

Oklee Precipitation
By Einar Kvasager

	Rain	Snow
Nov. 24	0.05	Trace
Nov. 26		Trace
Nov. 30	Trace	
Total in.	0.05	0.00

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

Vol. 106, Number 16

www.TriCoCanary.com

Wednesday, December 6, 2017



Santa visited Oklee on Saturday, December 2nd and the kids were delighted to see him. They had their lists ready to share with Jolly Ol' St. Nick!



Calendar of Events
Wed, Dec. 6:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Dec. 7:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
Fri, Dec. 8:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.
Sat, Dec. 9:
-Support your local business – Shop Locally!
Sun, Dec. 10:
-Worship at the church of your choice.
Mon, Dec. 11:
-LSS Sr. Meal 11:30 a.m.
-Holiday Train in Plummer.
Tue, Dec. 12:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards.
Wed, Dec. 13:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Dec. 14:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
Fri, Dec. 15:
-LSS Sr. Meal 11:30 a.m.
-Noon deadline for Oklee Herald news.
Sat, Dec. 16:
-Support your local business – Shop Locally!
Sun, Dec. 17:
-Worship at the church of your choice.
Mon, Dec. 18:
-LSS Sr. Meal 11:30 a.m.
Tue, Dec. 19:
-Senior Site Activity: 1:30 p.m. – Cards
-LSS Sr. Evening Meal 5:00 p.m.
Wed, Dec. 20:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Dec. 21:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
Fri, Dec. 22:
-LSS Sr. Meal 11:30 a.m.
-Noon deadline for Oklee Herald news.



Humbleberry Farms host Winter Fest & Yuletide Fair



Humbleberry Farms is located just east of Brooks on Highway 92. It is a little hidden treasure that some are beginning to realize is there with unique products, organic and homegrown items. They had Christmas tree for sale, and baked goods, handmade dolls/ doll clothes, nuts, fruits, juices, hand drawn cards, candles, and a barn full of critters (donkeys, goats, sheep, horses) to pet and learn about. Their two daughters are in charge of the animals.

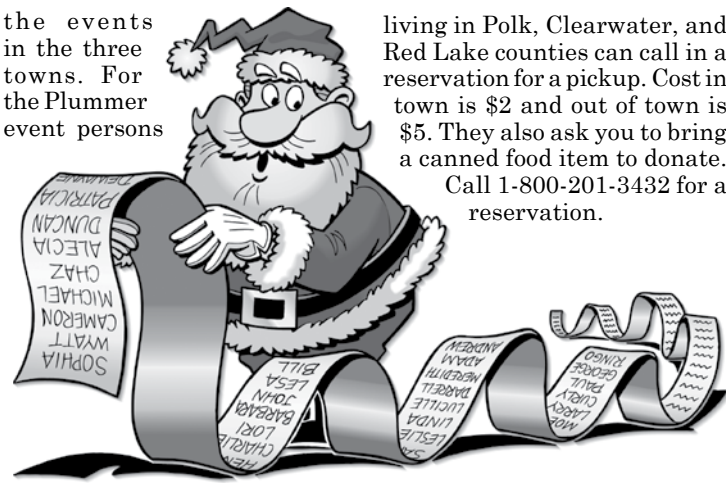


Their quonset was filled with delicious and unique items for sale. They also had hot cider and cookies for you to enjoy while you look of the selection.

Santa is Coming to Plummer!

On December 12th the Canadian Pacific Holiday Train will be coming to Plummer. This yearly event is hosted by Plummer and CP Railroad to raise funds & hold a food drive to benefit the local food shelves. Events planned are Christmas Carolers, Santa for the children to visit with, haywagon rides, food served by Inter County Community Council and the Tri River Museum will be open for touring. And Tri Valley Opportunity Council's Transportation program is offering rides to

the events in the three towns. For the Plummer event persons



living in Polk, Clearwater, and Red Lake counties can call in a reservation for a pickup. Cost in town is \$2 and out of town is \$5. They also ask you to bring a canned food item to donate. Call 1-800-201-3432 for a reservation.



CP Holiday Train coming to Plummer December 12th

Once again, Plummer is graced with the Canadian Pacific Holiday Train stopping on December 12th. The CP Rail Holiday Train began its journey in Montreal, Quebec, on November 25 and 26, 2017, the two trains will make the festive journey, travelling through both the U.S. and Canada to bring holiday cheer to 171 communities along CP's network. Each event is completely free, with CP encouraging every attendee to open their cupboards or wallets to ease hunger needs in their community. Local food banks will be accepting donations at each stop to ensure those less fortunate can access adequate

food this holiday season and year-round. "The Holiday Train program is all about local food banks and food shelves and the critical role they play in our communities," said Keith Creel, CP's President and Chief Executive Officer. "People come for the beautifully-lit train and stay for the incredible show – all in the name of community. The holiday season is the best time of the year, and we look forward to bringing together thousands of Canadians and Americans this season for this incredibly important cause and a great time." Events in Plummer start around 4 p.m. There will

be caroling, "Santa", sleigh wagon rides, serving at the community hall at 4:30 p.m. Also bring canned goods for food shelf to the hall or museum. The museum will be open for touring. Performing from the boxcar stage will be Dallas Smith, Terri Clark and Kelly Prescott. Train is expected to arrive at 6:15 p.m. Come early for the events and parking. Tri-Valley Opportunity Council, Inc. is offering rides to come to Plummer. \$2 for in town pickups and \$5 for out of town pickups. Call for reservation at 1-800-201-3432. Please bring a canned food item to donate!



Tiffany and Ted Bowen, owners of Humbleberry Farms, greeting visitors with warm smiles and samples of their products they make and sell. And they are willing to share their knowledge of the fruit and vegetables they have available.



Two of the unique items you will find at Humbleberry Farms. Persimmons and Sweet Dumpling Squash.

Church news

Oklee Senior Site Dining

Red Lake County Commissioners Minutes

OKLEE LUTHERAN PARISH
Zion and Salem
Interim SAM Christy Klemz
Wed, Dec. 6: 6:00 p.m. Chime Choir. 7:00 p.m. Confirmation at Zion.
Sun, Dec. 10: 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.
Mon, Dec. 11: 9:00 a.m. Quilting at Zion.
Wed, Dec. 13: 6:00 p.m. Chime Choir. 7:00 p.m. Confirmation at Zion.

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE
Fr. Adam Hamness
Sun, Dec. 10: 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, Dec. 9: 5:30 p.m. RLF
Sun, Dec. 10: 8:00 a.m. Brooks. 10:00 a.m. RLF.

IMMANUEL–EBENEZER LUTHERAN PARISH ELCA
Pastor Jonathan Dodson
Sun, Dec. 10: Sunday School Program – 10:30 Joint Worship at Immanuel.

CLEARWATER LUTHERAN PARISH
Mt. Olive – Nazareth
Oak Park – St. Petri
Pastor Jeff Merseth
Wed, Dec. 6: 5:00 p.m. Wednesday School/Confirmation. 7:00 p.m. LYS meeting.
Sat, Dec. 9: 9:00 a.m. Mt. Olive.
Sun, Dec. 10: 8:00 a.m. St. Petri, 9:15 a.m. SS at St. Petri; 8:30 a.m. SS at Nazareth, 9:45 a.m. Nazareth; 9:30 a.m. Oak Park SS, 11:00 a.m. Oak Park. 12:15 p.m. Ladies Aid Christmas Party. 5:00 p.m. Bible Study at Nazareth.

GOODRIDGE AREA LUTHERAN PARISH
Bethany–Ekelund–Faith
Pastor Kristen Ostercamp
Wed, Dec. 6: Release Time. 7:00 p.m. Advent Service at Ekelund.
Sun, Dec. 10: 8:30 a.m. Bethany, 9:30 a.m. SS; 9:45 a.m. Ekelund, 11:00 a.m. SS; 11:00 a.m. Faith with program, 9:30 a.m. SS.
Mon, Dec. 11: 9:30 a.m. Rachel Circle.
Wed, Dec. 13: Release Time. 7:00 p.m. Advent Service at Faith.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com
Wed. Dec. 6: 6:00 p.m. Alpha. 6:30 p.m. Awana.
Thu, Dec. 7: 12:00 p.m. Rotary.
Fri, Dec. 8: 6:00 p.m. Holy Yoga.
Sat, Dec. 9: 9:00 a.m. Holy Yoga. 7:00 p.m. Youth Christmas Party.
Sun, Dec. 10: 9:30 a.m. Children's Christmas Program.
Tue, Dec. 12: 9:30 a.m. Ladies Bible study. 10:00 a.m. Quilting. 6:30p.m. Bible Study.
Wed. Dec. 13: 6:00 p.m. Alpha. 6:30 p.m. Awana.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Wed, Dec. 6: 6:30 p.m. Advent Service at Bethany
Fri, Dec. 8: 10:30 a.m. Service at Mac Manor.
Sat, Dec. 9: 5:00 p.m. Bethany Christmas Program.
Sun, Dec. 10: 9:00 a.m. Lund. 10:30 a.m. Sand Valley.
Wed, Dec. 13: 2:00 p.m. Lund WELCA. 6:30 p.m. Advent Service at Lund.

