

Oklee Precipitation
By Einar Kvasager

	Rain	Snow
April 7	0.09	
April 8	0.10	
April 9	0.12	
April 12		5.00
Total in.	0.31	5.00

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com



Vol. 107, Number 35

Wednesday, April 17, 2019

It won't let us go! 2nd spring storm hits area



Thursday morning started out very nice, sunny and very light winds. Of course there were warnings issued for 2nd “bomb cyclone” storm to hit us. By 4 p.m. everything had changed and suddenly.



By 5 p.m. D & R Grocery was busy with people leaving for home and getting supplies. Looking north from the front of D & Grocery you can barely see the CHS Northland Grain elevators.

Watching the news reports on Thursday and into the night, there were reports of many places in the south end of Minnesota with out power and many power poles were snapped off just above the ground.

The storm was also picking up dust from Mexico and Texas and some places were reporting a yellow/tan tinge in the snow.

This was the 2nd “bomb cyclone” storm to hit the same area. The reason they are called cyclone bombs is because the barometric pressure drops so low. The first bomb cyclone’s barometric pressure was lower than this one, but this was not too much higher. The National Weather Service had issued blizzard warnings from eastern Colorado to South Dakota.

The extreme low followed a line from Sioux Falls, SD straight up to the Duluth, MN area. That is why our area got more than first predicted.

This storm buried several states in snow and ice and created extremely dangerous travel conditions.

The storm was still hanging on Friday in parts of Minnesota, North and South Dakota and has weakened as it moved north.

There are tens of thousands of homes without power in the southern part of the state and

snow reports are quite high in some areas. In northeast South Dakota the storm dropped 25 inches of snow.

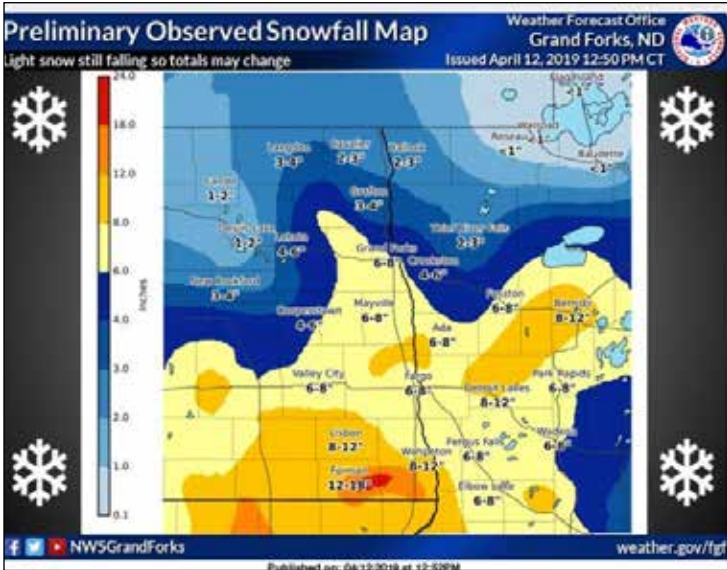
Forecasters say unseasonably low temperatures will be hanging around for the week-end, but then temperatures should start to warm up.

Minnesota Gov. Tim Walz declared a state of emergency in much of his state, where the Minnesota State Patrol has responded to more than 500 crashes since Wednesday.

A wide mix of weather impacted the southern, central and eastern United States. The storm then centered over the Central Plains, brought cold air, heavy snow and strong winds to the northern Plains, while severe thunderstorms, possible tornadoes and hail were expected in parts of the lower Mississippi Valley and the Midwest.

In southern states the cold front helped funnel hot, dry winds into southern Plains, where extremely low humidity and wind gusts above 50 mph fueled significant wildfires in Oklahoma, western Texas, and New Mexico.

From forecasters in our area, we should be moving into 40 & 50 degree days which will melt this last storm, we hope, of winter finally away.



Calendar of Events

- Wed, Apr. 17:**
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
- Thu, Apr. 18:**
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
- Fri, Apr. 19:**
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.
- Sat, Apr. 20:**
-Support your local business – Shop Locally!
- Sun, Apr. 21:**
-Worship at the church of your choice.
- Mon, Apr. 22:**
-LSS Sr. Meal 11:30 a.m.
- Tue, Apr. 23:**
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards.
- Wed, Apr. 24:**
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
- Thu, Apr. 25:**
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
- Fri, Apr. 26:**
-LSS Sr. Meal 11:30 a.m.
-Noon deadline for Oklee Herald news.
- Sat, Apr. 27:**
-Support your local business – Shop Locally!
- Sun, Apr. 28:**
-Worship at the church of your choice.
- Mon, Apr. 29:**
-LSS Sr. Meal 11:30 a.m.
- Tue, Apr. 30:**
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards
- Wed, May 1:**
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
- Thu, May 2:**
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

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	10.00
Apr.	2.5	5.25
Total	51.88	75.125

Annual Quilting Retreat held March 22-24 at Oklee Inn

21 ladies from all over the area gathered at the Oklee Inn for a quilting retreat... Oklee Quilting as host. Many beautiful projects were completed.



Local gals showing their projects were Val Brekke, Grace Dessellier, Gelene Lundeen and Shirley Dessellier.



Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Linda Molitor
Thu, April 18: 7:00 p.m. Maundy Thursday at Salem.
Fri, April 19: 7:00 p.m. Good Friday at Zion.
Sun, April 21: **Easter Sunday** - 9:00 a.m. Zion. No SS at either church. Rolls & coffee before Salem's Service. 10:30 a.m. Salem.
Wed, April 24: 7:00 p.m. Confirmation.

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE
Fr. Adam Hamness
Sun, April 21: 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, April 20: 5:30 p.m. RLF
Sun, April 21: 8:00 a.m. Brooks. 10:00 a.m. RLF.

IMMANUEL-EBENEZER LUTHERAN PARISH ELCA
Pastor Jonathan Dodson
Thu, April 18: 7:00 p.m. Maundy Thursday Worship at Immanuel.
Fri, April 19: 7:00 p.m. Good Friday Worship at Ebenezer.
Sun, April 21: Easter Sunday - 7 a.m. Worship at Immanuel. 8 a.m. Breakfast at Immanuel and Ebenezer. 9:00 a.m. Worship at Ebenezer. 10:30 a.m. Worship at Immanuel.

GOODRIDGE AREA LUTHERAN PARISH ELCA
Bethany-Ekelund-Faith
Pastor Kristen Ostercamp
Thu, April 18: Maundy Thursday at Eklund: 6:00 p.m. Meal - 7:00 p.m. Worship.
Sun, April 21: Easter Sunday - 6 a.m. at Ekelund, 8:30 a.m. at Faith. 10:00 a.m. Bethany. No Sunday School at any of the churches.
Wed, April 24: 7:00 p.m. Breaking Free Bible Study at Faith.

Oklee Senior Site Dining

April 22 - 26
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: French toast, 2 pc. bacon, 1 egg, and dessert.
Tuesday: Taco on fried bread w/all the trimmings, and dessert.
Wednesday: Ham & Swiss melt on bun, potato bacon soup, and dessert.
Thursday: ½ hot pork, mashed potatoes, gravy, corn, and dessert.
Friday: Goulash hotdish, corn, toast, and dessert.

CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth Oak Park - St. Petri
Pastor Jeff Merseeth
Wed, April 17: No Wednesday School. 7:00 p.m. Oak Park Ladies Aid.
Thu, April 18: Maundy Thursday - 5 p.m. Mt. Olive, 7 p.m. Nazareth.
Fri, April 19: Good Friday - 8:00 a.m. St. Petri, 7:00 p.m. Oak Park.
Sat, April 20: 9:00 a.m. Mt. Olive.

Sun, April 21: Easter Sunday - SS Kids Sing - 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.
Wed, April 24: 5:00 p.m. Wednesday School.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com

Wed, April 17: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.
Thu, April 18: 6 p.m. & 8 p.m. Living Last Supper at Calvary Lutheran Church.
Fri, April 19: 8:30 a.m. Friday School.
Sun, April 21: 9:30 a.m. Easter Morning Worship.
Tue, April 23: 6:30 a.m. Men's Prayer meeting. 9:30 a.m. Ladies Devotions. 10:00 a.m. Quilting. 6:30 p.m. Bible Study.
Wed, April 2: 6:30 p.m. AWANA Award night. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Wed, April 17: 2:00 p.m. Sand Valley WELCA. No Confirmation.
Thu, April 18: Maundy Thursday: Lund - 6 p.m. Soup & Sandwich, 7:00 p.m. Service*. 7 & 8 Grade narrative, 5th grade First Communion.
Sun, April 21: **Easter Sunday** - Sand Valley: 8:00 a.m. Breakfast; 9:00 a.m. Worship.
Mon, April 22: 7:00 p.m. Sand Valley Cemetery Assoc. meeting.
Wed, April 24: 6:15 p.m. 7 & 8 grade confirmation at Lund.

BETHEL ASSEMBLY Fosston
Seth Johnson, Interim Pastor
Sun, April 21: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

Sudoku Solution

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

April 20th EASTER EGG HUNT 9-10:30 a.m

Oklee Community Hall

Pictures with the Easter bunny from 9-9:30 (bring your own camera)
Egg Hunt from 9:30-10:30.
Crafts & prizes for all participating kids!

Funded by Oklee Community Club & Oklee Community Ed.

NOTICE

The City of Oklee will be flushing hydrants on April 24 & 25

Quin County Meeting
The Quin County Community Health Services Board & Advisory meeting will be held Monday, April 15, 2019 at 1:00 p.m. at the Newfolden Evangelical Free Church.

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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.

Thank You! Thanks to everyone who came to help celebrate my 90th birthday. You all helped to make it a special day. Thanks again,
Harold Cyr



Oklee Area Veterans' Memorial Update

Donations to the Oklee Area Veterans' Memorial were received recently from Joyce Tougas and Angel Sundahl, Oklee, who made a contribution in memory of their brother Louis Dessellier. Louis served in the United States Air Force. Iona Berry, Oklee, made a donation in memory of Marlin Barsness who was born and raised in Oklee, and well known as a lifelong resident of Oklee.

Contributions 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 marylbachand@gmail.com.

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

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.

