



McINTOSH Times

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Connie Strom, a #1 Patriot fan, came to Win-E-Mac school to share her love of books and quilting. She visited grades Pre-school through 3rd grades reading the book *The Little Ghost Who Was A Quilt*. She had her little ghost along with her, which the kids loved! Thank you Connie! Picture below: Connie and the Win-E-Mac kindergartener's. The kids enjoyed the picture book about a little ghost who was a quilt instead of a sheet. Connie made the cuddly quilt ghost to go along with the story as well.



Programs at school and on local cable to honor our local Veteran's

Win-E-Mac School Veteran's Day program
Win-E-Mac School invites area Veteran's and community members to the high school gymnasium on Monday, November 11th at 9:00 am for a special school program planned to honor the Veterans and their service to the nation. The program will include the Presentation of Colors by the Winger American Legion along with various students, the Win-E-Mac band and choir performing American classic musical selections. Guest speakers for the program include Dr. Blanchard Krogstad, Lieutenant Army Corps and Bruce Krogstad, Lieutenant Colonel, Retired

Chaplain USAF. The Quilters of East Polk will present select Veteran's with quilts, made locally by the quilting group. Everyone is welcome to attend the program. Entrance to the school will be through the main doors. **Friends of McIntosh Veterans cable program**
The Friends of McIntosh Veterans interviews local Veteran Dick Parent as part of the program that will be featured on Veteran's Day, Monday, November 11th. Please tune in to GVT Channel 30 on Monday, November 11th, at either 1:00 pm or 7:00 PM, for our online Veteran's Day program. This



Long-time McIntosh resident Dick Parent will be interviewed during the Friends of McIntosh Veterans program on Monday, November 11th.

is the fourth year we have put together a program for those who aren't able to attend one in person. The program will also be available online at www.friendsofmcintoshveterans.com. The one-hour program honors the local men and women who have served our country, including interviewing one of them to hear about their experience in the military. This year, we feature Specialist 5th Class Dick Parent, long-time resident of McIntosh and retired county employee.

Dick served in the U.S. Army from 1957 until 1959, and was called back into active duty in 1961 after the Cuban Missile Crisis. He was a Control Systems Mechanic specializing in aerial surveillance (drones). If you or a family member from McIntosh have served in the military and are not included in the program, please contact Darlene Dierkes or Garnet Aanenson so we can add you next year. Thank you to all who have served and continue to serve to keep our country free!



Ideas to honor veterans

Millions of people make considerable sacrifices to protect the freedoms of their fellow citizens. According to the Pew Research Center and data from the Department of Veterans Affairs and the U.S. Census Bureau, there are currently more than 18 million living veterans in the United States. The term "veteran" refers to a person who served in the active military, naval, air service, or space service and was discharged or released under conditions other than dishonorable. In the U.S., there are actually five types of protected veterans, according to the Vietnam Era Veterans' Readjustment Assistance Act of 1974. Under VEVRAA, a veteran may be classified as a disabled veteran, recently separated veteran, active duty wartime or campaign badge veteran, or Armed Forces service medal veteran. Veterans deserve respect and admiration all year long, but also get their own holiday each November. Veterans Day celebrates veterans' patriotism and willingness to sacrifice and serve. This Veterans Day, people can consider these eight unique ways to honor the veterans in their community. **1. Attend events.** Organize or participate in local Veterans Day celebrations, such as pa-



rades and ceremonial events. **2. Get involved with veterans' affairs.** Support veterans by volunteering with organizations that assist them, such as the VA, local veteran's groups, VA hospitals, or charities dedicated to veteran services. **3. Petition for veteran speakers.** Reach out to schools, scout troops or other groups and arrange opportunities for veterans to share their stories and contributions. Learning about the sacrifices these men and women made can heighten individuals' appreciation for veterans. **4. Support the families of veterans.** Reach out to veterans' families, who also must make sacrifices and concessions. Anything from shopping, babysitting, doing chores, or making a meal can help the

families of veterans. **5. Make a donation.** If finances allow, make contributions to reputable charities that provide services for veterans like those that offer mental health counseling or job placement services. If there isn't a charity that fits with your vision, begin one. **6. Hire veterans to work.** If you are a business owner or hiring manager, consider hiring veterans for open positions at your company. It can be challenging to re-enter the workforce after service, so make it known that your firm welcomes veterans. **7. Offer personal acknowledgements.** Take the time to speak to veterans and thank them for their service. If possible, when dining out, ask the server if you can pay for the meal of a veteran who also is dining that day. **8. Don't forget the fallen veterans.** Although Memorial Day is designed to honor those who lost their lives through military service, people still can honor the fallen veterans on Veterans Day by sharing stories or placing flags at veteran cemeteries. Veterans Day is celebrated on November 11, marking an opportunity to express one's gratitude and support for the scores of veterans who have served honorably.



