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McIntosh, Minnesota

Another successful Tractor Parade in McIntosh



Roy Ostenaar, one of the founders of McIntosh Tractor Day, starts the tractor parade each year. Along with pulling a trailer full of The Clubhouse Childcare Center kids, he also brings the flag for the Star Spangled Banner. Thanks Roy!

Below: There are crowds of people who always show up to enjoy the annual parade along with the other activities throughout the day. Here, Jenny Hubbard, Layla Norton, Danette Strom, Peyton, Paisley, Makenzie, and Rhett Roed all arrived early to get a great seat to see the antique tractors and collect the candy from this years parade.



Steve Urness, a co-founder of the Annual McIntosh Tractor Day, always brings an antique tractor for the parade. Here, he waves to his friends in the crowd as he makes his way along the parade route. Thanks Steve!

Join in the fun!

McIntosh Harvest Festival is Saturday, September 16th downtown. There will be craft and food vendors along with lots of fun activities. Mark your calendar, you won't want to miss this.



Along with their cousin, Isla Clark, Izabelle, Jazmine and Hazel Burthwick get ready to watch the Antique Tractor parade and collect some candy on Saturday, August 26th.

MDE releases 2023 Statewide assessment and accountability data

Results Reinforce the Continued Need for Support.

Today the Minnesota Department of Education (MDE) released the 2023 statewide assessment and accountability results.

The results confirm the need for continuing support for students and educators as they do the hard work of learning recovery by rebuilding connections and skills in all subject areas. The data also underscores the need for the investments in education made during the legislative session by Governor Tim Walz and the legislature in literacy, education workforce and student support.

Today's release of the 2023 North Star Accountability report contains results of the 2023 statewide assessments, which include the Minnesota Comprehensive Assessments (MCAs), Minnesota Test of Academic Skills (MTAS), Assessing Comprehension and Communication in English State-to-State for English Language Learners (ACCESS for ELLs), and Alternate ACCESS for ELLs.

Assessment results are mixed with a 1% increase in overall math scores, a 1% decrease in reading scores and a 2% decrease in science scores since assessments were last completed in 2022. Scores in each assessment area remain about 10 percentage points be-

low their pre-pandemic levels from 2019.

"These statewide assessment results reinforce what we and other states around the country already know—our students, families, school communities, and educators are continuing to recover from the pandemic and need our support," said Commissioner Willie Jett. "This data is important as one part of a broader set of measures that tell us how our students and families are doing and what we need to do in partnership with our school communities to provide support for students to not only recover, but also excel."

Students take statewide reading assessments in grades 3-8 and 10. Of the students who took the reading MCA and MTAS, 49.9% met or exceeded grade level standards, down 1.2 percentage points from 2022.

In math, 45.5% of students in grades 3-8 and 11 who took the MCA or MTAS met or exceeded grade level standards, up 0.7 percentage points from 2022.

The science MCA and MTAS are administered for students in grades five and eight and once in high school. In 2023, 39.2% of students who took the assessments met or exceeded grade level standards, which is a 2.1 percentage point drop from 2022.

ACCESS for ELLs measures students' English lan-

guage proficiency. Of the students who took the ACCESS for ELLs in 2023, 8.6% were proficient in English, a 0.2 percentage point decrease from 2022.

MDE also released North Star attendance data for the 2021-22 school year. This is the first attendance data release since 2019. North Star Attendance data tracks consistent attendance, or the number of students who are attending school at least 90% of the time and who are not chronically absent. Statewide consistent attendance fell to 69.8% of students attending at least 90% of the time. Prior to the pandemic, Minnesota's consistent attendance rate was about 85%.

"We will not shy away from what the data are telling us. These results send a renewed sense of urgency and underscore the importance of key supports that are already underway," Commissioner Jett said. "As we enter a new school year, MDE is committed to providing support, through programs such as COMPASS and implementing the READ Act and other new legislation, to help every school in Minnesota as they strive to meet the academic, social-emotional and mental health needs of students."

Win-E-Mac Elementary School data shows a decrease in standardized testing for math, reading and science. At-

