

Oklee Precipitation

By Einar Kvasager

	Rain	Snow
March 2		0.50
March 4		Trace
March 5		Trace
Total in.	0.00	0.50

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

Wednesday, March 13, 2019



Vol. 107, Number 30

Two RLCC Wrestlers compete at the State Wrestling Tournament



Tristyn Ferguson at 170 lbs returning on Matthew Ziebell from Pelican Rapids at the State Wrestling Tournament.



Damon Ferguson (right) in the neutral position with Blake Legred from United South Central at the State Tournament on March 1st and 2nd.



Damon Ferguson talking last minute with the RLCC Coach Lundeen.



Mustangs' Coach Cervantes talking about the match with Tristyn Ferguson.

Year in Review....

September 19: Nick Mickelson is a new teacher at Grygla as the 7-12th grade science teacher. This is his first full-time teaching position. Previously, he was a K-12 substitute teacher in the Goodridge, Grygla, and RLCC school districts.

As celebrations go, the people of Brooks have this one down pat. After 47 years, they still manage to keep it fresh with new events and the crowd coming every year to enjoy the annual celebration. This year was no exception.

The MN Micro-Mini Tractor Pullers had five guys in the competition at Brooks during the Blast To Brooks.

A group of Oklee men have something to cheer about. They took first place this year in the Golf League at Oak Lake Golf Course in Erskine. Security State Bank has been sponsoring the team for many years. The team includes John Melby, Oklee, George Longtin, now from Fertile, Bob Melby, Oklee, and Bob Reinbold, now from Fosston.

Jeri McDonald was recently hired as a teacher at Red Lake County Central High School where she will teach ninth and tenth grade English along with a few CCR classes for 7th-10th graders.

Heath Mickelson will be the Technology Coordinator and Computer Teacher at RLCC Elementary School. He hopes to share his "love and knowledge with computers with the students and RLCC Elementary!"

RLCC Elementary School has welcomed their new sixth grade classroom teacher, Mrs. Jenna Bergeson.

Kate Moll is newly hired at the Red Lake County Central High School where she runs the library and is in charge of the Online College in the High School (OCHS) students.

RLCC High School hired a new head custodian, Jeff Martinson. Martinson went to a two year college. He now lives in Oklee and previously lived in Red Lake Falls and last worked at Hillcrest Senior Living in Red Lake Falls.

It seems that everyone had a great time at the Barn in Plummer on Saturday night. The Woodpicks sang and the crowd ranged from 3 to 75. That is a good old fashioned hoedown.

September 26: Volunteer Rebel youth football coaches are Kyle Dudycha, Pat Leines, Arick Broden and Bud Bjerklie.

Katie Tran is the new Life

Science, Earth Science and Biology teacher at Red Lake County Central. She is also in charge of River Watch.

Ryan Voeltz is a new custodian at RLCC High School. He lives in Trail, MN and is a graduate of RLCC High School.

Brian Peterson recently was hired at Red Lake County Central High School as a kitchen helper and is excited to see all the students as they go through high school. Peterson graduated high school from Oklee in 1991.

Two new paraprofessionals were also hired at RLCC High School - Debra Boucher and Kelly Melin.

A warm glow of nostalgia enveloped the Oklee Cafe on Saturday evening, September 15, as the Oklee High School Class of 1968 held their 50th reunion. Amid jokes about hearing, memory, and more frequent trips to the bathroom, friendships were renewed and the air was alive with reminiscences.

Saginaw, Minnesota was the scene of the Radniecki Reunion with over 200 attending from the states of Minnesota, California, Wisconsin, North Dakota, Texas, Illinois, Arizona, and Virginia. They are the descendants of John L. Radniecki and Emma (Vattendahl) Radniecki.

On Thursday it rained a good all day rain. We were blessed with 1 and ¾ inches. There wasn't a puddle in the yard, a very unusual occurrence. It soaked right in and the earth was happy to get that moisture.

In September some of the MN Surpeme Court Judges came to Plummer to tour the Tri River Pioneers museum. Justice Anne KMcKeig, Justice Margaret H Chutich, Justice David L. Hillehaug, Chief Justice Lorie S. Gildea, Justice G. Barry Anderson, Roger Skjerven, Justice Natilie E. Hudson were accompanied by Mayor Jim DuCham and Red Lake County Commissioner Chuck Simpson.

The NWMAC sponsors an annual Traveling Art Exhibit, which visits northwest Minnesota communities throughout the year. The exhibit includes 15 original pieces of art by regional adult artists, chosen from works submitted for our annual juried exhibit. The exhibit is currently at the Ada Public Library until November 2.

Watch for more Year in Review next week...

Otter Tail Power Company upgrades street lights in Oklee

You will have noticed in the past week or so that some of the street lights have been updated to LED (light-emitting diode) lights. According to their mailing here is what to expect:

The benefits of upgrading are:

LED's are more energy efficient using about 70 percent less energy than high-intensity discharge (HID) lighting.

LED's have a longer life – lasting four to five times longer than HID's – resulting in increased reliability and reduced maintenance costs.

Today's LEDs operate at a much higher color rendering index than most HID's, enabling drivers and pedestrians to observe night time conditions

more safely due to improved light quality.

LEDs provide increased illumination, more uniform and even lighting distribution on roadways and surfaces, and less light pollution spilling into the night sky.

You will notice that the new LED lights will be a whiter light and more focused coverage. They should be brighter also. Also LEDs are immediately at 100% brightness – they don't need to warm up. And LEDs are better for the environment. They don't contain lead, mercury, or other known disposable hazards and because they are energy efficient, LED street-light reduce carbon emissions.

Winter storm drops lots of snow - Sunday wind doesn't live up to warnings in local area

This past week, the area has been told of the large storm coming our way and to prepare for up to 12 inches of snow is some area and it would cover 2/3 of the state of Minnesota.

The snow did start in our local area on Saturday morning continuing until 4 or 5 on Sunday morning leaving about 6 - 8 inches of snow. Detroit Lakes received 13 inches of snow, Red Lake Falls, 12 inches, and Thief River Falls 9 inches.

The Minnesota State Patrol reported that they responded to 173 crashes around the state during the Saturday's snow-storm. And the State Patrol also noted that there were approximately 285 vehicles that spun out and slid into ditches.

There were areas in Minnesota where roads were the MN DOT advised to travel, which affected Traverse, Wilkin and Big Stone counties. And I-29 was closed from Grand Forks to the South Dakota border for a period of time, but has opened.

North Dakota had closed portions of Interstate 94 and Sunday announced that it has been reopened.

However, in northern Minnesota, Sunday morning dawned with beautiful sunshine, temperatures in the high twenties and very little wind. There were many church

Snowfall Comparison

	2017-18	2018-19
Oct.	3.00	7.00
Nov.	9.25	7.575
Dec.	8.75	12.00
Jan.	6.375	9.30
Feb.	16.25	24.00
Mar.	5.75	0.50
Apr.	2.5	
Total	51.88	60.375

Calendar of Events

Wed, Mar. 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, Mar. 14:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
Fri, Mar. 15:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, Mar. 16:
-Support your local business – Shop Locally!

Sun, Mar. 17:
-Worship at the church of your choice.

Mon, Mar. 18:
-LSS Sr. Meal 11:30 a.m.

Tue, Mar. 19:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards.

Wed, Mar. 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, Mar. 21:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Mar. 22:
-LSS Sr. Meal 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, Mar. 23:
-Support your local business – Shop Locally!

Sun, Mar. 24:
-Worship at the church of your choice.

Mon, Mar. 25:
-LSS Sr. Meal 11:30 a.m.

Tue, Mar. 26:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards

Wed, Mar. 27:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.

Thu, Mar. 28:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Mar. 29:
-LSS Sr. Meal 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, Mar. 30:
-Support your local business – Shop Locally!

Sun, Mar. 31:
-Worship at the church of your choice.

Mon, Apr. 1:
-LSS Sr. Meal 11:30 a.m.

Tue, Apr. 2:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards

Wed, Apr. 3:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.

Thu, Apr. 4:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Apr. 5:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, Apr. 6:
-Support your local business – Shop Locally!

Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Linda Molitor
Wed, Mar. 13: 6:15 p.m. Supper with 7:00 p.m. Lenten Service at Salem.
Sun, Mar. 17: 9:00 a.m. Zion. 9:00 a.m. Salem SS. 10:15 a.m. Zion SS. 10:30 a.m. Salem.
Tue, Mar. 19: 9:00 a.m. Quilting at Zion. 7:00 p.m. Mutual Ministry meeting.
Wed, Mar. 20: 6:15 p.m. Supper with 7:00 p.m. Lenten Service at Zion.