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

December 11 - 15
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: Goulash, corn, toast, and dessert.
Tuesday: meatloaf, boiled potatoes, vegetables, and dessert.
Wednesday: Egg salad sandwich, turkey dumpling soup, and dessert.
Thursday: Shrimp (6 pc), hash browns, vegetables, and dessert.
Friday: Baked chicken, baked potato, vegetable, and dessert.

Rebels December 14th game moved to Oklee

By: Sydnie Gunderson
The boys' basketball game scheduled for Thursday, December 14 at Plummer between the Red Lake County Rebels and Badger-Greenbush-Middle River Gators has been moved to Oklee due to a scheduling issue.
The C-team game will start in Oklee at 4:45 pm, JV at 6:00 pm with varsity to follow. There are **NO** games in Plummer that night. Our apologies for any inconvenience this may cause.

Deadline:
Friday's at noon!

PLUMMER HOLIDAY TRAIN

- 4:30** Tri Rivers Pioneer Museum opens
5:00 Inter-County Community Council starts serving food at Plummer Community Hall (Free will offering to food shelf)
5:15 Santa arrives at Plummer Community Hall
5:30 RLCC Elementary Choir sings at Plummer Community Hall
5:45 RLCC Elementary Choir sings at Tri Rivers Pioneer Museum
6:00 Holiday Train Arrives

Food Shelf donations will be accepted at the Tri Rivers Museum and at the Plummer Community Hall

SPONSORS

City of Plummer	RLCC Schools	Garden Valley Telephone
RLF Co. Sheriff's Dept.	Tri Rivers Pioneers	
Plummer Lions	Plummer Lions Too	
Inter-County Community Council	Plummer Fire Dept.	
	CP Rail	



Thursday, December 14, 2017
9:00 a.m. to 3:00 p.m.

Stop in for
CHRISTMAS TREATS

Coffee, Homemade Goodies, Hot Cider

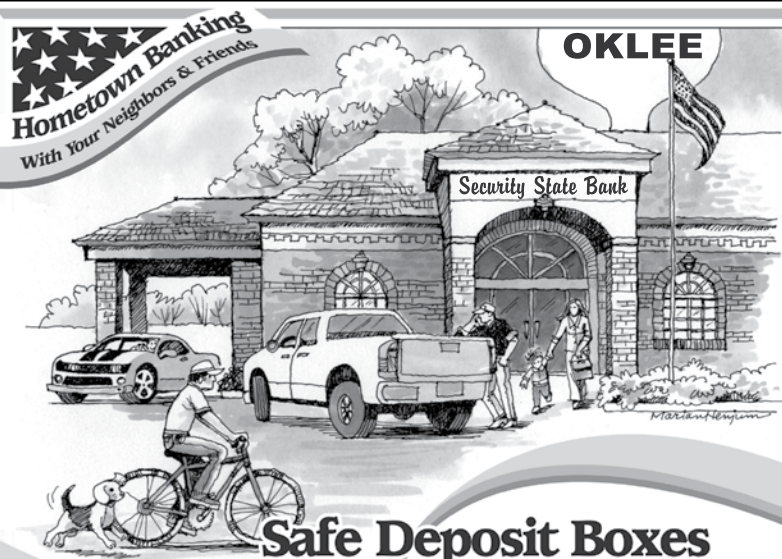
Christmas open house



Security STATE BANK

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

037-38C



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Protect Birth Certificates, Car Titles, Household Inventory Lists, Jewelry, Marriage Licenses, Photos, Property Deeds, Rare Coins and Stamps, Savings Bonds, and other valuable items from fire, theft or loss.

A Safe Deposit Box is the best place to store important documents and valuables that would be difficult or impossible to replace. Our Safe Deposit Boxes come in various sizes and are available for a small annual fee.



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

RED LAKE COUNTY Regular Meeting Held October 24, 2017

Pursuant to adjournment of its regular meeting the Red Lake County Board of Commissioners duly met in regular session at the courthouse in Red Lake Falls, MN on October 10, 2017 at 10:00 a.m. Chair Flage called the meeting to order. All members were present.

Commissioner Simpson moved, seconded by Lerohl to approve the agenda. Motion carried unanimously. SS Director Kristi Nelson was present to request the board approve and sign the annual contract for joint services with Norman County Social Services. Commissioner Lerohl moved, seconded by Weiss and carried unanimously to approve the agreement pending a review by the Red Lake County Attorney.

Tanya Hanson, SWCD met with the board to present a two year NRBG (Natural Resources Block Grant) Agreement for 2018/2019. The agreement is in the amount of \$110,961.00 and will expire December 31, 2020. Commissioner Weiss moved, seconded by Sorensen and carried by unanimous vote to approve the agreement as presented.

Hanson discussed a matching grant fund that the BWSR (Board of Water Soil Resources) is implementing again for 2018 to assist with SWCD projects. Hanson informed that any amount the county allocates to SWCD for the program will be matched by BWSR in a ratio of 25% county and 75% BWSR. The board took no action.

Hanson updated on Buffer Law Program compliance and is presently working with 11 landowners in the county.

Commissioner Simpson moved, seconded by Weiss and unanimously carried to approve the minutes from the regular board meeting held October 10, 2017 as amended.

Commissioner Simpson moved, seconded by Weiss and carried by unanimous vote to approve the expenditures for the period as listed:

Revenue:	\$ 3,941.30
Highway:	18,494.29
Total:	22,435.59

The motion included the following added bills: \$65.37 to Ken's Electric; \$257.33 expenses and \$350.00 per diems to John Lerohl; \$69.55 expenses and \$490.00 per diems to Chuck Flage.

The board discussed a request from the City of Red Lake Falls to support and agree to sponsor LRIP (Local Road Improvement Program) funding from MnDOT for the Red Lake Falls "Industrial Loop Road Project". Mayor Al Bertilrud and Engineer Barry Glienke of Bolton & Menk were in attendance. County Engineer Kleven was also present. Red Lake Falls is requesting the county to sponsor and be the fiscal agent for the LRIP dollars, and because the city is not a state aid community the county must allow MnDOT to release funding for the city project. Kleven questioned how the utility work is tied into the single contract and whether the county is fiscally liable for the whole project. Menke assured that the county acts as the fiscal agent only to receive the LRIP funds from MnDOT. LRIP funding will be a maximum of \$750,000.00 with the city using a combination of other grants and financing to fund water and sewer work that is part of the approximate \$7.5 million project cost. The LRIP funding will be used by the city to increase the industrial roads in the city to 10-ton limits. Chairman Flage called for a motion. Commissioner Lerohl moved, seconded by Weiss and carried unanimously to approve **Resolution No. 10-02-17 "County of Red Lake LRIP Funds"** as follows:

RESOLUTION OF SUPPORT FOR AND AGREEMENT TO SPONSOR THE CITY OF RED LAKE FALLS PURSUIT OF 2017 LOCAL ROAD IMPROVEMENT PROGRAM FUNDING FROM MnDOT FOR THE RED LAKE FALLS INDUSTRIAL LOOP ROAD PROJECT

WHEREAS, the Red Lake Falls Industrial Loop Road project includes the existing 3rd St SW (CR 54 to Polk Ave), Polk Avenue SW (3rd St SW to Industrial Drive SW) and Industrial Drive SW (Polk Ave to Hwy 32) within the City of Red Lake Falls, and

WHEREAS, the existing 3rd St SW, Polk Avenue SW and Industrial Drive SW road segments within the Red Lake Falls Industrial Loop

Road project are in poor structural condition due to consistent heavy industrial use, and

WHEREAS, the existing geometry and turning radius' at the intersections within the Red Lake Falls Industrial Loop are difficult for the transportation of homes built at Homark Homes, Brent's Supervalu, Red Lake Electric Cooperative and other industrial shipping activities, located within the project area, and

WHEREAS, the current roadway geometry within the Red Lake Falls Industrial Loop results in dead end water main that limit fire flow for fire suppression system's and fire fighting for the industrial businesses, and

WHEREAS, the existing County Road 54, Polk Avenue SW and Industrial Drive SW road segments within the Red Lake Falls Industrial Loop Road project are not all constructed to 10 ton standards but this project will upgrade the entire loop to a 10 ton route, and