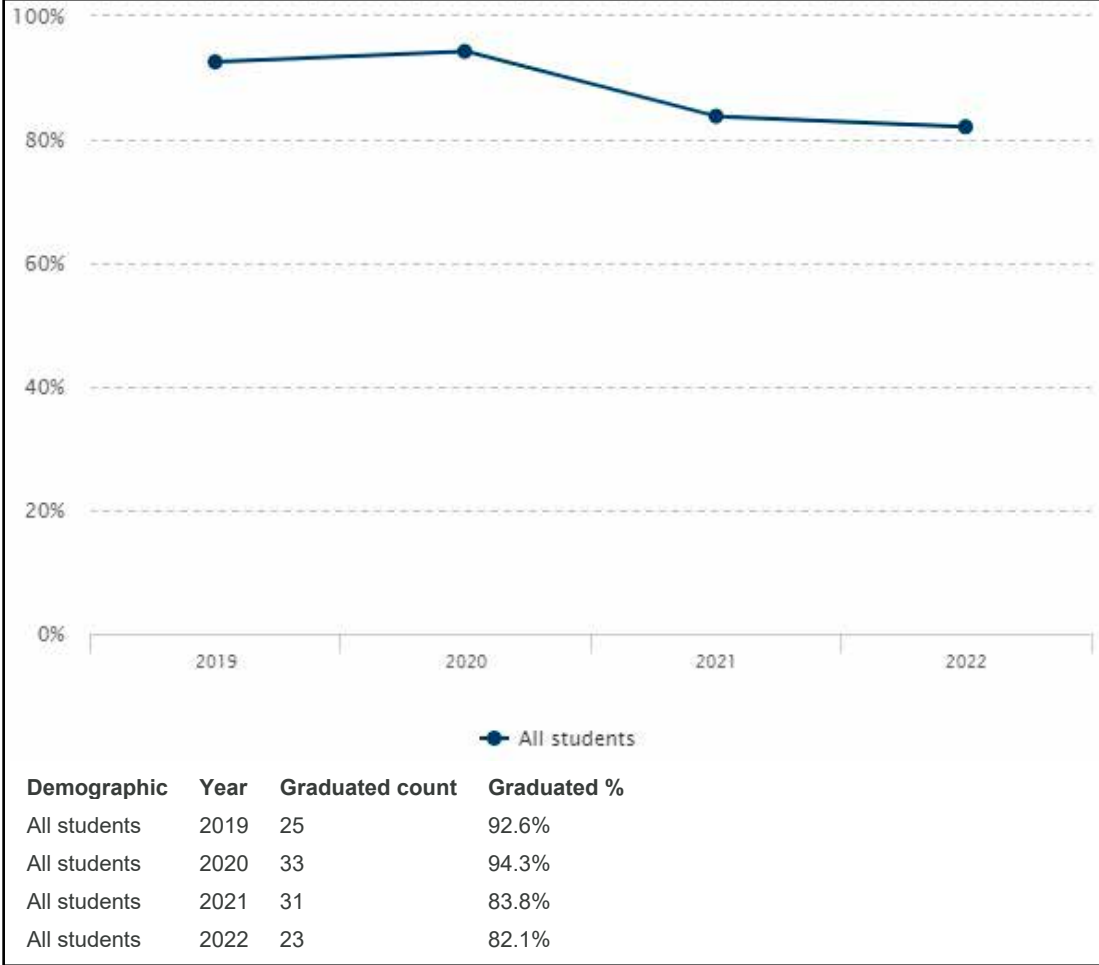
tendance of students in the elementary school remains strong at nearly 10 percent above statewide averages.

In the Win-E-Mac Secondary School (grades 7 - 12) math, reading and science

standards testing has shown in increase in post-pandemic years, though results are still not as strong as prior to the pandemic. Attendance in the secondary school remains below the statewide average and

graduation rates continue in decline.

Statewide assessment and accountability results are available in the Minnesota Report Card and MDE's Data Center.



Win-E-Mac graduation percentages based on Minnesota Department of Education data.

EPHC celebrates 29th Annual Heritage Days

September 8th - 9th, will mark the 29th Annual Heritage Days for the East Polk Heritage Center.

The event has evolved over the years bringing the traditions of our region to visitors through music, food, and art. The buildings on the heritage grounds capture the history of those who settled and lived here during the late 1800's. The L.W. Larson House, Moen School, Heritage Cabin and the Stardig Cabin will all be open for tours and demonstrations.

This year, the Sons of Norway Granlund Lodge #240 is co-sponsoring the event in celebration of its 100th Anniversary.

The festival begins on Friday with a live concert featuring Scandinavian musicians, Ross Sutter and Art Bjornjeld. The concert will be held at the Aurora Center for the Arts in Fosston.

Saturday's activities begin at 9:00 A.M. and go until 3:00 PM at the East Polk Heritage Center grounds on Highway 2 East in Fosston.

At 9:00, free Opdal donuts and coffee will be provided by the Sons of Norway. Three concerts will be performed throughout the day and will



Russ Sutter and Art Bjornjeld will perform this Friday to kick off the East Polk Heritage Center's 29th Annual Heritage Days in Fosston.

include Callie Ehresman, The Snowmen and Acoustofiddle. Other highlights will include rosmaling by the Norda Gonvick Rosmalers, Krumkake demo and tasting, and a special Sons of Norway exhibit that will include door prize

giveaways.

