



McINTOSH

Since 1888

Times

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Hub of the Thirteen Townships

McIntosh, Minnesota



Rosie and Ella Subbert each enjoy a funnel cake during the McIntosh Harvest Festival on Saturday, September 16th.



Colt Conley in a sea of pumpkins at the Voxland Pumpkin stand during Harvest Festival in McIntosh.



Darlene Dierkes and Garnet Aanenson man the McIntosh Heritage and Arts Center booth in the fire hall on Saturday, September 16th during McIntosh Harvest Festival.

Suicide Prevention Awareness Month is an opportunity for a reminder that hope and help are available

State agencies team up to offer suicide prevention trainings for Minnesota teachers and staff.

As students head back to school this fall, there is a new state-level partnership in place to support students' mental and emotional well-being. The partnership, between the Minnesota Department of Health and the Minnesota Department of Education, aims to offer every teacher and school staff member in Minnesota an innovative and effective suicide prevention training.

This joint initiative is one of the efforts being highlighting during Suicide Prevention Awareness Month. The Kognito suicide prevention and mental health trainings for schools are virtual. The sessions walk participants through real-life conversations regarding mental health, giving learners feedback on how they can respond and provide support.

"We want teachers to feel confident and comfortable in supporting their students' well-being," said Minnesota Commissioner of Health Dr. Brooke Cunningham. "We can all play a role in preventing suicide in Minnesota, and we want to remind all Minnesotans that hope is possible, and help is available."

These trainings were first launched in Minnesota in May 2020. About half of the districts in the state have participated, and about 17,600 educators and school staff completed the trainings. MDH and MDE are collaborating this year to offer trainings focused on suicide prevention, emotional well-being and support, and helping students who have experienced



trauma. The trainings will be available to all school staff for free through June 2024 at Suicide Prevention Trainings. This is likely the last chance for staff to take the training as Kognito the company that owns them plans on discontinuing them.

"We need to do everything in our power to support students' mental health," said Minnesota Commissioner of Education Willie Jett. "We are encouraged by how many educators have completed the trainings so far and now hope that all educators will take advantage of this expanded opportunity."

Minnesota is also celebrating the hope and help that was offered during the first year of the 988 Suicide and Crisis Lifeline. The new statewide 988 system launched on July 16, 2022, included an easy-to-remember number and new ways to connect to trained crisis counselors through text and chat.

Since last summer, the 988 Lifeline has received more than 44,800 calls, 10,800 chats and 12,000 texts from Minnesotans. Each contact method had an increase of 10,000 contacts for a total of 30,000 more contacts compared to the previous year.

As of July 1, public and charter schools are required to include the 988 Lifeline, the Crisis Text line, and the number for county mobile crisis services on middle and high school student identification cards and are encouraged to include this information in other resources such as student planners.

People call the 988 Lifeline for many reasons, but the most common type of calls received are from people experiencing extreme emotional distress, such as anxiety, depression, anger or fear. Other common calls may involve situations where a caller requires immediate crisis intervention. Crisis counselors work with the callers to de-escalate complex situations, create safety plans, provide follow-up when needed or requested, connect callers with other services in the state, and more depending on the caller's specific needs.

Since implementing the 988 Lifeline, some Lifeline Centers in Minnesota have noticed more calls regarding substance use and the request of substance use resources. Prior to 988, the National Suicide Prevention Lifeline was more narrowly focused on suicide prevention and resources.

Minnesota partners with five Lifeline Centers designated to answer 988 contacts: Carver County Health and Human Services, Mental Health Crisis Program First Call for Help FirstLink Greater Twin Cities United Way Mental Health Minnesota Both the 988 Lifeline and the Kognito suicide preven-

tion and mental health trainings are key strategies of the Minnesota Suicide Prevention State Plan released in February.