The Win-E-Mac juniors went to the Northern Valley Career Expo at the Alerus Center in Grand Forks on Wednesday, October 23rd. Students had the opportunity to explore high-wage and in-demand careers from over 60 area employers while taking part in exciting interactive exhibits. The Expo has celebrated 10 years of success, and more than 12,000 students have connected with employers and careers in the region.

MDH highlights family caregivers for Alzheimer's month this November

Family caregivers are the backbone of the care community, but their contributions and needs are often overlooked or underappreciated. Leading up to Alzheimer's Awareness Month this November, the Minnesota Department of Health's (MDH) Healthy Brain Initiative is highlighting an in-person conversation and roundtable discussion including new data and policy options for supporting caregivers.

"Caregiving may be the most satisfying and important work we ever do as a profession or in our personal lives," said Minnesota Commissioner of Health Dr. Brooke Cunningham. "Many caregivers need more support to maintain their own well-being as they help others."

Caregiving can range from helping to get groceries to intense around-the-clock care for late-stage Alzheimer's. In 2020, an estimated 99,000 Minnesotans age 65 years and older had Alzheimer's disease. The numbers will only increase over time as the population gets older.

Former First Lady of the United States Rosalynn Carter famously said, "There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. That's all of us."

MDH analyzed data for Minnesota family or friend caregivers and found that they are generally dealing with more challenges related to living conditions and personal health than other Minnesotans. According to 2021 adult survey data from the Behavioral Risk Factor Surveillance System, 17% of Minnesota adults reported they were caregivers for friends or family members.

The same 2021 data showed that caregivers experienced lower incomes and less social and emotional support than people who are not currently caregivers. Minnesota caregivers were also more likely to report delaying care due to cost—9.6% reported delaying their own care based on cost compared to the average of 5.8% of all Minnesotans.

One support effort underway by MDH's Healthy Brain Initiative is a grant program. MDH is seeking Healthy Brain Community Grant proposals by Nov. 12th from partners who can reach and engage communities impacted by Alzheimer's disease and related dementias. Up to four organizations will be awarded \$20,000 per year for up to a 3.5-year grant period. Organizations will aim to improve or amplify brain health messages and strate-

gies that reduce dementia risk; detect and diagnose dementia earlier; and support caregivers and people living with dementia. To learn more about the Healthy Brain Community Grant grant, go to: Alzheimer's Disease and Related Dementias Funding Opportunities (www.health.state.mn.us/diseases/alzheimers/funding/index.html).

In July, MDH launched the Alzheimer's Disease and Related Dementias Community Toolbox (www.health.state.mn.us/diseases/alzheimers/community/index.html). This online resource is for organizations looking for tools and resources to educate their communities about brain health and dementia as well as for support services for people living with dementia and for their

caregivers.

It is important to learn about brain health because many risk factors for adults can be changed, including high blood pressure that is not well managed, diabetes, smoking, hearing loss, social isolation and little or no physical activity. Early detection is also a way to address dementia more fully. Despite these advantages, only 4 in 10 Minnesotans noticing signs of memory and thinking challenges talk about it with a health care provider, according to a 2021 adult survey data.

November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it.

Holiday spending projections

The holiday season tends to be the busiest for retail sales, and going by how shoppers opened their wallets during the 2023 season, many are wondering if 2024 will be another banner season for retailers. Last year, the average consumer spent around \$1,530 on gifts and other holiday needs, according to Mailmodo. The United States Department of Commerce indicated retail sales grew 4.1 percent year over year in November 2023. Industry forecasters have made a few predictions for the 2024 holiday spending season, and these are some key takeaways.

The presidential election likely will have a major impact on consumer shopping. Shoppers were expected to bide their time until they feel better

about the outcome of the election. Forecasters suggested if a consumer's chosen candidate wins, they'll feel more comfortable about higher spending.

