

Oklee Precipitation
By Einar Kvasager

	Rain	Snow
Oct. 30	0.05	1.00
Nov. 1		0.25
Nov. 2		2.00
Total in.	0.05	3.25

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

Wednesday, November 8, 2017

Vol. 106, Number 12

RLCC hosts Veteran Day Program November 10

By: Grace Gieseke
The public is invited to the Veterans Day program that will be held at Red Lake County Central High School gym on Friday, November 10th at **10:30 am**. The program is put on by the American Legion Post #159 and RLCC Minnesota Association of Honor Societies. RLCC senior high band will be performing and the junior high choir will also be singing. The guest speaker for the service will be Steven Stone, the Pennington County Veteran's Services Officer. November 11th is Veterans Day which is the anniversary of the ending of the World War I between Allied Nations and Germany in 1918. On this day we thank our veterans for their services to the United States.



Red Lake County Festival of Tables Big Success!

The 2nd annual Red Lake County Festival of Tables held in Brooks at the Community Hall on Saturday, October 28th was deemed a great success by organizers! All proceeds from this event were given to the American Cancer Society. Red Lake County has been recognized nationally in the past for raising several hundred thousands of dollars in the Relay For Life. The success of this fundraiser was no exception for the support that our county lends to ACS, as the donations raised in 2 hours on a Saturday afternoon yielded a total of **\$3,427.00!** A "lucky bucket" silent auction of items donated by generous supporters from around the area netted a profit of \$1,903.00 and table guests contributed \$1,524.00!

After a welcome to the almost 90 women who attended this event, information was shared from Kelsey Huttunen, NW Minnesota Community Development Manager for the American Cancer Society, regarding accomplishments and achievements of ACS. The hosts of the 11 themed tables served a variety of homemade soups, breads and desserts that were created to blend with each table theme. The tables were decorated in such imaginative ways with each table having a different theme! Following the lunch, Sydney Melby, RLCC High School senior from Oklee, entertained the group with a selection of beautiful songs and guitar accompaniment. The Hall was buzzing with lots of visiting with friends and neighbors from across the county and beyond until the "lucky bucket" auction was held. Each guest could purchase tickets which they dropped into a bucket placed next to the more than 30 donated items. Tickets were drawn from the buckets and winners were awarded the donated items. In addition, the woman with the longest surviving cancer diagnosis was given a gift, as was the woman who had the most recent mammogram. A gift was also given to the woman with the most recent cancer diagnosis to create attention once again to the importance of being proactive in our health care. The day concluded with a thank you to those who attended and supported this fundraiser with a reminder that the event will be held again next year.

Information regarding the activity of the American Cancer Society included updates on new cancer treatments and medications. Statistics show that we've seen a 25% decrease in cancer deaths since 1991! ACS is currently funding more than 750 grants to 200 research institutions and universities, and has funded 47 Nobel Prize winners. ACS is the leading organization dedicated to all cancers, and all phases of the cancer journey - cancer prevention, early detection, treatment and survivorship. Funding to ACS also supports Hope Lodges, the Hotel Partners program, Reach to Recovery and more programs and services.

Money raised for the American Cancer Society funds education, research, advocacy and services. Support from the American Cancer Society is available 24 hours a day, 7 days a week by going to www.cancer.org or by calling 1-800-227-2345.



Calendar of Events

Wed, Nov. 8:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Nov. 9:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
Fri, Nov. 10:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.
Sat, Nov. 11:
-Support your local business – Shop Locally!
Sun, Nov. 12:
-Worship at the church of your choice.
Mon, Nov. 13:
-LSS Sr. Meal 11:30 a.m.
Tue, Nov. 14:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards.
Wed, Nov. 15:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Nov. 16:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
Fri, Nov. 17:
-LSS Sr. Meal 11:30 a.m.
-Noon deadline for Oklee Herald news.
Sat, Nov. 18:
-Support your local business – Shop Locally!
Sun, Nov. 19:
-Worship at the church of your choice.
Mon, Nov. 20:
-LSS Sr. Meal 11:30 a.m.
Tue, Nov. 21:
-Senior Site Activity: 1:30 p.m. – Cards
-LSS Sr. Evening Meal 5:00 p.m.
Wed, Nov. 22:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Nov. 23:
Happy Thanksgiving!
No Senior Meal – Oklee Café closed.
Fri, Nov. 24:
No Senior Meal – Oklee Café closed.
-Noon deadline for Oklee Herald news.
Sat, Nov. 25:
-Support your local business – Shop Locally!
Sun, Nov. 26:
-Worship at the church of your choice.
Mon, Nov. 27:
-LSS Sr. Meal 11:30 a.m.
Tue, Nov. 28:
-Senior Site Activity: 1:30 p.m. – Cards
Wed, Nov. 29:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Nov. 30:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.



American Cancer Society Health Spotlight: Learn More About Lung Cancer

Lung cancer is the leading cause of cancer deaths for both men and women. It's also the most preventable cancer. Smoking tobacco – whether cigarettes, cigars, or a pipe – accounts for at least 8 out of 10 lung cancer deaths in the US. Prevention – Quitting smoking, or not starting at all, is by far the best way to lower the risk of lung cancer. Breathing in other people's smoke should also be avoided. Everyone – whether they smoke or not – may be able to reduce their risk of lung cancer by eating a healthy, balanced diet with at least 2 ½ cups of vegetables and fruits every day. Detection – Because symptoms often don't appear

until the disease has progressed, early detection is difficult. The American Cancer Society has developed screening guidelines for individuals at high risk for lung cancer. People who meet certain criteria for screening may consider lung cancer screening with an annual high-quality low-dose computer tomography (LCDT). If someone meets all the following criteria, then they may be a candidate for lung cancer screening:

- Are 55 to 74 years of age
- Have at least a 30 pack-year smoking history
- Are in fairly good health
- Either currently smoke or have quit within the past 15 years

Treatment – Treatment options are based on specific cancer type and stage of disease. Surgery to remove cancerous tumors, radiation therapy, chemotherapy, and targeted therapy, either in combination or alone, are common treatments. **Lung Cancer in the United States: 2017 Estimates**

- New Cases: 222,500
- Deaths per year: 155,870
- 5-year relative survival rate for localized stage: 55%
- 5-year relative survival rate for all stages combined: 18%

Bottom Line – Stopping the use of tobacco could nearly wipe out lung cancer. Although lung cancer has been reduced

among some groups in recent years, about 21% of American adults and 25% of American teens continue to smoke and use tobacco. Until tobacco use is sharply decreased, lung cancer will remain the number 1 cause of cancer death in the United States. To learn more about the American Cancer Society or how you can get involved with Relay For Life in your community, visit www.relayforlife.org. **About the American Cancer Society** The American Cancer Society is a global grassroots force of 2.5 million volunteers saving lives threatened by every cancer in every community. As the largest voluntary health

organization, the Society's efforts have contributed to a 22 percent decline in cancer death rates in the U.S. since 1991, and a 50 percent drop in smoking rates. Thanks in part to our progress; 14.5 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year. We're finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continue to receive access to quality health care. For more information or to get help, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.



Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Interim SAM Christy Klemz
Wed, Nov. 8: 6:00 p.m.
Chime Choir. 7:00 p.m.
Confirmation at Zion.
Sun, Nov. 12: 9:00 a.m.
Worship at Zion. 9:00 a.m.
SS at Salem. 10:15 a.m. SS
at Zion. 10:30 a.m. Worship at
Salem. Youth Group Breakfast
9:00 am - 1 pm at Oklee Hall
- Fundraiser.
Mon, Nov. 13: 9:00 a.m.
Quilting at Zion.
Wed, Nov. 15: 6:00 p.m.
Chime Choir. 7:00 p.m.
Confirmation at Zion.

