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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Tanner Christianson from Woodside Honey came to Freedom Christian Academy in September. He showed the students their bees and shared some tasty honey.



Last Tuesday during Family Night at Win-E-Mac ECFE (early Childhood Family Education) the kids were able to create some masterpieces while painting with apples! Each Tuesday evening from 5:00 pm to 6:00 pm is Family Night in the ECFE room at the Win-E-Mac School. All preschool kids in the district are invited to attend and have some fun.

An outdoor learning adventure for WEM 4th graders

From predaceous diving beetles to water scorpions, wolf spiders and case-building caddisflies, the fourth-grade class from Win-E-Mac Elementary discovered that there truly is a lot to discover in nature at the “Water Wonders of the Sand Hill River” program held at the Agassiz Environmental Learning Center near Fertile.

With nets in hand the students either swept through the grass, air, water, or mud to capture many creatures and see how their presence can teach us about the quality of our air and water.

The little scientists discovered many critters in each environment that were not very tolerant of any sort of pollution.

From this discovery, they concluded that our streams, air, and soil are relatively clean.

Students also traveled the trails through Oak Savannas along the beach of glacial Lake Agassiz to Death Valley where erosion and the importance of our native plants was quickly

brought to light.

A hands-on experiment had students creating small ecosystems to demonstrate the importance of all types of plants to maintain balance in nature.

Wearing waders provided by the AELC, students found all sorts of life in the Sand Hill River itself.

Crayfish, minnows, clams and water scorpions were just a few of the creatures students gathered among the reeds and rocks.

Everyone went home with a better understanding of life inside the banks of the Sand-hill River and a few went home with a much better understanding of the wetness of water.

This, amazing, outdoor learning opportunity was made possible through the sponsorship of the Sand Hill River Watershed District. SHRWD administrator April Swenby is excited to partner with the AELC and hopefully more programs like this will be available in the future as well.



The Win-E-Mac fourth graders had an outdoor learning day thanks to April Swenby from the Sand Hill River Watershed District.

Day trips for fall color

Hit the road for an unforgettable drive through a rainbow of colorful fall foliage in Minnesota this autumn. The list includes some well-known favorites, and some lesser-known gems where you don't have to share the view with a crowd.

Peak color in the following areas started in late September and are happening now.

North Shore of Lake Superior

This route along America's largest Great Lake is known for its great fall color and lake views, making it very popular with leaf peepers. Yellow aspen and birch hug the shoreline, while scarlet maples line inland forest roads. Make sure you have a reservation for a place to stay, and try planning midweek trips to avoid the busiest travel periods. This has been designated as an "All American Drive," one of only 15 routes in the country so noted for their outstanding scenery. For an inland view, take Hwy. 1 through the colors of the Superior National Forest to Ely.

Route: Minnesota Highway 61, Duluth to Grand Portage.

Going up the gondola at Lutsen Mountains

From the rolling peaks of the Sawtooth Mountains to the Poplar River Valley, spectacular views await in Cook County. One of the best ways to take it all in is on the Summit Express Gondola at Lutsen Mountains Resort. It's a gentle ride with endless views of glorious maples. Avoid the crowds and make your midweek plans to experience this naturally unforgettable destination.

Iron Range Loop

There's a beautiful mix of color on this circle drive, and plenty of other highlights as well: Birding at the Sax-Zim Bog, two major golf courses at Giants Ridge (The Legend and



The Quarry), ATVing at the Iron Range Off-Highway Vehicle Recreation Area and the U.S. Hockey Hall of Fame at Eveleth. At Virginia, there's an overlook of the area's deepest open pit mine and the popular Mesabi Bike Trail.

Route: Highway 169 from Virginia to Tower, Highway 135 through Biwabik back to Virginia.

Edge of Wilderness

This super scenic byway winds over hills through the colorful mix of pine and hardwoods of Chippewa National Forest. Return via County Road 7 and make a side trip to beautiful Scenic State Park. Or take one of the back roads through the forest, with stops at lakes and hiking trails along the way.

Route: Highway 38, Grand Rapids to Bigfork.

Mesabi Trail

Ely is home to the newly completed Mesabi Trail, a fully paved route that winds through some of Minnesota's most dramatic landscapes. Take a quick trip around the Trezona Trail loop in town and ride south into the Superior National Forest and amazing views of lakes, forests and marshes. Set off on your biking expedition among a symphony of fall colors.

Mississippi Headwaters

Itasca State Park, the source of the mighty Mississippi River, is the star attraction on this route. Lake Bemidji State

Park, with its birch and pine, is another highlight. There's a paved bike trail in Itasca, and mountain bike trails in Bemidji State Park. You'll also find scenic biking along the nearby Heartland State Trail.

Route: Highway 71 between Park Rapids and Bemidji, plus numerous other roads around these towns.

