

Oklee Precipitation

By Einar Kvasager

	Rain	Snow
June 16	0.64	
June 17	0.64	
Total in.	1.28	0.00

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

Vol. 106, Number 45

Wednesday, June 27, 2018

Red Lake County Fair Day 1 Held

The Red Lake County Fair opened with the American Legion Posts #159 Oklee and #627 Plummer advancing the Color Guard to raise the flag. Red Lake County Fair President Lowell Hamrum invited all to recite the Pledge of Allegiance. The Red Lake County Fair was officially open.

During the morning hours of the RLC Fair, the Open Class and 4-H entries were registered, set up and judged.

At 1:00 p.m. the Senior Citizen Program was held in the Oklee Community Hall. There were many seniors from around the Red Lake County area in attendance. Speakers included Julie Praska-Moser who talked about Tools for Caregivers, a class series designed to help family caregivers take better care of themselves while caring for a family member or friend. And about Respite services that help the caregivers with their own needs, such as time off for getting a hair cut, grocery shop, etc.

LeRoy Stumpf, who now works for Representative Collin Peterson talked about what is happening in the U.S. legislature. Representative Deb Kiel, in the Minnesota House of Representatives, also updated the audience on what she had been working on. She is on a committee for Aging and Long-

Term Care.

The Century Farm Award for Red Lake County was given by Lowell Hamrum to the Arlan Koskela family. Kathy Bragalla accepted the award.

M. Haglund, from Tri Valley Opportunity Council, Inc. invited the persons attending to consider using T.H.E. Bus, a rural public transportation system serving NW Minnesota.

Other activities held during the Senior Day were a dice game called "Getting to Know You" where a group of three or four, take turns shaking the dice and then answering the questions on a sheet provided that included questions such as: Where was your first home, Where were you when President Kennedy was assassinated, What kind of musical instruments have you learned to play, etc. Quite an interesting game. Desserts and coffee was served and Bingo was played for prizes to complete the Senior Day Program.

In the evening on Friday night the Wojo Rodeo was held out at the South Park (located across the roads from the Oklee pits). A good show was given for the audience attending and there were vendors serving food and drinks all three days out at the South Park. After the Rodeo the Jensen Sisters performed.



Open class registration was held in the front of the school. Taking entries in were Deb Amiot, Maryanne Lambert, and Barb Swenson. Entering was Jennifer Johnson with the help of her mother Catherine.



LeRoy Stumpf and Deb Kiel talked about their respective legislatures at the Senior Citizen Program.



One of the many entries in the open class plants and flowers division.



This calf was part of the open class for the RLC Fair.



Two 4-H chickens that won grand champions at the RLC Fair in the poultry division.

Calendar of Events

Wed, June 27:

-LSS Sr. Meal 11:30 a.m.

-Senior Site Activity:

1:30 p.m. - Bridge.

-7:00 p.m. Bingo at

Plummer Legion.

Thu, June 28:

-LSS Sr. Meal 11:30 a.m.

-Senior Site Activity:

12:30 p.m. - Bingo.

Fri, June 29:

-LSS Sr. Meal 11:30 a.m.

-Noon deadline for Oklee

Herald news.

Sat, June 30:

-Support your local busi-

ness - Shop Locally!

Sun, July 1:

-Worship at the church

of your choice.

Mon, July 2:

-LSS Sr. Meal 11:30 a.m.

Tue, July 3:

-LSS Sr. Meal 11:30 a.m.

-Senior Site Activity:

1:30 p.m. - Cards

Wed, July 4:

Happy Fourth of July!

-Oklee Office Closed.

Thu, July 5:

-LSS Sr. Meal 11:30 a.m.

-Senior Site Activity:

12:30 p.m. - Bingo.

Fri, July 6:

-LSS Sr. Meal 11:30 a.m.

-Noon deadline for Oklee

Herald news.

Sat, July 7:

-Support your local busi-

ness - Shop Locally!

Sun, July 8:

-Worship at the church

of your choice.

Mon, July 9:

-LSS Sr. Meal 11:30 a.m.

Tue, July 10:

-LSS Sr. Meal 11:30 a.m.

-Senior Site Activity:

1:30 p.m. - Cards

Wed, July 11:

-LSS Sr. Meal 11:30 a.m.

-Senior Site Activity:

1:30 p.m. - Bridge.

-7:00 p.m. Bingo at

Plummer Legion.

Thu, July 12:

-LSS Sr. Meal 11:30 a.m.

-Senior Site Activity:

12:30 p.m. - Bingo.

Fri, July 13:

-LSS Sr. Meals 11:30

a.m.

-Noon deadline for Oklee

Herald news.

Sat, July 14:

-Support your local busi-

ness - Shop Locally!

Sun, July 15:

-Worship at the church

of your choice.

Mon, July 16:

-LSS Sr. Meal 11:30 a.m.

-Senior Site Activity:

12:30 p.m. - Bingo.

Tue, July 17:

-LSS Sr. Meal 11:30 a.m.

-Senior Site Activity:

1:30 p.m. - Cards.



Krista Bernstein's dance class was part of the entertainment for the RLC Fair Senior Citizen Program.



Wojo's Rodeo opening on Friday night where they put on quite a good show.



One of the cowboys from Wojo's Rodeo riding bareback on Friday night.

Oklee American Legion Post #159 Held Flag Day Ceremony



Commander Rick Dulka explained to the gathering what is the difference between burning a flag correctly and respectfully compared to improperly disposing.



Members of the American Legion salute the flags before beginning the ceremonial flag burning at the Oklee Area Veteran's Park where they had held a potluck earlier for the public on June 14th.



Church news

OKLEE LUTHERAN PARISH

Zion and Salem
Interim SAM Christy Klemz

Sun, July 1: 9:00 a.m.
Worship at Zion, 10:30 a.m.
Worship at Salem

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE

Fr. Adam Hamness

Sun, July 1: 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, June 30: 5:30 p.m. RLF
Sun, July 1: 8:00 a.m. RLF.
Brooks. 10:00 a.m. RLF.

IMMANUEL-EBENEZER LUTHERAN PARISH

Pastor Jonathan Dodson

Sun, July 1: 9:00 a.m.
Worship at Immanuel. 10:30 a.m. Worship at Ebenezer.

GOODRIDGE AREA LUTHERAN PARISH

Bethany-Ekelund-Faith
Pastor Kristen Ostercamp

Sun, July 1: 8:30 a.m.
Bethany, 9:45 a.m. Ekelund, 11:00 a.m. Faith.

Oklee Senior Site Dining

July 2 - 6

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: Ham and Swiss melt on a bun, broccoli cheese soup and dessert.

Tuesday: Grilled chicken breast, boiled potatoes, cream peas and dessert.

Wednesday: Closed

Thursday: ½ Patty Melt, French fries, green beans and dessert.

Friday: Pork loin, mashed potatoes, mushroom gravy, corn and dessert.

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Oklee Herald

...AND CONTINUING THE PIONEER

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CLEARWATER LUTHERAN PARISH

Mt. Olive - Nazareth
Oak Park - St. Petri
Pastor Jeff Merseeth

Sat, June 30: 9:00 a.m.
Service at Mt. Olive.

Sun, July 1: 8:00 a.m. St. Petri, 9:45 a.m. Oak Park, 11:00 a.m. Nazareth.

