



McINTOSH

Since 1888

Times

\$1.00

Hub of the Thirteen Townships

McIntosh, Minnesota

MHAC has local impact at Harvest Festival



Pam Aanenson performed at the McIntosh Community Center as a benefir for the McIntosh Heritage and Arts Center.

The MH&AC booth at the Harvest Festival proved to be a success for the organization, having the opportunity to talk with so many people from not only McIntosh, but also people with a connection to McIntosh and the area. Several new members joined and numerous others donated money to our organization, which is greatly appreciated. Everyone that signed up for a new membership were also entered into a drawing later that evening. Congratulations to Betty Tangen on winning the "All Things Pasta" gift basket.

Later in the evening, Pam Aanenson, a 1978 graduate of McIntosh-Winger High School, who now lives, and performs in and around Nashville, drew a

crowd of over 30 people who attended her personal and emotional benefit concert at the McIntosh Community Center. All generous donations and sales of Pam's original art and books, along with silent auction items of handmade items by Pam, were donated directly back to MH&AC. Special out of town guests were Nadine Johnson (Minot, ND); Barbara Yergens (Fargo, ND); Deb Ankeney (Fargo, ND); and Marie (Lidenberg) Olsen and her husband Jerry and daughter Elora (Ham Lake, MN).

Winners of all of the MH&AC silent auction gift baskets and gift bags were Stacey Knudson (McIntosh); Kathy Finseth (McIntosh); Marie Olsen (Ham Lake, MN);

Gayle (Bergman) Burslie (St. Michael, MN); Connie Strom (McIntosh); Betty Tangen (McIntosh, MN); Ronnie Roed (McIntosh); Darlene Dierkes (McIntosh); Susanne DeFrang (Fosston, MN); Elora Olsen (Ham Lake, MN); and Sue Lee (McIntosh, MN)

The MH&AC would like to sincerely thank everyone in McIntosh, and in neighboring towns and beyond that came to McIntosh for their generous support of our organization this weekend. We also appreciate the businesses that donated items for our silent auction and member giveaways: Neil's Quality Meats; Jered's Groceries, both in McIntosh; along with Caribou Coffee and Hugo's in Fosston. Also, a huge thank you to all of the MH&AC volunteers.

Please visit www.mcintosh-hac.com to learn more about our organization and become a member and/or donor. Individual non-voting memberships start at \$20 per year, with a voting membership available at \$35 per year. Please email McIntoshHAC@gmail.com for more information or with any questions you may have. We ask you to help support the work that is being done to preserve our history and encourage you to stop by and see what we already have to offer. You might be surprised to find out something about your own family's history in doing so, and taking a trip down memory lane can be a wonderful and enlightening experience.



Charlie Subbert, Macey Lee, Paisley Kildal, Jens Stordahl and Alex Kildal enjoyed the games that were part of Harvest Festival last Saturday in downtown McIntosh.



Amish Carriage rides were a part of this years McIntosh Harvest Festival sponsored by the McIntosh Community Club. Here, Carl Hedlund took his daughter Hensleigh and niece Vini for a ride. There will be more McIntosh Harvest Festival pictures in next week's McIntosh Times.

What is the autumnal equinox?

Fall begins slightly after the midpoint of September. The arrival of fall may be met with joy that cooler temperatures and vividly colored leaves will soon be the norm. For others, the arrival of fall is met with some trepidation that shorter days will soon pave the way for less sunlight and the inevitable arrival of winter.

Fall begins on Saturday, September 23, 2023, in the Northern Hemisphere on what is known as the autumnal equinox. The National Weather Service reports that the 2023 autumnal equinox will arrive at 2:50 a.m. EDT on September 23rd. Those who are especially anxious for fall to begin can wake up in the wee hours of the morning and enjoy their first comforting spiced treat of the season.

Equinoxes are days during the year when the hours



of sunlight and darkness are just about equal, or lasting 12 hours each. At the moment the equinox occurs, the sun will be directly over the Earth's equator, which contributes to this even distribution of day and nighttime hours. National Geographic describes the equinox as "the event in which a planet's subsolar point passes through its Equator. It is when solar declination is 0 degrees." Solar declination refers to the latitude of Earth where the sun is directly overhead at noon. The equinoxes are the only times when both the northern and southern hemi-

spheres experience roughly equal amounts of daytime and nighttime.

