

Oklee Precipitation
By Einar Kvasager

	Rain	Snow
Feb. 29		Trace
March 1		Trace
March 2		Trace
March 3		Trace
March 5		Trace
March 6		0.25
Total in.	0.00	0.25

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

\$1.00



Vol. 108, Number 30

Wednesday, March 11, 2020



Ben Gullingsrud and Ethan Johnson will go on to the Knights of Columbus State competition on March 28th.

Congratulations to 2 young RLC Rebels

Two Red Lake County Rebels basketball players were champions in the 2020 Regional Knights of Columbus Free Throw Championship in Blackduck on Sunday March 1. Each of the boys won the local championship in January, the District championship in February, and have now won the Regional Championship. Ben Gullingsrud won the age 10 Regional by going into double

overtime with a Bemidji 10 year old and Ben made 10 out of 10 free throws in the overtimes to win by 1 as the Bemidji boy made 9 out of 10.

Ethan Johnson won the age 11 Regional by making 19 out of 25 free throws and winning in a close match over some very strong competition.

Ben and Ethan will now compete at the State and International competition in St. Cloud on Saturday March 28.

Congratulations and good luck to both boys as they continue in the competition.

Calendar of Events

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

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

Fri, March 13:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, March 14:
-Support your local business – Shop Locally!

Sun, March 15:
-Worship at the church of your choice.

Mon, March 16:
-LSS Sr. Meal 11:30 a.m.

Tue, March 17:
-LSS Sr. Meal 11:30 a.m.

Wed, March 18:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge/Cards.
-7:00 p.m. Bingo at Plummer Legion.

Thu, March 19:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, March 20:
-LSS Sr. Meal 11:30 a.m.
-Noon deadline for Oklee Herald news.

Sat, March 21:
-Support your local business – Shop Locally!

Sun, March 22:
-Worship at the church of your choice.

Mon, March 23:
-LSS Sr. Meal 11:30 a.m.

Tue, March 24:
-LSS Sr. Meal 11:30 a.m.

Correction: In last weeks article about the Linebender skits, it was Harlan Lundeen with Sandra Tougas that were the hands for two of the Linebenders (JJ & Tim) as they did a skit about a toenail collection,

During National Nutrition Month

Millennials are always on the move. They're a generation in the midst of building their careers, starting families and trying to carve out time for fun with their friends.

With a calendar full of activities, eating on the go isn't unusual for many millennials. But no matter how busy, the Academy of Nutrition and Dietetics encourages everyone to develop good eating and physical activity habits to maintain good health for a lifetime.

Work Out at Work
"I advise my clients to squeeze in physical activity whenever they can," says registered dietitian nutritionist Debbie Petitpain, a national Academy Spokesperson in Charleston, S.C. "I use the restroom one flight above my office. When I use the stairs, I go up and down about five times to get my heart beating and tire out my legs. Since I keep a large cup of water at my desk, I'm sure to make that trip several times per day."

Lunchtime is a good time to get moving. Go for a walk or drop by your office's fitness center. Download a fitness app to track your steps which will encourage you to move more, Petitpain recommends.

On the Go
Don't let a work trip get you off track, Petitpain says.

"At an airport or train station, instead of sitting at the gate, I explore the course," she says. "I take the stairs instead of the escalators and - time permitting - I skip the moving walkways."

Petitpain says she packs envelopes of instant oatmeal in flavors that are lower in added sugars and a plastic spoon so she can eat them anywhere she can find a cup of hot water. "Because oatmeal is a good source of dietary fiber, it keeps me full for a long time."

Petitpain always brings a reusable water bottle when she travels so, once she gets

through security, she can fill it up to stay hydrated. "Drinking water fights the dry skin and fatigue that comes with flying."

Hanging with Friends
"My friends and I work hard, but we have fun too. We catch up over dinner, and we also like to get active," Petitpain says. "I suggest that my clients enjoy a day at the beach, play badminton in the backyard, go for a hike or go out dancing. Try something new. My friends and I did yoga with baby goats at a local farm."

