

Oklee Precipitation
By Einar Kvasager

	Rain	Snow
June 17	0.09	
June 18	Trace	
June 20	0.01	
June 21	Trace	
June 22	Trace	
Total in.	0.10	0.00

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

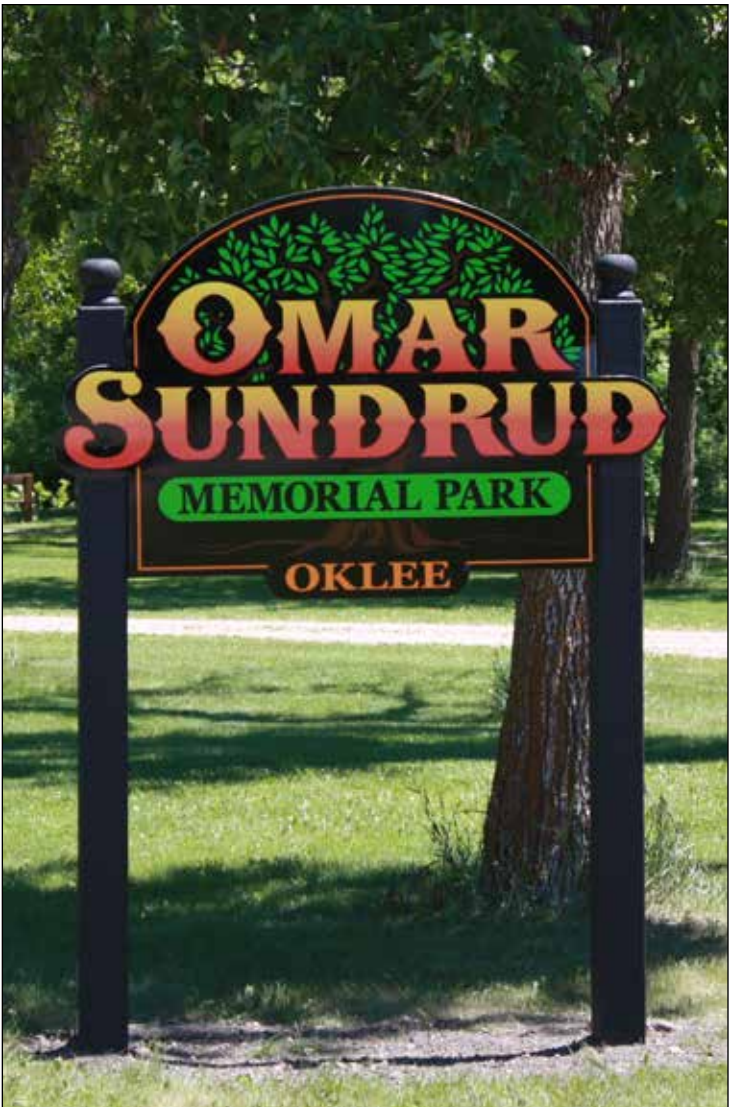
OKLEE (RED LAKE COUNTY) MINN. 56742

Vol. 105, Number 45

www.TriCoCanary.com

Wednesday, June 28, 2017

Sundrud Park Upgrades Discussed



During Market Day last year Scott Sundrud and Jack Sundrud were presented with the honor of naming the Oklee North Park, the "Omar Sundrud Memorial Park". This is the new sign that is now in the park.

City of Oklee met on June 12, 2017 at 6:00 p.m. in the Oklee Café. All council members were present: George Burthwick, Matthew Genova, Paul Cyr, Kaye Munt and Lori Melby. And Derek Cross (City Clerk). Visitors were: Toni Burthwick, JoAnn Hamm, Jackie Cross and her daughter,

Gale Schmitz (accountant), Brady Grove, Sheriff Mitch Bernstein, Deputy Casey Roisland, and Darrell Tougas (Maintenance).

Right before the meeting Genova handed out copies of the Incident report he filed with the Sheriff's Department in regard to being called nasty names by the City Clerk Derek Cross.

At 6:02 p.m. Mayor George Burthwick called the meeting to order.

Minutes were presented for approval. Genova brought to attention the last paragraph where Cross called Genova an "idiot" and that Cross called him a nasty word in the City Clerk's office, which brought about the complaint being filed. Genova left the office, and came back with Burthwick, and Cross continued to called him a nasty word. Genova said Cross has to follow the rules – code of ethics.

Cyr said this should not be part of the minutes, Melby said we need to approve the minutes. Melby made a motion to accept the minutes with no changes, Cyr seconded. Carried.