WHEREAS, the upgrading the entire loop to a 10 ton route will provide a shipping route that can avoid trucks traveling through a residential neighborhood, and

WHEREAS, the city is preparing engineering plans for the reconstruction of the existing County Road 54, Polk Avenue SW and Industrial Drive SW road segments within the Red Lake Falls Industrial Loop Road project to a new rural 10-ton road section, and

WHEREAS, the Local Road Improvement Program (LRIP) administered by the Minnesota Department of Transportation makes available up to \$750,000 to apply towards projects on local roads that are regionally significant, result in safety improvements, and address transportation deficiencies, and

WHEREAS, the Local Road Improvement Program (LRIP) requires a city, such as Red Lake Falls, that is not a State Aid city, to have a county sponsor and the support of the County Board, and

WHEREAS, the proposed year for said project construction is 2018
NOW, THEREFORE BE IT RESOLVED BY THE RED LAKE COUNTY BOARD OF COMMISSIONERS AS FOLLOWS; that

The County supports the City of Red Lake Falls' pursuit of Local Road Improvement Program (LRIP) funds for the reconstruction and upgrade of the existing 3rd St SW, Polk Avenue SW and Industrial Drive SW road segments within the Red Lake Falls Industrial Loop Road project as a new urban 10-ton roadway and, and

The County agrees to sponsor the City of Red Lake Falls' Local Road Improvement Program application to MnDOT and act as the city's fiscal agent for this project.

The Board Chair and County Auditor signed the document on behalf of the county. A complete copy of the document is available at the County Auditor's office or City Clerk's office.

Kleven provided lengthy comment on grant funding and the State Park Road Account funds available for Parks and Trails projects and other similar programs. The board took no action to participate in any of the programs.

The board reviewed a request from Lee Meier, Director of the NW MN Housing Redevelopment Authority in Mentor, MN regarding re-appointing John Lerohl for another 5-year term on the HRA board. Commissioner Weiss moved, seconded by Simpson to approve **Resolution No. 10-03-17** appointing John Lerohl to another 5-year term to the NW MN HRA board commencing November 1, 2017. The Board Chair and County Auditor are authorized to sign the documents. A complete document is available at the County Auditor's office.

Three members of the County Insurance Committee, Deputy Kevin Brevik, Commissioner Ron Weiss, and Auditor Bob Schmitz reviewed information on employee health insurance plans and rates for 2018. County health insurance rates currently through the NW Service Cooperative are scheduled to increase by 49 percent for 2018, and therefore, the County Board decided to solicit requests for proposals on other health plans. The committee reviewed proposals received from small group plans BCBS, Medica, Health Partners and PEIP. The committee recommends PEIP (Public

Employee Health Plan) for 2018 as the premiums would be similar to the current 2017 premium rates through the Service Cooperative. Brevik explained that PEIP has maintained stability with modest rate increases from one to two percent over the past 10 plus years. Employees will have three options available that are comparable with the current county plan; a CMM, VEBA/HSA, and a Minimum Value Plan. Commissioner Sorensen moved, seconded by Simpson and carried by unanimous vote to approve the PEIP proposal for 2018 as recommended by the Health Insurance Committee.

The following Commissioner/Committee reports were shared:

Commissioner	Meeting/Report
Simpson:	None.
Weiss:	County Health Insurance Committee meeting. Quin CHS meeting discussing budget and the Suicide Prevention Program, etc. 1W1P meeting: discussed the budget and organizational priorities.

Sorensen: Attended the Township Officers meeting in Plummer with Commissioner Lerohl. Inter County Nursing Service: review budget, bills and programs. NW Mental Health: adjusted salaries due to issues with hiring and retaining employees, and adopted a policy on meeting attendance for board members.

Lerohl: Attended County Extension Committee with Commissioner Flage and met with the new Regional Director Lisa Loering. NW Housing Authority: reviewed housing programs and HRA levy program legislation.

Flage: Participated in Maintenance Supervisor interviews at the County Highway Department. Red Lake Affordable Housing Committee: elected officers and approved minor policy changes. SWCD: heard update on several programs.

Commissioner Sorensen mentioned that an AMC District III meeting is scheduled for October 27th in Mahanomen.

Chair Flage read a letter addressed to the County Board from a Mental Health consumer in Red Lake County. The letter is also being mailed to area legislators Collin Peterson and Deb Kiel and the State Advisory Council regarding Region 1 Mental Health consumer issues. No action was taken as local county concerns are being addressed by Red Lake County Social Services.

There was discussion on the Minn-Dak Asphalt Inc. mediation to be held on November 6, 2017 at 9:00 a.m. in Fargo, ND. The mediator is requesting the names of the county representative(s) that will attend the hearing along with County Attorney Mike LaCourseiere. The representative(s) must be able to make decisions on behalf of Red Lake County to settle the dispute. Board members concurred that Commissioner Sorensen and Chair Flage be appointed the designated county representatives to attend the hearing and act on behalf of Red Lake County in approving any amount of monetary settlement.

Auditor Schmitz provided another update involving the Office of the State Auditor regarding a re-audit of year 2015 financial records. The state will not be completing an audit for year 2016 at this time based upon the objection of the county. The County Auditor's office has been submitting much of the requested information in advance of the audit date. The OSA has informed that the 2015 year re-audit is scheduled for the week of November 27, 2017.

The board acknowledged an update from Enbridge Energy regarding the Line 3 Replacement Project.

There being no further business the meeting was adjourned until November 14, 2017 at 10:00 a.m.

Attest:
Robert Schmitz, County Auditor

Chuck Flage, Chairman
Board of Commissioners
O37C

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

Oklee Herald

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****Winner 1st place Best Single Newsor Feature Story, Minnesota Medical Association, 1992.**

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NEW FEMA FLOODPLAIN MAP REVISION REVIEW DATES & TIMES SCHEDULED

FEMA and the Minnesota DNR are in the preliminary stages of floodplain map revisions. Red Lake County has scheduled time slots to meet with each city and all the townships within the county. If you are interested in the city or township you live in feel free to stop in at the time and location scheduled. If you have questions you can call Kurt at the Red Lake County Environmental Office and/or Tanya at the Red Lake County SWCD.

December 12, 2017

Location: City Hall
Basement
8 am – City of Red Lake Falls
9 am – Louisville Twp.
10 am – Wylie Twp.
11 am – Browns Creek Twp.
1 pm – Red Lake Falls Twp.
2 pm – Lake Pleasant Twp.

December 13, 2017

Location: Emardville Township Hall in Plummer (The office on Main Street not the

large city hall).
8 am – City of Plummer
9 am – River Twp.
10 am – Gervais Twp.
11 am – Emardville Twp.
Location: Brooks City Hall
1 pm – City of Brooks
2 pm – Terrebonne Twp.
3 pm – Poplar River Twp.

December 14, 2017

Location: Oklee City Hall
9 am – City of Oklee
10 am – Garnes Twp.
11 am – Equality Twp.
1 pm – Lambert Twp.

036-37C



MUSTANG STAMPED

RLCC Menus

December 11 - 15

Oklee

Monday: Breakfast: Biscuit with egg, cheese & sausage, cereal, fruit, juice, and milk. **Lunch:** Chicken fajita, refried beans, Spanish rice, fruit, and milk.

Tuesday: Breakfast: Pancake on a stick, cereal, fruit, juice, and milk. **Lunch:** Ham patty w/bun, fries, vegetables, fruit, and milk.

Wednesday: Breakfast: Cereal, toast, fruit, juice, and milk. **Lunch:** Chicken pot pie, biscuit, vegetables, fruit, string cheese, and milk.

Thursday: Breakfast: Cereal, S'Mores, fruit, juice, and milk. **Lunch:** Pizza, lettuce salad, cottage cheese, fresh vegetables, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, and milk. **Lunch:** Tomato soup, homemade grilled cheese, fresh vegetables, fruit, and milk.

Plummer

Monday: Breakfast: Pancakes, cereal, fruit, juice, and milk. **Lunch:** Popcorn chicken, Ranch flavored mashed potatoes, corn, buttered or PB bread, fruit, and milk.

Tuesday: Breakfast: Waffles, cereal, fruit, juice, and milk. **Lunch:** Stuffed crust pizza, salad w/croutons, Go-Gurt, fruit, and milk.

Wednesday: Breakfast: Cinnamon streusel coffee cake, cereal, fruit, juice, and milk. **Lunch:** Cheeseburger hotdish, veggies, PBJ's or buttered bread, cottage cheese, fruit, and milk.