After the autumnal equinox, the subsolar point continues to move south as the southern hemisphere tilts toward the sun. Around December 21st, the subsolar point hits the Tropic of Capricorn (23.5 degrees S), which marks the winter (December) solstice, or the day with the fewest hours of daylight during the year in the northern hemisphere.

It's important to note that the equinoxes and solstices are opposite in the hemispheres. The northern hemisphere's fall equinox occurs on the same day as the southern hemisphere's vernal (spring) equinox.

The autumnal equinox is a time when hours of daylight and nighttime are equal, something that will not occur again until the arrival of spring



Win-E-Mac Early Childhood Family Education (ECFE) hosted "Meet the Patriots" night where preschool and elementary age kids could come out to interact with the Win-E-Mac Cheerleaders, Football and Volleyball players with games and fun on the football field on the evening of Monday, September 11th.

Apple picking pointers

Apple picking is a beloved autumn tradition. While many traditions had to be put on the back burner as the world dealt with the COVID-19 pandemic, apple picking seems like one activity that can endure in a world dominated by social distancing.

Apple picking season tends to begin in mid- to late-September and ends sometime in early October. That makes apple picking a perfect social distancing activity, as it's both outdoors and at a time of year when the weather is generally pleasant no matter where you live.

Individuals interested in apple picking this fall can take heed of these tips to ensure their trip is fun, safe and successful.

• **Contact the farm in advance.** Apple picking is a wildly popular activity, so expect a crowd to be there on a typical autumn weekend. That can be tricky to navigate while social distancing, so call ahead to learn about new protocols and if the operating hours are the same. If the farm is open several days per week, ask which days are the least busy and schedule your trip when foot traffic figures to be minimal.

• **Choose firm apples without bruises.** According to Pickyourown.org, apples should be crisp and firm. Don't worry about the color of the apple, as color is not an indicator of ripeness. Instead, Pickyourown.org advises people to ask the farmers which apples are ripe, which is determined by how long it's been since the trees flowered.

• **Gently place picked apples into your basket.** Pickyourown.org recommends gently placing apples into your basket after picking them. Tossing them into the basket may cause bruising, which can lead to the apples spoiling pre-



maturely. While it depends on the variety, many apples that are not bruised tend to last a long time, especially when stored in a cool place. So taking care of them when picking them can mean you get to enjoy apples for several weeks.

• **Clean apples before eat-**

Free fall, spring CNA classes offered at M State

Minnesota State Community and Technical College will again be hosting free Certified Nursing Assistant courses as part of the Next Generation Nursing Assistant – Train, Test, Work initiative.

M State has previously hosted free CNA courses multiple times as a part of the Next Generation initiative, which offers resources and support to Minnesotans pursuing a CNA certification to work in a long-term or senior care facility in Minnesota. The initiative covers costs for tuition, fees and materials.

Nearly 208 students have already completed their CNA classes at M State as part of the initiative, and the college has been approved by the state to offer more such classes this fall and upcoming spring. The classes are coordinated by M State's Workforce Development Solutions division, which specializes in the skills and technology training needed to meet regional workforce de-

ing them. The Food and Drug Administration notes that produce can be contaminated even after it's been picked and brought home. The FDA advises consumers to wash their hands for 20 seconds with warm water and soap before and after preparing fresh produce. Produce should be rinsed before it's peeled so any lingering dirt and bacteria are not transferred from the knife onto the fruit or vegetable. If bruising has occurred, cut away the damaged or bruised areas before preparing or eating it.

Apple picking is a beloved autumn tradition that can be even more fun when employing a few strategies designed to make it more safe and fruitful.