Financial report was given by Gale Schmitz, from Gale Schmitz, LTD. First Schmitz went through April's report as it wasn't available last month. Genova had a question about the water bills. There is a cumulation of past due bills totaling approx. \$10,000. The City does turn them over to Delinquent Taxes but that takes many years before it comes back to the city, we need to find a better solution. Genova went on to say, the City must get after people for past due bills. Burthwick said the City follows the rules. Genova pointed out that the City does have ordinances – shutting off water, charging for mowing lawns, the City needs to address this. Burthwick said the City is getting better. Cyr suggested going line by line at another meeting. The April Financials were approved with a motion and carried.

The May Financials were next and Cyr had a question for Schmitz on Account for Doubtful, if that is what Genova is talking about, past due accounts, and Schmitz said the auditors use that for such accounts and it given as a adjustment. Genova asked if we had extra funds, can we use it to pay off other debts, and Schmitz said the City can, but it can cause restrictions in the future. It is good to have some extra funds. Schmitz said the City of Oklee is in good financial shape. A motion to accept the May Financials was made and approved.

Sheriff Mitch Bernstein reported that the nuisance property has been taken care of and the case has been dismissed. There has been some dog drama on Bourden Street. Five meth arrests

has been made in Red Lake County, but none in of them were in Oklee. The Sheriff's Department has created a Facebook page since it worked so well catching the burglars from the Plummer Legion burglary. Genova asked if a Neighborhood Watch program was in Red Lake County and Bernstein said no, and in small towns, most neighbors watch neighbors already.

Bernstein also said Genova had called the sheriff's office and paper work was filed, it is closed. It is up to the City what is wants to do with it. Internal needs to be done in the City would be an option. Cross said he wanted his side also reported to Bernstein.

Burthwick mentioned that he had checked out back alleys and has a list of properties that need to be fixed up. Letters will be sent out.

School Parking was discussed next. The School is requesting permission to remove the sidewalk on the east side of the school to be replaced with more roadway/parking. The City is concerned about the curb and gutter not being included in the quote and it needs to address curbs and gutters for drainage. The council didn't think the school would gain any space for parking and the road would still be narrow. Trucks are not supposed to park on that street and it is posted. The City Council said the will approve the schools plan only if it addresses curbs and gutters. Cyr, Burthwick will to go the School and discuss this with Superintendent. Genova made a motion, Munt seconded to approve changes with curb and gutter added. Carried.

City Maintenance person, Darrel Tougas reported to the Council that the pumps had been serviced, ponds have been drained and may need to drain once more to get to the sludge issue, so it can be removed. Tougas has been busy spraying weeds around the town. Melby mentioned the Tennis Court need to either be fixed or removed, in her opinion. It is used for basketball by locals.

Other items mentioned to Tougas were if the Truck has been sold on bids (no), the new mower (is it here, no), swing set put up in new location (get help, it has taken too long). Also, discussion on the street in front of the Baker property, needs to be fixed. Requested bid be gotten when the school does their street work. Also, the fire hydrant by the fertilizer plant needs to be fixed. If help is needed, contact a person on the list. Added to the discussion was that someone is interested in the old sweeper. Did the City want to sell it? Yes.

Building Permits and the pricing was brought up and the way it is currently set up was not understood by the Council, so it will be discussed at the next meeting with the numbers. If free lots were given, should there be a flat rate for a building permit was the original question.

The Park Project through the EcoFootprint grant was next with bids for a picnic shelter. The bids for the physical building were from Scitus and Vetteson. The bids were for \$9,100 and \$9,400 respectively.

Genova asked if the bidders should have the license # attached and they should be stamped. Especially since the Scitus bidder is Cross's son-in-law. There could be a conflict of interest without safe guards. The Council said they will be stamped in the future to insure there is no conflict. The bid was accepted by the low bid and Scitus was awarded the bid with a motion by Cyr, seconded by Melby, carried.

Jacke Cross was asked to leave at this point for calling Genova names by Council person Cyr.

The bids for electrical was from E & E Electric. The bid was accepted by the council.

The Sundrud Sign is in, waiting for Gopher to mark the area, then it will be installed. Other subjects mentioned was a possible dump tank for campers at the park, how much camper rent, and hookups. If the dock has been ordered.

The meeting was adjourned with a motion by Melby, seconded by Munt.



The American Legion presented the Colors at the opening ceremony. (L to R) Front: Einar Kvasager, Ganger, Hofstad, and Don Stenberg. Back: Commander Rick Dulka, John Lerhol, and Don Brown.

