



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Win-E-Mac Senior Wyatt Davis with parents Jeff and Mandy and team mate, Foma Cheremnov during Parent's Night at the Patriot Varsity football game held on Wednesday, October 18th.



Shenanigans on Main Street during The Shoppes of McIntosh Haunted Marketplace event that was held on Saturday, October 21st with Marcy Wilson, Andrea Stordahl and Meghan Palubicki.

It's easy to make a plan for a safe and successful deer hunting season

As archery deer hunters enjoy the current hunting season and 400,000 hunters prepare for firearms deer hunting seasons, the Minnesota Department of Natural Resources (DNR) reminds hunters to plan ahead for a safe and enjoyable hunt.

"Enjoying the hunt is a lot easier after doing some simple planning. To that end, we've added a wealth of information for hunters on our website to assist in preparing for deer hunting," said Barb Keller, Minnesota DNR big game program leader.

"Using these planning tools is easy and can open up some breathing room for hunters once the season arrives so they can focus on having a safe and successful hunt."

The Minnesota DNR's online make a plan tool opens in a new browser tab provides a comprehensive step-by-step list of information hunters need to consider before heading to deer camp.

Hunters can walk through the steps to consider, including knowing the hunting regulations, planning for deer processing, getting their deer sampled for Chronic Wasting Disease (CWD), being safe and making the most out of their hunt. To use the online tool, all hunters need to know is the deer permit area number or Deer Permit Area (DPA) numbers where they intend to hunt, which they can find on an interactive deer map.

You cannot take a whole deer carcass out of this permit area until you receive a "not detected" test result.

Find a processor willing to take your deer before your hunt to ensure your field-dressed deer will be accepted. If you can't find a processor, quartering or boning your own deer will allow you to take the meat home before receiving a test result. The main leg bone can remain in each quarter.

The following parts of deer may leave a CWD management zone before a "not detected" test result is confirmed:

- Quarters or other portions of meat with no part of the spinal column or head attached;
- Meat that is boned out or that is cut and wrapped (either commercially or privately);
- Hides and teeth; and
- Antlers or clean (no brain tissue attached) skull plates with antlers attached.

Every deer, even those destined for a processor, must be field dressed. To butcher your deer elsewhere, simply quarter your deer.

Please utilize all the useable parts of your deer and properly dispose of what's left using dumpsters in your area.

Throwing away or dumping a harvested deer is considered wanton waste.. If you have a deer that you believe can't or shouldn't be processed or butchered, contact a conservation officer.



Clara Roed and Cadence Determan go together like peanut butter and jelly. Dressing up for some fun during the McIntosh Haunted Marketplace held on Saturday, October 21st downtown.



This group of Patriot fans attended the Win-E-Mac vs. KCC game for Parent's Night with their kids who are acting as the football teams managers for the 2023 season. Pictured: (l-r) Connor Gieseke, Loren Geiseke, Brody Cook (manager), Nicole Cook, Mary Gieseke, Ivy Cook, Aaron Cook, Jemma Cook, Nicki Carlson, Charley Carlson (manager), Jason Carlson, Grady Breitbach (manager), Rhonda Breitbach, Ryan Breitbach and Cole Breitbach (manager).

Talking later-life career changes with U of M

National Career Development Month this November is an opportunity to grow your skill set and reevaluate your job-related goals, whether you're a new intern, seasoned professional, or someone who is interested in changing course later in your career.

Kate Schaefer, Ph.D., L.P., director of the Osher Lifelong Learning Institute at the University of Minnesota, housed in the College of Continuing and Professional Studies, answers questions about how to navigate those later-life career transitions.

Q: How do you know it's time to make a career change?

Dr. Schaefer: Pay attention to the big and little things. The big things — constant stress, strains on relationships, lack of opportunity in your field, a schedule that just doesn't work — are clear shouts that it is time for a change. But also pay attention to the whispers — feeling bored and blah about the job, feeling uninspired about what you are accomplishing, or finding it hard to focus. These are all indicators that you may need to shake things up in your career. You might tweak your job by taking on a new project or new



Kate Schaefer, Ph.D., L.P. Credit: College of Continuing and Professional Studies.

role, but it might be time for a bigger change. You don't have to wait for a crisis to decide to make a change.