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE
Fr. Adam Hammess
Sun, Mar. 17: 7:30 a.m. Confessions 8:00 a.m. Mass at St. Francis Xavier, Oklee; 10:15 a.m. St. Clement Parish, Grygla; 12:00 p.m. St. Ann Parish, Goodridge.

BROOKS - RED LAKE FALLS CATHOLIC PARISH
Fr. Bob Schreiner
Sat, Mar. 16: 5:30 p.m. RLF
Sun, Mar. 17: 8:00 a.m. Brooks. 10:00 a.m. RLF.

IMMANUEL-EBENEZER LUTHERAN PARISH ELCA
Pastor Jonathan Dodson
Wed, Mar. 13: 7:00 p.m. Lenten Worship at Ebenezer.
Sun, Mar. 17: 9:00 a.m. Worship at Immanuel. 10:15 a.m. SS at Immanuel. 7:00 p.m. Worship at Ebenezer.
Wed, Mar. 20: 6:30 p.m. Soup & Sandwich - Immanuel. 7:00 p.m. Lenten Worship at Immanuel.

GOODRIDGE AREA LUTHERAN PARISH ELCA
Bethany-Ekelund-Faith Pastor Kristen Ostercamp
Wed, Mar. 13: 12:30 p.m. Release Time. Lenten - Faith: 6 p.m. meal. 7 p.m. Service. 7:45 p.m. Breaking Free Bible Study.
Sun, Mar. 17: 8:30am Faith Worship, 9:45 SS; 9:45 a.m. Bethany Worship, 10:30 a.m. SS; 9:45 Ekelund SS, 11:00am Ekelund Worship.
Mon, Mar. 18: 9:00 a.m. Mission Monday.
Wed, Mar. 20: 12:30 p.m. Release Time. Lenten - Bethany: 6 p.m. meal. 7 p.m. Service. 7:45 p.m. Bethany Confirmation.

Oklee Senior Site Dining

March 18 - 22
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 & Swiss melt w/bun, tator tots, mixed vegetables, and dessert.
Tuesday: BLT, hamburger vegetable soup, and dessert.
Wednesday: Baked chicken, hash browns, corn, bread, and dessert.
Thursday: Fish sandwich, potato soup, and dessert.
Friday: Roast Pork, mashed potatoes, green beans, bread, and dessert.



CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth Oak Park - St. Petri Pastor Jeff Merseeth
Wed, Mar. 13: 5:00 p.m. Wednesday School. 6:00 p.m. Soup & Sandwich at Nazareth. 7:00 p.m. at Nazareth.
Thu, Mar. 14: 5:00 p.m. Lent Service at Mt. Olive.
Sat, Mar. 16: 9:00 a.m. Mt. Olive.
Sun, Mar. 17: 8:00 a.m. St. Petri, 9:15 a.m. SS; 8:30 a.m. SS Oak Park, 9:45 a.m. Oak Park. 10:00 a.m. SS at Nazareth, 11:00 a.m. Nazareth. LYS Bowling in afternoon.
Tue, Mar. 19: 6:30 p.m. Lent Service at St. Petri.
Wed, Mar. 20: 5:00 p.m. Wednesday School. 6:00 p.m. Soup & Sandwich at Oak Park. 7:00 p.m. at Oak Park.
Thu, Mar. 21: 5:00 p.m. Lent Service at Mt. Olive.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
Wed, Mar. 13: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.
Fri, Mar. 15: 8:30 a.m. Friday School.
Sun, Mar. 17: 9:30 a.m. Worship. 10:45 a.m. Sunday School.
Tue, Mar. 19: 6:30 a.m. Men's Prayer meeting. 9:30 a.m. Ladies Devotions. 10:00 a.m. Ladies Quilting. 6:30 p.m. Bible Study.
Wed, Mar. 20: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Wed, Mar. 13: No Confirmation. 6 p.m. Soup & Sand. At Bethany. Lenten Service at 7 p.m.
Sun, Mar. 17: 9:00 a.m. Lund. 10:30 p.m. Bethany.
Wed, Mar. 20: Sand Valley: 2 p.m. WELCA. 6:00 p.m. Soup & Sandwich. Parish Board meeting during meal. 7:00 p.m. Lenten Service.

BETHEL ASSEMBLY
Fosston
Seth Johnson, Interim Pastor
Sun, Mar. 17: 9:30 a.m. Sunday School. 10:30 a.m. Worship.



Due to the large snow banks around town, the City of Oklee would like to remind parents to make sure their children do not tunnel, slide down or play on snow piles. As temperatures are rising, the snow will compact and could cause tunnels to collapse or other unsafe conditions.
Please keep your children off the snow banks!

Crossword Solution

O	A	H	U		M	A	O		P	T	A			
C	L	E	G		L	O	R	D		A	K	R	O	N
A	U	R	A		E	U	R	O		B	O	O	E	D
					M	A	N	Z	A	N	A	R		
					D	A	D	D		O	A	T		
					I	C	E	A	X	E				
					N	O	R		I	N	D	O	O	R
					E	V	A	N	S		D	I	P	
					R	E	T	E		S	A	L	I	S
					T	R	O	T	S	K				
					S	A				C	O	A	T	I
					Z	E	U	S		O	A	K	R	I
					S	O	A	K	S		G	I	R	T
					P	O	S	E		E	R	A	S	
					A	T	E			E	N	S		

ANNUAL MEETING NOTICE

The Annual Meeting of the Brooks Community Homes will be held on Thursday, March 14, 2019, at 7:00 PM at the Community Hall in Brooks. The purpose of the meeting is to present financial reports, and elect one Director. Prize drawings will be held and a light lunch will be served.

050-51C

ANNUAL MEETING NOTICE

The Annual Meeting of the Plummer Community Homes will be held on Monday, March 18, 2019, at 4:00 PM, at the Emardville Hall in Plummer. The purpose of the meeting is to present financial reports and elect One Director. Prize drawings will be held and a light lunch will be served.

050-51C

NOTICE TO THE RESIDENTS OF POPLAR RIVER TOWNSHIP

Notice is hereby given to the qualified voters of Poplar River Township, County of Red Lake, State of Minnesota, that the Annual Elections of Town Officers and Annual Town Meeting will be held on Tuesday, March 12th, 2019 at the Poplar River Town Hall located in the city of Brooks. In case of inclement weather, the meeting and election may be postponed until the third Tuesday in March.

The Annual Meeting will commence at 4:00 p.m. to conduct all necessary business prescribed by law.

The election poll hours will be open from 5:00-8:00 p.m. at which time the voters will elect: One Supervisor for a three year term and one Treasurer for a two year term. The town board will meet directly after the votes are counted to canvass the election.

Pam Gieseke, Clerk - Poplar River Township

050-51C

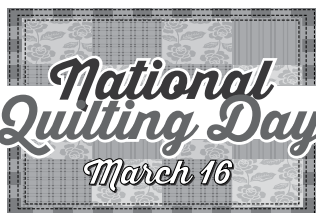
Oklee Historical Society needs your pop cans!

The Oklee Historical Society is raising funds by collecting aluminum cans. Please bring them to the recycling bin set up near the ice skating rink and fair buildings in Oklee. The money raised will be used for supplies needed to build displays not only on the main floor of City Hall, but to expand the museum area to the upstairs so that full room displays can be set up.

Carpeting is now needed to finish the transformation of a museum area upstairs. All the laminate flooring has been installed and it is beautiful. Thank you to all who donate their pop cans.

10 percent off all money raised by the Historical Society is being set aside in the hopes of raising enough funds for an elevator to be installed so that everyone will have access to the museum.

Your continued support in the aluminum can drive is greatly appreciated by the Oklee Historical Society.



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 to browse, request and return materials all from their home computers.

"In a museum city celebrated for its extensive holdings of visual arts, the White House collection stands apart, as distinctive in character as in locations. Yet it is one of the lesser known collections of American art in the nation's capital." Art historian William

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050-51C

Oklee Area Veterans' Memorial Update

Recently a donation to the Oklee Area Veterans' Memorial was received from Joyce Tougas, Oklee. Joyce made a contribution to the Veterans' Memorial in memory of her sister-in-law, Irene Dessellier, well known and life long Oklee resident.