Ottetail County

The rolling countryside between Fergus Falls and Perham is a blend of wooded hills, lakes and farmland. Highlights include Glendalough State Park, the historic Phelps Mill, and the view from Inspiration Peak State Wayside (opens in new window) off County Road 38.

Route: Highways 108 and 78, and numerous county roads.

Brainard Lakes and Mille Lacs

Gull, Pelican and Cross Lakes and the Whitefish Chain of Lakes sparkle amid woods of maple, oak, birch and aspen. Mille Lacs Kathio State Park is an expanse of colorful forest at the edge of Mille Lacs. Fishing, boating, golfing and biking the Paul Bunyan State Trail are favorite activities in this lake country.

Route: Highway 371 and highway 6, and the county roads between them, plus highway 169.

October is National Bullying Prevention Awareness Month

As reported on the 2019 Indicators of School Crime and Safety report, about 20% of students ages 12-18 reported being bullied in 2017.

Among students ages 12-18 who reported being bullied during the school year, 15% were bullied online or by text. National Bullying Prevention Awareness Month is a month-long observance to educate and raise awareness about bullying and cyberbullying prevention. Addressing and preventing bullying is something that everyone can do, every day.

Educators and teachers can create a safe, supportive learning environment and a classroom culture of positivity, inclusiveness and respect. They can reward students for positive social behavior. Schools can communicate bullying policies at their school to parents, students, teachers and staff and follow through on them. Monitoring bullying 'hot spots' around the school campus can also help prevent bullying.

Parents and caregivers can talk with their children about their school and digital life, and the many roles children can play in bullying. By ask-

ing open-ended questions, they can talk about their children's experience and communicate expectations about appropriate behavior, in person and in their digital world. Parents are the primary role models for their children, and when they model the behavior they expect from their children, they teach through actions.

Mentors can also model kindness, inclusivity, and respect. They can ask open-ended questions of their mentees and listen without judgement.

Providing positive reinforcement to children and teenagers can help protect them from bullying and other risky behaviors.

They can also provide support to all kids involved, and help make sure the bullying doesn't continue and its effects are minimized.

Youth who experience bullying can reach out to a trusted adult to talk about it and get support. If they're being cyberbullied, they can capture screenshots. They can block the people who are bullying. If they witness bullying, they can change the conversation and deflect it.

Consumers can never let their guard down when it comes to identity theft. Personal information is much more accessible in an increasingly digital world. Consequently, instances of identity theft and consumer fraud continue to grow.

• **The Identity Theft Research Center (ITRC)** reported a record number of data compromises in the United States in 2021, amounting to a 68 percent increase over 2020.

• **The Federal Trade Commission's Consumer Sentinel Network** received more than 5.7 million reports of fraud and identity theft in 2021.

• **In Canada**, there are 12 victims of identity theft per every 100,000 residents and 52 victims of ID fraud.

• **Many North Americans** have been victims of COVID-19-related fraud, including scams involving fake testing, vaccines and treatments, and charities.

The FTC says identity theft is when someone uses your personal or financial information without your consent. Commonly stolen data includes addresses, credit card numbers, bank account information, So-

cial Security numbers, or medical insurance numbers.

Though thieves can gather information by intercepting it through digital channels or simply by stealing mail or going through trash, many times people inadvertently share personal information with scammers themselves.

Here's a look at five common scams.

1. Phone scams

Phone scams may involve telemarketers trying to sell you something in exchange for personal information given over the phone, as well as people impersonating government agencies or credit card companies. "Please confirm account information" or "We'll need your financial information to process" are some of the phrases these scams utilize. Never give out personal information over the phone unless you've confirmed the individual you're speaking to is legitimate.

2. Text links

The Pew Research Center says 81 percent of adult mobile phone users use text messages regularly. Scammers utilize text messages to try to gain information. The text includes a link to a site that will re-

quest personal information. Do not respond to such texts and avoid clicking on the links.

3. Phishing emails

Phishing emails look like they are coming from legitimate sources, but they often contain malware that can infiltrate computers and other devices to steal identity data. Phishing increased during the COVID-19 lockdowns as more people were working from home, according to the ITRC.

4. Medicare card verification

Older individuals long have been targets of criminals. Seniors are now being called, emailed or even visited in person by scammers claiming to represent Medicare. Perpetrators of this scam offer new services or new chipped Medicare cards in exchange for verification of Medicare identification numbers. Medicare numbers should be carefully guarded, and seniors should keep in mind it's highly unlikely Medicare representatives will contact them in this way.

5. Data breaches

It's not just a home computer or phone breach you need to worry about. According to ARAG Legal, security experts indicate many major companies are being breached. By the time it's discovered that data was stolen, your personal information, which usually includes credit card numbers, email addresses and home addresses, has been circulating for some time. While it's impossible for private citizens to prevent this type of data breach, a credit monitoring service can alert consumers if their information shows up where it seemingly doesn't belong.

