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McIntosh, Minnesota



Freedom Christian Academy was working as a team raking leaves in town, as part of their community service projects.

Prescription Drug Take Back Event

The DEA (Drug Enforcement Agency) National Prescription Drug Take Back Event will be held in October 2023.

For more than a decade, the DEA National Prescription Drug Take Back event has helped Americans easily rid their homes of unneeded medications, those that are old, unwanted, or expired, that too often become a gateway to addiction, pose a risk for accidental poisonings, and prevents environmental health problems caused by improper medication disposal.

Turn in your unneeded medications for safe disposal. Polk, Norman, and Mahnomen Counties have many medica-

tion drop off sites available year-round and open during normal business hours.

- Crookston Police Department | 321 W Robert Street | Crookston.
- East Grand Forks Police Department | 520 Demers Ave | East Grand Forks.
- Fosston City Clerk's Office | 220 E 1st St. | Fosston.
- Polk County Sheriff's Office | 600 Bruce St. | Crookston.
- Norman County Sheriff's Office | 15 2nd Ave E #109 | Ada.
- Mahnomen County Sheriff's Office | 311 N Main St. | Mahnomen.

In April 2023, DEA and its law enforcement partners came together once again to

protect our communities from prescription misuse by safely disposing of 663,725 pounds of unneeded medications at nearly 5,000 collection sites across the country.

Since its inception in 2010, DEA's bi-annual National Prescription Take Back Day has removed more than 17 million pounds of unnecessary medications from communities across the country.

Most Americans do not know the serious risks of keeping unused opioids in their homes and few know how to dispose of unused opioids properly. Together we can prevent and stop opioid misuse and opioid use disorder.

MHP provides housing profiles for Polk County

Minnesota Housing Partnership's 2023 County Profiles provides new data measurements at the county level in critical housing areas.

The resource features data on different demographics of cost-burdened households paying at least 30% of their income for housing, changes in rent and home prices, eviction filings compared to pre-pandemic rates, racial disparities in homeownership, a comparison of top in-demand wages compared to current housing costs, and more.

Key takeaways from the 2023 County Profiles:

- In every county in Minnesota, at least 1 in 4 renter households pay more than they can afford for housing.
- In every county in Minnesota, at least 1 in 10 homeowner households pay more than they can afford for housing.
- Every county in Minnesota has a shortage of affordable and available rental homes for extremely low-income households. 79% of counties have a shortage that exceeds 100 homes, and 31% have a shortage exceeding 500 homes.
- While white, non-Hispanic households have strong home-



ownership rates throughout the state, ranging from 66% to 88%, households of color have significant homeownership disparities in many areas of the state. In Minnesota's most populous counties*, the homeownership rate for BIPOC households ranges from 38% to 63%.

- 60 of 87 counties have seen an increase in evictions filings compared to pre-pandemic averages.
- In 40 of 87 counties, no permits for multifamily construction were issued in 2022.
- In the profile for Polk County with a total of 12,363 households.
- 29% of households are renting with 46% of the rental units being built before 1970.
- There were no multi-family building permits issued in 2022.
- Median rent in Polk County is \$731 which is down 2% over 5 years.
- 71% of households are homeowners.

- 50% of the houses were built before 1970.
- 44 single-family building permits were issued in 2022.
- The median home value is \$181,500 which is up 11% over 5 years.
- 3,154 households in the county are "cost burdened" or at risk of being forced to choose between a home and other basic needs like food, clothing and medicine.
- Of the above mentioned cost burdened households 18% are homeowners, 49% are renters and 26% are cost burden renters, meaning they are spending 30% or more of household income on housing costs.
- In 2022, there were 88 eviction filings compared to the pre-pandemic numbers averaging 45 yearly.

Data for the County Profiles is gathered from a variety of sources including the American Community Survey (ACS) from the US Census Bureau, Housing and Urban Development (HUD), Eviction Lab, Minnesota Department of Employment and Economic Development, and the Wilder Research Center.



Remi Boe, a student at Freedom Christian Academy, showing off her fall leaf haul.

Make plans for these Halloween events around the area

- The Win-E-Mac School's Junior High Student Council will host the annual Elementary Halloween Party on Friday, October 27th. Kids up to 6th grade are welcome to come and join in the fun with games and treats.
- There will also be a pumpkin carving contest.
- The party will run from 6:00 pm to 7:30 pm in the main gymnasium. Wear your costumes and don't forget the entry fee of one bag of candy per child.
- There will be a Halloween Costume Dance party at Win-E-Mac School on Friday, October 27th from 9:00 pm until midnight for all students in 7th grade through 12th grade.
- The dance will be a senior fundraiser and there will be a \$10 admission fee per student.
- School dress codes apply to all costumes and costumes are

not required but preferred.