**CATHOLIC PARISHES
OF OKLEE, GRYGLA &
GOODRIDGE**
Fr. Adam Hamness
Sun, Nov. 12: 7:30 a.m.
Confessions 8:00 a.m. Mass at
St. Francis Xavier, Oklee; 10:00
a.m. St. Ann Parish, Goodridge;
11:45 a.m. St. Clement Parish,
Grygla.

**BROOKS - RED LAKE
FALLS
CATHOLIC PARISH**
Fr. Bob Schreiner
Sat, Nov. 11: 5:30 p.m. RLF
Sun, Nov. 12: 8:00 a.m.
Brooks. 10:00 a.m. RLF.

**IMMANUEL-EBENEZER
LUTHERAN PARISH
ELCA**
Pastor Jonathan Dodson
Sun, Nov. 12: 9:00 a.m.
Worship at Ebenezer. 9:15
.a.m. Sunday School at
Immanuel. 10:30 a.m. Worship
at Immanuel.

**GOODRIDGE AREA
LUTHERAN PARISH
ELCA**
Bethany-Ekelund-Faith
Pastor Kristen Ostercamp
Wed, Nov. 8: Release
Time. 6:00 p.m. Faith WELCA.
7:00 p.m. Faith - 9th Grade
confirmation.
Sun, Nov. 12: 8:30 a.m.
Eklund, 9:45 a.m. SS; 9:45 a.m.
Faith, 11:00 a.m. SS; 11:00 a.m.
Bethany, 9:45 a.m. SS.
Mon, Nov. 13: 9:30 a.m.
Rachel Circle. 7:00 p.m. Parish
Board meeting at Faith.
Tue, Nov. 14: 6:00 p.m.
Shalom Circle.
Wed, Nov. 15: Release
Time. 7:00 p.m. 7th & 8th Grad
confirmation at Bethany.

**CLEARWATER
LUTHERAN PARISH**
Mt. Olive - Nazareth
Oak Park - St. Petri
Pastor Jeff Merseeth
Wed, Nov. 8: 5:00 p.m.
Wednesday School.
Sat, Nov. 11: 9:00 a.m.
Mt. Olive.
Sun, Nov. 12: 8:00 am. St.
Petri, 9:45 a.m. Nazareth-8:30
a.m. SS; 11:00 a.m. Oak Park
- 9:45 a.m. SS.
Wed, Nov. 15: 5:00 p.m.
Wednesday School. 7:00 p.m.
Oak Park Ladies Aid.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg,
Youth Pastor
www.newjourneyfosston.com
Wed, Nov. 8: 6:00p.m.
Alpha. 6:30 p.m. Awana.
Thu, Nov. 9: 12:00 p.m.
Rotary.
Fri, Nov. 10: Release
Times. 6:00 p.m. Holy Yoga.
Sat, Nov. 11: 9:00 a.m.
Holy Yoga.
Sun, Nov. 12: 9:30 a.m.
Worship. 10:40 p.m. Sunday
School.

Tue, Nov. 14: 9:30a.m.
Ladies Bible study. 10:00 a.m.
Quilting. 6:30p.m. Bible Study.
Wed, Nov. 15: 6:00 p.m.
Alpha.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson,
Lay Minister
Wed, Nov. 8: 2:00 p.m.
Lund WELCA. 6:00 p.m. 7 &
8 grade Confirmation.
Sun, Nov. 12: 9:00 a.m.
Lund. 10:30 a.m. Sand Valley.
9:00 am. Sand Valley Sunday
School. 2:00 p.m. 9th Grade
Confirmation.
Wed, Nov. 15: 2:00
p.m. Lund WELCA. No
Confirmation.

BETHEL ASSEMBLY
Fosston
Seth Johnson,
Interim Pastor
Sun, Nov. 12: 9:30 a.m.
Sunday School. 10:30 a.m.
Worship.



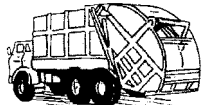
Red Lake Falls Library News

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 can
visit www.nwrlib.org/rlf.htm
at any time to browse, request
and renew materials from their
computers.
This fall many patrons
had the opportunity to see
the Northwest Arts Council
Traveling Art Exhibit, bringing
to regional libraries a small
cross-section of the juried art
show which takes place in the
spring of each year. Over 50
students were among them,
and as part of their class
under the instruction of Mrs.
Linda Johnston, they selected
two pieces from among fifteen,
that impressed them most,
and wrote about them, while
enjoying coffee & pastries
during their visit. Mrs.
Johnston shares this about
their visit:
"Lafayette High School art
students (9th - 12th graders)
visited the RLF Public Library
to view the Art Exhibit. On

Tuesday October 10 there
were 3 of Mrs. Johnston's art
classes that walked over to
the Library to view the art
work that was on display. The
traveling Art Exhibit comes
around every year which is
sponsored by the Northwest
Arts Council. We are one of
the lucky communities to have
this exhibit come to our RLF
community. Many students
would not go over there to
view the art work so we take
time during their class time to
view this Art Exhibit. Students
see what students their age
are creating along with other
adults."

NOTICE TO OKLEE RESIDENTS

Garbage Pickup will be
switched to street pickup
starting November 6th.



Veterans Day Program
Friday,
November 10, 2017
10:30 a.m.

**Red Lake County Central
High School**
Oklee, MN

Guest Speaker
is
Steve Stone

Program is open
to the public -
Everyone Welcome!

032-33C

KURTIS ELLEFSON
**RED LAKE COUNTY
VETERAN SERVICE OFFICER**

218-689-8587
1-888-LINKVET

Email: kellefsoncvso@hotmail.com

015-14C

**American Legion
Auxiliary Meeting**
The Frank Lund Unit #159
will meet Tuesday, November
14 at 4 pm at the Oklee Senior
Site. Ginny and Sheryl will
serve.

Oklee Senior Site Dining

November 13 - 17
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: ½ Chef Salad,
cottage cheese, toast, and
dessert.
Tuesday: Taco's on fried
bread w/all the fixings, and
dessert.
Wednesday: Grilled ham &
cheese, tator tots, vegetables,
and dessert.
Thursday: Chicken strip,
hash browns, vegetables, and
dessert.
Friday: Birthday meal:
Baked ham, baked potato,
vegetables, and dessert.



Gavin Thomas of Oklee, shot his first deer on opening
day of the youth hunt, October 19th. He shot his
doe while hunting with
Terry and Carlee Whalen of
Oklee. Gavin is the son of
Kippy Thomas, Gil Thomas
and the grandson of Jake
and Pokie Martell, all of
Oklee.

Veterans
Day is
November 11th.

There are more
than 24 million
veterans in the U.S.

As we observe
this Veterans Day,
we say thank you
to the men and
women who have
served in the U.S.
Air Force, Army,
Navy, Marines and
Coast Guard.

We appreciate
their sacrifice and service
for our country.

**The bank will
be OPEN regular
hours on Friday,
Nov. 10.**

2610

Official City of Oklee Minutes

**City of Oklee
Regular Council
meeting**
Oklee Café - 6:00 p.m.
September 11, 2017
Meeting called to order at 6:03
p.m.

Roll Call: Mayor Burthwick, Mel-
by, Genova and Cyr, Munt Absent.
Also present, Sheriff Bernstein,
Tougas and Cross.

Genova wished to ask a question
regarding Cross's Coverage of the
minutes, he stated regarding the
conversation with Brian Peterson
that his side of things had not been
covered as he tried to defend him-
self, Cross commented that Genova
did not try and defend himself and
seemed only concerned on when
this happened and that it was Brian
Peterson on the Agenda to come and
voice his concerns on how he had
been treated. Genova then accused
Cross on 'spearing' and explained
that 'spearing' is a term used by the
New York Police to explain when a
Statement is biased by the writer to
one side of the story and that Cross
is writing it to deliberately make
Genova look bad.