Shoppers may find finely tuned discounts and offers showing up in their emails or text messages.

Forty-three percent of consumers are carrying more debt now than in 2023 because they are reliant on their consumer credit cards more than ever. Expect to see more "buy now, pay later" deals by retailers to lure in customers.

Salesforce research says consumers will continue to utilize the convenience of online shopping on Black Friday, blurring the lines between that popular retail holiday and Cyber Monday.

Essentia Health offering RSV immunizations for children and adults

This respiratory season, Essentia Health is excited to offer immunization options for respiratory syncytial virus (RSV) for both children and adults.

Beyfortus is a monoclonal antibody immunization recommended for all babies younger than 8 months born to mothers who did not receive a maternal RSV vaccine during pregnancy. A dose should be administered to infants during their first RSV season (October through March).

Beyfortus is also recommended for children aged 8 through 19 months who are at an increased risk for severe RSV. This group includes:

- Children who were born prematurely and have chronic lung disease.
- Severely immunocompromised children or children with severe cystic fibrosis.
- American Indian and Alaska Native children.

RSV is a very common virus that causes a high burden of disease. It can spread when an infected person coughs or sneezes, by direct contact with someone who has RSV or by touching a contaminated surface.

"Almost all children will be exposed to RSV at least once before they turn 2 years old," said Dr. Dhilhan Marasinghe, section chair of pediatrics for Essentia Health's West Market. "What makes RSV unique and particularly worrying is that it is the most common cause of hospitalizations for children under the age of 1 year — even more than influenza."

Two to three out of every 100 infants under 6 months are hospitalized with RSV each year in the United States, according to the Centers for Disease Control and Prevention. Those who are hospitalized may require oxygen, IV fluids and mechanical ventilation.

RSV symptoms
Infants and young children with RSV often show symptoms. In infants less than 6 months old, symptoms may include irritability, decreased activity, eating or drinking less and apnea (pauses in breathing for more than 10 seconds).

In young children, early symptoms of RSV can include runny nose, eating or drinking less and a cough that may progress to wheezing or difficulty breathing.

RSV usually causes a mild, cold-like illness; however, it can progress and lead to severe illnesses such as bronchiolitis (inflammation of small airways in lungs) and pneumonia (lung infection). Parents should seek immediate medical attention if their child is having difficulty breathing, not drinking enough fluids or is experiencing worsening symptoms.

RSV vaccine for adults
RSV vaccines became avail-

able to protect older adults for the first time in 2023.

Essentia offers Pfizer's RSV vaccine, Abrysvo. It is approved for pregnant mothers, anyone aged 75-plus years and those between 60-74 who have high risk conditions and have not received a previous dose.

Adults at the highest risk for severe RSV illness include older adults, adults with chronic heart or lung disease, adults with weakened immune systems and adults living in nursing homes or long-term care facilities.

As with pregnant women, infants and young children, only one lifetime dose of RSV immunization is generally recommended for older adults.

RSV immunizations are generally covered by insurance. The Vaccines for Children program provides free to low-cost vaccines for children who are American Indian, Medicaid-eligible, uninsured or underinsured.



Free Thanksgiving dinner

Do you need help providing a Thanksgiving meal for yourself or your family this year because times are tough? Are you facing the possibility of being alone on Thanksgiving? If either of these things is true, let Erin help. You are invited to a Thanksgiving dinner at the Erskine Community Center. This is a free meal provided to help those in need. I offer in person dining, take out, and deliveries, if there are volunteer drivers this year. Deliveries will take place starting at 4:45 pm. Dine-in will be from 5:00 pm to 7:00 pm. Take out starts at 5:30 pm.

Donations for this event are always welcome and appreciated. Any and all donations can be made at the American State Bank of Erskine into the Holiday Meals account.

If you are interested in helping with deliveries this year or would like to sign up for the meal, please contact Erin at 218-280-2992.



Wed. Nov. 6:
Judy Bartz, Carolyn Lundquist, Jessica Goodwin, Davin Swanson, Kathy Normes

Thurs. Nov. 7:
Sandy (Brekke) Enger, Wade & Tina Farrell

Sat. Nov. 9:
Tyler Schow, Lynette Espeseth

Sun. Nov. 10:
Travis Plante, Jenna Schommer, Lorene Tranby, Danette Strom

Tues. Nov. 12:
Steve Widman, Andrea Stordahl, Jayden Gensburger

Friends of McIntosh Veteran's

The Veterans Day program will be on Garden Valley TV at 1 p.m. and 7 p.m. on November 11, 2024. The program will consist of a special presentation from a Veteran, music and the usual Veterans Day songs.