- There will be a Halloween party on Saturday, October 28th from 1:00 pm to 4:00 pm at the Winger Community Center with games, crafts, cupcake walk, a haunted stage and pumpkin painting. There will be bingo starting at 3:00 pm as well.
- Candy for trick or treaters at every stop along the way around to all the fun activities.
- This event is sponsored by the Winger Lions and a group of local moms.
- Please join the crew at McIntosh Senior Living on Halloween evening for Trick or Treating from 5:00 pm - 6:30 pm in the front lobby. The residents are waiting to see all the little trick or treaters and hand out candy.
- Make plans to attend one of all of these great events in our communities.



P.E.O. (Philanthropic Educational Organization) Chapter AX of Crookston recently visited The Shoppes of McIntosh followed by supper and speaker Andrea Stordahl at the McIntosh Community Center. The Program this year is "Women Who Lead" so Andrea was a perfect fit. The group was very impressed with our town and we appreciate "The Shoppes of McIntosh" and ReMar's Pumpkin Patch for opening up and giving them such a warm welcome. The P.E.O. Sisterhood is a nonprofit organization that has helped more than 122,000 women pursue educational goals by providing nearly \$415 million in educational assistance, making a difference in women's lives through six philanthropies and a foundation: Left to right Ingrid Remick, Tricia Sanders, Ann Graham, Jill Krueger, Lori Ingeman, Judie Kanten, Marie Johnstad, Shana Strommen, Katie Melgarad, and Connie Nelson. Not pictured: Roxanne Stordahl and Susan Lee

As temperatures fall, home-invading insects come knocking

Chilly mornings and short-er days signal to humans an impending winter. Bugs get the same message, and they head out to figure out where they're going to settle in for the winter. Some bury themselves in soil, some in leaves, while others just die. Minnesota is home to a few species of insects with a very specific place they want to spend the winter — in our homes.

The Big Three

When it comes to home-invading bugs, there are three we commonly see this time of year in Minnesota. These insects are boxelder bugs, multi-colored Asian lady beetles, and the newest addition, brown marmorated stinkbugs. They spend their summers feeding on different things, but the one thing they have in common is a habit of clustering around and in homes when the weather cools. They are especially common on structures that get direct afternoon sun.

What these bugs mean for you and your home?

Besides annoyance, not much! They don't feed on wood or other building materials, and they don't spread disease to people or pests. Multicolored Asian lady beetles sometimes bite when handled, and they,



along with brown marmorated stinkbugs, create a bad smell when stressed or crushed.

Their high numbers and appearance mid-winter when furnaces get cranked is a nuisance, but generally nothing more.

Keeping the bugs outside your home

Want to do something about these bugs? The biggest thing you can do is seal up your home to keep them out. Check window screens for holes and patch them, and look for broken seals around doors and windows.

Also look at the seals around spots where wires, pipes and vents leave your home. Don't forget to look up as you do

this, all these bugs can fly and climb, so also look at soffits and fascias.

Checking the exterior of your home and making it bug-proof can have other benefits. Mice only need a quarter inch (think the size of a dime) to get into a house, so by bug-proofing your house, you can keep out pests that actually cause damage to your home.

If you want to take more aggressive action

Seal around windows to prevent sights like this in your home.

If you want a direct approach, physical removal is a good option. Grab an extension cord and your shop vac and go to town. Sucked-up bugs can be dumped in the garbage or into a bucket of soapy water.

All of these bugs can be hard to target with pesticides. As they aren't feeding while they are crawling on the outside of our homes, pesticides that target feeding insects won't work. It is also late in the year, and these bugs may not be active outdoors for much longer. The products that can potentially work on these insects are limited and often carry some risk to the person applying it, as well as others and pets. Read the label carefully and follow its instructions.

CAUTION: *Mention of a pesticide or use of a pesticide label is for educational purposes only. Always follow the pesticide label directions attached to the pesticide container you are using. Be sure that the area you wish to treat is listed on the label of the pesticide you intend to use. Remember, the label is the law.*

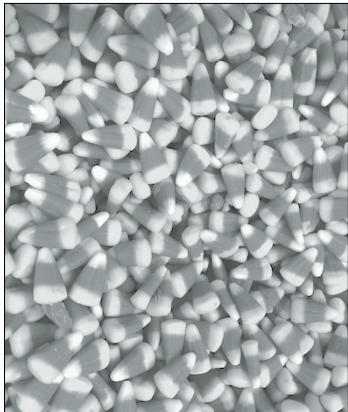
Experiment with Halloween bark

Festive Halloween treats can be easily concocted with a little imagination. Crafting a homemade chocolate and candy bark is one way to incorporate many of the candies and other treats synonymous with Halloween in a single delicious bite.

According to Baking Bites, an online source of recipes and cooking advice, chocolate bark is a sheet of chocolate that is usually covered with nuts, dried fruits, candies, or additional pieces of chocolate. Bark, which is an easily prepared homemade dessert, can be broken apart into pieces.

Making bark begins with a favorite melting chocolate. Individuals can use candy-making chocolate that may need to be tempered and poured, or they can melt down chocolate bars and chips. This is best done in a double boiler set over simmering water. Some people have success melting chocolate in a microwave on low until the right consistency is reached.