RLCC ECFE April Event

Thu, April 25th is the field trip to the Headwaters Science Center in Bemidji for 3 ½ to five year olds class. It is for Red Lake Falls, Plummer, and Oklee School Readiness children and their parents from 4:30-9:30 PM. The trip will consist of eating at Giovanni's Pizza and then touring the Science Center. Look at trip details at www.hs Bemidji.org. Cost of the tour at the Science Center is covered by a grant from Operation Round-Up. The supper at Giovanni's will be a free-will offering collected at the bus. Bus cost will be \$5.00 per family. Call in to register by April 23. Red Lake Falls is picked up at 4:30 PM; call 253-2161 ext. 229. Plummer is picked up at 4:45 PM; call 465-4222 ext. 218. Oklee will be picked up at 5:10 PM; call 796-5136 ext. 140.

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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/rllf.htm at any time, where they can create their own patron accounts to browse, request and renew materials all from their home computers.

Thank you to all those who visited the Red Lake Falls Public Library last week during National Library Week. As the 2019 motto says, "Libraries = Strong Communities!" Winners of the 3 gift baskets will be published next week.

Now on display at the library are the ECFE quilts which the students designed with their artwork and the Snip 'N Stitch

Quilters sewed & quilted. Raffle tickets are available for the five quilts at a cost of \$3 per ticket, or \$5 for two. To purchase a raffle tickets stop by the library and for more information contact Wanda at School Readiness at 253-2161.

Mark your calendars for an upcoming music event with Dennis Warner in concert at the Red Lake Falls Library on Monday, May 6 at 6:00 pm. "Performing in over 100 cities each year, Folk/American musician and entertainer Dennis Warner has established a well-deserved reputation for captivating audiences with his smooth vocals, distinguished songs, enthusiastic personality and stellar playing on both six and twelve string guitars." This event is open to the public and free of charge, provided by MN Legacy funding.



Gelene Lundeen with one of her projects.

Crossword Solution

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

Spring Bake & Book Sale

The Clearwater County Historical Society will have a spring bake and book sale on Saturday, April 20 at the Bagley Senior Site.

Sale starts at 9:00 a.m. Closing at 2:00 p.m. or when everything is gone!

Pulled pork sandwich lunch served 11:00 a.m. till gone. Free Will Offering.



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Wednesday, April 17, 2019



MUSTANG STAMPED

RLCC Menus

April 22 - 26

Oklee

Monday: No School.
Tuesday: Breakfast: Cereal, toast, fruit, and milk.
Lunch: Pizza lettuce salad, cottage cheese, vegetables, fruit, and milk.
Wednesday: Breakfast: French toast w/syrup, cereal, fruit, and milk. **Lunch:** Ham patty w/bun, curly fries, vegetables, fruit, and milk.
Thursday: Breakfast: Cereal, toast, fruit, and milk. **Lunch:** Chicken burger w/bun, oven browns, vegetables, fruit, and milk.
Friday: Breakfast: Cinnamon roll, cereal, fruit, and milk. **Lunch:** Cold subs, chips, vegetables, fruit, and milk.

Plummer

Monday: No School.
Tuesday: Breakfast: Egg omelet, cereal, fruit, and milk. **Lunch:** Salisbury steak, mashed potatoes, gravy, vegetable, buttered bread, fruit, and milk.
Wednesday: Breakfast: Variety, cereal, fruit, and milk. **Lunch:** Taco in a bag (hamburger, cheese, lettuce, tomatoes), curly fries, carrots & cucumbers, fruit, and milk.
Thursday: Breakfast: Scrambled eggs, cereal, fruit, and milk. **Lunch:** Chicken noodle soup, cracker & cheese, salad, bologna sandwich or PB sandwich, fruit, and milk.
Friday: Breakfast: Cinnamon roll, cereal, fruit, and milk. **Lunch:** Pizza salad bar, apple crisp, whipped topping, fruit, and milk.

Junior High Honor

Music Festival

By Eric Gieseke
 Members of the Red Lake County Central Junior High Band and Choir traveled to Mahanomen for the Honor Music Festival on Friday, March 29. Ten students from the RLCC Junior High went with their music teacher, Mrs. Patty Mickelson. From the seventh grade, Jamie Flatgard, Clancy Hanson, Ella Moen and Kya Morinville all attended. Eighth graders who attended were Orin Hofstad, Shawna Majeres, Gerald Melin, Gunnar Sandeen, Molly Smith and Carson Lambert.

There were 84 students in total in the Honor Band from 11 different schools from around the area. Four students from RLCC were in the band including Sandeen, Hofstad and Lambert on the trumpet, and Melin on the drums. The Honor Band practiced and performed four different songs: "And the Trumpets Sound" by Bob Turner, "The Great Gate of Kiev" by Mussorgsky/arr. Foster, "Chant and Tribal Dance" by David Shaffer, and "Musical Mayhem" by Robert W. Smith.

In the Honor Choir there was a total of 61 participants from nine different schools. Six students from RLCC participated in the Honor Choir. They were Flatgard, Hanson, Moen, Morinville, Majeres and Smith. The Honor Choir also practiced four songs during the day and performed at the end of the day. The four songs were "Blackbird" by Audrey Snyder, "I Can Feel the Rhythm" by Cristi Cary Miller, "Pie Jesu" by Mary Lynn Lightfoot, and "Happiness" by Arr. Roger Emerson.

The event was directed by Monica Winter and Dr. Sigurd Johnson, and they were accompanied by Melissa Koch, Gene Lunsetter, and Daniel Miller. Winter has owned and operated her own private music lesson studio, Take Note-Us. She is a skilled accompanist with more than 25 years of experience. Dr. Johnson has been an Associate Professor of Music and Director of Athletic Bands and Percussion Studies at North Dakota State University since 2008.

RLCC High School Mid-Term

By Jeremy Kruchowski
 April 17th is fourth quarter mid-term at the Red Lake County Central High School. Mid-quarter reports will be handed out to the high school students on Thursday, April 18th. Parents watch for the mid-quarter reports.

RLCC Mustang Girls' Basketball Awards

By Jeremy Kruchowski

On Monday April 1st the Red Lake County Central Mustang girls' basketball awards banquet took place at the Community Center in Oklee. Head coach Mark Bagaason and Mitch Bernstein both spoke about the players. Kayla Kruse, daughter of Coach Mark Bagaason, was the guest speaker at the awards night.

Awards went to Brandie DeHate for the Most Hustle, Kia Bachand for Most Improved, and Sarah Christensen for Best Free Throw Percentage (79% for making 19 out of 24 of her free throws). Jenna Pahlen was given Defensive Player for having 301 rebounds, 69 steals and 69 blocked shots, and Most Valuable Player for having 18.6 points per game and 520 points altogether, 10.8 rebounds per

game and 301 rebounds altogether. Calyssa Eskeli got the Mustang Pride Award.

The Mustang Letter Winners were Tanisha Srnsky, Calyssa Eskeli, Jenna Pahlen, Cari Bachand, Sydney Olson, Katelyn Suchy, Brandie DeHate, Marie Johnson, Sarah Christensen, Isabella Russillo, Kia Bachand, and AJ Jones.

Jenna Pahlen was Northern Galaxy All Conference. Kia Bachand and Calyssa Eskeli received Honorable Mention certificates.

Senior awards went out to Marie Johnson and Sarah Christensen. Marie Johnson also received the Academic All-State Award. She had to have over a 3.75 cumulative GPA and be on varsity her junior and senior year.



Marie Johnson and Sarah Christensen received Senior Awards at the RLCC Girls Basketball Banquet.



Marie Johnson from the RLCC Mustangs girls' basketball team received a certificate for Academic All-State.



RLCC Mustang Jenna Pahlen (center) was awarded Northwest Galaxy All-Conference Team. Teammates Kia Bachand (left) and Calyssa Eskeli (right) received Honorable Mention.



The Mustang Letter Winners were (top) Tanisha Srnsky, Calyssa Eskeli, Jenna Pahlen, Cari Bachand, Sidney Olson, (bottom) Katelyn Suchy, Brandie DeHate, Marie Johnson, Sarah Christensen, Isabella Russillo, Kia Bachand, and AJ Jones.



RLCC Girls' Basketball Team Award recipients: Brandie DeHate, Kia Bachand, Sarah Christensen, Jenna Pahlen, and Calyssa Eskeli.



Harcourt Rodale, played by Tom Nelson, showing that his pill bottle was empty during the questions forum shortly after act one of "You Know the Old Slaying" performed at RLCC High School.

"Lace 'Em Up" Basketball Camp Registration

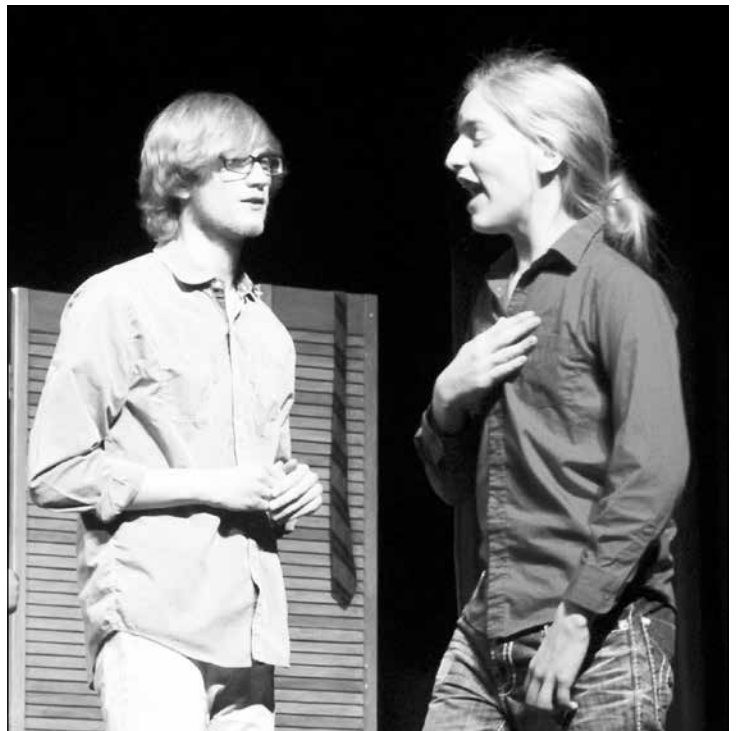
By Kia Bachand

The annual "Lace 'Em Up" Basketball Camp will be held in the Red Lake Falls High School from June 3rd-7th, 2019. It is open to boys and girls who are currently in grades K-11. From 8:00 a.m. to 11:30 a.m. will be for grades 6th-11th, and 12:00 to 3:30 p.m. will be for grades K-6th. (If requested, sixth graders may come in the morning, afternoon, or both for one price).

