



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota

A great time at McIntosh Tractor Day!



On Saturday, August 24th, the McIntosh Community joined together for Tractor Day. Each year, the day starts with a pancake breakfast, served by the McIntosh Fire and Rescue Squad at the Fire Hall. The day continues with an antique tractor parade and is followed by a kiddie pedal pull, sponsored by the Polar Beach Snowmobile Club and takes place in front of the Fire Hall. Kids who are old enough to pedal up to 12 years old are able to participate for a chance to win a trophy. There are different weight classes and every kid has a fun time! The day wraps up with a tractor pull on the old football field where competitors come from all around the Midwest to compete. To start the antique tractor parade (pictured above) the first tractor with the American Flag also pulls a tractor with kids from The Clubhouse Childcare Center in McIntosh. As The Clubhouse has grown, this year there were two tractors with the children, who threw candy to the crowd. Pictured here is Lucas Thom driving the second tractor.



Carter Bartz and his dad, Chris (driving the tractor) were a part of the McIntosh Antique Tractor Parade.



On Saturday, August 24th Macey Lee with her dad, Phil, drove through town during the Tractor Parade.



Always keeping cool is Dean Strom, who retired his former parade tractor to this upgraded John Deere.



Joey and Raeann Svalen were a part of the Antique Tractor Parade in downtown McIntosh on Saturday, August 24th.

Enjoy a homemade crispy pan pizza

This recipe for "Crispy Cheesy Pan Pizza," courtesy of King Arthur's Flour, was chosen as their 2020 Recipe of the Year, and with good reason.

It has crispy golden edges with a thick layer of melted cheese to go with a delicate crust. With minimal kneading, the dough doesn't require fancy equipment - just the typical home kitchen.

Crispy Cheesy Pan Pizza

Yield
One 9- to 10-inch pan pizza

Crust
2 cups King Arthur Unbleached All-Purpose Flour
3/4 teaspoon salt

1/2 teaspoon instant yeast or active dry yeast

3/4 cup lukewarm water
1 tablespoon olive oil plus 1 1/2 tablespoons for the pan

Topping
6 ounces mozzarella, grated (about 1 1/4 cups, loosely packed)

1/3 to 1/2 cup tomato sauce or pizza sauce, homemade or store-bought

Freshly grated hard cheese (e.g. Parmesan, Asiago, Romano) and fresh herbs (oregano, basil, thyme) for sprinkling on top after baking, (optional)

1. Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess.

2. Place the flour, salt, yeast, water, and 1 tablespoon of the olive oil in the bowl of a stand mixer or other medium-large mixing bowl.

3. Stir everything together to make a shaggy, sticky mass of dough with no dry patches of flour. This should take 30 to 45 seconds in a mixer using the beater paddle; or about 1 minute by hand, using a spoon or spatula. Scrape down the sides of the bowl to gather the dough into a rough ball; cover the bowl.

4. After 5 minutes, uncover the bowl and reach a bowl scraper or your wet hand down between the side of the bowl and the dough, as though you were going to lift the dough out. Instead of lifting, stretch the bottom of the dough up and over its top. Repeat three more times, turning the bowl 90 degrees each time. This process of four stretches, which takes the place of kneading, is called a fold.

5. Re-cover the bowl, and after 5 minutes do another fold.

Wait 5 minutes and repeat; then another 5 minutes, and do a fourth and final fold. Cover the bowl and let the dough rest, undisturbed, for 40 minutes. Then refrigerate it for a minimum of 12 hours, or up to 72 hours. It will rise slowly as it chills, developing flavor; this long rise will also add flexibility to your schedule.

6. About 3 hours before you want to serve your pizza, prepare the pan. Pour 1 1/2 tablespoons olive oil into a well-seasoned cast iron skillet that's 10 inches to 11 inches in diameter across the top, and about 9 inches across the bottom. Heavy, dark cast iron will give you a superb crust; but if you don't have it, use another oven-safe heavy-bottomed skillet of similar size, or a 10-inch round cake pan or 9-inch square pan. Tilt the pan to spread the oil across the bottom, and use your fingers or a paper towel to spread some oil up the edges, as well.