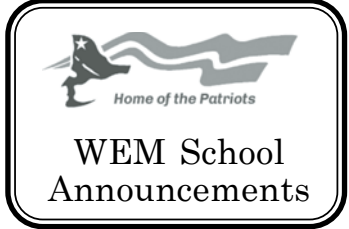
mands. M State's Moorhead, Fergus Falls and Detroit Lakes campuses will host classes this fall, as follows: • Moorhead, Sept. 26 – Oct. 26

• Fergus Falls, Sept. 26 – Oct. 26

• Detroit Lakes, Sept. 26 – Nov. 16

Dates are yet to be set for the spring classes. For more information, visit www.minnesota.edu/health or email BreAnna Tracy at WorkforceDevelopmentSolutions@breanna.tracy@minnesota.edu.

A member of the Minnesota State system of colleges and universities, M State (Minnesota State Community and Technical College) serves more than 6,500 students in credit courses each year in over 70 career and liberal arts programs online and in-person at its campuses in Detroit Lakes, Fergus Falls, Moorhead and Wadena. The college also partners with communities to provide workforce development services and other responsive training programs to 500 businesses and 9,000 participants.



Win-E-Mac is looking for applicants for a Junior High Boys Basketball coaching position for the upcoming season. Besides coaching the junior high boys, applicants will also work closely with the high school coaches in helping promote skills/processes needed for the overall good of our program. If you are interested please contact Win-E-Mac AD Brady Langemo expressing your interest in the position. blange-mo@win-e-mac.k12.mn.us

McIntosh August Council minutes

Regular Council Meeting
Thursday, August 10, 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, Jordan Gunufson, Beth Hagen, Luke Burd, and Luke Syverson; Rebecca Boehrnson - Licensed Assistant Living Director for Poplar Meadows of McIntosh; Peter Tranby – Public Works Supervisor; Melissa Finseth – City Clerk/Treasurer; Guest: Roy Sonkowsky, Larry Finseth, and Adam Strutz.

Determination of quorum:

Quorum was met.

Agenda additions:

Approval of minutes:
a. July 13, 2023 Regular council meeting minutes

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the July 13, 2023 regular council meeting minutes. Passed unopposed.

Public concerns:
Roy Sonkowsky was in attendance to offer his snow removal services for the upcoming winter months. Council approved.

MEDA and Poplar Meadows:

a. Rental status
Rebecca Boehrnson reported that Poplar Meadows is nearly at full capacity with 1 – 1 bedroom and 1 – efficiency apartments available. It is projected that all apartments will be leased out in September.

b. Approve Poplar Meadows monthly bills

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the monthly bills in the amount of \$70,498.65. Passed unopposed.

c. Debt payment

Motion by Luke Syverson and seconded by Beth Hagen to approve a \$5,000.00 Debt payment. Passed unopposed.

Rebecca Boehrnson reported that the state is proposing a 45% increase for elderly waivers. This is not an across-the-board increase, but as residents renew their contracts.

Old business:
None

New business:
a. Stump removal quote – Loren Gieseke
Motion by Luke Burd and seconded by Luke Syverson to approve the \$150.00 Quote to remove a tree stump at Ken and Kelly Haugen's. Passed unopposed.

b. Building permit – Peter Zarkoff

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the building permit for a 12'x20' shed. Passed unopposed.

c. Set final budget meeting
Council set the final budget meeting to directly follow the September 12th council meeting.

Approval of monthly bills:

Motion by Luke Burd and seconded by Jordan Gunufson to approve the monthly bills in the amount of \$21,491.00. Passed unopposed.

Council & staff reports:
Beth Hagen gave an up-



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

Mon. Sept. 25: Polish Sausage - Mashed Potatoes - Sauerkraut - Rolls - Vanilla Pudding - Milk

Tues. Sept. 26: *Bingo* Spaghetti w/ Meat Sauce - Lettuce Salad - Pears - Breadsticks - Peanut Butter Cookies - Milk

Wed. Sept. 27: BBQ Chicken Breast - Rice Pilaf - Carrots - Wheat Rolls - Pineapple Tidbits - Milk

Thur. Sept. 28: *Bingo* Pork Loin - Mashed Potatoes & Gravy - Broccoli - Wheat Bread - Rice Krispie Bars - Milk

Fri. Sept. 29: Biscuits & Sausage Gravy - Roasted Potatoes - Apple Slices - Tapioca Pudding - Milk



