



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



All "Four Schleicher Girls", the daughters of Lloyd and Gladys Schleicher, were recently home for almost two weeks. They tackled the daunting task of sorting through their parents' things to decide what to keep, what to sell, what to donate, and what to throw. (Anyone who has been through this knows how difficult it is!) A number of items have been donated to the McIntosh Historical Center. The girls also had a garage sale at Poplar Meadows and were happy to visit with everyone who stopped by to shop or just say "hello." The first half of their stay was at Sweet Grandma's Farm Retreat, owned by Mike and Karen (Ferden) Olson of Fosston. Karen is also a McIntosh native. The sisters gave a wonderful report on the home, which can be rented on VRBO or AirBnb. It has four bedrooms and two baths, and would be a great option for other people looking for a place to stay when coming back to the area for a visit. The second half of the stay was at the home of Dan and Darlene Dierkes, one of the "Four Johnson Girls." The Johnson and Schleicher families' friendship dates back to their grandparents. A good time was had by all, as they say! Pictured here in front of the AirBnb are: Angela, Carole, Randi, and Paulette.

Do you know the red flags of a scam?

According to the Investor Protection Trust, one out of every five persons over the age of 65 has been victimized by a financial swindle. One recent study estimated that older Americans are defrauded out of nearly three billion dollars each year.

Be sure that you, your parents, and elderly friends and relatives know how to protect themselves from fraud. For example, everyone should avoid giving out personal information to strangers in response to texts, emails or calls, regardless of who they claim to be or where they claim to be calling from. Be alert for behaviors that may indicate someone you know is a victim of financial ex-

ploitation, such as unpaid bills, an unexplained lack of money or the sudden appearance of a new "friend."

You can avoid becoming a victim by following these 11 self-defense tips, developed by the Minnesota Department of Commerce and the North American Securities Administration Association, Inc. (NASAA).

Don't be a courtesy victim. Con artists will not hesitate to exploit your good manners. Save your politeness for friends and family members, not strangers looking for a quick buck!

Trust, but verify. Say "no" to anyone who presses you to make a quick decision and take

time to research the salesperson, firm, and investment opportunity. You can check the status of an individual's license at BrokerCheck or if an investment is registered with the Commerce Department by calling 651-539-1638.

Stay in control. Be wary of anyone who suggests investing your money in something you don't understand, or who urges you to leave everything in their hands.

Don't judge a book by its cover. Successful con artists sound and look extremely professional and can make even the riskiest investment deal

Scams..
Continued on page 2 ...

McIntosh Fireman's Picnic will be held on August 17th

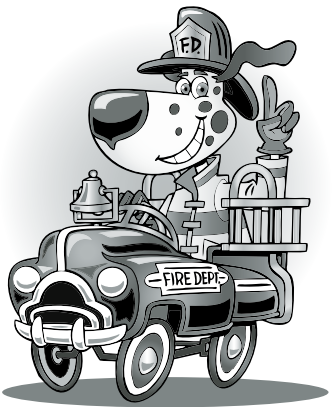
The McIntosh Fire & Rescue Squad will host a community picnic at Roholt Park on Wednesday, August 17th from 5:00 pm to 7:00 pm.

The squad will be grilling hamburgers and hot dogs with chips and baked beans.

There will be games and fun galore for kids and adults alike. The fire trucks will be on hand to check out.

All donations will go toward local spending and donations.

Everyone is welcome to come out and enjoy an evening with the McIntosh Fire & Rescue Squad on Wednesday, August 17th from 5:00 pm to



7:00 pm at Roholt Park in McIntosh.
See you there!

Mac Tractor Day is August 27th

The annual McIntosh Tractor Day is coming on Saturday, August 27th to downtown.

The day will begin with an antique tractor parade at 11:00 am.

Tractors will begin to line up at Erickson Park, on the east side of McIntosh beginning at 9:00 am.

There will be a tractor pull at the old football field at 1:00 pm. Tractors must register and pay fees to participate.

There will be food vendors



on Main Street and the Shop-pes of McIntosh will be open for visitors to browse and shop. There will be other events such as the kiddie pull sponsored by the Polar Beach Snowmobile Club in front of the fire hall. More information to come.

For questions about the parade or the tractor pull, please call Roy Ostenaa at 218-280-1572 or Steve Urness at 218-280-0399.

See you there!

MN Toward Zero Deaths Program partners recognize National Stop on Red Week

Communities throughout the country unite to STOP red-light running and other dangerous driving behaviors at intersections

Polk County, a Minnesota Toward Zero Deaths partner, is taking a stand against red light running, ignoring stop signs, and failing to yield at intersections by promoting safe driving habits during National Stop on Red Week, August 7th - 13th.

The focus of Stop on Red Week is to educate drivers about improving driving behaviors at intersections and how to reduce severe, life-changing crashes at intersections.

Minnesota Toward Zero Deaths (TZD) program partners work to improve traffic safety for all motorists, motorcyclists, cyclists, and pedestrians who use Minnesota roads. TZD is the state's cornerstone traffic safety program led by the state departments of Health, Public Safety, and Transportation, in cooperation with other federal, state, and local partners.

Roadway intersection safety is an important aspect of

protecting the lives of Minnesotans. Through Stop on Red Week, the focus is the importance of stopping for red lights and at stop signs, and to avoid pulling out in front of other vehicles, particularly motorcyclists who can be harder to see at busy intersections.

Be Safe, Sheriff Jim Tadmanson

Crash data

According to the Minnesota Department of Public Safety Office of Traffic Safety, there were 813 deaths and 4,189 serious injuries at all intersections across the state from 2017-2021.

This included crashes at intersections without signals and stop signs. Out of the 813 fatalities, 284 are a result of failure-to-yield, and, out of the 4,189 serious injuries, 940 of them are due to failure-to-yield.

