

Enough Already!! Oklee and surrounding area needs sunshine!



As hard as the farmers have been hitting the fields, trying to get their soybeans harvested, Mother Nature has been waging a battle with them. This past week alone brought another 2.58 inches of un-needed rain. The rivers are rising, the fields are flooding. These fields are just north of Oklee.



RLC Pipeline valuations lowered

On Tuesday, October 8, 2019, the Red Lake County Board of Commissioners were informed by RLC Assessor Nancy Amberson that the valuations for pipeline utilities were lowered.

The utilities re-evaluated are Enbridge Energy Partnership LP (-23.53%), Enbridge Pipeline Souther Lights (-21.66%), ND Pipe Co. LLC (-16.22%), Great Lakes Gas (-10.18%), Greater MN Transmission LLC (-7.16%), Minnesota Power (0.00%), Otter Tail Power (+5.53%) and Community Coops of Lake Park ((0.00%).

Since Red Lake County, as all counties in Minnesota, have already set the levy for 2020, they can't increase their levy by state law.

The Red Lake County Townships & City of Plummer are

Emardville (-19.6%), Garnes (-13.7%), Lambert (-8.8%), City of Plummer (-23.6%).

The total loss of Estimated Market Value (EMV) for Red Lake County is \$29,722,900, which will cause a tax shift to the taxpayers for the county.

Other counties affected in our area of northern Minnesota are Marshall, Pennington, and Clearwater being the top loser.

Other items approved or discussed was the Wayra Dairy permit to expand his manure basin, the 1W1P projects (8 of which are in Red Lake County), bids were opened on two items for sale by the Highway, one bid received for Pup Trailer-accepted, Ambulance funding was discussed with more information to be presented at the next meeting.

Calendar of Events

Wed, Oct. 16:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.

Thu, Oct. 17:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Oct. 18:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, Oct. 19:
-Support your local business – Shop Locally!

Sun, Oct. 20:
-Worship at the church of your choice.

Mon, Oct. 21:
-LSS Sr. Meal 11:30 a.m.

Tue, Oct. 22:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards.

Wed, Oct. 23:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.

Thu, Oct. 24:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Oct. 25:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, Oct. 26:
-Support your local business – Shop Locally!

Sun, Oct. 27:
-Worship at the church of your choice.

Mon, Oct. 28:
-LSS Sr. Meal 11:30 a.m.

Tue, Oct. 29:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards.

Wed, Oct. 30:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.

Thu, Oct. 31:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Nov. 1:
-LSS Sr. Meal 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, Nov. 2:
-Support your local business – Shop Locally!

Sun, Nov. 3:
-Worship at the church of your choice.

The Lost River was over its banks in Oklee on Friday, October 11th. The heavy snow started that evening and continued on and off all night. By Saturday afternoon the weather was starting to let up, we didn't get very much snow thankfully. Temps in the 40's are supposed to be around for about a week.

Emergency Food & Shelter Funds Awarded

Red Lake County has been awarded Federal Funds made available through the Department Of Homeland Security (DHS)/Federal Emergency Management Agency under the Emergency Food and Shelter National Board Program.

Red Lake County has been chosen to receive \$2,800 to supplement emergency food and shelter programs in the county.

The selection was made by a National Board that is chaired by the U. S. Department of Homeland Security & Federal Emergency Management Agency and consists of representatives from American Red Cross; Catholic Charities, USA; National Council of the Churches of Christ in the USA; The Jewish Federations of North America, The Salvation Army; and, United Way Worldwide. The Local Board was charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the country. The National Board selects jurisdictions (cities or counties) for funding, not specific agencies. These are not state/county government or United Way funds.

A Local Board will determine how the funds awarded to Red Lake County are to be distributed among the emergency food and shelter programs run by local service agencies in the area. The Local Board is responsible for recommending agencies to receive these funds and any additional funds available under this phase of the program. If you live in Red Lake County and are interested in sitting on the local Board please contact Catherine Johnson.

Under terms of the grant from the National Board, local agencies chosen to receive funds must:

- 1) be private voluntary non-profits or units of government,
- 2) be eligible to receive federal funds,
- 3) have an accounting system,
- 4) practice nondiscrimination,
- 5) have demonstrated the capacity to deliver emergency food and/or shelter programs,
- 6) if they are a private voluntary organization, they must have a voluntary board. Qualifying agencies are urged to apply.