NEW JOURNEY CHURCH

Josiah Hoagland, Pastor
Tyler Stynberg,
Youth Pastor

www.newjourneyfosston.com

Sun, July 1: 9:30 a.m.
Worship.

Tue, July 3: 10:30 a.m.
Quilting. 6:30 p.m. Bible Study.

GULLY-TRAIL PARISH

Bethany * Lund

Sand Valley

Dawn Hanson,

Lay Minister

Sun, July 1: 9:00 a.m.
Lund. 10:30 a.m. Bethany.

BETHEL ASSEMBLY

Fosston

Seth Johnson,

Interim Pastor

Sun, July 1: 10:00 a.m.
Worship

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

Tri-Valley Public Transportation to the Local Fairs

T.H.E. Bus is offering rides to the Polk or Clearwater County Fairs. On Friday, July 13th to Fertile 9 to 1 and Friday, August 3rd to Bagley 11 to 3. Pickups in Polk and Clearwater Counties. Cost is only \$10 round trip. You can call 1-800-201-3432 for more information.

Sheriff's Report

At approximately 18:36 on 06/20/18, the Red Lake County Sheriff's Office received a 911 call from a resident in a Red Lake Falls apartment building. The caller stated that she needed help because her baby wasn't breathing. The Red Lake Falls Ambulance Service and law enforcement were dispatched to the scene.

When the responding deputy arrived, the resident's neighbor was holding the baby and trying to provide assistance. The deputy performed CPR on the infant until the ambulance crew arrived and took over life-saving interventions. The Red Lake Falls Ambulance transported the baby to the emergency room at Sanford Hospital in Thief River Falls. Shortly thereafter, Life Flight Helicopter flew the child to Sanford Hospital in Fargo, ND.

The baby is a two-month old female and is currently on

life-support at the Hospital in Fargo. The biological mother of the baby is currently incarcerated at the Minnesota Correctional Facility in Shakopee. A relative of the mother has been the primary caregiver of the child since its birth, and they had recently moved to Red Lake Falls.

The Red Lake County Sheriff's Office has received word from the Sanford Hospital in Fargo that the infant girl that was brought to the facility, from Red Lake Falls, on 06/20/18 has died.

The Red Lake County Sheriff's Office and the Minnesota Bureau of the Criminal Apprehension are currently investigating this matter. No criminal charges have been filed, nor have any arrests been made as a result of this investigation. No further information will be released at this time.

Mitch Bernstein



Dennis and Joanie Bakke Home

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Red Lake County Commissioners Minutes

RED LAKE COUNTY
Regular Meeting Held May 22, 2018

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 May 22, 2018 at 10:00 a.m. Chair Sorensen called the meeting to order. All members were present. The Pledge of Allegiance was recited.

Commissioner Lerohl moved, seconded by Flage and carried by unanimous vote to approve the agenda.

Environmental Officer Kurt Casavan met with the board regarding the 10-year Solid Waste Management Plan update. Casavan informed that he received no comments or concerns during the recent 30 day public comment period. Plans were made available at all the local libraries and Courthouse. The state requires that the plan be initially approved by Red Lake County and then submitted to the Minnesota Pollution Control Agency (MPCA) for final approval pursuant to applicable Minnesota Statutes and Rules. Commissioner Lerohl moved, seconded by Simpson and carried by unanimous vote to approve Resolution No. 05-02-18 "Red Lake County Solid Waste Plan" as follows:

WHEREAS, the State of Minnesota requires Counties to develop and adopt a Solid Waste Plan in accordance with Minnesota Statutes §§ 115A.46; 115A.471; 115A.551, subd. 6-7; 115A.552; 115A.557, subd. 2-3; 115A.63; 115A.84; 115A.914; 115A.96, subd. 6-7; 115A.917; 115A.97; Minnesota Rules 9215; and any other applicable Statutes and Rules; and

WHEREAS, the State of Minnesota requires said Solid Waste Plans to be reviewed and/or modified periodically. Said timeline for Solid Waste Plan update is every 10 calendar years;

WHEREAS, Red Lake County recognizes the need and responsibility to plan for and practice environmentally sound methods for managing its solid waste streams; and

WHEREAS, Red Lake County recognizes the need to plan for and implement various strategies, programs, or facilities, to promote the proper management and disposal of solid waste generated within the County. The County will encourage reduction, reuse, recycling, composting, and/or advanced processing of solid waste with technologies available based upon the type of solid waste material generated and the capability of the integrated solid waste management system in place; and

WHEREAS, the Red Lake County Solid Waste Plan does describe the integrated solid waste management system currently in place to meet the needs of the County's citizens and the requirements of the State of Minnesota; and

WHEREAS, the State of Minnesota has placed the Red Lake County Solid Waste Plan on notice, in accordance with the requirements for publication, notice and comment period; and

WHEREAS, upon completion of the public comment period. No comments were received in objection to the adoption of the Red Lake County Solid Waste Plan.

THEREFORE BE IT RESOLVED, that Red Lake County agrees to maintain and implement the Plan as required by Minn. Rules pt. 9215.0530, subp.1 and 2.

THEREFORE, BE IT RESOLVED, that the Red Lake County Board of Commissioners hereby approves and adopts the Red Lake County Solid Waste Management

Plan and supporting documentation, dated May 22, 2018.

THEREFORE BE IT RESOLVED, that the Red Lake County Board of Commissioners hereby submit the Red Lake County Solid Waste Plan to the Commissioner of the Minnesota Pollution Control Agency for final approval pursuant to applicable Minnesota Statutes and Rules.

Auditor Schmitz is authorized to sign the document. A complete document is available at the County Auditor's office.

Casavan informed that he is considering conducting a collection of old tires throughout the county. A company was contacted to provide a quote for the service. Casavan will update the board at a later date as he gets more information.

The board inquired on the cost of beaver bounty. Casavan informed that it is difficult to get an individual to trap problem beaver as trappers feel the price is too low. Other counties and organizations in the area are paying anywhere from \$50.00 to \$75.00 per beaver. Commissioner Weiss moved, seconded by Flage and carried unanimously to increase the beaver bounty to \$50.00 for each problem beaver eradicated upon approval by the Environmental Officer.

Jerilyn Swenson, Interim County Highway Engineer, was present to introduce herself and to provide an update on a few projects. Swenson commented that she inspected the sidewalk issues in Oklee and agrees that the county is responsible for repairs. A plan will be developed to correct the issue.

Swenson reported on the Local Road Improvement project in the City of Red Lake Falls. The initial bids received by the city were rejected as were extremely high so the city plans on re-bidding the project. The county is acting as the fiscal agent only for the LRIP dollars that the county is receiving on behalf of the city for the project. Any billings related to the LRIP portion of the project will be approved by the County Engineer before being submitted to the County Auditor's office for payment with the LRIP dollars.

Swenson reported that Hjellev Roofing will begin the roof repairs at the Highway Department next week. The county gravel crushing project at the Bray Pit in Pennington County will be completed this week.

Ms. Kristine Anderson, Executive Director of the NW Private Industry Council met with the board to provide a summary of its program and activities. Catherine Johnson, Director of Inter County Community Council was also present. Anderson also requested the board approve a Joint Powers Agreement (JPA) related to local coordination and oversight of state/federal workforce development programs. The JPA is for a 2-year period effective as of July 1, 2018. Commissioner Lerohl moved, seconded by Weiss and carried by unanimous vote to approve the NW Workforce Service Area Joint Powers Agreement as presented. The Board Chairman and County Auditor signed the JPA on the county's behalf. A complete document is available at the County Auditor's office.