Failure-to-yield crashes include both drivers that fail to stop and drivers that fail to yield the right of way to other vehicles after stopping.

Things to remember: Stop at the stop sign. Stay behind the line! Wait until it's clear and fine.

TZD program partners are

encouraging roadway users to spread the message during National Stop on Red Week. Please share this message with family, friends and coworkers. Find additional resources and tools on Minnesota Toward Zero Deaths (minnesotatzd.org) to help make Minnesota roads even safer.

Safety is the responsibility of every driver. Stop on Red Week reminds everyone to focus on intersection safety every time someone gets behind the wheel.

The Minnesota Departments of Health, Public Safety and Transportation are anchoring partners of the state's Toward Zero Deaths (TZD) traffic safety program.

A primary vision of the TZD program is to create a safe driving culture in Minnesota in which motorists support a goal of zero road fatalities by practicing and promoting safe driving behavior.

TZD focuses on the application of four strategic areas to reduce crashes — education, enforcement, engineering, and emergency medical and trauma response.



The Schleicher girls also stayed at the home of Dan and Darlene Dierkes during the second half of their recent visit home to McIntosh. Pictured (l-r) Carole Eckstrom, Paulette Rose, Darlene Dierkes, Angela and Kal Martin and Randi and Butch Milne.

Employment almost back to normal in NW MN

By Cameron Macht

Of the six regions in the state, Northwest Minnesota is the closest to being back to their pre-pandemic normal. Through the fourth quarter of 2021, total employment in the region was back to over 98% of the fourth quarter 2019 level, and Northwest's total labor force in the first quarter of 2022 was actually just above the level in first quarter of 2020, right before the recession started. Beneath those macro trends, though, employers and jobseekers are adjusting to a very new normal.

There were about 302,000 workers in the 26-county region through the first three months of 2022, which was up by 9,500 workers compared to the first quarter of 2021. More notably, that was even up by about 2,500 workers from the first quarter of 2020, indicating a significant return to work over the past year as employers filled open jobs.

But the region is still below the labor force peak hit in 2019, and labor force growth has noticeably slowed in recent years. After 25 years of rapid labor force growth, Northwest had added almost 70,000 new workers between 1990 and 2015, a 30% increase. That outpaced statewide labor force growth, which expanded 25.5% from 1990 to 2015. At that rate, Northwest averaged about 2,750 additional workers each year during that period, but from 2016 to 2021, save for the spike in 2019, the region's labor force has plateaued at just over 300,000 workers.

Over time, labor force growth was fastest in Economic Development Region (EDR) 2 – Headwaters, which grew nearly 47% since 1990, and is down less than 1.0% compared to 2019 levels. Likewise, EDR 5 – North Central also saw significant growth from 1990, expanding 37% despite a -3.4% decline from 2019 due to the pandemic. With an older population and a higher reliance on hard hit industries like Leisure & Hospitality, EDR 5 suffered the biggest drop in labor force since the pandemic recession.

After adding almost 30,000 workers from 1990 to 2021, the 9-county EDR 4 – West Central accounted for almost 45% of total labor force growth in Northwest, and is down just -1.4% compared to 2019. In contrast, the smallest and slowest growing labor force in the Northwest planning region is in EDR 1 – Northwest, which added less than 1,800 compared to 1990, mostly due to losing more than 2,500 workers from 2019 to 2021. With just 44,923 available workers in 2021, that was the smallest annual average in EDR 1 since 1993, and down from a peak of 49,558 workers in 2009, during the Great Recession.

Bad News, Good News

Looking at annual averages, employers in Northwest Minnesota cut just over 12,000 jobs from 2019 to 2020 following the pandemic recession, a -5.4% decline. That was less severe than the drop experienced statewide, where total employment fell by -6.7%. However, that masks the severity of the initial decline in the region – Northwest has a very seasonal economy, so the region was actually down a maximum of 25,000 jobs over the year comparing the second quarter of 2020 to the second quarter of 2019.

However, Northwest bounced back much more quickly than the rest of the state, growing 6.4% from second to third quarter of 2020, compared to 4.8% statewide. Northwest also saw stronger quarterly gains in 2021 compared to the state – expanding 5.8% from the first to the second quarter and 1.7% from the second to the third quarter of 2021, ahead of 3.6% and 0.5% gains in the state, respectively. However, seasonal impacts came into play in the winter, with Northwest seeing a -2.1% decline into the fourth quarter

while the state increased 1.2%.

Despite job losses during the pandemic recession, Health Care & Social Assistance is still the largest employing industry in Northwest, with 38,510 jobs at nearly 1,800 establishments. From 2019 to 2020, Health Care dropped by almost 1,000 jobs, but then regained more than 275 jobs in 2021. At a more detailed level, the job losses were concentrated at both Hospitals and Nursing & Residential Care Facilities, with both slicing about 550 jobs since 2019. In contrast, Social Assistance added more than 550 jobs during that period, primarily in Other Individual & Family Services such as Social Service and Community Action Service Agencies, Counseling Services, Crisis Intervention Centers, and Alcoholism & Drug Addiction Self-help Organizations.

With just under 29,000 jobs at more than 800 firms, Manufacturing accounted for 13.2% of total employment in the region, compared to 11.3% of jobs statewide. Northwest manufacturers made smaller job cuts than the state from 2019 to 2020, and saw a faster bounce back in 2021. Manufacturing added more than 900 jobs over the year, with gains seen in almost every subsector including Fabricated Metal Product Manufacturing, Machinery Manufacturing, and Printing.

Likewise, Retail Trade declined less in Northwest than the state from 2019 to 2020, but has not recovered quite as fast as the rest of the state in 2021. Only two Retail subsectors have more jobs now than in 2019 – Building Material & Garden Equipment & Supplies Dealers and Furniture & Home Furnishings Stores; while the other 10 subsectors are still down in employment, though several made strong recoveries in 2021 – most notably General Merchandise Stores and Clothing & Accessories Stores as people returned to more in-person activities.