In 2022, preliminary data showed Minnesota had 835 suicide deaths, the highest recorded in Minnesota, and 51 of those were among residents ages 10-19 years. This age group made up 38% of all self-harm injuries treated in hospitals from 2016-2020, with more than 20,000 cases.

For the past 20 years, the number of suicides in Minnesota has steadily increased, mirroring patterns across the United States. The preliminary data from 2022 indicated a continuing trend and reached 14.3 suicides per 100,000, a rate near the previous highest rate of 14.4 in 2019, according to an MDH data brief published in May.

If you or a loved one are having thoughts of suicide, please connect with the 988 Suicide & Crisis Lifeline by calling or texting 988 or use the online chat feature at 988lifeline.org/chat.

Say Cheese!

Picture day at Win-E-Mac School is Thursday October 5th.



Winners of the team pie eating contest during McIntosh Harvest Festival were: Haley and Carley Sanders, Andrea Stordahl and Chloe Howard and Brice and Jens Stordahl.



Scrambling for ping-pong balls during the kids ping-pong ball toss at McIntosh Harvest Festival. Thanks to Matt Wickham for dropping the balls from his tree cutting truck.



Helping out at the Our Saviors Lutheran Church booth at the Harvest Festival in McIntosh were Beth Hagen and Karen Rolf.



Connie Strom makes a sale to her sister-in-law Mary Schmidt during the McIntosh Harvest Festival on Saturday, September 16th. Connie had so many hand made bags and purses for sale.

Apply now: Fall deadlines for arts grants applications for organizations, individuals & schools

Applications are open for arts grants to nonprofit arts organizations, communities, schools, and other nonprofit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

Nonprofit arts organizations can start applying for general operating funds. Applications are open now. The eligible grant amount is based on total expenses within the previous two completed years and the organization's history of arts programming. These organizations will be able to add to this grant, as the year progresses, if they need additional funding. Funding sources for these grants come from Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

Contingent on funding, Individual Artist Grants have a September 30 deadline for \$5,000 grants and November 15 deadline for \$1,500 and an ongoing deadline for quick turnaround grants for \$500. These grants are awarded to performing artists, visual artists, media artists, and creative writing artists from our seven county Minnesota service area

including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

Individuals must be out of high school and at least 18 years of age to be eligible. College tuition is not an eligible expense. This is the main category that individuals use to support their artistic business or advance their technical skills. This category is for non-hobby artists who make substantial yearly income from their art. Grants are awarded annually with \$1,500 going to four individuals and \$5,000 going to four individuals. Support for this program comes from The McKnight Foundation.

Individuals absolutely must reside in our region (for one year prior) and remain living in our region during your entire grant year (2024). In the case of college students, your school or your home mailing address must be in our region. You will have to show proof of residency, usually your driver's license.

All other nonprofits and government organizations can apply for one arts project at a time. Upcoming grants deadlines for these are October 31 and February 29. Grants are between \$500 and \$10,000. Funding sources for these

grants are Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

Organizational arts activities funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

Schools in our seven-county region can also apply now for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster is a great resource to view artists available to teach in our area and is available on our website at www.NorthwestMinnesotaArtsCouncil.org under the artists tab. Another resource to view artists available to enhance curriculum is COMPAS.

Schools can initially apply for one residency. Then based on remaining funding, can request up to three additional residencies into spring and summer. Funding for residency activities comes from the Clean Water, Land and Legacy Amendment in Minnesota.

Schools can also apply

Rydell National Wildlife Refuge special October deer hunt notifications

Rydell National Wildlife Refuge will be closed to the general public during two special deer hunts that will be held on the Refuge in October of 2023. This closure also applies to archery deer hunters and small game hunters who intend to use the Refuge. The Accessible Deer Hunt is conducted in cooperation with the Options Interstate Resource Center for Independent Living and will take place Thursday, October 12th through Saturday, October 14th. The Mentored Youth Deer Hunt is a cooperative effort with the Minnesota DNR. It will take place Saturday,

October 28th and Sunday, October 29th. Both hunts have a limited number of participants that were selected through a drawing, earlier in the year. Signs will be posted at Refuge entry points during both of these closures.

