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McIntosh, Minnesota



Meet the newest business owner in McIntosh! Dawson Gunufson, son of Jordan and Kelsi. Give the kids a quarter and let them stop at Neil's Quality Meats & More for a gumball and support our new, young entrepreneur!



Early dismissal

Win-E-Mac School will be dismissed at 12:30 P.M. on Thursday October 12th due to Parent-Teacher conferences being held. Buses will run shortly after dismissal.

The Annular eclipse: What is it? Where and when?

The Saturday of October 14, 2023, the annular solar eclipse will cross North, Central, and South America. It will be visible in parts of the United States, Mexico, and many countries in South and Central America.

Solar eclipse fans get a chance to witness an annular eclipse this fall.

On Saturday, October 14, 2023, the Moon will move exactly in front of the Sun from the point of view of observers along a narrow strip of land stretching across the United States from Oregon to Texas and continuing on to Central and South America.

Since the Moon will be at its furthest point in its orbit from Earth at that time (known as apogee), it won't completely block the Sun; instead, a dramatic "ring" effect will be seen as the bright edge of the Sun will be visible around the black silhouette of the Moon.

The distinct appearance of this style of eclipse is why it's called an annular eclipse, as annular means ring-like. If you are standing under a tree or behind a screen you will see thousands of ring-like shadows projected everywhere during maximum eclipse, and the light may take on a wan note, but it won't actually get dark outside; it will be similar to the brightness of a cloudy day.

To witness the incredible ring of fire, you will need to be within the 125-mile path of annularity. The path begins over the Pacific Ocean and will make landfall in Oregon to Texas; then it will continue south through Central America to Brazil. Unless you're on that line—the path of annularity—you'll only see a partial eclipse. The closer you are to the center of that path, the longer annularity, the maximum point of the eclipse, will last.



The whole event will take about three hours, but annularity will only last about five minutes.

This eclipse must only be observed with properly certified eclipse glasses, or other safe observation methods like pin-hole projection or shielded solar telescopes. Even during the peak of the eclipse, the tiny bit of the Sun seen via the "ring" can damage your retinas and even blind you.

How to safely view a solar eclipse

Never view the Sun with the naked eye or by looking through unfiltered optical devices such as binoculars or telescopes!

This is critical! Why? You may have taken a magnifying glass out into the Sun and burned leaves with it. If so, you'll remember that when sunlight is focused onto a small spot with a lens, it can start a fire. Your eye also has a lens, and if you look at the Sun without proper protection, your eye's lens will focus sunlight onto a very small spot on the retina on the back of your eye. This literally burns your eye, causing permanent eye damage or blindness. In addition, since there are no pain sensors in your retina, you won't even know it's happening!

It is never safe to look at an annular eclipse without eye protection, but during a total solar eclipse, there are a few

short moments when it's safe to look directly at the Sun. This is the ONLY time: when the moon completely blocks the face of the Sun. Called totality, it lasts from a few seconds to a few minutes. The instant the moon begins to move off the Sun's face, you must go back to using safe viewing techniques.

Solar Viewing Glasses

Solar viewing glasses, also called eclipse glasses, are an easy, affordable way to safely look at a solar eclipse. Without these special glasses, the Sun can permanently damage your eyes or cause blindness. We recommend that you DO NOT purchase eclipse glasses on Amazon or other third-party sites, as unscrupulous people have been selling glasses that do not meet the international standard for filters that allow for direct viewing of the Sun (even though they are sometimes marked as such). These counterfeit glasses could damage your eyes.

The McIntosh Library will have free eclipse glasses available, while supplies last, to anyone who stops in to pick them up. The glasses are NSF certified.

How to Make a Pinhole Projector

There are safe ways to view the sun. The simplest requires only a long box (at least six feet long), a piece of aluminum foil, a pin, and a sheet of white paper.

The length of the box is important: the longer the box, the bigger your image of the sun will be. To estimate how big the image will be, multiply the length of the box by 0.01. For example, if your box is six feet (72 inches) long, your solar image will be 72 x 0.01 = 0.72 inches in diameter, or about 3/4 inch.

1. Find or make a long box or tube. If you can't find a long tube, you can tape together two

or more shorter ones. (Two triangular shipping tubes, taped together, make a good solar viewer.) Cut out the cardboard at one end of each tube and tape those ends together with duct tape, so that light can travel the length of the tube.

2. Cut a one-inch hole in the center of one end of the box. Tape a piece of foil over the hole, then poke a small hole in the foil with a pin.

3. At the other end of the tube, cut a good-sized viewing hole in the side of the box. Put a piece of white paper at the end of the box, right inside the viewing hole. This is the screen where your projected Sun will appear.

To use your viewer, point the pinhole end of the box right at the Sun. To aim it, move it around until you see a round spot of light on the paper at the other end—that's your pinhole image of the Sun! If you have trouble aiming your viewer, look at the shadow of the box on the ground. Move it until the shadow is as small as possible—that is, until it looks like the end of the box and the sides are not casting a shadow. Do not look through the pinhole at the Sun! Look only at the image on the paper.

Quick and Easy Viewing Techniques

Here are some ways to watch the Sun that are even easier.

Use two pieces of cardboard. In one, cut a one-inch hole, then tape a piece of foil over the hole. Now make a pinhole in the middle of the foil. Use the other piece of cardboard (which should be white for best viewing) as a screen. With the Sun behind you, hold the pinhole cardboard as far from your screen as you can. The farther the pinhole is from

Eclipse... Continued on page 4 ...



Lined up to collect their prizes for their ping pong balls after the drop at Harvest Festival were Jens Stordahl and Koen Kiecker.