The cost of the camp is \$60 with a maximum of \$100 per family. If registered before May 25th, you will also receive a camp T-shirt. After May 25th, all single registration fees will be \$70 and the maximum cost per family will be \$120.

Return registration forms to Steve Philon:

518 Champagne Ave, Red Lake Falls, MN 56750
 (218-253-2499) or Email: sphilon@rlfedu.org



In the three act play, Remi Rathack playing Mark Henshaw boasts what a great actor he is to Tom Nelson who played Harcourt Rodale.



Guest speaker Kayla Kruse, the daughter of Coach Mark Bagaason, spoke at the Mustangs Girls Basketball Awards Night.

Guest Speaker for Mustangs Awards Night

By Jeremy Kruchowski

Kayla Kruse, daughter of Coach Mark Bagaason, was the guest speaker at the Red Lake County Central Girls' Basketball Awards Night held April 1 in Oklee. Kruse graduated from Fosston High School in 2005. She played on three state champion volleyball teams during high school, and also was on the state champion basketball team in 2003 and second place team in 2005.

An outstanding athlete, Kruse scored 2,824 points in her high school career and is the 24th all-time scorer in Minnesota. She also made just under 300 three-point career field goals putting her in the top 20 all-time for three-point field goals made.

After high school, Kruse played basketball at the University of North Dakota playing in the National Tournament three times with one trip to the Elite 8. During her senior year UND won the Great West Conference title, and she was named the Conference Player of the Year. Kruse ranks 25th all-time at UND with 1,107 points, second all-time with 80 three-pointers made in a season, fifth all-time in three-point field goal percentage at 40%, and sixth all-time with 184 career three-pointers made.

She married Mark Kruse in 2011, and they live in Blaine with their four year old daughter Lyla. She recently started a new job at Medtronic in the Cities.

Spring Break at RLCC

By Eric Gieseke

Due to the Easter holiday there will be no school Friday, April 19 and Monday, April 22 at Red Lake County Central High School and Elementary School. School will resume Tuesday, April 23.

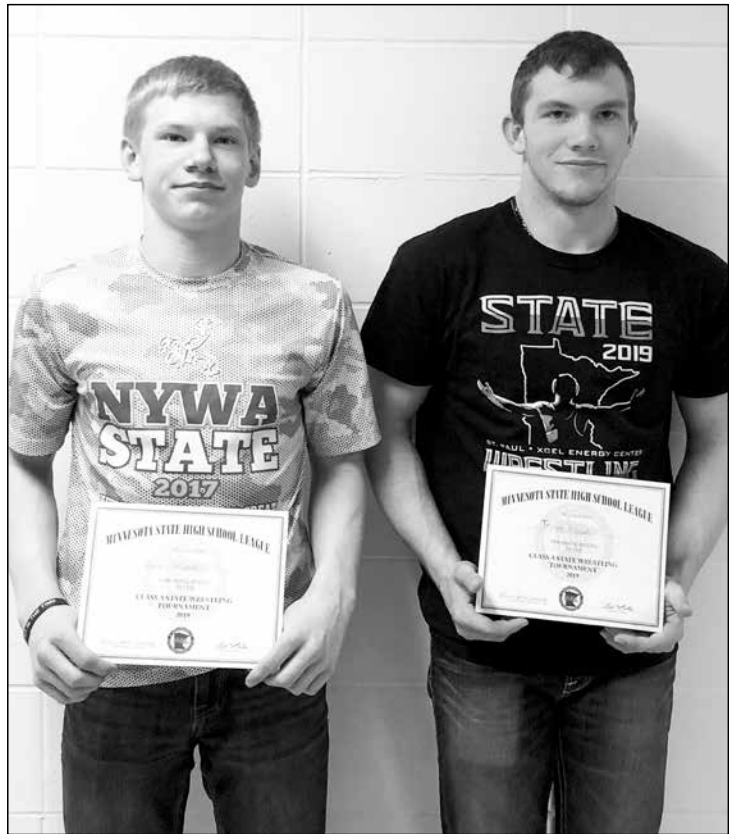
Wrestling Awards Night



Sophomore Tristyn Ferguson had the most pins and most takedowns during the Mustang wrestling season.



These Red Lake County Central Mustang wrestlers received their letters. In the back is: Tristyn Ferguson, Zach Howard, George Duden, and Zoe Russillo. In the front is: Oscar Duden, Paul DeHate, Damon Ferguson, and Gunnar Sandeen.



Damon and Tristyn Ferguson received certificates for being Class A State Wrestling participants.

By Madison Carlson
Wrestling Awards Night for Red Lake County Central High School was April 2nd in Oklee. The following received letters: Zoe Russillo, a senior; Tristyn Ferguson, Zach Howard, and George Duden, sophomores; Paul DeHate, a freshman; and Oscar Duden, Damon Ferguson, and Gunnar Sandeen, eighth graders. Tristyn Ferguson, Zach Howard, and Damon Ferguson were a part of the North Star Conference All-Conference. Honorable mentions were George Duden, Paul DeHate, and Oscar

Duden. Tristyn Ferguson and Damon Ferguson were wrestling state participants.

Wrestling coaches Nick Cervantes and Cameron Lundeen gave out team awards. Zoe Russillo received the Grit Award. George Duden got the Hardest Worker Award. Paul DeHate was given the Most Improved Award. Damon Ferguson got the Mustang Award. Most Valuable Wrestler Award went to Tristyn Ferguson. He also got two awards for the Most Pins and Most Takedowns for the season.



At the RLCC Wrestling Awards Night Tristyn Ferguson, Damon Ferguson, George Duden, Paul DeHate, and Zoe Russillo were presented with team awards.



(Left to Right) Conference Honorable Mention certificates were given to three RLCC Mustang wrestlers: Oscar Duden, Paul DeHate, and George Duden. Wearing medals for being named North Star Wrestling All-Conference were Tristyn Ferguson, Zach Howard, and Damon Ferguson.

to their children's safety and well-being. Families whose economic opportunities are more limited may need assistance connecting to social service supports, such as housing, alcohol and drug treatment, domestic violence counseling, or public benefits.

Words to live by: Strong families ask for help when they need it.

Social and Emotional Competence of Children

Parents and caregivers grow more responsive to children's needs—and less likely to feel stressed or frustrated—as children learn to tell parents what they need and how parental actions make them feel, rather than “acting out” difficult feelings.

Words to live by: Children get along better with others when they have words to express how they feel.

www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/

Parenting Tips

Enjoy the Humor
“Some days my kids can do no wrong. Other days I understand why some animals eat their young.”
Toni Hammer

Good Moms have sticky floors, messy kitchens, laundry piles, dirty ovens and HAPPY KIDS!

“DIAPER backward spells REPAID. Think about it.”
Marshall McLuhan

“Let us always meet each other with a smile, for the smile is the beginning of love.”
Mother Teresa

E-cigarettes linked to heart attacks, coronary artery disease and depression: Data reveal toll of vaping; research-

ers say switching to e-cigarettes doesn't eliminate health risks

Concerns about the addictive nature of e-cigarettes -- now used by an estimated 1 out of 20 Americans -- may only be part of the evolving public health story surrounding their use, according to new data. New research shows that adults who report puffing e-cigarettes, or vaping, are significantly more likely to have a heart attack, coronary artery disease and depression compared with those who don't use them or any tobacco products.

www.sciencedaily.com/releases/2019/03/190307103111.htm

April is Alcohol Awareness Month

The theme of HELP FOR TODAY, HOPE FOR TOMORROW is aimed at educating people about the treatment and prevention of alcohol addiction, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives.

Facing Addiction with National Council on Alcoholism and Drug Dependence remind you:

despite the legal drinking age of 21, people age 12 to 20 years drink 13 percent of all alcohol consumed in the U.S., more than 90 percent of which is in the form of binge drinking.

even though most teenagers know that you should not drink and drive, nearly a third still accept rides from drivers who have been drinking.

if your drinking has caused problems in your relationships, at work, at home, financially, physically or legally, it's time to get “Help for Today, Hope for Tomorrow.”

<https://www.facingaddiction.org/resources/alcohol-awareness-month>



RLCC High School 3rd Qtr Honor Roll

7th Grade
“A” Honor Roll: Jamie Flatgard, Sydney Fougner, Caden Lee, Ella Moen, Keira Morinville, Kya Morinville, and Everett Svendsen.

“B” Honor Roll: Arron Benoit, Lilian Hager, Jennifer Johnson, Paul Malwitz, Isabelle Morinville, Maverick Nelson, Peyton O'Neill, Bryn Vettleson, and Carly Vettleson.

8th Grade
“A” Honor Roll: Natalie Lindemoen, Shawna Majeres, Aurora Mitzner, Cael Nelson, Aurimy Olson, Marin Peterson, Gunnar Sandeen, and Natalie Vettleson.

“B” Honor Roll: Damon Ferguson, Kaleb Fougner, Orin Hofstad, Carson Lambert, Caleb Nymann, Paige Olson, Kaleb Roussy, Arielle Rude, Payton Rystad, Molly Smith, Izaiah Stordahl, Lucille Svendsen, Marissa Thomas, and Carlee Whalen.

9th Grade
“A” Honor Roll: Cari Bachand, Zachary Cater, Peyton Fish, Taya Morinville, Kjerstin Nelson, Leah Peterson, Jonathan Roue, Steven Sogla, and Halie Thompson.

“B” Honor Roll: Jedidiah Duden, Tyler Eskeli, Lilian Hanson, Noah Hanson, Madeline Inda-Valdez, Lauren Jones, Michael Lowell, Marissa Schiebe, Bailey Sherman,

Sign up for Oklee Community Ed. events

By: Eric Gieseke
Oklee Community Ed is sponsoring Oklee Swimming Lessons, Painted Barn Quilt Class, Oklee Community Rummage Sale and Pickleball in the upcoming months.