Several spots remain open for the Mentored Youth Deer Hunt, to be held the last weekend in October. The key requirements for this hunt include (1) participants are 12-15 years old and have completed their firearms safety training, (2) participants are accompanied during the hunt by an adult mentor, and (3) participants and their mentor attend a mandatory three-hour orientation at Rydell Refuge on Sunday, October 22nd. If you know of a youth who would like to participate in the Mentored

Youth Deer Hunt at Rydell, please contact Gregg Knutsen, no later than Friday, October 13th.

For more information on these closures, or special youth hunt opportunities, contact Gregg Knutsen, Refuge Manager, at 218-686-4329 or gregg_knutsen@fws.gov.



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

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
Sun. Oct. 8: 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. 1 10:00am Coffee Hour; 10:30am Worship Services
Sun. Oct. 8: 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. Sept. 29: 10:00am Telecast of Overtones Concert on GVTV--30

Sun, Oct. 1: 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, Oct. 3: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Oct. 4: 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. 1: 9:00am Worship
Sun, Oct. 8: 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 if you move or have a change in your address so we can keep the paper coming to your home on time.

Bridal Shower

Bridal Shower for
Jennie Shaver
Bride-to-Be of
Allen Erickson
Sunday, October 1st
at 3:00 p.m.
at
Our Saviors Church
in McIntosh
Everyone welcome.
Please bring a recipe to
share with the bride.

M27-28C



Harvest

Festival Oct. 1st

Trinity Lutheran Church of McIntosh, MN will hold a Harvest Festival on Sunday, October 1st starting at 2:30 pm. The speaker will be Pastor Ollie Urdahl with fellowship and pie following. All are welcome.

LSS Meals Menu 687-2262

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

Mon. Oct. 2: Tator Tot Hotdish - Mixed Vegetables - Wheat Rolls - Peaches - Milk

Tues. Oct. 3: *Bingo* Chicken Fried Beef Steak - Mashed Potatoes & Gravy - Carrots - Wheat Rolls - Fruit - Milk

Wed. Oct. 4: Ham & Scaloped Potatoes - Peas - Bread - Dessert - Milk

Thur. Oct. 5: *Bingo* Turkey - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Dessert - Milk

Fri. Oct. 6: Lemon Pepper Fish Fillet - Rice Pilaf - Broccoli Mix - Apple Sauce - Dessert - Milk



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

Thurs. Sept. 28: Jeff Jacobson

Fri. Sept. 29: Lindsay Haaven, Brileigh Nordskog, Elaine Roed, Emily Carlson, *Shawn & Angel Hedlund

Sat. Sept. 30: Taylor Burslie, Lonnie Schmit, Matt Schow, Heidee Smeby
Sun. Oct. 1: Andy Marshall, Isak Sylstad, Leslie Haugen, *Calvin & Nancy Burslie

Mon. Oct. 2: John Burthwick, Noah Ostenaa, Hannah Marshall, *Luke & Amber Syverson

Tues. Oct. 3: Mike Olson

McINTOSH Times

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"Serving the Win-E-Mac area"

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Talking
climate-ready forests with U of M

Trees have started showing their spectacular fall colors across Minnesota. This year, the changing leaves have come early due to the stresses of ongoing drought. Drought, flooding and higher temperatures associated with climate change are all factors prompting University of Minnesota experts to think about the future of our forests.

Extension foresters recently published multiple regional lists of trees and plants recommended for a climate resilient future. Extension Educator Angela Gupta answers questions about these lists and the future of our forests.

Q: What do people need to know about the impact of climate change on Minnesota's forests?

Gupta: If somebody turned the heat up a few degrees in your house, you might open a window or spend more time outside. But trees and plants can't move. Changes in temperature, longer and deeper droughts, storms, pests and disease all change the ways trees and plants grow and thrive.