Identity theft is an ever-present threat and consumers must exercise due diligence to protect their personal information.

Faldet to speak in McIntosh

What: Pastor Joe Faldet, formerly of McIntosh, speaking on "The Body of Christ" as found in Ephesians 4:11-16.

When: October 22nd at 9:30am at Mt Carmel and 11am at Trinity; October 22nd , 23rd , 24th and 25th at 7:30 pm

Where: Mt Carmel Free Lutheran Church 305 State St SE, McIntosh, MN.

Did you know?

The Celiac Disease Foundation reports an estimated three million Americans are affected by Celiac disease, while Health Canada estimates that 300,000 people in Canada have the condition.

The numbers of people diagnosed with this illness could be underrepresented across North America since many people suffer without realizing they

have the disease.

Around the world, it is estimated that one out of every 100 people has Celiac disease. Celiac disease is an autoimmune condition in which the small intestines become damaged after repeated consumption of gluten, which is found in various grains, including wheat, barley and rye.

Save the 12,000 event

More than 12,000 unborn children died from abortion in Minnesota last year. That's a stunning 20 percent increase. And it's going to get worse: Lawmakers just passed laws establishing abortion-up-to-birth, abolishing a program supporting pregnant women, and even repealing a measure guaranteeing lifesaving care for newborns.

What can we do to restore protection for the vulnerable? MCCL is launching a new "Save the 12,000" series of meetings across the state. At each meeting, MCCL will update attendees about the extremism of Minnesota's current laws. We'll also provide pro-lifers with the tools they need to have confident and effective conversations that persuade others. And practical steps will be laid out that ev-

Trick-or-Treating at MSL

Please join us at McIntosh Senior Living on Halloween evening for Trick or Treating from 5:00 pm - 6:30 pm in the front lobby. Our residents are waiting to see all the little trick or treaters and hand out candy.

Friends of McIntosh Veteran's News

It has been decided to once again collect Christmas Cards to send to organizations that give these cards to military personnel that are in hospitals or various posts. Last year we received 3 letters from some of these Military Personnel.

Here are the rules: Do not glue the flap on the envelope; Sign your name on the card; Put your return address on the back of the card and also on the upper left hand corner of the envelope.

These will be sent to an organization for distribution to the Veterans. Please get them to Garnet Aanenson by Friday, November 10th so that they can be sent in time to an organization for distribution to the organization. These cards are distributed by Chaplins and other people who have the information.

It doesn't matter how many cards you prepare. Any amount will be accepted. Let's get a huge number of cards to send. Any questions, contact Garnet at 218-563-2753.

everyone can take that will save lives.

All are welcome to these free events. Bring family, friends, church and school groups, and others. Each meeting will last just over an hour. Attendees will receive a packet of helpful printed materials that will enable them to immediately put to use all the training they receive.

The pro-life message—grounded in scientific fact, committed to human rights for all, and drenched in love for mother and child—is true and compelling. If we speak boldly and with compassion, we will impact our state for life!

Locally, Don Parker from the State MCCL office will be the presenter at the McIntosh Community Center, 115 Broadway St. NW, McIntosh, MN, at 7pm on Wednesday, Oct. 11, 2023. Refreshments will be served by MCCL Chapter No. 45 members. Please plan to attend.

Grace Community Food Shelf

****New location in garage in back of Grace Lutheran Church in Erskine.****

Open Thursday, October 12th from 3:00 pm to 7:00 pm.

Open Thursday, October 19th from 10:00 am to 2:00 pm.

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. 16: Salisbury Steak - Mashed Potatoes & Gravy - Green Beans - Wheat Roll - Oranges - Milk

Tues. Oct. 17: *Bingo* Baked Chicken - Baked Potato w/ Sour Cream - Mixed Vegetables - Wheat Bread - Dessert - Milk

Wed. Oct. 18: Chili - Corn - Biscuits - Applesauce - Milk

Thur. Oct. 19: *Bingo* **A.S. Bank Day Program 11:00am - Medicare Open Enrollment by Tera Norby - Please call before noon on Wednesday to reserve your meal*** Pork Loin - Scalloped Potatoes - Carrots - Wheat Bread - Dessert - Milk

Fri. Oct. 20: Tuna Noodle Hotdish - Peas - Wheat Bread - Peaches - Milk



Community Birthday and Anniversary Calendar

Wed. Oct. 11: Annabelle Shultz, Sandra Jore, Ambrose Anderson, Shawn Ostenaa

Thurs. Oct. 12: Brady Finseth, Kyle Mandt, Anika Paskvan

Fri. Oct. 13: Darren Kringle, Paisley Poed

Sun. Oct. 15: *Ray & Felly Catahan, *Bob & Laurie Bursheim

Mon. Oct. 16: Connie Strom, Calvin Schow, April Ostenaa, Brook Simonson, Mara Erickson

Tues. Oct. 17: Adam Jore

SSA acting Commissioner Kijakazi directs review of overpayment procedures and policies

The Social Security Administration has provided people with income security for over 80 years. The agency takes seriously its responsibilities to ensure eligible individuals receive the benefits to which they are entitled and to safeguard the integrity of benefit programs to better serve its customers. Agency employees work hard to pay the right person the right amount at the right time, and payment accuracy rates remain high.