Painted Barn Quilt Class will be at the Oklee Hall on Saturday, May 4th starting at 9 am until your project is done. The cost will be \$25 for a 2 ft. X 2 ft. and \$50 for a 4 ft. X 4 ft board. All supplies will be provided. Call Oklee Quilting at 796-5151 to register.

Oklee Community Rummage Sale will be held Saturday, May 11th starting at 8 am. There will be sales at the community hall and around town. Maps are available at the rummage sales and area businesses.

Pickleball started on April 7th but continues for several Sundays at 7:00 pm in the RLCC Oklee Gym. Adults only and you must wear tennis shoes. Contact David Olson at 701-261-7605 with any questions.

Oklee Swimming Lessons at Fosston pool will start up June 3rd until June 21st from 10:15 - 12:45 for Oklee School District kindergarten and up. Please sign up at the Oklee office. The cost will be \$35 per person or \$90 per family. Payments will be due May 19th. If you have any questions contact Sandra Tougas at 796-5136.

Legal

ISD 2906 Red Lake County Central Minutes-March 19

The ISD 2906 Board of Education held a regular board meeting on Wednesday, March 13, 2019 at the Brooks Community Center in Brooks.

Duden, Hamrum, Kolstoe, Majeres, Paradis, Vettleson were present.

Motions were carried to approve February minutes, financials, discontinue the Family and Consumer Science Program, 2019-20 School Calendar, non-renew contracts with Community Experts music teachers, with regret.

(Complete minutes may be seen in the district office at 260 Minnesota Street, Plummer, MN or on our school website at www.rlcc2906.org.)

Jody Duden
ISD 2906 School Board Clerk
O4C

Rebels' Track and Field first meet

By Jeremy Kruchowski
Red Lake County Rebels Track and Field team attended their first track meet at the Bemidji State University indoor track on April 9th. Here are the results from BSU Beaver Relays Meet.

The Girls Team finished in 11th place. Those who placed are:

4x200 Meter Relay-3rd place: AJ Jones, Hollie Knott, MaKenzie Williams, and Zoe Russillo 1:55.00

High Jump-2nd place: MaKenzie Williams 4'10"

High Jump-8th place: Clara Girdler 4'6"

Triple Jump-5th place: MaKenzie Williams 30'9"

The boys did not place.

Erin Sundquist, and Leilah VanDam.

10th Grade

“A” Honor Roll: Kia Bachand, Adriel Bakken, Daniel Guillemette, Emily Kolstoe, Karena Melby, Janae Olson, Isabella Russillo, Annika Senum, and Katelyn Suchy.

“B” Honor Roll: Jillian Booth, Wakely Bryl, Bailey Culkins, George Duden, Tristyn Ferguson, Eric Gieseke, Morgan Plante, Elijah Rath-sack, and Brock Tvedt.

11th Grade

“A” Honor Roll: Calyssa Eskeli, Christopher Longtin, and Derek Peterson.

“B” Honor Roll: Zachary Benson, Madison Carlson, Lillian Guillemette, Rickey Hackett-Ulrich, Jayden Iverson, Sophia Linder, Sidney Olson, Jenna Pahlen, Tanisha Srnsky, Gunner Thompson, and Abigail Walton.

12th Grade

“A” Honor Roll: Jari-sa Bailey, Julia Bernstein, Jocelyn Castaneda, Andrew Fish, Sydnie Gunderson, Marie Johnson, Connor Lambert, and Justin Nemec.

“B” Honor Roll: Christian Baker, Adam Cater, Grace Gieseke, Austin Jensen, Daphney Koralewski, Thomas Nelson, Alex Peterson, Zoe Russillo, Dawson Rystad, and Adrien Verbout.

Wednesday, April 17, 2019

April 2019 Health Points

National Infant Immunization Week April 27-May 4, 2019

Vaccinating on time, every time in a baby's first two years of life provides the best protection against dangerous diseases.

- The recommended immunization schedule is set up to provide infants and children with protection from 14 potentially life-threatening diseases early in life when they are most vulnerable.

- Diseases that used to be common in the U.S. are rarely seen now. That's because vaccines work and are safe.

- Even when your baby gets multiple vaccines at a visit, the vaccines do not overload the immune system. Every day, your baby's immune system successfully fights off thousands of antigens – the parts of germs that cause their immune system to respond to diseases. Vaccines contain only a tiny amount of antigens compared to the antigens your baby encounters every day.

- Delaying or skipping vaccines can put children at risk for diseases that can cause serious health problems.

- Check to see what vaccines your child needs by requesting their immunization record from the Minnesota Immunization Information Connection (MIIC). Go to: Find My Immunization Record (<https://www.health.state.mn.us/people/immunize/miic/records.html>). www.health.state.mn.us/people/immunize/hcp/niiw.html

April is National Child Abuse

Prevention Month Protective Factors

Research has shown that the following protective factors have been linked to lower

incidences of child abuse and neglect:

Nurturing and Attachment

Research shows that babies who receive affection and nurturing from their parents have the best chance of developing into children, teens, and adults who are happy, healthy, and possess individual-level protective factors, such as relational, self-regulation, and problem-solving skills.

Words to live by: Strong families show how much they love each other.

Knowledge of Parenting and Child Development

Parents who understand the usual course of child development are more likely to be able to provide their children with respectful communication, consistent rules and expectations, developmentally appropriate limits, and opportunities that promote independence.

Words to live by: Being a great parent is part natural and part learned.

Parental Resilience

Parents who can cope with the stresses of everyday life, as well as an occasional crisis, have resilience—the flexibility and inner strength to bounce back when things are not going well. Parents with resilience also know how to seek help in times of trouble.

Words to live by: Flexibility and inner strength keep families strong in times of stress.

Social Connections

Parents with a network of emotionally supportive friends, family, and neighbors often find that it is easier to care for their children and themselves.

Words to live by: Connecting with friends builds a strong support system.

Concrete Supports for Families

Families whose basic needs (for food, clothing, housing, and transportation) are met have more time and energy to devote

Meet the Class of 2019



Name: Jarisa Bailey
Family members: Parents: Lyne Bailey and Tracey Homme. Siblings: Jared Shaugabay. Dog: Minnie.

Favorite movie: Saw Series
Favorite song/band: Here Me Now by Bad Wolves

Favorite class: Library
Favorite teacher/coach: Mr. Strutz

Most important person in your life: My dad, my boyfriend Joden and Jocelyn.

Life has rules. What is your personal rule you plan on following in your life: Go with the flow.

Your plans for the Future: Go to college, move in with my boyfriend and be happy.



Name: Jocelyn Castaneda
Family members: My parents: Travis & Monica Castaneda. Brother: Alec Castaneda. Dog: Peanut.

Favorite movie: Labyrinth
Favorite song/band: Fav band is Blue October

Favorite class: Yearbook
Favorite teacher/coach: Mr. Strutz and Mrs. Aakhus

Most important person in your life: My parents, my brothers and my best friend Jarisa

Life has rules. What is your personal rule you plan on following in your life: "Just Keep Swimming"

Best memory from school: Prom decorating.

Your plans for the Future: Photographer



Name: Isaac Eskeli
Family members: Dave & DeeAnn Eskeli

Favorite movie: The SpongeBob Movie.

Favorite song/band: Hap-pier - Marshmello

Favorite class: Mr. P's math

Favorite teacher/coach: Mr. Paskavan

Most important person in your life: My mom

Your plans for the Future: Have a home



Name: Julia Bernstein
Family members: Krista & Mitch Bernstein, Dominica Bernstein.

Favorite movie: Mama Mia

Favorite song/band: All Beyoncé songs

Favorite class: Anatomy
Favorite RLCC Sport/Activity: Basketball, Volleyball and Track.

Favorite teacher/coach: Bagaason

Most important person in your life: Lola

Life has rules. What is your personal rule you plan on following in your life: Giving up is not an option, life will hand you many obstacles but you must persevere

Best memory from school: Making the buzzer beater during basketball to beat Warren.

Your plans for the Future: I plan on attending BSU to get my bachelor's degree in Exercise Science. Then go to PA school to become a Surgical Physician's Assistant.



Name: Adam Cater
Favorite class: Shop
Favorite RLCC Sport/Activity: Trap

Favorite teacher/coach: Mr. Moll and Mr. Illies



Name: Sarah Christensen
Family members: Anders & Anna Mae, Tim, Marcus, and my big dog Blizzard.

Favorite movie: Bohemian Rhapsody

Favorite song/band: Country Roads

Favorite class: Physics with Mr. Illies

Favorite RLCC Sport/Activity: Trap shooting and basketball

Favorite teacher/coach: Mr. Illies

Most important person in your life: My mom, dad and aunt Sylvia

Best memory from school: In the 8th grade getting lost in the Fargo Dome for 2 hours with Sydnie G. and then finally finding the bus and everyone hated us.



Name: Grace Gieseke
Family members: Mom, Dad and brothers

Favorite movie: The Little Mermaid

Favorite song/band: Luke Bryan

Favorite class: English

Favorite RLCC Sport/Activity: Speech

Favorite teacher/coach: Ms. McDonald

Best memory from school: When Lacey locked Zoe's car keys in her car when it was running.



Name: Adrien Verbout
Family members: Micheal & Rozella, sisters, Roxanne & Michaela and brother Cory.

Favorite class: English
Favorite RLCC Sport/Activity: Football

Favorite teacher/coach: Mrs. Aakhus

Most important person in your life: My parents

Best memory from school: Everyday because each day was something new

Your plans for the Future: I plan to go to Northland in Thief River Falls and study Law Enforcement.



Name: Zoe Russillo
Family members: Robert, Kelli, Bella, Oliver Russillo, Magen, Parker Anderson.

Favorite movie: Bohemian Rhapsody

Favorite song/band: Bon Jovi

Favorite class: Gym

Favorite RLCC Sport/Activity: Track & Field

Favorite teacher/coach: Mr. Illies

Most important person in your life: My friends, Tasha Manning & Lacey Pendelton

Life has rules. What is your personal rule you plan on following in your life: To be free and happy

Best memory from school: The 2018-19 Homecoming week.

Your plans for the Future: I want to travel the world and help kids in need.