Thursday: Breakfast: Yogurt & fruit parfaits, cereal, juice, and milk. **Lunch:** Taco in a bag with all the fixings, baked beans, fruit, carrot dippers, and milk.

Friday: Breakfast: Long John, cereal, fruit, juice, and milk. **Lunch:** Lasagna, coleslaw or salad cup, garlic bread stick, fruit, and milk.

RLCC Sports Schedules

Rebel Boys

Basketball

Thu, Dec. 7: NCTC Tourney - TRF - TBD.

Thu, Dec. 14: BGMR at Oklee 6:00 p.m.

Fri, Dec. 15: Stephen-Argyle at Red Lake Falls 6:00 p.m.

Tue, Dec. 19: Climax-Fisher at Fisher 6:00 p.m.

Thu, Dec. 21: Waubun at Mahnomen 6:00 p.m.

Fri, Dec. 29: Goodridge-Grygla at Plummer 6:00 p.m.

Tue, Jan. 2: East Grand Forks at EGF 6:00 p.m.

Lady Mustang

Basketball

Thu, Dec. 7: BGMR at BGMR 6:00 p.m.

Tue, Dec. 12: TBD at NCTC - TRF - TBD.

Thu, Dec. 14: TBD at NCTC - TRF - TBD.

Fri, Dec. 15: TBD at NCTC - TRF - TBD.

Mon, Dec. 18: Fosston at Oklee 6:00 p.m.

Thu, Dec. 21: Mahnomen at Plummer 6:00 p.m.

Tue, Jan. 2: Goodridge-Grygla at Goodridge 6:00 p.m.

Thu, Jan. 4: Red Lake at Oklee 6:00 p.m.

Sat, Jan. 6: Stephen-Argyle at Stephen 1:00 p.m.

Mustang Wrestling

Sat, Dec. 9: Crookston Tourney at Crookston 11:30 a.m.

Mon, Dec. 18: Crookston JV Tourney at Crookston 5:30 p.m.

Tue, Dec. 19: Crookston/Fosston Triangular at Crookston 5:00 p.m.

Thu, Jan. 4: Mayport/Roseau Tri at Roseau 5 p.m.

Fri, Jan. 5: Mahnomen/Waubun Dual Team at Mahnomen 4:00 p.m.

Tue, Jan. 16: Mahnomen LP Tri (Parents Night) at Oklee 5:00 p.m.

Fri, Jan. 19: Park Rapids/PHPPV at Oklee 2:00 p.m.

Sat, Jan. 20: TRF Tournament at TRF 9:30 a.m.

Sat, Jan. 27: Grafton Tourney at Grafton TBA.

Tue, Jan. 30: BGMR at BGMR 6:30 p.m.



RLCC Student Senate members who attended the Fall Student Senate Summit. Back row: Mr. Randy Huie, Dawson Rystad, Jenna Pahlen, Gerald Melin, Britain Arlt, and Kia Bachand. Middle row: Sydney Melby, Calyssa Eskeli, Lily Guillemette, Karena Melby, and Julia Bernstein. Front row: Jayden Fore, Erin Jones, Cari Bachand, and Taya Morinville. Not pictured: Jade Person and Aurimy Olson.

Student Senate Members Attend Summit

by Lily Guillemette

The annual Fall Summit for the Northwest Division Student Senates was held on Wednesday, November 15 at the Lincoln High School in Thief River Falls. The event was attended by hundreds of students from area schools including sixteen Red Lake County Central Student Senate members and their advisor, Mr. Randy Huie.

The day started off with a breakfast and then a

general assembly introducing the Northwest Division representatives and advisor, giving information about and pushing councils to attend this year's State Summit, and explaining the layout and plan for the day.

"Carnival" was the theme for this year's summit. Students from each senate were put into separate groups and were sent to three different "icebreakers" with the intention to get students loosened up and ready

to talk. After icebreakers, everyone met back up again to watch and listen to mentalist Brian Imbus. Imbus amazed the senates, saying he could read energies and proving it by predicting the future and correctly guessing random student's favorite things and first thoughts. When he finished the students were dismissed to a lunch with door prizes and carnival games to play.

After lunch and another

brief assembly, students were sent to "Hot Topics" where each representative had individual topics to speak on and discuss. Topics included school security, pros and cons of social media and the internet, and technology in schools. A final assembly briefly summed up the day, further advised the senates to attend the State Summit, and encouraged members to run for representation in next year's upcoming spring summit.



RLCC High School welcomes Ginny Stoneouse as a para.

RLCC's new para, Ginny Stoneouse

By: Aiydin Lancto

Ginny Stoneouse from Oklee recently was hired as a paraprofessional at Red Lake County Central High School. She enjoys kids and will be working with individual and groups of students in the classroom. She is most looking forward to spending time with and learning from the students.

She previously was a Registered Nurse and had an AA degree in Nursing from Northland Community and Technical College. Stoneouse is married, has two grown daughters, and has nine grandchildren. Stoneouse, her husband, their daughters, and three of their grandchildren graduated from Oklee. In her free time Stoneouse enjoys reading.

RLCC Mid-Quarter for Second Quarter

By Madison Carlson

Mid-quarter for second quarter at Red Lake County Central will be Wednesday, December 6th. Mid-quarter reports from each class will be handed out the next day to the students. Parents should ask their child/children for their reports during this time.



RLCC Junior High SADDs. Back Row: Advisor Ms. Beth Hagen, Danny Guillemette, Faith Hanson, Tristyn Ferguson, Brody Moen and Katelyn Suchy. Front Row: Bella Russillo, Bailey Culkins, Skylar Longtin and Morgan Plante. Not pictured is Molly Smith.



RLCC Senior High SADDs members. Back Row: Josh Kelley, AJ Jones, David Clifton and Holly Johnsrud. Front Row: Brandie DeHate and Sara Simon. Not pictured is Lily Guillemette.

Letter to the Editor

Pearl Harbor Day

To the Editor:

December 7, 1941 – the attack on Pearl Harbor was a day that has remained in infamy. Very few service members who personally remember that day are still among us. The American Legion Auxiliary encourages everyone to do what they can to keep Pearl Harbor a part of our national consciousness.

Many brave servicemembers were asleep or about their morning routines when the Japanese bombers delivered a blow that would decide America's involvement in World War II. More than 2,400 service members died during the attack.

I invite you along with the members of the American Legion Auxiliary Unit Frank Lund/#159, to take a moment and remember the men and women who lost their lives that fateful day.

American Legion Auxiliary (ALA) members have dedicated themselves for nearly a century to meeting the needs of our nation's veterans, military, and their families both here

and abroad. They volunteer millions of hours yearly, with a value averaging \$2 billion each year. As part of the world's largest women's patriotic service organization, ALA volunteers across the country also step up to honor veterans and military through annual scholarships and with ALA Girls State programs, teaching high school juniors to be leaders grounded in patriotism and Americanism. To learn more about the ALA's mission or to volunteer, donate or join, visit www.ALAforVeterans.org.

Barb Melby
President
Frank Lund Unit #159
218-796-5727
For more information contact: bcmelby50@gmail.com





RLCC River Watch team including Tanisha Srnsky, Kaitlyn Morris, Courtney Rude, Sidney Olson, Brandie DeHate, and Britain Arlt will be making a kiosk in People's Park.

River Watch Kiosk Project in Plummer

By Abigail Walton and Britain Arlt

River Watch is an extracurricular activity where high school students study and sample rivers in the local area, as well as create projects that benefit the community. The Red Lake County Central High School's group project

this year is to build a kiosk in People's Park in Plummer, MN. The kiosk will include brochures, maps, facts, and other information about the Clearwater River.

The kiosk will be located at the entrance to the park. The park includes a recreational area, plus a spot to launch

canoes and kayaks as well.

The River Watch group chose this project because they wanted to inform people about the river and area around it. They were generously funded by the Plummer Lions.

This group includes Ms. Shelly Steva as the advisor from RLCC, and students

Britain Arlt, Brandie DeHate, Erin Jones, Kaitlyn Morris, Sidney Olson, Garrett Qualley, Courtney Rude, and Tanisha Srnsky. Ashley Hitt, a representative of the Red Lake Watershed Board, works with the group and helped set up the presentation.



Artist in Residence SEE worked with Mrs. Bobbi Aakhus's seventh and eighth grade English classes at RLCC.



Spoken word artist SEE More Perspective (Adam Rangel) focused on Spoken Word Poetry with the English class students.

News from Agassiz Audubon

A Winter Blizzard Forecast

Ornithologists are predicting a major snow event this winter. They're not talking about the wet, white

stuff. We're sure to get some of that anyway. No, these scientists are expecting a blizzard of the feathered kind: an invasion of Snowy Owls.