Catherine Johnson provided a short update on programs provided by the ICCC throughout its service area and distributed the 2017 Annual Report.

Commissioner Lerohl moved,

seconded by Simpson and carried by unanimous vote to approve the following expenditures for the period:

Vendor	Amount
City of Crookston	\$5,000.00
Houston Engineering, Inc.	4,230.75
Insight Technologies	2,495.00
Inter County Nursing Service	5,347.05
RDO Equipment Co.	56,906.00
Truenorth Steel	19,821.48
27 Vendors less than \$2,000	6,811.75
Total	\$100,612.03

The motion includes the following additional bills: \$302.67 to AT&T; \$6,450.00 to Hoffman, Philipp, & Knutson; \$6,119.18 to Sather Law Office; \$365.00 per diem and \$25.07 expenses to Dave Sorensen.

Commissioner Flage moved, seconded by Simpson and carried by unanimous vote to approve the minutes from the regular board meetings held on May 8, 2018.

The following Commissioner/Committee reports were shared:

Commissioner Meeting/Report
Simpson: H o u s e h o l d Hazardous Waste meeting in Bagley; set annual assessment and reviewed the budget and collections.

Weiss: None.

Flage: S W C D : reviewed bids for two projects, discussed other projects to be completed using BWSR Clean Water funds, Soil Health workshop and Buffer Strip funding. NW Mental Health: elected officers, reviewed annual report and Action Plan for the organization.

Lerohl: ICCC: heard reports on the Weatherization and Fuel Assistance programs. NW MN Housing Authority: new ownership at Fosston Trailer Park, and City of Fosston loan from HRA. Report of the AMC Futures meeting in St Paul.

Sorensen: Tri County Corrections meeting in Crookston: reviewed report that probation violations and drug arrests make up the largest number of offenders, conducted interviews for Chief Probation Officer, approved Psychologist pay increases.

The board discussed a request from Corky Kleven former Red Lake County Highway Engineer. Kleven has requested a payout of his accrued PTO time according to terms of his signed agreement with the county; however, the County Policy only allows payout of 50% of the hours, and the other 50% is to be put into a Health Savings Plan for the individual. The question is whether the signed agreement supersedes county policy. There was a suggestion that half the accrued PTO be allowed for payment according to current county policy and that legal counsel be contacted to determine how to distribute the remaining accrued PTO dollars that Kleven is requesting. Commissioner Simpson moved, seconded by Flage and carried unanimously to approve payment to Corky Kleven of 50% of his accrued PTO time and that the HR Director is to contact legal counsel for direction on the final payment amount.

There being no further business the meeting was adjourned until June 12, 2018 at 10:00 a.m.

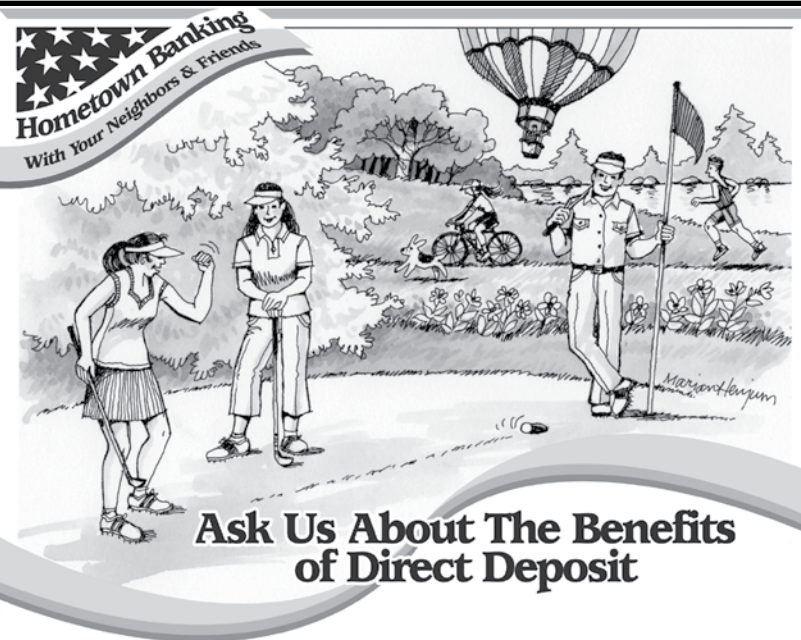
Attest:

Robert Schmitz, County Auditor

Dave Sorensen, Chair,
Board of Commissioners
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Services for Theodore "Fast Teddy" Gunderson

Theodore G. Gunderson, age 71 of Spring Lake Park on 6/07/18. Forged from flesh and steel, Teddy was born to Truman and Elsie Gunderson in Minneapolis on 11/25/1946. Teddy's loves included hunting and fishing, fast cars and his entire family. Teddy leaves a legacy of kindness, generosity and love of the outdoors. Preceded in death by Parents Truman and Elsie Gunderson; brothers Gene, Gordy, Gary; Granddaughter Jamie Gunderson. Survived by Sons Brian (Michelle) and Dan; Sister Lorraine Reardon; Grandchildren Jessica, Jake and Ellie; many more family members. Funeral Service 2:00 PM Friday, June 22 at Our Saviors Lutheran Church, 19001 Jackson St NE, East Bethel MN 55011. Visitation 1 hour prior to service. Dinner after service.



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The Red Lake County Fair Board would like to thank everyone that made the 2018 Fair great. Thank you to the visitors, the vendors, the sponsors and all the volunteers.

Red Lake County Fair Board

O14C

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

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Summer Rec

There will be no summer rec activities for July 2-6.

Birding by the Book

Birdwatching is one of the most popular outdoor recreation activities in America. In fact, it's second only to gardening.

Try it and you'll see why. It doesn't take much to get started. All you need are binoculars and a field identification book. These days, there's even an app for that!

With literally hundreds of bird books available in stores and from on-line retailers, selecting a field guide to birds can be daunting. Need help?

Heidi Hughes, author of the Expert's Guide to Backyard Birdfeeding will present a free program on bird books (and apps) at the Thief River Falls MN library on Monday, July 23rd at 6:30pm.

She'll have books to show you. She'll explain what to look for in a field guide, and she'll provide tips on how to use sounds, habitat, range and behavior to identify birds.

If you have a bird ID book or app, bring it, and your laptop, tablet or smart phone.

This program is FREE for adults (and young people 12 years and older accompanied by an adult).



Red Lake Falls Library News

The library is open on Tuesday from Noon until 7:00 pm, Wednesday from Noon until 7:00 pm, Thursday from Noon to 5:00 p.m., Friday from Noon until 5:00 pm, and Saturdays from 10:00 a.m. to 2:00 p.m. On-line patrons are reminded that they can visit www.nwrlib.org/rlf.htm at any time from their home computers.

The next Summer Reading Program event is this Thursday, June 28 at 1:00 pm when Dazzling Dave, Yo-Yo Master will perform. Dazzling Dave Schulte is a professional yo-yo performer and highly acclaimed champion who has circled the globe since 1998, storming audiences everywhere with his tornado of whirling tricks and tips, all designed to entertain, educate, and illuminate the beauty of the growing sport of professional yo-yo. Winners of prizes for week two of SRP are Ruth Derosier and Chase Nelson.