While the Veterans' Memorial lies at rest during this wintery weather, when spring arrives the volunteer women of the Oklee Garden Club will be busy planting more than 400 red and white petunias. Contributions help fund the purchase of those flowers. Donations to the Oklee Area Veterans' Memorial may be sent to Security State Bank, Box 69, Oklee, MN 56742, Attn: Lori Melby. Please direct questions to Mary Lynn Bachand at marylynbachand@gmail.com.

Red Lake County SWCD will sponsor two students to attend

Long Lake Conservation Camp

Long Lake Conservation Center has provided summer camp experience since 1965. Long Lake Conservation Center is located in the beautiful northland of Minnesota forests and bogs, and its campus buildings are situated overlooking Long Lake. The Center is near Palisade, MN.

The 2019 season offers one Outdoor Explorers Session, it is open to youth ages 10-15. The Outdoor Explorers Camp will be held July 21-26, 2019.

Students will make life-long friends and life-long memories at Long Lake. This camp is for youth interested in having adventures in nature! Every day campers will spend time exploring hands on activities to build skills in nature and conservation. (Example activities, from past camps include outdoor cooking, building survival shelters, canoeing, camping, and bog exploration). This camp also includes plenty of time for fun summer activities like swimming, crafts, fishing, campfires, and games! You won't want to miss this!!

Red Lake County SWCD will sponsor two youth to attend camp. If you are interested, please write a short paragraph (300 words or less) describing why you would like to attend camp. Also, please provide your full name, parent's names, and telephone number. The deadline is March 22, 2019.

Please send to Tanya Hanson at the Red Lake County SWCD, 2602 Wheat Drive, Red Lake Falls, MN 56750 by March 22, 2019. If you have any questions, please contact Tanya at (218) 253-2593.

050-51C

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Building Community One Member at a Time

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- E-Notifications & Alerts
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O43tfc

NCUA

NMLS#407735

ATTENTION

RED LAKE COUNTY SMALL BUSINESS AND POTENTIAL STARTUP ENTERPRISES

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

For more information, contact the Red Lake County Economic Development home office at 1-218-253-2897.

Or call David Ste. Marie, Red Lake Falls, 218-698-4279; Mike Spurgin, Red Lake Falls, 218-465-4648 or Leo Olson, Oklee, 218-796-5656.

O43-43C (2x/mo.)

Notice

The Red Lake County Township Officers Association will hold their Annual Meeting at the Community Center in Plummer, MN on Tuesday, March 26th, 2019 at 7:00 p.m. to elect a Secretary-Treasurer for a three-year term and to do any other business that shall come before the meeting.

Marie Chaput, Secretary

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 with more convenient method of transportation. All buses are handicapped accessible and lift-equipped and drivers certified.

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

For Polk, Red Lake and Clearwater county stops:
 Every Monday - Grand Forks.

Every 2nd Tuesday - Mahnomen.
 Every 4th Tuesday - Thief River Falls

Every 1st, 3rd, & 5th Wednesday - Fargo/Moorhead.
 Every 2nd & 4th Friday - Bemidji.

Sudoku Solution

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

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

Oklee Herald

Corner 2nd Ave. & Main
 218-796-5181
 ESTABLISHED IN 1914

Published by Richards Publishing Co.
 Bonny Cote,
 Editor & Office Manager
okleeherald@gmail.com

\$30 subscription in Local Trade Area
 \$40 subscription Out of Trade Area
 \$25 Online Subscriptions

MEMBER MNA & NNA
 PUBLICATION NUMBER 407240

**Winner of National Editorial Ass'n. first prize for Best News Story, 1959.

**Winner of Honorable Mention for General Excellence, Minnesota Newspaper Ass'n., 1962.

**Winner 1st place Typography Excellence, Minnesota Newspaper Association, 1971.

**Winner 1st place Best Feature Story, Minnesota Newspaper Association, 1981.

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

"The Oklee Herald" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644-0159. Periodical postage paid at Oklee, MN 56742-0009.

POSTMASTER: Send address changes to: Oklee Herald, PO Box 9, Oklee, MN 56742-0009.

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.



020-14C

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051C

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 VETERAN SERVICE OFFICER

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 1-888-LINKVET
 Email: kellefsoncvso@hotmail.com

020-14C



MUSTANG STAMPED

RLCC Menus

March 18 - 22

Oklee

Monday: Breakfast: Tornadoes, cereal, fruit, and milk. **Lunch:** Chicken fajita, Spanish rice, refried beans, fruit, and milk.

Tuesday: Breakfast: Pancake on a stick, cereal, fruit, and milk. **Lunch:** Spaghetti and alfredo sauce over noodles, breadsticks, vegetables, fruit, and milk.

Wednesday: Breakfast: Cereal, toast, fruit, and milk. **Lunch:** Chicken burger w/bun, cheesy potatoes, vegetable, fruit, and milk.

Thursday: Breakfast: Breakfast pizza, cereal, fruit, and milk. **Lunch:** Hot dog or polish, chips, baked beans, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, and milk. **Lunch:** Cheesy bread, pizza sauce, lettuce salad, cottage cheese, fresh vegetables, fruit, and milk.

Plummer

Monday: Breakfast: Mini choc. Chip pancakes, cereal, fruit, and milk. **Lunch:** Hamburger gravy, mashed potatoes, corn, buttered bread, fruit, and milk.

Tuesday: Breakfast: Egg patty, sausage, cereal, fruit, and milk. **Lunch:** Quesadilla, sour cream, veggies & ranch, Go-Gurt, fruit, and milk.

Wednesday: Breakfast: Variety, cereal, fruit, and milk. **Lunch:** Corn dog, hash brown rounds, green beans, fruit, and milk.

Thursday: Breakfast: Skillet frittata, cereal, fruit, and milk. **Lunch:** Chicken nuggets, baked potato, seasoned carrots, dinner roll, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, and milk. **Lunch:** Bosco sticks, salad, tomatoes, PB sandwich, jello, fruit, and milk.

School Schedules

Wednesday, March 13
12:00pm Instrumental
Solo/Ensemble EGF

Friday, March 15
7:00pm Basketball:
Boys Var/JV Section Finals TBA vs. TBA @ Ralph Engelstad Arena - TRF

Saturday, March 16
9:00pm Speech: Varsity Meet TBA vs. Blackduck Public @ Blackduck High School

Saturday, March 23
TBD Speech: Varsity Subsection vs. TBA @ Oklee School Sub-Section Speech



**Happy
St. Patrick's Day
March 17th**

March Events at RLCC High School

By Eric Gieseke

There will be multiple upcoming events for Red Lake County Central students and staff in the month of March.

Wednesday, March 13 there will be a Vocal Ensemble Contest at East Grand Forks.

Thursday, March 14 there will be the Young Author's Conference in Thief River Falls.

Friday, March 22 is the end of the third quarter and it will be an Early Out.

Saturday, March 23 the Subsection Speech meet will be in Oklee.

Tuesday, March 26 are Parent Teacher Conferences in Oklee, and Thursday, March 28 Parent Teacher Conferences will be in Plummer. Both are 4-8 pm.

Friday, March 29 is Junior High Honor Music Festival in Mahanomen.

Wednesday, March 13, 2019



The RLCC Student Senate hosted the Northwest Division Student Senate Summit. (Left to right back row): Mr. Randy Huie, Dawson Rystad, Daphney Koralewski, and Adrien Verbout; (middle row): Calyssa Eskeli, Taya Morinville, Kia Bachand, Karena Melby, Allison Aakhus, Natalie Vettleson, Janae Olson, Adrienne Jones, and Lily Guillemette; (front row): Isaiah Aquino, Cari Bachand, Shawna Majeres, Bailey Sherman, Ella Moen, Molly Smith, and Sydney Fougner.

Student Senate Summit at RLCC

By: Isaiah Aquino

The Red Lake County Central Student Senate hosted the Student Senate Summit in Oklee this spring on March 6th. Eleven schools attended the summit.

The members hosted many activities throughout the day. First the students found out about the candidates that they were voting on for next

fall's meet. The positions that are voted for are President, Secretary, Treasurer, and three representatives. Each spring the students vote who they think would best fit each position.

Three students from RLCC ran for a position on the board. Adrianna Jones ran for Secretary, Cari Bachand and Isaiah Aquino ran for Representative.

Jones was elected to the Secretary position and Aquino was voted into one of three of the Representative positions.

The guest speaker was Doug Erickson who talked about how mental health is just as important as physical health. Erickson also showed the students videos about how they can help with mental health.



Fosston High School at the Northwest Division Spring Student Senate Summit held at the Red Lake County High School on March 6th.