Another industry that benefited from a return to in-person activities is Educational Services, which regained about 250 jobs in 2021 after losing more than 1,600 jobs in the immediate aftermath of COVID-19 in 2020. Elementary & Secondary Schools cut nearly 1,000 jobs from 2019 to 2020 as schools transitioned to distance learning and transportation needs changed; but those schools added about 350 jobs back in 2021 as schools again filled up with students. In contrast, the region's Colleges & Universities have had a harder time getting students back and cut jobs both years – losing 286 jobs from 2019 to 2020 and another 100 jobs in 2021.

But the sector hit hardest by the pandemic recession was Leisure & Hospitality, which saw more than a fifth of the region's jobs in both Accommodation & Food Services and Arts, Entertainment & Recreation disappear in 2020. Combined, those two industries account for almost 11% of total employment in the region, and are a major part of Northwest's seasonal economy. The good news is that those two industries were in the top three fastest growing industries in the region in 2021, as demand for travel and tourism rebounded.

It is important to note that the fastest growing industry in Northwest was actually Construction, which was the only industry in the region that added jobs in both 2020 and 2021. While the region saw notable gains in both the Construction of Buildings and Specialty Trade Contractors subsectors, the majority of the job growth was concentrated in Heavy & Civil Engineering Construction, and more specifically in Oil & Gas Pipeline Construction.

In sum, 14 of the 20 main industries in the region added jobs in 2021 after 18 of the 20 industries cut jobs from 2019 to 2020. Despite the recent job

gains, just five industries reported more jobs in 2021 than in 2019, while the remaining 15 still have work to do to reach pre-pandemic employment levels.

Jumping Job Vacancies

Like the state overall, employers in Northwest Minnesota reported the highest number of job vacancies on record in the fourth quarter of 2021, with nearly 19,000 open positions in the region. That was a 68% increase over the year, and an additional 1,100 vacancies from the previous record set in the second quarter of 2021. While the number of job vacancies in the region stayed depressed for three years following the Great Recession in 2008 before starting to climb again in 2011, there was no reprieve from the tight labor market conditions the region was experiencing prior to the pandemic recession.

Since 2014, the region was steadily closing in on a 1-to-1 jobseeker per vacancy ration, making it difficult for employers to find workers for open positions. The spike in unemployment in 2020 reversed that trend, but only temporarily, and not even remotely close to the ratios seen during the Great Recession when there were far fewer vacancies. Instead, with the record vacancy levels posted in 2021, the region dropped below a 1-to-1 ratio, with nearly two jobs available for every unemployed worker looking for a job.

Retail Trade reported the largest number of openings in Northwest, setting a new record with 5,236 vacancies in the fourth quarter of 2021. That was a 70% increase over the year, and nearly 1,250 more vacancies than the previous record set in the second quarter of 2021. Health Care & Social Assistance also posted a new peak with 4,684 vacancies, or about 25% of the total. This was a 65% increase over the year and up 53% compared to the second quarter of 2021, showing the critical level of demand that healthcare providers in the region are facing. Combined, those two industries accounted for over half of the open jobs in the region.

The region also saw large and growing numbers of vacancies in Accommodation & Food Services, where demand doubled over the year; Manufacturing, Other Services, Educational Services, Public Administration, and Finance & Insurance, which also set a new record for vacancy levels.

Across all occupations, the median wage offer rose to \$16.85 in fourth quarter 2021, which is also the highest in the history of the Job Vacancy Survey back to 2001. It was more than \$2.50 higher than in the fourth quarter 2020, reflecting rising wage offers from employers desperate for workers, as well as a shifting occupational mix. Nineteen of the 21 occupational groups saw an increase in median wage offers over the year, with the biggest gains experienced for Community & Social Service, Business & Financial Operations, Protective Service, Office & Administrative Support, and Installation, Maintenance & Repair. However, even lower-paying jobs like Sales & Related and Food Preparation & Serving occupations saw wages climb more than 10% over the year.

In With the Old, and In With the New

In addition to surging levels of current demand, Northwest is also projected to see strong job growth over the next decade. This round of projections start with the recession-depressed job counts from 2020, and therefore some of the expected growth is actually remaining job recovery. However, even once the region gets back to pre-pandemic employment levels, we forecast additional growth.

NW MN...

Continued on page 4.....

City of McIntosh Public Notice

Affidavits of Candidacy for the General Election of the City of McIntosh, County of Polk, State of Minnesota, are to be filed in the City Clerk's office, beginning at 8:00 a.m. on August 2nd, 2022 and ending at 5:00 p.m. on Tuesday, August 16th, 2022. Candidates must complete an affidavit of candidacy and pay a \$2.00 filing fee at the time of filing.

The City General Election will be held along with the regular General Election on Tuesday, November 9th, 2022.

Positions to be voted upon are:

One (1) Mayor for a term of two (2) years; and

Two (2) Council positions for a term of four (4) years each.

Melissa Finseth, Clerk/Treasurer

City of McIntosh

115 Broadway NW

McIntosh, MN 56556

M21C

Medicare 101 Virtual Class

There is a lot to do when you become eligible for Medicare and it can seem overwhelming. Minnesota's Senior LinkAge Line® offers a class giving you answers. The Senior LinkAge Line Medicare 101 class is for people new to Medicare and would like to learn about Medicare Parts A, B, C and D. Topics include a comprehensive introduction to Medicare including what Medicare covers, supplemental insurance and Part D prescription coverage. During class, you will find out how to get the most from your benefits and how to research your Medicare plan options using the Medicare.gov site.

Space is limited, to attend please register online at www.dancingskyaaa.org or call Senior LinkAge Line at 1-800-333-2433.