The chocolate should be spread out on a pan lined with parchment paper or another nonstick surface, such as oiled aluminum foil. While the chocolate is still tacky, add



the desired bark ingredients. Come Halloween, cooks can use candy corn, pretzels, raisins, pumpkin seeds, sunflower seeds, and even dried cranberries to give the treat a seasonal feel. Of course, the bark can be customized to any flavor profile. Another fun idea is to have gummy worms or other candies sticking out of the bark for a truly 3-D effect.

Some people may choose to use white chocolate or melting candies in different colors (orange and yellow) to add even more appeal to Halloween-theme bark.

Let the bark cool and harden. It can then be lifted off of the pan and broken into pieces.

SS announces 3.2% benefit increase for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024, the Social Security Administration announced today. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

More than 66 million Social Security beneficiaries will see the 3.2 percent cost-of-living adjustment (COLA) beginning in January 2024. Increased payments to approximately 7.5 million people receiving SSI will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits).

"Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting Commissioner of Social Security.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600 from \$160,200.

Social Security begins noti-

fying people about their new benefit amount by mail starting in early December. Individuals who have a personal my Social Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message—such as their COLA notice—waiting for them in my Social Security.

People will need to have a my Social Security account by November 14 to see their COLA notice online. To get started, visit www.ssa.gov/my-account.

Information about Medicare changes for 2024 will be available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, their new 2024 benefit amount will be available in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor's Bureau of Labor Statistics.



The Gosen Luther League meets on Sunday evening, October 22nd, at 7 o'clock. The Ottosons will be in concert. Dan and Merilee Ottoson are accomplished Gospel singers, songwriters, and recording artists. Their concert will include southern Gospel songs, hymns, audience sing-alongs, and a saxophone solo. Join us for an inspirational program in honor of our Lord Jesus Christ. Refreshments will be served. 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.

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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 Chaplains 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.

Grace Community Food Shelf

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

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



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.

Community Birthday and Anniversary Calendar

- Wed. Oct. 18:** Steve Carlson, Piper Schow, *Mark & Joan Lee

Thurs. Oct. 19: Craig Espeseth

Fri. Oct. 20: Marilyn Graff, Holly Breckel, Jerry Weber, Todd Enger, *Brady & Karol Langemo

Sat. Oct. 21: Kobe Hamre

Sun. Oct. 22: Chris Bartz, Wanda Stordahl, Craig Burs-lie

Mon. Oct. 23: Tony Haugen

Tues. Oct. 24: Sydney Walk, Kate-lynn Cavalier, *Todd & Lorene Tranby. *Christopher & Amy Bartz

McINTOSH Times

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"Serving the Win-E-Mac area"

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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. 22: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Oct 29: 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. 22: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Oct. 29: 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. 22: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com); 7:00pm. Luther League Concert with The Ottosons (see article elsewhere in the paper)

Tues, Oct. 24: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Oct. 25: 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. 22: 9:00am Worship
Sun, Oct. 29: 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.

BUSINESS & PROFESSIONAL GUIDE

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The County Line
By Warren Strandell
Polk County Commissioner, Dist. 2

Payment books.
They come with home ownership. Most of them have stubs for about 20 years worth of payments. These stubs are torn off to go with the payments made each month. The thickness of the book doesn't ever seem to change until finally there appears to be an end.
That's where Polk County is now as it concerns the \$17.5 million dollar bond issue that was sold in 2005 to finance construction of the Northwest Regional Corrections Center (the jail portion of the Justice Center building).
That debt, which was refinanced twice over the years to obtain a lower cost of interest, will finally be retired in February 2026. There are just three annual payments of about \$1.12 million each left to be made.

This payoff mean will mean that some budget adjustments can be made. One option is that the levy can be reduced. Another is that expensive "one time" needs can be addressed — like building issues, computer systems, equipment, heating-cooling upgrades, roofs replacements, etc.

A nice benefit
Whatever result or combination is determined will be a benefit to the levy... to the tax bill.
Those things are on our minds as we plan for the future. "Planning" is at the heart of good government. You need to find ways to take care of the needs of the county with the least effect on the tax bill. To just push things down the road to provide a little temporary tax relief is a big mistake. Things just get more expensive when finally addressed. A plan, which obviously involves the money and the timing, is needed to address the issues. That's where bonding comes into play. This provides the

