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6 candidates vie for 4 positions on Win-E-Mac School Board

The McIntosh Times and Erskine Echo asked the 6 candidates running for the Win-E-Mac School Board questions pertaining to their candidacy. The questions asked pertained to their qualifications for the sitting on the school board, challenges and the solutions to the challenges that face Win-E-Mac School District; how they would implement cuts, should they become necessary, and an opportunity to add their own comments. Below are their answers to help our readers make an informed decisions on Tuesday, November 5.



Katherine Howard
My name is Kathrine Senn-Howard, I grew up north of McIntosh and graduated from WEM in 2002. I have 5 kids, Ava (19), Bergen (17), Chloe (16), William (14) and Iris (12). We lived in Greenbush MN until 2019, when we moved back here my oldest was in 7th grade and my youngest in 1st. We've gone through the entirety of high school, junior high and most of elementary here since we moved back to the community. I own and run a business in McIntosh called Howard Soap Co, in that I do the production and creation, wholesale accounts, running of the store and employ just a handful of kids, some of who are my own. I'm running for a position on the board of directors for the WEM school district.

In the years I've been back home and had my kids enrolled in school here, I've frequently made it a point to talk to teachers, students and parents about their experiences with the school. My experience here as opposed to what we had in the BGMR school district has been quite a bit different, it's hard not to make comparisons but my kids and I have felt the same about it and in talking to the teachers/students/parents, they have felt/seen some of the same issues I have. I think it's crucial to think out of the box, inquire with other school districts on how they do things so we can make small but impactful improvements to make our experiences in the school all around better. I have experience with systems of how a business is run, systems are everything and run-

ning a school is very much like running a business. If you take care of your customers and processes (students, teachers, parents, community), things typically fall into place in a good way.

As far as challenges for the school district, like most other school districts, money is certainly always going to be a front and center issue. One that requires creativity and hard decisions to be made. Systems and organization are important as well, getting back to the experience that my kids and I had in the BGMR district, we felt that our time in elementary here had an overall feeling of disorganization and some lack of communication at times. Just as a basic example, I felt that the way AR reading was conducted in BGMR was done very well, in a way that really set the kids up for success. It was a breeze for my kids there, here it felt like more of a challenge as a parent and for the students, looking back at both experiences and having had conversations recently with some of the previous administration in BGMR, I can definitely say that it was simply the way it was carried out.

Another 'issue' that has been a personal issue for me, and in speaking to other parents it's been a problem for them as well, is the use of iPad's in elementary. I understand that this can be a touchy subject, I've brought the issue up to previous administration with no results, I also understand that there has been a lot of money invested in this technology, but in speaking to other parents in our district and in others in the surrounding area, I find that it's a common opinion that for the most part they should be left out of elementary or at the very least used less. Most, including myself, believe that that age group isn't mature enough to handle that type of technology and that whenever possible more traditional ways of learning would be ideal. Mainly, the overall message I've gotten from other parents, and myself of course, is that they shouldn't be coming home with the kids. It takes the decision to not have devices in the home away from the parent. Of course there are many moving parts to how education is conducted, but this is a big concern for myself and other parents.

Also worth noting, I have to say that I've had great reviews from my kids and others that our new administration is definitely doing great things, there's been a lot of positive things going on in the school and it's great for morale.

I think the best solutions to these and many other challenges is taking the time to communicate to everyone and pool ideas on how we can make small changes to make things better. Taking care of our

teachers, supporting them and the staff, asking the right questions and having conversations with all involved.

Regarding potential cuts: In the future, if cuts become necessary I would make those decisions based on data and facts. We're in a small community where everyone knows everyone, we have personal relationships with teachers and staff, but those hard decisions may have to be made. They must be made in a business-like matter with emotions set to the side.

In closing, I'm proud to have graduated from WEM and even more proud to have my kids there representing the school in sports and other activities. I've spent countless hours driving and attending sporting events and I wouldn't have it any other way. We have a great and supportive community, great partnerships with Fosston and Fertile in our combined sports, and have loads of potential to do even better and I'd be honored to help facilitate that.