Cross did say that yes it is my
view of what is said and added he
does not make anything up, it is
accurate.

September Minutes: Motion to
accept by Melby and seconded by
Cyr, motion carried.

Financials: Motion to accept by
Melby and seconded by Cyr, motion
carried. Cross added that we do
have over \$80,000 in the street fund.
So we can look into making road
improvements next year.

Bills: Motion to accept the Bills by
Cyr and seconded by Melby, motion
carried.

Sheriff Report: Sheriff Bernstein
reported that Oklee had been very
quiet, apart from one incident of a
dog being shot by the Sheriff's de-
partment, no one was injured and
it was shot because of the potential
risk to children. Emergency service
meeting at Red Lake Falls.

Also Genova thought a Letter of
Acknowledgement for Sheriff Bern-
stein's daughter after her recent trip
to Australia would be a nice gesture,

Motion by Genova and seconded by
Cyr, motion carried.

Maintenance Report: The shelter
is nearing completion at the park,
trees and branches picked up, still
a lot to do and Tougas stated it had
been very dry this year. No Discharge
to the river this fall from the ponds,
as the levels are ok, ponds in great
condition regarding the bugs.

Measured silt on the bottom of
the ponds, reduced levels of silt from
when last measured in 1008. Don
LaCourriere has a pontoon for sale
for \$500, request to purchase for use
on the ponds. Motion by Genova to
purchase pontoon, seconded by Cyr,
motion carried.

Both wells in good health on
drinking water, and the consumer
confidence report goes into the State
once a year.

Cenex prepay: Cross asked if
this year we want to prepay for our
fuel as we usually do, we have a
quote from Cenex for 1/19 a gallon,
Genova said he gets his at 88 cents
a gallon locked in from his supplier
and we should use somebody else,
it was pointed out to Genova that all
our tanks are leased from Cenex and
under the terms of the tank lease we
cannot use another supplier.

Motion by Cyr and seconded by
Melby for 8000 gallons of fuel at 1.19
a gallon, motion carried. Genova
voted against.

Ambulance Roof: Get quotes for
next year, 3 bids for tin roof as well
as existing type of roof and to put in
Local Paper.

Levy 2018: Levy agreed at 11%
for now, we can reduce the levy once
budget decided.

Genova made a statement at the
end of the meeting, on how badly
he feels about the hostility aimed
at him, especially that nothing was
done after the employee/employer
meeting regarding the City Clerk, he
went on to say he wouldn't forget it.

Motion to close the meeting my
Melby, seconded by Cyr, motion
carried.

Genova did not vote.

Derek Cross/City Cleark

Mayor Burthwick
O33C

IMPORTANT PROPERTY TAX HOMESTEAD NOTICE

*This will affect the amount of property tax you pay in 2018, and
it may affect your eligibility for a property tax refund.

Please contact your county assessor to file a homestead ap-
plication on or before December 15, 2017, if one of the following
applies:

- You purchased a property in the past year and you, or a quali-
fying relative, occupy the property for homestead purposes on
December 1, 2017; or
- You, or a qualifying relative occupy a property for homestead
purposes on December 1, 2017, and the property was previously
classified as non-homestead.

A qualifying relative for homestead purposes depends on the
type of property. For residential property, a qualifying relative can
be a parent, stepparent, child, stepchild, grandparent, grandchild,
brother, sister, uncle, aunt, nephew, or niece of the owner. This
relationship may be by blood or marriage. For agricultural property,
a qualifying relative can be a child, grandchild, sibling, or parent
of the owner or a child, grandchild, or sibling of the spouse of
the owner.

Once you have been granted the homestead classification,
no further applications are necessary unless they are specifically
requested by the county assessor.

You must also contact the assessor by December 15, 2017 if
you are the property owner, or a qualifying relative of the property
owner, and the use of the property has changed during the past
year.

If you should sell, move, or for any reason no longer qualify
for the homestead classification, you are required to notify the
county assessor within 30 days of the change in homestead status.
Failure to notify the county assessor within this 30 day period is
punishable by recalculation of tax as non-homestead, in addition
to penalty equal to 100 percent of the homestead benefits.

POLK COUNTY TAX PAYER SERVICE CENTER
218-281-4186

O33C



50!

Guess What!
It's taken 18,250 days to
reach this very important day.

Happy Birthday!
If you see this fellow around
Oklee at TJ's on Saturday -
Wish him a **Happy 50th!!**

Centennial Recipe Corner

Pumpkin Chocolate Chip Cookies
Ardelle Olson
My Mom, Evelyn Nelson's recipe

- 1 can pumpkin pie mix
(has to be the mix)
- 2 eggs
- 4 tsp baking powder
- 2 tsp cinnamon
- 2 tsp soda in 2 tsp milk
- 2 cups sugar
- 1 cup oil
- 4 cups flour
- 1 cup chocolate chips
- 1 tsp salt

Mix in order given and bake at 375 degrees. These stay
very moist.



Security STATE BANK

PO Box 69
Oklee, MN 56742

Phone
218-796-5157

FDIC



MUSTANG STAMPEDE

RLCC Menus

November 13 - 17

Oklee

Monday: Breakfast: Egg, cheese & sausage biscuit, cereal, fruit, juice, and milk. **Lunch:** Tomato soup, grilled cheese, crackers, carrots & celery, and milk.

Tuesday: Breakfast: Smores, cereal, fruit, juice, and milk. **Lunch:** Corn dogs, macaroni & cheese, vegetables, fruit, and milk.

Wednesday: Breakfast: Cereal, toast, fruit, juice, and milk. **Lunch:** Pizza, lettuce salad, cottage cheese, carrots & celery, fruit, and milk.

Thursday: Breakfast: Pancake on a stick, cereal, fruit, juice, and milk. **Lunch:** Chicken burger, cheesy potatoes, vegetable, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, juice, and milk. **Lunch:** Chili, corn muffins, corn chips, vegs & fruit, crackers, and milk.

Plummer

Monday: Breakfast: Pancake/sausage on a stick, cereal, fruit, juice, and milk. **Lunch:** Chili, crackers, cheese, PB or egg salad sandwich, salad, fruit, and milk.

Tuesday: Breakfast: Eggs & sausage, cereal, fruit, juice, and milk. **Lunch:** Fish shapes, baby bakes, peas & carrots, buttered bread, fruit, and milk.

Wednesday: Breakfast: Yogurt parfaits, cereal, fruit, juice, and milk. **Lunch:** Seasoned shredded pork w/ bun, Sun Chips, coleslaw, fruit, cookie, and milk.

Thursday: Breakfast: Egg wrap, cereal, fruit, juice, and milk. **Lunch:** Taco in a bag w/ all the fixings, carrot dippers, PB sandwich, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, juice, and milk. **Lunch:** Baked turkey roast, mashed potatoes, gravy, cranberries, green beans, dinner roll, fruit, and milk.

RLCC High School

Music Concert Nov. 20

By: Derek Peterson
The Red Lake County Central Junior and Senior High bands and choirs have been preparing and practicing for their fall music concert. The concert is scheduled for the evening of Monday, November 20th.

There will be more details announced in the upcoming issue of the Mustang Stampede.

High School Parent Teacher Conferences, November 9th and 14th

By Abigail Walton
The Parent Teacher Conferences at Red Lake County Central High School will be held Thursday, November 9th and Tuesday, November 14th. They will be from 4:00 p.m. to 8:00 p.m. All parents are encouraged to attend the conferences.