For the past year, Calyssa Eskeli (right) has been the president of the Northwest Student Senate Division and Lily Guillemette (left) has been a representative.



Students from the 11 schools that attended the Northwest Division Spring Student Senate Summit share their ideas on Special Olympics with their fellow student senators.

March ECFE

Activities at RLCC

By: Phillip Sorenson

RLCC Early Childhood Family Education has scheduled the following for March. ECFE is for all families with children under Kindergarten age.

Tuesday, March 19th is the Family Literacy Night for all ages from 5:00-7:00 pm at RLCC Elementary School - Plummer Site. Lots of games and prizes, and supper will be served. More information will be sent home later.

Thursday, March 21st is

the three-five year old class #2: Spring Sign Making with Kelly for adults at the Plummer Site from 6:00-7:30 pm. This will be a fun project for adults to make a keepsake and be creative at the same time. Cost will be \$10 for 12 by 12 inch board or \$25 for a small round board. Kelly will post pictures on Facebook (RLCC ECFE) of the ideas you can choose from. Call the Plummer site at 465-4222 to register by Thursday, March 14th.

Tuesday, March 26th the Oklee Site Parent/Teacher Conferences will be held from

4-8 pm.

Thursday, March 28th the Plummer Site Parent/Teacher Conferences are at 4-8 pm.

Parents are their child's first and most important teacher. RLCC Early Childhood Family Education classes can help you with that role. Each month during the school year, sessions and activities are planned where you and your child together enjoy developmentally appropriate play and learning activities.

Red Lake County Boys' Basketball

By Kia Bachand

The Red Lake County Rebels boys' varsity defeated the Fisher-Climax Knights on Friday, March 1st, in Fisher. The Rebels were leading at halftime 34-25, and the final score was 65-49. The Rebels had 12 assists and 12 steals, as well as 49 rebounds.

Highlights for the Rebels were Derek Peterson with seven rebounds and 24 points; Isiah Olson with 10 rebounds, four steals, and 20 points; Brandon Wiskow with eight

rebounds and 11 points; Ben Cardinal with two blocks and five points; Alex Peterson with three points; and Adrien Verbout with two points.

Highlights for the Knights were Trea Byklum with 13 rebounds, four steals, two blocks, and 21 points; Dylan Evitts with 10 points; Gabe Walters with three steals and seven points; Brady Klein with three steals and seven points; and Myles Smith with four points.

Both the RLC Rebels Junior Varsity and Varsity teams were named the North Tri-County Conference Co-Champions.



RLC speech team member Danny Guillemette got second place in Poetry at the speech meet in Walker on March 2nd.

RLCC Speech Team Public Presentation

By: Jeremy Kruchowski
The Red Lake County Speech Team will host a Public Presentation on Monday, March 25th at 7:00 pm in the Multi-Purpose room at the Red Lake County Central High School in Oklee.

Come join us for an enjoyable night of presentations from the dedicated and talented members of Red Lake County's speech team. Our event is free and open to all.

RLC vs BGMR Quarter-Finals Game

By Madison Carlson
In the quarter finals boys' basketball game on Thursday, March 7th, the Red Lake County Rebels lost to the Badger/Greenbush-Middle River Gators 62 to 76. The game was played at the University of

Minnesota-Crookston.
For the Rebels team, Derek Peterson scored 25 points, Ben Cardinal scored two points and had three steals, Eric Gieseke scored six points, Brandon Wis-kow scored five points, Isiah Olson had eight rebounds and scored 16 points, Dawson Rys-tad scored two points, Bailey Hince scored four points and Adrian Verbout scored two points.
For the Gators, Breydon Bertilrud scored seven points; Jake Taggart made four of four three-pointers, scored 22 points and got seven rebounds; Kobey Dallager scored seven points; Dylan Heggedal scored ten points, got eight rebounds, and had five steals; Gage Creek-more scored nine points and got three steals; Adam Benke scored 11 points; Kaden Opdahl scored eight points; and Aaron Westling scored two points.



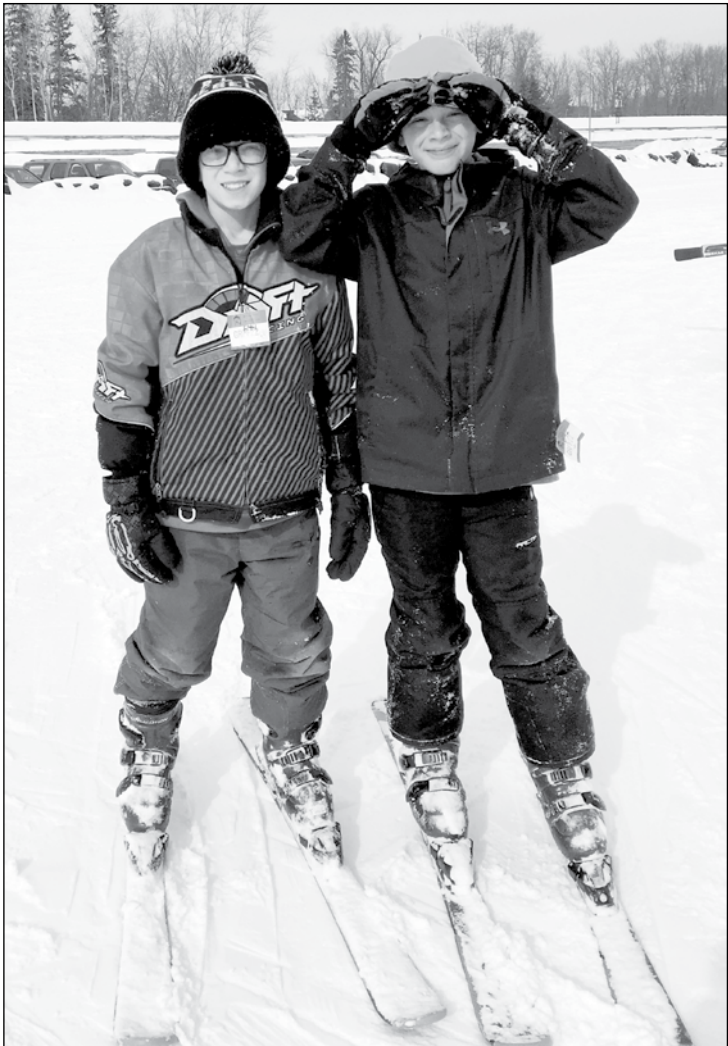
McKenzie Hamm, Hailey Hanson, Payton Williams, and Brady Lowell from RLCC at the Buena Vista Ski Area.

Buena Vista ski trip

Photo right:
Clancy Hanson skiing at Buena Vista Ski Area during the RLCC's 5th-8th grade Ski Trip.



RLCC 7th graders Ella Moen and Jennifer Johnson on the annual 5th-8th grade Ski Trip to Buena Vista.



Peyton O'Neill and Caden Lee during RLCC's 5th-8th Ski Trip in Bemidji's Buena Vista.

2 X 2

Sounds like multiplication?

Guess again. It's newspaper talk for a two column by 2 inch ad. Too small to be effective? You're reading this one!!!

Oklee Herald

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Elementary Wrestling Tournament



Around 200 kids attended the RLCC Youth Wrestling Tournament in Oklee on March 7th.



Photo left:
Lily Chapman from RLCC wrestling in the youth wrestling tournament in Oklee.



Photo right:
At the RLCC wrestling tournament Eli Magnell is taking on his opponent.





Snow once again covered the streets and the City Crew has lots of work cleaning it up.



County Road 6 just outside of Oklee was cleared but snow/ice packed.

Photos of Oklee's Past



New Oklee Post Office: Patrons of the Oklee Post Office were serviced for the first time this morning (January 21, 1960) from its new location in the former Oklee Cleaners building. All equipment is new, including the 250 lock boxes and all furniture and equipment. The office was moved Wednesday from the Falardeau building on Main Street where it has been located since 1942.



The caption states: That's the way it was. Do you remember when Cyr OK Hardware looked like this? It hasn't been that long, but it is difficult to picture the old store.

NEWSPAPER

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New Fur Trading Exhibit Here



“Here in northwest Minnesota, a global trade network flourished from 1730 to 1850. The small, slow-moving waterways and abundant poplar trees made excellent habitat for beavers. Trappers, traders, and voyageurs canoed the Red, Rainy, and Mississippi Rivers...bringing goods to and from markets around the world.” Thus begins the text for a new and far-reaching museum exhibit about life in northwest Minnesota that existed right here in our own part of the world in the eighteenth and nineteenth centuries.