Walk for the Wild at Rydell on Saturday, October 8th

To help celebrate National Wildlife Refuge Week, the Friends of Rydell and Glacial Ridge Refuges Association (FRGRRA) will host their second annual Walk for the Wild 5k and fundraising event at Rydell National Wildlife Refuge (NWR) southwest of Erskine, MN on Sunday, October 8th, from 12:00 to 4:00 pm.

There will be a designated 5k (3.1-mile) route made up of three different paved, yet scenic wildlife viewing trails around Rydell for walking or moving (as one is able) in nature. There will be an option of a guided trail walk as well as the option to go on your own. All 5k finishers will receive an official Walk for the Wild Finisher sticker.

For an added fun and immersive fall experience along the trail, a bingo scavenger hunt game card will be available for all participants. Each participant with one or more bingos on their card will be en-



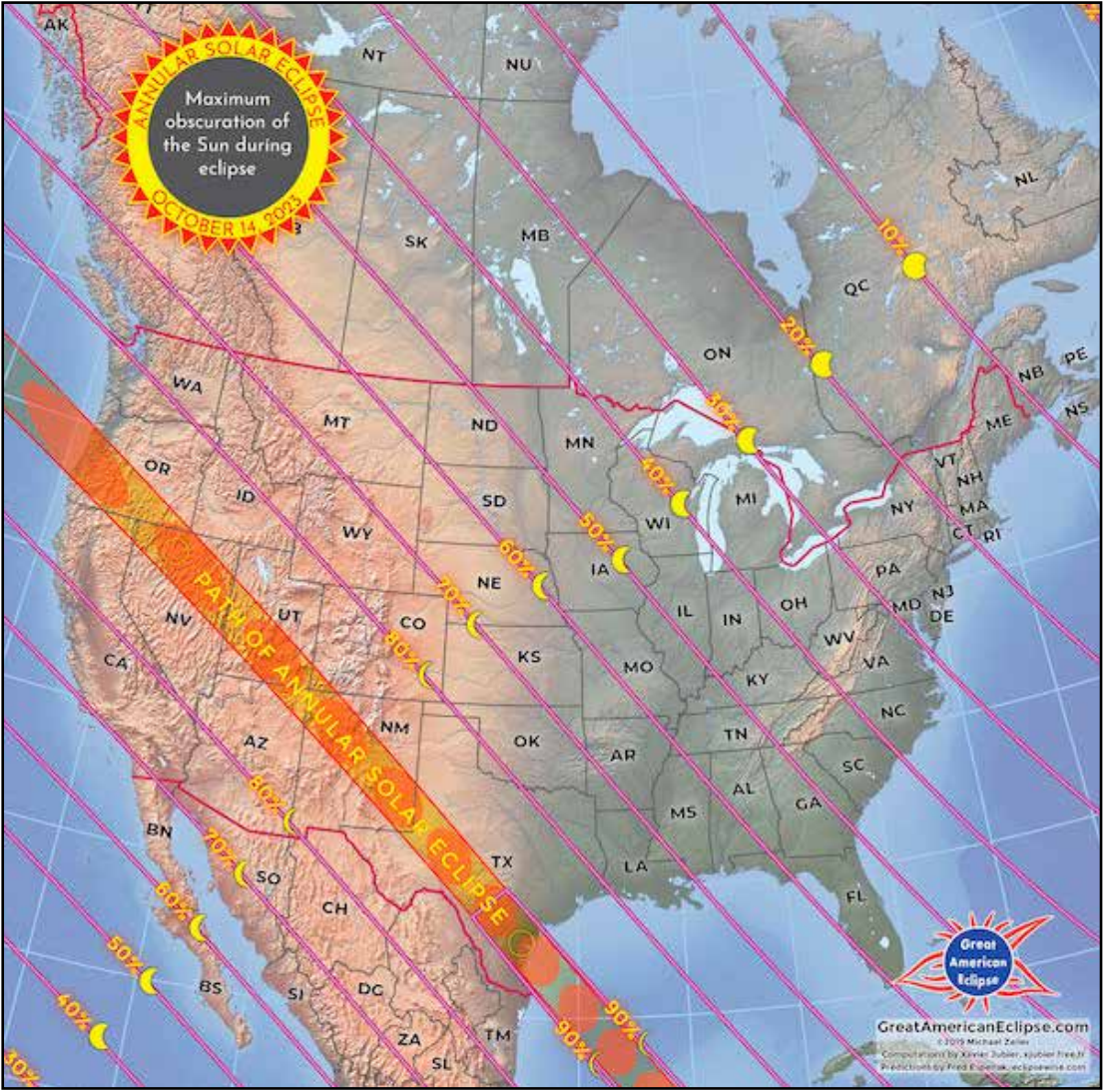
tered into a drawing at the end for a chance to win a Rydell or Glacial Ridge NWR t-shirt.

Registration for the 5k is free and donations are welcome. All donations received will benefit interpretive and educational programs at the Refuge, along with continuing outdoor accessibility for all.

To register for the 5k event

or to donate to the team, please visit <https://support.americaswildliferefuges.org/team/516155>. For more information, contact FRGRRA Board Member Larissa Fitzgerald at (571) 499-3880 or lafitzgerald10@gmail.com.

You may also call Rydell NWR with questions at (218) 687-2229.



The path of the annular solar eclipse over North America.

Libraries to host Genealogy 101 workshops featuring Rick Crume in Bagley, McIntosh & Fosston

Did you know that your Lake Agassiz Regional Library card offers you access to three huge genealogy databases? Join genealogy expert Rick Crume for a workshop exploring how to navigate these databases, which include Ancestry.com (Library Edition), HeritageQuest Online and FamilySearch.