That these birds visit northwestern Minnesota is not a surprise. We see them every winter. According to the Minnesota Ornithologists' Union, the organization that keeps records of the comings and goings of birds in the North Star State, Snowy Owls are regular migrants and winter visitors.

What scientists are predicting is what they call an "irruption," a spike in their numbers.

Every three to four years, when their nesting success peaks, there's an increase

in the number of Snowy Owls migrating south. Ask birdwatchers about "irruption" winters, and you're likely see them start to smile as they tell you where they were and what they saw.

One of the largest irruptions ever recorded occurred recently, during the winter of 2013-2014. Birdwatchers reported dozens of "snowies" in northwestern Minnesota. That winter, Snowy Owls were also spotted as far south as Florida and Bermuda.

They were literally everywhere - atop buildings, corn bins, road signs, street lights and power poles - perching where they could get a good view of a potential meal. During the winter, that includes animals ranging in size from voles and rats to Snow Buntings and ducks.

Bonnie Howard of rural Warren reported the first Snowy Owl in the Red River Valley on October 15th. It was on the roof of a grain bin in her yard. According to the Minnesota records, mid-October is on the early side of normal for Snowy Owl to arrive.

While number of reports are



Female Snowy Owls are approximately 25% larger than males. Older birds have fewer black markings on their feathers. This bird is an adult female.

Wednesday, December 6, 2017

Special Projects at RLCC Shop Class

By Grace Gieseke and Holly Johnsrud

This year's Special Projects Shop Class at Red Lake County Central is taught by Mr. Craig Swanson. There are 10 students in the class. They are Seth Paradis, Ethan Vettleson, Noah Bakken, Gunner Anderson, Josh Kelley, David Clifton, Tyler Jensen, Holly Johnsrud, Grace Gieseke, and Bryce Bergerson.

At the beginning of the year, the students went over classroom and machine safety rules. Currently students are either working on individual wood projects, or working on

school projects such as the benches for the girls' locker room.

For individual projects, students came up with their own idea, chose the type of wood they wanted, then measured and drew up a plan/design to follow. Students figure out the cost for these by adding the cost of the wood and the other materials used.

Some examples of individual projects are a toy box, headboard, tables, and gun cabinets. Some of the woods being used are oak, pine, hickory, cedar, and plywood.

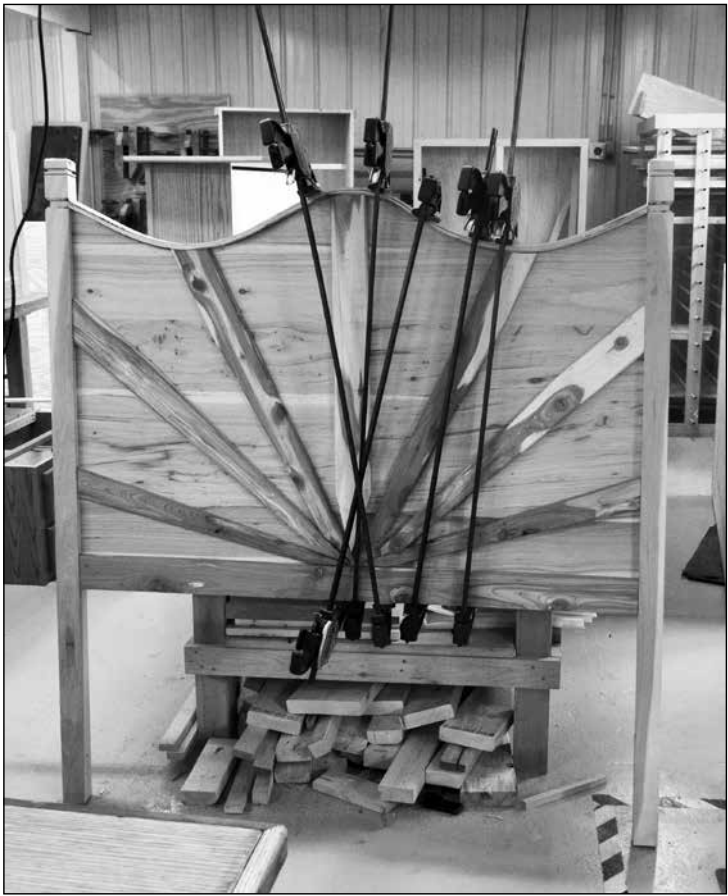
Rebels December 14th game moved to Oklee

By: Sydnie Gunderson

The boys' basketball game scheduled for Thursday, December 14 at Plummer between the Red Lake County Rebels and Badger-Greenbush-Middle River Gators has been moved to Oklee due to a

scheduling issue.

The C-team game will start in Oklee at 4:45 pm, JV at 6:00 pm with varsity to follow. There are NO games in Plummer that night. Our apologies for any inconvenience this may cause.



Shop student Grace Gieseke is working on this headboard.



Holly Johnsrud is finishing up her toy box made in RLCC Special Projects Shop Class.

Sudoku Solution

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

increasing, it's still too early to say this winter will be one for the record books.

If you want to see a Snowy Owl - now's a good time to go out to look for them. Their northern migration starts around late February, and continues through May.

Report Owl Sightings

If you spot a Snowy Owl in northwestern Minnesota, Agassiz Audubon wants to know. Send a text (218-745-5663) or an email to: AgassizAudubon@gmail.com. Please include the following information: date and time of day, location (nearest intersection or street address) and a photo (if possible).

Snowy Owl Etiquette

Watch winter birds from your car. Be sure pull off the road and turn on your "flashers."

Watch from a distance. Resist the temptation to walk up to the bird. Winter is tough enough for wildlife, don't make them waste energy trying to get away from an approaching threat - you. If the owl flies off, don't pursue it.

Best time to look for owls is towards the end of the day when they start hunting.

Do not feed owls. They are not starving.

If you find an injured owl, call the Raptor Center at the University of Minnesota 612-624-4745.



Tyler Jensen's project for his Special Projects Class is fixing the steps for the bleachers.



Mr. Craig Swanson (right) teaches Special Projects Shop Class at RLCC and is pictured working with Josh Kelley.



This large Snowy Owl, photographed in Thief River Falls, MN, is also a female. She has the extensive dark markings of a juvenile.

Are you ready for Winter, continued:

For complete information from the Homeland Security and Emergency Management - A Division of the Minnesota Department of Public Safety for more Winter Weather tips to to: <https://dps.mn.gov/divisions/hsem/weather-awareness-preparedness/Pages/winter-weather.aspx>

AFTER A WINTER STORM IF POWER GOES OUT:

- If someone in the home is on life-support or otherwise electricity-dependent due to a disability, immediately notify your city or county Emergency Management Department and your utility.
- If the outage is only in your home or neighborhood, notify your utility as soon as possible and determine anticipated repair time.
- Turn off or unplug lights and appliances to prevent a circuit overload (spike) when the power returns. Leave one light on to let you know when power has been restored.
- Avoid and report downed power lines or areas where ice, trees or objects are laying on the lines.

HEAT:
Use safe alternative heat sources such as a fireplace, a small, well-vented wood or coal stove, or a propane space heater. Follow manufacturers' instructions and never substitute one type of fuel for another.

TO PREVENT CARBON MONOXIDE POISONING BY ALTERNATIVE HEAT SOURCES:

- Ensure adequate ventilation.
- Do not operate generators indoors or near ventilations.
- Do not use charcoal or gas grills to cook indoors.
- Do not use your gas oven or dryer to heat your home.

CLEARING YOUR ROOF OF SNOW AND ICE:

- Clearing your roof is a dangerous task. Think about safety first. If possible, do not attempt to clear the roof alone.
- When possible, use long-handled rakes or poles designed for roof snow removal.
- If you must use a ladder, make sure the base is securely anchored. Ask someone to hold the ladder while you climb.
- Plan ahead so you know where the snow you clear will fall — and what it will land on.
- Do not touch electrical wires.
- If the job is too big for you, ask neighbors for help or hire a service.

MISCELLANEOUS THINGS TO REMEMBER:

- Keep your refrigerator and freezer doors closed as much as possible to avoid food spoilage.
- Dress in layers of

lightweight clothing and wear a cap.

- Eat well-balanced meals to keep your body warm. Stay well hydrated.
- Close off rooms you do not need.

Heating
The high cost of heating fuels and utilities have caused many Americans to search for alternative methods of home heating. Wood burning stoves are growing in popularity and space heaters are selling rapidly, or coming out of storage. Fireplaces are burning wood and man-made logs. All these methods of heating may be acceptable — but without caution, they're a major contributing factor in residential fires.