7. Transfer the dough to the pan and turn it once to coat both side with the oil. After coating the dough in oil, press the dough to the edges of the pan, dimpling it using the tips of your fingers in the process. The dough may start to resist and shrink back; that's okay, just cover it and let it rest for about 15 minutes, then repeat the dimpling/pressing. At this point the dough should reach the edges of the pan; if it doesn't, give it one more 15-minute rest before dimpling/pressing a third and final time.

8. Cover the crust and let it rise for 2 hours at room temperature. The fully risen dough will look soft and pillowy and will jiggle when you gently shake the pan.

9. About 30 minutes before baking, place one rack at the bottom of the oven and one toward the top. Preheat the oven to 450 F.

10. When you're ready to bake the pizza, sprinkle about three-quarters of the mozzarella (a scant 1 cup) evenly over the crust. Cover the entire crust, no bare dough showing; this will yield caramelized edges. Dollop small spoonfuls of the sauce over the cheese; laying the cheese down first like this will prevent the sauce from seeping into the crust and making it soggy. Sprinkle on

the remaining mozzarella.

11. Bake the pizza on the bottom rack of the oven for 18 to 20 minutes, until the cheese is bubbling and the bottom and edges of the crust are a rich golden brown (use a spatula to check the bottom). If the bottom is brown but the top still seems pale, transfer the pizza to the top rack and bake for 2 to 4 minutes longer. On the other hand, if the top seems fine but the bottom's not browned to your liking, leave the pizza on the bottom rack for another 2 to 4 minutes. Home ovens can vary a lot, so use the visual cues and your own preferences to gauge when you've achieved the perfect bake.

12. Remove the pizza from the oven and place the pan on a heatproof surface. Carefully run a table knife or spatula between the edge of the pizza and side of the pan to prevent the cheese from sticking as it cools. Let the pizza cool very briefly; as soon as you feel comfortable doing so, carefully transfer it from the pan to a cooling rack or cutting surface. This will prevent the crust from becoming soggy.

13. Serve the pizza anywhere from medium-hot to warm. Kitchen shears or a large pair of household scissors are both good tools for cutting this thick pizza into wedges.

Healthy Aging Month programming in September

The population of older adults in the U.S. is steadily increasing, and people are living longer than ever before. September is Healthy Aging Month, a time to celebrate the positive aspects of aging and explore ways to enhance the wellbeing of older individuals. Healthy aging encompasses maintaining and improving physical, mental, spiritual, financial and social health.

The University of Minnesota Extension Department of Family, Health and Well-being invites anyone who is aging and those who support older adults to visit z.umn.edu/HealthyAgingMonth to access resources and register for free webinars covering topics such as:

- Health care directives.
- Transferring non-titled property.

Fosston Heritage Days will be September 6th & 7th

September 6th - 7th, 2024, 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, festivities will begin on Friday, September 6 with a concert featuring Pier Country, a regional band featuring "Music of the Grand Ole Opry. The free concert will be held at the Aurora Center for the Arts beginning at 7:00 PM.

Activities begin Saturday the 7th at 9:00 am. until 2:00 pm at the heritage grounds on Highway 2 East in Fosston. Highlights will include rosmaling by the Norda Gonvick Rosmalers, a Krumkake demo and tasting featuring Al and Vicky Olson, Kransekake with Lynnette Bakke and Lynn Sundrud and Roz Watnemo's Hardanger exhibit in the Moen School. New this year, several regional artisans will be demonstrating traditional skills in spinning, soap making, and spoon carving throughout the Heritage grounds. The Sons of Norway will once again have

its large tent filled with artifacts, photos, documents and textiles.

The ever popular Snowmen will perform on the back porch beginning at 11:30 am. Our favorite Sloppy Joe lunch \$5 buck deal, will be served beginning at 11:30 am. The Fosston Farmer's Market is open from 9:00 am - 1:00 pm with an amazing array of vendors.