At mealtimes, Petitpain recommends watching your portion sizes. It takes 20 minutes for your brain to get the message from your stomach that you are full. Take that time to savor your meals and enjoy spending time with family and friends before reaching for a second helping of food.

"Incorporating healthful foods and physical activity habits into each day is something all of us can do," she says. "Small changes can lead to big health benefits in the long run."

A registered dietitian can help create an individualized plan to help you meet your health goals. Use the Academy's online Find an Expert service to find one near you.

National Nutrition Month 2020

National Nutrition Month, celebrated each March, encourages people to make informed food choices and develop sound eating and physical activity habits all year long. This year's theme is "Eat Right, Bite by Bite."

As part of National Nutrition Month, the Academy's website will host resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for people of all ages, genders, and backgrounds. The public can also follow National Nutrition Month on the Academy's social media channels including Facebook and Twitter using #NationalNutritionMonth.

Visit the Academy at eat-right.org.

to remember as it was quite warm on Saturday and Sunday was cooler, but still nice for November.

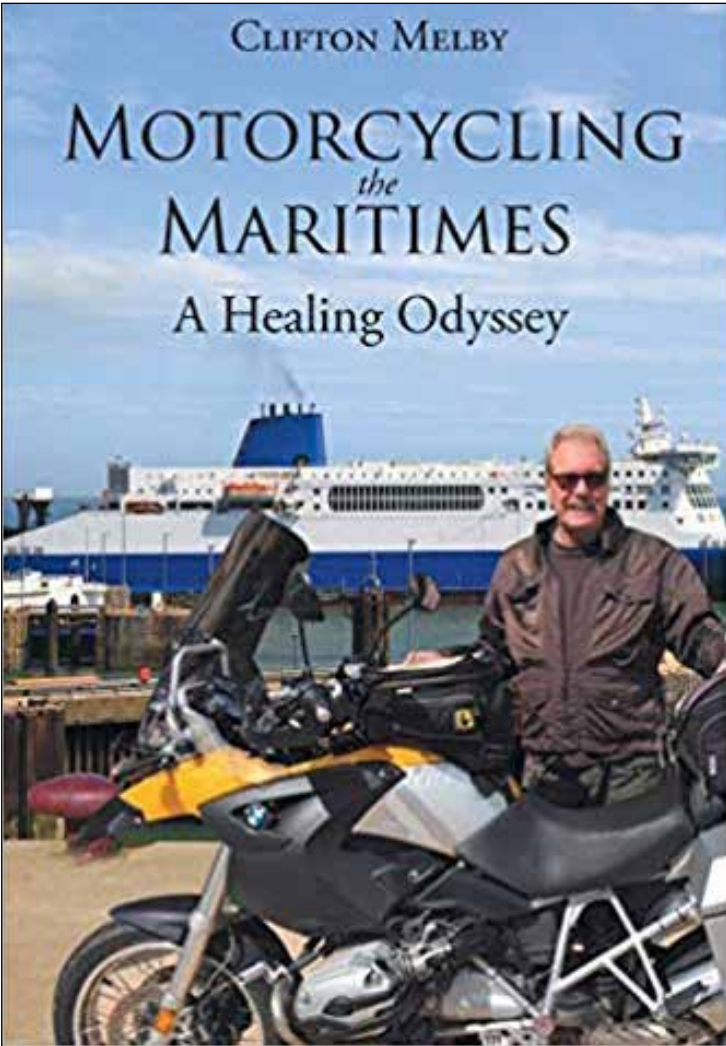
November 37, 2019
Dakota Heritage Bank is the newest addition to the Red Lake Falls community and surrounding area. They are a small town community bank with 9 locations in North Dakota and are excited to open their first location in Minnesota.

Kari Carr of New Leaf Stitches came to Oklee to give the area quilters a presentation and trunk show on November 8th. Kari stayed at the Oklee Inn and on November 9th she gave a quilt class. Kari has designed her own fabrics and has her own patterns and rulers, etc.