Red Lake County Fair Opens 115th Year



(Left): Sydney Melby sang the National Anthem at the Opening Ceremony of the Fair.

(Down to left): American Legion members saluting after the flag had been risen and while Melby sang the National Anthem.



Meet the new Oklee Herald intern, Marie Johnson



Marie started her internship with the Oklee Herald on Tuesday, June 6th, and will be on the job until mid-August. She will be a part of the 2017 Pohlrad Internship Program. This year marks the 13th year the Pohlrad Family Foundation has generously funded summer internships for high school-aged students as part of its Summer Youth Employment Program.

As the Herald intern, Marie will be working part-time at 20 hours a week for 10 consecutive weeks. Her duties will include office hours and attending/covering community happenings to include in each weekly paper. Marie already has experience writing stories and taking photos, so she was a perfect fit for the summer intern position.

Marie will be a junior at Red Lake County Central High School in Oklee. Marie is involved in basketball, she is a member of the National Honor Society. She is taking online college classes during the school year in addition to her regular school work. Her future plans are to go to college to become a teacher.

She loves to go camping and fishing with her family. She enjoyed taking pictures, especially outdoor photography.

Marie is the daughter of Jeff and Pam Johnson. Her grandparents are George Johnson and John and Jane Klasen.

You will soon see her out and about around town representing the newspaper. Make sure you stop and say hello.



Don Stenberg, member of the American Legion, raising the flag at the opening ceremony of the Red Lake County Fair.



Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Margaret Jacobus
Sun, July 2: 9:00 a.m. Zion.
10:30 a.m. Salem.

Wed, July 5: 7:00 p.m.
Salem WELCA

ST. FRANCIS XAVIER PARISH
OKLEE
Fr. Adam Hamness
Sun, July 2: 7:30 a.m.
Confessions 8:00 a.m. Mass.

BROOKS - RED LAKE FALLS CATHOLIC PARISH
Fr. Bob Schreiner
Sat, July 1: 5:30 p.m. RLF
Sun, July 2: 8:00 a.m.
Brooks. 10:00 a.m. RLF.

IMMANUEL-EBENEZER LUTHERAN PARISH ELCA
Pastor Jonathan Dodson
Sun, July 2: 9:00 a.m.
Worship at Immanuel. 10:30 a.m. Worship at Ebenezer.

GOODRIDGE AREA LUTHERAN PARISH ELCA
Bethany-Ekelund-Faith
Pastor Kristen Ostercamp
Sun, July 2: 8:30 a.m.
Faith. 9:45 a.m. Bethany. 11:00 a.m. Ekelund.

Oklee Senior Site Dining

July 3-7
Call 796-5666 to order a meal.
If you are over the age of 60 and would like to eat with other seniors at the Senior Site, please call the Café at 796-5666 to reserve your meal. A \$4.00 per meal donation is suggested.
Monday: Grilled ham and cheese sandwich, wild rice soup, and dessert.
Tuesday: Closed
Wednesday: Grilled chicken breast, hash browns, vegetables and dessert.
Thursday: BBQ on bun, mac salad, vegetables and dessert.
Friday: Country fried steak, mashed potatoes, cream gravy, vegetables and dessert.

CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth
Oak Park - St. Petri
Pastor Jeff Merseth
Sat, July 1: 9:00 a.m. Mt. Olive.
Sun, July 2: 8:00 a.m. St. Petri. 9:45 a.m. Oak Park. 11:00 a.m. Nazareth.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com
Thu, June 29: Josiah at Bethel Seminary Intensives. 12:00 p.m. Rotary.
Fri, June 30: Josiah at Bethel Seminary Intensives. 6:00 p.m. Holy Yoga.
Sun, July 2: 9:30 a.m. Worship.
Tue, July 4: 6:30 p.m. Bible Study.
Wed, July 5: 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Sun, July 2: 9:00 a.m.
Worship at Lund. 10:30 a.m. Worship at Bethany.

BETHEL ASSEMBLY
Fosston
Seth Johnson, Interim Pastor
Sun, July 2: 10:30 a.m. Worship.



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Tri-Valley Public Transportation

T.H.E. Bus is available for anyone. There are no age or income guidelines. However, children under the age of four must be accompanied by an adult and children under the age of one must be secured in an infant seat.
Curb-to-curb services is available, allowing those with special needs a safe and convenient transportation. All of our buses are handicapped accessible and lift-equipped. All of our drivers are trained and certified.