Wed. Sept. 20: Hudson Vetteslon, Annie Lian, *Bud & Clellie Kiecker, *Jeff & Heidi Haaven
Thurs. Sept. 21: Siri Vigoren
Fri. Sept. 22: Nilan Wirth, Delores Syverson, Mark Strom, Adelle Stenmoen, *Brooke & Elijah Clark, *Curt & Judy Bartz, *Bobby & Greta Strom
Sat. Sept. 23: Michael Lindseth, Angel Hedlund, Kolten Barch, Garnet Aannenson
Sun. Sept. 24: Shawn Burslie, Caitlyn (espeseth) Thode, Nathan Frisk, Amber Syverson, *Tyler & Amanda Schow
Mon. Sept. 25: Paulette Kringle, *Dan & Mary Schow, *Larry & Orlett Hedlund
Tues. Sept. 26: Marvin Rolf, Sheree Breckel, Elliot Carlson

date on the community center kitchen grant search and found there are funds available, just no set dollar amounts as of yet.

Notices & correspondence:

Adjournment:
Motion by Luke Syverson and seconded by Luke Burd to adjourn at 6:08. Passed unopposed.



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

Wed. Sept. 20: 11:30am Mass t St. Mary's Fosston
Fri. Sept. 22: 8:30am Mass at St. Mary's, Fosston
Sun. Sept. 24: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Sept. 27: 11:30am Mass t St. Mary's Fosston
Fri. Sept. 29: 8:30am Mass at St. Mary's, Fosston
Sun. Oct. 1: 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. Sept. 24: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Oct. 1: 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

Sun, Sept. 24: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com); 7:00pm Luther League with The Overtones (see article elsewhere in the paper)

Tues, Sept. 26: 10:00am. Sunday worship service telecast on GVTv--30

Wed, Sept. 27: 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. 24: 9:00am Worship
Sun, Oct. 1: 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.

Please contact the McIntosh Times at mcintoshtimes@gmail.com, if you move or have a change in your address so we can keep the paper coming to your home on time.



Stop saying suicide is a "selfish choice"

Our society has come a long way in understanding the importance of taking care of mental health. Although there have been many improvements in how mental health is addressed, there still is a stigma involved, especially when it comes to suicide. One common misconception that leads to the further stigma around mental health is that "suicide is a selfish choice."

Is Suicide Selfish? To be frank, no, suicide is not a selfish act. People who contemplate suicide are often in such a state of emotional distress and pain that they don't feel they have many choices to help end their suffering. There are many complex factors that could contribute to someone attempting suicide, but the bottom line is that people do not commit suicide out of selfishness.

Many people who contemplate suicide consider deeply how their death could affect others.

Many people actually attempt suicide because they feel their existence is a burden to their loved ones. They think their loved ones will live more fulfilling lives without them in the picture. This means they

truly are not acting selfishly, but genuinely think the world is better off without them.

Often, people talk about suicide as though it is just another wrong choice to be made. Suicide is hardly a choice. It's easy for someone on the outside looking in to consider how many different options another person has. Unfortunately, someone experiencing a mental health crisis can't usually see their available options clearly. Intense hopelessness and emotional pain can hinder a person's ability to think rationally.

If someone attempts suicide, it is likely because they saw that as either their best or only choice to deal with their pain

It's time to change the way we talk about suicide. The way we talk about suicide as a society is important in breaking the stigma around it. We can work to change the way we talk and think about mental health by viewing those with mental health conditions the same way we would someone with a physical impairment. Just as someone with a heart condition may need a doctor's care to help them stay

healthy, so does someone with severe depression.

If you take anything away from reading this, remember that suicide is not a selfish act. Those with severe mental illness, such as major depression, are fighting their inner demons, who make them feel isolated and like they are a burden to others. Someone in a mental health crisis who is contemplating suicide is facing a distorted perception of reality. They cannot see many options before them and just want to unburden themselves and others.

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 are not in crisis and are seeking additional support, I may be reached at gottahavehope38@gmail.com or by letter to 559 W. Broadway Street, Winoona, MN. 55987.