Attend one of these workshops to learn how to access: Historical records from countries around the world

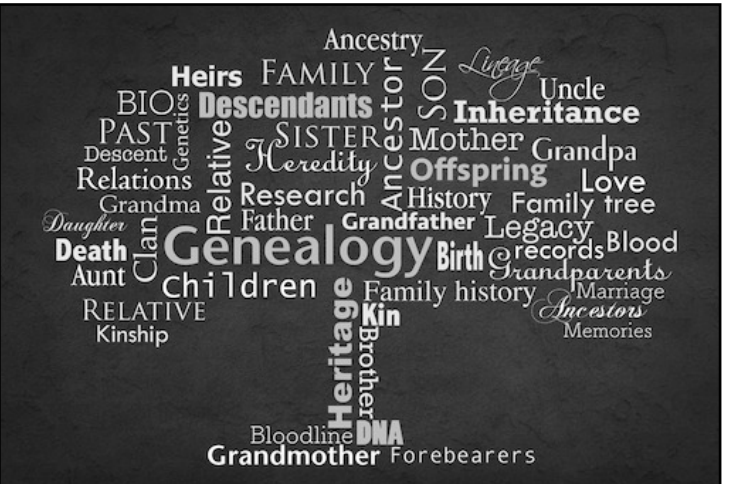
Family trees with billions of names and in-depth research guides

Even more historical records on-site at the library than you can view at home

And much more!

Join a Lake Agassiz Regional Library for this program at the following locations:

Bagley Public Library, 79



Spencer Avenue on Wednesday, November 1 at 10:00 a.m.

McIntosh Public Library, 115 Broadway NW on Wednesday, November 1st at 2:00 p.m.

Fosston Public Library, 403 Foss Avenue North on Wednes-

day, November 8th at 5:00 p.m.

These programs are offered free-of-charge, thanks in part to funding from the Minnesota Arts & Cultural Heritage Fund. Learn more at larl.org/legacy.

100 Years Ago This Month: Historical events from October 1923

Here's a look at some that helped to shape the world in October 1923.

- **Switzerland issues** a new decree on October 1st that bans the display of fascist emblems or the wearing of black shirts. The decree is issued in response to fascists who wanted the region to join Italy.
- **A standoff** begins in the Kentucky State Penitentiary on October 3rd after three convicted murderers obtain guns and kill three guards in an ultimately failed attempt to escape. Authorities eventually storm the barricaded inmates on October 6 and discover the inmates had been dead for about two days.
- **John Charles Carter** is born in Illinois on October 4th. The boy ultimately adopts the screen name Charlton Heston and becomes an Academy Award-winning actor and influential political activist.
- **Cao Kun** is elected president of the Republic of China on October 5th. Cao is deposed just 13 months later after revelations surface regarding a bribery scandal that calls his

election into question.

- **Boston Braves** shortstop Ernie Padgett turns an unassisted triple play on October 6. To date, the feat has been accomplished just 15 times in Major League Baseball history.
- **The first section of the Appalachian Trail** opens on October 7th. The initial stretch is a 16-mile path from Bear Mountain in New York to the Delaware Water Gap on the border of New Jersey and Pennsylvania. By 2023, the trail had grown to 2,194 miles.
- **On October 10th, the New York Yankees** play the crosstown Giants in the first ever World Series game at Yankee Stadium. The Giants win the game when Casey Stengel hits an inside-the-park homerun with two outs in the top of the ninth inning.
- **A bomb explodes outside Cubs Park** (now known as Wrigley Field) on October 14th. No arrests are ultimately made, though the incident is attributed to union agitators angry at a decision by Judge Kennesaw Mountain Landis,

then commissioner of Major League Baseball.

- **The Walt Disney Company** is founded when 21-year-old Walt Disney and 30-year-old Roy O. Disney, Walt's brother, sign a contract to produce the Alice Comedies film series.
- **Roadside billboards** are the target of a letter sent by the British Ministry of Transport on October 18th. The letter alleges the billboards are disfiguring the picturesque English countryside and urges county councils to take action.
- **New Jersey's Albert Tangora** sets the world record for fastest sustained typing on a manual typewriter on October 22nd. Tangora averages 147 words per minute over the course of one hour.
- **The reigning monarch of Iran, Ahmad Shah Qajar**, appoints Reza Khan as the country's Prime Minister on October 28th. Khan overthrows Ahmad Shah two years later.
- **The Republic of Turkey** is proclaimed on October 29th, formally ending the Ottoman Empire.

Talking apples

If you enjoy a Honeycrisp, Haralson, SweetTango or First Kiss apple at your local orchard or farm stand this fall, you can thank the University of Minnesota apple breeding program for putting it there.

A new apple release from the U of M, called Kudos, might join your list of favorites in coming years!

David Bedford, a senior research fellow in the College of Food, Agricultural and Natural Resource Sciences, answers questions about the new apple.

Q: How would you describe Kudos?

Bedford: Kudos is a beautiful red apple with a unique combination of traits including an excellent crisp, juicy texture and a sweet, well-balanced flavor with occasional tropical overtones. It got those characteristics from its parents - Honeycrisp and Zestar!. The crisp, juicy texture is similar to Honeycrisp with the rich flavor of Zestar! but with a slight tropical twist.

Q: When can I try the new apple?

Bedford: Apples will not be widely available in the marketplace for a few years. Orchards have just begun to purchase and plant Kudos trees, so it will take a few years for those trees to mature and bear fruit.

When we release an apple, it has already gone through roughly 20 years of evaluation to make sure it will perform well for growers and also be a pleasing eating experience for consumers. Since we've of-

ficially released it now, apple orchards can purchase Kudos trees with confidence that it will be able to provide their customers with great tasting apples in 2-4 years.

Q: What recent UMN apple releases can I taste this fall?

Bedford: Two of our more recent introductions are SweetTango and First Kiss/Rave.