Red Lake County has distributed Emergency Food and Shelter Program funds previously with Inter-County Community Council food shelf and Red Lake Falls food shelf participating.

Public or private voluntary agencies interested in applying for Emergency Food and Shelter Program funds must contact Local Board member, Catherine Johnson at 218-796-5144 ext. 1027 for an application or visit our website at www.intercountyc.org. The deadline for applications to be received is October 21, 2019.

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Who is most at risk for getting very sick from flu?

- People age 65 and older
- Young children, especially those under 2 years old
- Pregnant women
- People with chronic health conditions such as asthma, diabetes, and heart disease
- American Indian and Alaska Natives.

How is the flu different from a cold?

Colds are generally less serious than the flu. With a cold, you're more likely to have a runny or stuffy nose, while the flu causes body aches, fever, and extreme tiredness. A person with a cold can usually do their normal activities, but someone with the flu can't. Flu can result in serious health problems like pneumonia, bacterial infections, and hospitalization.

Can I get the flu from the flu vaccine?

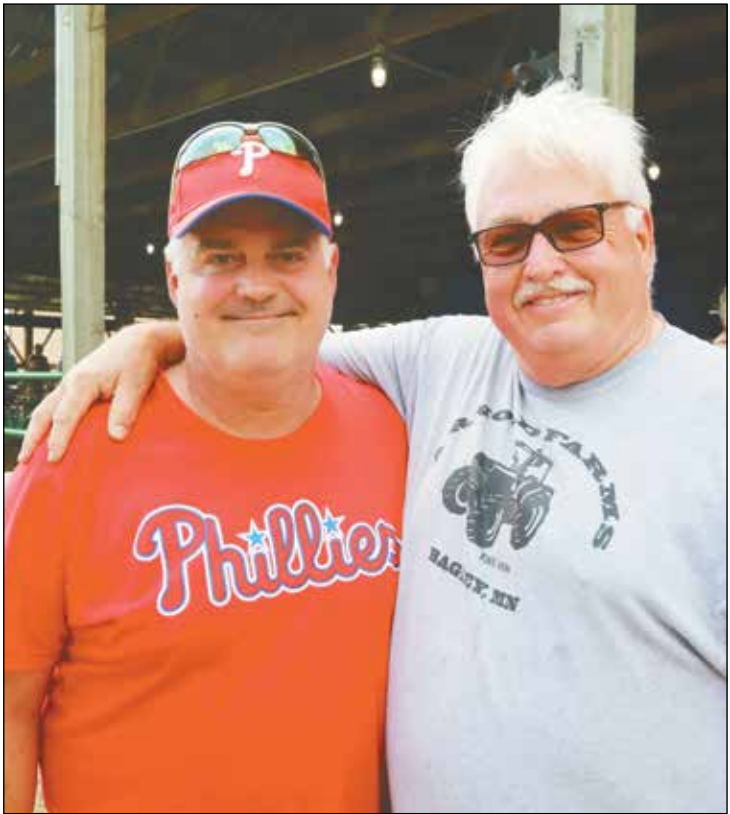
No. Some people get a mild fever or have discomfort for a short time after being vaccinated, but this is a sign that your body is responding to the vaccine. It is not the flu.



When should I get vaccinated?

For best protection, flu vaccine is usually given in early fall before flu season starts. But you can get it anytime during flu season which is typically October through April.

For more information go to: www.health.state.mn.us/diseases/flu/basics/flufacts.html#shot



Michael O'Shaughnessy and Mike Cudmore at the Clearwater County Fair.

It took 51 years for him to meet his son. He never got to see him after he was born and all he knew about him was that he had brown eyes and a heart murmur just like he did. Two high school students with a baby on the way. The mother decided to give it up for adoption. The father did not have any say at that time. They lived in International Falls and the baby boy was born in a hospital in Canada on April 7, 1968.

Michael O'Shaughnessy lived in Virginia, MN with his adoptive family for three years before they moved to Delaware. Michael wanted to get a passport and in order to do that he had to open up his adoption records. He got a hold of his birth mother who still lives in International Falls and she gave him his birth fathers name that was Mike Cudmore from Shevlin, MN. Michael's mother went to see him in Delaware after she was contacted by her son and she hugged and hugged him!! What a coincidence that they both were named the same. He made the call to Cudmore and told him what he knew and that he was his father. Mike was elated at the call. By the sound of his voice and the conversation Mikes wife Linda knew who he was talking to and she started to cry.