New this year will be a Viking re-enactment by the Storm Wolves. They will give performances, discuss Viking life, and give a demonstration of Viking cooking over a campfire.

McIntosh Library announces Fall Book Sale

The McIntosh Public Library will offer a sale of gently used and new books and other items this fall. The public is encouraged to stop by to browse for bargains and support their local library. All funds raised will stay local to support adult and children's programming at the McIntosh Public Library.

The Book Sale will be held at the McIntosh Public Library, 115 Broadway NW during the library's regular hours on the following dates:

- Saturday, September 16 from 10 AM - 1 PM (during McIntosh Harvest Festival)
- Monday, September 18 from 10 AM - 3 PM

Quilters for E. Polk County News

The Quilters for East Polk County Veterans will meet on Wednesday September 13, 2023 at 7:00 pm at the McIntosh Community Center. We will be planning recipient's for Veterans Day as well setting dates for cutting and sewing. Please consider joining us. You do not need to know how to sew. We will find a job for you. All help is appreciated. Contact Lois Boehrnsen 218-280-3574 or Connie Strom 218-779-5425 for any questions.

LSS Meals Menu 687-2262

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

Mon. Sept. 11: Salisbury Steak - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Fresh Orange - Milk
Tues. Sept. 12: *Bingo* Baked Chicken - Baked Potato - Peas - Wheat Bread - Rhubarb Dessert - Milk

Wed. Sept. 13: *Call with your order* - Liver & Onions or Poor Mans Steak - Mashed Potatoes & Gravy - Carrots - Wheat Rolls - Zucchini Bars - Milk

Thur. Sept. 14: Closed - Lifeline Screening in Building

Fri. Sept. 15: Chicken Patty on Bun - Tomato Slice - Potato Wedges - Corns - Tropical Fruit - Milk

- Tuesday, September 19 from 4 PM - 7 PM
- Wednesday, September 20 from 12 PM - 5 PM
- Thursday, September 21 from 4 PM - 7 PM
- Friday, September 22 from 12 PM - 5 PM



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

Wed. Sept. 6: 11:30am Mass
St. Mary's Fosston
Fri. Sept. 8: 8:30am Mass at St. Mary's, Fosston
Sun. Sept. 10: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Sept. 13: 11:30am Mass at St. Mary's, Fosston
Fri. Sept. 15: 8:30am Mass at St. Mary's, Fosston
Sun. Sept. 17: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Sept. 20: 11:30am Mass at St. Mary's, Fosston
Fri. Sept. 22: 8:30am Mass at St. Mary's, Fosston
Sun. Sept. 24: 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 Mehlerberg Synodical Authority Minister Katie DeMarais

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

Sun. Sept. 17: 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, Sept. 10: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

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

Wed, Sept. 13: 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. Sept. 10: 9:00am Worship
Sun, Sept. 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

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.

A chicken dish fit for a crowd

Feeding a houseful of people isn't difficult when simple and tasty recipes are chosen for large gatherings.

This recipe for "Sweet and Salty Chicken" courtesy of "Throw a Great Party: Inspired by Evenings in Paris With Jim Haynes" (iUniverse) by Mary Bartlett, Antonia Hoogewerf and Catherine Monnet, is ideal for hosts.

Select white or dark meat chicken depending on your preference, and enjoy the Mediterranean flavor that the capers, olives and oregano offer. Apricots or prunes provide a sweet bite that's balanced by the wine and vinegar in the recipe. This dish will fill guests up, especially when paired with rice or potatoes.

Sweet and Salty Chicken

Serves 25
2 tablespoons garlic, chopped finely
6 tablespoons dried oregano

8 ounces red wine vinegar
9 bay leaves
2 cups olive oil
8 pounds boneless chicken, cubed
4 ounces capers and their juice
8 ounces apricots or pitted prunes
4 ounces green olives, pitted
1 cup brown sugar
2 cups white wine

In a large 3-gallon bowl, combine the garlic, oregano, vinegar, bay leaves, caper juice, olive oil, and vinegar.

Add the chicken, apricots or prunes, olives, capers, and stir. Cover with plastic wrap and let marinate for 24 hours in the refrigerator.

About 2 hours before serving, divide the chicken and the marinade between 2 9x13-inch baking pans or a large roasting pan. Sprinkle 1/2 cup brown sugar over each pan, followed by 1 cup of the white wine over each pan.

Bake in a moderately hot oven (350 F) for 1 hour. Serve with rice or parsley potatoes.

Wine pairing suggestion: Choose a dry white wine, either Pino Blanc or Pinot Grigio. Ask a wine specialist to recommend dry white Spanish and Italian wines.