WHAT: New to Medicare Virtual Class

SCAMS...

Continued from page 1

sound safe. Don't be fooled by the sound of their voice on the phone because it has no bearing on the soundness of the investment opportunity.

Don't make decisions out of fear. Fear can cloud your good judgment and cause rushed decisions. An investment that is right for you will make sense because you understand it and feel comfortable with the risk involved.

Monitor your investments and ask tough questions. Don't add to the mistake of trusting a fraudulent investment professional or con artist by failing to keep an eye on the progress of your investment. Insist on regular written reports, and look for signs of excessive or unauthorized trading of your funds. Ask questions about cyber-security. Make sure the firm or individual selling you a product has a plan in place to protect your private data from cyber threats.

Ask questions about cyber-security. Make sure the firm or individual selling you a product has a plan in place to protect your private data from cyber threats.

Look for trouble withdrawing your principle or cashing out profits. Some investments do have certain periods when you cannot withdraw your funds, but you must be notified of these restrictions before you invest.

Don't let embarrassment or fear keep you from reporting investment fraud or abuse. Every day you delay reporting fraud or abuse is another day the con artist is spending your money and finding new victims.

Beware of "asset recovery" scams. These scams pack a "double whammy" by targeting individuals who have already been victims of fraud. They will lure victims with the promise of getting your money back for an upfront fee and its unlikely they will deliver on their promise.

Beware of "Senior Specialists." Fraudsters may imply a certain level of training on issues important to people 55 and older to give you a false sense of security, however, this "training" may be nothing more than a sales tactic. They often recommend liquidating assets to purchase other, more risky products like indexed or variable annuities.

Report suspected fraud, scams, or financial abuse to the Minnesota Department of Commerce. Your call may prevent others from being victimized.

WHEN: Thursday, August 18th, 2022 from 2:00 PM – 4:00 p.m.

WHERE: Online Virtual Class

REGISTRATION: www.dancingskyaaa.org

The Senior LinkAge Line® is a free statewide service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging.

The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the service and support they need.

Call the Senior LinkAge Line at (800)-333-2433, Monday through Friday from 8:00 a.m. to 4:30 p.m. or visit www.MinnesotaHelp.info® to chat with a specialist during business hours.

Polk County Sheriff's Report

The Polk County Sheriff's Office would like to inform everyone of a scam that is circulating through the area.

The caller identifies themselves as a grandson/son or granddaughter/daughter saying that they were involved in an accident and are going to jail or going to the hospital and need money.

We have seen this scam in the past; however, it has become popular with bad guys again.

We appreciate everyone who calls to notify the sheriff's office of suspected scams. The more we can spread the word, the less likely these would-be scammers will get away with anything.

These bad guys want to swindle you out of your money. Report scams to your local law enforcement. Protect yourself and others.



Wed. August 10: Lily Breckel, Damien Andress, Maxwell Rue, *Clayton & Carol Bartz

Thurs. August 11: *Shawn & Tamera Oste-naa

Fri. August 12: Marley Halland, *Paul & Diane Lindseth, *Davin & Amanda Swanson

Sat. August 13: Curt Bartz, *Chad & Janelle Haas

Sun. August 14: Bree-lyn Hegre, Alex Shaver, *Bruce & Diane Grundy-son

Mon. August 15: Nathan Vigoren

Tues. August 16: Bobbi Jo Bartz, Charles Svalen, Erik Tranby, William Klemer, Rachel Roed, *Cody & Ashleigh Bartz

McINTOSH Times

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"Serving the Win-E-Mac area"

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LSS Meals Menu 687-2262

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

Mon. August 15: Parmesan Chicken Breast over Spaghetti Noodles - Broccoli - Garlic Toast - Apricots - Milk

Tues. August 16: *Bingo* Baked Ham - Boiled Potatoes - Cabbage & Carrots - Wheat Rolls - Zucchini Brownies - Milk

Wed. August 17: Tuna Egg Noodle Hotdish - Peas - Tomato Wedges - Pears - Glorified Rice - Milk

Thur. August 18: *Bingo* Meatloaf - AuGratin Potatoes - Italian Blend Vegetables - Wheat Rolls - Bread Pudding - Milk

Fri. August 19: Chicken Fried Beef Steak - Mashed Potatoes & Gravy - Beets - Wheat Rolls - Blueberry Muffins - Milk



ST. MARY'S CHURCH

Fosston

Fr. John Suvakeen, Pastor

Wed. Aug. 10: 11:30am Mass at St. Mary's, Fosston

Fri. Aug. 12: 8:30am Mass at St. Mary's, Fosston

Sun. Aug. 14: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Aug. 17: 11:30 am Mass at St. Mary's, Fosston

Fri. Aug. 19: 8:30am Mass at St. Mary's, Fosston

Sun. August 21: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Interim Pastor Keith Zeh

Synodical Authorized

Minister Katie DeMarais

Sun. August 14: 10:00am Coffee Hour; 10:30am Worship Services

Sun. August 21: 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

11:00am Mt Carmel

9:45am Trinity

Sunday School

10:45am Trinity

9:45am Mt. Carmel

GOSEN LUTHERAN CHURCH

Interim pastor

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Sun, August 14: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. August 16: 10:00am Sunday worship service telecast on GVTN--30

Wed. August 17: 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. August 14: 9:00 am Worship

Sun. August 21: 9:00 am Worship

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

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

BUSINESS & PROFESSIONAL GUIDE

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487-5225 Gonvick, MN

Richards Publishing Co.

Hunting regulations, deer hunting licenses now available

Deer hunting licenses can be purchased starting today and the 2022 Minnesota hunting regulations are now available on the DNR website. Print copies of the regulations will be available in early August wherever licenses are sold.

When deer hunters venture out into fields and forests this fall, they will find healthy deer populations faring well in most of Minnesota, ample harvest opportunities, and a continued commitment to managing chronic wasting disease management adaptively statewide.