Q: What advice would you give to someone trying to identify a new career path that is a better fit for their unique personality and life goals?

Dr. Schaefer: Reflect on what you want, and what you bring to the table — but not for too long. People often get stuck in self-reflection and analysis. They try to get crystal clear about what they want, take

stock of all of the skills they bring, and then go searching for the right career that is going to fit. Yet it is hard to know what a career is really like through armchair reflection and analysis.

The research of Professor Herminia Ibarra, INSEAD, France, points to a different, paradoxical strategy: Act, then reflect. Try something new, in a small way. Take a course, or take on a project or volunteer role that will stretch you in a new direction. Then reflect. Were you energized by the experience? Was it a flop? It's useful information, either way.

Q: What challenges might someone face when changing careers later in life?

Dr. Schaefer: Ageism is real, but there are strategies to get past it. Keep your skills up to date, especially when it comes to technology. Anticipate stereotypes, and address them head on. For example, tell stories that demonstrate that you would work well with a boss who is younger and less experienced than you. If the new career is a step down and/or pays less, explain why you still want it.

People often start new careers, go back to college, and launch new businesses at midlife and beyond. Experienced adults are ideally suited to these endeavors: they bring business acumen, network connections and work skills that are needed to be successful. Age doesn't have to be a barrier to starting something new.

Q: How can I show my skills are transferable?

Dr. Schaefer: Experienced workers bring a host of skills that managers everywhere need: critical thinking, communication, interpersonal skills, problem-solving and project management, to name a few. While these skills can be applied to a variety of positions and careers, you may need to connect the dots for potential employers. Tailor your resume and your LinkedIn profile to highlight these transferable skills. Frame your skills using terminology that resonates with the new career field.

Continuous learning is important in every industry. Make sure your core skills, especially with using technology, are current. Embrace learning, whether it is self-driven, online or in the classroom. A commitment to learning and development is essential in today's evolving workplace.

Q: How can CCAPS at the U of M help people navigate these changes?

Dr. Schaefer: The practical and in-demand skills gained

from our professional training courses can be immediately applied in the workplace and added to your resume to help you stand out. We offer a robust portfolio of graduate and undergraduate degrees, professional development courses, certificates and boot camps designed to deliver valuable tools and skills that can help you raise your profile and fuel your career. The College's Free Professional Development Webinars are a great way to learn more and try us out. You can visit the Webinar Archive page for a wealth of tips and insights, z.umn.edu/professional-development-webinar.

Kate Schaefer is the director of the Osher Lifelong Learning Institute at the University of Minnesota, which is part of the College of Continuing and Professional Studies. She also is a psychologist, coach and educator. She coaches professionals who are transitioning into new roles, jobs and careers, and organizations that are exploring ways to tap the talent of a multigenerational workplace. A past president of AARP-MN, Schaefer currently serves on the AARP-MN Executive Council.



The first winner of the Haunted Marketplace drawing at Neil's Quality Meats & More is Daryl Ohren from Fosston. Congratulations!



The second winner of the Haunted Marketplace drawing at Neil's Quality Meats & More is Irene Erickson from Fosston. Congratulations!

Friends of McIntosh Veteran's News



The Friends of McIntosh Veterans ask you to remember and honor our local veterans on November 11th. We invite you to watch a program that will air at both 1:00 PM and 7:00 PM on GVTV Channel 30. It will also be available on the group's Facebook page and on the website, www.friendsofmcintoshveterans.com.

Included in the program is an interview with McIntosh native and US Navy veteran, Ben Ramse.

We offer our sincere appreciation to all of you who have served our country!

Christmas Cards to Veterans

Just a reminder that we are going to mail Christmas cards to Veterans again this year. We have already collected 631 cards and it would be nice to get to 1,000. Anyone can help with this project. Some rules are: Sign your name on the card, put a return address label on the back of the card and also on the upper left hand of the envelope, do not glue the flap of the envelope, and write a note (type a note to be included in the card) and be sure you are positive about the information that you submit.

These cards need to be given to Garnet Aanenson before November 10th so that they can be mailed to the organization to be distributed to Veterans in the United States and in areas of the world where our Veterans are serving.