The school social worker, Beth Hagen will be available Thursday, November 9th from 4-8 p.m. The preschool teacher Naomi Magnell will hold her preschool conferences on Tuesday, November 14th from 4:00 to 6:30 p.m.

RLC Basketball Meeting is November 12

By: Sydnie Gunderson
There will be a pre-season mandatory organizational meeting for the Red Lake County Rebels Boys' Basketball team on Sunday, November 12th at 6:30 pm at Plummer gym. All boys in grades 7-12 who plan on playing basketball this season and at least one of their parents should attend this informational meeting. The meeting will cover rules, schedules, and other items pertinent to the season.

Players should all have their MSHSL paperwork and physical on file at the school before this meeting. All are expected to be at this meeting, but if you aren't able to make it please contact Steve Philion, Randy Huie, or Kory Baril so they know who is interested and needs the information.

The meeting should last about 30 minutes and there will be open gym following the meeting. There is no meal this time as was done in the past.

Wednesday, November 8, 2017



The Oklee preschool class learned about fire safety from the Oklee Fire Department during Fire Safety Week.

Fire Safety Day for the Oklee Preschoolers

By Chris Longtin
The Oklee Preschool class would like to thank Doug Cote and the Oklee Fire Department for visiting their classroom. During Fire Safety Week at Oklee preschool, firefighter Doug came to their classroom to talk to the students about fire safety. The fire department provided each child with a fun fire safety packet at the end of the presentation.

Thank you to the Oklee Fire Department for all you do.



Oklee fireman Doug Cote hands out fire safety packets to Oklee preschoolers.



Coach Nancy Bray is pictured with her RLCC volleyball team at her last home game she will coach before retiring. From left to right: Katelyn Suchy, Megan Smith, Coach Rhonda Vettleson, Julia Bernstein, Jayden Iverson, Sydnie Gunderson, Jenna Pahlen, Coach Nancy Bray, Sarah Christensen, Sidney Olson, Hannah Kolstoe, Kia Bachand, Billie Jo Gryskiewicz, and Calyssa Eskeli.

Mustang Lose in Bemidji

By Britain Arlt
The Red Lake County Central Mustang varsity volleyball team had their Section Semifinal game Monday, October, 30th in Bemidji, MN. They played the Fosston Greyhounds and lost all three sets: 16-25, 11-25, and 12-25.

Julia Bernstein had five kills and one ace, Jenna Pahlen had one kill, Sydnie Gunderson had three kills, and Sarah Christiansen had two kills. Calyssa Eskeli had one kill and seven assists, and Hannah Kolstoe had three assists.

Mustang volleyball advances after Section quarterfinals

By: Sydnie Gunderson
The Red Lake County Central Mustangs won the Section quarterfinals against Cass Lake-Bena in Plummer on Friday, October 28th. The Mustangs won the first set 25-15, lost the second 22-25, lost the third 22-25, won the fourth set 25-20 and won the fifth 15-6.

The stats for the Mustangs include Julia Bernstein who had 16 kills, Jenna Pahlen had 12 kills, Sydnie Gunderson had five, and Sarah Christensen had two. Calyssa Eskeli had 16 assists and two aces, and Hannah Kolstoe had 13 assists. Bernstein had two aces, Billie Gryskiewicz had one, Christiansen had one, and Pahlen had one.

RLC Ends 7-3

Brian Remick
The Red Lake County Rebels at 7-2 would visit the Fertile-Beltrami Falcons on Saturday, October 28th. The winner would advance to the Section 8 Championship game versus the Mahomen Indians.

RLC would get off to a good start. They would force the Falcons into turning the ball over on two of their first three possessions. The Rebels second drive of the game would cover 60 yards on 10 plays. A key Derek Peterson to Dalton Mugaas pass would set the Rebels up in deep Falcon territory. A Peterson touchdown and Adrien Verbout PAT would give RLC an 8-0

lead.

The Rebels would answer off the second turnover as well. This time they would cover 47 yards on nine plays. A Matt Vettleson six yard run on fourth down would cap the drive and give RLC a 14-0 lead.

For the next few minutes F-B would dominate the game. On a third and six, Dylan Pearce would take a counter play and run 57 yards for the touchdown and give the Falcons momentum still trailing 14-6.

The Rebel offense would begin to sputter a bit. After a three and out, Fertile would take over. On another third down play they would strike again from long range and take a 51 yard run to the end zone. A failed PAT would still see RLC up 14-12. Both teams would trade punts, with RLC getting the ball back with a minute left disaster struck.

An RLC fumble would be picked up by Micah Tollefson and returned seven yards for the touchdown. Fertile-Beltrami would take an 18-14 lead into the break.

RLC would respond very well, a 17 play 77 yard drive to start the third quarter would take nine minutes off the clock. Peterson would find Mugaas for the 25 yard touchdown pass and RLC led 20-18.

F-B then would go on a time consuming drive themselves. Their drive would cover 54 plays on 14 plays. RLC would come up on a big block FG attempt and take over with 8:07 left in the game.

RLC would move the ball looking to close out the game. After a fumble would give the Falcons the ball back, the Rebel defense would hold forcing F-B to punt with 1:41 left in the game.

All the Rebels needed to do was to get one first down, but the Falcons defense would hold forcing a punt and taking over with 1:13 left in the half.

It would take F-B four plays to cover 55 yards, a big 30 yard pass play would set them up inside the 12. A 12 yard run would finish off the Rebels and Fertile-Beltrami wins 24-20, improves to 6-4 and moves on to the championship game. RLC finishes with seven wins and three losses.

"It was heartbreaking. I feel bad for the players, they played hard. There were about eight key plays, if one just

went our way we would have won. It is tough to swallow but hopefully everyone can remember the bigger picture.

Even with a heartbreaking ending, we had a great season. We went 7-3, had great team chemistry and it was very

enjoyable. Hats off to all the players, very proud of them," said Coach Brian Remick.

RLCC 13th annual Day of Caring

By: Hannah Riendeau
For the 13th year in a row Red Lake County Central High School had Day of Caring. Students and staff gave back to the communities who support our school and students. All high school students and staff started out the morning with an assembly in the gym with Mr. Randy Pederson

explaining where each group was going and what their fall cleanup projects were. Students raked leaves, cleaned gutters, washed windows, picked up sticks, and cleaned out flower beds to help individuals in our communities.

Thank you to the following individuals and businesses who sponsored

Day of Caring: Garden Valley, Earl and Bergit Swenson, Bob Bernier Cabinets, American Legion #623 Plummer, Oklee Quilting, Red Lake Co Coop, D&K Corner Bar, Paradis Mail Service, Oklee Lumber, Matt Genova, D&R Grocery, Northwest Grain, and Thrivent Action Team.



RLCC students weeding and raking leaves at a garden in Oklee: Hannah Kolstoe, Billie Gryskiewicz, Josh Kelly, and Bryce Bergerson.

RLCC High School Upcoming Events

By: Aiydin Lancto
There are many upcoming events at the Red Lake County Central High School in November including the following:

Thursday, Nov. 9- Financial Aid Night, and Parent-Teacher Conferences in Oklee 4:00 – 8:00 pm

Friday, Nov. 10- Veteran's Day program at 10:30 am, and Junior High choir trip to

"Sound of Music" in Bemidji **Monday, Nov. 13-** Volleyball Awards Night in Oklee

Tuesday, Nov. 14- High School Parent-Teacher Conferences in Oklee 4:00-8:00 pm (preschool included)

Monday, Nov. 20- High School Fall Music Concert

Tuesday, Nov. 21- Football Awards Night in Red Lake Falls

Thursday, Nov. 23 and Friday, Nov. 24- Thanksgiving Break

Sudoku Solution

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

November 2017 Health Points

Parenting Tips

Body Image

In our day and age body image has become a huge issue. Young children believe that to be beautiful and successful you have be stick thin. It's everywhere they look, TV, social media, on front page of magazines.

