rusty watering can left out in a row of crops. Items in

of waste can be composted and how that compost is benefitting the plants and trees in their own yard as well as the planet as a whole.

3. Craft with recycled materials.

Crafting fosters the growth of a range of developmental skills in children. In addition to encouraging kids to explore their creative side, crafting also helps youngsters develop fine motor skills and provides a fun way for them to learn counting and pattern recognition,



the foreground impart interest in the photo.

Consider depth of field.

Sometimes you will have no control over the busy background an interesting subject is in front of in a planned photograph.

A shallow depth of field achieved with a wide aperture can blur a background and separate the subject from that background, according to Shutterkit, a photography and gear authority. Some post-production work also can be done to blur backgrounds in apps like Lightroom or through Photoshop.

Zoom in and crop subjects. Smaller pictures can be just as compelling as larger ones. Zoom in on the bark on a tree, the skin of a lizard or the wings of an insect. Closer looks at what is hiding in plain sight in nature can lead to compelling pictures. Zoom in and think about a macro lens, which will magnify even the tiniest details.

Study what you want to

which the academics-based publisher Scholastic notes are the very skills kids will later use to learn algebra. Crafting also provides a great way to teach kids to reuse and recycle, which are two of the core tenets of conservation.

Conservation efforts will be vital to helping the planet overcome climate change. Children can learn the importance of conservation by engaging in various activities that make protecting the planet fun.

Ad deadline:
Noon Friday



Adelle Erickson



Catie Erickson



The Polar Beach Snowmobile Club sponsors the Kiddie Pedal Pull each year during Tractor Day in McIntosh. Part of the fun, the kids are able to give a try pulling a weighted sled along the street in front of the Fire Hall. Here, Annabelle Shultz pulls with the Polar Beach Club members judging the competition.