I believe between the VFW Auxiliary and Friends of McIntosh Veterans, we have sent cards for at least 20 years. A great project for our Veterans to help them celebrate these Holidays.



Community Birthday and Anniversary Calendar

Wed. Nov. 1:
Kain Schow, Caleb Paskvan, Janet Landsverk

Thurs. Nov. 2:
Bridgette Burslie, Robert Christianson, Bernie Marshall, *Ron & Elaine Roed

Fri. Nov. 3:
Ethan Ekeberg, Sharon Hegland, Paxten Rock

Sat. Nov. 4: Greta Strom, Cameron Svalen

Sun. Nov. 5: Avery Ostenaa

Mon. Nov. 6:
Judy Bartz, Carolyn Lundquist, Jessica Goodwin, Davin Swanson, Kathy Nornes

Tues. Nov. 7:
Phillip Carlson, Sandy (Brekke) Enger, *Wade & Tina Farell

CHURCH DIRECTORY

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

Wed. Nov. 1: 5:30pm All Saint's Day Mass at St. Mary's, Fosston

Fri. Nov. 3: 6:00pm First Friday Mass at St. Mary's, Fosston

Sun. Nov. 5: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Fri. Nov. 10: 8:30am Mass at St. Mary's, Fosston

Sun. Nov. 12: 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. Nov. 5: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Nov. 12: 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. Nov. 5: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues. Nov. 7: 10:00am. Sunday worship service telecast on GVTV--30

Wed. Nov. 8: 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. Nov. 5: 9:00am Worship
Sun. Nov. 12: 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.

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



Nadelly and Joy Neubert out and about and dressed up for the McIntosh Haunted Marketplace event on Saturday, October 21st.



Thanks to the generosity of donors on Giving Hearts Day, February 9, 2023, RiverView Health's Laboratory is using the latest technology in hematology analyzers. Hematology is the study of the physical parts of the blood. The new analyzer uses whole blood samples to provide information on each cell type in your blood and the overall physical health of your blood. "This analyzer is used 24/7 for patients in all areas of the hospital, and for patients of all ages," shared Emily Nelson, director of RiverView's Lab. "Blood is sampled and diluted and then moved through a tube thin enough that cells pass by one at a time. Characteristics of each cell are measured using lasers or electrical impedance." According to Nelson, the analyzer is used for common tests like hemoglobin, hematocrit, white blood cell count, and red blood cell count. It is also used for body fluids - joint fluids, abdominal fluids, pleural (lung) fluids, and cerebral spinal fluids - to determine how many white blood cells (if any) are contained in those fluids and what types of white blood cells are present. "The analyzer is vital to help providers assess the overall health of our patients." Pictured (l-r) Katie Weber, MLT, Emily Nelson, director of Laboratory Services, and Sarah Wieland, MLS, with the new analyzer.

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"Serving the Win-E-Mac area"

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A breeding female wolf traveling on a logging road carrying a deer fawn back to her pups in June 2023. Photo credit: Voyageurs Wolf Project

Humans have substantially altered the relationship between wolves and deer

New research from the University of Minnesota's Voyageurs Wolf Project found that human activities in northern Minnesota — logging, road and trail creation, and infrastructure development — have profoundly impacted where wolves hunt and kill deer fawns. By altering forest ecosystems, humans have created an environment that possibly favors the predators.

This research, recently published in Ecological Applications, is a collaboration between the University of Minnesota, Northern Michigan University, the University of Manitoba, Voyageurs National Park, and the Voyageurs Wolf Project. The Voyageurs Wolf Project is funded, in part, by the Minnesota Environment and Natural Resources Trust Fund as recommended by the Legislative-Citizen Commission on Minnesota Resources (LCCMR).

"The premise is really quite simple: human activities change where deer are on the landscape, and wolves go where the deer are," said co-lead author Thomas Gable, a postdoctoral researcher at the University of Minnesota and project lead for the Voyageurs Wolf Project.