Social Security pays \$1.4 trillion in benefits to more than 71 million people each year. While payment accuracy rates are high, overpayments do happen given the number of people the agency serves, the number of changes in their circumstances, and the complexity of the programs.

Only around 0.5 percent of Social Security payments are overpayments. For the Supplemental Security Income (SSI) program, overpayments also represent a small percentage of payments—about 8 percent—but are higher due to the complexity in administering statutory income and resource limits and asset evaluations.

"Despite our high accuracy rates, I am putting together a team to review our overpayment policies and procedures to further improve how we serve our customers," said Kilolo Kijakazi, Acting Commissioner of Social Security. "I have designated a senior official to work out of the Office of the Commissioner to lead the team and report directly to me."

There is misinformation in the media claiming that the

Social Security Administration is attempting to collect \$21 billion. This figure was derived from the total amount of overpayments that have occurred over the history of the programs. Each person's situation is unique, and the agency handles overpayments on a case-by-case basis. In particular, if a person doesn't agree that they've been overpaid, or believes the amount is incorrect, they can appeal. If they believe they shouldn't have to pay the money back, they can request that the agency waive collection of the overpayment. There's no time limit for filing a waiver.

The agency is continually improving how it serves the millions of people who depend on its programs, including by preventing overpayments and making it easier to navigate the recovery and waiver processes.

For instance, the agency just released its streamlined waiver request form that is easier to understand and less burdensome for people to request a debt recovery waiver. It is also developing a new electronic payroll data exchange program that will automatically use wage information to adjust payment amounts when appropriate to prevent overpayments. Additionally, the agency in-

tends to publish a proposed rule to streamline processes and reduce burden so eligible individuals can more easily seek debt relief.

When overpayments do happen, the agency is required by law to adjust benefits or recover debts. The law allows Social Security to waive recovery in some cases, which must be balanced with the agency's stewardship responsibility to safeguard the integrity of benefit programs and the trust funds.

Social Security is committed to working with people if they seek to appeal or to explore potential repayment options and waivers when allowed by law.

PROPERTY TAXES DUE

Sam Melbye, Polk County Director of Property Records, reminds Polk County property owners that the second half of 2023 Real Estate Tax, except Real Estate classified as Agricultural, is due by Monday, October 16, 2023.

The Polk County Government Center is open to the public. Payments can also be placed in the Taxpayer Service Center drop box located outside the main East doors at the Polk County Government Center, paid online at www.co.polk.mn.us, or mail them along with your tax statement stub postmarked no later than October 16, 2023.

Checks should be made payable to Polk County or Polk County Administrator. Thank you.

R30C

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Free monthly

movies in Fosston

MCCL #45 is happy to announce they will resume sponsoring movies once a month at the Fosston Theater. These events are free and open to the public.

Date: Sunday, October 22, 2023 @ 1pm.

Movie: Soul Surfer

Recap: This is based on the true story of Beth Hamilton, a young girl who lost her arm to a shark attack while she was surfing. Her story is compelling and a testament to overcoming in extremely challenging circumstances.

The community is welcome to attend.



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

Sun. Oct. 15: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Oct. 22: 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 Mehlgberg
Synodical Authorized
Minister Katie DeMarais

Sun. Oct. 15: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Oct. 22: 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. 15: 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. 17: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Oct. 18: 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 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. 15: 9:00am Worship
Sun, Oct. 22: 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.

M3-28C

2022 small game
survey results available

The number of small game hunters in Minnesota in 2022 was similar to the previous year but continued to trend below the 10-year average. Overall, 228,143 small game licenses were sold for the 2022-23 hunting seasons, compared to 233,901 small game licenses sold in 2021-22. Notably, hunters who did pursue waterfowl, grouse and pheasants had fairly similar success rates compared to the 10-year averages, according to the Minnesota Department of Natural Resources' small game hunter mail survey.

The annual survey estimates harvest and number of hunters for two dozen species. The survey asks small game license buyers if they hunted, what species they hunted, how many days they spent hunting, and the number harvested per species.