McIntosh Heritage & Arts Center News

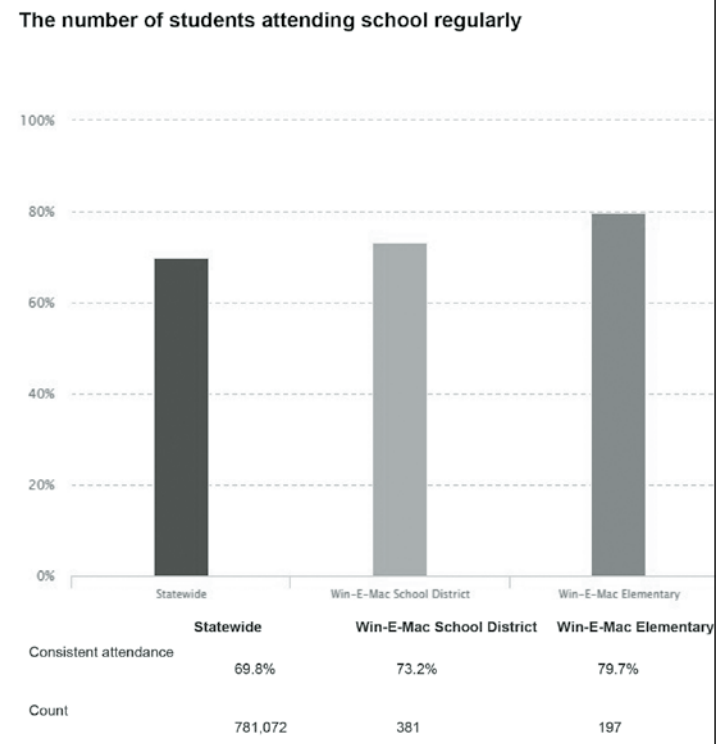
The McIntosh Heritage & Arts Center will be holding their quarterly meeting on Thursday, September 7th at 6:30pm at their location in the Ohnstad building next to the Community Center.

If you would like to join online, please email mcintosh-hac@gmail.com and we will send you a meeting link. Everyone is invited to attend!

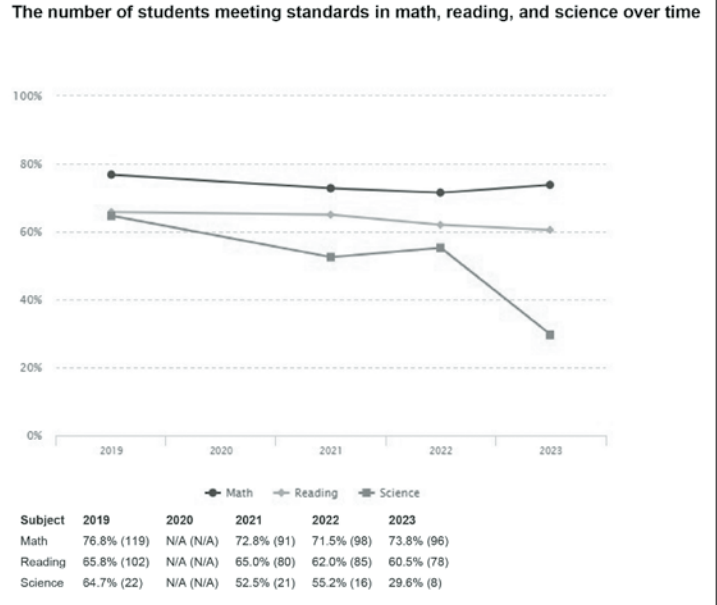
Stop by and see our impressive array of information, photographs, newspapers, letters,

documents, historical accounts and memorabilia about our area's history and residents. Your membership and donations are encouraged to help support the mission of our organization.

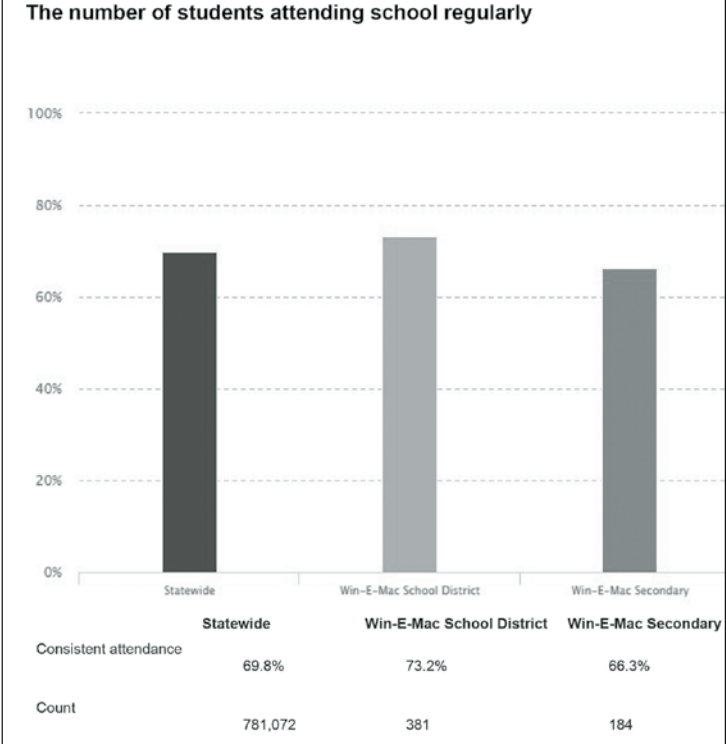
We will also have a booth at the McIntosh Harvest Festival on Saturday, September 16 with a silent auction, raffle drawings, and giveaways, as well as the opportunity for everyone to become a member and donor!