Thanks to grant funding, EPHC is able to offer all events at no charge, making this a great area event. All are welcome! The popular Pier Country band is sure to draw a huge crowd, so we are asking that folks RSVP at www.east-polkheritage.org so we are assured of seating for everyone.



50th Wedding Anniversary Mike and Sheree Breckel

were married on
September 6th, 1974 at
Kirkebo Lutheran Church
in Perley, MN.
They will celebrate a life of love with their three children,
Jason (Holly) Breckel,
Angela (Ryan) Linden,
Amber (Sam) Finseth and
7 grandchildren: Lily, Paige,
Joe, Ruby and Mae Breckel,
Ethan and Ella Finseth.



Wed. Sept. 4: *Mark & Karen Krossen
Thurs. Sept. 5: Christy Burslie, Ben Tofstad, Hunter Schow, *Dan & Darlene Dierkes
Fri. Sept. 6: Leo Herem, *Mike & Sheree Breckel
Sat. Sept. 7: Emily Ferden, Wendy Reitzeimer, Kiersten Anderson
Sun, Sept. 8: *Todd & Jessica Goodwin
Mon. Sept. 9: Alexys Perreault, Kendyl Johnson, Chris (Boucher) Springer, *Coby & Gayle Burslie
Tues. Sept. 10: Chad Ekeberg, Ashley Schow, Leah Smeby, *Kevin & Anna Mandt, *Dalton & Lauren Agnes

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

McINTOSH Times
PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.
RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR
McIntosh (218) 563-3585
Cell: (218) 280-1684
Gonvick (218) 487-5225
*"McIntosh Times" (USPS 336-020) is published weekly for \$35.00 per year (in county) and \$45.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to: McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.



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

Wed. Sept. 4: 11:30am Mass at St. Mary's, Fosston

Fri. Sept. 6: 11:30am Adoration & Benediction; 12:00pm Ma at St. Mary's, Fosston (First Friday)

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

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

Fri. Sept. 13: 11:30am Mass at St. Mary's, Fosston

Sun. Sept. 15: 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 Authorized Minister Katie DeMarais

Sun. Sept. 8: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Sept. 15: 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

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

Lutheran Parish YouTube Channel

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

Sun, Sept. 8: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

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

Wed, Sept. 11: 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 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. 8: 9:00am Worship

Sun. Sept. 15: 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: 9:15am 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 service at 10:00 am
Call or visit us at: 27272 350th Street; 218-687-2343

Travel around the world in 30 instruments with library programs Sept. 16th - 21st

Lake Agassiz Regional Library invites the public to experience multicultural concerts featuring traditional tunes from Ireland, Scotland, England, Medieval & Renaissance Europe, India and much more. Four Shillings Short will perform for audiences of all ages using more than 30 instruments.

The tour is sponsored by Lake Agassiz Regional Library and will include visits to the following locations:

• **Crookston Public Library** on Monday, September 16 at 6 p.m.

• **McIntosh Senior Living**, 600 Riverside Ave. on Tuesday, September 17 at 2 p.m.

• **Hawley Public Library** on Wednesday, September 18 at 6:30 p.m.

• **Moorhead Public Library** on Thursday, September 19 at 6:30 p.m.

• **Halstad Living Center**, 133 4th Ave. E. on Friday, September 20 at 6 p.m.

• **Detroit Lakes Public Library** on Saturday, September 21 at 1 p.m.

Admission is free thanks in part to funding from the Min-



nesota Arts & Cultural Heritage Legacy Fund. More information is available at larl.org/ legacy.

McIntosh Heritage & Arts Center News

MH&AC to hold quarterly meeting: McIntosh Heritage & Arts Center will hold their next quarterly meeting on Thursday, September 5 at 6:30pm at the McIntosh Heritage & Arts Center. Everyone is welcome to attend!