New books for young readers, especially those participating in the summer reading program, include "The White Tower" by Cathryn Constable, "The Boggart Fights Back," Newberry Medal winner, by Susan Cooper, "Code Word Courage" by Newberry honor-winning author Kirby Larson, "The Half-Court Hero," a Zach & Soe Mysteries book by Mike Lupica, and from the Kane Chronicles, "Brooklyn House Magician's Manual," an official Rick Riordan companion book, by Rick Riordan.

Refocusing Attention On The Most Yield-Limiting Pathogen Of Soybean

What causes an estimated 90,000,000 bushel yield loss of soybean in the North Central U.S. each year? What can cause an eye-popping 30% yield loss without above-ground symptoms? What can move any way that soil moves? What can invade a soybean plant and worsen brown stem rot and sudden death syndrome symptoms?

The answer to each question is the same: the soybean cyst nematode (SCN). SCN is a microscopic roundworm that was first found in the U.S. in North Carolina in 1954. SCN has since moved north and west, reaching southern Minnesota in 1978. Little by little SCN continues to spread, marching north in the state along with soybean production, cutting soybean yield-potential along the way (Figure).

Some farmers are still unsure of what percentage of their northwestern Minnesota fields are infested (incidence) or to what degree (severity). This is true even for Polk



This is a photo of our 6th graders at Red Lake County Central who are promoted to 7th grade. They are as pictured - Back row (l to r): Jamie Flatgard, Julia Lopez, Bryn Vettleson, Paul Malwitz, Gavin Booth, Timothy Torgerson, Abraham Sepulveda, Ella Moen. Middle row (l to r): Everett Svendsen, Jennifer Johnson, Natalie Baker, Carly Vettleson, Lilian Hager, Clancy Hanson, Belle Morinville. Front row (l to r): Kya Morinville, Maverick Nelson, Keira Morinville, Sydney Fougner, Caden Lee, Dylan Gerardy, Peyton Rystad. Not pictured...Arron Benoit.

June 2018 Health Points

June is Alzheimer's & Brain Awareness Month

What is Alzheimer's Disease?

- The most common type of dementia.
- A progressive disease beginning with mild memory loss possibly leading to loss of the ability to carry on a conversation and respond to the environment.
- Involves parts of the brain that control thought, memory, and language.
- Can seriously affect a person's ability to carry out daily activities.

Although scientists are learning more every day, right now, they still do not know what causes Alzheimer's disease.

Who Has Alzheimer's Disease?

- In 2013, as many as 5 million Americans were living with Alzheimer's disease.
- The symptoms of the disease can first appear after age 60 and the risk increases with age.
- Younger people may get Alzheimer's disease, but it is less common.
- The number of people living with the disease doubles every 5 years beyond age 65.
- By 2050, this number is projected to rise to 14 million people, a nearly three-fold increase.

What is Known About Alzheimer's Disease?

Scientists do not yet fully understand what causes Alzheimer's disease. There probably is not one single cause, but several factors that affect each person differently.

- Age is the best known risk factor for Alzheimer's disease.
- Family history—researchers believe that genetics may play a role in developing Alzheimer's disease.
- Changes in the brain can begin years before the first symptoms appear.
- Researchers are studying whether education, diet, and environment play a role in developing Alzheimer's disease.
- Scientists are finding more evidence that some of the risk factors for heart disease and stroke, such as high blood pressure and high cholesterol may also increase the risk of Alzheimer's disease.
- There is growing evidence that physical, mental, and social activities may reduce the risk of Alzheimer's disease.

How do I know if it's Alzheimer's Disease?

Alzheimer's disease is not a normal part of aging.

Memory problems are typically one of the first warning signs of cognitive loss.

According to the National Institute on Aging, in addition to memory problems, someone with Alzheimer's disease may experience one or more of the following signs:

- Memory loss that disrupts daily life, such as getting lost in a familiar place or repeating questions.
- Trouble handling money and paying bills.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Decreased or poor judgment.
- Misplaces things and being unable to retrace steps to find them.
- Changes in mood, personality, or behavioral.

If you or someone you know has several or even most of the signs listed above, it does not mean that you or they have Alzheimer's disease. It is important to consult a health care provider.

- Some causes for symptoms, such as depression and drug interactions, are reversible. However, they can be serious and should be identified and treated by a health care provider as soon as possible.
- Early and accurate diagnosis provides opportunities for you and your family to consider or review financial planning, develop advance directives, enroll in clinical trials, and anticipate care needs.

How is Alzheimer's Disease Treated?

Medical management can improve the quality of life for individuals living with Alzheimer's disease and their caregivers. There is currently no known cure for Alzheimer's disease.

Treatment addresses several different areas:

- Helping people maintain mental function.
- Managing behavioral symptoms.
- Slowing or delaying the symptoms of the disease.

www.cdc.gov/aging/aginginfo/alzheimers.htm

Prolonged periods of sitting in middle age is tied to brain atrophy, new research shows. Using MRI, investigators found sedentary behavior is a significant predictor of medial temporal lobe (MTL) thinning and its substructures and that physical activity, even at high levels, does not offset

the harmful effects of sitting for extended periods. "It has been said that 'Sitting is the new smoking' in relation to general health," said senior study author, David A Merrill, MD, PhD, assistant clinical professor of psychiatry and biobehavioral sciences in the Division of Geriatric Psychiatry at UCLA.

"These findings show a 'brain effect' of sitting on a critical memory center of the brain. Our hope is that the findings inspire healthy brain habits, at home and work, like taking a 5-minute break to stand up and walk around every 30 to 60 minutes," he said.

Power of Produce (PoP) Club

The Power of Produce club is starting on July 7th at the Thief River Falls Farmers Market. Every child ages 0-18 can come each week and get \$2 voucher to spend on fresh produce. Funding for this is from University of Minnesota Extension and QUIN SHIP.

Feeling Fit & Fine this summer

A fun contest for kids age 3 years to 12 years that promotes a variety of healthy behaviors, while awarding a variety of prizes. This contest will take place this summer over 9 weeks from June 4 to August 6, 2018. Participation is completely voluntary and free of charge. Each child fills out 24 squares on a scorecard and then brings it to one of the 2 public health offices for their prize weekly.

Inter County Nursing Service Pennington County Courthouse Thief River Falls

Inter County Nursing Service Red Lake County Courthouse Red Lake Falls

Summer Activity at the Bank

Holthusen Construction is busy replacing the Security State Bank parking lot in Oklee.



limiting SCN populations.

There is a different concern in fields that have been infested longer with SCN. Repeatedly growing soybean varieties with the same PI 88788 source of resistance. Over time this phenomenon results in increasing SCN population densities even when using resistant varieties, robbing plants of the water and nutrients that would otherwise be used to fill pods.

A check-off-sponsored SCN sampling program for MN. In 2018, University of Minnesota Extension aims to increase awareness about the importance of soil sampling to SCN management through a Minnesota Soybean Research & Promo-

tion Council-sponsored SCN sampling and education program.

This program will pay for laboratory analysis of soil samples. Participating soybean producers will learn:

Whether or not a field is infested with SCN

An estimate of how many SCN eggs are in their sample

Research-based management recommendations based on their sample egg count.

To participate in this free sampling program and to receive additional information, including sample bags and instructions (quantity limited) contact Angie (apelier@umn.edu).