Dean Roy
My name is Dean Roy and I am running for school board of Win-E-Mac school district #2609. I graduated from Fosston High School and lived in the Lengby area until I married Anita Skeie and moved to McIntosh. We have two kids, Dylan who graduated in 2021 and is a senior at UND and a daughter Kalli who is a sophomore. I work at Minnesota Dehydrated Vegetables in Fosston as the electrical supervisor.

I have never been on or ran for a school board seat before, but I am not afraid to speak my mind and bring some new or different ideas to help the students or faculty with whatever they need.

I think that one of the biggest challenges will be making a sound financial budget that will benefit the school, give the faculty the resources they need and give the students the education they deserve.

By getting information from the faculty, students and parents I think we could come up with a reasonable and sound budget that will benefit the school and students.

If any cuts need to be made in the future we will need to look at what areas will have the least effect on the faculty and students. We can do this

by getting input from the faculty, students and parents to see what their concerns are and work out a sensible solution.

I believe the school board works for the students and parents and I will listen to anybody that has any concerns or ideas they might have.



Amanda Schow
Hello! My name is Amanda (Paradis) Schow and I'm running for the Win-E-Mac School Board.

I am a proud graduate of the Win-E-Mac Class of 2013 and of North Dakota State University with my Bachelor of Science Degree in Accounting. Since finishing college in 2016, my high-school sweetheart Tyler and I have moved back home to raise our three

kids, Cannon (6), Peyton (5) and Piper (3) in the same community that helped to raise us. I am currently working as an accountant with Overmoe & Nelson in Fosston, MN as well as assisting Tyler with farming and operating our seed dealership, Schow Ag Service. I've been blessed to serve our community by teaching Sunday School at Mt. Carmel in McIntosh as well as being a mentor with the Win-E-Mac BioGirls program.

Becoming a member of the school board is important to me because I see the value of this special community that we have built around the school. This community ranges from the generation that supported and encouraged me in high school activities and now extends to a younger generation that helps to encourage my children as well as so many other kids in our area. This community steps up when our neighbors need a hand and is there to support one another when needed most. I believe that we as parents have a duty to continue this legacy of a supportive community and give our children and their classmates the same great childhood that we had. This community is a large reason my husband and I decided to bring our family back to the area. I've noticed that there are many other graduates of Win-E-Mac that are moving

back home because they want to raise their families with the same values and are unable to find this within a community in the suburban and city areas.

With this movement of people coming back home, I believe we have such a great resource in the teachers and staff that are within our school. We are able to raise our children together and work towards a common goal of impacting the next generation in the best ways possible. I want to help support our teachers and staff with the best resources that we can. In relation to budget cuts, I hope that we will not have to implement these in the future, but we all know that inflation has reached insane levels. If absolutely necessary, I would try to make budget cuts that do not negatively affect the quality of education and support

School Board... Continued on page 4 ...



No School at WEM
There will be no school on Thursday, October 17th and Friday October 18th due to MEA/NEA.



Jim & Nina Palubicki hosted a Meet & Greet with Michelle Fischbach in Fosston on Friday, October 4th. Local residents were able to hear from the 2024 candidate on issues that matter to Northwest Minnesota.



The annual Win-E-Mac Meet the Patriot's night was hosted by the Win-E-Mac Volleyball team, football team and cheerleaders on Monday, September 30th, as a part of this years Homecoming festivities. Kids were able to have some fun outside on the Patriot's football field on the warm autumn evening.

SEPTEMBER 24, 2024
BOARD MINUTES

Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session at 8:00 o'clock a.m., September 24, 2024. Members present: Commissioner Paul Reese, Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Joan Lee, Commissioner Mark Holy, and Charles S. Whiting, County Administrator, Clerk of the Board. Others present: Samuel Melbye, Deputy Clerk of the Board.

AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the September 24, 2024, agenda.

CONSENT ITEMS

A motion was made by Commissioner Strandell seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the September 24, 2024, consent items:

1. Approve the September 17, 2024, Board minutes.
2. Approve the September 18, 2024, Board minutes.

COUNTY BOARD MEMBER
ISSUE FORUM

1. Commissioner Reese brought forth that he attended the following meetings:
 - a. Expressed similar concerns as Commissioner Holy regarding budget items and taxes.
2. Commissioner Strandell brought forth that he attended the following meetings:
 - a. Grand Forks-East Grand Forks Metropolitan Planning Organization meeting.
 - b. Drug Task Force meeting.
3. Commissioner Willhite brought forth that he attended the following meetings:
 - a. Polk County Extension Committee meeting.
 - b. Union negotiations.
4. Commissioner Lee brought forth that she attended the following meetings:
 - a. East Polk Soil and Water District meeting.
 - b. State Community Health Services Advisory Committee meeting.
 - c. Polk County Extension Committee meeting.
 - d. Union negotiations.
 - e. Inter-County Community Council Board meeting.
 - f. Received call regarding a road issue and passed the concern on to Rich Sanders, County Engineer.
5. Commissioner Holy brought forth that he attended the following meetings:
 - a. Expressed concern regarding farm trucks and how they have been driving during the start of harvest season.
 - b. Received phone call on budget items and taxes.

PROPERTY RECORDS

Sam Melbye, Director of Property Records, came before the Board with matters pertaining to his department:

1. Archive Module Service Contract

Authorization is requested to enter into a service contract with Vanguard Appraisals, Inc. of Cedar Rapids, IA, for six archive module processes. The Archive Module contract allows for six archive processes to be completed at the cost of \$3,980.00 per process for a total of \$23,880.00. A motion was made by Commissioner Reese seconded by Commissioner Holy and adopted by unanimous vote of the Board to authorize Mark Landsverk, Polk County Assessor, to enter into a service contract with Vanguard Appraisals, Inc. of Cedar Rapids, IA, for six archive module processes.

ADMINISTRATION

Chuck Whiting, Polk County Administrator, came before the Board with matters pertaining to his department:

1. Resolution (2024-68) Setting the Preliminary 2025 Property Tax Levy and Setting the 2025 Budget Public Hearing Date

RESOLUTION (2024-68)

Setting the Preliminary 2025
Property Tax Levy and
Setting the 2025 Budget Public
Hearing Date

The following resolution (2024-68) was offered by Commissioner Strandell:

WHEREAS, The Minnesota State Legislature passed, and the Governor of the State of Minnesota signed into law, Minnesota Laws 2001, Special Session Chapter 5; and

WHEREAS, M.S. 275.065, sub. 1 requires local taxing authorities in the State of Minnesota to establish a proposed levy on or before September 30, 2024, for taxes payable in 2025.

NOW THEREFORE BE IT RESOLVED, By the Board of County Commissioners of Polk County that the proposed statement of expenses and anticipated receipts on file in the office of the County Administrator, for the year 2024, be and they hereby are preliminarily accepted by this Board as a proposed budget for Polk County for the year 2025 dated September 24, 2024, and that the proposed levy on the taxable property for Polk County for Year 2024 payable in 2025 be preliminarily set as follows:

2024 Levy is \$27,570,155.

2025 Preliminary Net Levy \$28,948,663 (+5.00%) (\$1,378,508 increase over 2024)

BE IT FURTHER RESOLVED, By the Board of County Commissioners of Polk County that the time set for the 2025 Budget Public Hearing is December 3, 2024, at 6:00 p.m.

in the County Board Room of the Government Center at 612 No. Broadway, Crookston.

Commissioner Lee seconded the foregoing resolution, and it was declared adopted upon the following vote: YEAS: Commissioner Willhite, Commissioner Holy, Commissioner Strandell, Commissioner Lee, Commissioner Reese. NAYS: None.