The researchers found:

- Wolves disproportionately hunt and kill deer fawns around recently logged areas — those logged within the past five years. This is likely because clear-cut forests provide dense stands of young saplings, supplying prime food for deer and excellent hiding spots for newborn fawns. Wolves seem to know these recently-logged areas are good hunting spots, turning the nursery grounds into risky areas for deer fawns during summer.
- More than expected, wolves tend to kill deer fawns closer to human infrastructure, like cabins, year-round residences and barns. This is likely in part due to the fact that supplemental feeding of deer by people is common in the region, and this likely congregates deer near human-developed areas. The high concentration of deer near human development, in turn, attracts wolves to areas near people.
- Wolves preferentially hunted fawns from linear features — roads, powerlines, ATV/UTV trails, and hunting lanes — and disproportionately killed fawns closer to these features than would be expected. This was unsurprising

to the research team, as wolves face the same general issues that people do when traveling in the woods, and just like humans, wolves often prefer to travel on linear corridors than through dense forest.

"When we put all of the pieces together, it is pretty clear that the cumulative effects of all major aspects of human activity in the Northwoods — logging, infrastructure development, and road and trail development — have fundamentally changed where and how wolves hunt deer fawns here," said Sean Johnson-Bice, a Ph.D. candidate from the University of Manitoba and co-lead author of the study. "The rules of this predator-prey game change when people alter ecosystems, and it's possible we have created conditions that may have tipped the scales in the predators' favor."

Future research is needed to understand whether human activities have simply influenced where wolves end up killing deer fawns or if human activities have actually increased wolf hunting efficiency of deer. The team is exploring various approaches to examining this question.



Hank Earls with his sister, Cora and parents Tim and Heather.



Austin Langeth with parents Brittany Kerksen and Matt Sandberg with team mate, Yakov Kutsev.



Hunter Westcott with parents Tyler Westcott and Michelle Brinkman.



Nathaniel Spry with parents Ron and Nancy.



Did you know?

The majority of people hear Christmas and naturally think of December 24th and 25th. For millions of Christians, these two dates mark Christmas Eve and Christmas Day, respectively, which is when Christians commemorate the birth of Jesus Christ.

In fact, the word Christmas comes from the phrase "Mass of Christ." However, there are certain faithful who will not be celebrating Christmas on December 25th.

These are namely those who belong to Orthodox, Greek Orthodox and Coptic Orthodox churches, among others. These churches primarily trace their origins to Eastern Europe and portions of Asia and Africa, including Russia, Ukraine, Belarus, Serbia, Greece, Armenia, and Ethiopia.

The churches utilize the former Julian calendar for religious observations. This places Christmas on January 7th.

It also is believed that 12 days after Jesus was born, three magi visited him to shower him with blessings and gifts, an event known as the Epiphany.

Some recognize Christmas as occurring on this day, which is January 6th.

In fact, the "true" Christmas holiday takes place between Christ's birth and the Epiphany, or the 12 days of Christmas. Candlemas, which comes 40 days after Christmas, also is considered the official end of the Christmas season for some.

Home of the Patriots

WEM School Announcements

Win-E-Mac Juniors: Cookie dough sold will be arriving on Wednesday, the 1st of November. Be sure to make arrangements to take your boxes of items that day after school as the school has no extra storage. Deliver or be able to freeze items.

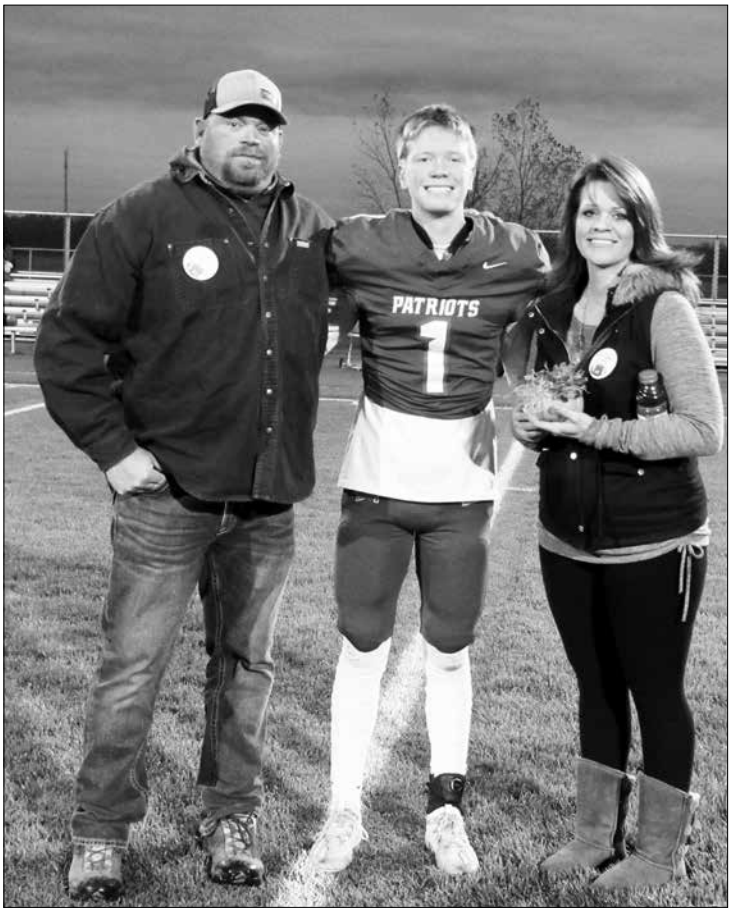
Attention Sophomore and Senior families! Jostens will be at school on Tuesday, November 7th to discuss class rings and graduation items. They do have an order deadline on Friday, November 11th. So watch for special promotions as we approach that date. An email will be sent out that week with more information, so please check your email for more information!