Sampling and management are key. Using average expected per-acre soybean yields and market prices, NDSU plant pathologist and project cooperator Dr. Sam Markell estimates the economic value of SCN detection (and subsequent manage-

ment) to be more than \$25,000 per sampled field. Despite the importance of monitoring and managing SCN to maximize soybean production, many producers remain unaware of the threat that SCN poses or how essential both monitoring and management are to maintaining crop productivity.

Stay tuned. Stay tuned in the coming year for SCN-related information to appear in University of Minnesota Extension's Crop News Blog and/or at Extension programs. For more general information about SCN, consider visiting www.thescncoalition.com a website specifically dedicated to SCN and developed by a coalition of Universities, check-off organizations and corporate partners. Additionally, an informational soybean cyst nematode website (extension.prd.umn.edu/node/3436) is available from U of MN Extension.

Berry Delicious

By Teresa Farrell, Registered and Licensed Dietician at Essentia Health.

Summer is a time for lighter foods, including fresh fruits and veggies, whether they be from your garden, the local farmers market or the local grocery store. Berries are one of my favorite summer foods, actually I enjoy them all year long, but I really enjoy the fresh berries of summer. Fruit is linked with lower risks of cancer, heart disease and inflammation. Research is also suggesting that blueberries in particular may be beneficial in the fight against Alzheimer's. Different colored berries, and fruits and veggies in general have different nutrients and therefore health benefits so it is important to eat a wide variety of them. "Eat the rainbow" as the saying goes.

Berries are nutritious powerhouses bursting with antioxidants and phytochemicals, as well as vitamins (especially vitamins A, C and E that can protect cells from damage) and fiber. They are also low calorie, and fat, saturated fat, cholesterol and sodium free! And they taste amazing! Strawberries, blueberries, raspberries and blackberries are favorites, with only 50-85 calories per cup and 3-8 grams of fiber (raspberries and blackberries being the highest in fiber with roughly 8 grams per cup).

I also love that they are so

versatile to use. They go well with your meals, as snacks and as dessert. Some of my favorite ideas are: on a high fiber breakfast cereal-cold or hot, in pancakes and waffles or as a topping, fruit and yogurt parfait, in a leafy salad- a favorite is a spinach salad with strawberries and blueberries, walnuts and a light vinaigrette dressing, an addition to fruit kabobs which are fun to make (kids and grandkids love to help) and eat, a side dish/garnish, in smoothies, pureed and frozen in popsicle form, strawberries dipped in dark chocolate or as a dessert with a dollop of whipped topping. The possibilities are endless, be creative!

For an easy, yummy appetizer try the Balsamic Berry Bruschetta below.

Balsamic Berry Bruschetta

Ingredients:
½ a baguette, thinly sliced into 10 pieces
1 cup part skim ricotta cheese

1 cup strawberries, halved or sliced
Balsamic vinegar

Directions:
Preheat oven to 300 degrees.

Place the baguette slices on a baking sheet. Toast in the oven for 8 minutes or until lightly golden brown, flipping the slices halfway through.

Using an electric mixer beat the ricotta until smooth.

Cut the cooled baguette slices in half.

Spread a generous amount of the ricotta on the baguette slices, top with strawberries and drizzle with balsamic vinegar.

Nutrition information for 2 half slices:

Calories: 70
Protein: 4 grams
Fat: 2 grams
Carbohydrates: 10 grams
Fiber: 1 gram
Sodium: 25 milligrams
Berries are good for dessert as well.

Berry Cheesecake Trifle Serves: 16

Ingredients:

1 (5 ounce) package instant cheesecake pudding*
3 cups of cold skim milk
1 (9 inch) angel food cake, torn into roughly 1-inch pieces*
1 cup blueberries, washed*
1-pound strawberries, washed and hulled*
1 (12 ounce) container frozen whipped topping, thawed

Directions:

Whisk pudding mix and milk in a bowl for 2 minutes, let stand until thickened, about 3 more minutes.

Layer half the cake cubes into a trifle bowl or other clear bowl. Top cake cubes with half the pudding mixture, half the blueberries, half the strawberries and half the whipped topping. Repeat layers. Top with more strawberries and blueberries for a nice presentation. Cover and refrigerate 4 hours before serving.

Nutrition information per serving-1/16 of the trifle:

Calories: 135
Protein: 4 grams
Fat: 0
Carbohydrates: 25 grams
Fiber: 1 gram
Sodium 125 milligrams

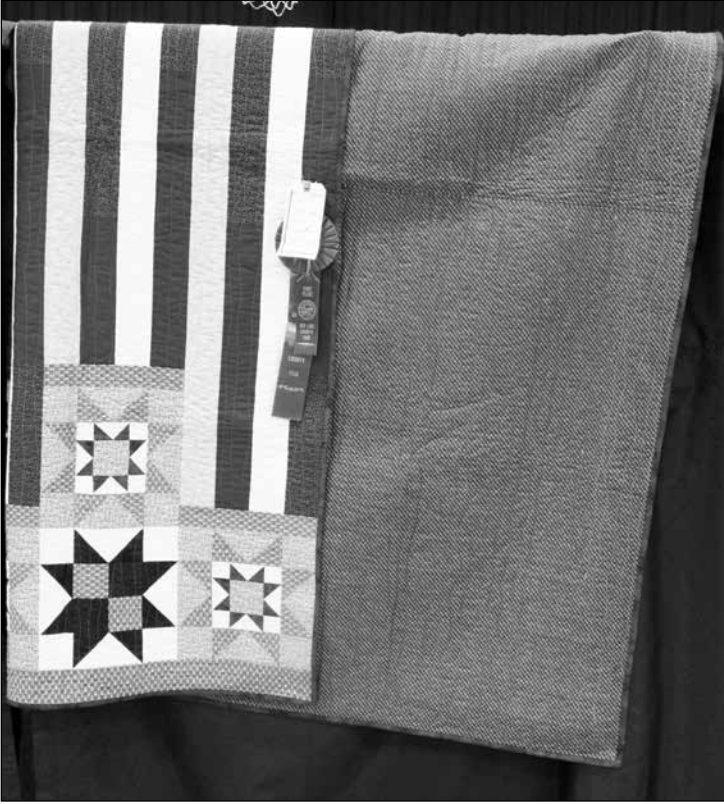
*vanilla pudding may be substituted for the cheesecake pudding
*sugar free pudding may be substituted for regular pudding

*pound cake may be substituted for the angel food cake

*any type of berry or other fruit may be used



The seniors played bingo after their program was over. There was a pretty good turnout on Friday, the opening day of the RLC Fair.



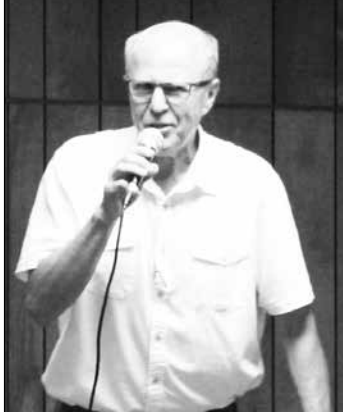
This quilt won grand champion at the RLC Fair in the open class quilting division.



M. Haglund talked about T.H.E Bus at the Senior Program.



Julie Praska-Moser talked about the book, Tools for Caregivers on Friday.