2. Resource Recovery Facility – New Position

Polk County Resource Recovery Facility (RRF) processes waste and single stream recyclables for the six-county area in the Material Recovery Facility (MRF). The MRF has experienced much turnover in the last five years. The turnover has led to a general lack of knowledge of all aspects of the operation. A new position of MRF Crew Lead has been created to elevate a person who possesses that knowledge and experience only gained by working within the MRF system. The job description of MRF Crew Lead has been drafted and scored as a Grade 11. A motion was made by Commissioner Holy seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the new position of the MRF Crew Lead at Grade 11 and to approve filling the new MRF Crew Lead position.

3. Request to Approve Finance Director Services Agreement with Abdo Financial Solutions

Jean McGann of Abdo Financial Solutions was present via the Internet to discuss the services provided by her company. Abdo Financial Solutions' services include assisting current and new staff with their work, as well as providing finance support and management level services. The Abdo firm is familiar with Polk County, having done a workflow assessment in 2016 and facilitating the RFP process for enterprise software in 2018. The proposal from Abdo essentially starts with an assessment of current work taking place to set the course for eventual transitions in staff and processes. With the potential turnover in the Finance Department leadership in the coming year, this proposal for Board consideration is to facilitate that transition to best position the County for this change. A motion was made by Commissioner Holy seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the service proposal with Abdo Financial Solutions for an initial assessment as presented, not to exceed \$21,000.00, to be paid through available American Rescue Plan Act (ARPA) funds.

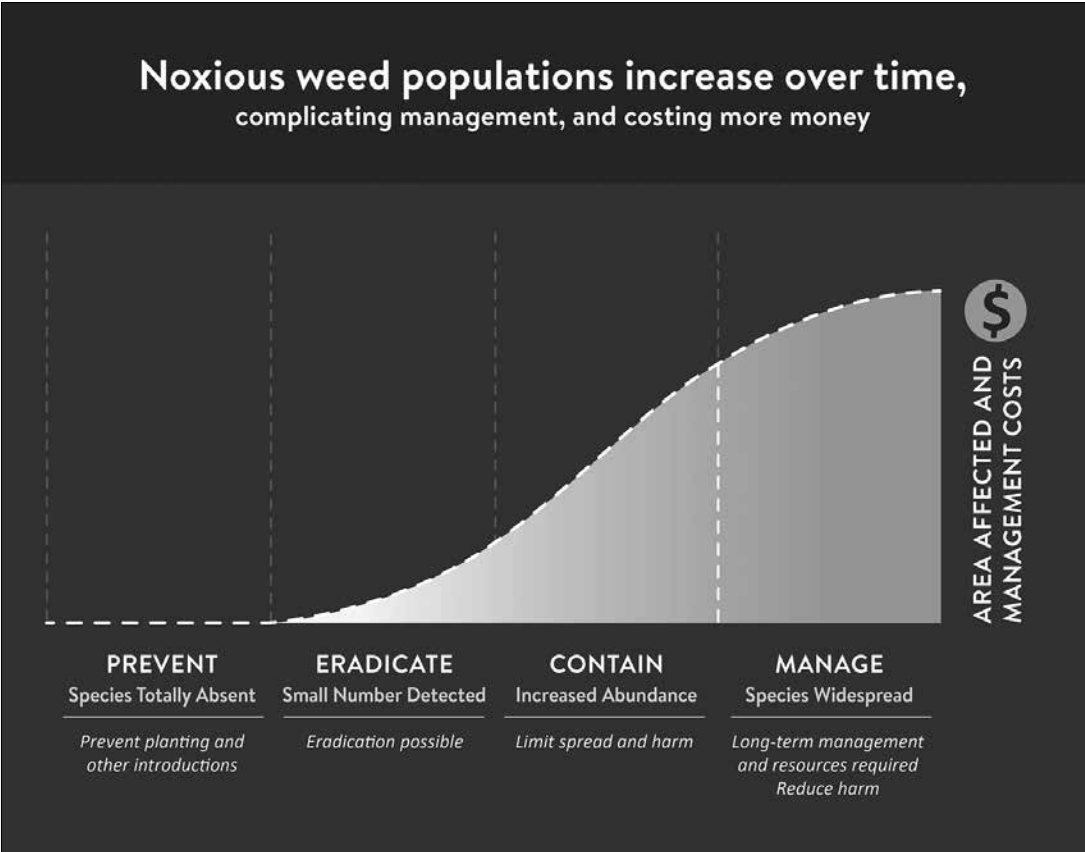
With no further business, the Board adjourned to reconvene at 8:00 o'clock a.m., October 1, 2024.