ITV Club went on the field trip to Garden Valley. While there, they learned plenty of new techniques about broadcasting, as well as interviewing tips. They will use these tips when recording sports and other events on the RLCC Channel on Garden Valley TV.

On Saturday a quilting class was held in the Oklee Community Hall. These ladies had a fun day learning a new pattern and much more. Attending were Jan Kramer, Bonnie Jensen, Julie Desrocher, Kari Carr, Sharon Baron, Janet Shaw, Katherine Erickson, Sherleen Adams, Shirley Dessellier and Toni Johnson.

Wow, this month surely went by fast. It seems every one is shorter. We use every one is faster. With the weird weather we have had this past month, it has been a puzzle to get some things done either before it freezes down or having to wait for the sun to shine so it will be thawed out enough to move it.



Melby now published author

Oklee local Cliff Melby has been busy in his retirement years working on a book which is now available on Amazon.com and at Oklee Lumber.

Cliff is a very good writer and has a knack for telling stories so it is no surprise that he would start putting his words down on paper for publishing.

This is from the back of his book:

It was August 9, 2015, still dark in the early hours of a cool Autumn Sunday morning. I was eager and excited about my second ride into the Maritimes with the route including both Newfoundland and Labrador, the two provinces I missed on my first visit. On my last ride there, while conversing with a total stranger in Nova Scotia, it seemed to me that I had been more than cordially invited but almost contracted to make this

trip. Although it seemed very strange to me at the time, such was his influence.

While on the ferry from North Sydney, Nova Scotia, to Argentina, Newfoundland, through the long dark hours of the night, a strange and haunting incident occurred. I healed from the physical injury of the incident in a few days, but mentally it proved to be a different matter. I had to share this in order to move forward. This was my inspiration to write this book. It is a work based almost entirely on my daily journal entries but also includes some fiction. While continuing on my ride, I began a lengthy healing process with the help of a very strange visitor.

I am happy to say that today, this whole adventure is filed away safely in a good place. I find myself longing for yet one more visit.

Feedlot permit changes would benefit water quality in Minnesota

St. Paul, MN - Under proposed changes to operating permits for large livestock farms in Minnesota, waters will be more protected from nitrogen leaching and runoff from land application of manure, while feedlot owners will benefit from improved forms and online services.

The Minnesota Pollution Control Agency (MPCA) is revising the general operating permit for about 1,200 large feedlots covering Feb. 1, 2021 through Jan. 31, 2026. A general permit covers facilities whose operations are similar.

The agency is holding public information meetings so interested individuals can learn about the proposed permit and ask questions:

Tuesday, March 31 in Marshall, Marshall-Lyon County library, 201 C St., Marshall, 10 a.m.-noon

Thursday, April 2 in Brainerd area, MPCA offices, 7678 College Rd., Ste. 105, Baxter, 10 a.m.-noon (Also available by webcast from all MPCA regional offices.)

The feedlot general permit combines Minnesota rules and statutes with federal regulations of the National Pollutant Discharge Elimination System. It's designed to protect water quality, primarily from the storage and land application of manure.

Though substantially similar to the current general permit, the proposed permit includes some new or modified requirements, including:

To limit the potential for nitrate leaching and runoff

A cover crop for any manure application during the months of June, July, August, and September (previously only June, July, and August).

Best management practices for any manure application during the month of October, such as cover crops, split applications of nitrogen, nitrification inhibitors, or applying manure when soil temperatures are 50 degrees or less.

No land application of solid manure during February and March (in addition to the current prohibition on applying liquid manure during the winter)

Record-keeping and annual reporting

The proposed permit would require permittees to use MPCA-approved forms for annual reporting and record-keeping. The MPCA will make the forms available when the proposed permit goes on public notice.

The MPCA is developing an online permit application that should be available in fall 2020. The agency has also removed redundant and unnecessary text from the proposed permit. Each facility will receive a customized notice of coverage containing only the permit sections that apply to the feedlot.

As the permit-development process continues, learn more and find out about public-participation opportunities on the MPCA web site. The formal 30-day public comment period will be announced in late spring or early summer.