What they don't realize is that is it's a mental health condition that can be treated. It must be terrible to look in the mirror and think terrible things about yourself, I am fat, I am too ugly, my nose is too big. When really we should be looking in the mirror each day and telling ourselves we are beautiful and we have so much to offer to others. Sometimes this can be caused by an eating disorder and sometimes it's just from depression, low self-esteem and negative thoughts.

If you recognize someone with this problem please help them get some help.

People are meant to be all different shape and sizes. We are not meant to be the same. Just think of how boring the world would be. Look at nature, all the trees are different and no two snowflakes are the same.

So instead of looking at that person in line at the gas station and thinking what an ugly duckling, say hello, what a beautiful day it is...

And read the story of the Ugly Duckling to your child.

November is American Diabetes Month

Here's to managing your diabetes for a longer, healthier life.

There isn't a cure yet for diabetes, but a healthy lifestyle can really reduce its impact on your life. What you do every day

makes the difference: eating a healthy diet, being physically active, taking medicines if prescribed, and keeping health care appointments to stay on track.

The Basics

More than 30 million people in the United States have diabetes, but 1 out of 4 of them don't know they have it.

There are three main types of diabetes:

Type 1
Type 2

Gestational diabetes (diabetes while pregnant, which can put the pregnancy and baby at risk and lead to type 2 diabetes later).

With type 1 diabetes, your body can't make insulin (a hormone that acts like a key to let blood sugar into cells for use as energy), so you need to take it every day. Type 1 diabetes is less common than type 2 diabetes; about 5% of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.

Most people with diabetes—9 out of 10—have type 2 diabetes. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. If you have any of the risk factors below, ask your doctor if you should be tested for diabetes. The sooner you find out, the sooner you can start making healthy changes that will benefit you now and in the future.

Diabetes by the Numbers

More than 30 million US adults have diabetes—and 1 out of 4 of them don't know they have it.

At least 1 out of 3 people will develop diabetes in their lifetime.

Medical costs for people with diabetes are twice as high as for people without diabetes.

Risk of death for adults with diabetes is 50% higher than for adults without diabetes.

Type 2 diabetes risk factors include:

Having prediabetes (blood sugar levels that are higher than normal but not high enough to be diagnosed as diabetes).

Being overweight.

Being 45 years or older.

Having a parent, brother, or sister with type 2 diabetes.

Being physically active less than 3 times a week.

Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.

Race and ethnicity also matter: African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk for type 2 diabetes.

You can lower your risk for developing type 2 diabetes by losing a small amount of weight if you're overweight and getting regular physical activity. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person.

Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

www.cdc.gov/features/livingwithdiabetes/index.html

Great American Smokeout

November 16, 2017

The Great American Smokeout is an opportunity for everyone to commit to healthy, tobacco-free lives – not just for a day, but year around.

Health Impact of Tobacco

- Tobacco use is the single largest preventable cause of disease and premature death in the United States.

- About half of all Americans who keep smoking will die because of the habit. Each year more than 480,000 people in the United States die from illnesses related to tobacco use. This means smoking causes about 1 out of 5 deaths in the US annually.

- Yet, 40 million American adults still smoke.

- The most important thing smokers can do to improve their health is to quit cigarettes and other forms of combustible tobacco.

Message to Smokers

- We are here to support you.

- Quitting cigarettes and other forms of combustible tobacco is the most important step you can take to improve your health.

- Tobacco is one of the strongest and most deadly addictions one can have.

- We used to encourage smokers to quit cold turkey on a single day.

- We now know that quitting is a process. It starts with a plan, often takes time and requires a lot of support.

- The American Cancer Society is available 24 hours a day, 7 days a week to provide support, from the first steps of making a plan to living a healthy, smoke-free life. To find out more, visit cancer.org/smokeout or call 1-800-227-2345.

Message to Friends and Family of Smokers

- Tobacco is extremely addictive, and quitting is hard. Support can make all the difference, so make sure people know how much you support them every step of the way.

- If someone you know uses tobacco, encourage them to make a plan to quit.
- Ask them to get help and support by contacting the American Cancer Society at 1.800.227.2345 or visiting cancer.org/smokeout.

www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/resources.html

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Writers & Writing by Michael Tidemann

Tidemann started his journalism career at the Bismarck Tribune in 1978 and began college teaching career as a graduate teaching assistant at the University of South Dakota in Vermillion in 1977. He has worked at newspapers in Iowa and the Dakotas and his work has appeared in Overdrive, Writer's Journal, the San Diego Union-Tribune and Snowmobile.

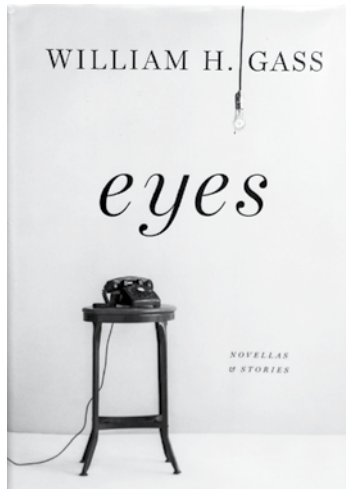


Eyes offers a view on the author

Eyes, a collection of two novellas and four short stories, offers a fascinating perspective on the author, William H. Gass, born in Fargo, N.D., and emeritus professor at Washington University in St. Louis.

In the first novella, "In Camera", we're told the story of a Mr. Gab "who didn't have that gift", collector and dealer of priceless black-and-white photographs by renowned photographers such as Ansel Adams and Alfred Stieglitz. While the provenances of Mr. Gab's impressive collection are "detailed and precise", the origin of the works comes into question, to Mr. Gab's demise.

Much of the story is told through the eyes of u-Stu (short for You Stupid), Gab's ward and employee. We wonder why Gass would use such a demeaning name for one of his characters. When we're told that u-Stu seized every chance to sneak off to the library where he discovered great literature and colored photographs that expanded his vision beyond the black-and-white world of his employer and mentor, we see that much of Gass went into u-Stu's character. Gass himself took every chance to



Eyes: novellas and short stories

By William H. Gass
Alfred A. Knopf
ISBN 978-1-101-87472-1

read everything he could get when he was young to find emotional release from an abusive father.

However, there's a glimmer of hope at the end of the novella, quite literally a beam of light that offers hope for both Gab and u-Stu. One would hope that Gass had the same experience with his father.

The other works in the collection include "Charity",

a one-paragraph novella of 70 pages told through the eyes of Hardy, an attorney whose occupation is to determine the worthiness of applicants seeking foundation grants. Sadly, Hardy's only solace is found through his lover Molly. Hardy seems jaded toward all requests, until he comes to the home of one applicant in Toronto and is struck by the beauty of the applicant's female companion who gives a stunning answer to Hardy's offer of charity.

Four short stories complete the collection, the most autobiographical and sublimely bitter "The Toy Chest": "After I have been dumped on by dear ole dad, and there is a mildly broken spring to my walk, I spit on my childhood rendition of his face."

Gass is a complex stylist, often offering complicated points of view. It's that very complexity, though, that makes him fascinating. A major collection of his work, The William H. Gass Reader, is scheduled for release by Knopf in June 2018.