It's important to note that climate change will impact species differently. Many trees, plants and wildlife in southern Minnesota have native ranges much further south, so may be naturally more resilient to a warmer ecosystem. But the northern conifer forests have always been at the very southern edge of their native range which extends far into Canada. As Minnesota gets warmer those forests will continue to creep north and out of Minnesota.

Q: Your U of M team has recently published lists of recommended tree and plant species for each ecological region in Minnesota. How can people use these lists?

Gupta: Minnesotans love to plant trees. But trees live a long time, and we want to plant trees that will thrive not just this year, but 50-100 years from now. These new lists combine deep knowledge about Minnesota's natural communities with emerging research

about how tree and plant species are expected to respond to a changing climate.

These lists give woodland owners clear, straightforward guidance on what species are likely to thrive in the future. This guidance is specific to every part of Minnesota and landowners can use this list to help select trees for upcoming plantings. We've also included native ground level plant species for each region for people interested in rewilding their forest.

The specific list of trees and plants changes by ecoregion, but commonly white oak species, hickories, serviceberries, redbud and walnut do well. Plants including hazelnuts, willows, some roses and mayflowers are also common on these lists. There are many more trees and plants recommended on our lists. You can find a full list of recommendations by ecological region by visiting z.umn.edu/climate-ready.

Q: We're hearing the term "rewilding." What does that mean and how does it connect to these recommendations?

Gupta: Rewilding embraces a future forest that will look different than those of the past. It values the forest as a whole system that can be healthy, sustainable and resilient, even if the individual species are different or are arranged in a different way.

I think about this like a high school soccer team. A thriving school environment and coaching staff can help a team achieve greatness year over year, but the individual players change. The school and coaches can prepare by developing players early and can monitor for changes in competition, rules, facilities and leagues to ensure their program continues to succeed. In our forests, we can do the same by monitoring the changing environment, removing competition like invasive species, growing new trees and prioritizing plants that may do well in the future, while we continue to nurture the whole forest.

Q: If a tree or plant

doesn't appear on this list, does it mean we shouldn't plant it?

Gupta: Make no mistake: Minnesota will have big, healthy, thriving aspen, pines, and spruces for many decades. And we hope landowners will continue to plant and care for the species they love. But to ensure a future forest that's as healthy and productive as we have now, we'll need to adapt.

Our lists can help landowners make informed decisions to help our whole forest ecosystems adapt. This will likely include a combination of species new to that forest, prioritizing currently native trees and plants that are predicted to do well, and nurturing targeted areas to persist much as they are today. This work may also include management like invasive plant removal and forest thinning to ensure they're poised to resist the stresses that climate change will bring.

Q: When it comes to planning for woodland management, what are the key times on the calendar?

Gupta: Woodland owners commonly preorder tree seedlings in the fall. The fall is also a great time to plant larger trees. Early spring is when most plant sales happen, and we're excited to see more native woodland plants being offered at nurseries across the state. All of the native plants, shrubs and vines on these lists are in their native region and may already be in your woods. For those, the summer is a great time to learn how to identify them using field guides or free smartphone apps such as iNaturalist. In some cases all it will take is for land stewards to think about these native plants as not weeds but as valuable players in our diverse forest ecosystem.

Angela Gupta is an Extension professor and educator in forestry. Her areas of interest include invasive species early detection and management, participatory science, natural resource management, climate adaptation and forestry. She is based out of the Extension regional office in Rochester.



Macey Lee has her dad, Phil cheering her on as she competes in the team pie eating contest during the McIntosh Harvest Festival on Saturday, September 16th.



Dad (Bryce Stordahl) watches closely as son, Jens works on his pie during the team pie eating contest at the McIntosh Harvest Festival on Saturday, September 16th. The Stordahl father and son team were both this years and last years champions.



Peyton Roed and Jenny Hubbard gave it a go for the 3-legged race held during the kids games at the McIntosh Harvest Festival on Saturday, September 16th.