During the next three months

since Mike received the first call from his son they have been doing Facetime so that they could get to know each other better. Mike's granddaughter Hillary Paulson, 24 and Michael's daughter Mari Kate, 22 look so much alike. A family resemblance with the same eyebrows.

They found they have many things in common. Michael is a paramedic/ firefighter in Delaware and Mike was an EMT and a Fire Chief for the Bagley Fire Department. Michael's wife Kelly is an RN working on her doctor's degree.

Before coming to International Falls in the beginning of August, Michael was able to meet his father's side by having a fish fry with over 25 family members and friends in Shevlin.

The two Mike's attended the Clearwater County Fair on Sunday the 4th. Besides Michael at 51 Mike's other children were there Kristin Willberg, 47, Scott Cudmore, 44 and Michelle Cudmore, 41 years old. They were all very accepting of him and he of everyone.

Michael brought several pictures of his whole family in Delaware and left a note saying, "Thanks for accepting me and I'm looking forward to a life time relationship. Love your son, Michael."

Church news

OKLEE LUTHERAN PARISH

Zion and Salem

Pastor Linda Molitor

Wed, Oct 16: 4:00 p.m. 1st Comm Class. 6:30 p.m. 8th Grade Conf.; 7:30 p.m. 9th Grade Conf.

Sun, Oct. 20: 9:00 a.m. Zion. 9:00 a.m. SS at Salem. 10:00 a.m. SS at Zion. 10:30 a.m. Salem.

Wed, Oct 23: 4:00 p.m. 1st Comm Class. 6:30 p.m. 8th Grade Conf.; 7:30 p.m. 9th Grade Conf.

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE

Fr. Adam Hamness

Sun, Oct. 20: 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, Oct. 19: 5:30 p.m. RLF
Sun, Oct. 20: 8:00 a.m. Brooks. 10:00 a.m. RLF.

IMMANUEL–EBENEZER LUTHERAN PARISH ELCA

Pastor Jonathan Dodson

Sun, Oct. 20: 9:00 a.m. Worship at Immanuel. No Sunday School at Immanuel. 6:00 p.m. Worship at Ebenezer. 7:00 p.m. Joint Council at Ebenezer.

GOODRIDGE AREA LUTHERAN PARISH ELCA

Bethany–Ekelund–Faith Pastor Kristen Ostercamp

Wed, Oct. 16: Release Time.
Sun, Oct. 20: 8:30 a.m. Ekelund, 9:45 a.m. SS; 9:45 a.m. Faith, 11:00 a.m. SS; 11:00 a.m. Bethany. 9:45 a.m. SS at Bethany.

Mon, Oct. 21: 9:00 a.m. WELCA Mission at Faith.

Wed, Oct. 23: Release Time. 7:00 p.m. Bethany Confirmation Class.

CLEARWATER LUTHERAN PARISH

Mt. Olive – Nazareth

Oak Park – St. Petri

Pastor Jeff Merseeth

Wed, Oct. 16: 5:00 p.m. Wed. School.

Sat, Oct. 19: 9:00 a.m. Mt. Olive.

Sun, Oct. 20: St. Petri: 8:00 a.m. Worship; 9:15 a.m. SS; Nazareth: 8:30 a.m. SS, 9:45 a.m. Worship; Oak Park: 9:45 a.m. SS, 11:00 a.m. Worship.

Wed, Oct. 23: 5:00 p.m. Wed. School. 7:00 p.m. Oak Park Ladies.

Oklee Senior Site Dining

October 21 - 25

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: Grilled chicken, hash browns, vegetable, and dessert.

Tuesday: Cold beef sandwich, vegetable soup, and dessert.

Wednesday: Hamburger patty, macaroni & cheese, green beans, and dessert.

Thursday: Grilled ham & cheese, chili, and dessert.

Friday: Meat loaf, parsley buttered potatoes, corn bread, and dessert.

NEW JOURNEY CHURCH

Josiah Hoagland, Pastor

Tyler Stynberg, Youth Pastor

www.newjourneyfosston.com

Wed, Oct. 16: 6:30 p.m. Youth Group. 6:30 a.m. AWA-NA.