Gary Willhite, Chair

ATTEST:

Charles S. Whiting, County Administrator
Clerk of the Board M30C

Early detection of noxious weeds provides the best chance of effective management



Noxious weed populations increase over time, complicating management, and costing more money.

By: Maya Sarkar, Minnesota Department of Agriculture

Invasive plant species establish and spread throughout our state. Some areas are densely infested, while new invasives seem to be popping up in areas they never were before. Invasive species have many negative effects on our native plant communities and ecosystems, including native species suppression, restricting forest regrowth, and more.

It's in our best interest to stop invasive species before they cause irreversible harm on our natural landscapes. But where do we start? Do we tackle heavy infestations or new establishments first? Where and what do we focus our time, effort, and limited funds on? This is where the concept of the "invasion curve" is used as a tool by land stewards to help coordinate our efforts in fighting back invasive species.

The generalized invasion curve describes the establish-

ment and spread of a new invasive species and how management actions change through the stages of spread. Generally, an invasive species spreads over time, and that increases the area affected and associated management costs. Following the invasion timeline, prevention is the cheapest and most effective strategy.

Early detection of invasive species and a coordinated, rapid response for their removal are our best methods to limit harm and minimize the costs associated with invasion. When we are able to respond and eradicate an invasive species before it establishes in our state, we prevent habitat loss, biodiversity loss, harm to our soil and water health, and more.

At the same time, we also decrease the resources needed, including funding, work time, and pesticide use. Overall, it's a lot cheaper and healthier to prevent or eradicate a newly introduced species than it is to

manage a widespread infestation.

As a population grows, it's best to focus on containing the species to limit its spread and associated increase in management costs.

If an invasive species becomes widespread over time, long-term management is required, and the focus is to control the population and its associated negative effects on native communities. New management options such as the development of biological control, new equipment such as remote-controlled forestry mowers, and new research findings to improve management outcomes can all greatly reduce widespread species. While we focus efforts on prevention and eradication of species that are not here yet or have very small populations, we also continue to explore new equipment options and collaborate with researchers for solutions to widespread invasive plant management.

Grants available to support MN livestock operations

Minnesota livestock farmers and ranchers looking to improve their operations can now apply for over \$1 million in funding currently available through the Minnesota Department of Agriculture's (MDA) Agriculture Growth, Research, and Innovation (AGRI) Livestock Investment Grant program.

The AGRI Livestock Investment Grant provides funds to be used for equipment purchases, physical improvements, and acquisition of facilities to assist in starting, improving, or expanding livestock operations within Minnesota. Applicants may apply for an award of up to 10% of a project's total cost, with grants ranging in size from \$400 to \$25,000.

Eligible projects include but

are not limited to buildings or facilities for raising livestock, watering systems, fencing, feed equipment, and waste management equipment. This round of funding will prioritize projects relating to beginning farmers and farms owned or principally operated by beginning farmers (those who have farmed 10 years or less), generational transitions, production of livestock for kosher or halal markets, and robotic milking equipment.

Applicants must be the principal operator of a livestock operation in Minnesota that produces and sells at least \$1,000 of livestock products annually or normally would sell at least \$1,000 of livestock products in a typical year.