Yearbook Pre-sale. Order a Yearbook, Get a Donut at Delivery in May! Cost is \$40.00 now and until December 20th. Cost increases to \$50.00 after December 20th.

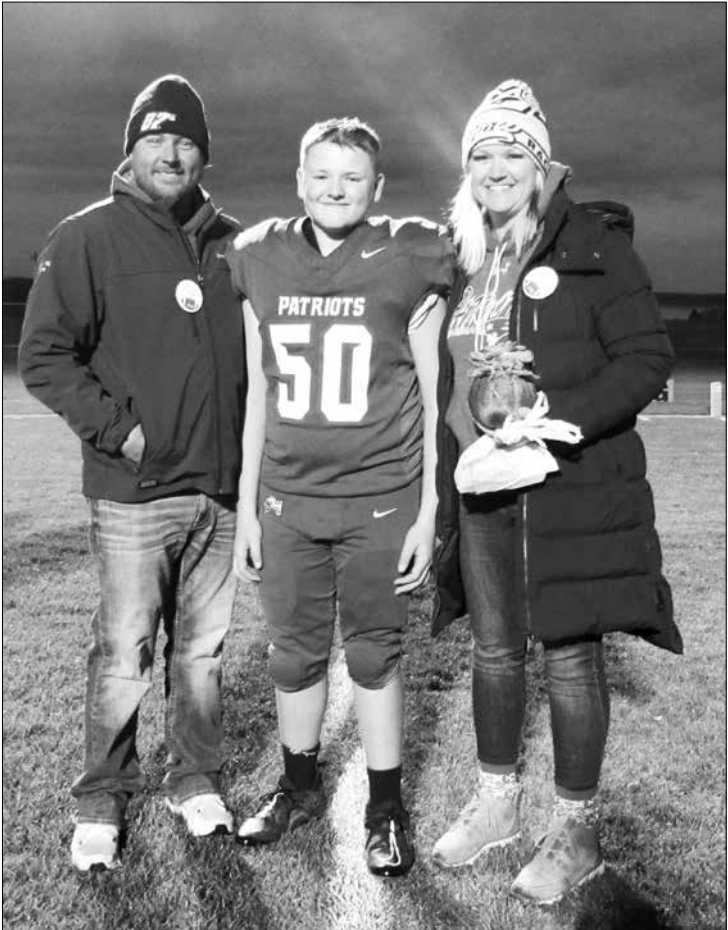
Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours.

Shop SMALL!