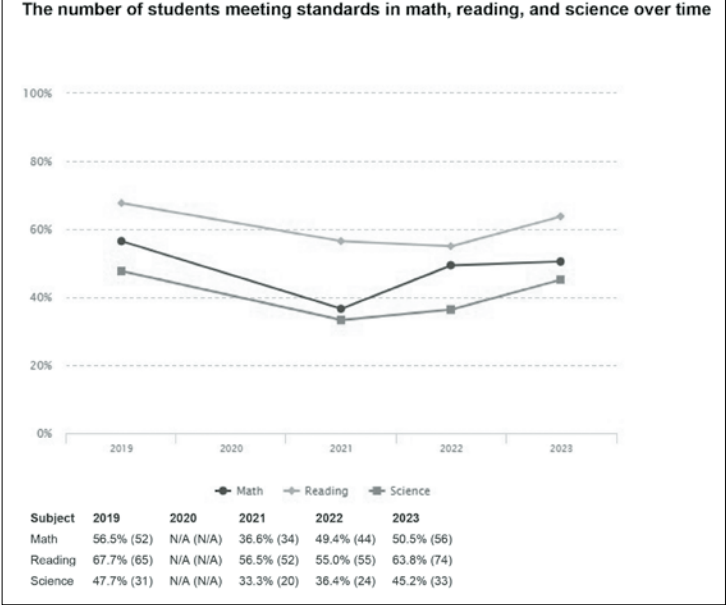
Win-E-Mac elementary attendance data based on Minnesota Department of Education data.



Win-E-Mac elementary math, reading and science data based on Minnesota Department of Education data.



Win-E-Mac secondary attendance data based on Minnesota Department of Education data.



Win-E-Mac secondary math, reading and science data based on Minnesota Department of Education data.

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Community Birthday and Anniversary Calendar

Wed. Sept. 6: Leo Herem, *Mike & Sheree Breckel
Thurs. Sept. 7: Emily Ferden, Wendy Reitmeier, Kiersten Anderson
Fri. Sept. 8: *Todd & Jessica Goodwin
Sat. Sept. 9: Alexys Perreault, Kendyl Johnson, Chris (Boucher) Springer, *Coby & Gayle Burslie
Sun. Sept. 10: Chad Ekeberg, Ashley Schow, Leah Smeby, *Kevin & Anna Mandt
Mon. Sept. 11: Wendel Webster, Chrissy Roue
Tues. Sept. 12: Karen Plante, Shania Christianson, Zach Grove, Jarrett Haas

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"Serving the Win-E-Mac area"

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September Weed of the Month: Tatarian maple

By: Julia Dellick, Minnesota
Department of Agriculture

When Tatarian maple establishes in new landscapes, seedlings quickly form dense monocultures that outcompete other species.

Tatarian maple (*Acer tataricum* L.) is a deciduous tree with a dense round crown reaching up to 30 feet tall. It can grow either as a multi-stemmed shrub or a small tree. Tatarian maple has simple, unlobed, medium green leaves with irregular serrated margins.

In the fall, the leaves change color to yellow. Tatarian maple was introduced to the United States from its native range of southeastern Europe to western Asia as a landscaping tree, due to its size and showy colors.

In the springtime, small greenish to yellowish-white flowers bloom on the tree. The flowers are then followed by samaras in the summer and fall. The samaras grow up to 1 inch in length and turn a flashy red color before browning. Samaras are a winged casing that enclose and help transport the seed via wind.

Due to the abundant number of samaras produced by an individual tree, wind is the primary mode of dispersion for Tatarian maple. Most seeds land within 100 yards of the parent tree, but seeds can potentially be carried longer dis-



Tatarian maple samaras, or seed pods.

tances by wind and water.

Native species become reduced, decreasing the quality of the local ecosystem.