Only expenses incurred af-

ter the grant contract has been signed by all parties are eligible for reimbursement. The MDA expects to have contracts to grantees by March 1, 2025.

Applications for the grant will be accepted until 4 p.m. on Thursday, November 14, 2024, through the MDA's online application portal. Full grant eligibility and application details can be found on the AGRI Livestock Investment Grant webpage.

Funding for the Livestock Investment Grant is made available through the MDA's AGRI Program, which administers grants to farmers, agribusinesses, schools, and more throughout Minnesota to advance the state's agricultural and renewable energy sectors.



Pumpkins of all sorts and sizes are brought to town each year by the Voxland family for sale during the McIntosh Harvest Festival. It is always a popular attraction and a great way to find just the right pumpkin for your fall decorating.



The Northwest Chapter of A.B.A.T.E. dropped off a \$750 donation to the Fosston Loaves & Fishes Food Shelf on Saturday September 28th which was gathered at their annual Food and Toy Run on September 7th. Members Pictured: Ben Hand, Greg McGlynn, Julie Simke, Gary Hasby, Warrior Farder, Casey Beasor, Chad Grindeland, Eileen Todahl, and Rod Olson.

School Board...

Continued from page 1.....

that our children are getting. This quality of education would include our staffing levels that allow our children to interact and learn directly with their teachers and paraprofessionals. Support would include the quality of the food that we are feeding our children to fuel their bodies and brains as well as the movement and activity that our children need.

Other than budget decisions, another challenge that I see is communication issues. In general, we as a world are the most available we could possibly be with electronics and social media, but we are severely lacking human connection, communication and understanding. I think if we can work together to reach out to our neighbors, community members, teachers and staff and try to see all sides of an issue, we can work together to find the best solution for our students as a whole.

Thank you for your consideration for the Win-E-Mac school board. If elected, I look forward to being an advocate for all of our children and working together to support the next generation of our community.



Nikki Carlson
1. Name, background (family, etc.) – present job and office you are seeking?

Nikki Carlson. I live in rural McIntosh with my husband, Jason and two children: Charley age 15 and Svea age 8. I am a graduate of Win-E-Mac and attended the University of North Dakota receiving a degree in Elementary and Special Education. I currently hold a MN Teaching License for grades 1-6. I am a Human Resources Information Specialist with the Minnesota Department of Health – Human Resources Management. I am seeking to be elected to the Win-E-Mac School Board.

2. Experience and/or qualifications you feel you have for the office you seek?

As the former Director of Enrollment Management and Admissions at Northland Community and Technical College, I have knowledge in establishing enrollment goals and measuring progress toward the established goals, experience in strategic planning and implementation of strategies, development and implementation of policies and procedures, and development and monitoring budgets. I care about and want what is best for students and the school district.

3. What do you see as the top challenges facing the school district?

Growing student enrollment. Providing a comprehensive education to all students whether their plan is to enter

a 2-year college, 4-year university or the workforce directly after high school. Recruiting and retaining staff in all areas of the school district.

4. What do you see as solutions to those challenges?

The school district must keep all students in mind as decisions are made. Evaluate the goals and objectives identified in the districts strategic plan. We must do what we can to continue to provide class options to students that include rigorous academic classes, technical class offerings, arts, physical education, etc.

Continue to provide, promote, and support professional development for all staff.

5. If future cuts become necessary, how and when would you make those cuts?

We would need to ensure cuts are necessary and exhaust all options prior to cuts happening. If it is determined that cuts need to be made, we need to make sure our mission of providing quality education in a safe environment is impacted as minimally as possible.

6. Open for any closing comments you wish to add?

I am very proud to be a part of the Win-E-Mac community. The school district has great students, and a staff committed to the quality education of students. I am willing to commit to spending 4 years working on enhancing and improving what the district has to offer and provide to students if voters choose to elect me.



