

# MDH issues travel, vaccine advice as 10 more measles cases confirmed

BY DENÉ K. DRYDEN  
Post Bulletin

ROCHESTER — The Minnesota Department of Health on Wednesday, Oct. 1, issued information about measles symptoms, immunizations and travel after confirming 10 more cases of the infectious disease in the Twin Cities metro area.

The new cases — all of which have been confirmed since Sept. 29 — bring the state’s yearly case total to 18. All 10 of the new cases were connected to recent domestic or international travel.

The additional Minnesota cases come amid the United States’ worst year for measles since 1992, with more than 1,500 known cases in 2025.

“The significant increase in measles cases around the U.S. this year, and the fact that measles is still very prevalent in other countries, continues to highlight the urgency for families to make sure their children are up to date on their measles immunizations,” said Myra Kunas, assistant commissioner for MDH’s Health Protection Bureau.

While children are advised to receive their first measles vaccine — often delivered through a combination measles, mumps and rubella, or MMR, shot — at 12 to 15 months old, MDH said children as young as 6 months old can get their first dose “if their travels will put them at high risk for measles.”

Kids can receive their second measles vaccine between age 4 and 6. Two doses offer 97% protection against infection, MDH said.

The state health department is encouraging Minnesotans, before they travel, to confirm if they and their children are immunized against measles. Minnesotans can access their immunization record through the Minnesota Immunization Information Connection.

Additionally, “we are encouraging families to be aware of symptoms of measles, particularly the rash, and call their health care provider if they notice a rash,” said Jessica Hancock-Allen, director of MDH’s infectious disease division,

“especially if their child is unvaccinated and has been exposed to someone with measles or has traveled recently.”

Measles symptoms include watery eyes, runny nose, cough and fever. A few days after those symptoms begin, MDH said, a rash that “typically spreads from the head to the rest of the body” appears.

MDH said people with symptoms, or whose children have symptoms, should call their health care provider before visiting a clinic in order to limit accidental exposure to others.

“Measles is one of the most infectious diseases on the planet,” Kunas said. “It spreads easily, and it finds those who are not vaccinated.”

# Indigenous activist Simone Senogles remembered for advocacy, heart

Senogles died unexpectedly on Saturday in Bemidji at age 54

BY DALTYN LOFSTROM  
The Bemidji Pioneer

BEMIDJI — Inclusive, uplifting and beautiful are just a few words used to describe Simone Senogles.

A defining figure of Indigenous activism, Senogles died unexpectedly on Saturday, Sept. 20, in Bemidji. She was 54.

“She was just absolutely beautiful,” said MMIW 218 organizer Audrianna Goodwin. “It’s our responsibility to reciprocate that good energy that she put out into the Earth and into the communities that we work to uplift, to continue to embody all the positive things that Simone was like.”

Born into the Migizi (Eagle) clan, Senogles carried the names Chinnoodinikwé and Miskomakwakwe.

Over the course of 25 years, Senogles served the Indigenous Environmental Network in several capacities. She is credited with spearheading the organization’s food sovereignty work, including writing and directing “Regaining Food Sovereignty,” a documentary exploring the state of food systems in some northern Minnesota Native communities, such as Red Lake Nation.

She also co-founded MMIW 218, a grassroots group dedicated to addressing Missing and Murdered Indigenous Women in her home territories.

MMIW 218 organizer Valahlena Steeprock became involved shortly after her senior year of high school. She had just completed her senior project regarding the MMIW crisis, for which Senogles’ sister, Anna Goldtooth, served as mentor.

Senogles and Goldtooth approached Steeprock to inquire about joining the group.

“I remember being so nervous and shaky before my speeches in front of hundreds of people. I would look at (Senogles), my mom and all these ladies (in MMIW 218), and that just grounded me,” Steeprock recalled. “Simone would say, ‘Just speak your heart.’ ... She was always someone you could lean on.”

Senogles offered support to families affected and encouraged others to do the same. Steeprock specifically noted support for the family of Nevaeh Kingbird, who went missing from Bemidji in October 2021, during an event.

“Teddi (Nevaeh’s mom) would speak at our events and would be crying. Simone would always say, ‘Let’s go stand by her; she can’t be alone,’” Steeprock said. “That’s one thing I’ll always remember. She was always there for our people.”

MMIW 218 organizer Tamika-Jo Andy shared similar sentiments, emphasizing a familial role that Senogles fulfilled for the group and community at large.



Annalise Braught / Bemidji Pioneer

Simone Senogles, 54, right, died on Saturday, Sept. 20, in Bemidji. She served as a founding member of MMIW 218 and operations director for the Indigenous Environmental Network.