“We’re excited about deer hunting this year,” said Kelly Straka, wildlife section manager for the Minnesota Department of Natural Resources. “Hunters in 20% of our deer permit areas will have increased opportunities for harvest, and opportunities in 70% of DPAs remain unchanged from last year.

New license plate benefits 4-H and FFA Foundation

A new Minnesota license plate celebrating agriculture will benefit 4-H and the state's FFA members.

The plate's design was unveiled last Friday. FFA members and 4-H'ers joined Agriculture Commissioner Thom Petersen and Assistant Agriculture Commissioner Patrice Bailey for the event, along with leaders from both organizations

“We’re excited to have this new license plate that highlights the diversity of Minnesota’s ag economy,” Petersen said. “This is an opportunity for Minnesotans to show their commitment to agriculture while supporting our young leaders in FFA and 4-H.”

Inspired by nearly 100 sketches from 4-H'ers and FFA members, the plate draws upon imagery of both organizations. The hands holding seedlings symbolize the 4-H pledge of “my hands to larger service,” while the rising sun is a “token of a new era in agriculture” honored in FFA ceremonies.

Leaders of both groups acknowledged their appreciation for legislation passed in 2021 that created the new plate. The new plate is available at local Driver and Vehicle Services locations or by filling out this application. The plate costs \$15.50. A minimum \$20 contribution is due with plate purchase and each year afterward when you renew your vehicle registration.

Both organizations expressed their gratitude for support for young people with a license plate honoring agriculture.

"Agriculture is woven into 4-H's past, present and future and it's open to all youth in Minnesota. We plan to broaden and deepen young people's knowledge and involvement in agriculture so that they act on their ability as agricultural learners, leaders, innovators, global citizens and agents of change," said Jennifer Skuza, associate dean for Youth Development at University of Minnesota Extension and Minnesota 4-H State Director.

“The Minnesota FFA Foun-

Minnesota has the following deer seasons:

Archery: Saturday, September 17th, through Saturday, December 31st

Youth and early antlerless: Thursday, October 20th, through Sunday, October 23rd

Firearms: Saturday, November 5th, with various closing dates depending on a hunter's DPA

Muzzleloader: Saturday, November 26th, through Sunday, December 11th

Changes for this year include:

- Eight more DPAs included in the early antlerless season. Hunters will also have more license options for the early antlerless season.

- Increased bag limits or lottery permits in 28 DPAs, the same limits in 90 DPAs and decreased limits in 12 DPAs.

In addition to deer seasons, hunters can participate in spe-

cial deer hunts. The DNR, municipalities and organizations across

Minnesota offer opportunities to hunt at special times and in areas that might regularly be closed to hunting. Participation in these hunts is limited and often requires special registration. More information is available on the DNR website.

Firearm and muzzleloader hunters who want to harvest antlerless deer in a DPA designated as lottery need to purchase their license by Thursday, September 8th. Hunters who purchase their license by September 8th are automatically entered into the lottery for the DPA or special hunt area they declare. No application is needed to take antlerless deer in permit areas with either sex, two-deer limit, three-deer limit, or five-deer limit designations.



dation ensures that students enrolled in agriculture, food and natural resource classes have access to premier leadership, personal growth, and career success, regardless of their economic situation,” said

Scams...

Continued from page 1

ing on the soundness of the investment opportunity.

Don't make decisions out of fear. Fear can cloud your good judgment and cause rushed decisions. An investment that is right for you will make sense because you understand it and feel comfortable with the risk involved.

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Val Aarsvold, executive director, Minnesota FFA Foundation. FFA is in 220 rural, urban and suburban schools statewide.

By University of Minnesota Extension

be notified of these restrictions before you invest.

Don't let embarrassment or fear keep you from reporting investment fraud or abuse. Every day you delay reporting fraud or abuse is another day the con artist is spending your money and finding new victims.

Beware of “asset recovery” scams. These scams pack a “double whammy” by targeting individuals who have already been victims of fraud. They will lure victims with the promise of getting your money back for an upfront fee and its unlikely they will deliver on their promise.

Beware of “Senior Specialists.” Fraudsters may imply a certain level of training on issues important to people 55 and older to give you a false sense of security, however, this “training” may be nothing more than a sales tactic. They often recommend liquidating assets to purchase other, more risky products like indexed or variable annuities.

Report suspected fraud, scams, or financial abuse to the Minnesota Department of Commerce. Your call may prevent others from being victimized.



50 years ago...1972: The Miss Winger contestants: Here are the girls as they posed for the press before the coronation ceremony. Backrow, left to right: Patty Zahl, Dorothy Bursheim, Belinda Rudie, Judi Carlson, Mona Stardig, Beverly Tangen, Wanda Skeie, Annette Carlson, Denise Zahl, Devra Vesledahl; Front Row: Patti Skeie, Ann Swenson, Cheryl Helgaas, Sheryl Nascene, Gwen Vesledahl.