money for big capital expenditures and the debt service involved with repayment can be absorbed into the budget.
Not the only bonds
The "jail bonds" aren't the only bonds that have been sold over the years to finance county operations.
Also to be paid off in 2026 is a \$3 million bond sold in 2015 to develop unused second floor space in the Justice Center building for an interior move there by the Polk County Attorney's Office and also to remodel the space that the Attorney's Office left on the lower floor for use by Polk Public Health. Public Health had been previously located in rented space in Crookston. This bond involves a payment of about \$320,000 a year.
Another bond — also for \$3 million — was sold in 2020 for a complete remodel of the interior of the Polk County Human Service Center in East Grand Forks along with a new roof for that building.
This bond also paid for replacement of the elevator in the Polk County Government Center in Crookston. This debt, which requires about a \$320,000 annual payment, will be paid off in 2031.
A fourth bond, this one for \$3.25 million, was sold in 2022 to replace the roof and do a complete rebuild of the interior of non-secure detention portion of the Red River Valley Juvenile Center in Crookston. This reconstruction was required after a rainstorm occurred while the roof of the building was being replaced. As a result, the interior below was destroyed and had to be rebuilt. This bond, which requires about a \$600,000 a year payment, will be paid off in 2032.
Things in good shape
The county is in very good financial shape and its buildings have been maintained well.

Other than roof problems that never seem to go away, the only department with a known issue is the Highway Department. Its storage building in Crookston has roof leakage problems. That issue has not yet received a lot of attention because the building houses equipment that can readily withstand some weather. It will likely move up the ladder when those jail bonds are paid off over the next couple of years.
The total current debt from these four capital improvement bond issues amounts to \$10.7 million with an annual debt service of just over \$2 million. The county has another \$7.75 million in bond debt that is being paid back by funding sources other than your property taxes.
So, there you have a lot of numbers to digest. Unlike the federal government — with its \$32 trillion and growing national debt — and some state governments which have alarming debt totals, too, local governments take care of their debts in a responsible way.
By contrast, at the federal level the "legislating" going on there doesn't seem to have any thought of fixing the problem. Instead, the only concern is about how fast the total is going to get worse.
Thoughts for the day:
• Plan in decades. Think in years. Work in months. Live in days.
• It takes longer to learn good golf than it does brain surgery. On the other hand, you seldom get to ride around on a golf cart, drink beer and eat hotdogs while performing brain surgery. — Truisms of Golf
Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board.

Anhydrous safety should be top concern after harvest

The MDA offers safety tips for those maintaining equipment and applying and transporting NH3.
Many farmers and custom applicators will soon apply anhydrous ammonia (NH3) after harvest.
Even with a rush against time and the weather, safety should never be compromised. Accidents involving NH3 have proven how dangerous and deadly the fertilizer can be when not handled properly.
The Minnesota Department of Agriculture (MDA) offers the following tips to farmers, fertilizer dealers, and custom applicators to safely field apply NH3.
Always wear NH3-rated goggles and gloves. Never wear contact lenses.
Be sure to have a clean and accessible emergency water supply of at least 5 gallons available.
Exercise caution when making connections and disconnections of transfer lines, treating them as if they always contain NH3.
Stand upwind when connecting, disconnecting, bleeding lines, or transferring NH3. Also, close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle hose end valves by the valve body.
Position equipment away and downwind from homes, people, and livestock.
Safety is also key to those maintaining NH3 equipment, operating NH3 storage facilities, and transporting NH3.
Never assume NH3 lines are empty.
Always wear the required protective safety equipment.
Have access to safety water (NH3 storage facilities must have a minimum of one open top container holding 150 gallons of clean, accessible water or an accessible emergency shower with a plumbed eyewash.
A 5-gallon container of clean, accessible water must accompany NH3 nurse tanks).

When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehicle (SVM) emblem visible from the rear, and be sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.
If an accident or spill occurs, seek medical care if needed, immediately call 911, and then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.
You can find more safety, storage, and transportation information on the MDA's website.
As a reminder, fall application of NH3 should happen after average soil temperatures

reach 50 degrees Fahrenheit or cooler to help prevent nitrogen loss and ensure more nitrogen will be available for next season's crop.
View the MDA's interactive map to find the current 6-inch soil temperature and the past week's history.
Under the MDA's Groundwater Protection Rule, fall nitrogen fertilizer application is prohibited in vulnerable groundwater areas of Minnesota due to environmental concerns or risks. View a map of the vulnerable regions of the state.

Ad deadline:
Noon Friday

MFU applauds investment in Heartland Hydrogen Hub

Today, the U.S. Department of Energy announced an up to \$925 million investment in the Heartland Hydrogen Hub to boost the project, which aims to produce low-carbon hydrogen, decarbonize regional supply chains and create clean energy jobs.
"The investment in the Heartland Hydrogen Hub will benefit Minnesota farmers," said Minnesota Farmers Union (MFU) President Gary Wertish. "The hydrogen hub will help kickstart the production of green fertilizer in our region, which is a critical strategy for decarbonizing the agricultural supply chain. The cooperative model that is included with this project is another exciting example of how a transition to a low-carbon economy can lead to rural rejuvenation."
The hub will leverage energy resources in Minnesota, North Dakota and South Dakota to help decarbonize the agricultural sector's production of fertilizer, decrease the regional cost of clean hydrogen, and advance the use of clean hydrogen in electric generation and for cold climate