The 3-legged race was so much fun as Macey Lee and Paisley Kildal gave it a try during Harvest Festival in McIntosh.



Finn Subbert was concentrating on keeping his egg on his spoon for the race that was held on Saturday, September 16th during the kids games.



The popular shoe kicking contest was back this year at the McIntosh Harvest Festival. Kids were able to see how far they could kick their shoe for a prize!

Protect your child and yourself
with proper car seat and seat belt safety

Parents and caregivers are not always making the best choices for keeping young children safe in the vehicle. National research shows about half of them install their child's car seat incorrectly, and more than a third of children under 13 who died in crashes were unrestrained.

To help protect the youngest Minnesotans and motorists of all ages, the Minnesota Department of Public Safety's Office of Traffic Safety (OTS) is coordinating a Click It or Ticket enforcement and awareness campaign. The National Highway Traffic Safety Administration provides campaign funding for overtime enforcement and awareness in support of the Toward Zero Deaths traffic safety program. Troopers, deputies and officers will be spending extra time trying to prevent unsafe seat belt and car seat decisions from risking lives.

"Reach, pull, click. Take two seconds to do that with your seat belt and you increase your chances of surviving a crash," said OTS Director Mike Hanson. "For a young child, they trust you to be the responsible adult and make sure they're properly restrained as well. It's the most loving and caring decision you'll make in that moment."

Proper car seat use protects your littlest loved ones

In Minnesota crashes from 2018-2022, preliminary figures show:

- Of the 13,705 children ages 0-7 properly restrained, 88 percent were not injured. Another 9 percent sustained only minor injuries.



Priority one.

- Twenty-three children ages 0-7 were killed in motor vehicles. Of those, only nine were known to be properly secured.

Saturday, Sept. 23rd was National Seat Check Saturday as part of National Child Passenger Safety Week (Sept.17th-23rd). In Minnesota, parents and caregivers can go online to schedule a car seat check in their area throughout the year.

Buckle up.

You can live with it.

The 2022 Minnesota observational seat belt survey showed 93 percent compliance for front seat occupants. There are signs of improvement in unbelted fatalities, but even one life lost in a crash is one too many.

- Preliminary counts show 87 unbelted motorists died on Minnesota roads in 2022 compared with 110 in 2021 and 105 in 2020.

- Among 25 to 39-year-olds, the 21 unbelted deaths in 2022 was a 48 percent reduction from 2021 (40) and the lowest number since 2019 (17).

Buckle up & prevent life-changing injuries

Most Minnesotans' choice to wear a seat belt has helped

reduce the number of severe crash injuries. In 1987, there were 4,176 vehicle occupants who suffered severe injuries in traffic crashes. That number was 1,244 last year.

Minnesota car seat law and steps

All children must be in a child safety seat until they are 4 feet, 9 inches tall or at least 8 years old, whichever comes first.

- Rear-facing seats: All infants and toddlers should ride in a rear-facing car seat until they have reached the height and weight limits allowed by the car seat manufacturer. It is safest to keep children rear-facing up to the maximum weight limit of the car seat.

Forward-facing seats with harness: Toddlers and preschool-age children who have reached the height and weight limits of the rear-facing car seat should use a forward-facing seat with harness. They should use this seat until they reach the weight limit of the harness allowed by the car seat manufacturer.

- Booster seats: School-age children who have reached the height and weight limits of the forward-facing seat can sit on a booster seat. The booster must be used with a lap and shoulder belt.

- Seat belts: Buckling up with a seat belt is for children 8 years old or who have reached 4 feet, 9 inches. Your children are ready for adult seat belts when they can sit with their back against the vehicle seat, knees bent comfortably and completely over the vehicle seat edge without slouching, and feet touching the floor.

Win-E-Mac
Early Childhood Family Education



Join us Tuesday, September 26th from
5pm-6pm in the Win-E-Mac Preschool room!