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

CALL 218-563-3585

Carlin
FAMILY FUNERAL SERVICE

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service ~ Granite Memorials

ANDERSON FAMILY
FUNERAL HOME & CREMATION SERVICE
"THREE VALLEY" "MAKING MEMORIES" "WINGER"

719 N. Main 644 Main St.
Mahnomon, MN Winger, MN

*Paige Ennen *Kelly Woltjer
*Tim & Denise Anderson
*Licensed Funeral Director

218-935-9000
Toll free: 866-935-9009

Is There A Wedding In Your Future?

We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.

487-5225 Gonvick, MN

Richards Publishing Co.

M3-28C

Upland bird hunting in MN: Grouse, Pheasant and more

By C.B. Bylander

Upland bird hunters should set their sights on Minnesota's abundant game.

A big state—some 400 miles from top to bottom—Minnesota's forests offer some of the best ruffed grouse hunting in the nation. Similarly, its prairies provide plenty of fine pheasant hunting. Minnesota's other upland game birds include Hungarian partridge, woodcock, sharp-tailed grouse, spruce grouse, mourning dove and prairie chicken.

Minnesota: Grouse Hunting Capital of the Lower 48

The grouse already know that Minnesota is the perfect state for their habitat, and then some. There are 528 designated hunting areas in the ruffed grouse range covering nearly 1 million acres. Jerry Havel, owner of the Pine Ridge Grouse Camp(opens in new window) in Remer, says he's had customers from all over the world at his camp. "The biggest thing is really the millions of acres of public land that are actively managed for young forest aspen and regeneration—that is perfect for grouse and woodcock."

The sport of grouse hunting is steeped in tradition, he adds. "It's been romanticized since the turn of the century... the English setters and pointers, the guns, the old stone fences; there's a lot of history to grouse hunting that other upland birds don't have."

It's also the thrill of the hunt. Grouse are unpredictable, and can be difficult for seasoned bird dogs to handle. "They outsmart me half the time," laughs Havel. "You're in thick aspen cover, you might think you have the perfect shot, and your bird gets out behind a pine tree...there's just so many variables that need to come into line to harvest a Minnesota grouse."

He also points out that even in states known for grouse hunting—Michigan, Pennsylvania, New York and Maine—their habitats can't compare to Minnesota. "I get a lot of customers from out east," he says. "They just don't have the birds and the cover that we have. It's really all about that habitat and the public lands. We are so fortunate to have that here."

Hunting Birds on Public Land in Minnesota

Minnesota is a popular bird-hunting destination, in part, because of its vast amount of public hunting land—some 11 million acres. Most of this land is within large county, state and national forests in central and northern Minnesota, or an extensive state wildlife management area system that provides hunting opportunities throughout the state. This means ruffed grouse hunters can walk for hours—in fact all day in many areas—without running out of land to hunt.

The 43,000 acre Tamarac National Wildlife Refuge allows for duck, goose, coot, woodcock and snipe hunting. The 55,000 acre Thief Lake Wildlife Management Area features 946 acres with 2.1 miles of hunter walking trails, 85 blinds and shooting stations for waterfowl hunting.

With so many acres and species to hunt, a good place to start is at the Minnesota Department of Natural Resources (DNR) website's grouse hunting section(opens in new window), with information on hunter walking trails, ruffed grouse management areas, Wildlife Management Areas and maps for the Chippewa and Superior national forests, and state forests.

Similarly, the DNR's pheasant hunting resources(opens in new window) connect you to walk-in access areas and federal waterfowl production areas in the pheasant range. This page also features a map of pheasant densities based on an annual August roadside count.

Where to Hunt Different Birds Across Minnesota

Unlike some states, where habitat is similar throughout, Minnesota's landscape is highly diversified. In fact, it is so diverse that it harbors not only prairie species but iconic symbols of the north—some for

hunting, some not—such as moose, elk and wolf.

So, first-time hunters should review aerial images of potential hunting locations to get a feel for the landscape. It pays to "plan your hunt and hunt your plan," and these days a lot of that planning can be done in the comfort of a living room with the aid of a computer or smartphone.