Also, The Friends of McIntosh Veterans will again collect Christmas cards to be sent to the 7 Veterans Homes in Minnesota. We will need about 975 cards to cover all of the Veterans in Minnesota Homes and hopefully to cover the Veterans that are in McIntosh Senior Living and Poplar Meadows.

All cards should be signed by the giver, return address on the back of the card and on the left hand corner of the envelope, a short note to put into the card or write on the card, and put the flap inside the envelope. All notes should be positive and no negative things. Bring some joy to each Veteran by including something from you that explains some good things about your life, McIntosh, etc.

I will need these cards by November 25 to give me time to send them to the 7 Veteran Homes. Any questions, contact me 218/563/2753.

TAXES DUE

Samuel W. Melbye, Polk County Director of Property Records, reminds Polk County property owners that the second half of the 2024 Real Estate Tax classified as Agriculture is due by Friday, November 15, 2024. Manufactured Home owners are also reminded that the second half of the 2024 Manufactured Home taxes is due by Friday, November 15.

Payments can be made at the Polk County Government Center or can be placed in the Taxpayer Service Center drop box located outside the main East doors at the Polk County Government Center, paid online at www.co.polk.mn.us, or mail them along with your tax statement stub postmarked no later than November 15, 2024.

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

M34C

Join Us In Honoring America's Veterans

Our military veterans have helped make the United States the greatest nation in the world

On November 11, Veterans Day, we salute the brave men and women who have served in the Army, Navy, Air Force, Marines, and Coast Guard.

We thank them for their patriotism and protection of our country.



First National Bank of McIntosh will be closed Monday, November 11th in observance of Veterans Day.



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McIntosh, MN 56556
www.fnbmcintosh.com

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"Serving the Win-E-Mac area"

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CHURCH DIRECTORY

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

Fri. Nov. 8: 11:30am Mass at St. Mary's, Fosston
Sun. Nov. 10: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Nov. 13: 11:30am Mass at St. Mary's, Fosston
Fri. Nov. 15: 11:30am Mass at St. Mary's, Fosston
Sun. Nov. 17: 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. 10: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Nov. 17: 10:00am Coffee Hour; 10:30am Worship Services

Our Savior's 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:
Pastor: Jerry Moan

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 9:30am; 10:45am Sunday School

Mt. Carmel: (305 State St. NE, McIntosh) 9:45am Sunday School; Sunday Worship: 11:00am

Wednesdays: 6:30pm Confirmation; 7:15pm Free Lutheran Youth meet at Pastor Moan's home

Lutheran Parish YouTube Channel

GOSEN LUTHERAN CHURCH Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun, Nov. 10: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Nov. 12: 10:00am. Sunday worship service telecast on GVTN--30

Wed, Nov. 13: 6:30pm Bible Study at at Connie Parr's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
PastorLee Laaveg

Sun. Nov. 10: 9:00am Worship
Sun. Nov. 17: 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

Thurs. Nov. 14: WNALC (ladies aid) 2:00pm in the church basement. Serving group #3 will furnish desserts. All women in the community are invited.

Sundays: 9:15am Sunday School; 10:30am 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.