Bruce Piersol spoke during the Senior Citizen Program on Friday.



This fairy garden was part of the open class in the plants and flowers division.



T.H.E Bus is public transportation that anyone can ride and was available for transporting people to and from the Red Lake County Fair.



The seating inside T.H.E Bus is updated and very nice and includes seatbelts as well.



A few seniors were trying out the lift on T.H.E Bus on Friday afternoon after the Senior Citizen Program.



Joyce Hardecopf enjoyed a short ride around Oklee on T.H.E Bus on Friday afternoon.

Tri-Valley Public Transportation

T.H.E. Bus is available for anyone. There are no age or income guidelines. However, children under the age of four must be accompanied by an adult and children under the age of one must be secured in an infant seat.

Curb-to-curb services is available, allowing those with special needs more comfortable, safe and convenient

method of transportation. All of our buses are handicapped accessible and lift-equipped. All of our drivers are trained and certified.

To reserve a seat, please call one business day prior to the scheduled trip - 1-800-201-3432.

The new schedule started December 2016.

For Polk, Red Lake and

Clearwater county stops:

Every Monday – Grand Forks.

Every 2nd Tuesday – Mahanomen.

Every 4th Tuesday – Thief River Falls

Every 1st, 3rd, & 5th Wednesday – Fargo/Moorhead.

Every 2nd & 4th Friday – Bemidji.

Pesticide Applicators



MINNESOTA DEPARTMENT OF AGRICULTURE

Waste Pesticide collections are scheduled in NW Minnesota for 2018. Attend the event of your choice and dispose of waste pesticides free of charge:

Ulen, July 10, 2-4pm at Ulen Agronomy, 334 1st St SE

Crookston, July 11, 9-11am at the CHS Ag Services, 3035 Hwy 75 South

Thief River Falls, July 11, 2-4pm at the CHS Ag Services, 624 3rd St W

Warren, July 12, 9-11am at the CHS Ag Services, 420 South Main St

Hallock, July 12, 2-4pm at the CPS (old Agsco site), 1275 Atlantic Ave S

Dispose of your waste herbicides, insecticides, rat poisons, fungicides and other pesticides. Farmers, businesses, and homeowners are invited to attend.

Pesticide rinsates, crop oils, paints, fuels and other household hazardous wastes should NOT be brought to this collection- **only waste pesticides!**

People with quantities of waste pesticides in excess of 300 lbs must call the Minnesota Department of Agriculture first at 651-201-6562

014C

015C

Malissa Fox Recognized During National Nursing Assistants Week

Grand Forks, N.D.—June 14, 2018—June 14-21 is National Nursing Assistants Week, a time to celebrate the professional contributions of certified nursing assistants (CNAs) in providing high-quality care to patients.

Some of our patients call them angels on Earth, others refer to them as superheroes. At Hospice of the Red River Valley we call them certified nursing assistants (CNAs). Without a cape or wings, hospice CNAs harness their professional competencies and caring hearts to help our patients feel like themselves—a priceless gift as one continues to live fully while nearing the end of life. Hospice of the Red River Valley CNAs work with patients to provide individualized care based on each person's preferences.

"Hospice CNAs help patients with personal care needs, including feeding, bathing assistance, shaving and nail care. They also provide light housekeeping services for individuals we care for," shared Annette Harris, patient care manager at Hospice of the Red River Valley in Grand Forks and Mayville, N.D. and Thief River Falls, Minn. "But perhaps the most important aspect of a hospice CNA's role is preserving our patients' dignity, respecting their wishes for personal cares and helping them live wherever they reside, whether that be in a private residence or an apartment, on their family farmstead or in a nursing home."



Malissa Fox

As an integral part of a hospice patient's care team, which also includes a registered nurse, chaplain, social worker, nurse practitioner and physician, CNAs often spend the most time with patients while providing the most delicate of cares.

Hospice of the Red River Valley CNA Malissa Fox provides care to Hospice patients in and around Thief River Falls, Ada, Crookston, Grand Forks, Red Lake Falls and many other communities in the region. This line of work aligns with her personal values and speaks to the core of who she is as a person—empathetic, compassionate and kind.

"I try to treat people the way I would want to be treated," Malissa shared. "It's rewarding because I can make people happy. I experience a lot of joy when I can make someone smile, make their day better and know I'm making a difference."

As a CNA for the past 14 years, the care Malissa provides is different for every patient based on their individual needs, but her outlook is consistent from person to person. "I bring a positive attitude and give my whole attention to my patients. We establish a friendship and trust with one another."

In reflecting on her role, Malissa believes she learns sometime from each of her patients. "My job is to provide comfort in my cares and meet my patients where they are—they lead the way. I learn so much from them," Malissa said.

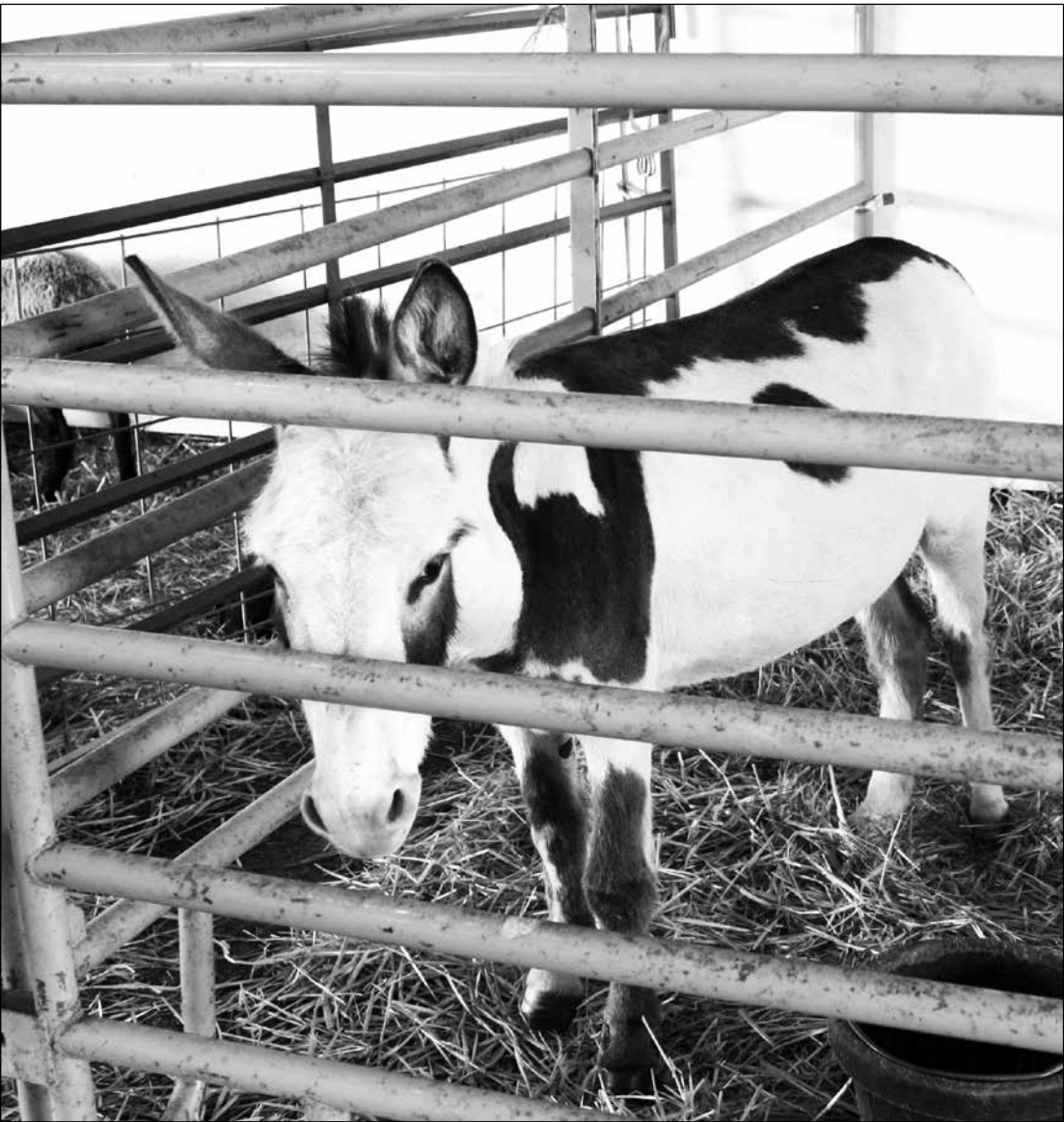
During National Nursing Assistant week, and every day, we extend our admiration and thanks to CNAs for the important work they do in our communities.