Pheasant

Most pheasant hunting occurs in southwest and west-central Minnesota. The Montevideo, Marshall and Fergus Falls areas are popular destinations.

Ruffed Grouse

Most ruffed grouse hunting occurs in the state's central and northern forests. Good grouse hunting exists from central Minnesota all the way to the Canada border, but hunters need not go that far. In less than two hours a hunter can travel from Minneapolis-St. Paul to the aspen and mixed forests of Pine, Kanabec, Mille Lacs or Carlton counties, areas known for good grouse hunting.

Ironically, many popular fishing destinations—Brainerd, Bemidji, Grand Rapids, Walker, Duluth and International Falls just to name a few—are also popular ruffed grouse hunting destinations as they are within the forested part of the state.

Sharp-Tailed Grouse

Sharp-tailed grouse are less common than ruffed grouse but savvy hunters can find them in far north-central Minnesota and portions of east-central Minnesota. Minnesota's spruce grouse are found in the extreme northwest, throughout the north-central portion of the state and across the northeast.

Grant funding available to support sustainable ag research

Applications due December 7, 2023.

Minnesota farmers, educational institutions, individuals at educational institutions, and nonprofit organizations interested in researching sustainable agriculture practices and systems can now apply for funding through the Minnesota Department of Agriculture (MDA).

The Agricultural Growth, Research, and Innovation (AGRI) Sustainable Agriculture Demonstration Grant Program funds innovative projects that explore the energy efficiency, environmental benefits, or profitability of sustainable agricultural techniques or systems, from production through marketing. The MDA will award up to \$350,000 in grants using a competitive review process.

Applicants may request up to \$50,000 per project. The first \$25,000 does not need to be matched by the applicants. For requests between \$25,000 and \$50,000, applicants must provide a dollar-for-dollar match on the amount above \$25,000.

Past grants have funded a wide range of projects, such as exploring cover crops and crop

Pictured right: 40 years ago...1983: Pictured during their first week in school are Mrs. Evenson's kindergarten's. The three children in the very front are Zachariah Smith, Kristie Theis and Shannon Quam. In the middle row are Charlie Zornes, Lance Krzyzaniak, Danell Leier, Bobbie Benson, Chris Bartz, John Brinkman, Shawn Hedlund, Mark Melby, Christen Busch, Randy Landsverk and Jenny Hanson. Standing in the top row are Lisa Gieseke, Nicholas Roppe, Jason Renna, Russell Johnson, Justin Johnson, Kjersten Langemo, Eric Myhre, Travis Brua, Wade Absent and Chad Saunders. Absent was Jerome Curtis.

**Ad deadline:
Noon Friday**

Woodcock

The woodcock, one of Minnesota's smallest game birds, is typically found wherever ruffed grouse are found. That means central, eastern and northern Minnesota more than to the south and west.

Prairie Chickens

Prairie chickens(opens in new window) are most common along the beach ridges of glacial Lake Agassiz in northwestern Minnesota. This species was re-opened to limited hunting in 2003. About 120 prairie chickens are harvested annually.

Mourning Doves

Mourning doves(opens in new window) are found throughout Minnesota except in the far northeast. Doves are one of the most common birds in the United States. However, hunters should hit the first part of the season, since the later season's colder weather will drive them south.

Licensing & hunting season information

Minnesota welcomes non-resident hunters. In fact, visitors and residents who do not possess a valid firearms safety certificate can hunt in Minnesota under a limited exemption called the apprentice hunter validation program(opens in new window). This validation enables an individual who is normally required to have a firearms safety certificate, but does not have one, to try hunting two license years in a lifetime under the supervision of a licensed adult hunter.

Visit the DNR website(opens in new window) for up-to-date hunting season information for mourning doves, grouse, woodcock, pheasant and prairie chicken, plus other species.

rotation; conservation tillage; input reduction strategies; integrated pest management; and alternative energies such as wind, methane, and biomass.

Projects may last two to three years and need to take place on Minnesota farms, and grantees must be willing to share what they learn with others. Grant projects are published annually in the MDA's Greenbook, which provides a summary of each project along with results, management tips, locations of previous projects, and other resources.