Highlights of the 2022 results for approximate harvest, hunter numbers, and success include:

Ducks – 81,864 state duck stamps were sold, which was 3% below 2021 sales and 8% below the 10-year average. Harvest of 470,300 ducks, down 32% from the 10-year average of 693,600 ducks. There were 45,200 hunters, which was 35% below the 10-year average of 69,900 hunters. Eighty-three percent of hunters were successful, bagging 12.6 ducks on average, which was greater than the 10-year average of 11.7 ducks.

Canada geese – Harvest of 127,500 geese, down 48% from the 10-year average of 245,500



geese. There were 27,200 hunters, down 42% from the 10-year average of 46,800 hunters. Hunter success was 71%, with successful hunters bagging 6.6 geese on average, which was similar to the 10-year average.

Ruffed grouse – Harvest of 237,700 grouse, which was 10% below the 10-year average of 264,200 grouse. An estimated 64,600 hunters pursued grouse in 2022, 14% below the 10-year average of 74,800 hunters. Hunter success was 69%, with successful hunters bagging 5.4 grouse, which was similar to the 10-year average of five grouse.

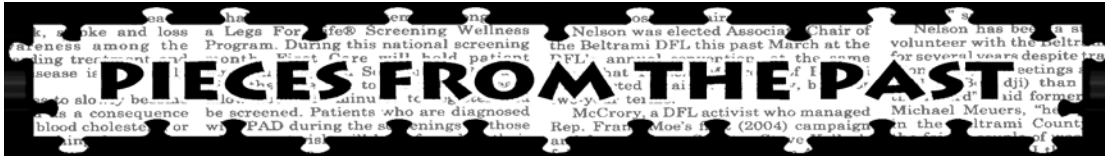
Pheasants – 77,448 pheasant stamps were sold in 2022, which was similar to 2021 sales and the 10-year average. Harvest of 204,000 roosters, which was similar to the 10-year average of 201,600 roosters. There were 52,300 hunters, which was down 9% from the 10-year average of 57,500 hunters. Hunter success was 68%, which was similar to the

10-year average, but successful hunters bagged 5.8 roosters compared to the 10-year average of 5.2 roosters.

The results from duck and pheasant stamp sales reflect that some hunters may have a hunting tradition and bought duck or pheasant stamps, and then ultimately did not go hunting last year. To help get more hunters afield, the DNR has been working to recruit, retain and reactivate hunters in a variety of ways that aim to get more of these hunters afield.

Examples include the Take a Friend Hunting campaign (mndnr.gov/gohunting/take-a-friend-hunting.html) with Pheasants Forever and sharing tips through weekly skills webinars (mndnr.gov/discover).

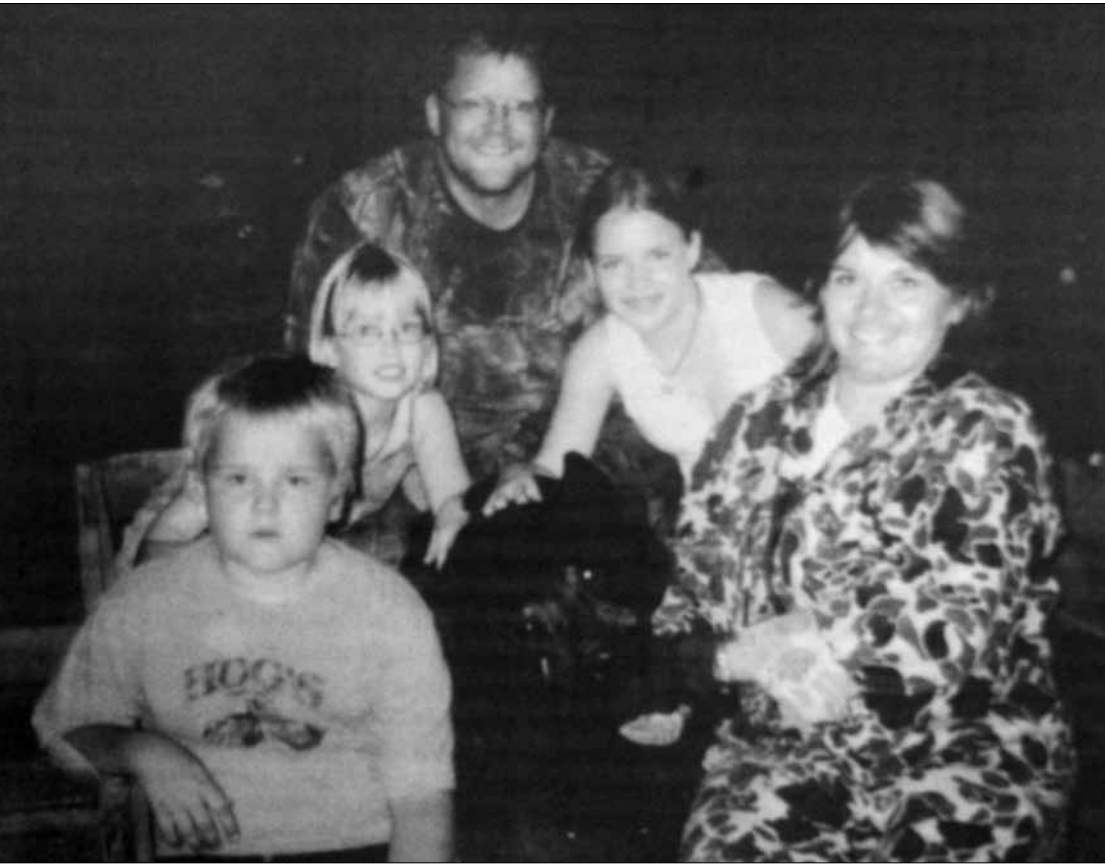
The complete small game hunter survey report is on the Minnesota DNR website (mndnr.gov/wildlife/research/wildlife-research-publications.html#reports).