There are no current reports that Tatarian maple poses a significant threat to humans or livestock. However, the University of Minnesota's Extension program on horses classifies the wilted leaves of all maples as toxic.

Small infestations of Tatarian maple can be manually controlled by digging and removing the root crowns. Infestations can also be managed by cutting and treating the stumps with herbicide or basal bark spray treatments. For specific herbicide recommendations, check

with your local University of Minnesota Extension agent, co-op, or certified landscape care expert.

In Minnesota, Tatarian maple is classified as Specially Regulated on the Minnesota Noxious Weed list. Anyone selling this species must affix a label directly to the plant or container packaging that advises buyers to only plant Tatarian maple and its cultivars in landscapes where the seedlings will be controlled by mowing or other means. The label should also state that Tatarian maple seed is wind dispersed and trees should be planted at least 100 yards from natural areas.

Predators play irreplaceable role in ecosystems

New research, recently published in *Oikos*, shows that predators play a unique and important role in ecosystems by creating 'ecological hotspots' — localized areas important for plants and animals.

Traditionally, predators have largely been thought to impact ecosystems only when they reduce the number of prey through predation, or change the behavior of prey by instilling fear.

"We've known for some time now that predators have unique effects on ecosystems," said co-author Tom Gable, postdoctoral researcher in the College of Food, Agricultural and Natural Resource Sciences.

"Even so, most of the research has been focused on understanding how predators affect ecosystems by altering prey populations. In reality, there are a whole host of other, lesser-known ways that individual predators can leave a distinct imprint on ecosystems."

The researchers found:

- Killing large prey can create ecological hotspots. Once predators make a kill, the carcasses of large prey often become a buffet for other predators and scavengers like vultures and ravens. These scavengers often compete for access to the carcass, leading to fierce battles over the rotting, but nutritious, scraps of meat. As carcasses decay, the remaining nutrients from the flesh and bones flow through soils and are absorbed by nearby plants, ultimately boosting their nutrient content and growth.

- Predators also create ecological hotspots by repeatedly transporting prey remains (such as meat and bones) to a concentrated location like a den or nest — often referred to as 'home sites.' Adult predators often bring back prey remains to their home sites to feed their offspring. Over time, nutrients from the decaying remains and the predators' excrement accumulate. The steady build-up of nutrients can create profound ecological changes in these localized areas.

- Predators can prevent prey from radically altering certain habitats and therefore stop the creation of ecological hotspots. For example, wolves can prevent beavers from damming streams and creating ponds that turn forests into wetlands.

- Large carnivores can have greater hunting success at specific times and places. In other words, humans cannot readily replicate the role predators play in creating prey carcasses.

"Animal carcasses are im-



Arctic foxes (left) and wolves (right) are two examples of predators that have an outsized impact on ecosystems by creating ecological hotspots. Photo credit: Chloé Warret Rodrigues and Voyageurs Wolf Project.

portant but often underappreciated sources of food and nutrients for animals and plants alike," said co-author Joseph Bump, a professor in CFANS. "Although animals die and their carcasses hit the ground continuously throughout the year from various mortality sources like disease and human hunting, predators like cougars, bears and wolves have a unique fingerprint on when, where and how many carcasses are generated."

The researchers note that it is becoming increasingly important to recognize and understand the full spectrum of roles that predators play in ecosystems in order to better manage and conserve their populations.

"As humans, we often like to think that we have the ability to mimic the ecological roles of predators, and therefore it may be okay to have some areas devoid of large predators," said Sean Johnson-Bice, lead author of the study and a Ph.D. candidate at the University of Manitoba. "However, our work shows that there is such a wide diversity of ways that individual predators affect ecosystems that we could never realistically replicate their effects across entire ecosystems."

Did you know?

Establishing an online presence is one of the more effective ways to reach new customers and offer better customer service.

Eighty-one percent of consumers research a company before visiting it to make a purchase or engage in a service, says Blue Corona, a marketing solutions company. Ninety-seven percent of consumers go online to find local businesses or local services during their research.

Lack of a website or social media presence could greatly hinder small businesses as

The researchers hope that this research will ultimately help advance the conservation and management of predator populations, many of which are declining globally due habitat destruction, human encroachment, hunting and poaching, and climate change.

About the College of Food, Agricultural and Natural Resource Sciences

The University of Minnesota's College of Food, Agricultural and Natural Resource Sciences (CFANS) strives to inspire minds, nourish people, and sustainably enhance the natural environment. CFANS has a legacy of innovation, bringing discoveries to life through science and educating the next generation of leaders. Every day, students, faculty, and researchers use science to address the grand challenges of the world today and in the future. CFANS offers an unparalleled expanse of experiential learning opportunities for students and the community, with 12 academic departments, 10 research and outreach centers across the state, the Minnesota Landscape Arboretum, the Bell Museum of Natural History, and dozens of interdisciplinary centers. Learn more at cfans.umn.edu.



they seek to grow. Although the numbers of small businesses with a website have grown, today roughly 70 percent have an online presence, says Zippia.