Our nights include a story, art projects,
center time, and other learning experiences.

ECFE is for families with a child/children from birth to
age 4 not in preschool. No sign up or cost to the family.

For more info contact Ms. Boe at dboe@wemschools.org
and follow us on Facebook "Win-E-Mac ECFE"



WEM School
Announcements

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

Ad deadline:
Noon Friday

Art & Spirituality
featuring Sister Denise Schonhardt

The Northwest Minnesota Arts Council (NWMAC) is pleased to announce the opening of Art & Spirituality, featuring the art of Sister Denise Schonhardt. This exhibit also includes artwork by Trey Everett, Gail Ose, Elizabeth Wavra, Betsy Saurdiff, and Noah Hanson and is open through September 29 at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

Sister Denise Schonhardt of Crookston is an accomplished painter who "grew up among the hills, lakes, and trees," which is evident in her art. She explained that her "paintings are about how colors interact, how they push and pull, how they change each other, and how they convey emotion."

The 35 pieces in this exhibit include oil and acrylic paintings, ceramic art, and pen and ink and depict the nuances and breadth of spirituality. Showcase Specialist Trey Everett explained, "It is difficult to convey in words and sentences what spirituality is to us let alone our personal spiritual experiences. However, art, in any form, can express the transcendent. The artwork in this exhibit is highly varied and a very intimate expression of what spirituality is to each artist. Sister Denise's hypnotic and prophetic artwork gave the whole gallery a surreal orange-red tint when it was installed. I hope when people interact with this exhibit, they experience the numinous, a sense of peace and awe as well as a sense of unease and challenge."

Gail Ose of Thief River Falls explained, "The canvas is a sacred meeting place for me between the seen and unseen realms." Elizabeth Wavra disclosed, "My art is the fruits of my prayers and my contemplation of God, and my attempt to share those experiences with others." Multilayered with meaning, Trey Everett's works are symbolic images of stations of the cross. "These images of the stations of the cross are designed to be a meditation on themselves." Finally, Noah Hanson's pieces depict scenes from Dante's Inferno and are a part of a series of 68 paintings. He shared, "I wanted to connect with the text on a couple different levels. The Divine Comedy is a poem about witnessing. Dante in the story, and by extension the reader, is invited to come and see, and in seeing to make heaven and

hell manifest. I wanted to bear witness and to understand the role of a witness, as such is a large part of the artist's role. I also tried to put myself in the role of the poem's sinners, creating a purposefully laborious and repetitive project to give myself a taste of that kind of hell."

NWMAC Staff held an on-line discussion with Sister Denise. Watch this Artist Spotlight here.

An Artist Reception will be held on Wednesday, September 27 from 6 - 8 PM at the gallery. The public is invited to join us. Refreshments will be served. There is no cost to attend.

The NWMAC Gallery is located at Northland Community and Technical College in Thief River Falls. The gallery

hours are Monday-Friday from 8:30-5 PM and at other times when events are held at the college. During the summer, the college may be closed on Friday afternoons so please confirm before making a special trip. Enter through Door B, which is right next to the gallery. Visitor parking is free.

For more information about this exhibit visit northwest-minnesotaartscouncil.org/blog/art-amp-spirituality-exhibit-featuring-sister-denise-schonhardt-is-open or for other information look to our website at www.NWArtsCouncil.org, or if you are an artist interested in exhibiting a body of work with NWMAC, please contact Trey Everett at (218) 745-8886 or email NWArtsCouncil@gmail.com.



The kids who attended the ping-pong ball drop during McIntosh Harvest Festival ready themselves at Matt Wickham prepares to start the drop from up high.



Shania Christianson and Paisley Roed during the 3-legged race at the McIntosh Harvest Festival held on Saturday, September 16th.



The rush is on to pick up ping-pong balls during the McIntosh Harvest Festival ping-pong ball drop for kids on the old football field held on Saturday, September 16th.