Thu, Oct. 17: 12 p.m. Rotary meeting.

Fri, Oct. 18: 8:30 a.m. Friday School.

Sun, Oct. 20: 9:30 a.m. Worship. 10:45 a.m. Sunday School.

Tue, Oct. 22: 9:30 a.m. Ladies Devotions. 10:00 a.m. Quilting. 6:30 p.m. Bible Study.

Wed, Oct. 23: 9:30 a.m. Christian Women's Club. 6:30 p.m. Youth Group. 6:30 a.m. AWANA.

GULLY-TRAIL PARISH

Bethany * Lund

Sand Valley

Dawn Hanson,

Lay Minister

Wed, Oct. 16: 2 p.m. Sand Valley WELCA. 6:15 p.m. Confirmation All grades.

Thu, Oct. 17: 6:30 p.m. Bethany WELCA at Melanie Hanson's home.

Sun, Oct. 20: No Morning Services. 9 a.m. Sand Valley and Bethany Sunday Schools.

Wed, Oct. 23: No Confirmation.

BETHEL ASSEMBLY

Fosston

Seth Johnson,

Interim Pastor

Sun, Oct. 20: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

9 Month CD Promotion at 2.25% APY*

Join today and discover the benefits of membership.

*Annual Percentage Yield with a minimum deposit of \$500. Other terms apply.



GROW WITH US!



Call 698-4220 for more details

028-31C

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. Online patrons are reminded that they can visit www.nwrlib.org/rlf.htm at any time, where they can create their own patron accounts to browse, request and renew materials all from their home computers.

New titles arriving soon in NWRL branches include Checkpoint Charlie: The Cold War, the Berlin Wall, and the Most Dangerous Place on Earth" by Iain Macgregor; "Creative Cookie Decorating: Buttercream Frosting Designs and Tips for Every Occasion" by Emily Hutchinson; "Downsize: Living Large in a Small House" by Sheri Koonen; "Down to Earth: Laid-Back Interiors for Modern Living" by Lauren Liess; "Inspire Your Home: Easy Affordable Ideas to Make Every Room Glamorous" by Farah Mehri; "The Joy of Missing Out: Live More by Doing Less" by Tonya Dalton; and "Simply Spaced: Clear the

Clutter and Style Your Life" by Monica Leed.

The Teddy Bear Band is coming to Red Lake Falls and will present a free concert on Thursday, October 24 at 9:30 am at the RLF City Hall. "Ticket to Brasil" will perform a concert of music combining Bossa Nova, Afro-Brazilian Samba and Latin Jazz Fusion styles on Thursday, November 7 at 5:00 pm, and on Tuesday, December 3, local brass quintet "Windblown" returns for a pre-holiday concert beginning at 6:00 pm, both of these concerts will be at the RLF branch library and are free of charge.

Sudoku Solution

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

Stop By



Thursday

October 17th, 2019

In Celebration of International Credit Union Day



Join us for coffee and cookies!

Drawings and Prizes throughout the day!



We hope everyone will join us in celebrating the credit union difference!

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.

043-43C (2x/mo.)

Quin Meeting Oct. 21

The Quin County Community Health Services Board & Advisory Committee meeting will be held Monday, October 21, 2 019 at 2:30 p.m. at the Newfolden Evangelical Free Church.

Tri-Valley Public Transportation

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

Curb-to-curb services is available, allowing those with special needs more comfortable, safe and convenient method of transportation. All of our buses are handicapped accessible and lift-equipped. All of our drivers are trained and certified.

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

The new schedule started December 2016.

For Polk, Red Lake and Clearwater county stops:

Every Monday – Grand Forks.

Every 2nd Tuesday – Mahnomon.

Every 4th Tuesday – Thief River Falls

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

Every 2nd & 4th Friday – Bemidji.

October WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of October 2019.

Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. We need no proof of pregnancy.

All potential clients must contact the WIC Program to schedule an appointment.

WIC Clinics for the month of October.

Wed, Oct. 16 to Fri, Oct. 18: Thief River Falls Redeemer Lutheran Church

Tue, Oct. 29: Oklee ICCB Building

For further information WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 218-874-7845.