It is estimated that, 95 percent of all purchases will be facilitated by e-commerce by 2040, so it is important for small businesses to recognize the significance of enabling customers to buy online.



Phil Lee during the Antique Tractor parade held in McIntosh on Saturday, August 26th.



Throwing candy to the kids watching the Antique Tractor Parade in McIntosh was Bob Fritz.



Clayton Bartz takes a cruise down main street in McIntosh during the Annual Antique Tractor Parade.



The Antique Tractor Parade in McIntosh was a great opportunity for Bud Kiecker and his grandson to toss out some candy as they made their way down main street.



Mark Lee came to town with his John Deere to be a part of the McIntosh Antique Tractor Parade on Saturday, August 26th.

RiverView’s Sleep Center Team shares ways to help kids get quality sleep

Whether your child has already started school or it’s just around the corner, it’s time to get back into a routine, with one of the most important being your child’s sleep schedule. “Sleep is a vital need that is essential to a child’s health and growth,” shared Dr. Arveity Setty, pediatrician and medical director of RiverView Health’s Sleep Lab. “Sleep promotes alertness, memory, and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness.”

RiverView’s Sleep Lab is accredited by the American Academy of Sleep Medicine (AASM), the gold standard by which the medical community evaluates sleep medicine facilities.

Dr. Setty, certified by the American Board of Pediatrics and the American Board of Sleep Medicine, and registered polysomnographic technologists, provide services to patients from birth through the end of life.

5-12 Years Old
Statistics show that most children ages 5-12 require 10-11 hours of sleep a night. Following the recommendations below may help your child sleep better and lead to less stressful days.

- Make bedtime the same time every night, weekends included. Your body functions best when you keep a routine.

- Ban electronic devices from the bedroom. Any light emitted from TVs, computers, tablets, video games, and phones will reduce melatonin production, a natural hormone that tells your brain it’s time to sleep. Ultimately, this will affect the sleep/wake cycle and shorten the time spent in a deep and restorative sleep.

- Prepare for bedtime by unwinding first. The 60 minutes before bedtime should be focused on “quiet time”. Too often, social media can cause excitement or too much stimulation that will prolong sleep onset. This time is better used



Dr. Setty

doing relaxing and calming activities to promote sleep onset, not hinder it.

- Don’t let them go to bed hungry. Give your child a light, healthy snack before bedtime, but nothing spicy, sugary, and no caffeine, including chocolate.

- Make sure their bedroom is comfortable. Keep it dark, quiet, and cool, but with enough blankets to keep them warm.

Watch for signs your child might not be getting restorative sleep: Complaints of not being able to sleep (even if it appears otherwise), dark circles under the eyes, poor memory, poor focus, difficulty with learning retention, hard to wake up in the morning, disorganized in the morning, irritability, and meltdowns.

Teens
According to the AASM, teens should get 8-10 hours of sleep a night. However, studies have shown that 7 out of 10 high school students fall short of this recommendation on school nights.

Poor sleep can limit a teen’s ability to focus and learn. Additionally, insufficient sleep is associated with an increased risk of chronic conditions such as diabetes, obesity, and poor mental health.

Teens have the unique challenge of a biological shift in their circadian clock (or internal clock), making them struggle to fall asleep before 11 pm. Many teens stay up late but

still have to wake up early the following day for school. It’s often during the weekend that they try to catch up by sleeping later and longer, which makes it even harder to return to an early morning wake time the following Monday.

Technology often gets in the way of a good night’s sleep for teens, many waking up to check their social media and texts. Staring at a screen right before bed or in the middle of the night can make it harder to fall asleep. The light emanating from the screen can signal your brain to stay awake rather than get ready for sleep.

AASM experts recommend parents consider taking their teen’s tech devices away at night and storing them in a separate room so the teen isn’t tempted to check them. Another idea is to have your teen shut their devices off completely and use a regular alarm clock rather than their phone to wake them in the morning. Try to get your teen to stick to the same sleeping and waking schedule every day of the week.

RiverView’s Sleep Lab Team can help teenagers and their families navigate these issues to promote good sleep health, recommend effective ways to shift the teenager’s circadian clock to suit their school schedule better, and offer ways to optimize the sleep environment.

Undiagnosed and untreated sleep disorders may thwart even the best efforts to encourage healthy sleep, so it is critical to screen for primary sleep disorders such as sleep apnea, narcolepsy, insomnia, or restless legs syndrome.