space heating.
Heartland Hydrogen Hub aims to reduce carbon emissions by more than 1 million metric tons per year, the equivalent of taking 220,000 gasoline-powered cars off the road, according to an Xcel Energy statement.
The hub anticipates creating upwards of 3,880 direct jobs—3,067 in construction jobs and 703 permanent jobs, according to a DOE statement. It also plans to offer unique opportunities of equity ownership to tribal communities through an equity partnership and to local farmers and farmer co-ops through a private sector partnership that will allow local farmers to receive more competitive pricing for clean fertilizer.
The DOE is funding seven Regional Clean Hydrogen Hubs across the nation and investing \$7 billion to accelerate the commercial-scale deployment of low-cost, clean hydrogen, which is an energy product that can be produced with zero or near-zero carbon emissions. The money comes from the Infrastructure Investment and Jobs Act.

PIECES FROM THE PAST



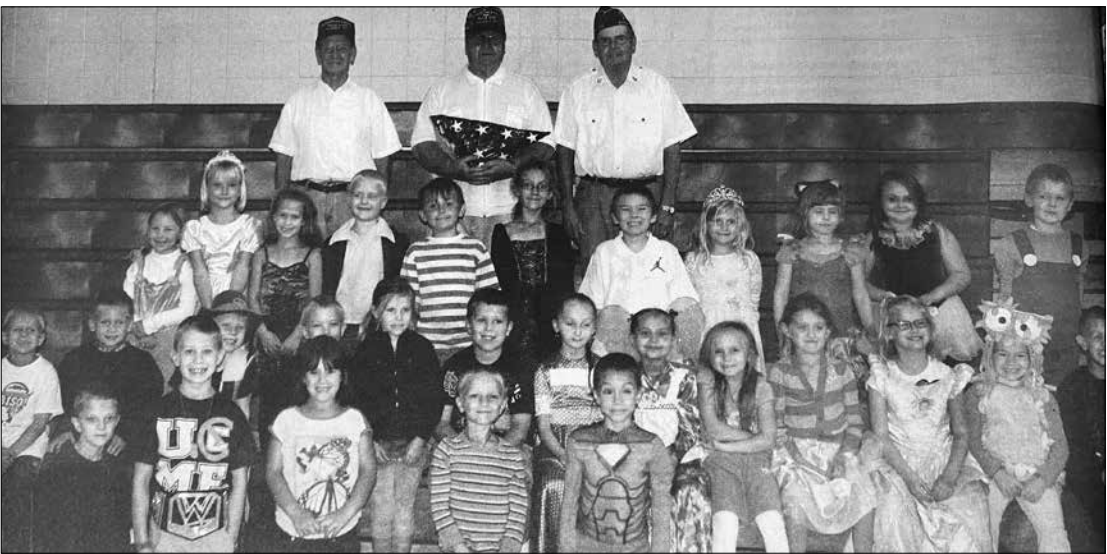
40 years ago...1983: McIntosh-Winger School District 603 held an auction of old and unused school property Monday afternoon on the Winger School grounds and inside the Winger School gymnasium. In this way, the district was able to save a little bit of the local taxpayers money and local bargain hunters could rummage up a few good deals.



30 years ago...1993: Students in Mrs. Olson and Mrs. Tranby's first grade class made red firemen hats and fire dogs in art class as they study fire safety during Fire Prevention Week. (back, l-r) Aslee Randall, Robbie Jenson and Kassie Schow (front) Philip Lee, Billy Johnson and Janelle Graff.



20 years ago...1993: Joey Parenteau and Alaina Juve wait patiently for a ride home from their visit to the Pumpkin Patch with the ECFE children from Win-E-Mac. The children chose pumpkins to take home that will make a wonderful Halloween jack o' lantern.



10 years ago...2013: The Win-E-Mac First graders learned about flag folding and the meanings of each fold of a flag from Charles Svalen, John Rakawski and Joe Sandberg.

And suddenly it's fall! Time to start bringing in those houseplants that have thrived outdoors over the summer. Before bringing a plant indoors, it's important to make sure you're not bringing in anything but the plant.

What are mealybugs?
Outdoors, insect pests have natural enemies — birds, weather, other insects — but indoors they can thrive while feeding on your plants. Mealybugs (*Pseudococcus* spp.) are common houseplant pests. While the adult males are winged and tiny, the adult females are easy to see. They have segmented bodies that look fuzzy and are covered in wax.

Though there are both male and female mealybugs, these insects can reproduce asexually without mating. This means you can have a high population of mealybugs in a relatively short time.

Most species lay 100 to 200+ eggs in cottony egg sacs attached to plant parts and can have two to six generations a year depending on where they are living. In warm climates and indoors, all stages of mealybugs — egg, nymph and adult — may be present at the same time.

Mealybugs are sucking insects that feed on leaves, buds, flowers and stems. They leave behind discolored leaves and honeydew, a clear and sticky excrement that can grow sooty mold.

The sucking action and the sooty mold can be detrimental

to a plant, causing it to decline. Flower buds tend to drop off before blooming when affected by mealybugs, reducing the plant's beauty and productivity.