SweetTango is also a cross between Honeycrisp and Zestar!. It has the crisp texture of Honeycrisp with an interesting sweet-tart flavor that is highly prized by apple lovers. It can be found at local orchards, farmers markets and grocery stores.

First Kiss is an early season progeny of Honeycrisp. It has a crisp and very juicy texture with a more tart, zingy flavor. Some people have compared the flavor to Haralson, an old favorite variety from the University breeding program's early days. Fruit that is grown at orchards in Minnesota is marketed as First Kiss. When the trees are grown outside of Minnesota, the fruit is marketed as Rave. Because it is a newer variety and it ripens early in the season, it may become more difficult to find the fruit as the season progresses. First Kiss can be found at local orchards, farmers markets and grocery stores. Rave will only be found in grocery stores.

Q: Why did the University of Minnesota begin its apple breeding program

and how does this work benefit Minnesotans?

Bedford: Many apples that you see at the grocery store, like Golden Delicious, Gala, Fuji and Granny Smith, won't grow here. In fact, most of the apples grown worldwide won't grow in Minnesota because they can't thrive in the harsh conditions of our extremely cold winters. That's why in the early 1900s, University of Minnesota researchers began developing cold hardy, great tasting apples in order to enjoy homegrown apples and bring a sustainable commercial apple industry to the state.

Q: How does apple breeding work at the U of M?

Bedford: We researchers identify parent apples with characteristics we'd like to combine into one apple. For example, one parent may be disease-resistant but not crisp and the other parent may be crisp but not disease-resistant. We cross the parents to try to develop a new variety that is both disease-resistant and crisp.

A few years after we make the crosses, the new trees bear fruit and we start our real evaluation. We taste the fruit of each tree - up to 500 apples each day - and decide if each one is worth keeping around or not. Very few of the thousands of apples that get tasted each growing season make it past the first round of tasting - typically only 10 to 12 each year. The best selections make it through even more testing

Try something new with your final tomato harvest of the season

If you have access to a dehydrator, tomato powder can be an excellent way to make use of tomato "seconds", those with imperfections, which are left laying around. You can even use tomato skins if you are using the rest of your tomato for canning or other cooking projects.

How to use tomato powder: Tomato powder can be used as a seasoning to add tomato flavor to any snack or dish. It can also be used in recipes in place of tomato paste. (No more half-used cans hanging around).

You can either reconstitute it with a little oil or water before using in a dish, or add the powder directly into recipes with plenty of moisture like soups. We use one-to-one where a recipe calls for tomato paste.

Ingredients and equipment

Tomatoes - you can use either slicing or paste tomatoes, and either the whole tomato or just the skins

Dehydrator

Food processor or spice grinder

Directions

1. If using whole tomatoes, wash tomatoes, remove stems, and slice thinly. Thinner slices will take less time to dehydrate.
2. Spread tomato slices or



skins in a single layer on dehydrator trays. Be sure to leave enough space for air to circulate around the pieces.

3. Dry in a dehydrator until slices or skins are completely dry and crisp. You know the tomatoes are done when they break with a crisp snap when you try to bend them. If they are still pliable, they need more time. Dehydrating time will vary greatly based on the thickness of your pieces, air humidity, and other factors.

Once the tomatoes are completely dry, let them cool to room temperature. Break into small pieces, and then grind into a fine powder using a food processor or spice grinder.

Put powder in an airtight container and store in a cool, dry, dark space for up to six months.

Note: Minnesota's high hu-

midity does not make sun or air drying a good option. An oven can dehydrate tomatoes, but it can take up to 40 hours. Investing in or borrowing a dehydrator will be kinder to your energy bill and the planet.

DO SOMETHING BIG



CHURCH DIRECTORY

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

Sun. Oct. 8: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Oct 15: 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. 8 10:00am Coffee Hour; 10:30am Worship Services
Sun. Oct. 15: 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, Oct. 8: 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. 10: 10:00am. Sunday worship service telecast on GVTN--30
Wed, Oct. 11: 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
PastorLee Laaveg

Sun. Oct. 8: 9:00am Worship
Sun, Oct. 15: 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.

LSS
Meals Menu
687-2262

Call by 9:30 am to reserve your meal. Indoor dining at 11:30 am; drive-up available at 11:00 am.

Mon. Oct. 9: Meatloaf - Baked Potato - Corn - Wheat Rolls - Dessert - Milk

Tues. Oct. 10: *Bingo*
Call with Choice Liver & Onions or Poor Man's Steak - Mashed Potatoes - Peas & Carrots - Cranberry Cornmeal Muffin - Fruit - Milk

Wed. Oct. 11: BBQ Chicken - AuGratin Potatoes - Peas - Wheat Bread - Dessert - Milk

Thur. Oct. 12: *Bingo*
Swedish Meatballs - Mashed Potatoes & Country Gravy - Carrots - Wheat Bread - Chocolate Pudding - Milk

Fri. Oct. 13: Roast Beef - Mashed Potatoes & Gravy - Squash - Wheat Rolls - Pumpkin Bars - Milk

Community
Birthday and
Anniversary
Calendar

Wed. Oct. 4: Jared Olson, *Ryan & Olivia Schow

Thurs. Oct. 5: *Josh & Nicole Vetteson, *Matthew & Morgan Voxland

Fri. Oct. 6: Matthew Voxland, Russell Sultvedt, Wayne Gustafson

Sat. Oct. 7: Samantha Rasmussen, Rob Roed, *Rob & Lori Roed

Sun. Oct. 8: *Darrin & Holly Kringlen

Mon. Oct. 9: Jason Carlson, Heidi Lemer

Tues. Oct. 10: Jim Ferden, Jonah Salvhus

McIntosh Times

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"Serving the Win-E-Mac area"

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First National Bank will be closed Monday, October 9th in Observance of Columbus Day

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Wednesday, October 4, 2023

October Weed of the Month: Amur silvergrass



Amur silvergrass spreads by underground stems to form large clumps.