Michael Tidemann writes from Estherville, Iowa. His author page is amazon.com/author/michaeltidemann



Artists Heidi Jeub and SEE More Perspective Coming to Red Lake County Central Schools

Red Lake Country Central Schools will host two artists in the schools the week of November 13th – 17th. The seventh and eighth grade English students of Roberta Aakhus will write with spoken word artist, SEE More Perspective (Adam Rangel). The fourth, fifth and sixth graders will spend the week of creating abstract paintings with Heidi Jeub.

SEE (aka Adam) received a 2013 VERVE Grant from Intermedia Arts for an imaginative and ambitious spoken word album entitled The Cosmos According to Your Closed Eyes. He was a semi-finalist for the Million Dollar Saint Paul Challenge, and currently teaches Hip-Hop courses at the West Bank School of Music.

SEE has done years of youth work through hip hop and spoken word—dealing with social justice, identity and community engagement issues; has performed at countless venues and festivals; and has spoken at and facilitated workshops at various social justice conferences and retreats. He aims to inspire, uplift and open doors to possibility and imagination with an invitation to self-discovery through meditations on community, history and the expression of pure imagination.

Heidi Jeub has studied architecture, art, cultural studies and American Studies. She has a BA in Studio Art from the University of Minnesota. She is an avid journalist, and stored all the information she

learned in hardbound books: one page was art history, the next was algebra, and on top of that (literally) sketches for her sculpture class. She is known not only for her book art and visual journaling workshops, but has also braved abstraction and interdisciplinary collaborative art installations for high school students in Greater Minnesota.

Heidi has completed her MA in Arts and Cultural Leadership at the U of MN. She is the COMPAS Regional Arts Coordinator for central Minnesota and has just opened Heijeu Book +Art Studio. She was awarded the McKnight Emerging Artist Award in 2014, and has received many artist development grants from Five Wings Arts Council and Central MN Arts Board.

Teaching artist, Elwyn Ruud will draw and paint with the kindergarten, first, second and third graders. Students will learn about famous artists and complete works of art inspired by their works. She will visit each the students twice.

The residency is arranged with COMPAS. COMPAS programs are made possible in part by a grant provided by the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature. This activity is made possible by the voters of Minnesota through grants from the Northwest Minnesota Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.

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Girls having fun after raking leaves during Day of Caring: Carlee Whalen, Marissa Thomas, and Marin Peterson



Junior High advisory groups help out in the community of Plummer. Some of the helpers were Madeline Inda-Valdez, Leah Peterson, Clowie Magnell, Payton Rystad, Lauren Jones, and Kylie Herrin.



Some RLCC junior high students doing fall clean up in Brooks on Day of Caring included (back) Jeremy Kruchowski, Kaleb Roussey, Jillian Booth, Andrew Gryskiewicz, Caleb Nymann, Brett Anderson, Aaron Jarvie, Carlie Whalen, (front) Jonathan Roue, Remi Rathack, Marissa Schiebe, and Kjerstin Nelson.

Oklee Herald Early Files

Seventy Years Ago
November 6, 1947
Medical officers will be at the Oklee School Monday, November 10th, to conduct Mantoux tests. The examination is free and will give parents peace of mind for those not affected with tuberculosis.

The Oklee Bobcats finished their 1947 season with a loss to Mentor High. The game ended 39-12.

A bridal shower was held for two brides to be, Joyce Myrom and Miss Weberg, last Sunday afternoon at the Ole Myrom home.

A daughter was born Monday, Nov. 3 to Mr. and Mrs. James Pahlen of Trail in a Crookston hospital.

Sixty Years Ago
November 7, 1957
Lou Horstman, Oklee rural mail carrier for 32 years, retired last week after an estimated 300,000 miles of driving on the same 35-mile route. He will be succeeded by Don Fournier.

Two Oklee business firms Monday night were broken into and one attempted entry of one Trail firm. Red Lake and Polk County authorities are investigating.

School pupils in Oklee, Gully and Trail will be lining up for the simple tuberculin test Monday, November 25, in a survey sponsored by the Sunnyrest Sanatorium and the Red Lake and Polk County Christmas Seal associations.

"The Virginian" in 1946 Technicolor was shown at the Oak Theatre in Oklee.

Fifty Years Ago
November 2, 1967
Juveniles held for questioning Wednesday after Brooks and Plummer school

fires. The Brooks School building and the High School room section of Plummer High School were destroyed by fire early Wednesday morning in what appears to be the work of Halloween pranksters.

Mrs. Dorothy Grogan of Stanfield, Ore., announces the engagement and forthcoming marriage of her daughter, Sharon to Lou Horstman Jr., son of Mr. and Mrs. Lou Horstman of Oklee.

Forty Years Ago
November 10, 1977
On Tuesday, rain turned to fluffy stuff by 4 pm, by 6 p.m. visibility was near zero. The winds increased during the night and the worst blizzard for this early in the season was blasting through the northern half of Minnesota with 50 to 60 mph winds throughout Wednesday with 28 degree temperatures. Highways became impassible. The area awoke early Thursday to a great calm day and snow plows were out by 9 to clean the streets and roads.

A new beauty shop opened in Oklee, with Gelene Lundeen serving as cosmetologist, opened her doors on November 7th.

Thirty Years Ago
November 11, 1987
Third grade students were busy using computers to increase their word knowledge. Each elementary grade has the use of the computer room for ½ hour a week.

The Brooks Busters 4-H Club met on October 14 with 13th members and 10 visitors present. A demonstration by Danny Gagner was given on Model Rocketry.

A very proud 12 year old Gregory Hahn plans to hang antlers from a 8 point buck he

shot on Saturday – the first of his life to go hunting.

Twenty Years Ago
November 12, 1997
The Oklee Community Club donated two pieces of playground equipment to the Oklee School, a new Slide and a Funnel Ball were donated.

The Oklee Café now located in the Municipal building has been well received. Steve and Mary Lou Schmidt along with Lily Cantwell (Mary Lou's mother) have been running the new restaurant.

Mr. and Mrs. Edwin Halvorson visited Gary Halvorson on Monday. Gary celebrated his birthday with them.

Arnold and Caroline Person of Oklee had many different items for sale at the 12th annual craft show held in Oklee on October 26th.

Eileen Olson who has cooked for more than 11 years for the Oklee Senior Meal Site, was honored with cake and coffee gathering on October 31st, her official last day as cook.

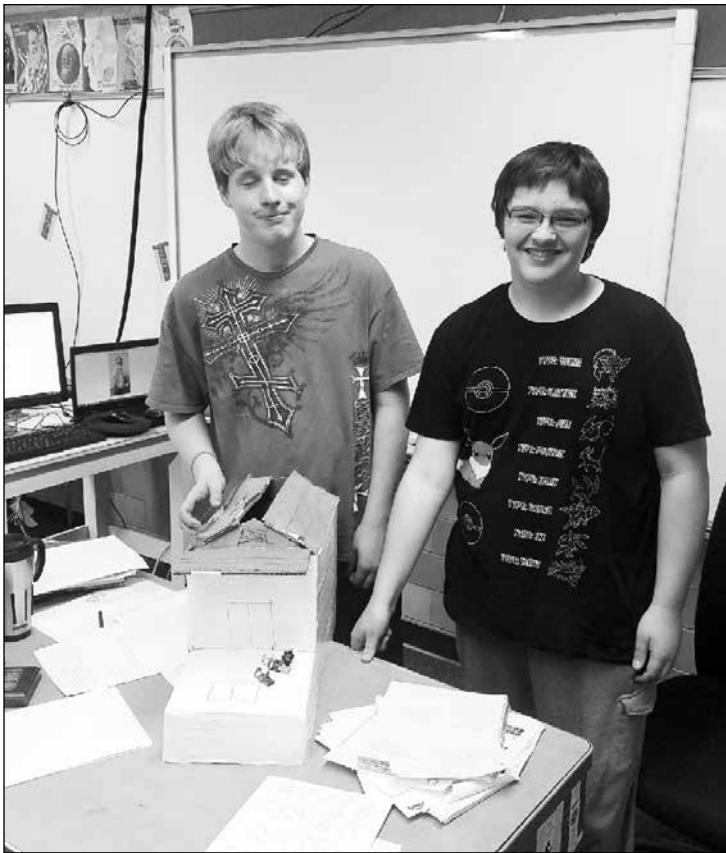
Ten Years Ago
November 7, 2007
Tracy Konickson, formerly of Plummer, was honored with the Fargo/Moorhead Chamber Ambassador of the Year award for 2006-07.