About Hospice of the Red River Valley

Hospice of the Red River Valley is an independent, not-for-profit hospice serving all, or portions of, 29 counties in North Dakota and Minnesota, including Grand Forks, Polk, Norman, Traill, Steele, Red Lake and parts of many other counties. Hospice care is intensive comfort care that alleviates pain and suffering, enhancing the quality of life for patients with life-limiting illnesses and their loved ones by addressing their medical, emotional, spiritual and grief needs. For more information, call toll free 800-237-4629, e-mail questions@hrrv.org or visit www.hrrv.org.



This rabbit was given grand champion in the open class rabbits division.



This is one of the rescue donkeys taken in by Humble Hope Donkey Rescue that was on display in the RLC Fair Barns.



This young cowgirl and her horse gave it their all during the Junior Barrels at Wojo's Rodeo on Friday night.



Bullfighters for Wojo's Rodeo, Sam Bell and Willy Westman of Greenbush, were on top of their game making sure this young bull rider didn't get hurt on Friday night.



This young man was taken for quite a ride on Friday night during the Mini Bronc Riding.



Keith Wojo, a Pick-up Man and the Owner of Wojo's Rodeo Company, watching the bull riding from inside the arena on Friday night.



These sheep were part of the open class sheep division at the RLC Fair.



This cowboy successfully roped and tied his calf during the calf roping section of the rodeo on Friday evening.

Oklee Herald Early Files

Seventy Years Ago
June 24, 1948
T. O. Lien of Oklee was elect- ed president of the Setesdals Lag at the business session of that organization which con- cluded a three-day meeting. Mr. Lien was secretary and succeeded Olaf Neset of In- ternational Falls, who retired because of poor health.

Rev. John McQuire, who was a member of the St. Columban's Foreign Mission Society, St. Columbans, Nebraska, con- ducted services and delivered the sermon at both masses at St. Francis Xavier Catholic church.

Mr. and Mrs. Herbert Vet- tleson welcomed a son into the world at the Fosston Hospital.

A workman with the Griffith Engineering and Construction company engaged in excavating for sewers and water mains was burned about one arm when a torch used in melting lead exploded.

Sixty Years Ago
June 26, 1958
An urgent appeal was issued to owners of soil banked but untenanted farms to keep a cultivated black dirt fire break around buildings.

The Oklee summer recre- ation program got off to a good start as 55 young people from the community and farm area signed up for the first day of swimming.

Thirteen youngsters were confirmed at St. Vincent De Paul Catholic church in Plum- mer by Rev. Francis J. Schenk, who was Bishop of Crookston.

Three Goodridge residents were hospitalized in Thief River Falls from injuries received in a two-car collision about a mile and a half north of High- landing. Brought to North-west- ern hospital with injuries not believed to be serious were Curtiss Vraa, his wife, and Mrs. Florence Stenvik.

Miss Audrey Lefebvre be- came the bride of James Jaeger in a double ring ceremony that was officiated by Rev. Paul A. Cardin at St. Francis Xavier Catholic church.

Fifty Years Ago
June 27, 1968
Nineteen 4H'ers from Red Lake County attended camp at Lake Sarah. That camp was a six-county camp with Red Lake, Mahnomen, and West Polk counties participating in

the first session.
L/Cpl. Clifford E. Olson with the Third Marine Division that was near Dang Ha, S. Vietnam, wrote his parents that the 3rd Division and also his unit, received Presidential Citation awards for outstanding duty.

A record attendance of well over 500 people watched the action of the Tri-County Speed- way west of Oklee. There was also a record number of cars on the track.

A bridal shower was held at the Immanuel Lutheran church parlors in honor of Miss Linda Hodgeson.

Donna Roxann Tarter be- came the bride of Roger Bouch- er in a double ring ceremony performed at St. Paul's Cath- olic Church in Belle Fourche, South Dakota.

Forty Years Ago
June 22, 1978

Mr. and Mrs. Peter Robi- doux and Olivine Juneau of Brooks visited Juneau, Alas- ka to see family and because they were descendants of Joe Juneau, who was the founder of the capital city of Alaska.

There was a bridal shower honoring Geraldine Radniec- ki at the St. Francis Xavier Church basement. She was to become the bride of Errol Rustan.

Ronnie Ditsch and his pony "Queenie" took second place in Pee Wee Horsemanship and third in Pee Wee Equitation and Egg and Spoon at the Grygla Horse Show.

Four rural Bagley men were arrested in connection with the shooting at a farm near Bagley of four cattle, one of which was mutilated and two others that had to be destroyed. Arrested were Greg Stevens, Gary Stevens, Larry Beaulieu and Kenneth Auginaush, all from Bagley.

The children and grand- children of Mr. and Mrs. Joe Dufault hosted a 50th Anni- versary celebration in their honor at the St. Francis Xavier Catholic Church where they renewed their vows.

Thirty Years Ago
June 22, 1988

About 150 people attended the open house for the Oklee Quilting Supply, Inc. The occasion was dual in purpose, recognizing new owners Irvin and Loretta Flatgard and the return of the business to Oklee

Main Street.
Wilhemina Patnode was honored at a Retirement Party in the Catholic church base- ment.

Mr. and Mrs. Ed LaJambe invited friends and relatives to attend an open house wedding reception for Jon and Karen LaJambe that was to be held at the Rene Hofstad home.

A group of ladies surprised Mrs. Fred Lundeen on her birthday. Leola Gunderson made the special birthday cake and potluck lunch was served.

Ericka Grinde's birthday was celebrated with a cook-out at the Riverside Park in Red Lake Falls. Games were played and Ericka opened her gifts after which all were treated to ice cream at a local shop.

Roland and Marlene Habe- dank announced the engage- ment of their daughter, Mari- lyn Gwen to Rodney B. Klug, son of J. B. and Olivia Klug of Minot, North Dakota. A July wedding was planned.

Donner Bergeron, Willard Bergeron, Alvin Jensen on behalf of the Woodmen of the World Camp 117 of Oklee pre- sented Compassionate Friends a VCR.