40 years ago...1983: A brand new playground area was designed between the basketball courts and the old swing sets on the large lawn east of the school building. The old slide was moved down there and a new climbing device was added. Railroad ties and pea rock complete the area.



30 years ago...1993: The varsity volleyball team for the 1993 season are: (back) Coach Daryl Halvorson, Melissa Galland, Emily Hegg, Holly Roed, Coach Mike Roysland; (middle) Jodi Kiecker, Kari Martin, Amy Halverson, Tanya Ostenaar, Jennifer Lerfald; (front) Manager Sarah Weiby, Kristi Evenson, Katie Brumwell, Melissa Warmbacker and Meridith Hegg.



Pictured right: 20 years ago...2003: Celebrating mom's big game adventure are Luke, Carmen, Megan and dad, Clay Syverson. Teresa shot a black bear, weighing between 374 - 400 pounds last Sunday.

The latest additions to the
Halloween horror movie canon

Lovers of the fantastic and horrific often find there's no better time of year than the month of October to embrace all things terrifying.

This is when homeowners adorn their homes with gruesome decor to get prepared for Halloween - a day of the year when it truly seems the door to the mysterious may be open. The weeks leading up to Halloween also are times when horror movies - both classic and newly released - take center stage.

Plenty of films will have viewers hiding behind their buckets of popcorn in the theater or gripping the sofa pillows at home. Here's a look at some recent offerings in the scary movie genre.

· **"Five Nights at Freddy's":** This film is a terror-filled adaptation of a popular video game. It centers around a nighttime security guard at Freddy Fazbear's Pizza who quickly learns that the animatronic mascots of the establishment are alive and filled with

malice. The movie is poised to have a PG-13 rating, so it may prove a bit too scary for younger children even if they play the video game.

· **"Knock at the Cabin":** M. Night Shyamalan's newest thriller follows a small family whose vacation in the woods is interrupted by strangers who say the apocalypse is upon them unless one of the family members kills another. Dave Bautista has a standout role.

· **"Talk to Me":** A group of friends discover how to conjure spirits using an embalmed hand. They quickly get hooked on the thrill of discovery, and one goes wild releasing terrifying supernatural forces.

· **"Evil Dead Rise":** A young aunt is stuck in an apartment complex while her sister becomes a Deadite who is determined to kill her own children. Gory scenes abound in this installment in the "Evil Dead" series.

· **"Infinity Pool":** A psychological horror, this movie follows a couple on a vacation

as they venture outside the resort. They meet a mysterious woman who introduces the couple to a culture of hedonism, horror and violence.

· **"M3EGAN":** Viewers looking for a film that mixes something a little scary, a little silly and a little heartfelt may find it when watching "M3EGAN." The titular character is a life-like doll programmed to be a child's companion and a parent's ally. But as horror movie fans know, you can't always trust dolls.

· **"Scream VI":** This long-running slasher series gives fans another installment. The main characters have moved to New York City only to find they are pursued by another Ghostface. Some great fight scenes keep viewers engaged.

· **"The Nun II":** Sister Irene once again comes face-to-face with Valak, the demon nun who is responsible for murder and the spread of evil.

Horror fans can enjoy a new crop of thrilling and scary films this Halloween

Movie night
popcorn mix-in ideas

The days are getting shorter and the evenings are a lot cooler. It is now time to take the family inside and watch a movie in the evenings.

Pick out your favorite movie and pop some popcorn for the whole family.

Do you ever add anything special to your popcorn? If not, you should try it! Here are some options if you need some inspiration or want some new ideas.

Popcorn Mix-In Ideas

Candy: gummy bears, cinnamon candy, mini caramel candies, fruit flavored candy, chocolate candies.