The McIntosh Heritage & Arts Center will also be planning to have a booth at the McIntosh Harvest Festival on Saturday, September 21. Please stop by and become a donor and even become a member starting at \$20 a year. There will be a raffle drawing and silent auction items to bid on. The organization is also asking for your donations of any McIntosh memorabilia, pictures or items you may have that you wish to donate so the items can be preserved.

Volunteers needed to help McIntosh celebrate America's 250th

In less than 2 years, on July 4, 2026, the United States will celebrate her 250th anniversary of the signing of the 1776 United States Declaration of Independence, known as the Semiquincentennial.

There is a movement across the country for Americans to come together with their communities, to wave their American flags, celebrate America's 250th, and honor the contributions of those who brought us to where we are today.

This weekend long event will require a great deal of preparation and a lot of volunteers, and we need YOU! The kick-off planning meeting has been re-scheduled for Wednesday, September 18 at 6:30pm at the Community Center in McIntosh. We invite EVERYONE to participate in any way you can to be one of the town's best celebrations yet!



We want your ideas about what you'd like this celebration to look like. What events would you like to see included? What committees need to be formed? How can we generate involvement from both those who have lived here all of their lives, as well as newer residents? How might we raise funds for the event? What projects need to be done to improve the City before the celebration? What have we learned from past celebrations that can also help make this a success? Do you have a logo idea?

Even if you don't live locally,

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

CALL
218-563-3585

Carlin
FAMILY FUNERAL SERVICE
"Caring service for three generations"
(218) 435-1144
Funeral Home ~ Cremation Service ~ Granite Memorials

ANDERSON FAMILY
FUNERAL HOME & CREMATION SERVICE
"THIR VALLEY" MINNESOTA • WISCONSIN
719 N. Main 644 Main St.
Mahnomen, MN Winger, MN
*Paige Ennen *Kelly Woltjer
*Tim & Denise Anderson
*Licensed Funeral Director
218-935-9000
Toll free: **866-935-9009**

Is There A Wedding In Your Future?
We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.
LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.
487-5225 Gonvick, MN
Richards Publishing Co.

M3-28C

Applications Open for Minnesota Organic Certification Cost-Share Program

Organic farmers and handlers are eligible for rebate St. Paul, MN: Minnesota organic farmers and handlers currently certified through the United States Department of Agriculture (USDA) National Organic Program may be eligible for a rebate of up to 75% of their certification costs.

The Minnesota Department of Agriculture's (MDA) Organic Certification Cost-Share Program is open to Minnesota operations that received organic certification (or had ongoing certification) between October 1, 2023, and September 30, 2024. The program provides reimbursement for up to 75% of certification-related expenses, with a maximum of \$750 per category (crop, livestock, processing/handling, and wild harvest).

Applications for the cost-share are due October 31, 2024. Funds are available on a first-come, first-served basis and come from a cooperative agreement with the USDA Farm Service Agency (FSA).

Interested farmers or handlers can review full program and application details on the MDA website. Applicants that do not wish to apply through the MDA may apply through their local FSA Office. Ques-

tions can be directed to Cassie Dahl at Cassie.Dahl@state.mn.us or 651-201-6134.

Organic certification is a third-party verification system that assures consumers the organic products they buy are produced in accordance with federal organic regulations. Organic operations must follow

Harbott earns certification in trustee program

RiverView Board Member Stephanie Harbott was recently recognized by the Minnesota Hospital Association (MHA) as one of seven hospital and health system trustees who successfully completed MHA's rigorous and comprehensive trustee certification program.

"Hospitals and health systems are cornerstones for the communities they serve, and are facing a multitude of historic challenges," said Dr. Rahul Koranne, MHA president and CEO. "MHA's trustee certification program ensures that hospital and health system leaders are well-prepared for their roles."

MHA's trustee certification program provides hospital and health system trustees with training on current health care trends, governance best

National Organic Standards and are monitored through review of their records and on-site inspections at least once a year.

For those transitioning a farm operation to organic, the MDA also offers the Minnesota Transition to Organic Cost-Share Program.



practices, ethics, government regulations, and patient safety and quality. Participants undergo 30 hours of coursework, making Minnesota's program the most comprehensive in the nation.