To reserve a seat, please call one business day prior to the scheduled trip - 1-800-201-3432.
For Polk, Red Lake and Clearwater county stops:
Every Monday - Grand Forks.
Every 2nd Tuesday - Mahanomen.
Every 4th Tuesday - Thief River Falls
Every 1st, 3rd, & 5th Wednesday - Fargo/Moorhead.
Every 2nd & 4th Friday - Bemidji.

ATTENTION

RED LAKE COUNTY SMALL BUSINESS AND POTENTIAL STARTUP ENTERPRISES

The Red Lake County Economic Development Corporation can help you start your own business or expand an existing one. We are here to assist with a five (5) year loan for an amount up to \$20,000 at 2% APR. The business must be located in Red Lake County.

For more information, contact the Red Lake County Economic Development home office at 1-218-253-2897.
Or call David Ste. Marie, Red Lake Falls, 218-698-4279; Mike Spurgin, Red Lake Falls, 218-465-4648 or Leo Olson, Oklee, 218-796-5656.

Feeling Fit And Fine

Your child will have fun and get prizes while learning healthy behaviors
Inter-County Nursing Service is sponsoring a summer fun project to promote healthy eating and physical activity for kids age 3 to 12 years.
The activity takes from June 5- August 7th. Find the score card your child received while in school or pick up a card from Inter-County Nursing Service in either Pennington or Red

Lake Counties. Once their scorecard is full, just bring it in to choose a prize from the treasure chest!
The scorecard will be entered into a weekly drawing for a larger prize and a grand prize drawing will also be held in each of the counties at the end.
We thank UCare and Red Lake Electric Trust for their generous support to make this project possible.

Inter-County Nursing Service Feeling Fit and Fine Healthy Behaviors



Week #1 Winner for Pennington County is: (Left) Tete Grahn, 6-12 year age group. (Right) Asa Englund, 3-5 year age group.



Week #1 Winner for Red Lake County is: (Left) Quinnlyn Kenfield, 6-12 year age group. (Right) Alice Warne, 3-5 year age group.

Red Lake Falls Library News

The library is open on Tuesday from Noon until 7:00 pm, Wednesday from Noon until 7:00 pm, Thursday from Noon to 5:00 p.m.; Friday from Noon until 5:00 pm, and Saturdays from 10:00 a.m. to 2:00 p.m. On-line patrons are reminded that they can visit www.nwrlib.org/rlf.htm at anytime, where they can create their own patron accounts to browse, request and renew materials all from their home computers.
About 65 kids & others enjoyed the Wild Things Zoo Attractions program as part of the Summer Reading Program. Several of the unusual animals included "Bingo" the dingo - a New Guinea Singing Dog, a giant tortoise, a parrot, a red

baby fox with a completely white coat, and two baby alligators. Thank you to all who came.
Winners of the first two weekly prizes of the Summer Reading Program, Amazon gift cards, are William Tydlacka and Jackson Hoefler. Congratulations to them!
"New" adult nonfiction in the rotating collection includes "Zero Six Bravo: the Explosive True Story of How 60 Special Forces Survived Against an Iraqi Army of 100,000" by Damien Lewis, an account of "Operation No Return" in March 2003 when the elite British and Allied forces of M Squadron were sent 600 miles behind enemy lines to take the surrender of the Iraqi Army 5th Corps; and "Speeches That Changed the World," containing over 50 momentous speeches from a wide range of historical eras and nations, each accompanied by an introduction explaining its historical background, its significance and what happened as a result.

STORY TO SHARE!

If you have a story or photos you want to share, please send to: okleeherald@gmail.com

(U.S.P.S. 407-240)

Oklee Herald

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****Winner of Honorable Mention for General Excellence, Minnesota Newspaper Ass'n., 1962.**
****Winner 1st place Typography Excellence, Minnesota Newspaper Association, 1971.**
****Winner 1st place Best Feature Story, Minnesota Newspaper Association, 1981.**
****Winner 1st place Best Single News or Feature Story, Minnesota Medical Association, 1992.**

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Oklee Herald subscribers: Please check the address label in the upper right corner of the front page. Be sure all the information is correct. If not, call the Oklee Herald office at 218-796-5181 or email: okleeherald@gmail.com as soon as possible. You need to contact us with a change of address or corrections. Just giving the Post Office a change of address, **DOES NOT** change your paper address. Thank You.