This traveling exhibit about the Fur Trade in our area will be featured in the Oklee Historical Museum as you walk into the City Municipal building, as well as in 14 others in the northwest corner of the state during the upcoming months. A regional group, Minnesota’s Historic Northwest, made up of about 20 county historical societies and other historical and cultural organizations and museums, has been working with the Minnesota State Historical Society for nearly three years to prepare for this program.

Some of the topics covered refer to the early French explorers, the Metis (originally these were mostly children of Native American mothers and European fathers, who developed a unique culture), historical accounts of economic and political hostilities, and many fascinating details of the lives of those involved in fur trading. Dean Vikan of the Polk County

Historical Society and president of Minnesota’s Historic Northwest, says, “Whether you are native to this area or a transplant, I believe you will find of great interest the little known or long forgotten tidbits of information revealed in this exhibit on the Fur Trade in Northwest Minnesota.”

You can find this exciting and interesting display at Oklee Historical Society in the City Municipal building on the corner of 2nd & Main Street during the hours of 8 a.m. to 5 p.m. Monday to Friday.

The project was funded by a grant of \$90,000 from the Minnesota State Historical Society and has been carefully and thoroughly researched and constructed by Museology, an organization that works with local museums to develop exhibits, programs, partnerships, and other interpretive strategies.

According to Bret Pearson of Museology, “We loved researching and designing these exhibits. The history of the fur trade is a crucial part of Minnesota’s cultural identity, and these displays are filled with stories that gave us a fresh understanding of its significance. The name of Pierre Bottineau’s mother, for example, has usually been translated as ‘Clear Sky Woman.’ When we had coffee with an Ojibwe name expert, he told us that it actually meant ‘She Sits In Strength,’ the female equivalent of Sitting Bull, the buffalo who turns and faces the enemy while her family

escapes.

Pearson added, “This is a unique project as the full exhibit is hosted in fifteen different sites across northwest Minnesota. The exhibits will rotate, and each will eventually be on display at each site over the next five years or so. If that’s too long to wait, visitors can head over to another museum/ host in the Minnesota’s Historic Northwest, and get a jump on their neighbors!”

The cabinets housing the exhibits in each location are the product of Northwest Cabinets, Inc. of Bemidji. According to Ron Engesether, owner and project manager of this project, “This was a wonderful project for Northwest cabinets and me personally as the fur trade history and local history have always been a passion of mine.”

Bonny Cote is happy to invite all residents and visitors to the Oklee Historical Society to explore the different exhibits as they get switched out 3 times a year.

This exhibit was made possible in part by the people of Minnesota through a grant funded by an appropriation to the Minnesota Historical Society from the Minnesota Arts and Cultural Heritage Fund. Any views, findings, opinions, conclusions, or recommendations expressed in this exhibit are those of the authors and do not necessarily represent those of the State of Minnesota, the Minnesota Historical Society, or the Minnesota Historic Resources Advisory Committee.

Editorial - Patriotic Millionaires

Adults and Breadwinners, Not Teens, Benefit Most from Raising Minimum Wage

By Morris Pearl
For years, opponents of raising the federal minimum wage have argued that we don’t need to raise the minimum wage because most low-wage workers are just teenagers trying to earn a little spending money. We’ve known that’s not true for years, but as the fight for \$15 ramps up across the country, a new study shows just how far from reality that “common knowledge” really is.

Rather than being mostly teenagers, 53% of workers who would benefit from bringing the minimum wage to \$15 an hour are between the ages of 25 and 54. These workers are, usually, the chief breadwinner in their family, with one-third being married. In fact, just 9% of the nearly 40 million workers who would benefit from raising the minimum wage are teenagers. What these means is that the vast majority of workers who would see their lives improved through raising the minimum wage aren’t kids working for school uniform money-- they’re adults in their peak earning years, and disproportionately more likely to be women and people of color.

These numbers should make passing the Raise the Wage Act even more of an imperative for politicians on both the left and the right. If successful, it would be the first major win for increasing the income of workers nationwide in a decade. The bill would immediately raise the federal minimum wage to \$8.55 in 2019, and increase it to \$15 an hour by 2024. It would continue to adjust the minimum wage every year to

keep stride with inflation, and also phase out the lower minimum wage for tipped workers, which has been stuck at \$2.13 an hour since 1991.

It’s hard to overstate the transformative impact this bill would have on the lives of millions of Americans. But besides the fact this raising the federal minimum wage would put more money into the pockets of millions, it would also send an infusion of cash into local communities, hugely stimulating the American economy. After all, consumer demand drives growth, and right now the 40% of Americans who earn less than \$15 an hour are not able to participate in their local economies to their fullest extent. With higher wages, these workers will have increased spending power, benefiting themselves and the businesses, big and small, that service them.

This is why my wealthy counterparts should all be in favor of raising the minimum wage - rich people need a prosperous middle class to shop at their stores and patronize their businesses. It’s this kind of growth that reaches working class Americans that will improve the country’s economy as a whole and leave everyone better off. The only thing standing in the way of our country having a more robust economy is misinformation and opposition from the few powerful businesses whose existence relies on paying workers subsistence wages (often subsidised by taxpayer funded welfare programs).

The longer those against a living wage can diminish it as just a boost for teens and not a win for families or the American economy as

a whole, the longer millions of Americans and their communities will suffer. Not only is this short-sighted, but it’s anti-American. It’s time for the richest country in the world to ensure all workers can live in dignity and support themselves and their families on a full-time job. In return, the economy will thrive, and all Americans will be better off.

Morris Pearl is a former managing director at BlackRock, Inc. and Chair of the Patriotic Millionaires, a coalition of high-net worth Americans concerned about the destabilizing concentration of wealth and power in the U.S.

About the Patriotic Millionaires

Proud “traitors to their class,” members of the Patriotic Millionaires are high-net worth Americans, business leaders, and investors who are united in their concern about the destabilizing concentration of wealth and power in America. The mission of The Patriotic Millionaires organization is to build a more stable, prosperous, and inclusive nation by promoting public policies based on the “first principles” of equal political representation, a guaranteed living wage for all working citizens, and a fair tax system. You can find out more at <http://patrioticmillionaires.org/about/>

The Patriotic Millionaires have appeared on hundreds of media outlets here and abroad, including The Daily Show with Jon Stewart, the PBS NewsHour, The New York Times, Washington Post, CNN, MSNBC, Fox News, and many others. You can find more coverage at <http://patrioticmillionaires.org/media>

March 2019 Public Health Points

March is National Nutrition Month

Healthy eating is important no matter how old you are. This National Nutrition Month®, ChooseMyPlate is here to help you “spring” into the new season with a variety of tools and resources to help you find a healthy eating style that works for you at any age.

Tips for the

Preschooler:

Your preschooler’s needs depend on how fast he or she is growing plus other individual factors. Each child’s needs may differ from the average, and appetites can vary from day to day.

Your preschooler may not eat the exact amounts suggested every day. Try to balance the amounts over a few days or a week.

Offer different foods from day to day. Encourage your child to choose from a variety of foods.

Serve foods in small portions at scheduled meals and snacks.

Choose healthy snacks for your preschooler.

Beverages count too! Make smart beverage choices.

Healthy Tips for Teen Girls

Young girls, ages 10 to 19, have a lot of changes going on in their bodies. Building healthier habits will help, now as a growing teen, and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

- Build strong bones - Include foods with the vitamin D and calcium your growing bones need and add regular physical activity.
- Cut back on sweets - Drink water when you are thirsty.
- Power Up with whole grain.
- Choose vegetables rich in color.
- Check Nutrition Facts labels for iron.
- Be a healthy role model.
- Try something new - Pick new foods you’ve never tried before.
- Being active makes everyone feel good.
- Include all food groups daily.
- Everyone has different needs - Get nutrition information based on your age, gender, height, weight, and physical activity level.

Tips for Teen Guys

Teen guys, feed your grow-

ing body by making better food choices today as a teen and as you continue to grow into your twenties. Make time to be physically active every day to help you be fit and healthy as you grow.

- Get over the idea of magic foods - There are no magic foods to eat for good health.
- Always hungry? - Whole grains that provide fiber can give you a feeling of fullness and provide key nutrients.
- Make a list of favorite foods - Ask your family food shopper to buy healthy quick-to-eat foods for the fridge.
- Start cooking - Get over being hungry by fixing your own snacks and meals.
- Skip foods that can add unwanted pounds - Cut back on calories by limiting fatty meats. Some foods are just occasional treats.
- Learn how much food you need - Teen guys may need more food than most adults, teen girls, and little kids. Get nutrition information based on your age, gender, height, weight, and physical activity level.
- Check Nutrition Facts labels - To grow, your body needs vitamins and minerals. Calcium and vitamin D are especially important for your growing bones.
- Strengthen your muscles.