Prize winners at the Halloween party included 0-3 age: Cari Bachand, Jonathan Roue and Natile Baker. In the 4-6 age group: Wakely Bryl, Connor Lambert, and Alex Peterson. In the 7 and older group, Brandon Lee, Austin Waliser and Lacey Pendelton.

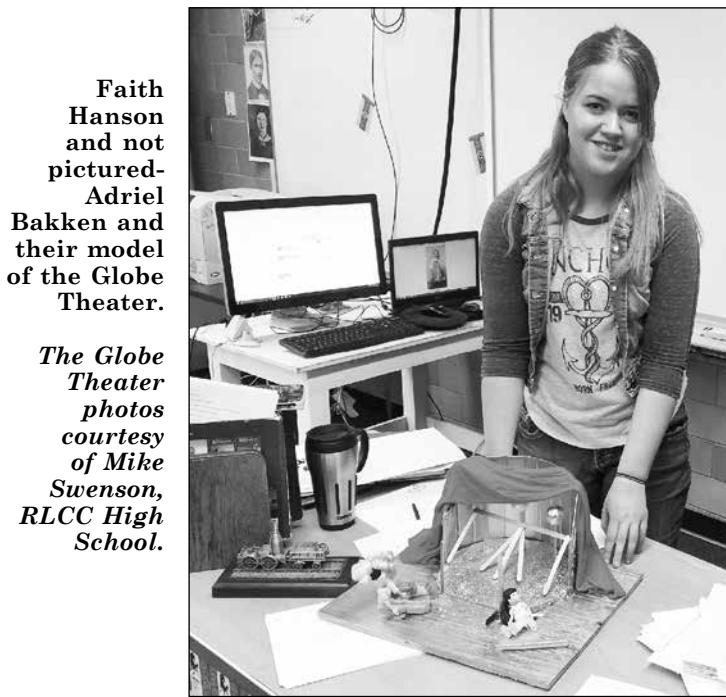
Megan Halvorson of Oklee is a member of the Academic Technology Center Staff at BSU. Halvorson is a senior majoring in design technology.



Brody Moen, Eric Gieseke, and Brock Tvedt and their model of the Globe Theater.



Elijah Rothsack and Dan Gullimette and their model of the Globe Theater.



Faith Hanson and not pictured- Adriel Bakken and their model of the Globe Theater.

The Globe Theater photos courtesy of Mike Swenson, RLCC High School.

Senior Site News & Other Things

By Volunteer Iona Berry

Sunday evening and I just returned from a trip to Bemidji, where I visited with a niece and also with Doris LaJambe. I had coffee with Doris and enjoyed visiting with her. She doesn't see to change, she still enjoys company. It seemed like Bemidji had a lot more snow than we did.

The American Legion Auxiliary had a great crowd at the Bingo Bake Sale. We even had some deer hunters attend. Guess they were hoping to win some of the baked goods.

The November evening meal has been changed to November 21st so we can get an early Thanksgiving dinner. The Potluck will not be held this month.

Also there will be Blood Pressures on November 16th. I'm not sure of the exact time but it will be in the morning.

Also a reminder again about the AARP Driver's Training takes place November 18,

Saturday. If you haven't signed up, you can do so by calling the school. It takes place that day at the school library.

I talked to Delia Nistler who lives in Santa Rosa, CA where all the burning took place. She said she had to evacuate her home and stayed with her son for 10 days before she could return home. She had a lovely home and was fortunate in not having any damage. She is a sister to Gary LaCourse and we have been good friends since I moved to Oklee.

On Thursday, November 9th, the Senior Site is having coffee and cake in honor of Veteran's Day. Everyone is invited to stop by.

Dates to Remember
Nov. 9: Veteran's Day celebration at Senior Site.
Nov. 16: Site Council meets at 10:00 a.m.
Nov. 17: Birthday Meal

Nov. 18: AARP DrRiver's class at RLCC Library.
Nov. 21: Evening Meal.

Words of Wisdom
When it comes to your children, stop pestering and start praising.

The tougher the problem is, the greater chance of an unexpected brilliant solution.

Joke Time
"How can you stand this stuff?" said the grandson to his grandfather, who was listening to 1940's Big Band singers. "All they sing about is love and junk," said the grandson. "Well," replied the grandfather, "what's your rock-and-roll music about?" "That's the beauty of it," said the grandson, "Nobody knows!"

One thing about getting old is that you know all the answers, but nobody asks the questions.

Brooks - Terrebonne News

By Barb Novak 218-698-4296 novakbl@gvtel.com

Well, it is winter. No getting around it. It looks like we are in for a long winter. When it starts this early it seems like forever before we see ground again. We are fortunate though we are not in knee deep snow like in Kalispell Montana or in 6-10 inches of snow in the Iron Range. Our leaves didn't get raked this year and they will add to the blanket for the grass, from the frost. The winter coat is out of the closet and it feels good when going outside.

Last week Madeline and Parnell Thibert of Dixon, IL came to Brooks to visit with Clarence and Diane Gagner, and Char and Poncho Gagner, along with other friends and relatives in the area. They stayed at Nancy and Rolland Gagners of Erskine.

One day the kids were all gone, the men were out hunting, and there was no place to go, so the lady of the house went out and shoveled the driveway off. It was such a nice day, that she decided to make a snowman to decorate the yard. And a very nice snowman it

is. Sometimes the inner child comes popping out and things get done. Congrats.

AJ Parenteau has been moved to the Fosston Nursing Home. He would like some visitors, so if you are in the area stop in for a visit. He is in hospice care now. Cindy Determan went to visit on Saturday.

Yvonne Kush (Delage) and son Glenn came to visit family in Brooks. She and Glenn stayed at Dick and Karen Delage's home, while the guys went hunting and she visited with family and friends. On Sunday she visited with Joanne Bradley and had coffee and rolls at the church after Mass. She is from Aurora and reported that they have way more snow than we have and have had it for a while already. On Saturday she went to the craft fair in Fosston which she said was a great source of Christmas presents for the family.

Red Hats will be meeting on November 16th. That is on Thursday, and we will meet at the Cozy in Brooks. So get your

best bib and tucker out and come join us. Have to get there by 11:00 so we get our ordering done by time it is lunch time. See you at 11 on the 16th.

We hope you are all getting ready for Thanksgiving. There is a community Thanksgiving dinner, prepared at the Catholic Churches, in Oklee, Brooks and Red Lake Falls. They deliver, for those who want their dinner at home. They will be serving at the church from 11:30 a.m. to 1:00 p.m. you can call 253-2188 to sign up. Turkey, dressing, mashed potatoes, gravy, vegetables, rolls, pies, cranberries, pickles, and beverages. Who could ask for anything more? Please call by November 19th. This is a free dinner.

We had two little goblins at our door on Halloween. They were Robin and Darth Vader. Wow, I was kind of scared by these guys but they were given candy and went on their way. I hope you enjoyed your candy Carson and Carter Reese. You were awesome.

Have a great week.