Legal Notices

NOTICE OF MORTGAGE FORECLOSURE SALE

THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

NOTICE IS HEREBY GIVEN, that default has occurred in the conditions of the following described mortgage:

DATE OF MORTGAGE: October 1, 2012

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$84,660.00

MORTGAGOR(S): Corby Hernandez, a single man

MORTGAGEE: Mortgage Electronic Registration Systems, Inc.

TRANSACTION AGENT: Mortgage Electronic Registration Systems, Inc.

MIN#: 100588312090589257

LENDER OR BROKER AND MORTGAGE ORIGINATOR STATED ON THE MORTGAGE: Mortgage Services III, LLC

SERVICER: Wells Fargo Bank, N.A.

DATE AND PLACE OF FILING: Filed October 3, 2012, Red Lake County Recorder, as Document Number 131064

ASSIGNMENTS OF MORTGAGE: Assigned to: Wells Fargo Bank, N.A.

LEGAL DESCRIPTION OF PROPERTY: Lots (5) & (6) of Block (10) in Buse & Bottineau's Addition to the City of Red Lake Falls

PROPERTY ADDRESS: 313 3rd St SW, Red Lake Falls, MN 56750

PROPERTY IDENTIFICATION NUMBER: 17-2829-000

COUNTY IN WHICH PROPERTY IS LOCATED: Red Lake

THE AMOUNT CLAIMED TO BE DUE ON THE MORTGAGE ON THE DATE OF THE NOTICE: \$75,049.98

THAT all pre-foreclosure requirements have been complied with; that no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage, or any part thereof;

PURSUANT, to the power of sale contained in said mortgage, the above described property will be sold by the Sheriff of said county as follows:

DATE AND TIME OF SALE: August 29, 2019, 10:00am

PLACE OF SALE: Sheriff's Main Office, 124 Main Avenue N, Red Lake Falls, MN 56750 to pay the debt secured by said mortgage and taxes, if any, on said premises and the costs and disbursements, including attorneys fees allowed by law, subject to redemption within 6 months from the date of said sale by the mortgagor(s) the personal representatives or assigns.

TIME AND DATE TO VACATE PROPERTY: If the real estate is an owner-occupied, single-family dwelling, unless otherwise provided by law, the date on or before which the mortgagor(s) must vacate the property, if the mortgage is not reinstated under section 580.30 or the property is not redeemed under section 580.23, is 11:59 p.m. on February 29, 2020, or the next business day if February 29, 2020 falls on a Saturday, Sunday or legal holiday.

"THE TIME ALLOWED BY LAW FOR REDEMPTION BY THE MORTGAGOR, THE MORTGAGOR'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES SECTION 582.032 DETERMINING, AMONG OTHER THINGS, THAT THE MORTGAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN 5 UNITS, ARE NOT PROPERTY USED FOR AGRICULTURAL PRODUCTION, AND ARE ABANDONED.

Dated: July 9, 2019
Wells Fargo Bank, N.A.
Assignee of Mortgagee
SHAPIRO & ZIELKE, LLP

BY
Lawrence P. Zielke - 152559
Melissa L. B. Porter - 0337778
Randolph W. Dawdy - 2160X
Gary J. Evers - 0134764
Tracy J. Halliday - 034610X
Attorneys for Mortgagee
Shapiro & Zielke, LLP
12550 West Frontage Road,
Suite 200
Burnsville, MN 55337
(952) 831-4060

THIS IS A COMMUNICATION FROM A DEBT COLLECTOR NOTICE OF POSTPONEMENT OF MORTGAGE FORECLOSURE SALE

The above referenced sale scheduled for August 29, 2019, at 10:00 AM, has been postponed to October 3, 2019, at 10:00 AM, and will be held at sheriffs main address 124 Main Avenue N, Red Lake Falls, MN 56750.

Unless the mortgage is reinstated under Minnesota Statute 580.30 or the property is redeemed under Minnesota Statute 580.23 the property must be vacated by April 3, 2020. If this date falls on a Saturday, Sunday or legal holiday, the date to vacate will be the next business day at 11:59 p.m.

THIS IS A COMMUNICATION FROM A DEBT COLLECTOR.

Dated: August 29, 2019.