Thriving Life Church
Erskine, MN

Sunday servie at 10:00 am
Call or visit us at: 22722 350th Street; 218-687-2343

People Moving into NW MN drives population growth and boosts the labor force

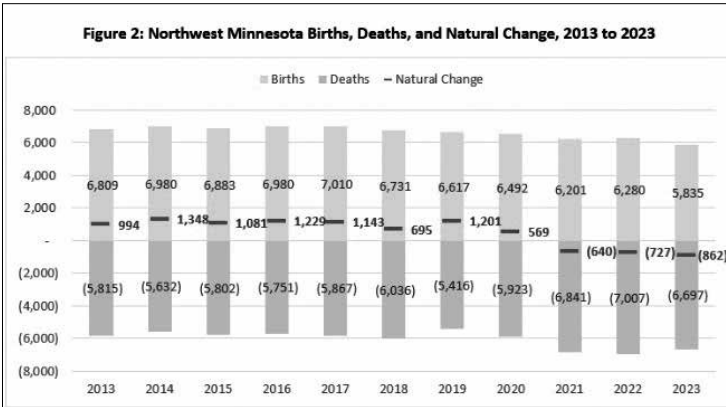
By Anthony Schaffhauser
From 2020 to 2023, Northwest Minnesota's population grew by more than 5,900 people, or 1%. All this growth is attributable to more people moving into the region than moving out, positive net migration. Increased net migration to rural counties has been a trend in Minnesota statewide, as well as nationally. According to the USDA Economic Research Service, "f ear of exposure to COVID-19 in metro areas and the subsequent increase in remote work contributed to a major shift in migration patterns."

People moving for quality-of-life factors, so called "amenity migration," has been long recognized as a draw to rural areas. Natural beauty and outdoor recreation of lakes, forests and prairielands in Northwest Minnesota have drawn retirees, and now remote work i allows for more locational freedom. According to a 2021 survey done by Paulsen, a marketing agency based in South Dakota, 66% of Americans would consider moving to a rural home or a subdivision if telecommuting was an option. More land and space around a home, house affordability, general lower cost of living, fewer people, less traffic and a safe environment with clean air and water are some reasons cited by survey respondents for moving to a rural area.

In-migration plays a prominent role in Northwest Minnesota's recent population growth (see Figure 1). Net migration from moves made within the U. S., called domestic net migration, are separate from the net migration from moves made to and from the U.S. and foreign countries, called international net migration. Domestic net migration surged to the highest and second highest levels of the decade in 2021 and 2022, with 2017 being the only year that exceeded the level in 2023.

Since Northwest Minnesota's natural rate of increase, the comparison of births and deaths, has slowed and even turned negative in the last three years, in-migration has become even more important. Negative natural change has only recently been occurring in Northwest Minnesota. Prior to 2021, positive natural change was the norm. Birth have been generally trending down since 2016, while a higher number of deaths occurred in 2021 and 2022 (see Figure 2).

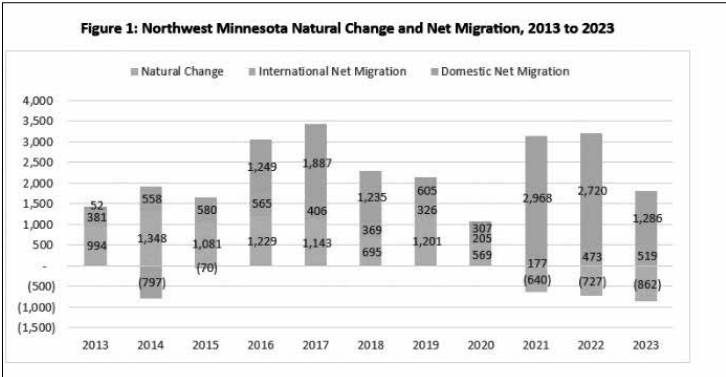
While deaths decreased in 2023, they are still higher than any year from 2013 through 2020. Thus, the switch to negative natural increase is from a combination of fewer births and more deaths, but more so from the increase in deaths. In 2023, there were 657 fewer births and 774 more deaths than in 2020. In fact, there were about 2,200 more deaths than births in Northwest Minnesota for a negative natural increase, while the gain from



net migration was about 8,100. Northwest Minnesota's positive net migration overwhelmingly surmounted the negative natural change.

A key question about amenity migration is how much

it impacts the workforce. If nearly all the net migration is retirees, then there would be little impact. Table 1 estimates the number of people under age 65 moving into the region using the population estimates



by age over three years from 2020 to 2023. If there is an increase in the number of people three years older from three years in the past, this is from net migration because there is no other cause for the number to increase. Granted, it slightly understates net migration because there is some decrease from deaths, but death rates are very low for ages under 65 years. According to the Na-

tional Institutes of Health, the 2018 to 2022 death rate for Minnesotans aged 40 to 64 was 0.3%, and 0.1% for aged 20 to 39.