College Students & Adults

To help you achieve your nutrition goals, try using the tips below.

- Start with small changes - Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.
- Take one day at a time - Sometimes things don’t go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don’t give up!
- Be active your way - Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.
- Team up - Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.
- Celebrate successes - Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you’ve earned it!

www.choosemyplate.gov/national-nutrition-month

SCREENING SAVES LIVES

If you’re 50 or older, getting a colorectal cancer screening test could save your life. Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn’t be there. Over time, some polyps can turn into cancer. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer. Screening tests also find colorectal cancer early, when treatment works best.

www.cdc.gov/cancer/colorectal/sfl/index.htm

Parenting Tips

My mother does my homework.

She thinks it’s loads of fun. She says that she’s just “helping” me

but, soon enough, it’s done.

We sit down at the dinner table every single night. She answers all the questions and she always gets them right.

And now and then, she’ll tell me I should go and take my bath. When I get back, I find she’s done my science and my math.

You’d think that I’d be overjoyed to never have to work. But every time she “helps me out” I nearly go berserk.

I ask if I can do it, but she shrugs off my requests. So all my grades are crummy since she doesn’t take my tests.

By Kenn Nesbitt

1x3

Sounds like multiplication?

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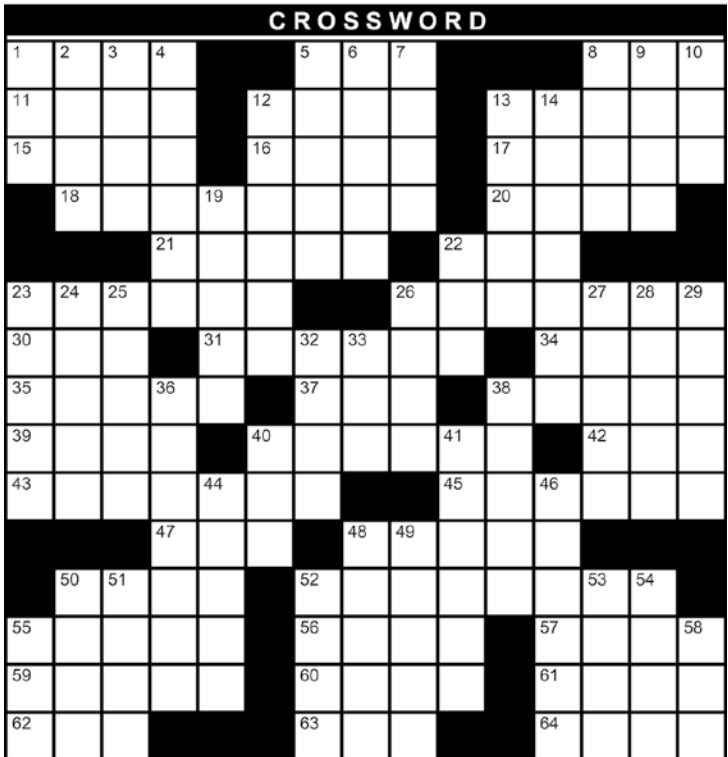
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47. “Never ____ never”
48. Raccoon’s South American cousin
50. Mount Olympus’ famous dweller
52. *Manhattan Project site
55. Does like a sponge
56. Horizontal wall beam
57. Pelvic parts
59. Actress Parker
60. Geologic time divisions
61. Steve Urkel, e.g.
62. Eat, past tense
63. Lt.’s subordinate
64. “____ Louise”

- DOWN
1. Mozart’s “L’____ del Cairo”
2. Homecoming guest
3. #50 Across wife
4. Kenya’s neighbor
5. Native American earthen structure
6. Orderly arrangement
7. Shoe emanation
8. Circus trainer’s poker
9. Zac Brown Band’s body part hit
10. A in FANBOYS
12. Like weighed down with metal
13. At right angle to a ship
14. *Thor Heyerdahl’s raft
19. Third axis
22. Dinghy propeller
23. Unable to move
24. Don’t judge a book by it
25. Muse of love poetry
26. Shoshonean people
27. “It is silent” in sheet music
28. U in UV
29. *____ Harbor
32. *a.k.a. Operation Neptune
33. Black gold
36. Miniature Japanese carving
38. Hindu garment
40. Blue overhead
41. Intelligence
44. Impudent
46. Horse-involved activity
48. Man-made stone pile
49. Ladies’ fingers
50. *Popular 1940s suit
51. “Ill at ____”
52. Type of molding
53. High school club
54. Ireland’s previous name
55. Hot springs
58. Wood-shaping tool

22. Feedbag morsel
23. Mountain climber’s tool
26. Overplay in front of audience
30. Negative conjunction
31. Within a building
34. Leafy green
35. Captain America actor
37. Party bowlful
38. Dictum, pl.
39. Network of nerves
40. Native Americans of the Pacific Northwest
42. “To ____ is human”
43. *#23 Across victim
45. Like a human

Statepoint Crossword Theme: The 1940’s



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- ACROSS
1. *Japanese attack locale
5. *Chairman of the Communist Party of China
8. Parent group
11. Horsefly
12. Voldemort’s title
13. Ohio city
15. Sainly glow
16. Never a UK currency
17. Disapproved by audience
18. *American concentration camp
20. Peters out
21. *Harry Truman to Margaret

Wednesday, March 13, 2019



Coaches and three players from boys’ basketball, girls’ basketball, and the knowledge bowl team competed at a pep rally for all teams going into playoffs. One was the flipper sending sugar cubes in the air to be caught by the catcher and the cubes that were not caught were grabbed by the finder. The coaches were the winners.

Is the Keto Diet for you?

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

With the Keto diet being very popular right now, you may be thinking about trying it yourself. Is it the right diet for you?

Before deciding, what exactly is a keto diet? The diet is characterized by a dramatic reduction in carbohydrates and a LARGE increase in fat intake. A classic keto diet is 87% to 90% fat, with the other 10%-13% being a combination of protein and carbs. Without

carbs (the body’s typical go-to fuel) the body goes into ketosis, in which the liver breaks down fat for energy. Most people try the keto diet to lose weight and/or improve blood glucose/sugar control. There is evidence that this diet works for those purposes. However the bulk of evidence for the effectiveness of the keto diet is for people who have drug resistant epilepsy.

The question becomes can you stick with a diet plan that eliminates bread, pasta, rice, beans, corn and other starchy vegetables, fruit, milk and sugar? Fats (0 carbs) should make up the bulk of your diet; recommended fats are olive oil, flaxseed oil, avocado oil, butter, coconut oil, cheese and animal fats. Note that the American Heart Association recently warned that coconut oil is loaded with saturated fat and may raise LDL/bad cholesterol. A keto diet can be followed without the use of coconut oil. Also allowed are small-moderate amounts of protein such as fish, eggs, seafood, poultry and meat. Small amounts of low-carb vegetables are allowed as well, leafy greens, broccoli, cauliflower, Brussels sprouts, cabbage, cucumber, celery, tomatoes, peppers, zucchini and herbs. While there is no calorie counting involved, carbs need to be carefully tracked to maintain the state of ketosis.

In my weight loss counseling experience, a significant decrease in a macronutrient group (carbs, fat and protein)

is very difficult for most people to follow long term. And, numerous studies show that what’s most important for long-term weight loss success is adherence. Generally, for most people trying to lose weight I don’t recommend diets that are very high or low in specific macronutrient groups. There are easier more balanced approaches to weight loss. Plenty of evidence supports that having a more balanced diet plan, while decreasing calories can help you lose weight.

There are some people who prefer and can adhere to a very restrictive diet long term and for a small percentage of people the keto diet may be a good choice.

Side effects are possible following a keto diet, such as the “keto flu”- fuzzy thinking, nausea, fatigue and headaches in the first 4-5 days as your body begins to adjust to your new way of eating. People may also experience hypoglycemia/ low blood sugar, dehydration, nutrient deficiencies, kidney stones and GI issues such as constipation. Vitamin and mineral supplementation is recommended. There are pre-made ketogenic specific vitamins available.