Wells Fargo Bank, N.A.
Assignee of Mortgagee
SHAPIRO & ZIELKE, LLP

Lawrence P. Zielke - 152559
Melissa L. B. Porter - 0337778
Randolph W. Dawdy - 2160X
Gary J. Evers - 0134764
Tracy J. Halliday - 034610X
12550 West Frontage Road,
Suite 200
Burnsville, MN 55337
(952) 831-4060
19-110952
Attorney for Assignee of Mortgagee

NOTICE OF POSTPONEMENT OF MORTGAGE FORECLOSURE SALE

The above referenced sale scheduled for October 3, 2019, at 10:00 AM, has been postponed to November 7, 2019, at 10:00 AM, and will be held at sheriffs main address 124 Main Avenue N, Red Lake Falls, MN 56750.

Unless the mortgage is reinstated under Minnesota Statute 580.30 or the property is redeemed under Minnesota Statute 580.23 the property must be vacated by May 7, 2020. If this date falls on a Saturday, Sunday or legal holiday, the date to vacate will be the next business day at 11:59 p.m.

THIS IS A COMMUNICATION FROM A DEBT COLLECTOR.

Dated: October 8, 2019.

Wells Fargo Bank, N.A.
Assignee of Mortgagee
SHAPIRO & ZIELKE, LLP

Lawrence P. Zielke - 152559
Melissa L. B. Porter - 0337778
Randolph W. Dawdy - 2160X
Gary J. Evers - 0134764
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Diana Kelly
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Shapiro & Zielke
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Burnsville, MN 55337
952-831-4060 - Ext. 3154 Office
847-954-4800 Fax
dikelly@logs.com
www.logs.com
Supervisory Contact
Christy Madson
952-831-4060 - Ext. 3164
cmadson@logs.com

030C

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

Oklee Herald

Corner 2nd Ave. & Main
218-796-5181

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

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

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

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Getting The Right Auto Loan

For some time, auto manufacturers have been offering interest rates that seem too good to be true. You may get a better deal by taking the cash rebate and financing the car or truck with us.

The price of the vehicle, not the interest rate, makes the biggest difference in your monthly payment. **So before you shop for your next vehicle, come in and talk with us about an auto loan.**

Oklee Centennial Cookbook

Recipe Corner - From page 500

Joan B's Zucchini Bread Mary Lynn Bachand

3 eggs
1 cup oil
1 cup white sugar
1 cup brown sugar
2 tsp maple flavoring
2 cups grated zucchini
2 1/2 cups flour
1/2 cup wheat germ
2 tsp soda
1 tsp salt
1/2 tsp baking powder
1 cup nuts, optional



Combine first 5 ingredients in a large bowl and mix well. Stir in grated zucchini. Stir together dry ingredients and nuts and add to zucchini mixture. Mix well and pour into 2 large greased loaf pans or 4 small loaf pans. Bake at 350 degrees for 45 minutes for 1 hour or until toothpick is clean.

"For a few years we supplied the zucchini and received the gifts from Joan's kitchen until she gave me this recipe which has become a family favorite!



Phone 218-796-5157



MUSTANG STAMPED

RLCC Menus

October 21 - 25
Oklee

Monday: Breakfast: Breakfast pizza, cereal, fruit, and milk. **Lunch:** Pulled pork or BBQ Chicken w/bun, baked beans, chips, fruit, and milk.

Tuesday: Breakfast: Apple turnover, cereal, fruit, and milk. **Lunch:** Pizza hotdish, breadsticks, vegetable, yogurt, fruit, and milk.

Wednesday: Breakfast: Cereal, toast, fruit, and milk. **Lunch:** Pork fritters, mashed potatoes, vegetable, un-crustables, fruit, and milk.

Thursday: Breakfast: Pancake w/syrup, cereal, fruit, and milk. **Lunch:** Chicken burger w/bun, scalloped potatoes, vegetable, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, and milk. **Lunch:** Chili, corn chips, corn muffins, fresh vegetables, fruit, and milk.

Plummer

Monday: Breakfast: Banana bread, cereal, fruit, and milk. **Lunch:** French toast sticks, sausage patty, Go-Gurt, fruit, juice, and milk.

Tuesday: Breakfast: Egg omelet, cereal, fruit, and milk. **Lunch:** Hamburger gravy, mashed potatoes, green beans, dinner roll, fruit, and milk.

Wednesday: Breakfast: Bagel w/cream cheese, cereal, fruit, and milk. **Lunch:** Spaghetti, seasoned carrots, garlic toast, Go-Gurt, fruit, and milk.