Davin Swanson
My name is Davin Swanson, my wife Amanda and I have two children Henry (6th grade) and Hudson (3rd grade). The 4 of us run a small cow/calf herd north of McIntosh. I have 4 years of experience on the School Board, currently on the negotiations and safety committee as well as a substitute teacher at Win E Mac. I am the President of the Board at King Town Mutual Insurance. I volunteer on the McIntosh Fire Department as a firefighter/first responder/treasurer. I work with Avantax Wealth Management and have 18 years of experience in wealth management and insurance.

The last 4 years have been challenging! We have persevered through the roller coaster of flashpoints from Covid to bathrooms. Budgeting constraints have been mitigated as funding/enrollment has increased, however the additional inflows have not kept up with increasing cost of EVERYTHING. We will need to keep exploring additional options to increase our funding if we want to keep our current classroom sizes and expand programs offered at Win-E-Mac. I feel my background in wealth manage-

ment and business are helpful to understand the day to day operating and funding options for the school.

As our Strategic Plan states: our core values are quality education, student achievement, safety, and relationships.



Tyler Brekken
My name is Tyler Brekken and I am running for re-election to the Win-E-Mac School Board. I live in Erskine with my wife, Ann, stepchildren Josie and Logan, and I currently work for Garden Valley Technologies.

I have always had a strong interest in the education system. My wife is an elementary teacher, my mother is a cook for the Crookston school district, and I have coached multiple athletic programs over the years. I also have two stepchildren in the Win-E-Mac school system. Being a Director and a Vice Chair over the last four years, I have learned many things about how a school board operates and there is still more to learn! In January, I was elected to the Minnesota School Board Association board of directors to represent the 33 school districts in Northwest Minnesota by my peers. This has been a great honor, and I have taken my opportunity to advocate for our section of Minnesota very seriously. I am a product of rural Minnesota public education, and I am very passionate about its value and continued success.

It is no secret that the current state of the world has posed extremely difficult challenges for everyone, perhaps most of all to the school district. With all of the changing information from state and national levels, it can be taxing to try and keep up with how a program is supposed to be run. This was true four years ago and it is still true today. There is much debate on how to best fund public education. In the last four years, I have met with our state representatives and participated in the Minnesota School Board Association delegate assembly to advocate for rural public education, specifically, more money for rural districts and less mandates from the State on how to spend the money we receive to operate.

As with most challenges, I feel it is important to keep a level head, have an open dialogue, use the most accurate and up to date information from trusted sources, and come to a collective decision that is in the best interest of our students and staff. We want to give our students every opportunity for success, all while

keeping them safe. There are 7 members of our school board, and even if I disagree with the majority, which has happened in the past, I respect the decision of the majority and move forward with that decision. A great thing about a board is that not one person can dictate how things will be decided, but rather, it takes a majority of locally elected school district members.

As far as potential cuts are concerned, I think it is crucial that all avenues are explored, and creativity is put to the test to avoid cutting a program or staff member. I feel we have done a good job in the last four years of adding programs rather than cutting. Of course, we have a financial responsibility to the entire school district and all its stakeholders and

sometimes the money is not there, so if cuts are necessary, I would want to ensure that all the information is heard, and potential avenues researched before coming to that difficult decision.

I have great interest in the continued success of the Win-E-Mac school district for my stepchildren, along with all students and staff. I enjoy being a part of this community, attending Patriot activities, and volunteering at my church and the Erskine Fire Department. I know first-hand that Patriot Pride is a real thing, and I hope to play a part in keeping that tradition going. There is much to learn in the first term on a school board, and I hope to build from those experiences for the next four years.



Deb Keil was on hand during the Meet and Greet held with the Palubicki's on Friday, October 4th in Fosston. She was able to answer some questions about the Minnesota Legislature for some local residents.