The estimated cumulative net migration of those under age 65 is 3,920 (see Table 1). The total net migration for all age groups is 8,143 (see Figure 1). Thus, about half (52%) of the net migration is in the traditional retirement age of

Table 1: Northwest Minnesota 2020 to 2023 Net Migration Estimates for Age Groups Under 65 Years

Age in 2020	2020 Population	Age in 2023	2023 Population	2020 - 2023 Change	
				Number	Percent
-3 to 11*	105,502	0 to 14	107,639	2,137	2.0%
12 to 21	75,077	15 to 24	72,925	-2,152	-2.9%
22 to 51	190,549	25 to 54	192,731	2,182	1.1%
52 to 61	77,185	55 to 64	78,938	1,753	2.3%
Up to 61	448,313	0 to 64	452,233	3,920	0.9%

* Includes births in 2021 to 2023
Source: U.S. Census Bureau, Population Estimates

65 and over. With 2,137 net migrants under age 15 in 2023, that leaves around 1,783 in the 15 to 64 age group, or 22%. However, there were 2,182 net migrants aged 25 to 54, while there was a net loss of 2,152 from those aged 15 to 24 moving away.

That is a net benefit to the Northwest region's workforce, because the labor force participation rate (LFPR) is the highest among those aged 25 to 54 years.

According to the U.S. Census Bureau's 2018 to 2022 American Community Survey 5-year estimates, the 25- to 54- year- old LFPR was 87%, compared to 71% for 16- to 24- year- olds and 69% for people aged 55 to 64. Thus, even with only a bit over 20% of the net migration in the traditional

working age group, it is still providing a substantial boost to the region's labor force.

While a significant portion of the workers that moved to Northwest Minnesota are no doubt working remotely for employers outside the region, we can assume that the bulk of their wages are spent in the region, thereby increasing regional prosperity. Likewise for retirees that move to Northwest Minnesota; even if they aren't participating in the labor force, they're still contributing to the economy.

Furthermore, many of the partners and family members of remote workers and retirees will work for employers in the region. Clearly this recent trend of increased net migration is a great benefit to the region.

KFGO radio receives TZD Media Award at the 24th annual Toward Zero Deaths conference

The statewide awards are presented to those who work to save lives on Minnesota roadways.

Six people and one radio station were honored recently for their outstanding work to reduce the number of life-changing crashes on Minnesota roads.

Each of the seven received a 2024 Toward Zero Deaths Award during a ceremony attended by more than 800 of the state's leading traffic safety professionals meeting in St. Cloud for Minnesota's 24th annual State TZD conference.

The prestigious traffic safety awards are presented annually by the Minnesota departments of health, public safety and transportation. The awards recognize outstanding work and accomplishments to improve traffic safety and reduce the number of people who are killed or seriously injured while traveling Minnesota roads.

TZD's Media award goes to KFGO radio

KFGO radio broadcasts a news/talk format serving the Fargo-Moorhead metropolitan and surrounding areas in Minnesota, North Dakota, and South Dakota.

KFGO is a leader in raising awareness about traffic safety through its live broadcasts, local PSAs, timely and accurate traffic news, and powerful storytelling. Weaving personal tragedies into compelling narratives, KFGO fosters a sense of shared responsibility among listeners. Among its approaches to traffic safety are live broadcasts featuring "Trooper Talk" segments and informative "Ask a Trooper" articles shared weekly with followers on social media and its news website.

By weaving personal tragedies into compelling narratives, KFGO fosters a sense of shared responsibility among its listeners.

"In these ways, KFGO radio goes beyond simply reporting the news—it actively works to create a culture of safe driving

in its listening area," said Katy Kressin, West Central TZD regional coordinator.

About TZD awards
The Toward Zero Deaths Media Award is given to recognize an individual or organization in the media that has demonstrated excellence in raising public awareness about traffic safety.

Recipients have gone beyond the typical news story and shown a commitment to reducing traffic fatalities and serious injuries in Minnesota. This award is not necessarily given each year.

TZD awards are presented annually to individuals and organizations in Minnesota that show excellence in TZD's emphasis areas of enforcement, emergency medical and trauma services, education, engineering, child passenger safety and judicial/court systems. Award recipients have shown their leadership and creative capacities in efforts to improve traffic safety throughout the state and build partnerships.



Garret Davis and Stella Davis with parents Jeff and Mandy Davis during the Win-E-Mac Patriot's Parent's Night.



Patriot Football managers Cole and Grady Breitbach with parents Ryan and Rhonda.



Patriot Kale Smeby with parents Carr and Melisa during Parent's Night.



Nick Schow with parents Calvin and Annie.