Traveling from Winger, Gary Sonsteli came to McIntosh to be a part of the McIntosh Antique Tractor Parade on Saturday, August 24th.

Letter to the Editor

Dear Editor,

Unless it involved someone we knew personally, we were not particularly shocked when we read that 406 people died in traffic accidents in Minnesota in 2023. What should shock us is that more are killed every two weeks by abortion.

Death toll from abortions in Minnesota in 2022 was more than 12,000 babies. That's

more than the entire population of any given city in Polk County. In fact, the only cities in Northwest Minnesota that contain more than 12,000 people are Bemidji (14,574) and Moorhead (44,504).

In May I traveled to Washington D.C. I saw The Wall that is engraved on black granite with the names of 58,000 Americans who lost their lives in the nine year Vietnam War. That death toll is more than exceeded by the abortions in Minnesota alone in only five years.

The deadliest war in American history was the Civil War of 1861 to 1865. Four years of bloody combat resulted in 600,000 deaths. The tragedy of the Civil War was that every soldier killed, no matter which side he fought on, was an American soldier. 600,000 American deaths in four years. Across the United States, abortion kills more than 600, 000 Americans every single year without firing a shot.

Will you think about?
Betty Syverson
McIntosh, MN

Health problems linked to mold exposure

Mold is a natural part of the environment and can be found growing just about anywhere that moisture and oxygen are present, advises the Environmental Protection Agency. Mold is a fungus that can be helpful because it breaks down dead organic matter. But mold growth indoors can prove problematic, not only to personal living spaces but to one's health.

When mold grows outdoors in the fresh air, exposure to it can be minimal. However, mold growing indoors can cause concentrated conditions that adversely affect indoor air quality and overall health. Exposure to a large number of mold spores may cause symptoms associated with allergies, such as runny nose, watery eyes, headache, fatigue, and sneezing, among others. Exposure to certain molds, such as Stachybotrys and Aspergillus, can cause more serious illness because of the mycotoxins these molds produce. Aspergillosis is a fungal lung infection

with emerging antimicrobial resistance, says the Centers for Disease Control and Prevention.

The World Health Organization reports that occupants of damp, moldy buildings have an increased risk of respiratory problems.

Repeated exposure to mold can lead to asthma, which is a chronic airway disease characterized by inflammation, states the National Institutes of Health.

Individuals can experience shortness of breath and airway obstruction from the overproduction of mucus.

Additional conditions also can be attributed to mold. For example, valley fever is linked to the fungus Coccidioides, which lives in soil in some areas of the southwestern United States. Mucormycosis is a severe but rare fungal infection caused by a group of molds known as mucormycetes, says the CDC. It affects the sinuses or the lungs of people with weakened immune systems.

Though some people who come in contact with mold will not develop any adverse symptoms, it is still best to address indoor mold problems promptly. These steps can help.

- Use dehumidifiers in damp areas, such as basements.
- Ventilate bathrooms, kitchens and laundry areas.
- Fix any leaks in pipes, walls or windows promptly.
- Use mold-resistant paint.
- Make sure that clothes dryers and exhaust fans vent to the outdoors rather than an attic or another room.
- Remove mold with mold-killing products. The CDC says mold can be cleaned from hard surfaces with soap and water or a bleach solution of no more than one cup of household bleach to one gallon of water.

Mold is everywhere in the environment, but prevention of indoor mold growth can help people avoid respiratory issues and other health problems.



Steve Urness, one of the founders of McIntosh Tractor Day, was part of the Antique Tractor Parade in downtown McIntosh on Saturday, August 24th.



Roy Ostenaar, one of the founders of McIntosh Tractor Day, pulls a trailer with kids from The Clubhouse Childcare Center each year to lead the Antique Tractor Parade. This year there were 2 tractors with trailers to carry the growing number of kids who attend the Childcare Center.