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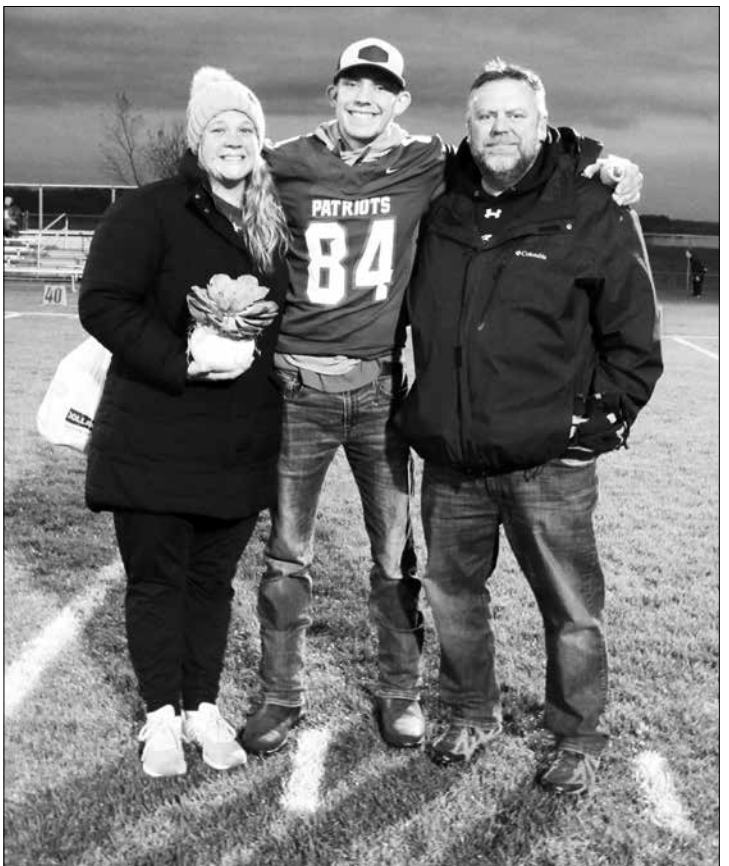
Patriot Senior Cameron Bergman with parents Matt Bergman and Amanda Guerrero.



Kolten Schow with parents Matt and Ashley.



Peter Kolden with mom Amy.



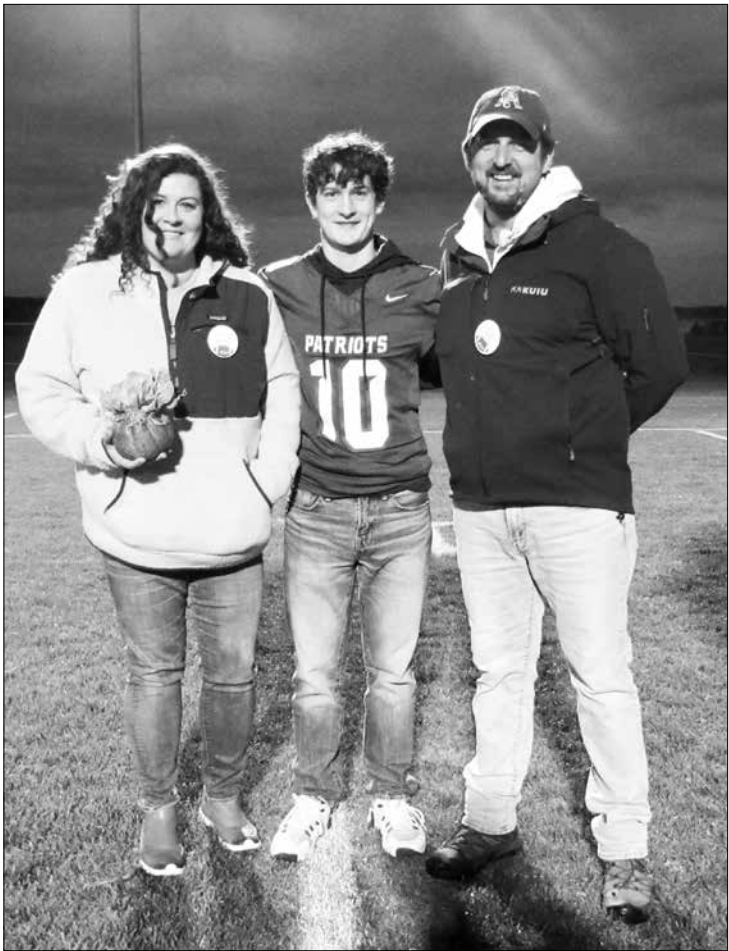
Patriot Senior Alec Haskett with parents Guy and Maggie.



Rian Bergh with parents, Pete Bergh and Danielle Fladhammer.