Plummer News

By Alice Jobe 218-465-4402

Immanuel Church had confirmation on Sunday morning, the 19th. Those confirmed were: Jayden Iverson, Britain Arlt, Christopher Longtin, Max Parsley, Madison Carlson, Jalayna Kelley, Gunnar Thompson, and Calyssa Eskeli.

A reception for Jayden Iverson was held at the Tri River Musuem following confirmation. Britain Arlt's

reception was held at the church.

Anna DeHate, Anne Traxler, and Emilie Skjerven went to the Lutefish supper at Grygla on Saturday evening.

Cindy Thomas, of Manhattan, KS, came for a few days visit and also helped move Jean Carpenter, her mom, to Greenleaf, the past week.

The Lions Too put on the Halloween party at the Community Hall in the evening.

Don and John Skjerven came for the funeral of their sister-in-law, Pollie Skjerven, which was November 1st at Immanuel Church.

Connie and Charles Bishop, of Lake George, came for Pollie Skjerven's funeral. Marge & Don Ranstrom of Mille Lacs came for Anna DeHate's birthday. Also Diane and Chuck from Coon Rapids came. Wednesday night they ate supper at the Legion. Steve and Marlene Haiyen and Linda and Marty Hogenson and

Jim & Debbie DuChamp and Bunny DuChamp got together later and played Bingo. They treated everyone to cupcakes. Alice Jobe also had a birthday on the 1st.

The weather has changed quite drastically. Wednesday night we got two inches of snow during the night. So it's almost 3 inches and more is coming.

This morning I happened to look outside towards the tree and bird feeder and there was a pileated woodpecker on the tree. While he is a pretty bird, they usually are in a tree that maybe dying or infested with carpenter ants, the books sayd anyhow. He flew to another tree. The rabbit is around to eat as weel as bluejays, chickadees and sparrows.

Wish I had more news. Hopefully next week will be better. I've been battling a cold (chest & head cold) so, I'm rather out of it.

Stay warm and be careful where there is ice!

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Hemp Production: Legalities and Production tips

Want to learn about hemp production in NW Minnesota?

Come learn what we have learned after a couple growing seasons of the 'new' cash crop Hemp. We will cover agronomics: crop protectants, seeding, fertilizing, harvesting and grain handling. A local producer that has 400 acres will go over the Do's and Don'ts of hemp production. Certainly with any newer crop to a producers rotation comes a learning curve.

Margaret Wiatrowski. Industrial Hemp Program Coordinator at The Minnesota Department of Agriculture

will be also presenting. She will cover on permitting and the background of the 2015 Minnesota Industrial Hemp Development Act which allows producers to pilot hemp production in MN. Several questions about the crop, marketing and other questions will be fielded.

Please come to the meeting at the Fertile Public Library Fertile, MN December 6th 9:30 AM

• Please call 218-280-1129 to reserve a spot! Space is Limited.

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Oklee Halloween Party brings out the ghouls & princess's



Who's Dat?



Who's Dat
This week's photo is of the littlest "trick or treaters" from a number of years ago. Can you figure out who they are?
Last week's photo was from Halloween 1993 and it was Rene Hofstad, Catherine Cyr and Ardis Hofstad.
Everyone has a photo or two that would be great for this column. Please share them with our readers.
If you email a photo, please scan at 300 dpi (high quality) if you can. You can 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:
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Or stop by the office and we will scan your photo while you wait.



Welcome to the family

Cynthia Omokaro, MD
Family Medicine with Obstetrics

Essentia Health-Fosston Clinic
Essentia Health-Bagley Clinic
Essentia Health-Oklee Clinic

Dr. Cynthia Omokaro, a family medicine physician, has joined the Essentia Health-Fosston Clinic. She will also care for patients at Essentia Health's clinics in Bagley and Oklee.

Dr. Omokaro will care for patients of all ages, and will also offer comprehensive obstetrics services for women who are pregnant. "I was drawn to this opportunity because it gives me a chance to practice a full-spectrum of family medicine in a rural setting," says Dr. Omokaro.

Dr. Omokaro earned a medical degree at Albany Medical College in Albany, NY. She completed a residency in family medicine at MedStar Franklin Square Medical Center in Baltimore, MD.

Dr. Omokaro is especially interested in preventative care and chronic disease management. "Working in family medicine gives me an opportunity to care for a diverse population, incorporate patient education and use all my skills to provide the best possible care," she says.

To make an appointment with Dr. Omokaro in Fosston, call 218-435-1212, in Bagley, call 218-694-6281, and in Oklee, call 218-796-4525.

To see her full profile, go to [EssentiaHealth.org](#) and click on "Find a Medical Professional."

"I look forward to caring for patients in this area and becoming a part of the community."
- Dr. Cynthia Omokaro

Essentia Health
Here with you

News and Views

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Three Budgeting Factors for Ranchers to Consider in the Coming Year

By: Eric Mousel, U of M Extension Beef Team

With 2017 quickly coming to a close, many in agriculture are already looking towards positioning themselves for the next budgeting year. I think it is generally useful at this time of the year to start looking at what the financial situation for the next year is going to look like and what factors could influence profitability in the cow sector. When it is all said and done, it is looking like 2017 is going to be quite a bit better than 2016 was; at least for cow outfits. As far as 2018, let's look at what could factor into how we go about business: The average cost of running a cow in Minnesota in 2016 was roughly \$750. This is down about \$60 from its peak in 2014 (\$810 per cow). Much of the relief has come in the form of cheaper fuel, feed, and a couple of relatively mild winters. As far as I can tell right now, I see no reason why feed costs would increase much over 2017. Barring natural disasters and the like, the economic drivers of feed cost (fuel, fertilizer, and inventory) are all in favor of not much changing in the next year. The economic drivers of fuel and fertilizer are driven largely by the value of the U.S. dollar and its purchasing power in overseas markets. Overall, the U.S. dollar has gained and looks to continue to gain value in comparison to other world currencies. The significance of that to the average cow outfit is that resources purchased from foreign sources as both fuel and fertilizer are, will get cheaper to buy with a stronger dollar. I don't really anticipate either commodity getting much cheaper than it already is, but I don't really see any reason right now why they would be more expensive either. The dollar value is strong and looks to remain strong at least into the 2nd quarter of 2018. Refining capacity is always tight and a concern as far as fuel prices, but it is not something that can be predicted. Feeder calf market prices will probably trend steady to down in the next year. The only thing I am basing this statement on is the strong U.S. dollar, which makes U.S. beef more expensive to foreign customers and the fact that there is a lot of beef in cold storage inventory right now. How much will this affect the markets a year from now is anyone's guess, but based on those two facts I would expect the calf market to lose some of its steam over time.

A real wild card right now is that if the President and the Congress can come to some sort of agreement, there could be a very large restructuring of the nominal tax code that could affect tax structure in 2018. I'm not going to waste paper talking about any specific points because as of this writing it is very early in the legislative process. However, I expect both parties in Congress are very motivated to get something done with the tax code so I would expect some changes; good or bad, in the

next year. Thus, it would make good sense to keep abreast of whatever they do get put together so the tax man doesn't catch you by surprise. The last major factor I see changing in the next year is that butcher cow prices could very well go even lower than they have been recently. Although they have rebounded some in the last month, butcher cows were only bringing \$0.35 - \$0.40 over a good portion of the summer. I wonder if a lot of that was driven by dry weather in the Dakotas and Montana as a lot of liquidated cows made their way onto the butcher market. But the bigger concern I see is that if milk prices don't move in a positive direction soon, there could be another flush of dairy cattle hit the butcher market, driving prices even lower. My research has shown that 20-25% of the profit in cow calf operations is driven by marketing of cull livestock, so lower butcher cow prices could be tough on a lot of cow outfits.

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