Nicole Dudycha, Spring 2017 Graduate of the U of M Crookston

The Office of the Registrar at the University of Minnesota Crookston recently announced its list of spring semester 2017 graduates. Students completed their degree requirements during spring semester 2017.
The University of Minnesota Crookston enrolls approximately 1,800 full-time students and is accredited by the North Central Association of Colleges and Schools. The U of M Crookston is a four-year baccalaureate degree granting institution, dedicated to learning, discovery and engagement in northwest

Minnesota.
Graduates in the Class of 2017 included:
Nicole Dudycha, of Oklee, MN (56742) earned a Bachelor of Science in Natural Resources
The University of Minnesota Crookston now delivers 34 bachelor's degree programs, 22 minors, and 39 areas of emphasis on campus as well as 14 degree programs entirely online. These degrees are offered in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology.



Arik & Andrew Johnson, twin sons of Jeff & Kathy Johnson, recently graduated from Simley High School in Inver Grove Heights, MN. Proud grandparents are Jr. & Beverley Johnson of Brooks, MN. Arik and Andrew both plan to attend Concordia University in St Paul this fall.

With an enrollment of 1,800 undergraduates from more than 20 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit www.uncrookston.edu.

County Fair time in area

It's county fair time! Ride the Bus to where you need to get to for \$4.00 for a round trip. Tri-Valley Opportunity Council, Inc. Transportation Programs is offering bus rides to the county fairs. The dates for the buses are Oklee/Red Lake June 23, Fertile/Polk July 7, Hallock/Kittson July 7, TRF/Pennington July 14, Warren/Marshall July 21, and Bagley/Clearwater August 4. Call to reserve your ride at 218-281-0700 or 1-800-201-3432.

Sudoku Solution

9	1	3	4	6	7	8	2	5
4	8	2	5	1	9	7	6	3
6	5	7	3	2	8	9	1	4
3	9	5	6	4	2	1	7	8
2	4	8	1	7	5	6	3	9
7	6	1	8	9	3	5	4	2
5	7	4	2	8	6	3	9	1
8	2	9	7	3	1	4	5	6
1	3	6	9	5	4	2	8	7

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Oklee Herald
With Your Neighbors & Friends



Celebrate The Fourth Of July

The Security State Bank will be **CLOSED** on Tuesday, July 4 for Independence Day.



Security STATE BANK
PO Box 69
Oklee, MN 56742
Phone
218-796-5157

In a letter to his wife, Abigail, John Adams, one of the signers of the Declaration, wrote: "It ought to be solemnized with Pomp and Parade, with Shows, Games, Sports, Guns, Bells, Bonfires, and Illuminations from one End of this Continent to the other from this Time forward forever more."

RLC Fair 2017 4-H Photos



The 4-H room was filled with items created by the Red Lake County 4-H'ers from around the County.



4-H Share the Fun Performance

The Annual Red Lake County 4-H Share the Fun performance were held on Friday, June 9, 2017 at the Lafayette High School Robert Matzke Gymnasium. The 4-H Clubs performing a skit were: The Huot Hustlers 4-H Club (4-H Leader, Pam Columbus) with their skit called, "Hey, Hey we're the 4-Her's," and the Garnes Go Getters 4-H Club (4-H Leader, Kim Olson and Jen Srnsky) with their skit "4-H Is On Your Side."

The Red Lake County 4-H Ambassadors (Kaydon Kenfield, Emma Knott, Kendra Rondorf, Nick Solie, Justin Solie, Sidney Olson, Paige Olson and Tanisha Srnsky) were the emcees for the evening. They led the audience in games and prizes throughout the evening. In between the skits we also had the 4-H Performing Art Participants. They included: Emma Knott (piano); Jacob Solie (violin), Grace Smith (violin).

They will each receive \$15 from the Red Lake County 4-H Leader's Council.

Both skits/acts are not eligible to go down to the Minnesota State Fair and perform on Monday, August 28, 2017.

All of the 4-H members who participate in their club skit receive ribbons. Great job to all the 4-H Members! After the performances, everyone enjoyed bars, juice and coffee.



2017 4-H STF Performance (Garnes Go Getters 4-H Club): (Left to Right): Sidney Olson, Shelby Gunderson, Tanisha Srnsky, Hailey Hanson, McKenzie Ham, Kathryn Srnsky, and Ray Srnsky.