HOME HEATING SAFETY TIPS

Death and injury can be reduced with proper understanding and safe use of heating equipment. Safety should be your first consideration when heating your home. Remember these safety guidelines and tips:

PORTABLE AND SPACE HEATERS

- Portable heaters come in many shapes and sizes and use a variety of fuels or power sources. When purchasing or using a space or portable heater, make sure it carries a UL or FM label and is approved for the use you intended.
- Place any portable heating device at least three feet away from anything combustible, including paper, drapery, bedding and clothing.
- Space heaters need constant watching and should always be turned off when you leave your home and before bedtime.
- Drying mittens or other combustibles over a space or portable heater is a fire danger.

•Make sure all cords on electric heaters are in good shape and checked periodically for any frays or breaks in the insulation surrounding the wires.

- Check the cord and outlet occasionally for overheating; if it feels hot, turn it off.

LIQUID-FUELED AND GAS-BURNING HEATERS

- Any heating appliance with an open flame needs to be vented to the outside to eliminate the possibility of carbon monoxide poisoning.
- When using these types of heating devices, manufacturers' instructions and recommendations should be followed faithfully.
- Units must be cooled before refueling; this should take place outside of the structure. Fuel must be stored in a container approved by the fire department and clearly marked

with the fuel name.

WOOD STOVES
•Follow manufacturers' recommendations for proper installation, use and maintenance.

•Make sure the stove is properly ventilated. Other household venting appliances can diminish proper venting of your wood stove. Test all other appliances (bathroom fans, stovetop venting, HVAC units, etc.) to ensure that they don't interfere with proper stove venting.

•Maintain clearances around stoves, flue pipes, and floors according to manufacturers' recommendations.

•Check all connections at the beginning of the heating season.

•If you have questions about fire protection devices, contact your local fire department.

FIREPLACES AND WOOD BURNING STOVES

- Preventive:
 - Chimneys need to be inspected by a professional sweep prior to the start of each heating season and periodically throughout the year
 - Have chimneys cleaned if there is a buildup of creosote. Creosote is a chemical substance that forms when wood burns and builds up on the chimney wall. It is highly combustible.

Active:

- Fireplace screens should be firmly in place when you burn fires.
- Burn only clean, well-seasoned, dry firewood in the fireplace.
- Make sure home smoke detectors are installed and working.

Holiday Fire Safety

Holiday decorating goes a long way to help brighten up our wintery days and long nights. Unfortunately, decorations become a significant hazard if not used carefully. An estimated 250 home fires involving Christmas trees and another 170 involving holiday lights and other decorative lighting occur each year across the U.S. By following a few simple safety tips on electric lights, candles and Christmas trees, you can avoid creating a tragedy. Learn how to prevent a fire or what to do in case of a fire in your home.

•Fact Sheet: Holiday Fire Safety (Candles) go to: <https://dps.mn.gov/divisions/sfm/for-families/Documents/Fact%20sheets/Candle-safety-fact-sheet.pdf>

•Fact Sheet: Christmas Tree Safety go to: <https://dps.mn.gov/divisions/sfm/for-families/Documents/Fact%20sheets/Christmas-tree-safety.pdf>

Face Aging MN Invites Minnesotans to Have the Conversation

The Holiday Season is a Good Time to Talk about Aging with Loved Ones

Minnesota's senior population is doubling as baby boomers reach retirement age. Soon there will be more senior citizens than schoolkids in our state. Minnesota must face the reality of a dramatically older society. The rapid growth in our senior population will personally affect nearly everyone in Minnesota: current and soon-to-be seniors, family members of aging loved ones, professional caregivers and policymakers.

When families gather for the holidays, it can be a time that changes in older relatives are noticed and concerns about their health and well-being are raised. Face Aging MN shares some signs that may indicate a caring conversation is needed:

Trouble with balance when walking, getting up from a chair or using stairs

Weight loss or gain

Decrease in attention to personal hygiene

Recent injuries such as cuts, bruises or burns

Forgetfulness and losing things

Neglect of housekeeping

Piles of unopened mail, newspapers or bills

Late notices for utilities or other bills

Car dents or scratches

Old and expired food

Overuse or underuse of medications

If people witness these warning signs and need help knowing what to do, they are urged to call the Senior LinkAge Line at 1-800-333-2433. Representatives offer assistance in evaluating the situation and share information about local resources that could help.

Patti Cullen, President and CEO of Care Providers of Minnesota, encourages families to look for signs that could indicate that aging family members need more support

and be ready to start the conversation before help is urgently needed.

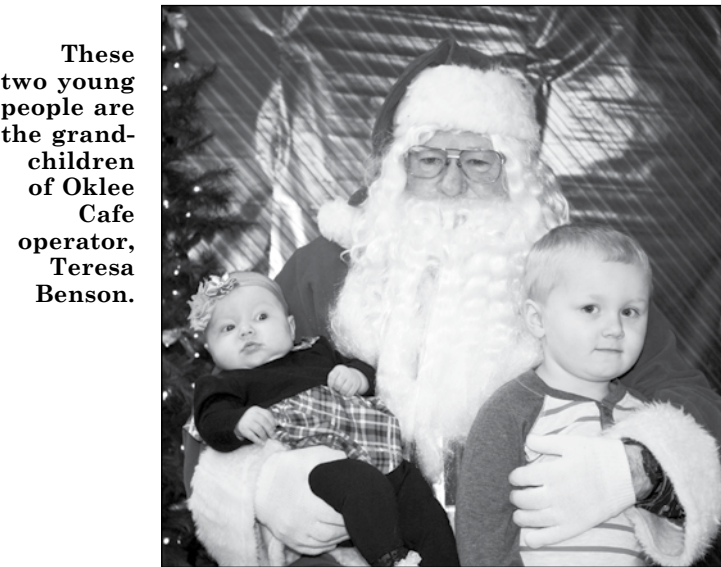
“Even if your aging loved one appears to be in good health, it's still important to start the discussion. A simple conversation can go a long way to helping your loved one age well,” said Cullen.

It's more important than ever to be proactive in having a conversation about aging. At least 60,000 Minnesotans are turning 65 every year from now through 2030. The Face Aging MN campaign aims to raise awareness about the unprecedented growth in Minnesota's senior population, how it affects all of us and what we need to do to ensure all Minnesota seniors get the care and services they need.

“We all need to face aging, as individuals, as family members, as communities and as a state,” said Gayle Kvenvold, President and CEO of LeadingAge Minnesota. “Never before have seniors been such a large and growing part of our population. This is a conversation that is important to every Minnesotan.”

To see conversation starters for family discussions, find resources to help you and your family face aging and to learn more about Minnesota's rapidly growing senior population visit www.faceagingmn.org.

Face Aging MN was launched in 2015 by the Long-Term Care Imperative, which is made up of members of Minnesota's two long-term care provider associations, Care Providers of Minnesota and LeadingAge Minnesota.



These two young people are the grandchildren of Oklee Cafe operator, Teresa Benson.

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		3		1				8
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

December 2017 Health Points

National Influenza Vaccination Week *NIVW 2017 will be observed December 3-9.*

Flu Vaccination- Have you had yours?

An annual flu vaccine is the best way to protect against this potentially serious disease.

Flu vaccination can reduce flu illnesses, doctor visits, missed work and school due to flu, as well as prevent flu-related hospitalizations.

Flu vaccination also may make your illness milder if you do get sick.

Getting vaccinated yourself protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Despite the unpredictable nature of the flu, you should know:

Flu viruses are constantly changing, and this season's vaccines have been updated to protect against the viruses that surveillance data indicate will be most common this flu season.

A person's immune protection from vaccine declines over time so annual flu vaccination is needed for the best protection against the flu.

It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.

Flu activity is usually highest between December and February, though activity can last as late as May. As long as

flu viruses are circulating, it's not too late to get vaccinated, even in January or later.

With flu activity increasing and family and friends planning gatherings for the holidays, now is a great time to get a flu vaccine if you haven't been vaccinated yet this season. A flu vaccine can protect you and your loved ones from the flu.

www.cdc.gov/flu/resource-center/nivw/nivw-key-points.htm

Carbon Monoxide (CO) Poisoning in Your Home

Carbon monoxide (CO) is an odorless, colorless gas formed by the incomplete combustion of fuels. When people are exposed to CO gas, the CO molecules will displace the oxygen in their bodies and lead to poisoning.

The Problem with CO

Since CO has no odor, color or taste, it cannot be detected by our senses. This means that dangerous concentrations of the gas can build up indoors and humans have no way to detect the problem until they become ill. Furthermore, when people become sick the symptoms are similar to the flu, which can cause victims to ignore the early signs of CO poisoning.