Church news

OKLEE LUTHERAN PARISH

Zion and Salem
Pastor Linda Molitor
Wed, Mar. 11: Salem: 6:15 Supper. 7:00 p.m. Lenten Service.
Sun, Mar. 15: 9:00 a.m. Zion. 9:00 a.m. SS at Salem. 10:00 a.m. SS at Zion. 10:30 a.m. Salem.
Tue, Mar. 17: 9 a.m. Quilting at Zion. 7:00 p.m. Mutual Ministry meeting.
Wed, Mar. 18: Zion: 6:15 Supper. 7:00 p.m. Lenten Service.

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE

Fr. Adam Hamness
Sun, Mar. 15: 7:30 a.m. Confessions 8:00 a.m. Mass at St. Francis Xavier, Oklee; 10:15 a.m. St. Clement Parish, Grygla; 12:00 p.m. St. Ann Parish, Goodridge.

BROOKS – RED LAKE FALLS

CATHOLIC PARISH
Fr. Bob Schreiner
Sat, Mar. 14: 5:30 p.m. RLF
Sun, Mar. 15: 8:00 a.m. Brooks. 10:00 a.m. RLF.

IMMANUEL–EBENEZER LUTHERAN PARISH

ELCA
Pastor Jonathan Dodson
Wed, Mar. 11: 7:00 p.m. Lenten Worship at Ebenezer.
Sun, Mar. 15: 9:00 a.m. Worship at Immanuel. 10:15 a.m. SS at Immanuel. 7:00 p.m. Worship at Ebenezer.
Wed, Mar. 18: 6:30 p.m. Meal at Immanuel. 7:00 p.m. Lenten Worship at Immanuel.

GOODRIDGE AREA LUTHERAN PARISH

ELCA
Bethany-Ekelund-Faith
Pastor Kristen Ostercamp
Wed, Mar. 11: Release Time. Faith: 6:00 p.m. meal, 7:00 p.m. Lenten Service.
Sun, Mar. 15: 8:30 a.m. Bethany, 9:30 a.m. Sunday School; 9:45 a.m. Ekelund, 8:30 a.m. Sunday School; 11:00 a.m. Faith, 9:45 a.m. Sunday School.
Mon, Mar. 16: 9:00 a.m. Quilting Mission at Faith.
Wed, Mar. 18: Release Time. Bethany: 6:00 p.m. meal, 7:00 p.m. Lenten Service. Confirmation Class following service.

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Funeral Pre-planning Monuments

www.johnsonfuneralservice.com

Oklee Area Veterans' Memorial Update

A donation was received for the Oklee Area Veterans' Memorial from Barb and Cliff Melby, Oklee. The Melby's remembered Leona Brekke who lived in Oklee for many years as a "lovely lady and very active member of the Legion Auxiliary in Trail, MN." Leona Brekke had a strong military connection as her husband served during WW II at which time she spent 3 years doing defense work in Minneapolis, Washington State and Arkansas.

Donations to the Oklee Area Veterans' Memorial may be sent to Security State Bank, Box 69, Oklee, MN 56742, attn: Lori Melby. Questions should be directed to Mary Lynn Bachand at marylbachand@gmail.com.

CLEARWATER LUTHERAN PARISH

Mt. Olive – Nazareth Oak Park – St. Petri
Pastor Jeff Merseeth
Wed, Mar. 11: 5:00 p.m. Wednesday School. Nazareth: 6:00 p.m. Soup/Sandwich. Lenten Service 7:00 p.m.
Thu, Mar. 12: 5:00 p.m. Lenten at Mt. Olive followed by Bible Study.
Sat, Mar. 14: 9:00 a.m. Mt. Olive.