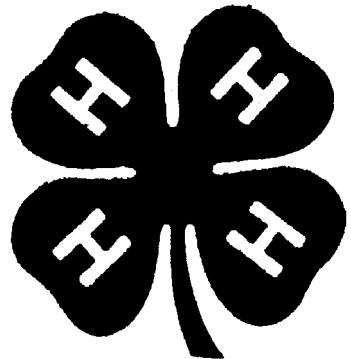
2017 4-H STF Performance (Huot Hustlers 4-H Club Skit): (Left to Right): Jacob Solie, Justin Solie, Grace Smith, Hayden Shulstad, Coby Knott, Emma Knott, and Kendra Rondorf.



2017 4-H STF Performing Arts Participant – Jacob Solie, performing arts participant, playing the violin at 4-H Share the Fun.



2017 4-H STF Performing Arts Participant – Grace Smith, performing arts participant played the violin at the 4-H Share the Fun Performance.



2017 4-H STF Performing Arts Participant – Emma Knott, performing arts participant played the piano at the 4-H Share the Fun Performance.

Summer Rec

Schedule for July 3 - 6

Monday July 3 - Wednesday July 5
No activities due to the 4th.

Thursday July 6
10:00 - Cadets at Bagley.
Bus leaves Plummer at 8:15,
Brooks at 8:30, Oklee at 8:45.
10:00 - Girls softball
tournament at RLF. Bus leaves
Oklee at 8:45, Brooks at 9:00,
Plummer at 9:15.



Centennial Recipe Corner

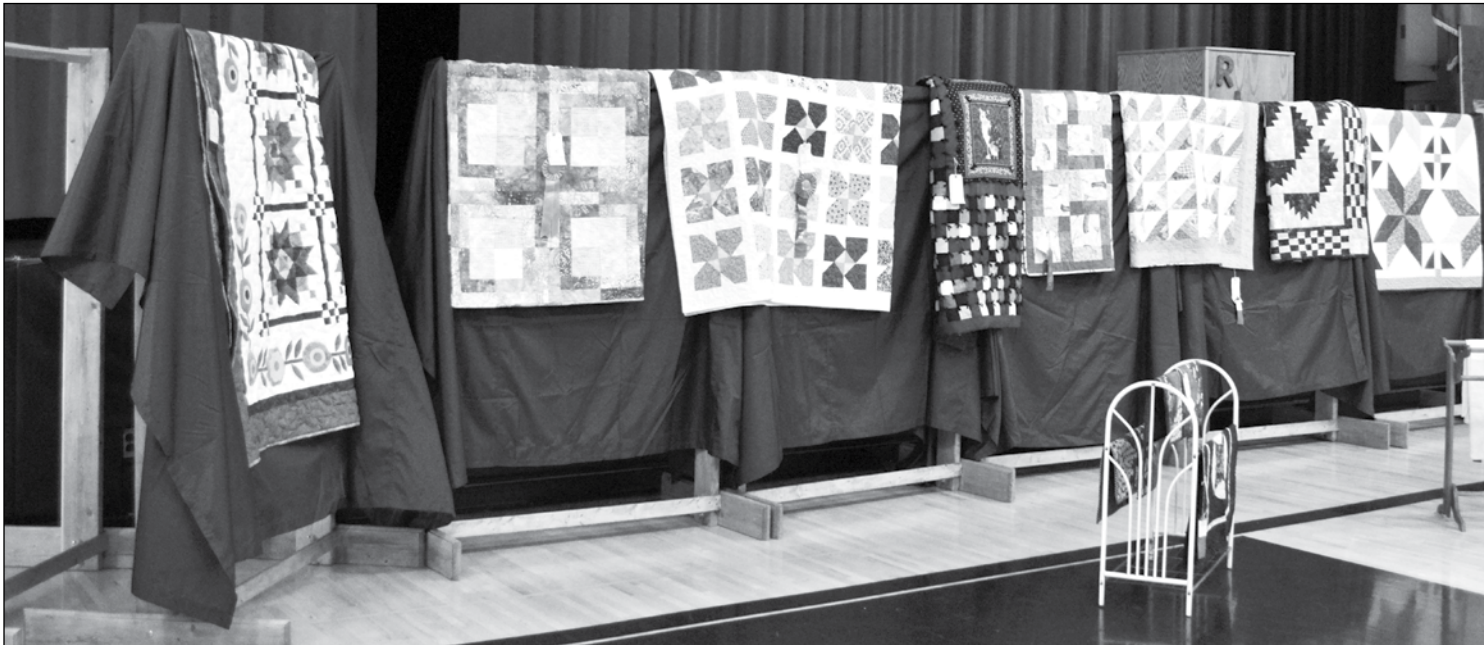
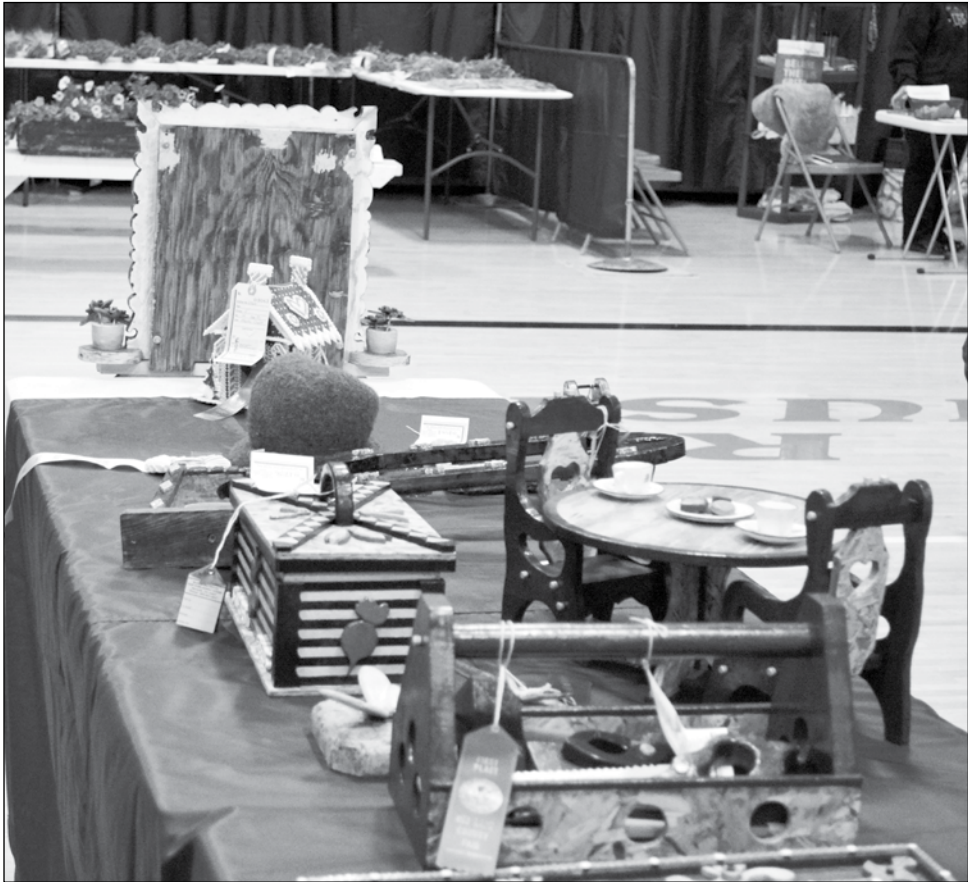
Grandma's Scalloped Potatoes Eileen Erlandson