Thursday: Breakfast: Eggs & sausage, cereal, fruit, and milk. **Lunch:** BBQ w/ bun, pickles, Sun Chips, baked beans, sherbet, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, and milk. **Lunch:** Pizza, salad, veggies, apple crisp, PB sandwich, fruit, and milk.



RLCC Sports Schedules

RLC Rebel Football Varsity

Wed, Oct. 16: RLC vs. Breckenridge at Red Lake Falls 6:00PM

Mustang Volleyball
Mon, Oct. 21: Section Pigtail 7:00PM Away vs. TBA, TBA

Thu, Oct. 24: Section Play-in Round 7:00PM Away vs. TBA, TBA

Fri, Oct. 25: Section Quarters TBD Away vs. TBA, TBA

Tue, Oct. 29: Section Semi TBD Away vs. TBA, TBA

Fri, Nov. 1: Section Finals 7:30PM Away vs. TBA, TBA

Parenting Tips

Happy October to you all! Just a few things I want to share with you. Our children are our greatest accomplishments. There isn't anything a parent wouldn't do for them. But keep in mind the basics. Here are just a few.

1. They want to feel loved.
2. They want to feel safe.
3. They need to feel important to you.
4. They need your time.

Parenting isn't easy and there are days you feel you have failed. Chin up and head right back into the chaos. It's too bad they don't come with an owner's manual.

We hope you are having a great month. Here is a little joke to make you smile.

No good ever comes from a toddler sitting naked on the couch.



Wednesday, October 16, 2019



Rebel's Varsity Football facing off against Ada-Borup on October 9th. The Rebels lost with a score of 16-33.

Red Lake County JV Football

By: Kia Bachand

The Red Lake County Rebels JV finished their season with a 4-0 record. Their season ended on Monday, October 7th, with a win against the Ada-Borup West Cougars. In the first quarter, Carter Williams scored two touchdowns, followed by a passing touchdown in the second quarter by Andrew Johnson to Blane Schmitz. Andrew Johnson ran the ball for a final touchdown in the second half. The final score of the game was 38-0.

Rebels vs.

Lake Park/Audubon

By: Danny Guillemette

The Red Lake County Rebels defeated the Lake Park-Audubon Raiders with a score of 42-0 on October 4, 2019. They scored 8 points in the first quarter, 14 points in each of the second and third quarters, and 6 points in the fourth quarter.

For the Rebels, Derek Peterson passed for four touchdowns and ran for a touchdown. Zach Benson had two receiving touchdowns. Damon Fergusson and Zak Kennett each had one receiving touchdown. Freddy Landman IV had one rushing touchdown. Chris Longtin punched in two two-point conversions, while Zak Kennett had one. The Rebel's defense had one fumble recovery.

Student Senate

Summit to be held

By: Karena Melby

The student senate summit will be held at Lincoln High School at Thief River Falls on October 16th. A summit in the fall and in the spring are held annually. It is an event where most of the schools' student senate members in the division come together. Students get to listen to a speaker, participate in round tables and discussion groups, and do various, fun activities. We are in the Northwest Division. There are 350 students expected and the theme is the environment.

RLCC Varsity VB

Suffer Tough Loss

By: Bella Russillo

Red Lake County Central Mustangs varsity volleyball lose against Goodridge-Grygla on Monday, Oct. 7 in three matches of 22-25, 17-25 and 17-25. Jenna Pahlen had 7 kills, 1 block and 3 service aces, Kia Bachand had 4 kills and 1 block, Jayden Iverson had 3 kills, 1 block and 1 service ace, and Calyssa Eskeli had 2 service aces and 12 assists.

Ada-Borup West

downs RLC

By: Coach Brian Remick

Red Lake County would travel to top 5 state rated Ada-Borup West on Wednesday, October 9th for a Section 8 A football match-up.

ABW would start with the ball to open the game. After picking up a 4th down and short, the Cougars completed a big pass play but a fumble would give RLC the ball at midfield.

RLC would drive the ball into Cougar territory but failed on their own 4th down play and game the ball back to ABW.

On the Cougar's 3rd play, they would break off a 47 yard run and take a 7-0 lead.



Mustangs celebrating Senior Night for volleyball with fellow RLCC Seniors, from left to right: Jayden Iverson, Brandie DeHate, Sophia Linder, Sidney Olson, Tanisha Srnsky, Natalia Whalen, and Calyssa Eskeli.