Curtis Bartz was one of the many participants in this year's Antique Tractor Parade that took place in McIntosh on Saturday, August 24th.



The Antique Tractor Parade had Bryce Stordahl bringing a tractor to town on Saturday, August 24th in McIntosh.



Kay Carlson on her antique tractor during the parade that was a part of McIntosh Tractor Day.



On Saturday, August 24th, the McIntosh Antique Tractor Parade included Paul Voteva.

WEM student technology registration will be online this year

This year, Win-E-Mac School has digitized the required forms and has encouraged parents to use the online payment system for technology fees.

One question that has been received a few times since the school made this transition is, "Why do we need to 'register' our students if they already attend Win-E-Mac?"

Answer: Because there are a number of forms that we are required to have filled out for every student every school year, not just when your student first starts attending Win-E-Mac.

Rather than use a number of different paper forms (which would require a printed name and signature for each one), we have tried to simplify the process by putting all the forms into one Online Registration with one digital signature in ParentVUE.

If your students are not new, all the information we already have in our system auto-populates into the forms, so all you should need to do is verify it, updated it as needed, and proceed to the pages that we



need to collect new information for this year (i.e. picture publication permission, internet use agreement, device use agreement, etc.)

With device handout happening the first day of school, Win-E-Mac School will need the internet use agreement and device use agreement acknowledgement boxes to be checked in the Online Registration on ParentVUE (see below for details) as well as the \$30 Tech Fee (required for 6th grade and older) to be paid in LINQ Con-

nect (or in the office tomorrow morning) before devices can be handed out to students.

Many parents have already done this (thank you!), but some still need to complete this. If the agreements are not done and the tech fee is not paid, we unfortunately cannot hand out devices to your student.

If you have any issues or questions, please email technology@wemschools.org. Thanks for your understanding.

Increasing measles cases in metro area highlight need for vaccination

Anyone who is not vaccinated is at risk of getting sick from measles.

Health officials are urging families to make sure they are up to date on their measles, mumps and rubella (MMR) vaccine as a measles outbreak continues to impact unvaccinated children in the Twin Cities metro area.

Measles is a highly contagious rash illness that spreads easily by coughing, sneezing or even being in the same room with someone who has measles. It can be spread before someone shows symptoms. The virus can remain in the air for up to two hours after an infected person leaves an area. Measles can cause serious disease leading to hospitalization and even death.

Since May, 30 cases of measles have been reported in Minnesota as part of this outbreak. Initial cases were reported in May and June, but the outbreak started to take off at the end of July. Cases have ranged in age from 7 months to 10 years, with one case in an adult, and about 1 in 3 cases have required hospitalization. So far, the outbreak is largely affecting unvaccinated children in the Somali community in Minnesota. However, anyone who is not vaccinated is at risk of getting sick with measles.

"Measles is currently circulating, and infections can be severe," said Dr. Ruth Lynfield, state epidemiologist and medical director at the Minnesota Department of Health (MDH). "I urge all parents to be sure that their children are vaccinated because we know that vaccination offers the best protection."

After over 50 years of use, the MMR vaccine has been shown to be safe to receive and works to prevent measles. General recommendations for MMR vaccine are for children to get two doses, one at 12-15

months of age and one at 4-6 years of age, although a second dose can be given earlier.

"While parents may not be able to protect their kids from all the risks that come with childhood, you can protect your child from measles."

The MMR vaccine is extremely effective at protecting kids, families and the entire community," said Dr. Abdul Abdi, pediatrician at Children's Minnesota. "Some families seem concerned that the MMR vaccine is somehow linked to autism, but this is a myth. Regrettably, vaccination rates against measles have dropped significantly in our Somali community over the past 10-15 years, yet the number of autism cases have not decreased. This clearly demonstrates that there is no link between the MMR vaccine and autism."

There are other notable reasons to get vaccinated beyond preventing illness. Unvaccinated people exposed to measles need to stay home and away from others (quarantine) for 21 days. This means missing school, social and family events, religious events and gatherings, work, vacations and more.