Northern Galaxy

Conference

By Eric Gieseke
 The Northern Galaxy Girls' Basketball Conference recognized the Conference Champions and the All-Conference teams. The conference champions were the Stephen-Argyle Storm.

There were 11 girls selected to the All-Conference team including Jenna Pahlen from Red Lake County Central, and

Abbey Johnson, Abi McGlynn and Savannah Riopelle from Stephen-Argyle. Also making the All-Conference team were Shelby Durand and Rylie Mortimer from Warren, Keylee Dahl from Northern Freeze, Clara Girdler from Red Lake Falls, Jessica Remer and Sydney Lloyd from East Grand Forks Sacred Heart and Maci Bakken from Goodridge-Grygla.

The Honorable Mention Team includes Kia Bachand and Calyssa Eskeli from RLCC, Makenzie Williams from RLF, Riley Mooney from Stephen-Argyle and Mackenzie Roller from Warren. McGlynn from Stephen-Argyle received the Northern Galaxy Offensive Player of the Year award and Jessica Remer from Sacred Heart earned the Defensive Player of the Year award.

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 Ouerdrive, Writer's Journal, the San Diego Union-Tribune and Snowmobile.



Weller/Martin Trilogy shows the domestic side of war

Martha Forsyth Haut, formerly of Estherville, Iowa, and now living in Joplin, Mo., has penned a remarkable trilogy of historical novels that chronicles the human side of war-ravaged southwestern Missouri during the Civil War.

In the first novel of The Weller/Martin Trilogy, Left, the author tells the raw and bitter tale of how the Martins and Wellers hide from Southern guerilla raids at the start of the war. James Martin, who shelters his naive and helpless wife Esther from the auguries of the world, says shortly before he is hanged and his home burned, "These crazed rebels are mad for change. Others, just as wild as they are, are mad against it. This whole half a' the state ain't safe."

Esther, just like her friend Pearl Weller, is forced to cope with unimaginable challenges in The Bamboozlers as she brilliantly defends herself in

a military court after killing a sergeant who attacks her in an outdoor privy. Meanwhile, Pearl and her newfound 'family' fend off a guerilla attack fomented by Miss Callie, a Southern sympathizer whose own family was killed by Northerners.

Turn About picks up where The Bamboozlers leaves off. Afraid of yet another attack, Pearl and her friends pack up her farm and move all their belongings into a cold cave they unwittingly share with a mother bear and her cubs. The eclectic group includes not just Esther and the Wellers, but MayBee and her son Lem, African-Americans more family than slaves to the Martins, and the moonshiner Dottie. They have occasional and timely visits by the Native woman Leeta and her son Wind.

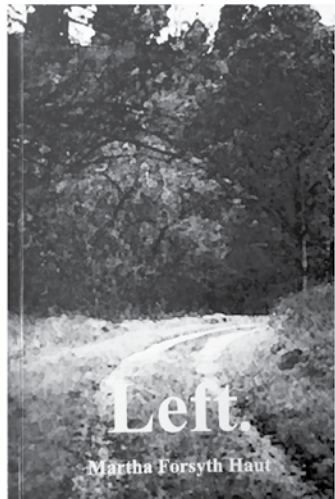
By the time we reach Turn About, a remarkable trans-

formation has come about for Esther, Pearl and her husband Carl. The two helpless 'city' women have become self-sufficient pioneers able to handle whatever nature and the guerillas throw at them, while Carl is able to stand up to the challenge as well.

Forsyth Haut's characterizations are spot-on. We leave the final novel feeling as though we're parting with dear friends. Throughout it all, the author impresses upon us the image of the sycamore tree, home to a mockingbird and Pearl's perch where she finds peace and solace from the violence and tribulations around her.

All three books are currently available on Amazon Kindle with print versions scheduled for release shortly.

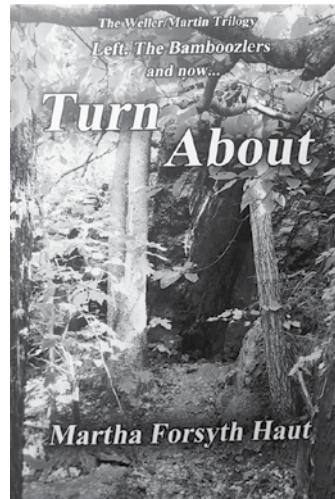
Michael Tidemann writes from Estherville, Iowa. His author page is amazon.com/author/michaeltidemann.



Left
 Martha Forsyth Haut
 Mattie Dee Publishing
 ISBN 978-1-4951-7581-7
 \$16.95

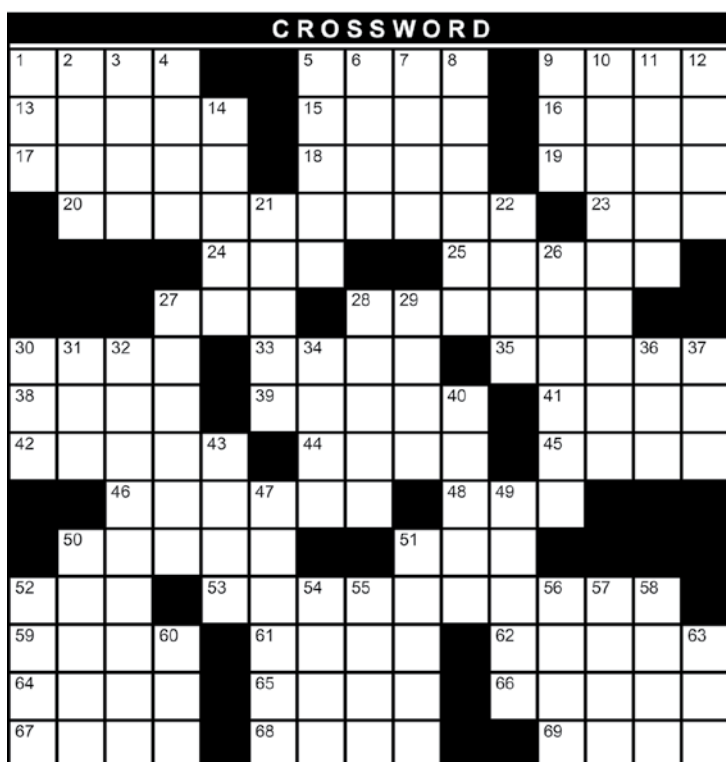


The Bamboozlers
 Martha Forsyth Haut
 ISBN 978-1-5136-1961-3
 \$16.95



Turn About
 Martha Forsyth Haut
 \$10

Statepoint Crossword Off To The Races



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dish

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ACROSS
 1. Goes with flows
 5. Worry excessively
 9. Occasional heart condition
 13. Well-___ machine
 15. *War Admiral's 1938 experience
 16. Sudan's neighbor
 17. a.k.a. Pleasant Island
 18. Great Salt Lake state
 19. Marching band member
 20. *Unlikely champion during Great Depression
 23. Shiny wheel part
 24. Religious Wednesday
 25. Don't just stand there!
 27. A cool ____, as in money
 28. Come off
 30. Type of cabbage
 33. Never without "n"

35. Infection of the eyelid, pl.
 38. Ethiopian currency
 39. Sea swallows
 41. Arm bone
 42. Best of the crop
 44. Aid in crime
 45. Away from wind
 46. Sourly
 48. Snakelike reef dweller
 50. Winter glider
 51. ___ as a fiddle
 52. Peter of the Lost Boys
 53. **The Most Exciting ___ in Sports"
 59. December 24 and 31
 61. Bear's hang-out
 62. Retire from military
 64. *Official flower of the Kentucky Derby
 65. Attention-getting interjection

66. Napoleon's stay on St. Helena, e.g.
 67. Bear constellation
 68. Play on words, pl.
 69. *Between walk and canter

DOWN
 1. Longest division of time
 2. Objectivity preventer
 3. Like most-desired ribbon
 4. Evening in Roma
 5. Turn red
 6. Co-eds' military org.
 7. Isaac's firstborn
 8. Informal wear
 9. Part of play
 10. *___ Downs
 11. Olden day women's riding garb
 12. Dutch cheese
 14. Home to Burj Khalifa
 21. Florida Key, e.g.
 22. Steeped beverages
 26. Opposite of potential
 27. Caribbean rattle
 28. *Race, literally
 29. European sea eagle
 30. *Official Kentucky Derby broadcaster
 31. Lungful
 32. *Second leg of the Triple Crown
 34. Calf at a grocery store
 36. Between NE and E
 37. Sigma Alpha Epsilon
 40. Beer garden mug
 43. Catcher's catcher
 47. Drooping neck skin
 49. Chopin's composition
 50. Relish tastebuds' sensation
 51. Law business entities
 52. Paddington Bear's homeland
 54. Pearl Harbor island
 55. Demeanor
 56. SMS
 57. Chieftain in Arabia
 58. Aria, e.g.
 60. Poseidon's domain
 63. *Trifecta or Exacta

Bonny's Bits... okleeherald@gmail.com

Come on, it's time for some spring warm weather. Don't you think! But no sense complaining because it will come when it comes.

Lots of stuff has been happening around the area lately. Plummer American Legion had their 100th birthday bash recently. Oklee Quilting held their annual Quilt retreat at the Oklee Inn, and now this weekend is Easter. Time for egg hunts for the children and delicious Easter meals with family and friends.

Many folks that have been spending their winters down in warmer places are making

their way back to their Minnesota home. Remember to let me know when you get back so I can change your address!!

The deer have been around Oklee herding up near the Omar Sundrud park looking for fresh growth of grass. And the birds are returning for the summer. It is good to see these signs of spring.

And a new activity is showing up in Oklee, Pickleball. This is one of the fastest growing sports that anyone can play from what I have read. Folks in Brooks has been playing it for a number of years and have a court set up in their hall. Dave

Olson has been holding classes in Oklee. Do you think there could be tournament between the towns like there used to be with baseball/softball? Who knows. It sounds like fun either way whether it is a way for you to get some exercise or if it turns out be more of a competition.

Things coming up this spring are the Community Rummage Sale, City Clean-up /Pickup will both be soon.

Soon we will hear the sounds of lawn mowers and tillers instead of snowblowers and plows.

Happy Easter!!

STORY TO SHARE!