Sun, Mar. 15: 8:00 a.m. Worship at St. Petri. 9:15 a.m. Sunday School; 8:45 a.m. Nazareth Sunday School; 9:45 a.m. Worship at Nazareth; 9:45 a.m. Oak Park SS, 11:00 a.m. Oak Park. LYS Bowling in Bemidji.
Tue, Mar. 17: 6:30 p.m. Lenten at St. Petri followed by Bible Study.
Wed, Mar. 18: 5:00 p.m. Wednesday School. Oak Park - 6:00 p.m. Soup/Sandwich. Lenten Service 7:00 p.m.
Thu, Mar. 19: 5:00 p.m. Lenten at Mt. Olive.

NEW JOURNEY CHURCH

Josiah Hoagland, Pastor

Tyler Stynberg, Youth Pastor
 www.newjourneyfosston.com
Wed, Mar. 11: 6:30 p.m. Youth Group. 6:30 p.m. AWA-NA.

Fri, Mar. 13: Friday School
Sun, Mar. 15: 9:30 a.m. Worship. 10:45 a.m. Sunday School.

Tue, Mar. 17: 9:30 a.m. Ladies Devotions. 10:00 a.m. Quilting.

Wed, Mar. 18: 9:30 a.m. Christian Women's Club. 6:30 p.m. Youth Group. 6:30 p.m. AWA-NA.

GULLY-TRAIL PARISH

Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Wed, Mar. 11: Sand Valley: 6:00 p.m. Soup/bread supper, 7:00 p.m. Lenten service.
Sun, Mar. 15: 9:00 a.m. Lund, 10:30 a.m. Sand Valley. 2:00 p.m. 7th & 8th grade confirmation.
Wed, Mar. 18: 2:00 p.m. Sand Valley WELCA. Lund: 6:00 p.m. Soup/bread supper, 7:00 p.m. Lenten service.

BETHEL ASSEMBLY

Fosston
Seth Johnson, Interim Pastor
Sun, Mar. 15: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

Oklee Senior Site Dining

March 16 - 20

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 \$5.00 per meal donation is suggested.

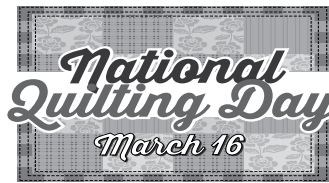
Monday: BBQ on bun, potato salad, corn, and dessert.

Tuesday: Grilled chicken breast, macaroni & cheese w/ peas, toast, and dessert.

Wednesday: Country fried steak, mashed potatoes, cream gravy, green beans, and dessert.

Thursday: Grilled ham & cheese sandwich, vegetable soup, and dessert.

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



ANNUAL MEETING NOTICE

The Annual Meeting of the Brooks Community Homes will be held on Wednesday, March 18, 2020, at 7:00 PM at the Community Hall in Brooks. The purpose of the meeting is to present financial reports, and elect two Directors. Prize drawings will be held and a light lunch will be served.

050-51C

ANNUAL MEETING NOTICE

The Annual Meeting of the Plummer Community Homes will be held on Monday, March 16, 2020, at 4:00 PM, at the Emardville Hall in Plummer. The purpose of the meeting is to present financial reports and elect Two Directors. Prize drawings will be held and a light lunch will be served.

050-51C

Grant (Free) Money is available for replacing Failing Septic Systems

Red Lake County Environmental Services currently has grant money available for failing septic systems. This money is for residential/family homes, not businesses.

In the past, it was just available for strictly low income households. In Red Lake County we have a sliding scale system in use. For example: If you show earnings of \$10,000 on your 2019 taxes you would qualify for 90% of your septic system to be paid. Earnings of \$50,000 would qualify for 50% to be paid on the system. Earnings of \$90,000 would qualify for approximately 10% of the septic system to be paid. These are all examples to give you an idea of what you might expect to receive based on your income.

Examples of failing septic systems would be: Septic tank is not water tight such as cracked, block tank etc., dumping into a ditch, creek, river or any surface outlet not below ground, also signs of seepage (liquid) coming to the ground surface.

Please call for more information. You are not required to give your name if you just want to call and ask questions. We currently have a large pot of money available. We require a copy of your most recent taxes, for most that would be 2019, to determine which bracket you fall into.

We encourage you to call us and use this grant money. Call Kurt @ (o) 253-4121 or (c) 218-791-5776.