In addition to school starting, there are some upcoming events in the Twin Cities metro area that could bring together large numbers of people, such as the Islamic Association of North America Annual Convention on Sept. 1 and the Annual Minnesota Muslim Convention on Sept. 14. Health officials urge attendees of these and other big events to be vaccinated and to stay home if they are not vaccinated and have been exposed to measles.

"We look forward to a wonderful convention this Sunday, Sept. 1, and we want the health and safety of all of those attending, and our broader community, to be a top priority. We ask that people consider

their vaccination status before attending and to please make sure children are receiving their MMR vaccine when recommended," said Sheikh Yusuf Abdulle, executive director of Islamic Association of North America (IANA).

MDH encourages parents/guardians to check their child's immunization records to see what vaccines they may need. Minnesotans can visit Find My Immunization Record for more information. Most people born before 1957 have had measles disease and are considered immune.

Children can get vaccinated at their regular clinic. The Minnesota Vaccines for Children program (MnVFC) provides Free or Low-cost Vaccines for Children in Minnesota who are uninsured, enrolled in a Minnesota health care program like Medical Assistance or MinnesotaCare, or children who are American Indian or Alaska Natives. Over 750 health care providers in Minnesota are enrolled in MnVFC and approximately half of Minnesotan children are eligible.

Children who do not have health insurance to cover vaccines can also get vaccinated through local public health departments. Check your county government website to find a local public health immunization clinic.

Initial symptoms of measles include a high fever, cough, runny nose and watery eyes followed by a rash that spreads from the head to the rest of the body. It generally takes eight to 12 days from exposure for someone with measles to develop the first symptoms.

If symptoms develop, people should call their health care provider before going to a clinic. By calling first, the clinic can give you instructions for where to go. This avoids unintentionally exposing other people to measles in the waiting room.

WEM continues Backpack Program

Amy Bartz, Alluma clinical therapist co-located at Win-E-Mac School, states the Backpack Program provides additional food for children who attend school at Win-E-Mac.

The food is delivered from North Country Food Bank and is solely funded by donations. The Backpack Program provides food to children who don't have access to food on the weekends when school is not in session.

The children are both elementary and high school age, and often look forward to the

boost of food for the weekend or holiday. The food is child-friendly and is easy for the students to prepare themselves without adult support. The number of children participating can fluctuate during the school year depending on the movement of families in and out of the district or the needs of families changing throughout the year. The school staff is really good at referring and expressing any concerns they have about children who show warning signs of not having an adequate amount of food.

If you are interested in learning more about the Backpack Program for yourself or others, or if you wish to donate money to assist in underwriting the Program for the Win-E-Mac School, you can contact Amy Bartz or Abby Steffan (WEM social worker). Please call Win-E-Mac School at 218-687-2236 or Grace Lutheran Church 218-687-4035. Checks can be written to the Grace Backpack Program and mailed to Grace Lutheran Church, P.O. Box 124, Erskine, MN 56535.



School supplies lists that are needed for each grade can be found on the website www.wemschools.org or printed copies are in the school office.

The Win-E-Mac School District office will be open from 7:00 am to 4:00 pm Monday through Friday during regular school days.

How do I sign up for ParentVue? Email the Win-E-Mac secretary, Erin Lisburg (elisburg@wemschools.org). Erin will send you a seven-digit "activation key". Then, go to the school website (wemschools.org/synergy). It will redirect you to the cor-

rect ParentVue links for WEM. Click "I am a parent", then "Activate Account".

Students in all grades will receive a free breakfast and free lunch during the 2024 - 2025 school year. If students wish to take ala carte options, a second meal, or a non-reimbursable lunch/breakfast, those will be charged to the students lunch account. The school has a no-charging policy, there must be sufficient funds in the students lunch accounts at the time of purchase. To view the monthly breakfast and lunch menus please visit the school website.



Winner of The Ladies Night Out drawing from Nei's Meats & The Hen House is Tina Sonkowsky of McIntosh, Congratulations.