Twenty Years Ago
June 24, 1998

Doug Derosier became the new Oklee Farmers Co-op Ele- vator Association Manager. He had 15 ½ years of experience working at the Brooks Fam- ers Co-op Elevator. He began in 1981 and throughout the years worked in the driveway, became station manager and then general manager.

The Oklee School equipped its weight room with equip- ment that nicely rounded out physical fitness. Money for much of the equipment was donated by the Oklee Com- munity Club.

The Oklee/Plummer Com- munity Children's Theater performed "The Pied Piper of Hamline" directed by Mr. Michael Swenson that took place in the Oklee gym.

Edna Hyde honored son Roger for his birthday, and friend Duane Boucher, who were born 45 years ago at the time, in the same hospital.

The new Minnesota Canola Production Centre had its Grand Opening where Senator LeRoy Stumpf was honored with the Minnesota Canola Council's 1998 Outstanding Service Award.

Ten Years Ago
June 18, 2008

Jack's Attic was a consign- ment shop and had a wide se- lection of items for sale. It was a brand new business opened in Oklee upstairs of the City Building. The business was run by Jack Simon and his wife Paulette.

Sami Smith and cousin, Allie Deraney donated their hair to Locks of Love during the Red Lake County Relay For Life event. Sami donated 9 inches and Allie donated 14 inches.

The 10th annual Relay For Life in Red Lake County was successful in spite of the face that for the first time in a decade the entire event was held indoors at the Red Lake County School in Oklee. With tornado warnings and weath- er that ranged from hot and humid to cold and windy the organizers moved it from the football field to the Oklee gym.

RLC was represented by Faith Kruchowski at the State A Track and Field Meet that was held at Hamline Universi- ty in St. Paul. Faith began her state competition by taking 3rd in her heat in the 800 meter preliminaries which gained her a spot in the competition of the 800.

A BBQ dinner fundraiser for the Oklee Area Veteran's Memorial was held on Flag Day in Oklee.

Senior Site News & Other Things

By Volunteer Iona Berry

It is hard to believe June is almost over. It has been a warm month, but I like warm weather better than cold winter. We finally received a shower last night. My gauge showed 37th of an inch. It came down with a bang!

The fair is on in Oklee. I toured the school gym were the exhibits were. The arrange- ment was so easy to visit and look at the many different 4H and adult displays. I'm sure many hours were used to plan and arrange them. A big "thank you" to whoever did the work.

The fair is still going on as I type this. There are many things to do and see today too. One of the things I enjoy is to see people you don't often see and visit with them. Tomor- row it will just be a memory when everything has been taken down. Thank you to all

the people who plan and see that everything goes along smoothly.

Last week we had our monthly meeting at the Senior Site. The representative from L.S.S. came and gave us many good suggestions. There will be some changes from L.S.S. in the future that we will have to do. Mostly bookwork.

July is near and that means the 4th of July. Fosston High School is celebrating an "All School Reunion". That means my class will be celebrating with the school. One of my friends is planning along with others to make a float.

DATES TO REMEMBER
July 4 – Fly your Flag
July 19 – Site Council Meets, Bingo at 12:30
20 – Birthday Dinner

Brooks - Terrebonne News

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

This will be short and sweet for today. I have hurt my back so am on the way to the clinic this morning.

Sandra Gagner visited with Jerome and Barb Novak on Saturday. She brought some cucumbers to share and was gifted with some tomatoes in return.

A family get together was held at the Greg Gagner farm on Sunday. Greg and Michelle Gagner, Sandra Gagner, Gene and Pat Proulx and Danny Proulx, Bryan and Sue Gagner all ate potluck, and played cards and visited the afternoon away. The weather was not too conducive for much outdoor activity so it was a good day to visit.

Vern and Mary Schindler left on Tuesday to visit the western side of North Dakota. While there they saw the Me- dora Musical, and then went down to Rapid City to see the Crazy Horse Monument. The traveling weather was good and they enjoyed the time away. They returned late on Saturday.

We hope you have a great week. Red Hats will be going to the Hive (the former Fraziers) in Thief River Falls on Wed of this week so I hope you all enjoy the time together. My plans are up in the air right now so I am not sure I will be able to make it. But go and enjoy the fun.

Plummer News

By Alice Jobe
218-465-4402

Debbie Rewertz and her mom Gloria Benedick, left last Friday for Bismarck, North Dakota to visit her twin sister Dianna Piper and husband Steve and family. While, they were there they went to a "Blues Concert". They came back Monday afternoon.

The last creamery appreci- ation supper was held at the Community Hall from six to eight, Monday evening. They served hamburgers, hotdogs, chips, beans and ice cream bars. Upstairs they had silent auction with wild life pictures, caps and other items etc.

Plummer Ladies Auxiliary met Monday evening at 5:30 at the Legion. Lorna Jesme and Loretta Hesse, of Thief River, came. There was a demon- stration the about having games or activities for the kids on the 4th. Next meeting will be the 3rd Monday in July.

The first Father's day was

in 1910. That's so long ago.

This past Sunday, I went to Florian for Parish Day. They had a polka mass. I had been to mass at Brooks but did hear the last ten minutes or so of it. The music was so good, Matt Hodek and the Dakota Dutch- men played at mass. After mass a dinner was served in the basement. They had Czerwina (duck blood soup), sauerkraut and sausage, coleslaw, maca- roni salad, jello salads, bars and coffee. It wasn't a huge turnout but fairly good.

About one, the program started at the hall, The Dolina Folk Dancers from I believe the cities performed. There were four couples. They were lively and seemed to enjoy what they were doing. They changed costumes for the different areas of Poland they'd represent. The guys always wore a hat or cap. It would be made of felt or just a black top hat. The girls all

WORDS OF WISDOM
Don't compromise with a liar
Life is like a roller coaster:
sometimes all you can do is
scream and hold on.

JOKE TIME
"Why is there mistletoe hanging over the baggage counter?" asked the airline passenger, amid the holiday rush the clerk replied. "It's so you can kiss your luggage goodbye."

An elderly woman was ner- vous about making her first flight in an airplane. So before takeoff she went to speak to the captain about her fear. "You will bring me down safely, won't you?" she anxiously in- quired. "Don't worry, madam," was his friendly reply. "I hav- en't left anyone up here yet."

STORY TO SHARE!

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

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Centennial Recipe Corner

Potato Salad

Sheryl Wilde

6 lbs red potatoes boiled and cubed

1 cup finely chopped onions

1-1/2 dozen hard boiled eggs

3 cups chopped celery

Dressing:

1 quart Miracle Whip

1/4 cup honey mustard

1/4 cup vinegar

1/2 cup sugar

2 tsp seasoned salt

1 tsp white pepper

1 cup sour cream

Mix all dressing ingredients together and pour over potatoes, onions, eggs and celery. Mix well and refrigerate. Best if made the day before.

1ST PLACE

Please check your address label!

Oklee Herald subscribers:

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

Deadline: Friday's at noon!

Who's Dat?

Micheal Bourque who went to school in Oklee. He now lives in Moorhead.

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 columns of the Oklee Herald.

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: Oklee Herald, PO Box 9, Oklee MN 56742 Or stop by the office and I will scan your photo while you wait.

Who's Dat

This weeks photo is of a man who taught at Oklee High School for many years and is now retired.

Last weeks photo was of

6 THE OKLEE HERALD

RED LAKE County Fair

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