Amur silvergrass is regulated as a restricted noxious weed in Minnesota.

By: Monika Chandler, Minnesota Department of Agriculture

Amur silvergrass (*Miscanthus sacchariflorus*) is an attractive ornamental grass with tall plumes in the fall. It's native to China, Korea, Japan, and Russia and escaped cultivation in the United States. It spreads by seed and underground stems (rhizomes).

Based on an extensive risk assessment, Amur silvergrass is regulated as a restricted noxious weed in Minnesota. It is known to form single-species stands.

Amur silvergrass has green leaves that turn reddish-orange in the fall and showy flowerheads (panicles). It can grow 6-8 feet tall and forms spreading clumps. Similar species also grown in Minnesota include Chinese silvergrass (*M. sinensis*) and giant mis-

canthus (*Miscanthus x giganteus*), a hybrid of Amur and Chinese silvergrasses. Amur silvergrass has been collected in cold parts of Russia to use as a parent in breeding a more cold-hardy giant miscanthus. You can find more information on these species on the University of Minnesota website.

In Minnesota, Amur silvergrass has been documented in several counties. In some cases, populations have been documented to produce low levels of seed, causing concern that this plant could easily escape from gardens and other ornamental plantings and spread over greater distances.

To limit the risk of escape and spread of this plant in Minnesota, the Minnesota Department of Agriculture recommends that landowners with Amur silvergrass remove it and consider replacing it with native grasses.

For recommendations about native and sustainable grasses, see Growing Ornamental Home Landscape Grasses and check out the Ornamental Grass Collection at the Minnesota Landscape Arboretum.

MDA seeks applications for crop research grants

\$1.2 million in funding available for applied research projects.

The Minnesota Department of Agriculture (MDA) is now seeking applications for the Agricultural Growth, Research, and Innovation (AGRI) Crop Research Grant Program. Grant funding is intended to generate applied crop research that will improve agricultural product quality, quantity, or value within Minnesota's \$13.5 billion crop industry.

Any Minnesota organization, research entity, individual, or business with agricultural research capabilities is eligible to apply and receive funding. Applied crop research projects must have near-term benefits (three to seven years) for Minnesota's farmers and the state's economy, and applications must include an outreach plan describing how results will be made available to the public.

Special consideration will be given to research on crops with limited access to other research funds, as well projects with an outreach plan describing how activities or outcomes meaningfully involve, inform, or benefit underserved agricultural producers.

The MDA will award roughly \$1.2 million through this round of funding, with a maximum grant amount of



\$250,000 per proposal.

Applications must be submitted by 4 p.m. on Thursday, November 30, 2023.

Funding for the Crop Research Grant was established through the AGRI Program, which provides 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.

To access full program details and the online application, visit the AGRI Crop Research Grant webpage.

Grant money available to MN livestock owners for prevention of wolf attacks

Applications due January 5, 2024.

New money is available to Minnesota livestock producers to help prevent wolf attacks. A total of \$95,000 will be awarded by the Minnesota Department of Agriculture (MDA) through the Wolf-Livestock Conflict Prevention Grants. Applications are due January 5, 2024.

The grants provide reimbursement for costs of approved practices to prevent wolf-livestock conflicts. Only costs incurred after entering into a grant agreement with the MDA are eligible for reimbursement. Eligible expenses for the grant program will include:

- Purchase of guard animals.
- Veterinary costs for guard animals.
- Wolf-barriers which may include pens.
- Fladry and fencing.
- Wolf-deterrent lights and alarms.
- Calving or lambing shelters.

Eligible producers must live within Minnesota's wolf range, as designated by the Minnesota Department of Natural

Resources, or on property determined by the Commissioner of Agriculture to be affected by wolf-livestock conflicts.

Any animal species produced for profit and documented to have been killed by wolves in Minnesota in the past is eligible. This includes bison, cattle, chicken, deer, donkey, duck, geese, goat, horse, llama, mule, sheep, swine, and turkey.

The funding also requires an 80:20 matching cost-share, meaning 80% of eligible project costs will be reimbursed by the grant and the remaining 20% will be paid for by the grantee.

The grant application must be emailed or postmarked by 5 p.m. on January 5, 2024. Work for this grant must be done and expenses reported by August 31, 2024. The application and more information can be found at www.mda.state.mn.us/wolfgrants.