2 Tbsp butter
2 Tbsp flour
2 cup cold milk divided
4 cup sliced potatoes
1 tsp salt
pepper to taste

Melt butter and flour in large saucepan. Add 1 cup of the milk and cook thick. Add the second cup of milk and the potatoes and bring to a boil. Remove from heat and add salt and pepper. (Don't add salt before cooking or you will have curdled scalloped potatoes) Pour into buttered casserole, dot top with butter and bake about 1 hour at 350 degrees until potatoes are tender.



Red Lake County Fair Open Class Exhibits on Display



July WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of July 2017.

Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. We need no proof of pregnancy.

All potential clients must contact the WIC Program to

schedule an appointment.

The following is the schedule of WIC Clinics for the month of July.

Thu, July 6: Red Lake Falls Community Center

Mon, July 10: Thief River Falls Redeemer Lutheran Church

Tue, July 11: Thief River Falls Redeemer Lutheran Church

Wed, July 12: Thief River Falls Redeemer Lutheran Church

Thu, July 13: Thief River Falls Redeemer Lutheran Church

Fri, July 14: Thief River Falls Redeemer Lutheran Church

Tue, July 25: Oklee Inter-County Community Council

Building

For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 (Newfolden, Viking, Middle River, Holt or Thief River Falls residents) or 1-800-223-1591, or e-mail at quinchs@wiktel.com.

North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9 to 11 am. Arrangements should be made prior to clinics by contacting North Valley Public Health. For more information contact North Valley Public Health at 218-745-5154 or 1-800-950-6986.

Who's Dat

This week's photo is four friends from High School. Looks like they are contemplating a game of table tennis.