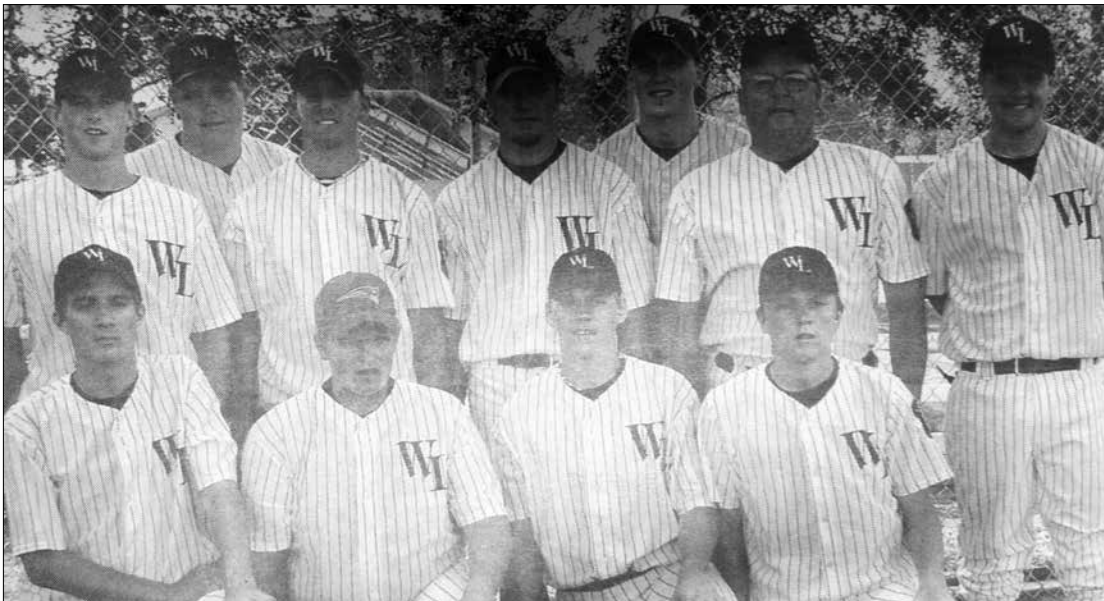
40 years ago...1982: The VFW sponsored women's softball team recently captured third place at the Brooks tournament. Members of the McIntosh Women's VFW softball team include: back row: Ray Graff, coach, Kelly Thompson, Gayle Bergman, Janice Aanenson, Tiffanie Bensen, Garnet Aanenson, and Becky Bursheim; front row: Angie Benson, Sue Schow, Marilyn Graff, Pam Aanenson, Renee Carlson, and Jennifer Humphrey.



30 years ago...1992: The Winger Flag Cadets presented a new flag to Sioux Oil owner, Lynn Aasen. Making the presentation were 4th graders: Nathan Johnson, Jeremy Gieseke, Haley Omang, and Heidi Vesledahl.



10 years ago...2012: Primary Election Judges, Carol Bartz, Ruth Mandt, Karen Olson, and Clellie Kiecker. Voter turnout was low at the McIntosh Community Center where residents of the City and King Township were able to cast ballots this past Tuesday.



20 years ago...2002: The Win-E-Mac Legion Baseball Team started their season with a tight schedule, winning two of their first three games and taking three of four tournament games. The team is coached by Jim Hoffmann and includes team members (back, l-r) Kent Solheim, Justin Moran; (row 2) Dustin Vedbraaten, Eric Hoffmann, Kevin Branstner, Coach Jim Hoffmann, and Tyler Burslie; (front) Brendan Morrison, Trevor Omang, Ben Theis, and Andrss Renna. Not present for photo: Aaron Cook, Mike Bolz, and Lee Tradewell.

Purple Carrot-Seed Moth found for first time in MN

Gardeners are asked to report any finds.

The purple carrot-seed moth (*Depressaria depressana*), an invasive insect that feed on plants in the carrot family, such as dill, fennel, and coriander, has been found for the first time in Minnesota.

A resident near Stillwater first noticed the insect on their dill plants and reported it to the Minnesota Department of Agriculture (MDA). A second report from Montgomery, Minn. came in a few days later. With help from the University of Wisconsin Diagnostic Lab, scientists were able to make the identification from photos.

The moth is native to Western Europe, Russia, and China. It was first discovered in North America in 2008. It has been documented in southern Canada, Michigan, Indiana, and Illinois. Most recently, it was discovered in Wisconsin in 2018 and Iowa in 2020.

“The impact of this insect is currently unknown, but because it is associated with the flowers and not the roots of



Purple carrot-seed moth larvae in their webbing on a dill plant flower.

plants, impact on carrots, celery, and parsnip crops should be minimal,” said Angie Ambourn, Supervisor of the MDA’s Pest Detection Unit. “Crops that are commonly grown for seed, like fennel, dill and coriander, might be where we see the greater impact.”

Purple carrot-seed caterpillars are dark and distinctive and can be green or reddish with many white spots on their

Prepare your garden for winter's onslaught

Individuals who don't live near the equator or in another warm climate know that winter will rear its chilly head this year.

Cold temperatures and snowy conditions may be excellent for skiing and sledding, but gardeners recognize these conditions are not ideal for their plants.

The inevitable slowing of activity in the garden during fall marks a time to shift attention from constant plant care to preparing the landscape for next season. It may be tempting to simply let Mother Nature take over, but a little pre-winter TLC can ensure gardens make it through winter unscathed.

Remove spent plants. Decomposing organic material is the basis for compost and other fertilizers. However, vegetable plants that are left to sit can lead to decay in the garden. Decaying plants can serve as hosts for pest populations and diseases. Rotting vegetables also can drop unwanted seeds into the soil, which eventually can strip nutrients that normally would go to next year's crops.

Plant a cover crop. The gardening resource This Is My Garden recommends planting a cover crop to set the stage for a successful spring. A cover crop protects the soil and can return nutrients to it. When the soil is bare during winter, weed seeds can easily blow in and lie in wait, ultimately becoming a problem during the ensuing year.

Cover crops can include clover or field peas, which will

increase the levels of available nitrogen.

Amend the soil. Fall is a perfect time to add soil amendments, such as manure and compost. These fertilizers will add nutrients and break down gradually, enriching the soil over the winter.

Replenish mulch. Gardeners may have added mulch around shrubs and other areas of the landscape early in the season because it is attractive. But mulch also does much to reduce water loss and protect the soil from erosion. It may inhibit weed growth as well. Re-

MDA partnerships assist transitioning farmers

Support available for beginning, exiting farmers.