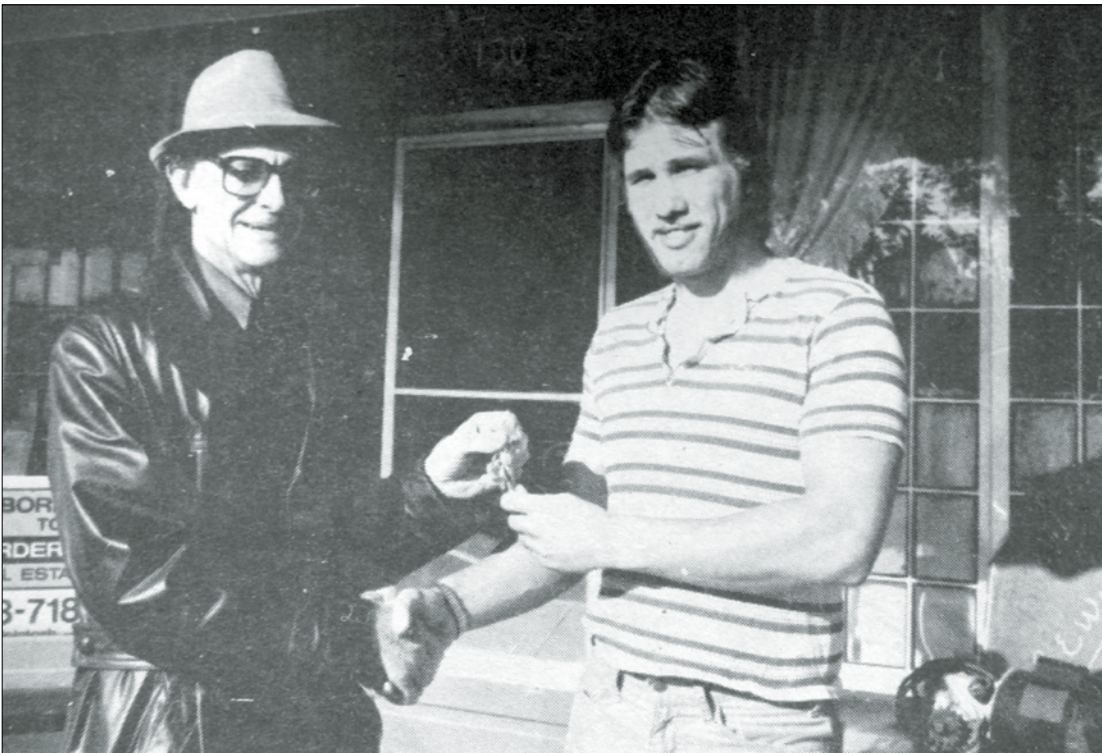
This round of funding for the Wolf-Livestock Conflict Prevention Grants is made possible by monies appropriated by the Minnesota Legislature and funding awarded by the U.S. Fish and Wildlife Service to the MDA for grant distribution.



Did you know?

Family history is considered a risk factor for various diseases, and breast cancer is no exception. According to Cancer Research UK, having a first degree relative, which includes a mother, sister or daughter, diagnosed with breast cancer approximately doubles a woman's risk for breast cancer. However, the American Cancer Society notes that only

about 5 to 10 percent of breast cancer cases are thought to be hereditary. Hereditary cases of breast cancer are those that result directly from gene mutations passed on from a parent. The relatively small percentage of hereditary cases is important to note, as it means that the vast majority of women who are diagnosed with the disease have no family history of breast cancer.



40 years ago....1983: Orville Stordahl reenacts the traditional "handing over of the keys" to Dan Sistad, who purchased Orville's main street building this summer. Dan will operate an electric motor repair business in the back of the building and the Border to Border Real Estate, Tax and Accounting Service will continue in the front.



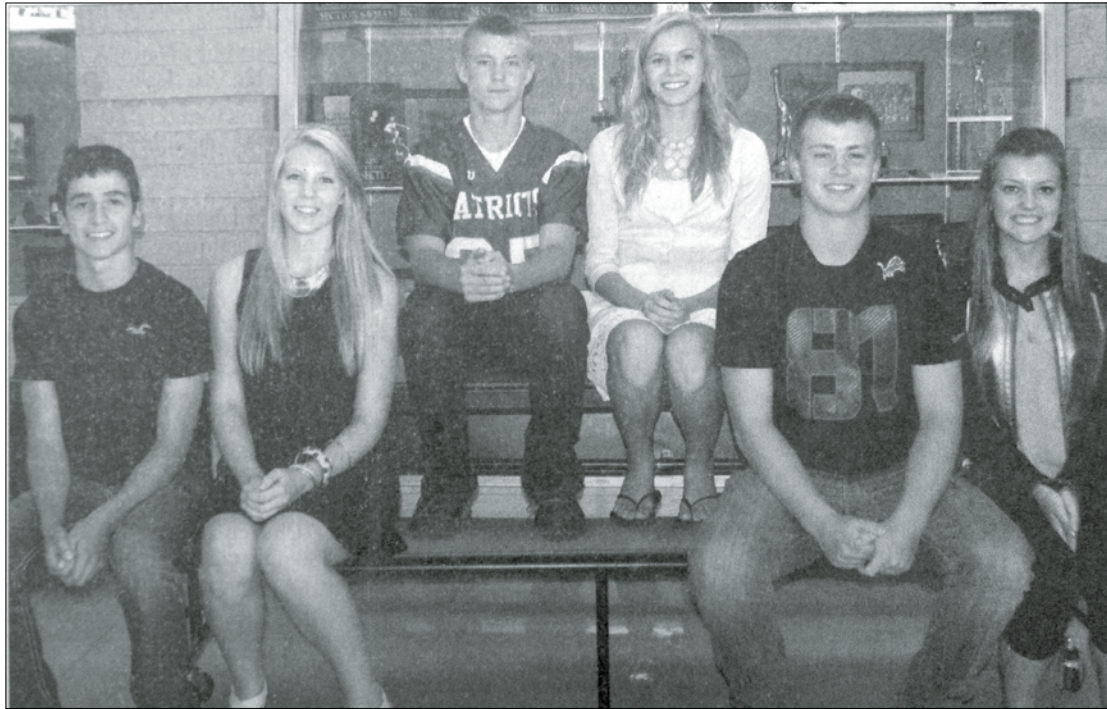
30 years ago...1993: Win-E-Mac seniors chosen as candidates for Homecoming festivities set for Win-E-Mac from Thursday, October 14th through the Homecoming Football game. (Back, l-r) Samantha Hamre, Jessica Pearce, and Wendy Vig; (front) Robert Carlson, Mike Brumwell, Shawn Ostenaar and Jerrod Hoaas. (Not present: Liberty Lucken.)



20 years ago...2003: Senior Candidates for Win-E-Mac Royalty have been named for the 2003 Homecoming week. The king and queen will be crowned during ceremonies on Monday night. Candidates include (back, l-r) Justin Moran, Katie Galland, Clair Giannonatti and Dustin Vedbraaten; (front) Jesse Anderson, Sarah Lundquist, Ashlee Stordahl and Seth Solberg.