Funding for this program is made available through the AGRI Program, which administers grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota. The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

Applications will be accepted through 4 p.m. on Thursday, December 7, 2023, and funding will be awarded in early 2024. For more information and application details, visit the AGRI Sustainable Agriculture Demonstration Grant webpage.

PIECES FROM THE PAST



10 years ago...2013: Working with watermelon looks like a lot of fun as from (L-R) Remar Voxland, Clellie Kiecker and Judi Lindseth serve family and friends at the Poplar Meadows Corn Feed .



20 years ago...2003: Gladys and Lloyd Schleicher provided the toe-tapping music at the McIntosh Senior Meal Site on August 21st. The Schleichers feature polkas, waltzes and vocals with accompaniment on the keyboard and violin.



30 years ago...1993: After 42 years as owner/manager at Abrahamsons Hardware, Harald Thompson has sold the McIntosh business to Allen, Doris and Rodney Nichols of Maryland. The Nichols are formerly from the Thief River Falls area and will live in rural McIntosh. (l-r) Harald and Adella Thompson, Rodney, Doris and Allen Nichols.



Superintendents Notes

By Randy Bruer

Important; F & R APPLI-CATIONS STILL NEED TO BE COMPLETED

I know you read and hear this announcement time and time again, but I cannot stress enough how important these forms are to the school district to access funding for our school. This year all students will have a free lunch and breakfast, but we still need F & R applications available by paper copy or on-line on the Web page: wemschools.org. These applications apply to our Erate dollars which pay for our internet and infrastructure of the wi-fi in the school.

Vape Detection

Our school has vape detectors near each restroom and locker room with cameras located outside the door entrance. When an alarm sounds, we are able to detect who the person is coming out of the rooms 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.

Covid Sickness is Still



Around

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 child returns to school.

"Beyond the Bell" After-School Program

The Century 21 program has ended but if you would like your child to be at school until 5:15, we will provide a service for a cost of \$6 per day. If your child would like to be in this 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, but you must contact the school for details.

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 Foot-

ball. This year the District will add Esports and Wrestling to our Extra Curricular Activities. Please review a school calendar for 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.wemschools.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.

Age-related eye exam intervals

Eye care professionals instruct their patients to come in for examinations at different intervals depending on individual need. Those with preexisting conditions may require more frequent examinations. Age can affect the frequency with which patients see their opticians, optometrists and ophthalmologists. The American Optometric Association has produced an age-based eye exam schedule, which may be tweaked depending on individuals' histories.

Birth through age 2: Very young patients should have their first eye exams between ages six to 12 months if asymptomatic or low-risk. If at-risk, the exam is as recommended by a doctor.

Ages 3 through 5 years: The next time a child should need an eye exam is around preschool or school age if low-risk. Frequency will increase if the child has special vision needs.

Ages 6 through 17: The next vision exam should come before first grade, and then annually thereafter, unless an eye doctor recommends more frequent exams.

B Individuals who are asymptomatic or low-risk can do with eye exams at least every two years. Those at risk should increase the interval to annually or more as recommended.

Ages 40 to 64: Individuals between the ages of 40 and 64 can stick to getting exams every two years if their vision is unaffected.

Age 65 and older: Vision can deteriorate as individuals age, so older adults may need to visit the eye doctor more frequently. An annual exam is generally the best advice for people 65 and older.

Patients at risk include those who have personal or family histories of ocular disease or have systemic health conditions with potential ocular manifestations, says the AOA. Individuals who have had eye surgery or previous eye injury, or are in occupations that are hazardous to the eyes, also may need more frequent visits. People who wear glasses or contacts may need to get eye exams more often since eye prescriptions usually need to be renewed yearly, according to Warby Parker Eye-wear.



Showing their Patriot Pride, Mrs. Cook's and Mrs. Landsverk's kindergarten classes celebrated this first Homecoming Spirit Day.



Last Friday the Win-E-Mac Senior Class celebrated their last Homecoming Spirit Day! The class was all dresses in clothing representing their Patriot Pride.