Here are some Keto-friendly recipes:

Chicken and Cheese Stuffed Peppers

Servings: 8
Ingredients:
4 large green bell peppers, washed
3 cups shredded chicken breast
5 tablespoons olive oil
½ cup shredded cheddar cheese
½ cup mayonnaise
4 tablespoons cream cheese
8 ounces salsa verde
Directions:
Pre-heat oven to 425 degrees. Cut peppers in half lengthwise and remove seeds. Arrange the pepper halves in a baking dish, cut side up.
Mix the shredded chicken, mayonnaise and cream cheese.

Writers & Writing by Michael Tidemann

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

Latest Boyle novel a wild ride

T.C. Boyle has always presented questionable heroes who live on the edge of society yet somehow gather our sympathy. That’s because they’re realistic characters, people with whom we can relate, so we naturally feel their pain and anguish, and just like Boyle’s characters, we fall under this master storyteller’s spell.

Outside Looking In, Boyle’s latest novel scheduled for April release from Harper Ecco, is no different. In this wide-ranging epic, Boyle traces the adventures – and misadventures – of Fitzhugh Loney who falls under the influence of Timothy Leary, psychologist and LSD advocate who made the phrase “turn on, tune in, drop out” synonymous with the drug culture of the 1960s.

Boyle starts his enthralling tale with the story of how LSD was first formulated in Basel, Switzerland in the midst of World War II. He presents the intriguing story of Susi Ramstein who forms a romantic attachment to Herr Albert Hofmann who perfected the drug.

Fast forward to Fitz Loney, Harvard PhD candidate and later Leary disciple. It would have been one thing had Loney been single and able to follow through with Leary’s

questionable lifestyle experiments that accompanied his LSD “sacraments”. The only problem though is that Loney has a wife, Janie, and a son, Corey.

With the unending funding of Leary’s lover, the disciples follow him from a rented home they trash to Mexico and finally a mansion where Leary’s experiments with drugs and human relations test the bounds of Loney’s family as Loney forms an unsustainable fixation with Lori, a girl half

his age.

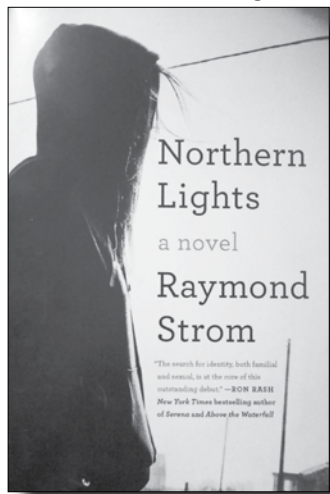
Fitz asks fellow disciple Ken, “Where is this going? Is there any end in sight? Can we even call ourselves scientists anymore – or what are we, mystics? Partygoers? Bacchanalians?” Unfortunately, that’s a question Loney should have asked himself long before he put his marriage, his PhD thesis and his very career on the line.

Outside Looking In shares a similar theme with Boyle’s The Inner Circle and Drop City – sympathetic characters who skirt society’s edge – then fall off. Loney certainly does that, and we wonder why his wife seems willing to take him back, despite the anguish he has caused for her and Corey.

This is a masterful tale by a masterful storyteller, and a must-read for hardcore Boyle fans.

As well as being a best-selling novelist, Boyle is an accomplished academician. He received both his MFA and PhD degrees from the University of Iowa and is a Distinguished Professor of English Emeritus at the University of Southern California – Santa Barbara.

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



Outside Looking In
T. C. Boyle
Harper Ecco
ISBN 978-0-06-288298-1
\$27.99



Oklee Herald Early Files

Seventy Years Ago March 10, 1949

Mr. and Mrs. Ernest Peder-son of Plummer are the parents of a daughter born February 25. Also a son was born to Mr. and Mrs. Schiefert of Plummer on March 2nd.

Five automobiles and a truck were destroyed in a fire that razed the Rolland Bros. Garage and Service Station in St. Hilaire Sunday morning February 27th.

The Talk of the Town – the New 1949 Philco Advanced Design Refrigerator with Huge Built-In Freezer Lock-er...\$329.95. Pay only \$3.50 per week – Seeger's Hardware.

A-BOMBS: Whom to tell? Government officials were being frank, but futile. They said they hadn't figured out how to tell Americans ways in which to protect themselves from A-bombs without letting the whole world in on the "know-how."

Sixty Years Ago March 12, 1959

The Quern Brothers, Arvid and Parnell are the new owners of the Sovde & Son store here.

Mrs. Art Jensen of Oklee recently returned from Powers Lake, ND where she attended a birthday party in honor of her brother, Ole Garnes, who was 100 years old on March 1st.

A panel discussion on the subject of Kindergarten will be the center of attention at the March meeting of the Oklee PTA.

Miss Mary Lu Parenteau of Denver, CO, daughter of A.J. Parenteau, left March 5th by boat from New York City for France where she will be employed.

Mr. and Mrs. Bernard Remick are the parents of a son born March 9, at St. Francis Hospital in Crookston. He weighed six pounds five ounces.

Fifty Years Ago March 13, 1969

Two new buildings will be constructed this year by the Oklee Manufacturing Company to add a total of 6,240 square feet of floor space. One of the buildings will be 32x90 on a lot across from the alley west of the main plant. The lot was purchased from the Oklee School district. The second will be a 48x70 extension to

the north end of the former Nadeau building.

When Mr. and Mrs. Tom Melby of Oklee were watching a movie called "Bullet" in Minneapolis recently, Tom nudged his wife and said out loud, "Hey, look, Betty! There's Telford!" And it was. Telford Slettvedt, a native of Oklee, who is with the homicide bureau of the police department in San Francisco, CA. Telford explained that the movie was filmed in San Francisco and, "my partner and I were selected to be technical advisors for it. We were also given a small part in the movie."

Forty Years Ago March 8, 1979

The Water Tower Paint & Repair Company of Clearlake, Iowa as in Oklee last Friday to work on our frozen water tower. With the aid of the Oklee Fire Department, they were able to open the frozen tower.

Nancy Hendrickson has been chosen as this year's Girl Stater and Donna Stenberg is the alternate. Both girls are juniors at Oklee High School.

Meet the Seniors featured Sandra Nelson, John Radniecki and Glenda Rae Rustan.

Ginger Sjulstad and Gary Lundeen were married on Saturday at Oak Park Lutheran Church.

Honored Dairymen included Mr. and Mrs. Merle Lundeen of Trail, MN.

Thirty Years Ago March 8, 1989

Lambert Street was the scene of a broken water main in Oklee. The break was discovered Saturday, February 25 in the morning and water was out until February 26th.

The Red Lake County Central Mustang girls basketball team had two sophomores named to the Polar Conference All-Conference team: Sara Radniecki of Oklee and Sarah Magers of Plummer.

Gretchen Thorp and Tracy Rystad will appear in the ice skating routine Frosty the Snowman, Elizabeth Munt and Kelli Jo Hofstad will be in the routine Octoberfest, Talia Bishop will be in the Chicks & Bunnies routine, and Adam Lee, Carl Dugstad and Quinn Bishop will participate in the Father's Day routine during

the Holiday on Ice Show in Thief River Falls.

Twenty Years Ago March 10, 1999

The 13th annual Arizona Red Lake County Day was held on February 15th with 164 attending. 33 of the attendees still have a permanent address in Red Lake County.

Marvin Broken, representing the Oklee Senior Meal Site, accepted a \$1,000 grant gift from the Thief River Falls Aerie No. 2368, Fraternal Order of Eagles.

The members of the JETS Design Team which placed 3rd out of 14 teams were Becky Reinbold, Sarah O'Neill, Kelsey Lundeen, Leif Kolstoe, Jennifer Cote, and Rex Kvasager. Their coach was Karen Peterson.

McIntosh Manor Nursing Home has a canine resident, Bear, a four year old black lab who lives at the facility much to the delight of the residents.

Wayne & Debra Vettleson earned two awards from the Red Lake-Pennington DHIA at its annual meeting February 8th. They had the top producing 2 year old and the most improved heard average over a three year period.

Ten Years Ago March 11, 2009

The Lions and Lions Too clubs sponsored a benefit for Tiffanie Malwitz Dugstad on February 15th and it exceeded expectations for the fund raiser, raising over \$10,000.

Students are RLCC Elementary celebrated Read Across America during the month of February, enjoying a variety of activities and reading exercises.

Snow started on Monday morning and has been falling all day. Blizzard warnings for Tuesday are being aired as this paper is being printed and delivered.

Hope Lundeen, daughter of Perry and Sally Lundeen was part of the Minnesota Page program the week of February 2 – 6.