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com



10 years ago...2013: Underclassmen Homecoming Attendants for 2013 at Win-E-Mac High School are 9th grade attendants: Noah Klinkhammer and Olivia Simonson; 10th grade attendants: Jordan Olson and Kelsey Knutson; 11th grade attendants: Zach Plante and Madison Stuharg.

RiverView Recovery Center offers addiction services in four locations

September is National Recovery Month and an opportune time to spread the message that chemical dependency treatment is effective and people can and do recover.

It's been just over a decade since Glenmore Recovery Center restructured to outpatient services under the name of RiverView Recovery Center (RRC).

The high-caliber, clinical care programs at RRC allow clients to work on recovery while maintaining commitments to work, family, and home.

According to the Centers for Disease Control and Prevention (CDC), in 2020, 40.3 million people aged 12 or older in the United States (14.5% of this population) reportedly had a substance use disorder (SUD).

Alcohol use disorder is the most common form of SUD in America. Excessive alcohol use is responsible for more than 140,000 deaths in the United States each year and it shortens the lives of those who die by an average of 26 years.

Because it affects the brain's normal functions, a SUD compels someone to repeatedly use substances or engage in behaviors even though they have harmful consequences. Addictions can destroy marriages, friendships, careers, and threaten a person's basic health and safety. Addiction is a chronic mental health condition.

Fortunately, RRC offers support and education from trained, licensed counselors. Clients learn about the disease of addiction, who is vulnerable to become addicted, and why.

Outpatient services are offered at RRC locations in Crookston, East Grand Forks, Roseau, and Thief River Falls. Telehealth services became an option during the COVID-19 pandemic and remain an offering today, according to Curtis Hamre, RRC director.

RRC offers the following services:

- Comprehensive Assessment (Chemical Health Evaluation/Rule 25): A chemical health evaluation must be completed for all persons seeking treatment.
- Individual Sessions: Pro-



Curtis Hamre, Riverview Recovery Center director.

vided for individuals that have completed treatment and are struggling with thoughts of using.

► Structured Outpatient: Available to individuals who need transition services in the continuum of care from inpatient services or individuals who meet the criteria/need for a lower level of outpatient services.

► Relapse prevention: This service includes one individual session per week as well as regular urinalysis tests for individuals that have completed treatment, inpatient or intensive outpatient, in the last three years and are struggling with addiction. Relapse prevention is intended for individuals that are not using daily, but want to stop the cycle.

► Intensive Outpatient: Includes group meetings three times per week, one weekly individual session and regular urinalysis tests for individuals struggling with addiction that do not meet criteria for residential treatment.

► Driving with Care, Level 1: For the first time driving while intoxicated (DWI) offender with a blood alcohol level of less than .15 at the time of arrest. New classes begin quarterly.

► Driving with Care, Level 2: For the first time DWI offender with a blood alcohol level of more than .15 at the time of arrest, or multiple DWI offenses. New classes begin quarterly.

► 10-hour Alcohol and Other Drugs (AOD) Education: Developed for the client who is not a DWI/DUI (driving under the influence) offender and who is not in need of treatment. This class is for a client who had a positive urinalysis at work or a drinking related offense who is in need of education about AOD.

For more information on any of these services, call RiverView Recovery Center at 281.9511 or see service availability at <https://www.riverviewhealth.org/services/chemical-dependency/>.



Rosie Subbert and Hawkin Roed look up to watch for the ping pong balls during the McIntosh Harvest Festival kids ping pong ball drop on the old football field.



Theresa Benbo and sister, Heather Nikolayson were part of the vendor show at McIntosh Harvest Festival, selling sweet smelling candles, air fresheners, wax melts and more.

Superintendents Notes

By Randy Bruer



Win-E-Mac Digital Tools
Win-E-Mac Public Schools 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 have an inventory of our curriculum, testing, and assessment tools posted at wemschools.org/digitaltools. This spreadsheet includes an outline of the student data elements within each tool. (Some digital tools that do not collect student data may have been included, but many were not included on this spreadsheet.) This list is maintained and communicated via the Win-E-Mac website at the start of each school year.

Please reach out to Andrew Hanson (technology coordinator) at technology@wemschools.org for additional questions regarding specific digital tools used in classrooms.

School Levy
Our school levy for the 2023 Pay 2024 school year will increase by approx. 6%. This increase is due to the inflation of Market Values, sales ratio and inflationary adjustments based on the CPI referendum conversions. This past summer we resurfaced our school parking lot which was added to the debt service for a 2-year payment which would not increase the school levy due to a reduced cost of interest payments. The district made no extra increases in the levy. People who own Ag property or farmland will

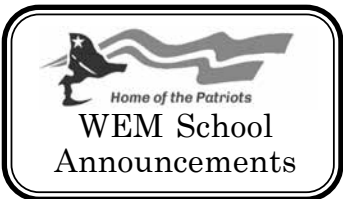
continue with the reduced tax due to the Ag credit legislation passed in 2019. Ag credit will be used for Agriculture and timberland owners in 296 school districts to reduce bond debt taxes. This is a new property tax law only applied to Ag acres and timberland, so the tax burden of school buildings is not a heavy burden on farmers. See table below.

Taxes Payable Year	Total
Ag2school credit	
2021 55%	
2022 60%	
2023 70%	

Strategic Planning
Our school board is moving through a lengthy process to determine the direction of our school for the next 5 to 10 years. We have asked our staff, parents, students and patrons to give their time in this direction planning. We did list a survey on our webpage in August for patrons to assist in giving us some guidance in this process. Now we are meeting in person with up to 30 of these members to identify the direction of the district for the school board to

consider. Once the planning is complete in December, a plan will be available for everyone to review.