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

April is Sexual Assault Awareness Month (SAAM)

Violence Intervention Project, a local nonprofit that serves domestic and sexual violence victims, is focusing on ways that individuals, communities, and the private sector can help prevent sexual violence. Nearly one in five women and one in 71 men are victims of sexual assault (Black et al., 2011), but all of us are impacted by sexual violence.

Everyone understands that sexual violence impacts victims and their families, but the effects of this violent crime on communities and society are less obvious. Sexual violence creates a climate of fear, anger, and/or disbelief in the workplaces, campuses, and communities that it occurs in. Additionally, sexual violence generates criminal justice, medical, and crisis and mental health service expenses. Perhaps most damaging are the lost contributions of survivors. Rape alone results in more than \$122,000 in costs per victim and nearly \$3.1 trillion to the economy over the lifetimes of all 25 million victims in the US population.

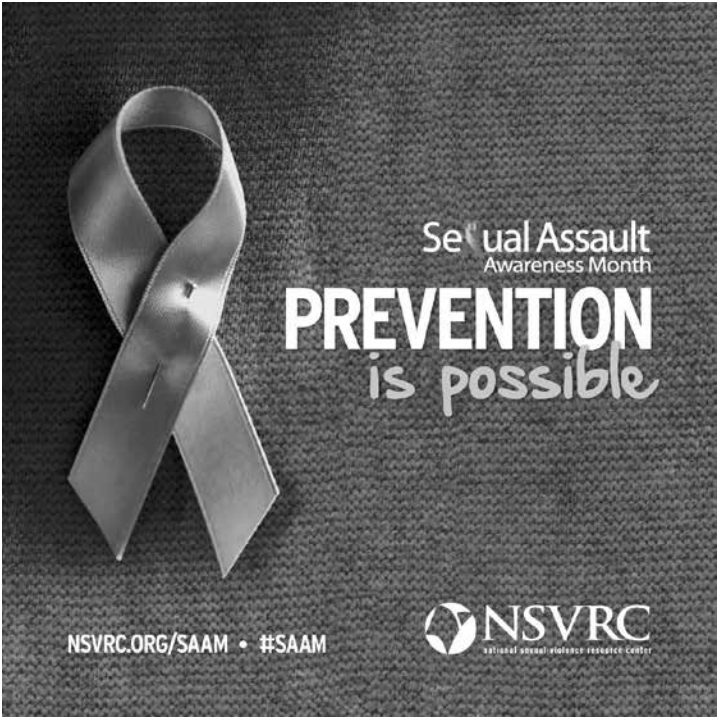
Preventing such a far-reaching and prevalent social issue as sexual violence may seem overwhelming or even impossible. This mentality implies that there isn't a solution — or

if there is, we can't achieve it. But we can and we are. There are many practical steps that are currently being taken in our homes, neighborhoods, schools, faith communities, and workplaces. "But there are many more things we can do, says Sandi Bentley, VIP Executive Director, to promote safety, respect, and accountability."

Prevention starts with challenging victim-blaming and believing survivors when they disclose. Individuals can model supportive relationships and behaviors, call out harmful attitudes and behaviors, and challenge the societal acceptance of rape. Communities and businesses can take action to implement policies that promote safety, respect, and equality.

VIP's slogan this year is, "Prevention is Possible!" to help everyone see their role in preventing sexual violence. VIP is promoting awareness through coffee sleeves, radio spots, and social media. Thanks to an Operation Round Up grant received from Roseau Electric Coop, VIP will be donating books about sexual violence to libraries in Roseau and Warroad.

VIP will also be presenting at Northland Community and Technical College on April 11



at noon. This event features guest speaker Alicia Johnson, third year MD candidate at the UMN-Twin Cities. The public is invited to bring your own lunch. You can learn more at violenceintervention.org.

You can also support Sexual Assault Awareness Month by following VIP on Facebook and Twitter and share their message to help increase awareness and prevent sexual violence.

About VIP

VIP is a private, non-profit agency that serves victims of domestic and sexual violence in Red Lake, Pennington, Marshall, Kittson and Roseau Counties. In the past year, VIP

has served over 600 victims of domestic or sexual assault through crisis call response, advocacy support, shelter and other housing support. Over 400 exchanges and visits for parents with children have been scheduled through VIP's Parenting Time Center (Umbrella Tree). Call 218.681.5557 for more information.

If you have experienced sexual violence and need help, please contact Violence Intervention Project. If you are in NW Minnesota or anywhere in the United States, you can call the VIP's crisis line (1-800-660-6667) or confidentially access advocacy services at VIP's office in Thief River Falls on a 24/7 basis.

Oklee Centennial Cookbook

Recipe Corner - From page 345

Deep Dark Chocolate Cake

Phyllis Rystad



- 1-3/4 cups unsifted all-purpose flour
- 2 eggs
- 2 cups sugar
- 1 cup milk
- 3/4 cup Hershey's Cocoa
- 1/2 cup vegetable oil
- 1-1/2 tsp baking soda
- 2 tsp vanilla
- 1-1/2 tsp baking powder
- 1 cup boiling water
- 1 tsp salt

Combine dry ingredients in large mixing bowl. Add eggs, milk, oil and vanilla; beat 2 minutes on medium speed. Stir in boiling water (batter will be thin). Pour into greased and floured 13 x 9 x 2" pan. Bake at 350 degrees for 35 to 40 minutes, or until toothpick, inserted in center, comes out clean. Cool completely.

Frosting:

- 6 Tbsp butter or margarine (softened, not melted)
- Hershey's Cocoa - 1/3 cup for light flavor
- 1/2 cup for medium flavor
- 3/4 cup for dark flavor

- 2-2/3 cups powdered sugar
- 1/3 cup milk
- 1 tsp vanilla

In a small bowl, cream butter. In a separate bowl, blend cocoa and powdered sugar, and add to butter alternately with milk; beat to spreading consistency (additional milk may be needed). Blend in vanilla. Makes about 2 cups frosting.

Beyond Keto...

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

As a follow-up to my last article on the keto diet I thought I would talk about low carb diets this month. Low carb diets are similar to keto diets, but not nearly as restrictive in carb and protein intake. A low carb diet does avoid bread, pasta, rice, and cereal, among other grain foods. It also limits your intake of starchy vegetables such as potatoes, fruit and milk/yogurt. As with the keto diet people following a low carb diet do lose weight. As do people following many other types of reduced calorie diets.

Low carb is an off shoot of the Atkins diet that was popular several years ago. There are many variations of low carb diets. Some allow you to eat all the bacon and fatty meat you desire. Others are a bit more moderate, recommending lean meats and protein and an overall moderate protein intake vs being a high protein diet as well as low carb. This is more prudent, as the evidence shows saturated fat raises LDL cholesterol and your risk of heart disease. Saturated fats are found in animal fats, and tropical oils that are solid at room temperature (such as coconut and palm oil). Many people who lose weight on a low carb diet (or other diet) do bring down their cholesterol, which may be due to the weight loss itself, not because of eating bacon cheeseburgers (no bun of course!)

Depending on the source, carb intake recommendations can vary from 100 grams, 50 grams and as low as 20 grams a day, and anything in between! Most often the goal is to basically go as low as possible. To help you visualize how restrictive this is, a small apple has 20 grams of carb, 1 slice of bread has 15 grams, 1 cup of milk has 12 grams, and 1 cup of plain yogurt has 20 grams. One of these foods would basically be your carb allowance for the day on a 20 gram carb diet. So, the question becomes: what can you eat?! Basically, meat and low carb vegetables. Before embarking on this type of diet, ask yourself if you can stick with it for the rest of your life to sustain the weight lost? There are many different options for weight loss, and different approaches work for different people.

When carb intake is so low and entire food groups (3 of the 5) are limited so drastically, nutrient intake is also limited. A multivitamin and mineral supplement is recommended, with additional supplementation of calcium, and folic acid if they

are not included. For adequate fiber, at least 5 servings of low carb vegetables should be eaten each day. It's also important to drink plenty of water to help prevent constipation and dehydration. The lower the carb intake the greater the risk of dehydration.

With such a limited diet you may also be missing out on prebiotics, probiotics and phytonutrients. There is still so much to be learned about nutrition and its impact on health, so it's best to eat a wide variety of healthy foods each day.

Philly Cheesesteak Cabbage Wraps

Ingredients:

- 8 large green cabbage leaves
- 2 Tbsp olive oil, divided
- ½ large onion, thinly sliced
- 2 large bell peppers, thinly sliced
- 1 tsp dried oregano
- Black pepper
- 1 lb. skirt steak, thinly sliced
- 6 slices provolone cheese
- Optional: salt and other seasonings

Directions:

1. In a large pot of boiling water, use tongs to dip cabbage leaves in water for 30 seconds to blanch. Place on a paper towel-lined plate to dry.
2. In a large skillet over medium heat, heat 1 tablespoon of oil, then add onion and bell peppers. Season with oregano, pepper, and salt if desired. Cook, stirring often, until onions and peppers are tender, about 5 minutes. Remove from skillet and add remaining tablespoon oil to skillet.
3. Add steak in a single layer and season with salt and pepper. Cook until steak is seared on one side, about 2 minutes. Flip and cook until the steak is seared on second side and is cooked to your liking, about 2 minutes more for medium.
4. Add onion and peppers back to skillet and toss to combine. Top mixture with an even layer of provolone and cover skillet with a tight-fitting lid. Cook until cheese is somewhat melted, about 1 minute.
5. Place a scoop of steak and peppers mixture onto center of a cabbage leaf. Fold short end of leaf over mixture, then roll up the long way, like a burrito. Repeat with remaining ingredients.

Serves: 4

Nutrition facts:

- Calories: 495
- Carbs: 10 grams
- Protein: 40 grams
- Fat: 30 grams
- Fiber: 3 grams
- Sodium: 745 mg

Take Action to Support Healthy Relationships

For you

For your loved ones

For your community

Why Do Healthy Relationships Matter?

21%

21% of female and 10% of male high school students who date reported experiencing physical and/or sexual violence from a dating partner in the last 12 months.

23%

23% of women and 15% of men who reported physical or sexual violence or stalking from an intimate partner said they first experienced this violence before age 18.

5 Keys of Healthy Relationships

Respect

Promote & model healthy attitudes & relationships

“My actions show my values. I treat others the way I want to be treated.”