Senior Volleyball girls gather for a group picture with several student section fans.

The Rebels of RLC would be forced to punt on their second series. Once again ABW would use a big play, another 47 yard run to take a 14-0 lead.

RLC would get some things going on the next kick-off. A Damon Fergusson 81 yard return would give the Rebels they ball on the Cougar 5 yard line. On 3rd down, Derek Peterson would find the endzone and with a Chris Longtin PAT the Rebels pulled within 14-8.

ABW would use yet another big running play to score again. This time a 54 yard run and would take a 21-8 lead into the break.

The 3rd quarter would see both teams sputter some on offense. Both defenses played well and the scoreless quarter would keep the score at 21-8.

Early in the 4th quarter, the ABW Cougars would break the Rebels back as a 75 yard run would finish off RLC. The final was 33-16. ABW improves to 6-1 while RLC drops to 4-3.

Chris Longtin has 58 yards rushing for RLC with Zak Kennett adding 53. Peterson would complete 2 of 7 passes for 24 yards. Zach Howard would once again lead the defense with 6 solo tackles.

October 2019 Health Points

October is Walk to School Month

One way to get kids more active- students who start walking or biking to school benefit from 47 more minutes of physical activity per week.

www.health.state.mn.us/communities/physicalactivity/saferoutes.html

Minnesota's adult

obesity rate

What were Minnesota adult obesity rates over the past five years?

2018:	30.1%
2017:	28.4%
2016:	27.8%
2015:	26.1%
2014:	27.6%

What's the concern about obesity?

Obesity increases the risk of developing type 2 diabetes, high blood pressure, heart disease, stroke, arthritis, sleep apnea, liver disease, kidney disease, gallbladder disease

and certain types of cancer. In addition to being a significant health concern, obesity is also a significant driver of health care costs. In Minnesota, 2017 health care costs due to obesity were estimated to be \$3.2 billion.

Why is addressing obesity so difficult?

"Obesity is more than just a health concern for individual Minnesotans—it's a major challenge for the entire state," said Minnesota Commissioner of Health Jan Malcolm in a press release in mid-September. She noted that while Minnesota had managed to put the brakes on rising obesity rates for several years, these efforts have been undercut by a combination of factors that includes the ongoing popularity of sugary beverages and increased time spent on computers and mobile devices.

"Addressing this challenge requires an individual and community-level response, including smart changes to our food and physical environments."

"Sugary drinks are the largest source of added sugars in the American diet, and the added calories from sugary drinks are strongly associated with weight gain and obesity," Commissioner Malcolm said. "Also, young adults between 15 and 18 are spending more than seven and a half hours per day sitting in front of a screen – that's time they're not be-

Red Lake County Varsity Football

By Emily Kolstoe

Red Lake County Rebels football team lost to Ada-Borup on Wednesday Oct. 9. Ada scored seven points in the first quarter. Rebels scored eight points in the second quarter, followed by Ada scoring another seven. Rebels lost is the fourth with an ending score of 16-33.

Meet the Newspaper

Staff: Trent Goulet

By Adriel Bakken

Trent Goulet is a 17 year old senior with two siblings named Andrew and Amelia. He is in football and basketball and likes to play sports in his free time. Trent's favorite food is the wings from TJ's in Oklee. His favorite activity is basketball and he prefers to write articles about sports.

ing active." www.health.state.mn.us/news/pressrel/2019/obesity091219.html

(CDC) 2018 state- and territory-specific data on adult obesity prevalence from the Behavioral Risk Factor Surveillance System (BRFSS).

Fire Prevention Week, October 6-12, 2019

This year's Fire Prevention Week campaign, "Not Every Hero Wears a Cape. Plan and Practice Your Escape!"

works to educate everyone about the small but important actions they can take to keep themselves and those around them safe.

NFPA statistics show that in 2017 U.S. fire departments responded to 357,000 home structure fires. These fires caused 2,630 fire deaths and 10,600 fire injuries. On average, seven people died in a fire in a home per day during 2012 to 2016.

"These numbers show that home fires continue to pose a significant threat to safety," said Lorraine Carli, NFPA's vice president of Outreach and Advocacy. "In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds.

Plan your escape route, choose an outside meeting place. Test your smoke alarms, make a regular reminder.

The National Fire Protection Association® (NFPA®) www.nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week