Hayden Haugen with parents Jason and Jenny.



Hayden Johnson with parents Nate and Erin.



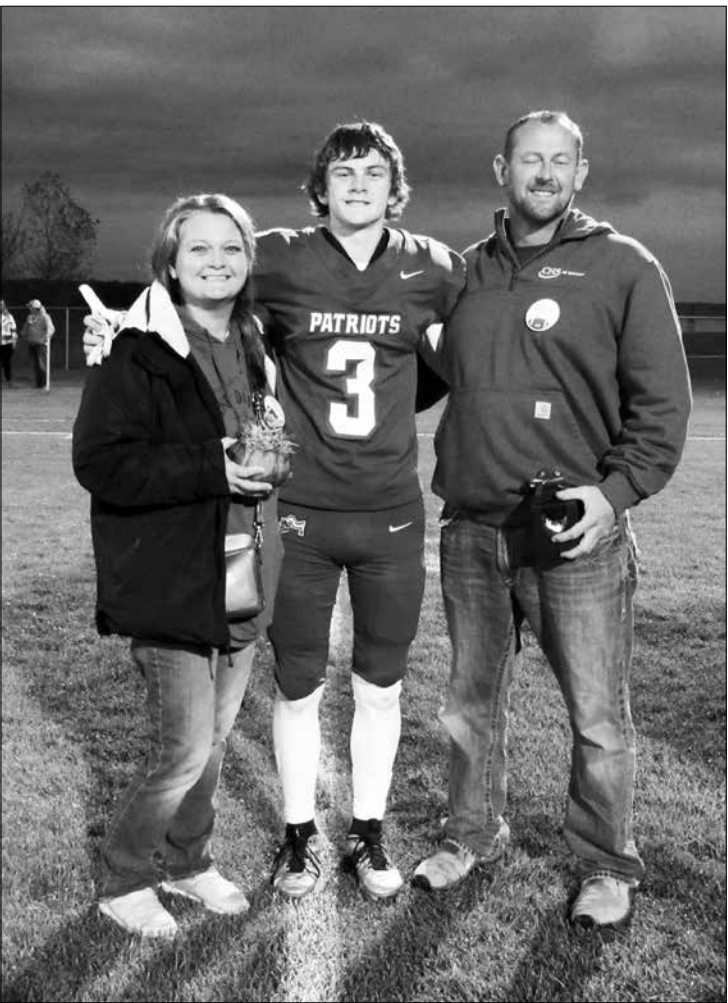
Carter Fortman with brother and mom, Lori.



Bergan Howard with parents Joel and Katherine.



Braylon Hamre with parents Erik and Tanya.



Gage Vedbraaten with parents Dustin Vedbraaten and Andrea Broden.

How to be an environmental volunteer

People who want to volunteer their time have many opportunities to choose from. Volunteer efforts can be the more rewarding when individuals choose causes that have profound meaning to them.

Environmental stewards likely want to get involved with nonprofit groups that focus on conservation.

Climate change and the impact of human activity on the planet concerns people in all corners of the globe. Many people feel that the time has come to prioritize protecting the planet. Consider some of these facts, courtesy of Eco-Friendly Habits:

- One hundred acres of rainforests are cut down every day.
- Beef production is one of the biggest causes of deforestation.
- About five million tons of oil produced in the world end up in oceans every year.
- Plastics kill more than one million sea animals annually.

Environmental volunteering, which refers to work undertaken to benefit the natural environment, may be the right opportunity for those looking to get involved. Here are some volunteering efforts and groups that champion environmental causes.

International efforts

Amigos is a program that operates in Costa Rica, Colorado and Ecuador. Various projects help preserve biodiversity, explore sustainable farming practices and educate people about the importance of biodiversity.

Fire brigade

Many countries employ volunteer fire brigades to handle wildfires. This type of volunteerism often involves training and activity in the field, so it requires a significant dedication of time and effort.

Beach sweeps

Various organizations coordinate regional beach clean-up efforts. Worldpackers, Clean Ocean Action and others rely on volunteers to help sweep trash from beaches.

Environmental education

Individuals who are teachers or specialists in certain areas of ecology may want to share their knowledge with others. They may be able to volunteer at the elementary, high school or even college level and educate young people about various environmental topics.