Kayla Pelletier scored her 1000th point in her basketball career against the Clearbrook-Gonvick Bears on Saturday at the Section 8A tournaments. Pelletier and the Red Lake County Central Mustangs went on to win 68 – 35.

Senior Site News & Other Things

By Volunteer Iona Berry

This Sunday morning I arose to find the storm had decorated my yard with a lot of snow. Luckily, the trees were standing with leaves not blowing. My driveway had been plowed and the street had been plowed also. I was able to get my car out easily. There is still a lot of snow to be hauled away for the City Crew.

Did you remember to set your clock ahead Saturday night? It is easy to forget that little task.

Sunday, the Red Lake County Fair board had planned a meal and Bingo in the Community Hall. It was canceled due to the weather. It has been rescheduled for March 17th.

I'm sure everyone knows Minnesota residents speak differently. We have different words to talk about dishes of food we make and many other things. North Dakota, South Dakota, Wisconsin and Iowa share it with us. I really knew it when I was in Alabama and was going to visit with a friend of my mother. I had never known the lady and she didn't know me. I rapped at her door and asked if I had the right house. She greeted us and said, "I know you are from Minnesota or Wisconsin." She recognized the sound of

my speech. It was surprising that she welcomed us in not knowing who we were. They never forget their old home. This lady was about 80 years at the time.

Dates to Remember

March 15: Birthday meal. Come and you might get a free meal. Someone wins.

March 17: St. Patrick's Day.

March 21: Senior Site Council meeting at 10 a.m.

Words of Wisdom

When married and in public, always speak well of each other.

Life is a parade. Don't watch it, join it.

Joke Time

While scuba diving in the sea at a depth of twenty feet, a man noticed another guy at the same depth, but without any diving gear whatsoever. The diver went down 20 more, but the other guy joined him minutes later. The diver went down another twenty feet, but within a few minutes, the same guy was beside him again.

Confused, the diver took out a waterproof chalk and board set, and wrote, "How are you

able to stay under this deep without equipment?"

The guy grabbed the board and chalk, erased what the diver had written and wrote, "I'M DROWNING, YOU IDIOT!"

Fred and George were playing golf when Fred sliced his ball into a deep wooded gully. Taking his eight-iron, he clambered down the embankment in search of his ball. After spending ten minutes hacking at the undergrowth, he suddenly spotted something glistening among the leaves. As he got closer, he could see that it was an eight-iron in the hands of a skeleton. Fred immediately called up to George, "Hey George, I've made a shocking discovery!"

"What's up," shouted George. "Bring me my wedge," yelled Fred. "You can't get out of here with an eight-iron."

STORY TO SHARE!

If you have a story or photos you want to share,

please send to:
okleeherald@gmail.com

Brooks - Terrebonne News

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

Well it snowed over the weekend again!!!! Are we all too tired of winter yet??? I always heard that March was the toughest month to get through, but this is ridiculous. It snowed on Saturday and there was a hockey game in Red Lake Falls. Carly and Adam Reese took their children to the game because Carter was playing in the game. After the game they came home. On their way home they couldn't see the road so Carly walked in front of the truck, and Adam followed. It was a slow trip home, but they finally made it. There are so many people who have had problems this winter that a book could be produced with snow drift tales.

When it snows anyone on the road is in peril. The snow is so white and it drifts all over, and you can't tell where

the roads are. So when it snows stay home. It is impossible to tell where the road is because everything looks the same. Someone said that on Saturday he was on Hwy 59 and it was so slippery and he couldn't tell if he was on the road or not. He came from Thief River to Plummer and was glad he got there safely. Secondary roads or township roads are really a problem.

The roofs are the next problem. Most are okay yet but with rain coming on Wednesday, it will load them down too far and they could collapse. In some cases because the melting isn't happening it is not sliding off the roof as it usually does. Especially those with metal roofs. Shingled roof are just as perilous. They get ice dams so bad that the water that does

melt, ekes under the shingles and leaks into the house. So shovel off those roofs.

There will be no Red Hats this week. I will not drive in storms and especially on ice. So we will forego the fun of getting together for another week. We will meet March 20 at the Cozy 11:30 is ordering time. See you then.

Welcome home Clarence and Dianne Gagner. They have been gallivanting around in Arizona for the past five weeks missing all of our cold weather and snowstorms. They arrived back here on Thursday night, and have been busy moving snow ever since. Good to see you back.

That is it for now, I hope you have a great week and help a neighbor who can't do what they used to.

Plummer News

By Alice Jobe 218-465-4402

On Thursday morning at RLCC Elementary school, they had "Breakfast for Dads." They served sausage, egg and cheese biscuits, cereal, fruit, and milk.

Chuck Simpson recently went to Arizona to visit his cousin Kevin Malwitz for a few days get away.

Pastor Jonathan Dodson visited Fern Eskeli Saturday at Oakland Park Nursing Home in Thief River Falls.

Alice Jobe attended the AFRAN (French Club) annual dinner and meeting at Gentilly at St. Peter's Church basement Sunday. The menu was ham, Tortier (French meat pie), mashed potatoes, gravy, salad, and rolls. Dessert there was apple pie (from homegrown apples) and blueberry pie with ice cream and coffee or lemonade. There were drawings for three door prizes, then the business

meeting. It was a delicious meal and good company.

On Sunday, Faith Guillemette celebrated her 87th birthday at her home. Those coming were: Darrell, Cathy and Shannon Lee, Alan Lee, Jim & Linda Anderson, Jake & Josh Guillemette, Jaime & Spencer Schultz and kids, Roger Gallant, Anna DeHate. Also Denise Anderson & Brett, Les and Darla Guillemette came Monday, also Wayne.

Alice Jobe went to visit Fern Eskeli at Oakland Park Nursing Home on Wednesday.

The snowmobilers are enjoying all the snow and have been making trips into town. Fun to see the variety and color

of sleds the guy have.

On March 1st, I went skiing. It was nice out, 25 degrees. I haven't been since that day. Warmer weather is coming.

Daylight Saving Time started Saturday night, the 9th. I'll seem weird having all this snow this far into March with spring maybe coming someday!

On Thursday, Anne Traxler, Wilma Arlt, Anna DeHate, and Alice Jobe went to Moran's for lunch. Their special was the salad bar. It was so good and lots of fun. They also had a choice of ham and cheese sandwich or cheeseburger, all included with salad bar.

Have a good week and be careful.

Who's Dat?



Who's Dat

This week's photo is of group of people also from north of Oklee. The baby graduated from Oklee High School.

Last week's two fellows from north of the area, Goodridge for sure, are Sherman and Alvin Groven.

No one called to tell me the make and model of the car, but I can see in the photo its license plate is 1951.

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-addressed 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.



MEET THE KINDERGARTEN OF RED LAKE COUNTY CENTRAL



Name: Levi Morinville
Parent(s): Mark & Traci
What do your parent(s) do for a living? Mom: works with babies. Dad: goes to Plummer.
Sibling(s): Kendra & Alyssa
Pet(s): Cat named Angel
Favorite movie: Paw Patrol
Favorite food: Popcorn
Favorite school activity: Playtime
Favorite school lunch: Spaghetti
Favorite color: Orange
Favorite toy: Remote control car



Name: Sabrina Rude
Parent(s): Ryan Rude, Janella Rude
What do your parent(s) do for a living? Dad: Sleeps at night. Mom: Stays home and cleans.
Sibling(s): Courtney, Arielle, Orian
Pet(s): Kitty cat and 2 rats.
Favorite movie: IT
Favorite food: Ravioli's
Favorite school activity: Build with blocks
Favorite school lunch: Eggs
Favorite color: Pink
Favorite toy: My Unicorn



Name: Caelum Nelson
Parent(s): Chris & Stephanie Nelson
What do your parent(s) do for a living? Dad: Works. Mom: Rests.
Sibling(s): Tate
Pet(s): 2 dogs – Duke & Kirby and 3 cats – Tiger, Poohbear & Frosty
Favorite movie: Ninjago
Lego movie
Favorite food: Spaghetti
Favorite school activity: Recess
Favorite school lunch: Pears
Favorite color: Red
Favorite toy: Dinosaurs



Name: Charlie Nelson
Parent(s): Aaron & Kristi
What do your parent(s) do for a living? Dad: Works at school. Mom: Works at different school.
Sibling(s): Cael, Kane, Talon, Kaleb
Pet(s): 1 cat at mom's
Favorite movie: Toy Story
Favorite food: Pineapple
Favorite school activity: Homework
Favorite school lunch: Macaroni & cheese
Favorite color: Purple
Favorite toy: Mickey Mouse