The CDC estimates that approximately 400 people die from unintentional CO exposure in the United States every year. Data specific to Minnesota show that an average of 14 people die due to unintentional CO

poisoning each year. The same data shows that another 307 people visit emergency department each year for treatment of symptoms linked to unintentional CO exposure. The good news is that carbon monoxide poisoning can be prevented with simple actions such as installing a CO alarm and maintaining fuel burning appliances.

Carbon Monoxide Sources in the Home

In simple terms, CO is produced whenever a material burns. Homes with fuel-burning appliances or attached garages are more likely to have CO problems. Common sources of CO in our homes include fuel-burning appliances and devices such as: Clothes dryers, water heaters, furnaces or boilers, fireplaces, both gas and wood burning, gas stoves and ovens, motor vehicles, grills, generators, power tools, lawn equipment, wood stoves, & tobacco smoke.

www.health.state.mn.us/divs/eh/indoorair/co/index.html

CARBON MONOXIDE KNOW THE SIGNS!

- ☒ HEADACHE
- ☒ DIZZINESS
- ☒ NAUSEA
- ☒ BREATHLESSNESS
- ☒ COLLAPSE
- ☒ LOSS OF CONSCIOUSNESS



The some of the children gathered around Sydney Melby to sing Christmas songs and wait for Santa and Mrs. Claus to come to Oklee.



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Oklee Herald Early Files

Seventy Years Ago

December 4, 1947

The Oklee High school will open its conference season on our local floor with Clearbrook High as the opponent.

Al Bachand and Sidney Bergeron left last Wednesday for Cass Lake on a fishing trip.

Roy Slettvedt was appointed Scoutmaster of the local Boy Scouts troop at their organization meeting held in the Legion club.

Sixty Years Ago

December 5, 1957

Sharon Tasa and Bruce Moen were named queen and king of the annual Oklee all-school carnival.

Joyce Lindquist, daughter of Mr. and Mrs. Vern Lindquist, was born on the same day (Nov. 14, 1948) as Prince Charles of England, sent birthday greetings to His Royal Highness. The Prince, whose official tile is the "Duke of Cornwall," sent an acknowledgement through his "lady in waiting."

Elmer Says: It's The Little things that annoy us. We can enjoy sitting on a mountain, but not on a tack.

Fifty Years Ago

December 7, 1967

Miss Mary Jo Walker of Oklee was recently presented her stewardess wings with Northwest Orient Airlines

after completing five weeks of specialized training at the airline's training center located at the Minneapolis-St. Paul International Airport.

Four - H Club member Virginia Stenberg was a Clothing award winner.

Oklee Girl Scout News: Brownie Troop 154 met on Dec. 4. We said our pledge to the flag and the Brownie Promise and elected new officers.

Forty Years Ago

December 8, 1977

Several area junior high school students participated in a Music Festival held in the Oklee Elementary School.

Mrs. Alvin Jensen, Sharon and Eric visited with Joani and Tear Marquis at Goodridge on Sunday.

Judy Ditsch wrote Important People about two Important Oklee People, Carl and Jo Quist.

Thirty Years Ago

December 9, 1987

Loni Bishop, Tenor Sax Player and Peter Broken, Trumpet player with the Northwest Minnesota High School All Star Jazz Band, performed in the Autumn Musical held at Northland Community College.

Dawn Mae Johnson and David Louis Krietzler wish to announce their engagement and forthcoming marriage.

The gym bleacher were filled to over capacity during the boys Mustang basketball game with the Fosston Greyhounds.

Twenty Years Ago

December 10, 1997

Kyle Jensen received a poster signed by his team in honor of his 100th wrestling career win which he achieved at the Crookston Invitational Wrestling Tournament held Saturday, December 6, 1997.

RLCC Mustang Isaac Magnell was a 5th place winner in the 103 lb. weight class in the Crookston Invitational Wrestling tournament.

Loree Anderson has been the new Senior Site Manager since November 17 of this year.

Ten Years Ago

December 5, 2007

The RLCC Junior Varsity girls' basketball team defeated the Fosston Greyhounds 42-32. Leading Scorers were Lacy Willet-16, Michaela Casavan-10, and Brittany Waldal-8.

Kora Norland proudly showed off her artwork at Plummer's ECFE Dinosaur Day on November 17th.

Winter hit the area the past week with up to 1 foot of snow falling over the past week according to our local weather man.

Senior Site News & Other Things

By Volunteer Iona Berry

It is overcast this morning, but the temperature is in the 30's so it is pleasant outside. There is very little wind so maybe it will be a day to remember since it is already the 3rd of December. I remember many first weeks of December that we have had temperatures in the below zero range.

Santa Claus Day was very successful with many children here to visit with Santa Claus and Mrs. Claus. I went up for coffee and a treat and saw a line of children waiting for their turn to tell Santa what they want for Christmas. The day was nice and the roads have been almost perfect for traveling.

On December 14th we will have a visit at the Site from a RSVP representative. She would like to visit with all volunteers at the Site. She hopes to come about 11:30 a.m.

This week on Thursday, the 7th, we will have special prizes

at Bingo. It will be bakery items along with the other prizes. Come and enjoy the fun, it begins at 12:30 p.m.

Brian Peterson has been delivering Meals on Wheels for quite some time. There are occasions that he can't deliver them and we would like other volunteers to be available to do the delivering. It you are available when he is not available and would like to be a volunteer, please call the Site and we will put you on the list of drivers. At one time, we had a different driver for each day of the week and it would be great to have some names on our list.

Dates to Remember

Dec. 7: Binto at 12:30 p.m.

Dec. 14: RSVP Representative is visiting the Site. All volunteers should attend.

Dec. 21: Evening Meal at Cafe. Call to make your reservation.

Dec. 24: Christmas Eve.

Dec. 25: Christmas Day.

Words of Wisdom

Buy clothes that will fit if you lose ten pounds and they'll remain in the closet.

Clear the clutter in your life and you'll feel 20 pounds lighter.

Joke Time

The villager on his first trip to the city was waiting at a bus stop one morning. After some hesitation he asked a woman, "Which bus should I take for Mahin?"

"Bus 177," the woman replied. and caught the next bus.

The same evening, the woman got off a bus at the same stop and found the villager still waiting.

"Didn't you get the bus to Mahim?" she exclaimed.

"Not yet," he said wearily. "So far 168 buses have come and gone, eight more before mine arrives."

Brooks - Terrebonne News

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

Good Morning on this dreary Monday morning. It started out by raining and now it is snowing. After this past week of unseasonably warm temperatures this is a blow to our dreams of a warm December. Well it was nice while it lasted.

On Tuesday a funeral was celebrated for Leonard Boucher. He was a life long farmer in this area and a member of St. Joseph Church. He will be missed by us all. Our prayers and sympathy go out to all of the family.

On Tuesday Jerome Novak got good news from the doctor and the post cancer tests. So far he is cancer free. Now he will have to go back in March for more tests to see if he has remained free of cancer.

It seems that run ins with the mystery couple comes in a series. We saw them at the funeral wake on Monday and again on Saturday. We always say be good when we leave but we know that isn't possible.

On Saturday Garden

Valley had their customer appreciation days and so many of our friends come to get a gift and to have a snack and to visit with friends and neighbors. There is always a long line at the window for the snacks. I enjoyed seeing my old coffee friends from Mentor. I don't get down there very often anymore since the store in Mentor closed, so I never see these friends anymore. It was great to see them again. I miss that fellowship from Mentor.

There are still several things going on in the area before Chritmas, the Holiday train for one thing. Keep an eye out for news of that train coming. Bring some food for the food shelves.

Now much personal news but make sure to Thank those who helped with Santa Claus Day in Brooks. The elves were busy helping Joyce to get that done in time for the kiddies. My guess is that it was well attended, though I had other commitments so was unable to attend.

Plummer News

By Alice Jobe

218-465-4402

Jim Fisher, of California, came for Thanksgiving and stayed at his sibling's home while here. He played Bingo Wednesday evening with Clair and Linda. He left for home Thursday morning. Years ago he owned the Plummer Theater.

Sean and Amanda Rolfe and children of Delano, MN were weekend guests of Barb and Arnie Schmitz.

Alice Jobe and Anna DeHate visited Jean Carpenter at her Greenleaf apartment in Thief River Falls the past Saturday.