Last Who's Dat photo was of Wallace & Doris Nelson with four of their grandchildren, Brian Lundeen, Adam Lundeen, Alison Bernier, and Nate Lundeen.

Photos needed: Everyone has a great photo of a familiar face from the Oklee, Brooks, Gully, Trail or Plummer areas.

If you email a photo, please scan at 300 dpi (high quality) if you can. You can

Who's Dat?



email to okleeherald@gmail.com.

If you mail a photo to the Oklee Herald office, please enclose a self address stamped envelope so the photos can be returned. Mail them to: Oklee Herald, PO Box 9, Oklee MN 56742



Pump up your potassium

By Bonnie Brost, licensed and registered dietitian at Essentia Health.

Potassium is an essential mineral for our bodies, but many of us are not getting enough in the foods we eat.

Potassium is important for our bodies to digest food efficiently and help avoid constipation. It helps build strong muscles and makes them properly relax and contract. Potassium keeps our hearts beating correctly and our blood pressure in a good range. It also helps lower our risk for kidney stones and bone loss.

The Institute of Medicine at the National Academies of Science recommends adults get at least 4,700 milligrams of potassium each day. We should consume two to three times more potassium than sodium for our bodies to function well. But many of us have this ratio upside down. The average American gets only 2,500 milligrams of potassium daily while consuming 3,450 milligrams or more of sodium.

If we are healthy, it is almost impossible to consume too much potassium because our kidneys control how the mineral is eliminated. If we eat a lot of potassium, more is eliminated. When kidneys are damaged, or when certain medications are taken, potassium balance can be affected.

Too little potassium, or hypokalemia, can cause weak

muscles, abnormal heart rhythms and higher blood pressure. Too much potassium, or hyperkalemia, may cause dangerous heart rhythms and needs to be addressed by your health care provider. It's important to know that you can be deficient in potassium even if the level is normal in your blood. That's because we need potassium throughout our body, not just in our blood.

Fortunately, potassium is found in a wide range of foods. Here are some good sources:

- Vegetables: broccoli, peas, dried beans, tomatoes, potatoes (especially their skins), sweet potatoes and winter squash

- Fruits: citrus fruits, cantaloupe, bananas, kiwi, prunes and dried fruits.

- Milk, and yogurt

- Nuts

- Meats: Red meats, chicken

- Fish: salmon, cod, flounder and sardines

- Soy products, including veggie burgers

If your potassium level is too high in your blood, choose lower potassium foods. It is impossible to eat a potassium-free diet. Just eliminating a few of the higher potassium foods will usually help.

Potassium supplements are not recommended, unless prescribed by your health care provider. A supplement could affect your heart rhythm. Getting more potassium from food is the better option, unless you

are on a medication that warrants a potassium supplement.

It is hard to accurately estimate our potassium intake since nutrition labels on foods

don't include the mineral. A good resource is the USDA food database, which you can find on the internet.

Here are some high potassium foods with an estimate of the amount of the mineral found in each:

Vegetables		
Broccoli, cooked	1 cup	460 milligrams
Brussel sprouts, cooked	1 cup	500 milligrams
Mushrooms, cooked	½ cup	280 milligrams
Potato, baked with skin	1 medium	925 milligrams
Rutabaga, parsnips	1 cup	560 milligrams
Spinach, cooked	½ cup	420 milligrams
Sweet potato, baked	1 medium	450 milligrams
Tomato, raw	1 medium	290 milligrams
Tomato sauce or puree	½ cup	400-550 milligrams
Winter squash	1 cup	500 milligrams

Fruits		
Avocado	¼ cups	245 milligrams
Banana	1 medium	425 milligrams
Cantaloupe	1 cup	430 milligrams
Kiwi	1 medium	240 milligrams
Orange	1 medium	240 milligrams
Prune juice	½ cup	370 milligrams
Raisins	¼ cup	270 milligrams
Strawberries, raw	1 cup	250 milligrams

Meats and fish		
Beef, cooked	3 ounces	270 milligrams
Chicken, cooked	3 ounces	220 milligrams
Fish: cod, salmon, perch	3 ounces	300-480 milligrams
Pork, cooked	3 ounces	350 milligrams

Other foods		
Lentils, cooked	½ cup	365 milligrams
Beans and peas, cooked	½ cup	300-595 milligrams
Nuts, seeds	1 ounce	200-300 milligrams
Milk	1 cup	350-380 milligrams
Soy milk	1 cup	300 milligrams
Yogurt, plain or fruited	6 ounces	260-435 milligrams