Learn

Access credible information and resources to promote your overall health

“When I have a question I find information from a trusted source.”

Empower

Everyone has the right to set limits, feel safe, and get support - including you

“I deserve to be respected and listened to.”

Consent

Seek mutual agreement without fear or pressure

“I ask for consent. If it's not clear I ask, 'Are you comfortable?' Is this ok?”

Communicate

Express yourself to partners, peers, and family

“I can talk openly and honestly with people I trust. If I notice something is wrong, I speak up.”

Prevention is possible!

We can all help create a culture of respect and equity.

Show your support for Sexual Assault Awareness Month. Learn more: www.nsvrc.org/saam

Thank you to: U.S. Dept. of Health & Human Services, U.S. Department of Justice, U.S. Department of Education, U.S. Department of Housing and Urban Development, U.S. Department of Labor, U.S. Department of State, U.S. Department of Transportation, U.S. Department of Veterans Affairs, U.S. Department of the Interior, U.S. Department of the Treasury, U.S. Department of the Environment, U.S. Department of the Navy, U.S. Department of the Army, U.S. Department of the Air Force, U.S. Department of Defense, U.S. Department of Homeland Security, U.S. Department of Justice, U.S. Department of Labor, U.S. Department of State, U.S. Department of the Interior, U.S. Department of the Treasury, U.S. Department of the Environment, U.S. Department of the Navy, U.S. Department of the Army, U.S. Department of the Air Force, U.S. Department of Defense, U.S. Department of Homeland Security, U.S. Department of Justice, U.S. Department of Labor, U.S. Department of State, U.S. Department of the Interior, 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The Annual Red Lake County 4-H Share the Fun performance were held on Sunday, April 7, 2019 at the Lafayette High School, Robert Matzke Gymnasium. The 4-H Clubs performing a skit were: The Huot Hustlers 4-H Club (4-H Volunteer Leaders, Sara Kenfield, Lee and Jaclyn Rondorf) with their skit called, “A 4-H Made For Me,” and the Garnes Go Getters 4-H Club (4-H Leaders, Kim Olson and Tracy Hamm) with their skit “Mystery Machine.”

The Red Lake County 4-H Ambassadors (Kaydon Kenfield, Emma Knott, Kendra Rondorf, Justin Solie, Quinnlyn Kenfield, Sidney Olson, Paige Olson and Tanisha Srsnsky) were the emcees. They led the audience with some games and prizes during the program. In between the skits we also had the 4-H Performing Art Participants. They included: Quinnlyn Kenfield (piano); Grace Smith (solo and played the oboe), Jacob Solie (violin), Jack Dodson (piano and a reading); Charles Pearson (piano); Logan Hovland (piano); and Esme Pearson (piano). They will each receive \$15 from the Red Lake County 4-H Leader’s Council.

****Both skits/acts are eligible to go to the Minnesota State Fair and perform in August, 2019.**

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



2019 4-H STF Performance (Huot Hustlers 4-H Club Skit): (Left to Right): Kaydon Kenfield, Logan Hovland, Quinnlyn Kenfield, Bailey Miller, Hayden Shulstad, Justin Solie, and Jacob Solie.



2019 4-H STF Performance (Garnes Go Getters 4-H Club): (Left to right): Malyana Hamm, Jack Dodson, Kathryn Srsnsky, Paige Olson, Sidney Olson, Tanisha Srsnsky, McKenzie Hamm, Ray Srsnsky and Hailey Hanson.



2019 4-H STF Performing Arts Participant – Quinnlyn Kenfield, Performing Arts Participant, played a song on the piano at 4-H Share the Fun.



2019 4-H STF Performing Arts Participant - Charles Pearson, Performing Arts Participant, played the piano at the 4-H Share the Fun Performance.



2019 4-H STF Performing Arts Participant – Jacob Solie, Performing Arts Participant, played the violin at the 4-H Share the Fun Performance.



2019 4-H STF Performing Arts Participant - Esme Pearson, Performing Arts Participant, played the piano at the 4-H Share the Fun Performance.



2019 4-H STF Performing Arts Participant – Logan Hovland, Performing Arts Participant, played the piano at the 4-H Share the Fun Performance.



2019 4-H STF Performing Arts Participant – Grace Smith, Performing Arts Participant, played the oboe and did a solo at the 4-H Share the Fun Performance.



2019 4-H STF Performing Arts Participant - Jack Dodson, Performing Arts Participant, play a song on the piano and did a reading at the 4-H Share the Fun Performance.

Who’s Dat?



Who’s Dat
This week’s photo is of two gals carrying their school books from the area.
Last week’s photo was of the Oklee School (I assumed it was a country school). The gal who sent this photo in did a great job naming the kids, so I have an idea of where the school was located. I will find out.
The teacher is Helen Olson standing in the back.
Back row: Catherine Larson, Berget Hegland, Barbara Bendickson, Sherry Hince, Janet Singer, Arlene Ellickson, Esther Spong, ?? Todd.
2nd row: Eileen Johnson, Judy Norberg, Shirley LaCoursiere, Mary Klasen, Roberg Torkelson, LeRoy Lynch, Patsy Bergeron, Gene Hedman, Russell ??, Sherman Plante, Clayton Sordahl.
Front row: Gene Brandt, Melvin Johnson, Melford Hegland, Jerome Turgeon, Larry Dufault, Charles Gibeau, and ?? Larson.
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.



Eighty Years Ago
April 13, 1939
On advice from Secretary of State Mike Holm that his office has cleared all applications for 1939 license plants, warns that motorist still operating under 1938 license plates are now subject to arrest.

Notice has been received by the County Agent's office that all farmers wishing to sign up for the 1939 soil conservation program must do so by May 1st. Workmen began yesterday on preliminary work before starting construction of a new modern service station for the Oklee Cooperative Oil Company. The building will be divided into three rooms, for office, greasing and storage in addition to washrooms. The outside of the building will be fireproof.

Seventy Years Ago
April 14, 1949
Lost River, which normally floods scores of acres at its crest in the spring, was receding this week and has been contained within its banks nearly all the way along its course.

Mrs. T. Sordahl, celebrated her 90th birthday anniversary on April 5th.

Gus Clemenson was a guest of honor at a surprise birthday party at his home Saturday evening.

Enactment of the bill setting up machinery for mosquito abatement programs was completed this week when Governor Youngdahl signed the measure.

Sixty Years Ago
April 16, 1959

The Oklee Volunteer Fire Dept. was called to the Ingvald Larson farm in Garnes Tuesday forenoon where a grass fire, fanned up by winds which rekindled embers of a rubbish fire the previous day. Another fire was believed caused by children playing at the rear of the building housing the barber shop and Sarah's Gift Shop Sunday forenoon brought the firemen out.

Red Lake County now has an expanded system of feder-

al-aid secondary roads of 159.7 miles.

Don Fournier was elected commander of Frank Lund Post of the American Legion at the annual meeting.

Kindergarten classes will begin in the Oklee public school Monday, April 27th. Details and schedules will be announced next week.

Gloria Ellickson and Sharon Johns are valedictorian and salutatorian of the Oklee High School seniors.

Fifty Years Ago
April 17, 1969

Oklee area spared ravages of flood; downstream area hit hard; Lost River rose to the full height of its channel for a few days and overflowed in some areas but is dropping steadily. East of Oklee JD#4 washed away a section of the bed of County Road 6 on its route to empty into the Lost River.

Farmer's Union Oil Company of Brooks and Oklee has announced "open house" at the company's new fertilizer blending plant in Brooks Friday, April 18th.

The following information is reprinted from the Oklee School Teachers Bulletin as public information: The Laundromat is considered off limits to all students of Oklee School between the hours of 8:20 a.m. until 3:33 p.m. (This includes the noon hour period).

Teen Dance at the Oklee Hall - Music by the Melvin D. Burlap Orchestra.

Forty Years Ago
April 12, 1979

The first order of business at Monday's City of Oklee's council meeting was a discussion of the equipment needed in the Senior Center kitchen now being built in the OMC building.

The Snorre Lodge #70 Sons of Norway, Thief River Falls will sponsor a Fiddlers Contest and Dance April 10th at the Eagles Hall.

Donkey Ball is coming to Oklee on April 24th. The Oklee Volunteer Ambulance Service is sponsoring the event. The four teams are: High School

Boys, High School Girls, Ambulance Service and a Mystery Team.

Gregory Parenteau of Brooks has been accepted as a student at the U of M - Crookston and will begin studies Fall Quarter. He plans to major in Hotel Restaurant Management.

Meet the Seniors featured were: Joe Parenteau, Kevin Koralewski and Zach Fore.

A surprise baby shower was held for Mrs. Rod Myhre and baby girl was held Monday afternoon at the Rod Myhre home.

Thirty Years Ago
April 12, 1989

Otto Bakken celebrated his 90th birthday and four of his nine grandchildren were able to attend: Rock Bakken, Lori Gustafson, Rodney Bakken and Brian Bakken.

A guessing game of the weight of a hog was held at part of Bob's NAPA's open house. Two came the closest with Debbie Olson (196 lbs. 6 oz.) and Bonnie Roisland ((196 lbs. 10 oz) and the actually weight was 196.8 oz. Each lady will receive one-half of the hog.

Richard Bronken and Effie Jacques announce their engagement. Richard is the son of Mr. and Mrs. Marvin Bronken of Oklee.

John Melby and Diane Carlson were winners of the Bowl Down Cancer event held at the Oklee Recreation Center.

Twenty Years Ago
April 14, 1999

Steven Strutz, Oklee Science teacher has been chosen 1999 Teacher of the Year by his peers.

Participants in Speech Sub-sections held in Fosstong on Thursday, April 8th were Paul Beaudoin, Rachel Schue, Monica Pendelton, Crystle Moody.

Oklee Seniors highlighted were Leif Kolstoe, Tory Brekke and David Sparley.

Easter Sunday guests of Mrs. Lillian Hince were Sherlin and Evangeline Grove, Mrs. Diane Plante, Mabel Sabourin and Ricky Grove.

On Sunday, Ruth Wilkens and Idella Rewertz of Plummer traveled to Thief River Falls to be Easter guests at the home of Paula and John Praska.

Brian and Dawn Agnes of Trail announce the birth of twins, son Tannen James and daughter Tianna Rae, born on February 19th.