Mealybugs may seem slow, but they actually move quickly. Notice the long filaments in the above video.

Housecleaning your houseplants
Inspecting and cleaning plants before introducing them to other plants in your house can reduce the chances of pests like mealybugs from taking up winter residence.

- Clear away debris from the soil surface of your potted houseplant.

- Prune back stems to restore the plant's form and remove dead leaves and spent flowers.

- Wipe off the pot and wash the saucer in hot soapy water. (I have found mealybugs living on the underside of saucers, especially unglazed terracotta. Ugh.)

- Wash small plants in the sink. Larger plants can be washed in a shower or with a sprayer on your garden hose. Blast the undersides of the leaves to clear off pests as well as egg masses, dirt, cobwebs, etc.

- Treat with low-impact pesticides labeled for houseplants and indoor ornamentals such as insecticidal soap, horticultural oil and neem oil.

It can be challenging to get rid of 100% of insect pests the first time, so keep scouting your plants on a regular basis

and removing pests or treating plants as needed.

Repot your plant
Before bringing a plant inside is a good time to repot it. While you have the plant out of the pot, turn the plant around and upside down and look for mealybugs and other pests on the underside of the leaves. If you find insects, webs or egg masses, remove them manually; wash them off or wipe them off with a damp paper towel or cotton swab.

- Is your plant top-heavy? Does it tip over easily? Then a larger pot is needed.

- Does the plant's root ball dry out quickly or does water flow out of the pot quickly when watering it? The plant is likely pot-bound (more roots than soil) and would benefit from being repotted. Loosen up the root ball before putting it in new soil.

- Choose a new pot that has good drainage and is about 2 to 3 inches wider than the old one.

- Loosen the roots and re-plant at the same soil depth.

- Water well enough to saturate the soil completely.

When to give up
Sometimes, no matter what you do, a plant can become so infested that it becomes a risk to the rest of your plant collection and you may get tired of treating it. I have a couple like that in my collection and they are destined for the compost pile. I see it as protecting the rest of my plants and the opportunity to add something new to my collection!

What to know about breast lumps

Breast cancer is a cause for concern for millions of women. Each year about 264,000 cases of breast cancer are diagnosed in women in the United States, according to the Centers for Disease Control and Prevention. Globally, data from the World Health Organization indicates roughly 2.3 million women were diagnosed with breast cancer in 2020.

One of the more notable symptoms of breast cancer is the presence of a lump in the breast.

Though not all lumps are malignant, it's important that women learn about breast anatomy and lumps as part of their preventive health care routines.

Mount Sinai says that breast lumps can occur at any age in both men and women. Hormonal changes can cause breast enlargement and lumps during puberty, and boys and girls may even be born with lumps from the estrogen received from their mothers.

It is important to note that the vast majority of breast lumps are benign. The National Institutes of Health says 60 to 80 percent of all breast



lumps are non-cancerous. The most common causes of breast lumps are fibroadenomas and fibrocystic changes. Fibroadenomas are small, smooth, moveable, painless round lumps that usually affect women who are at an age to have children, indicates the Merck Manual. They are non-cancerous and feel rubbery.

Fibrocystic changes are painful, lumpy breasts. This benign condition does not increase a woman's risk for breast cancer. Symptoms often are worse right before one's menstrual period, and then im-

Popular Halloween costumes for 2023

Costumes and candy are synonymous with Halloween. Individuals may spend weeks or months trying to come up with the perfect costumes for their trick-or-treating excursions or Halloween parties. Many children and adults also enjoy costume themes, in which they dress up to coordinate with others in their group.

There is always a steady selection of classic costumes that appeal to Halloween revelers, including vampires, cats, witches, and pirates. But one only need look to pop culture to come up with costumes unique to a particular year or era. The following are some costume ideas that figure to be wildly popular in 2023.

- **Barbie®:** Due to the release of the mid-summer motion picture "Barbie," starring Margot Robbie as the titular character and Ryan Gosling as "Ken," there are bound to be many pink-clad trick-or-treaters traveling through neighborhoods this fall. Barbie always has had an impressive wardrobe, so fans of the film can dress up in any of her signature looks.

- **Ariel:** Disney has reinvented many of its popular animated classics into live-action retellings, and "The Little Mermaid" took its turn this year. Life is more fun under the sea, so costumes for Ariel the mermaid and her underwater friends and foes figure to be popular.

- **Creed:** Rocky's boxing

spin-off series "Creed" gave fans its latest installment with "Creed III" in 2023. The boxing champ dons all-white or all-red color schemes in this movie, and fans may want to emulate that in their costumes.

- **Geralt of Rivia:** "The Witcher" fandom is widespread, and viewers were treated to another season of the Netflix series this summer. This is the final season with Henry Cavill in the titular role (Liam Hemsworth is reportedly set to take over), so fans may be inspired to dress the part for Halloween this year.