Dr. Setty urges anyone with sleep issues to contact RiverView’s Sleep Lab for help. “Don’t suffer in silence - take the first step towards a better night’s sleep.”

For more information on sleep services offered at RiverView Health, talk to your child’s primary care provider or call Rehab Services at 218 -281-9463.

Key ways to keep children safe at home

Expecting parents process a barrage of information as they prepare for the day their child is born. No matter how many details they gather from doctors, their own research and individuals who have blazed parenting paths before them, there are still plenty of things to learn on the job.

One of the surprises new parents often face is how much trouble their youngsters can get into both inside and outside a home - particularly as they become mobile. Early lessons pertain to feeding and sleeping schedules, but it is important for parents to be mindful of all of the safety concerns they could face.

Bathing
Water is necessary to keep children clean and healthy, but also poses a significant danger. The Centers for Disease Control and Prevention indicates more children ages one to four die from drowning than from any other cause.

Various precautions should be taken when bathing children. First and foremost, a child should never be left unattended in the bath or around water even for a second. Just a few inches of water can cause drowning. In addition, parents should exercise caution to check the temperature of the bath water to ensure that the child will not be scalded. There are special thermometers that can be used in the bath to indicate if the water has reached a safe temperature.

Nursery
It can be tempting to accept used baby items from other people in an effort to save money. However, these pieces from well-meaning friends and family may no longer meet current safety guidelines, particularly if they’re from an older generation.

The Consumer Product Safety Commission advises that there should be no more than a 23/8-inch gap between crib slats (about the width of a soda can). The crib should



be placed away from hazards like drapes or window covering cords. The crib should only have a firm mattress with a well-fitted sheet. Pillows, bumper pads, comforters, and the like can be hazardous in a crib.

Current safety guidelines recommend that children should be placed on their backs to sleep. After children are able to roll from back to stomach on their own, they may choose their own sleeping positions, as the risk for Sudden Infant Death Syndrome (SIDS) is reduced at this point.

Around the house
Bathrooms, stairs, kitchens, and sharp furniture are all places where curious children can become injured. There are scores of safety products that can limit access to danger. Cushioned pads can be put on furniture edges. Heavy furniture, such as televisions and dressers, can be bolted to the wall to avoid tip-over accidents.

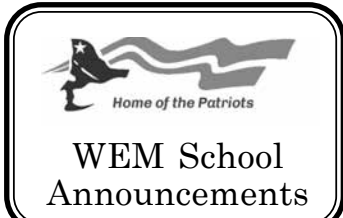
Parents should use gates to block access to staircases or other off-limits spaces. Special door handle products can make it challenging for little fingers to get into rooms. Cabinet and toilet seat locks also can restrict access.

Feeding
While parents may want to dive right into offering solid foods, choking is an inherent danger. Most pediatricians urge avoiding foods that can

block airways until a child reaches age four. Such foods include hot dogs, popcorn, whole grapes, and nuts. Safe finger foods include soft items that are easily swallowed, and O-shaped cereals.

Children have a tendency to put everything in their mouths, so small toys, parts and batteries can be risky.

Parents need to keep watchful eyes on their children and keep safety precautions in mind as their children grow up.



Win-E-Mac Homecoming:

It’s hard to believe that school hasn’t even started yet, and we are already talking about Homecoming. That’s because Ho-Co is early this year! Homecoming is the second week of school, from Monday, September 11th to Friday, September 15th. There will be more announcements to come, but for now, here are the dress-up days so you can start getting ready! Questions? Reach out to Melinda Anderson, the Win-E-Mac Student Council Advisor, or any of the students on the student council.

High School: Monday - Rhyme with out reason; Tuesday - Jersey Day; Wednesday - Barbie/Ken Day (Pink & Blue); Thursday - Class Color Day, 7th - Red, 8th - Green - 9th - Pink, 10th - Orange, 11th - Blue, 12th - Black; Friday - Spirit Day.

Elementary: Monday - Pajama Day; Tuesday - Jersey Day - Wednesday - Barbie/Ken Day (pink & Blue); Thursday - Class Color Day: Preschool - Blue, Kindergarten - Black, 1st - Red, 2nd - Green, 3rd - Pink, 4th - Orange 5th - Blue,, 6th - Black.



Curt Bartz brought one of his antique tractors to McIntosh for the parade held last Saturday.



Mavis and Gene Haugom during the Antique Tractor Parade in McIntosh with their two-seater tractor.



Larry Hedlund during the McIntosh Antique Tractor Parade on Saturday, August 26th.



Don Ostenson in the Antique Tractor Parade last Saturday in McIntosh.



Joel Strom made his way down the main street of McIntosh during the Antique Tractor Parade on Saturday, August 26th.



Lee Lake Farm brought their antique truck to the McIntosh Antique Tractor Parade.