018-3C

COUNTY PROJECT – BIDS CLOSE

Tuesday, March 24th, 2020
RED LAKE COUNTY
RED LAKE FALLS, MN 56750

NOTICE TO CONTRACTORS – Bids will be received until 10:00 AM, Tuesday, March 24th, 2020, by Robert Schmitz, County Auditor, at the Auditor's Office in the Red Lake County Court House, 124 Langevin Ave, Red Lake Falls, MN 56750, for the construction of the project listed below. Bids will be opened publicly by Erik Hove, County Engineer, or a designated representative, on behalf of the Red Lake County Board of Commissioners.

S.A.P. 063-614-007
Stabilized Aggregate Base

The Major quantities of work include AGGREGATE BASE CLASS 1 MOD.- TON 41,700; CALCIUM CHLORIDE SOLUTION – GALLON 27,400; TRAFFIC CONTROL – LS 1.0

Plans and proposals may be procured by purchase from the Red Lake County Highway Department, 204 7th Street Southeast, Red Lake Falls, MN 56750.

Complete Plans, Bid Proposals and Specifications:

Counter Price: \$50.00 (includes tax)
 Mailed: \$58.00 (includes tax)

Bids must be accompanied by a cashier's check or bidder's bond made payable to the Red Lake County Treasurer in the amount of at least 5% of the total bid.

The Red Lake County Board of Commissioners reserves the right to accept any bid or reject any or all bids, waive irregularities, and award the contract in the best interest of Red Lake County.

Robert Schmitz – Red Lake County Auditor

048-51C

Red Lake County Commissioners Minutes

RED LAKE COUNTY Regular Meeting Held February 11, 2020

Pursuant to adjournment of its regular meeting the Red Lake County Board of Commissioners duly met in regular session at the courthouse in Red Lake Falls, MN on February 11, 2020 at 10:00 a.m. Vice Chairman Flage called the meeting to order. Commissioners Remick and Simpson were absent. The Pledge of Allegiance was recited.

Commissioner Weiss moved, seconded by Dudycha and carried unanimously to approve the agenda.

County Treasurer Knott was present to review the quarterly investment report with the commissioners. Knott commented that interest rates are the lowest they have been in years and the long-term forecast looks the same.

Knott requested approval to purchase three (3) desktop computers as the current office units are no longer being supported by Microsoft for IT services. Knott informed he had not budgeted for the purchases as part of his 2020 approved departmental budget. Commissioner Weiss moved, seconded by Dudycha and carried by unanimous vote to allow Knott to purchase 3 PC's at an approximate cost of \$4,000.00 including installation costs.

Tanya Hanson of the SWCD was present to request approval of two shoreland permits for Enbridge Energy to complete routine pipeline maintenance in Sections 1 & 2 of Lambert Township. Commissioner Dudycha moved, seconded by Weiss and carried unanimously to approve the permits as presented.

County Engineer Erik Hove met with the board on several items. Hove started with giving a brief update on state aid funding balances and 2020 funding allotments available to the county. Red Lake County showed a significant increase due to the state-wide sales tax collections on auto parts going into the transportation funding allotment. Hove informed that there is \$13.2 million available for Red Lake County consisting of regular and municipal construction dollars.

Hove informed that in 2021 the Highway Department is planning to collaborate with the City of Oklee on a sidewalk and street project on CSAH 53 and CSAH 22 (SAP 063-622-004 & SAP 063-653-002) located in the city limits. Hove drafted a Memorandum of Understanding similar to those used for cooperative projects with the cities in the past. The MOU identifies the financial responsibilities and cost splits of the project as well as the roles and responsibilities throughout the project life. The MOU has been reviewed by the Red Lake County Attorney and recently presented to the City of Oklee. Hove recommend approval of the MOU. Commissioner Dudycha moved, seconded by Weiss and carried by unanimous vote to approve the City of Oklee MOU for Project SAP 063-622-004 & SAP 063-653-002 as presented.