Ten Years Ago
April 15, 2009

RLCC High to present "Ar-senic and Old Lace on Friday, Saturday & Sunday.

BSU and RLCC Elementary School announced that Mrs. Connie Bishop has been selected to receive the Bemidji State University's Professional Education Hall of Fame Award.

David & Lori Svendsen of Big Lake announce the birth of their son, Arlo David. Grandparents are Steve and Jennie Svendsen of Trail and Dan & Faye Vedbraaten of TRF.

Northland Community & Technical College awarded the Management Education Scholarships to Christopher Bengtson of Middle River; Kyle Vettleson of Trail; Isaac Erickson of Roseau; and Josh Rolf of McIntosh.

An 80th Birthday party for Harold Cyr was held at his home on April 18th.

By Volunteer Iona Berry

Many of life's problems come from two things: We act without thinking or we keep thinking without acting.

Joke Time

Jack decided to go skiing with his buddy, Bob. They loaded up Jack's mini van and headed north.

After driving for a few hours, they got caught in a terrible blizzard.

So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

"I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed," she explained. "I'm afraid the neighbors will talk if I let you stay in my house."

"Don't worry," Jack said. "We'll be happy to sleep in the barn. And if the weather breaks, we'll be gone at first light." The lady agreed, and the men settled in for the night.

Come morning, the weather had cleared, and they went on their way. They enjoyed a great

weekend of skiing.

But about nine months later, Jack got an unexpected letter from an attorney.

It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the ski weekend.

He dropped in on his friend Bob and asked, "Bob, do you remember that good-looking widow from the farm we stayed at on our ski holiday up North about 9 months ago?"

"Yes, I do," said Bob "Did you, er, happen to get up in the middle of the night, go up to the house and pay her a visit?"

"Well, um, yes," Bob said, a little embarrassed about being found out. "I have to admit that I did."

"And did you happen to use my name instead of telling her your real name?"

Bob's face turned beet red and he said, "Yeah, look, I'm sorry, buddy. I'm afraid I did." "Why do you ask?"

"She just died and left me everything."

Brooks - Terrebonne News

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

Well, on Thursday Mother Nature dumped on us again. Blizzard conditions and from 6 to 10 inches of snow locally. Of course with all the flooding in the valley, there were no travel advisories up and down the valley. We were planning on going to a benefit for our nephew who has cancer and has been told his insurance won't pay for his chemo. But those plans were stymied and we did stay home. The trip through Grand Forks to get to Minto ND would have been long and dangerous at the least. I am glad we stayed home.

Happy Birthday to Donna Bergeron who was given a 90th birthday party on Saturday. The storm did some canceling of routes on the airlines. This caused some people to not be able to connect routes to get here for Donna's birthday. I was told that many people came to wish her Happy Birthday and that is as it should be.

Some of Brooks residents

also came to wish her the best. Even Dellas Paradis was able to come with Pam Paradis, and Clarence and Dianne Gagner came to the party.

Happy Birthday to Harold Cyr. He also turned 90 on Saturday and many, many people came to wish him well. I heard that the place was buzzing with well wishers. You never see Harold without getting a hug or kiss, and he always has a good story to tell. We wish you a great wonderful year Harold.

The Bible Study group from

Brooks went to Bemidji to view the film "Unplanned" it is about a Planned Parenthood Worker who saw the destruction of her values in what her job asked her to do. She gradually turned to positive values and works to stop abortions and negativity. It is a wonderful movie. Those who attended the movie from Brooks were Vi Bruggeman, Al-ice Jobe, Joyce Morinville, Deb Champagne, Cindy Determan, Keni Evje, and Nancy Seeger.

We hope that your week will be a good one.

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

• 796-5181 •

okleeherald@gmail.com

Plummer News

By Alice Jobe 218-465-4402

Last Week's News

On Saturday evening, March 30th, an appreciation supper was held at the Plummer Legion. It was to celebrate the 100th birthday of the Legion. Prayer before the meal was said and Happy Birthday to the Legion was sung. They served meatballs, mashed potatoes, gravy green beans, dinner rolls, many choices of bars and coffee. It was a good turnout. Lorna Jesme and Arlene Jesme came from Thief River Falls. Also Roy Holmes went and picked up Billy Peterson at Oakland Park so he could attend.

Immanuel Church had their Spring Dinner at the Community Hall in Plummer on Sunday from 11 a.m. to 1 p.m.

They served a delicious ham dinner, corn, coleslaw, mashed potatoes, gravy, rolls and many choices of desserts. They had a great turnout also. The tables and walls were decorated for Easter and Spring. They looked very nice.

Tri River Pioneer's met at the museum on Monday at 8 p.m. Brent Hemly was a guest and talked about gun raffle and regulations. Also the local bands are all books for the 4th already. So we maybe without musical entertainment for the 4th.

Alice Jobe visited Jean Carpenter on Thursday morning at her apartment is Thief River Falls.

On Thursday, April 4th, they had Breakfast with Mom's at RLCC in Plummer. It is always an enjoyable time for students, parents and grandparents. This year the Food Service Dept, served with staff 315 for breakfast with Dad's which was March 7th. For the breakfast with Mom's, they served 359! Good Job! Sounds very enjoyable.

Country singer Loretta Lynn will be 87 on April 14th and is touring yet for a while. Isn't that amazing. Willie Nelson, as of last year, was still touring. He's around 85 or 86 also. His two sons who are around 28 & 30 also are in his band, as well as his sister, who is 87, plays the piano. Isn't that remarkable!

I saw this on TV lately that in Minnesota at Parker's Prairie, a U.S. flag was made with 37 stars in 1870. They showed the flag. That's quite a historical treasure.

Well, the flooding started the last few days, the weekend will be worse. It'll be scary times for a lot of people. Stay safe, spring is here!

This Week's News

On Tuesday, evening, Jerry Freitag flew in from Arizona, after spending part of the winter there.

Last Saturday, Dellas Paradis and a friend Wayne from her apartment went with Alice Jobe to visit Bev Plante in Brooks. Then, they visited Dellas' sister Mary Bergeron in Thief River Falls at Greenleaf Apt. They went shopping and ate lunch at McDonalds. It was a nice warm day around

50 degrees.

On Tuesday, Anna DeHate took a friend Simone to St. Cloud for an appointment.

On Monday afternoon, the ice jam broke up west of Plummer by the highway. It was fun driving around and seeing the river breaking up and flowing over the bank onto land. North of town it was that way also. We are lucky here. Southern Minnesota and North Dakota are flooding.

On Wednesday, Wilma Arlt, Bunny DuChamp, and Alice Jobe joined the Red Hats at the Cozy for lunch. Arlene Froiland, Anne Traxler and Renae Fallon also of Plummer came. Barb Novak and March Schindler completed the group of eight. Arlene won the quarter pot. The menu was ham sandwich, scalloped potatoes, scalloped corn and carrot cake for dessert.

Saturday, Alice Jobe and Anna DeHate went to Joe Dimagios for lunch. It was very good and very filling.

Those from Plummer attending the Cenex Breakfast at the Brooks Community Hall were: Clayton Larson, Glenyce and Bruce Eskeli and Alice Jobe. They served pancakes, strawberries, blueberries, link sausages, scrambled eggs, juice and coffee. One guy at our table was from Gully. At 9:30 a.m. they had the business meeting.

Wednesday evening, Alice Jobe met five ladies at the Cozy for hamburgers. They were Joyce Morinville, Cindy Determan, Debbie Champagne, Vi Bruggeman, and Joyce's sister Nancy. They they left for Bemidji to see the movie "Unplanned," which started at 7:30 p.m. It was a very enjoyable evening.

On Monday evening in Washington, D.C., I believe, they had the 9th Annual Congressional Hot Dish off. One had venison, rabbit and bison in it and tater tots on top. Amy Klouchar's had curlie fries on top of hers representing the sport of curling. Cute idea! They were judged on interesting creations.

Sorry, I got my news in late last week. I may have disappointed quite few.

Bad weather coming for North Dakota and Minnesota. Happy Easter!

Wednesday, April 17, 2019

MEET THE KINDERGARTEN OF RED LAKE COUNTY CENTRAL



Name: Preston Hamilton
Parent(s): Eric Fish & Roxanne Eggerud

What do your parent(s) do for a living? Mom: Works. Dad: Works.

Sibling(s): Makayla, Keanna, Keaton, Bella, Malaya, & Kayden

Pet(s): Dogs: King, Lady, Bucky, Jake, Duke. Cats: too many to count.

Favorite movie: Dinosaur

King

Favorite food: Blueberries

Favorite school activity: Playtime & Candyland

Favorite school lunch: Sandwiches

Favorite color: Red

Favorite toy: Dinosaur



Name: Jack Kruchowski
Parent(s):

What do your parent(s) do for a living? Dad: Works on stuff & plows snow. Mom: Makes supper and feeds the rabbits.

Sibling(s): Noah, Reuben, and Gretta

Pet(s): Leiba & Pra (2 dogs)
Favorite movie: Dominex Rex movies (Jurassic Park - Fallen Kingdom)

Favorite food: Spaghetti

Favorite school activity: Play dinosaurs using blocks to trap dinosaurs

Favorite school lunch: Pine-apple & chocolate milk, cereal w/marshmallows

Favorite color: Green & blue

Favorite toy: Tractors & dinosaurs



Name: Maci Magnell
Parent(s): Charles & Naomi

What do your parent(s) do for a living? Dad: Works on farm. Mom: Teaches

Sibling(s): none

Pet(s): Dog named Lilly

Favorite movie: Moana

Favorite food: Macaroni & cheese

Favorite school activity: Playing

Favorite school lunch: Chicken nuggets

Favorite color: Pink

Favorite toy: My horse toy



Name: Landon Brekke
Parent(s): Kelly & Betsy Brekke

What do your parent(s) do for a living? Dad: Works and pays the bills. Mom: Works and buys stuff for our baby.

Sibling(s): Ansley, Eliot and Josephine

Pet(s): Randolph, a dog, likes to chew, she stays with someone else because of baby

Favorite movie: Venom

Favorite food: Spaghetti

Favorite school activity: Do Sharing

Favorite school lunch: Sandwich

Favorite color: Blue & Green

Favorite toy: New Mega gun