Positions available
The school is in need of Para-Professionals and Subs for any position. If you are available, please give the district a call at 218-563-2900. The position comes with a good salary and benefits.



Win-E-Mac Book Fair
The Win-E-Mac School will host a Scholastic Book Fair from Thursday, October 12th through Wednesday, October 18th. The fair will be open before school from 7:45 am to 8:30 am and during school conferences on October 12th from 1:00 pm to 7:00 pm. It will be located in the library.

Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, October 12th from 1:00 p.m.-7:30 p.m. Parents of students in grades K-6 should have made appointments to see their respective teachers. Parents of 7th - 12th grade students, conferences will be self-led by the students, with their homeroom teachers. Signup sheets will be sent home with students to schedule a time. Students will be dismissed at 12:30 p.m. with buses running shortly after dismissal.

Eclipse...

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the screen, the bigger your image will be.

Use your hands. Hold both hands with your fingers overlapping at right angles. The holes between your fingers make pinholes, forming images of the Sun on the ground.

Use a tree. If you have shade trees in your location, try looking at the images of the Sun coming through the holes formed by the leaves. Use a piece of white cardboard to capture the images for a great viewing session!

Use a colander. A colander, with its many holes, will give you fantastic, multiple images of the sun. Simply hold it about 20" above the ground. The images will look even better if you cast them onto a white piece of paper or sheet.

Optical Projection
Pinhole images are pretty dim and small. You can magnify the Sun's image by using a pair of binoculars. You MUST NOT look through the binoculars!

1. Firmly attach the binoculars to a tripod, eyepieces facing down. You can do this with duct tape—what else?
2. Make a Sun shield from a piece of cardboard. Cut a hole for one of the lenses. (You don't need them both.) Then tape the shield to the front of the binoculars with the lens sticking through the hole. Use duct tape to seal any holes that leak light past the cardboard shield.
3. Point the binoculars toward the Sun while holding a piece of white cardboard about one foot beyond the binoculars.
4. It will take a little effort to find the Sun. Once you do, you can focus the binoculars to bring the Sun to a sharp image.

DO NOT put your hand or anything flammable near the eyepiece. The concentrated

sunlight exiting there can cause a nasty burn or set something ablaze!

Now you can watch a beautiful, bright, magnified image of the sun as the eclipse proceeds. You will have to adjust the tripod periodically to account for the Earth's rotation. A warning: give your binoculars a cooling break now and then. The eyepiece may become overheated and the lens elements may separate if you leave it pointed at the Sun for too long.

Filters
If you can't keep yourself from looking directly at the Sun, be absolutely sure that you have the correct filter—a professionally designed white light filter that blocks 99.999 percent of the sunlight. Just because a filter makes the Sun look dim does not mean that it's blocking enough of the dangerous amount of sunlight that can permanently damage your eyes.

Do NOT use sunglasses, polaroid filters, smoked glass, exposed color film, X-ray film, or photographic neutral-density filters.

Make sure that the supplier of your eclipse filter is reputable and reliable—a few are listed below. "Eclipse glasses" are inexpensive filters in cardboard frames made especially for eclipse viewing. You can purchase them online, and usually at science museum stores in areas where an eclipse is visible. You can also look at the Sun with a number 14 welder's glass, available at welding supply stores.

If you want to use a filter on a telescope, use only the filter supplied by the manufacturer or by a manufacturer who makes the filter specifically for the instrument you are using. However, if the manufacturer's filter is the type that screws

onto the eyepiece, DO NOT USE IT! The manufacturers of some inexpensive telescopes supply a welder's glass filter that screws onto the eyepiece. It may heat up and crack as you are looking through the telescope. A proper solar filter always goes on the front end of the telescope, blocking the sunlight before it enters the optical system.

By following the instructions above and using a modicum of good sense, you will be able to enjoy solar eclipse after solar eclipse.

Eclipse Fast Facts
▪ On Saturday, Oct. 14, 2023, an annular solar eclipse will cross North, Central, and South America. It will be visible in parts of the United States, Mexico, and many countries in South and Central America.

▪ In the U.S., the annular solar eclipse begins in Oregon at 9:13 a.m. PDT and ends in Texas at 12:03 p.m. CDT.

▪ An annular solar eclipse happens when the Moon passes between the Sun and Earth while it is at its farthest point from Earth. Because the Moon is farther away from Earth, it appears smaller than the Sun and does not completely cover the star.

▪ This eclipse is often referred to as a "ring of fire". Because the Moon is farther away from Earth, it appears smaller and does not block the entire face of the Sun. As a result, the Moon appears like a dark disk on top of a larger, bright disk.

▪ Because the Sun is never completely covered, observers must wear proper eye protection at all times while watching an annular eclipse.

▪ What you can see during an annular eclipse depends on the weather and the location from which you view it.

▪ Everyone in the contiguous United States, plus parts of Alaska, who are outside the path of annular eclipse, will experience a partial solar eclipse, where the Moon only partially covers the Sun.

▪ Everyone outside the path of annularity in Central America will experience a partial solar eclipse.

▪ Many people outside the path of annularity in South America will experience a partial solar eclipse.

▪ You need a clear view of the Sun and Moon to see the eclipse. However, even with cloud cover, the eerie daytime darkness associated with eclipses is still noticeable.

▪ To see all phases of an annular eclipse, you must view it from somewhere along the path of annularity: the locations on Earth from which the Moon will appear to pass across the center of the Sun.

▪ The next solar eclipse visible in the U.S. will be a total solar eclipse on April 8, 2024.

▪ The next annular solar eclipse visible in the contiguous U.S. will be on Feb. 5, 2046.