- **Jigsaw:** "Saw X" will be released on October 27, and the Jigsaw Killer might be a choice for those looking to instill fear around the neighborhood.

- **Wednesday Addams:** Fans took to the inspiring new Addams Family spinoff that explores life through Wednesday's eyes. With her signature black frocks and pigtails, it

prove after the period begins.

Additional factors can contribute to the formation of lumps. Breast cysts are fluid-filled sacs that likely go away on their own or may be aspirated to relieve pain. Complex cysts may need to be removed surgically. Sometimes cysts also may form in milk ducts throughout the breasts.

Lumps also may be the result of injury. Blood can collect under the skin and form a type of lump called a hematoma. Other lumps may be traced to lipomas, which is a collection of fatty tissue or breast abscesses, which typically occur if a person is breastfeeding or has recently given birth.

Additional causes of lumps can be discussed with a doctor. Though the majority of lumps are not a cause for concern, it is important for people to regularly feel their breasts to check for abnormalities.

Doctors may recommend annual mammograms to women age 40 and older. In its earliest stages, breast cancer may produce little to no visible symptoms, but a mammogram may be able to catch something early on.



doesn't take much to look like this macabre teen.

- **Nepo Baby:** The phrase "Nepo Baby" grew wings this year with the spotlight placed on many celebrity kids whose rise to fame may have been pushed along by their successful parents. All it takes is a pair of jeans and plain white T-shirt with "Nepo Baby" on the front to pull off this look.

- **Ted Lasso:** The main character from the Apple TV series potentially has made his last appearance on the pitch, as the most recent season, which premiered in March, is rumored to be the show's last. Nevertheless, Lasso's goofy, down-to-earth-isms and unique look will live on through those who wear his signature mustache, jacket and visor.

Halloween costumes run the gamut of classics and pop culture references. This year people are bound to see some common threads in neighborhoods across the country

Direct lab access topic of RiverView's Health Luncheon

If you aren't due for a visit with your primary care provider, but you'd like to know where you're at in your journey to better health, RiverView Health's Laboratory offers Direct Laboratory Access (DLA). DLA is available to anyone who wants to monitor lab values between regular healthcare visits.

You can choose from a menu of tests ranging from out-of-pocket expenses of \$10 to \$40. According to RiverView Laboratory Director Emily Nelson, some of the top requested tests are for thyroid disease testing, hemoglobin A1C to measure for diabetes or diabetes control, and the full lipid panel, which includes cholesterol, triglycerides, HDL, and a calculated LDL, all measurements that can provide more comprehensive diagnostic information for determination of cardiac disease.

While DLA is not a substitute for ongoing care with a healthcare provider, it is a great tool for providing up-to-date test results. Crookston, Fertile, and Red Lake Falls Laboratories offer DLA. Test results are reported through your MyChart account, mailed, or are available for pickup.

To learn more about DLA and available tests, attend RiverView's Thursday, Oct. 26 Health Luncheon titled Direct Laboratory Access Testing, An Overview of the Program, and

How to Use It. Nelson will present on the topic from noon to 1 pm in the Conference Rooms at RiverView Health, 323 S. Minnesota Street, Crookston. Call 281.9745 to register.

The luncheon is also an opportune time to get signed up for MyChart. MyChart allows you to manage your health care online, anytime. Through MyChart, you can access your appointment information, cur-

RiverView offers Nov. 2 First Aid Class

Thousands of people die each year in situations where first aid could have made a difference. Make your home and community a safer place by learning what to do in case of a medical emergency.

RiverView Health offers four basic first aid classes a year, with the final class of the year taking place Thursday, November 2nd. Class participants will learn to provide first aid for acute injuries and sudden illnesses such as burns, bites, poisoning, and seizures.

First aid classes are held in the RiverView Home Care Building at 721 S. Minnesota Street, Crookston, from 6-10 pm. The cost of the class, including the book and card, is \$55. You must pay in advance to save your spot. To register or for more information, call 281-9536. No walk-ins will be

rent medications, immunization history, lab results, and much more.

On your way to the Conference Rooms, stop by Holte's Cafe for a variety of items from sandwiches, soup, desserts, and beverages. Feel free to bring your purchases to the luncheon and eat as you learn. Holte's accepts cash, debit, and credit cards.

accepted.

RiverView offers these classes as part of its American Heart Association (AHA) Community Training Center. Contracted Community Training Centers, like RiverView, are the only sites permitted to offer AHA classes to the public and professionals through their affiliated instructors and programs.

AHA is not responsible for fees for these classes. The AHA strongly promotes knowledge and proficiency in all AHA classes and has developed instructional materials. Using these materials in an educational class does not represent course sponsorship by the AHA.

Fees charged for a class, except for a portion for AHA materials, do not represent income to the AHA.

id. Prepare white melting chocolate according to directions, then dip the frozen bananas into it. While wet, stick on two mini chocolate chips to make the eyes of the ghosts. Place in the refrigerator to harden.