What young women should know about breast cancer

A prevailing myth concerning breast cancer is that it only affects older women. Various medical organizations and institutions recommend women begin receiving mammograms starting at age 40, which may compel women younger than 40 to think that they are immune to breast cancer. Yale Medicine notes breast cancer in younger individuals is rare, but the organization reports it is the most common cancer among women between the ages of 15 and 39. In addition, a body of evidence points to a growing rate of breast cancer diagnoses in younger women.

The Cleveland Clinic says breast cancer in young women and people assigned female at birth is known as early-onset breast cancer. Even adolescents and young adults can get breast cancer

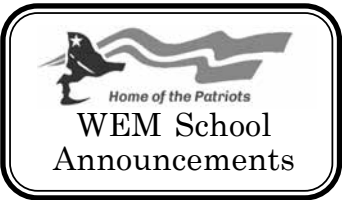
Although young people can get any form of breast cancer, invasive ductal carcinoma and triple-negative breast cancer are the most common forms of the disease among young women.

Diagnoses of breast cancer have steadily risen in women under age 50 over the last 20 years, says the Washington University School of Medicine in St. Louis. Researchers believe the surge is largely driven by increases in the number of women diagnosed with estrogen-receptor positive tumors, which are cancerous tumors fueled by estrogen. The research-



ers also found higher rates of breast cancer among Black women, particularly those between the ages of 20 and 29. Black women in this age group were found to have a 53 percent increased risk of breast cancer.

The Breast Cancer Research Foundation says that breast cancers in women under age 40 are more likely to have features that contribute to poorer outcomes and prognoses. Larger tumor size, advanced tumor stage, negative hormone receptor status, and an over-expression of the HER2 protein are some such features. The BCRF also reports younger women are more likely to experience a recurrence at five and 10 years after therapy compared to old-



Win-E-Mac Book Fair is coming soon! The Scholastic book fair at the Win-E-Mac school will be from Tuesday, October 8th through Friday, October 11th. The book fair will take place before an after school each day (7:45 am - 8:20 am and 3:10 pm - 3:30 pm) and during conferences on Thursday, October 10th from 1:00 pm - 7:00 pm. The Win-E-Mac Scholastic Book Fair is brought to you by the WEM Literacy Committee.

There will be flu shots available during conferences at Win-E-Mac School. On Thursday, October 10th from 12:30pm - 2:30pm, Ruth Fonder from Nord's Pharmacy will be at Win-E-Mac School again this year during conferences. She will be offering flu vaccines to staff, families and students. COVID vaccines will be available upon request. Please let the school know in advance so we can tell Ruth how many to bring.

Win-E-Mac is seeking individuals to visit our school and share their career experiences with our students. We would love for you to talk about the education and training that helped you reach your current position, what your job is truly like, and share valuable insights with the kids.

If you have a unique job that not many people are aware of or understand, work in a booming industry looking for passionate employees, or simply love what you do and want to inspire others, we invite you to participate!

This is a fantastic opportunity to speak to our senior class during their Senior Seminar, where nothing beats first hand experience. If you're interested in making a positive impact on our students' futures, please consider joining us! For more information, contact school counselor Becky Hanson at rhanson@win-e-mac.k12.mn.us.

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.

er women.

It is essential for younger women to be in tune with their bodies and learn to recognize any signs that may be indicative of breast cancer. Since annual screenings are not often part of preventative health plans for women younger than 40, adolescents and young adults need to alert their doctors if they suspect anything is wrong. Unfortunately, by the time a tumor in the breast can be felt, it likely has been present for some time already. Symptoms of breast cancer may include:

- Inverted nipple
- Breast lump or a lump in armpit
- Breast pain
- Changes in the skin of the breast
- Nipple discharge with or without pain
- Swollen lymph nodes

Any of these signs should be discussed with a primary care physician or a gynecologist.

Younger patients also are more likely to have a genetic connection to breast cancer. Individuals with one or more family members who were diagnosed with breast cancer are at higher risk and may want to consider screening at earlier ages.

Breast cancer is not a disease that only affects women 40 and older. Younger people can get breast cancer, and it's often a surprise and sometimes more aggressive.