“It was a big honor to work with Simone. She was always like a big sister,” Andy said. “the big sister that would protect you, take care of you and tell you what you needed to hear in that moment. ... She would tell you your worth, tell you to use your voice. She was the backbone of MMIW 218.”

‘Signs of Simone’

Senogles helped create the first Indigenous Feminist Organizing school in the U.S., as well as its international counterpart. She also served on the governing board of Grassroots Global Justice, an alliance of organizations of working and poor people as well as communities of color, according to her obituary.

Alongside a passion for land stewardship and beekeeping, Senogles was a prolific Anishinaabe artist. Among her creations were a birchbark canoe, traditional woven cedar mats and beaded moccasins that Leonard Peltier wore upon his release from incarceration this past February.

“She was just an inspiration with her art,” said MMIW 218 organizer Natasha Kingbird. “Whether making baskets or weaving, or singing and drumming, she included people and made sure everybody was involved. That’s what she brought and helped us feel comfortable.”

Senogles is survived by family, friends, co-workers and community members alike, and Andy commits to continuing Senogles’ work.

“Even though she’s no longer with us, we will figure it out,” Andy said. “We’ll do the best that we can with her guidance and support for us in different ways that she’ll show herself.”

Goodwin added that much of Senogles’ work is documented and can allow loved ones to connect with her in a different way.

“I was on the Indigenous Environmental Network webpage, just looking for Simone, and there was this whole webinar on Indigenous feminisms. There’s so much of what Simone did that was documented and that we can go back and listen to,” Goodwin left off. “We can be reminded and hear directly from her voice.

“I encourage people to keep looking for those signs of Simone.”

Senogles’ wake took place Sept. 25, with traditional services held Sept. 26 in Red Lake, led by spiritual leader Naabek Liberty.

Those wanting to provide financial support for Senogles’ family can donate to the “Simone Senogles, Rest in Power” GoFundMe page.

## BRIEFS

**Sioux Falls man charged with murder after stabbing**

SIOUX FALLS — One person was killed and another is behind bars after a Monday, Sept. 29, stabbing near the Sioux Falls Police Department.

Shortly after 1 p.m. Monday, police in Sioux Falls were called to the 800 block of North Dakota Avenue and found 70-year-old James Lipscomb with serious injuries. He was taken to a Sioux Falls hospital where he later died.

According to Sgt. Cole German, Lipscomb had sustained multiple injuries, including at least one stab wound.

Police on scene were able to gather some information from a trio of people residing at the same address.

After identifying a possible suspect, a perimeter was established in the neighborhood. A two-hour search ensued before police took 54-year-old Timothy Bellonger, of Sioux Falls, into custody.

German said Bellonger also resided at the same address as Lipscomb and was found inside the police perimeter.

After an interview at the Sioux Falls Law Enforcement Center, Bellonger was booked into the Minnehaha County Jail on one count of second-degree murder. He remains in custody on a million dollar bond.

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**Man in custody after White Bear Lake high school says he enrolled with fake ID**

ST. PAUL — A man is

in custody after officials with White Bear Lake Area High School say he enrolled as a student using a fake identity.

“We received reports that an individual enrolled at WBLAHS was over the age of 21 and promptly started an investigation,” reads an email White Bear Lake Area Schools High School Principal Russell Reetz sent to parents. “Upon our initial investigation, we have determined that while enrolling this individual we followed our enrollment process, which is as rigorous as state law allows. The individual appears to have provided fraudulent documentation and a false identity to enroll.”

School officials investigated after they received reports of a person over

21 years of age having enrolled.

“The individual in question is currently in police custody and is not allowed on any district property,” Reetz’s email says, adding that school officials are continuing to investigate the matter and are working with police.

“Please rest assured that the safety and well-being of all students is our top priority,” he said. “I am grateful to the staff members, families and students who saw something and decided to report it. These reports led to our investigation. We take all concerns seriously, and appropriate steps are taken any time there is a potential threat to student safety.”

St. Paul Pioneer Press

## LOCAL BRIEFS

**Sanford to host drive-up flu shot clinics in Fargo**

FARGO — Local pediatricians are reminding families that October is the best time to get a flu shot, as respiratory illnesses begin to circulate.

To make it easier, Sanford is holding drive-up clinics throughout the month at its Amber Valley location, 4837 23rd Ave. S., Fargo. The vaccination events will take place from 9 a.m. to noon on Saturday, Oct. 4 and the following Saturdays, Oct. 11 and Oct. 18.

“Like clockwork, we are going to see influenza come through this winter, and it’s always good to stay a step ahead of it. So October is the month where we encourage people to come and get vaccinated,” said Dr. Stephanie Hanson, a Sanford pediatrician.