Hove requested approval to contract with WSB to provide engineering services for the Oklee Project. Red Lake County solicited proposals from 6 engineering firms as part of the consultant selection process. The County Roads Committee served as a selection committee to select the best qualified firm based on various criteria. Hove mentioned that once a contract is approved, a survey, design and public outreach can begin with the goal of opening bids this time next year. The contract fee is

NOTICE TO RED LAKE COUNTY TOWNSHIP OFFICERS

The Red Lake County Township Officers Association will hold its spring Meeting on March 24th at 7 pm at the Plummer Community Center. All Township Officers are invited to attend.

Respectfully Submitted
 Casey J Klipping,
 Secretary,
 Red Lake County
 Township Officers Assn.

051-52C

ANNUAL MEETING NOTICE

The Annual Meeting of the Oklee Community Homes will be held on Wednesday, March 25, 2020, at 7:00 PM at the Senior Center in Oklee. The purpose of the meeting is to present financial reports, and elect two Directors. Prize drawings will be held.

051-52C

Oklee Centennial Cookbook

Recipe Corner - From page 24

Sausage Stars

Jacquie Knutson

(Doris LaJambe's granddaughter)

12 oz Jimmy Dean hot sausage
 1/2 cup ranch dressing
 2 cups finely shredded colby jack cheese
 1 small can chopped black olives
 1/2 cup finely chopped red pepper
 1 package wonton skins

Brown sausage and red pepper. Cool. Mix in remaining ingredients. Refrigerate. Spray mini muffin pans and place wontons in cups shaped like 4 point star. Lightly spray wontons with cooking spray. Bake at 350 degrees for 10 minutes or until light brown. Take out and place all on cookie sheet. Put heaping teaspoon into each wonton. Bake at 350 degrees for 10 to 15 minutes until cheese bubbly. Makes 48



not to exceed \$275,587.00 and, if the county is dissatisfied during the process the county reserves the right to discontinue services at several work authorization points. All of these fees are budgeted for and eligible for state aid construction funding. Hove recommended approval. Commissioner Weiss moved, seconded by Dudycha and carried by unanimous vote to approve the Engineering Contract with WSB for Oklee Project SAP 063-622-004 & SAP 063-653-002 as presented.

Hove requested approval to replace Unit #28 (1995 Chevrolet Pickup) with a Chevrolet Equinox. Hove presented a quote of \$25,092.20 from Thiberts that matches the state bid price under MN State Bid Contract 169038. Thiberts has offered \$350.00 for a trade-in value on the pickup resulting in a net price for the Equinox of \$24,742.20 plus tax and license. Commissioner Weiss moved, seconded by Dudycha and carried unanimously to approve the request as presented.

Hove explained the current overhead shop doors are old and not well insulated and requested approval to replace the four overhead doors and one opener at the Red Lake Falls shop. Two quotes were received with the low quote of \$17,820.00 from Northern Garage Door, Bemidji. Hove informed that the new doors are well insulated to R26 and will help reduce heating costs. Commissioner Dudycha moved, seconded by Weiss and carried unanimously to approve the request as presented.

Commissioner Flage moved, seconded by Weiss and carried by unanimous vote to approve the following expenditures for the period:

Vendor	Amount
Cardmember Services	\$5,362.98
Counties Providing Technology	4,210.00
DLT Solutions, Inc	4,262.04
University of North Dakota	2,367.63
Vendors Less than \$2000.	16,391.98
FINAL	\$32,594.63

The motion includes the following added bills: \$142.67 to Digi-Key; \$900.00 to Office MN IT Services; \$6,474.70 to ReadTech.

Commissioner Dudycha moved, seconded by Weiss and carried unanimously to approve the minutes of the regular board meeting held on January 28, 2020.

The following Commissioner/Committee reports were shared:

Commissioner Meeting/Report Weiss: NW Regional Development: reviewed financials, NWPIC audit report and Area Agency on Aging report. Tri-County Corrections: approved the purchase of Secure View tablets for inmates to access internet, reviewed 4th quarter audit report and the hire of added PT staff to meet state requirements. Huot Park Board meeting attended.