- **Spider crackers:** Use buttery Ritz® crackers or something similar for this recipe. Spread a relatively thick layer of cream cheese (or peanut butter if allergies are not a concern) on one cracker. Cut thin pretzel sticks in half and use four on each side to make spider legs, sticking them into the cream cheese. Top with another cracker and secure to the cream cheese. Raisins connected with more cream cheese complete the eyes of the spiders.

Anyone can use his or her imagination to make delectable and healthy Halloween offerings in lieu of more sweets.

with healthier offerings. Stack cauliflower, or another white food like monterey jack cheese, baby carrots and yellow bell peppers on a platter. Serve with your favorite dip.

- **Deviled brains:** Turn regular deviled eggs into something more sinister for Halloween buffet tables. Simply add food coloring to the filling to create a pinkish-brown hue that resembles a human brain. Then use a piping bag fitted with a thin icing tip to pipe the shape of brains onto the hard-boiled egg halves.

- **Veggie skeleton:** Use assorted vegetable slices, cheese sticks, fruits, nuts, and more to inspire a Halloween-inspired charcuterie board. Arrange everything to resemble a skeleton on the platter.

- **Ghostly bananas:** Insert popsicle sticks into the bottoms of bananas and freeze until sol-

Healthy Halloween snack options

Halloween is a magical time of year. Homes are adorned with festive fall accoutrements, including hay bails, pumpkins and mums as well as the black, purple and orange decorations that are unique to a season of ghouls and goblins.

Although decorating is a large part of the fun of Halloween, the sweet treats that are distributed to trick-or-treaters and presented at Halloween parties are arguably the most popular component of this beloved holiday. Candy is everywhere come Halloween. The National Confectioners' Association reports that Halloween is the largest confectionary holiday, followed by Easter and Christmas. The National Retail Federation and NCA indicate the average American consumes 3.4 pounds of candy around Halloween, and 600 million pounds of candy are purchased across the country for the holiday.

Is it possible to escape the Halloween sugar overload? For those who want to enjoy some healthier options than candy corns and other sweet staples, these ideas are not so frightening.

- **Pizza mummy:** Use slices of toasted sandwich bread or English muffins to make some spooktacular fare. Coat the bread with pizza sauce. Then place thin vertical slices of mozzarella cheese in a haphazard pattern to replicate the look of gauze on a mummy. Two pieces of sliced black olives serve as the eyes.

- **White, orange and yellow platter:** Simulate the look of candy corns' white, orange and yellow color palette

Get your pet ready for Halloween

Dressing up for Halloween is one of the more enjoyable ways to celebrate the spooky season. It's not uncommon for people to be planning their costumes well ahead of Halloween, and seeing as the pop-up retailer Spirit Halloween starts taking over vacant properties beginning the middle of August, it's never too early to begin thinking about the thrills, chills and candy to come.

Pet owners often choose to include their companion animals in Halloween festivities. Data from a 2022 PetSmart national survey unveiled that more than 75 percent of pet parents planned to dress their pets up for Halloween

and other fall occasions. Some city-dwelling individuals even planned to match their pet's fall attire to their own. In 2019, the National Retail Federation estimated Americans would spend \$490 million on pet costumes in 2020, which was more than double the figure spent around a decade prior.

Rubies, the largest manufacturer of pet costumes in the U.S. and Europe, shared these statistics in 2022, many of which will stay consistent this year.

- **Vermont, New Hampshire,** South Dakota, Utah, and Maine are the states most likely to have dress up their

pets.

- **A pumpkin,** hot dog and bat are the three most popular pet costumes. Star Wars-themed costumes also are favorites year after year.

There are plenty of costumes and pet clothing designed for pets, but not all of them are recommended by humane organizations or vets. Those who choose to include pets in Halloween festivities should keep these tips in mind when selecting costumes.

- **Can the pet move properly?** Check to see if the clothing item is sized appropriately so that it is not restrictive. Make sure the pet can walk properly, jump, groom, and re-

lieve itself. Do not leave pets in costumes for too long, as they may affect the animal's ability to control body temperature.

- **Is your pet stressed?** Look for behaviors that may indicate the pet is stressed by wearing the costume. Pets feeling anxious may groom excessively or make more noise than usual. Dogs may pant a lot or yawn. If a pet is pawing or pulling at the costume, it might be making the animal uncomfortable. Dogs tend to be more tolerant of costumes than cats, though each pet is unique.

- **Can body language be relayed?** Pets use body language to communicate with other animals. Costumes could

interfere with that ability. If the pet will be wearing the costume indoors and not in proximity to other animals, it may be fine. Pets who will be walking outdoors and come into contact with other companion animals might act differently and other animals may act aggressively when faced with a pet in a costume.

- **Is it safe?** Choose costumes that do not impede the pet's vision or its ability to walk. Select materials that are fire-retardant and nontoxic.

Pet costumes are quite popular on Halloween, and pet parents can have fun celebrating while also keeping pets' comfort and safety in mind.