Families can schedule their flu shot appointment at <https://www.mysanfordchart.org/MyChart> or by calling (701) 234-8830.

**Crime is down despite busy summer, Moorhead police say**

MOORHEAD — The Fargo-Moorhead area may have seen violent crime in the headlines increase this summer, but overall crime numbers are down, according to Moorhead Police.

Personal crime, including homicide and robbery, is down 7% compared to the last two years from January to August. Property crime is down 20% during the same time frame.

Chief Chris Helmick said he’s impressed officers have been able to handle a busy summer successfully, despite the department not being fully staffed.

“I think it’s just important for the public to understand that regardless of what our staffing levels are, we’re getting the job done, and we’re going to do what we can to keep this community safe,” Helmick said.

He added that the department hopes to be fully staffed by next summer.

**The Village hosting group for adults supporting children with trauma**

MOORHEAD — A new Village Family Service Center group will support the parents and caregivers of children with trauma.

According to a release from The Village, the mental health care provider is hosting “Love and Logic: Adults Supporting Youth with Challenging Past,” a six-week group for parents, caregivers and adults. The group will meet from 5:30-7:30 p.m. on Tuesdays starting Oct. 7 at The Village’s Moorhead office, 815 37th Ave. S., Suite 100.

The group will help participants understand how trauma affects the brain, why challenging behaviors are often attempts at self-protection and how healthy attachment relationships support healing, the release said. Participants will learn strategies to care for themselves while addressing root causes of behavior, setting healthy boundaries, reducing power struggles and guiding youth toward success.

To learn more about the program and reserve a spot, people can call 701-451-4811.

**ND utility regulators set hearing for Xcel Energy’s nearly 20% rate increase proposal**

BISMARCK — North Dakotans will have the chance to give the Public Service Commission input regarding Xcel Energy’s proposal to raise electricity rates by 19.34% and add \$44.556 million to its revenue.

Two public input

sessions will take place on Monday, Oct. 13 — one at noon and another at 6 p.m. CST, according to a Wednesday, Oct. 1, release.

During the sessions, Xcel Energy will present its reasons for the proposal, then the commission will take public comment.

Those interested in participating can do so in person at the following locations.

North Dakota State Capitol, 12th Floor Commission Hearing Room, 600 E. Boulevard Ave., Bismarck.

The Chamber Grand Forks, Chamber Board Room, 202 N. Third St., #100, Grand Forks.

NDSCS, Dr. Jerry C. Olson Auditorium, 1305 19th Ave. N., Fargo.

Minot City Hall, City Council Chambers, 10 Third Ave. SW, Minot.

All locations will be connected to the hearing by video. People can also participate by calling 1-888-585-9008 and using code 671-872-185, or by submitting comments by mail or email.

For more information about the hearing and rate proposal, visit [psc.nd.gov](https://psc.nd.gov).

**Historic Horace Mann school offers self-guided tours before demolition**

FARGO — Horace Mann Elementary School is giving the community a chance to walk down memory lane inside the historic building, ahead of its demolition next year.

The public is invited for self-guided tours of the school from 6:30 p.m. to 7:30 p.m. on Tuesday, Oct. 7, at 1025 Third St. N., according to a news release from Fargo Public Schools.

Opened in 1915, Horace Mann has been a mainstay of the Fargo community for more than a century, educating generations of young children.

Serving students in kindergarten through second grade, Horace Mann is paired with Roosevelt Elementary, which serves grades 3 through 5.

Once Horace Mann is torn down at the end of this school year, a new school combining Horace Mann, Roosevelt and Madison elementary schools will be built on the site, to serve 444 students in grades K through 5.

The new \$45 million school, approved by the Fargo school board in July, is expected to be ready by fall 2028, the release said.

For more information on the tours, contact Leandra Ostrom, Horace Mann Roosevelt principal at [ostroml@fargo.k12.nd.us](mailto:ostroml@fargo.k12.nd.us) or 701-446-5304.

**Crews contain field fire south of Hillsboro**

HILLSBORO, N.D. — Crews responded to a field fire south of Hillsboro in Traill County on Wednesday, Oct. 1.

The Traill County Sheriff’s Office said the fire was contained by 5 p.m.

Officials told WDAY News that at 2:30 p.m., they were calling firefighters from Grandin for backup. The Sheriff’s Office could not provide additional information at the time because they were actively responding to the fire.

A dispatcher said crews believed the fire was contained earlier in the day, but it flared up again. Multiple fire engines were seen heading toward the fire Wednesday afternoon, and an ambulance was staged nearby.

North Dakota Emergency Response said they were not contacted to assist.

The Traill County Sheriff’s Office said more information will be released later.

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