Nuts: peanuts, cashews, almonds, pecans, sunflower seeds.

Chocolate covered: peanuts, almonds, cashews, soy-nuts, raisins, dried cranberries.

Cereal: virtually any kind.

Dried fruit: raisins, apples, apricots, pineapple, cranberries.

Spicy: spicy peanuts, cajun trail mix, green peas (really anything spicy you can find).

Salty: mini pretzels or sticks, honey sesame sticks, fish crackers, corn nuts, cheese crackers.

Mini cookies: chocolate



chips, chocolate sandwich cookies, wafers, grahams.

Serve popcorn in individual servings and place your popcorn mix-ins on the counter for everyone to create their own version.

For a special halloween mix try mixing candy corn and peanuts with your popcorn or for a harvest mix try rolo candies with pretzels.

There are endless possibilities to try with your family this fall. Experiment and enjoy with your favorite movie.



10 years ago...2013: the 2013 Win-E-Mac Homecoming Court. Pictured (l-r) Hailley Engebretson, Madison Juhl, Korbyn Ross, Homecoming Queen, Paige Gieseke, Homecoming King, Devin Faldet, Cameron Stuhau, Jeremy Kasprzak, and Luke Syverson.



Aurora Center for the Arts in Fosston, MN presents “The International Treasures” and their band in concert on Saturday November 4, 2023. The International Treasures are Doyle Turner and Ted Hajnasiewicz. Tugging on heartstrings and bringing smiles to faces since 2020, Turner and Hajnasiewicz have been captivating audiences throughout the Midwest with their charismatic storytelling, sweet harmonies, and transcendent songs about the universal human condition. Doyle Turner and Ted Hajnasiewicz are two gifted musicians who have come together to create something truly extraordinary. There is a palpable synergy when they appear together on stage. Thanks to funding from the Minnesota Legacy Fund, tickets are only \$10 and can be purchased at Nord’s Pharmacy and Gifts or online at www.auroracenterforthearts.com. Doors open at 6:30 with concert starting at 7:00 P.M.

Offering vs. Serving: School lunches explained

School Lunch Program: Offer vs. Serve Reminder

A lunch with ½ cup fruit and/or vegetable, plus at least 2 other full components, is a reimbursable meal!

Must select at least 3 components

Fruit

Vegetable

Grains

Meat/Meat Alternate

Milk

at least ½ cup fruit and/or vegetable

+

A **food component** is one of the required food groups (fruit, vegetable, grains, meat/meat alternate and milk).

A **food item** is a specific food offered. For example, a hamburger patty on a bun is one food item with two of the five food components (meat and grains).

Reminders:

- The planned menu has specific portion size requirements for each grade group (K-5, 6-8, 9-12).
- Communicate with lead staff to understand how the menu items are intended to credit toward the meal pattern. Be aware of the choices or combination of choices the student may select including any minimum or maximum number that may be taken.
- **Grades 9-12:** if a student selects 3 components and 2 of these are a fruit and a vegetable, either the fruit or vegetable must be one cup to be a reimbursable meal. **Grades K-8:** if a student selects ½ cup fruit and ½ cup vegetable plus one other component, it is a reimbursable meal.

Win-E-Mac is an offer vs. serve school. We do that to eliminate some food waste. Students have to take a FRUIT or VEGETABLE and then can choose from the rest of the components. They have to take 3 of the 5 available. For example, if students took a bun with meat, that would be two components, so they would have to take a fruit or a vegetable. The five components are: Fruit, Vegetable, Grains, Meat/Meat Alternative, and Milk.

Figures of ghosts & dreams: The artwork of Stephanie Olson

An Art Exhibit at the Northwest Minnesota Arts Council Gallery in Thief River Falls through November 29, 2023 with an artist reception Wednesday, October 18th.

The Northwest Minnesota Arts Council (NWMAC) is pleased to announce the opening of Figures of Ghosts & Dreams: The Artwork of Stephanie Olson. The exhibit is open through Wednesday, November 29 at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

Stephanie Olson works as a public-school English teacher in Goodridge and lives with her husband and kids in rural Thief River Falls. She holds a Writing MFA degree from Hamline University. Her visual artwork has appeared in several group shows, including past exhibits with the Northwest Minnesota Arts Council, two This Week Only exhibits at the North Dakota Museum of Art, and a group show at the Vine Arts Center in Minneapolis.