Ad deadline:
Noon Friday



Patriot football manager Brody Cook with parents, Aaron and Nicole during Parent's Night at Win-E-Mac School.



Cooper Gieseke with parents Loren and Mary and with niece Ivy during Parent' Night at Win-E-Mac School.



(above and below) Quilter Connie Strom recently stopped at Win-E-Mac to share her ghost quilt and a story, The Ghost who was a Quilt, with both preschool classes. She read the story with her ghost quilt at her side.



Cooking venison for flavor and safety

By: Suzanne Driessen, Extension educator and Kathy Brandt, Extension educator

What causes the wild or gamey taste in venison?
Venison refers to the meat of antlered animals such as deer, moose, elk and caribou. The 'wild' flavor of venison is directly related to what the animal eats. Corn fed deer will have a milder flavor than those that eat acorns or sage. The 'gamey' flavor is more noticeable in the fat. Removing the fat, connective tissue, silver skin, bone and hair during processing lessens the 'gamey' taste.

However, undesirable strong flavors are due to inadequate bleeding, delay in field dressing or failure to cool the carcass promptly.

Preparation methods to improve taste

There are many different methods that help improve the "gamey" taste of venison.

- Remove residual hair
- Removing hair reduces undesirable, gamey flavors.
- Use a vinegar-soaked cloth to remove hairs.
- Tenderize**
- Pound meat with a tenderizing tool.
- Make several small cuts in the meat with a knife.
- Grind meat.

Add Spices

Spices may be used to cover up the 'gamey' flavors in venison.

- Experiment with herbs like rosemary, marjoram, thyme and sage.

Rub with fat

Add other fats to keep game meat from becoming too dry.

- Rub a roast with oil, butter, margarine, bacon fat, sweet cream or sour cream to add moisture, richness and flavor.

Use Marinades

Marinade may be used to cover up the 'gamey' flavors in venison.

- Marinades tenderize (soften muscle fibers) and enhance the flavor of venison.
- Marinades can add fat and calories to this lean cut of meat.

- Always be marinate meats in the refrigerator.
- Always include a high-acid liquid like lemon or tomato juice, vinegar or wine to soften

the muscle fibers.

No time to marinate? Cover the meat with vinegar water (2 tablespoons vinegar to a quart of water) and place in the refrigerator for about an hour before cooking.

Marinade directions

Marinades can tenderize, enhance and disguise game flavors.

- Cover meat with one of the following marinades.
- 2 cups vinegar, 2 cups water and ½ cup sugar.
- French dressing.
- Italian dressing.
- Tomato sauce or undiluted tomato soup.
- Tomato juice.
- Fruit juice (such as lemon, pineapple or a mixture of many juices).
- ¼ cup vinegar, ½ cup cooking oil, ½ teaspoon pepper and ¼ teaspoon garlic salt.
- 2 cups water, 2 cups vinegar, 1-2 tablespoons sugar, 4 bay leaves, 1 teaspoon salt, 12 whole cloves, 1 teaspoon allspice and 3 medium sized onions, sliced.
- Garlic salt, salt and pepper to taste. Add equal parts of Worcestershire sauce and two of your favorite steak sauces. (This gives a blend of flavors and also is excellent for basting game roasts or thick steaks during cooking.)

- 2 tablespoons vinegar, 1 ½ teaspoon ground ginger, 1 clove garlic, minced, 2 tablespoons brown sugar, ½ cup soy sauce and ¾ cup vegetable oil.
- Commercial marinade.
- Place in the refrigerator overnight. (Marinating meats for more than 24 hours breaks down the meat fibers making it mushy.)
- Drain and discard marinade.
- Broil, roast, or braise the marinated meat.

Cooking methods to enhance taste

Big games animals tend to exercise more than domestic animals. Their muscles are relatively lean so venison tends to be drier and less tender than beef.

Meat high on the upper hind legs and along the backbone is the tenderest. It's important to use cooking methods that add juiciness and flavor.

Cooking tips

Don't overcook or cook at temperatures above 375 F. The short fibers in wild game meat will get tough.

Serve game meat very hot or very cold. Lukewarm game fat has a very greasy taste.

Baste very lean cuts with additional fat to improve flavor. Covering roast with bacon strips will provide self-basting.



Charley Carlson with parents, Jason and Nicki at Win-E-Mac School Parent's Night.