Thanksgiving guests at Jim and Debbie DuChamp's were: Chris and Bobbi DuChamp family, Marci and Steve Kloety, Bunny DuChamp, Shirley Vettleson, Wayne and Deb Vettleson, Talia Mitzner and girls, Wyatt and Miranda Vettleson, Dede Vettleson, Sheila and Jean Horn, Jodi and Dave Fedje family from Hoople, ND; Jackie and Logan Kalinowski family, Kyle and

Chelsea Vettleson, Hannah and Brett Gerardy, Mike & Brenda Vettleson, Roseau; Breana Vettleson, Elliot Schloshman, Kenzie V, Tyson Holm, Grand Forks; Kim & Rhonda Vettleson, Andy and Ann Bramer and family, Casey Vettleson, and Abbott, Tim and Sam Granum (Mpls), Brady Samuelson, Isabelle and Aubrey Hermondson, Devils Lake, ND. The kids played games. The adults played cards and/or watched the football game and ate and ate.

Alice Jobe visited Fern Eskeli and Stoney Skjervén at Oakland Park Tuesday afternoon.

Thursday several ladies went to the Cozy Bar & Grill for potato dumplings. They were Anna DeHate, Renae Fallon, Wilma Arlt, Jeanine Pahlen, Alice Jobe, Anne Traxler, Connie Hughes, Bunny DuChamp and Elinor Olson. They had a great time. Dessert was bread pudding, angel food cake and a blueberry dessert.

I went to my brother Jack's at Badger for Thanksgiving. Sherrie, his fiancé made the dinner. All of us siblings were there, as well as nieces Angie and Stacy form Glendale, AZ, and Kari from Roseau. Nephews Bradd and Mike. We had so much food and fun!

Some country music news: Mel Tillis died at age 85 after Thanksgiving. I saw him at the

fair in the 80's and he was good.

Also on NBC's morning show, Al Roker interviewed Willie Nelson. 2017 is his last tour. He tours with two sons and his sister. He is 84 and lives in Austin, Texas. About his braids, he said he decided to braid his hair when he was a kids so had a lot of practice. What a guy!

An estimated 44 million turkeys are eaten every year in the U.S.

A few days ago, Meghan Markle (an actress) and Prince Harry got engaged. Her diamond was from Botswana (Africa) where Prince Harry has been. Both are humanitarians. A May wedding is planned at the Chapel in Windsor Palace or Castle.

This week was awful for winds; up to 50 mph. Snow will follow shortly. Many have decorated already!

One more thing, the Holiday Train is at 6 p.m. at Plummer, December 12th. The paper has said 6:15 p.m. So that's what I had gone by. Hopefully CP Rail will be more on time this year. Last year it was supposed to be at 6 p.m. and was very late and it was cold. So, dress warmly, just in case. Remember canned good for food shelf and food served at the hall starting 4:30 p.m., carolers, Santa and wagon sleigh rides also. Come tour the museum and warm up.

Have a good week!

Centennial Recipe Corner

Cranberry Nut Coffee Cake Shirley Dessellier

1/4 cup brown sugar
1/2 cup chopped nuts
1/4 tsp cinnamon
2 cups bisquick
2 Tbsp sugar
1 egg
2/3 cup milk
2/3 cup whole cranberry sauce

Icing:
1 cup powdered sugar
1/2 tsp vanilla
1 Tbsp water

Grease 9 x 9 pan. Mix brown sugar, walnuts and cinnamon. Combine baking mix, sugar, egg and milk. Beat vigorously 1/2 minute. Spread in pan – sprinkle with nut mixture and spoon cranberry sauce over top. Bake at 400 degrees for 20-25 minutes. Spread with icing while warm.



DEADLINE

FOR NEWS AND ADS IS FRIDAYS AT 12:00 NOON.

CONTACT THE OKLEE HERALD AT 218-796-5181

News and Views

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Stress and Health in the Farming/Ranching World

Sean Brotherson, Ph.D., Family Science Specialist, NDSU Extension Service

Farming/ranching has long been one of the more stressful and dangerous occupations, but also has its share of rewards and satisfactions. The National Institute for Occupational Safety and Health has examined multiple occupations and found those working in agriculture often deal with stress-related conditions. These may include sleep difficulties, heart and artery disease, high blood pressure, ulcers, and depression or anxiety. What are some reasons for the stresses you may feel in farming/ranching?

Safety Concerns

Farming/ranching can be dangerous. According to the National Safety Council, agriculture is one of the two most hazardous occupations.

In 2014, 24.9 accidental deaths occurred per 100,000 agricultural workers, compared with a national average of 3.3 deaths per 100,000 workers for all industries.

Lack of Health Insurance

Each year, one of every eight farm families experiences an accident requiring medical attention.

Farmers and ranchers are the most underinsured group of workers around, especially for health and disability insurance.

Changes in Agriculture

Farming/ranching has changed rapidly from being largely a physical occupation to one that requires more and more mental input.

Farmers/ranchers often have intense management responsibilities with money, employees, partnerships and business decisions.

Farmers/ranchers face continual pressures with technological advances in machinery, as well as production and management advances in livestock and crops.

Common Farming and Family Stresses

Common farming stresses include machinery breakdowns, the death of a valuable animal, uncontrollable weather, variable crop yields and fluctuating commodity prices.

Common family stresses include economic difficulties, turmoil in the world, loss of a family member or divorce.

What is Stress?

In the engineering field, stress means the capacity to withstand strain. When applied to people, stress is more complex. Everyone takes in energy (strength) from the sun, air and food. When people remain relaxed and balanced as they go about their daily tasks, this energy flows in and out of their bodies in a healthy, harmonious way. But when they feel anxiety and their muscles tie up in knots, their breathing tightens, and their stomachs, shoulders or

necks become tense? This is the experience of stress — energy in a blocked or chaotic state.

When you put your body in passing gear to work as fast as possible to bale that hay before the storm comes, you experience stress. You feel the effects of powerful hormones being released into the body. Your blood pressure rises, your heart rate quickens, and your breathing and blood flow accelerate.

If you adjust to the stressful event, you move on into the relaxation response in which blood pressure goes down to a normal, healthy rate. While occasional operation in passing gear in an emergency situation does little, if any, harm, keeping yourself under heavy strain for lengthy periods of time or experiencing too many stressful events at one time is dangerous. Just like a boiler that bursts under too much pressure, your body breaks down and your health suffers.

You always have two choices: the stress response or the reaction response. If, at the first warning signs of stress, you take a moment to relax and breathe deeply, you will find that you have more energy, can concentrate better and actually can get more done in less time.

Understanding Stress Symptoms

Many people learn to screen out unpleasant circumstances and related stresses. Much of the time, people do not know they are feeling stress or do not give much attention to what is going on in their bodies and in their relationships with others.

For example, they deny their problems. One farmer insisted, "Everything is fine, just fine." The truth is, his net income had dropped 20 percent that year and 15 percent the year before. He was denying reality.

Sometimes we blame others. One farmer who was feeling totally helpless because of an upcoming loan payment blew up at his wife for suggesting they take a vacation: "There you go again talking about ways to waste money." At other times, people try to escape reality through eating binges, spending sprees, or using alcohol and other drugs.

Such avoidance efforts are attempts to screen out any unpleasant, uncomfortable stress alarms. But early warning signs are like a flashing red light on the dashboard of your car when the engine is overheating. If you ignore it long enough, the engine will malfunction. Rising blood pressure, rapidly beating heart, clenched teeth, aching neck and shoulders, sweating hands and feet, churning stomach, dropping sexual interest — these are all red lights flashing on your body's dashboard and warning you that trouble could lie ahead.

If you ignore your body's physical signals of stress and

strain too long, you invite real problems: hypertension, declining health, accident proneness, depression or other mental health issues, or heart disease.

A Stress Symptom Checklist
Recognizing early warning signals of stress in your body, your actions, your emotional life and your relationships with others is important.

Physical Symptoms
Head aching
Back or neck muscles tense, aching
Stomach upset or distressed
Breathing short or labored
Low energy
Body fatigue, tiredness
Behavioral Symptoms
Difficulties with sleep
Inability to relax, concentrate
Getting angry easily
Trouble making decisions
Increased use of alcohol or other drugs
Difficulty being flexible
Emotional Symptoms
Irritable about little things
Sense of frustration, anger
Impatient, restless
Feeling discouraged, hopeless
Withdrawal, isolation
Anxiety, panic feelings
Relationship Symptoms
Communication difficulties
Conflict with family members
Lack of satisfaction
Verbal or physical outbursts
Strained interactions
Avoiding others

Who's Dat?



Who's Dat

This week's photo is of a lady from Oklee, whom children knew well and waited to be checked out by her.

Last week's photo was of two sisters who were raised in the area. The two cute gals are MaryAnn (Radniecki) Lambert from Oklee and Bonnie (Radniecki) Berg from Erskine.

Everyone has a photo or two that would be great for this column. Please share them with our readers as it is one of most popular