Figures of Ghosts and Dreams includes 42 pieces of watercolor on paper, India ink on paper, and acrylic on wood, cork, and canvas. Stephanie explained, “This exhibit reflects the art that comes to me. When I sit down with an idea, with a plan, my art fails almost every time. But when I sit down with no intention, it’s like a door is left open. In the beginning, my art was more abstract: lines, color, depth. Now, I have these figures. Sometimes they seem peaceful, as if visiting ghosts. There are undeniable motifs that I can’t escape: houses, snakes, dogs, cats, women. I must let it all come as it is, like the weather. I wouldn’t say it’s like the notion of a muse taking over, not at all. It’s more like a house filling up with guests. I’m never



The fourth-grade class from Win-E-Mac Elementary discovered that there truly is a lot to discover in nature at the “Water Wonders of the Sand Hill River” program held at the Agassiz Environmental Learning Center near Fertile.



RiverView Foundation Announces Spring Scholarships

The application period is now open for the Lenertz Family Healthcare Scholarship and the Roger and Lois Samuelson Family Scholarship through the RiverView Foundation. Applications for the scholarships are due to the Foundation office by noon on Friday, Nov. 17, 2023.

Lenertz Family Healthcare Scholarship: In recognition of the time and efforts Thomas C. Lenertz provided to the establishment and advancement of the RiverView Health Foundation, its Board of Directors established the Lenertz Family Healthcare Scholarship. As one of the RiverView Foundation’s original founders in 1990, Lenertz was instrumental in all development stages of the Foundation. As RiverView Health CEO, he continued to serve the Foundation as an ex-officio member of the Board of Directors until his December 2000 retirement. The \$1,000 Lenertz Family Healthcare Scholarship will be awarded to a recipient from RiverView’s service area who are pursuing post-secondary education in a healthcare field.

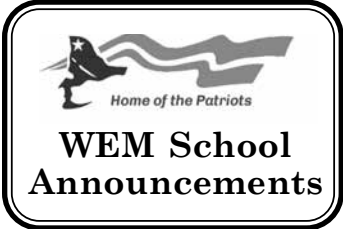
Roger and Lois Samuelson

Family Scholarship: Roger and the late Lois Samuelson have been life-long farmers in the Crookston area. Sadly, Lois passed away in September 2021. It is because of the excellent care Lois received as a patient at RiverView Health and as a resident at the Benedictine Living Center that Roger decided to create the scholarship.

“We would like to help students pursue a career in healthcare,” he shared. “...We believe some students need a little help to further their education.”

The \$1,500 scholarship will go to a high school graduate from Crookston, Climax or Fisher who is enrolled in or has the intention to enroll in a post-secondary program in a healthcare field.

Guidelines and applications are available online at www.riverviewhealth.org/foundation/, by calling the Foundation office at 281-9249, emailing Foundation Director Randy Schoenborn at rschoenborn@riverviewhealth.org, or by stopping at the Foundation office located at 721 S. Minnesota Street, Crookston.



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.



Figures of Ghosts & Dreams: The Artwork of Stephanie Olson. The exhibit is open through Wednesday, November 29 at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

7 signs your child might be experiencing bullying

Bullying continues to be a major problem across the country. The National Center for Education Statistics reports that one out of every five students reports being bullied, although many people do not admit to it occurring, so bullying might be even more prevalent than statistics indicate. The primary reasons for being bullied include physical appearance, race/ethnicity, gender, disability, religion, and sexual orientation.

In the past, bullying may have ceased when students left school. But since the internet and digital devices provide round-the-clock exposure and access, bullying now takes places even after school hours through social media posts and texts. Students who experience bullying may be susceptible to anxiety, depression, sleep difficulties, lower academic achievement, and dropping out of school, says the Centers for Disease Control and Prevention.

Discovering the signs of bullying early on may help students get the help they need. Parents and other adults may not be sure how to identify signs a child is being bullied. Here are seven signs that could indicate a child is being bullied.

1. **Reluctance to go to**



school: Students being bullied may make excuses to stay home, such as saying they are sick. Frequent calls from the school nurse for early pickups also may occur.

2. **Mood changes:** Children may appear sad, moody, teary, or depressed more often than usual.
3. **Changes in friendships:** Loss or changes of friends could be signs of bullying.

ing. A reluctance to hang out in a once familiar social circle could signal bullying is taking place within that group.

4. **Bad dreams or trouble sleeping:** Bullying could cause worry at night or subconsciously while a child is dreaming, interrupting sleeping patterns.
5. **Intense emotional reactions:** Intense emotional reactions to school or social activities could be indicators that bullying is occurring. Although children may not always be able to articulate their feelings, excessive emotions concerning certain topics may be red flags.
6. **Signs of physical abuse:** By and large a majority of bullying tends to lean toward the verbal and emotional. However, RaisingChildren.net, an Australia-based parenting website, reports bruises, cuts, scratches, torn clothing, or missing property might be indicators of physical bullying.
7. **Withdrawal from devices:** Students being bullied online or over social media may decide not to use mobile phones or gaming systems as frequently as they once did.

Maintaining an open dialogue with a child may help him or her feel more comfortable, which can lead to the child sharing details of bullying at school or elsewhere.