Farmers in Minnesota looking to enter or exit farming have two new resources available, through a partnership between the Minnesota Department of Agriculture (MDA) and the Minnesota Farm Bureau Federation (MFBF) and Minnesota Dairy Initiative (MDI).

Both can work with farmers to put together “kitchen table” on-farm teams to help farmers navigate their way through farm transition and succession planning.

Areas such as property law, property transfer, establishment and dissolution of partnerships, leases and other contracts, accounting, lending, psychological or spiritual support, and other types of support are available.

The MFBF team can work

bodies. The caterpillars feed on the flowers but they also tie the floral parts with webbing and can make herbs like dill unusable. Find photos of the insect here: <https://bug-guide.net/node/view/998747>. The caterpillars pupate in the webbing and emerge as small purplish-grey adult moths a short time later.

Since this is the first reported discovery of the purple carrot-seed moth in Minnesota, the MDA would like to better understand where this insect may be in the state and how big of an issue this is to local gardeners.

Residents can report suspected purple carrot-seed moth to the MDA’s Report a Pest line by visiting www.mda.state.mn.us/reportapest or calling 1-888-545-6684. Please include clear photos when submitting a report.

More information on purple carrot-seed moth and additional photos can be found on the MDA website at www.mda.state.mn.us/purplecarrotseed-moth.

placing mulch when the mercury drops can insulate the soil, which helps to regulate soil temperature. A thick layer of mulch around root vegetables left in the garden can offer protection against hard frosts.

Divide bulbs. Divide plant bulbs and plant them where you want flowers like daffodils and tulips to grow in the spring.

Prune dormant plants. Wait until plants are dormant to prune them and adjust their shape. Most shrubs and trees should be pruned in late winter, right before new growth.

with all Minnesota farmers, regardless of membership status with the Farm Bureau. Contact Paul Lanoue at 651-768-2100 or paul.lanoue@fbmn.org for more information.

Minnesota dairy farmers can work with the MDI. Contact Emily Mollenhauer (651) 764-0309 or emmollenhauer@gmail.com for more information.

This service is available on a first-come, first-served basis until funding for the fiscal year runs out.

Assistance is provided until farmers are comfortable continuing on their own.

Minnesota farmers can also use the MDA’s FarmLink program at any time to connect farmers looking to exit farming with prospective buyers or renters looking to enter farming, and experienced farmers with beginning farmers.

How to plan for a post-50 career change

Professionals change careers for many reasons. Some do so in pursuit of a higher salary, while others seek a more even balance between their personal and professional lives.

Career changes can renew a person's passion for working, which can grow stale for individuals who have been doing the same job for years on end. Though there's not necessarily a bad time to change careers, there are times when making such a transition carries more risk. Such is the case for individuals over 50.

Many individuals over 50 may not have the financial obligations they had when they were younger, as children may have grown up and moved out of the house.

That can make changing careers after 50 more palatable. However, some individuals in their 50s may be hesitant to leave the security of an established career behind in favor of something new. Hesitance about job prospects after 50 also can make some less likely to take the plunge into a new career.

Though hesitancy about a career change after 50 is understandable, a recent survey from the American Institute for Economic Research found that 82 percent of workers who responded to the survey were able to successfully transition to a new career after age 45. In addition, projections from the U.S. Bureau of Labor Statistics estimated that labor force participation among individuals aged 65 and over would increase significantly by 2022, nearly doubling the rate of participation in 1990. Those figures suggest that a midlife career change is not necessarily the same thing as a late-career career change. That should give profession-

als the confidence they need to successfully transition to a new career.

Individuals mulling a career change after 50 also can take these steps to make such a transition less risky.

- **Pay down as much debt as possible.** Financial freedom can be an ally for individuals 50 and over who want to change careers. Career changes often require a pay cut, so individuals who can pay off their mortgages, consumer debts and/or auto loans prior to making a career change may find the transition to a lower income goes more smoothly than it might if they're still carrying such sizable financial commitments.
- **Make plans to delay retirement.** As BLS data indicates, individuals who want to delay retirement certainly won't be alone. Delaying retirement affords individuals more time to save, and a financial advisor can help adults over 50 come up with a new retirement plan that reflects their willingness to work longer. Delaying retirement also means delaying withdrawals from retirement savings accounts, which can provide peace of mind against a loss of income resulting from a career change.
- **Downsize your lifestyle.** Even a post-50 career change that will require a significant drop in income can be doable for professionals who downsize their lifestyles. Empty nesters can consider moving into a smaller home, while travelers can cut back on the number of trips they take each year. Cutbacks won't necessarily be easy, but they can be worth it for individuals looking for new career challenges.
- **Go back to school.** Much like young people go to college before entering the professional arena, adults over 50 who

want to change careers may need to go back to school to improve their career prospects. Remote learning and part-time schooling can make juggling a career and school more manageable.

A successful career change after 50 is entirely possible for individuals willing to make some sacrifices to be happier in their professional lives.

Slow-cooked salmon makes a perfect entrée

Fish typically does not require a lengthy cooking time, which makes it both tricky and ideal to serve when hosting friends and family at home. The short cooking time of fish makes it great for hosts who want to spend more time with their guests and less time cooking. However, that same short cooking time means it's easy to overcook fish. And no one wants to serve or eat dry, overcooked fish.

Slow-baking and slow cooking could prove the best of both worlds for cooks who want to serve fish but avoid overcooking it. This recipe for "Salmon with Spiced Red Lentils and Bacon" from Andrew Schloss "Cooking Slow: Recipes for Slowing Down and Cooking More" (Chronicle Books) includes directions for both slow-baking and slow cooking. Hosts are encouraged to choose whichever option works best for them and enjoy the delicious, flavorful finished product with family and friends.

Salmon with Spiced Red Lentils & Bacon
Makes 4 servings
For the Spice Rub:
2 teaspoons ground coriander
1 teaspoon ground cumin
1 teaspoon ground turmeric
1/2 teaspoon sweet paprika
1/4 teaspoon ground cinnamon
1/8 teaspoon cayenne pepper
1 teaspoon coarse sea salt
1/2 teaspoon freshly ground black pepper
1 1/2 pounds farm-raised salmon fillet, in 1 large piece about 1 1/2 inches thick, skin removed
2 bacon strips
1 medium yellow onion, finely chopped
2 garlic cloves, minced
1 cup red lentils
1/2 cup canned diced tomatoes, with juice
2 cups good-quality low-sodium chicken or vegetable broth
2 tablespoons chopped fresh cilantro

To make the spice rub: In bowl, mix together all the ingredients.

Rub 2 teaspoons of the mixture into the flesh of the salmon fillet; set aside for 30 minutes. Preheat the oven to 200 F.

In a large cast-iron skillet, cook the bacon over medium heat until crisp and the bottom of the pan is coated with the rendered fat, 5 to 8 minutes.

NW MN...

Continued from page 2

This includes faster gains in the industries that were hardest hit, including Arts, Entertainment & Recreation, Accommodation & Food Services and Other Services, which typically are not among the fastest growing industries in our 10-year forecasts. To that end, Health Care & Social Assistance is again expected to be the largest growing and one of the fastest growing industries, potentially accounting for as much as one-third of total projected job gains through 2030.

Other industries that should see substantial growth in the region include Educational Services, Manufacturing, Wholesale Trade, Construction, Professional & Technical Services, and Public Administration. In contrast, only five of the 20 main industries are pro-



Transfer the bacon to paper towels to drain, then cut into small pieces.

Put the skillet over high heat. When the fat is hot, gently put the salmon in the pan, pinker-side down. (One side of a salmon fillet will be bright pink and the other side will have a strip of dark flesh running down the center. The bright pink side is the one you want to brown.) Sear until nicely browned on the bottom, about 3 minutes. Using two large spatulas, carefully transfer the salmon to a sheet of heavy-duty aluminum foil, browned-side up.

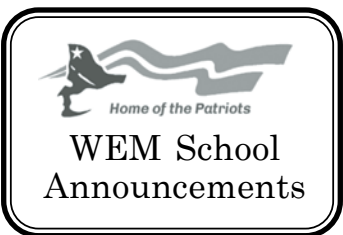
Add the onion to the fat in the pan and sauté over medium-high heat until translucent, about 2 minutes. Add the garlic and the remaining spice blend and stir until aromatic, about 20 seconds. Stir in the lentils, tomatoes with their juice, and broth and simmer for 10 minutes.

Using the foil as a kind of large spatula, carefully slide the salmon onto the lentils. Cover the skillet with a lid or a clean sheet of heavy foil and bake until the thickest part of the fish flakes to gentle pressure and the lentils are tender, about 1 hour.

Garnish with the chopped cilantro and slip onto a large platter or serve directly from the pan.

Variation: 1 n a Slow Cooker

Follow the directions in the recipe. Use a sheet of heavy-duty aluminum foil 2 feet long for resting the browned salmon. Scrape the lentil mixture into a 5- to 6-quart, oval-shaped slow cooker. Using the foil as a plate, set the salmon, still on the foil, on top of the lentils. Drape the long ends of the foil up the sides and over the edges of the slow-cooker crock, like handles. Cover and cook on low for 2 hours. Lift the salmon on its foil sling. Mound the lentils on a serving platter and carefully slide the salmon from the foil onto the bed of lentils. Garnish with the chopped cilantro and serve.



5th Grade Band Information: 5th grade band will be starting Fall 2022. Interested 5th graders should sign up with Mrs. Shultz by August 17th by mail, email, or through the band website. All band information will also be mailed to 5th grade families. If you are interested in learning more about specific instruments, check the band website. You can even submit a band interest form online. (Elementary Band tab, click on the Band Interest Form button.) Any 6th graders who missed sign-up for band last year but would like to join this year are encouraged to fill out the online form and/or contact Mrs. Shultz.

Early Childhood Family Education Starting Tuesdays This Fall: Please join us Tuesday evenings this fall for a night of fun learning activities in a classroom setting at the Win-E-Mac preschool room. Follow us on Facebook at Win-E-mac ECFE for more updates. To register contact DeAnn Boe at dboe@win-e-mac.k12.mn.us or 563-2900. ECFE is for children and their parents/caregivers birth to age 4 (not enrolled in preschool). ECFE is based on the idea that parents are a child's most significant teacher. Our goal is to support you are parents/caregivers in providing the best learning environments for your child's learning and development.

Win-E-Mac Preschool/Early Childhood Screening is a free and simple check of how your child is growing, developing and learning.

A trained professional will check: Vision and hearing; Height and weight; Immunizations (shots); Large and small muscles; Thinking, language and communication skills; Social and emotional development. Preschool/Early Childhood Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten.

The screening will take place at the Polk County Public Health (Bjella Building) in McIntosh. Contact Heather Earls at Win-E-Mac to set up an appointment time for your child to be screened. Email: hearls@win-e-mac.k12.mn.us and phone Win-E-Mac: 218-563-2900.

Do you have a story to share?

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



What is purported to be a mammoth tusk and a 4,000-year-old bison skull are on display at the Polk County Museum in Crookston. Someone said they were dug up around McIntosh or Fosston. If anyone knows where they came from or who gave them to the Polk County Historical Society, they are encouraged to email Historical Society President Anne Muir at imamuir@hotmail.com or contact PCHS Secretary Twylla Altepeter at the Fertile Journal 945-6120 or fertilejournal@hwy32publishing.com. The museum is open Tuesday through Sunday from noon to 4 p.m. There is no charge for admission. Polk County Historical Society member volunteers are available to answer questions and share information.