Dudycha: Tri-County Corrections. Flage: None. Commissioner Dudycha moved, seconded by Weiss and carried unanimously to appoint Mary Ann Lambert to a 3-year term on the Economic Development Board of Directors for County Commissioner District 3 retroactive to January 1, 2020.

The County Board acknowledged a thank you letter from Jean Planete, part-time Highway Department Custodian.

There being no further business the regular board meeting was adjourned to February 25, 2020 at 10:00 a.m.

Attest:
 Robert Schmitz, County Auditor

Al Remick, Chair,
 Board of Commissioners
 051C

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

Oklee Herald

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051C



MUSTANG STAMPEDE

RLCC Menus

March 16 - 20

Oklee

Monday: Breakfast: Ham & cheese croissant, cereal, fruit, and milk. **Lunch:** Chicken pot pie, biscuit, vegetables, string cheese, fruit, and milk.

Tuesday: Breakfast: Cereal, toast, fruit, and milk. **Lunch:** Ham patty w/bun, French fries, vegetables, fruit, and milk.

Wednesday: Breakfast: Waffles w/syrup, cereal, fruit, and milk. **Lunch:** Pizza hot-dish, breadsticks, vegetables, yogurt, fruit, and milk.

Thursday: Breakfast: Bagels w/cream cheese, cereal, fruit, and milk. **Lunch:** Hot dog or polish w/bun, baked beans, chips, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, and milk. **Lunch:** Cheesy bread, pizza sauce, lettuce salad, carrots & celery, fruit, and milk.

Plummer

Monday: Breakfast: Scrambled eggs, cereal, fruit, juice, and milk. **Lunch:** Diced chicken & gravy, mashed potatoes, seasoned peas, tea roll, fruit, and milk.

Tuesday: Breakfast: Coffee cake, cereal, fruit, juice, and milk. **Lunch:** Ham patty on bun, pickles cheese, tater rounds, carrots, fruit, and milk.

Wednesday: Breakfast: Apple turnover, cereal, fruit, juice, and milk. **Lunch:** Chicken nuggets, baked potato, sour cream, green beans, fruit, and milk.

Thursday: Breakfast: Breakfast pizza, cereal, fruit, juice, and milk. **Lunch:** Lasagna, coleslaw or cucumber cup, garlic bread stick, fruit, and milk.

Friday: Breakfast: Jelly roll, cereal, fruit, juice, and milk. **Lunch:** Mission Nutrition Grab & Go: PBJ's Sun Chips, yogurt, apple, and milk.

March WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) for March 2020.

Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. All potential clients must contact the WIC Program to schedule an appointment.

March 11 to March 13: Thief River Falls Redeemer Lutheran Church

For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 1-800-223-1591, or e-mail at quinchs@wiktel.com.

North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9 to 11 am. Arrangements should be made prior to clinics by contacting North Valley Public Health. 1-800-950-6986.



The RLCC Girls Basketball team won second place at subsections on March 2nd at the Ralph Engelstad Arena in Thief River Falls.



The RLCC Girls Basketball team celebrating a win with their coaches on Saturday, February 29 against Stephan-Argyle Central at the Ralph Englestad Arena in TRF.

RLCC Mustangs Basketball Game

By: Bella Russillo

The RLCC Mustangs basketball team lost against BGMR with a score of 67-56.

Jenna Pahlen made 26 points, 3 assists and got her 1,000th rebound. Kia Bachand made 16 points and 2 assists, Calyssa Eskeli made 5 points and 1 assist, and Marissa Thomas made 5 points and 1 assist.

ECFE March Schedule

Tuesday, March 12th: ECFE Family Fun Night: "Meet the Author Night": Wanda Nelson: Oklee site 6:00-7:00pm. Wanda Nelson will be presenting her books and will have several books for sale! Kids will be making their own books after her presentation.

Tuesday, March 24th: Family Literacy Night for

all ages! 5:00-7:00pm: RLCC Elementary School Plummer site. Lots of games, prizes and supper will be served. More information will be sent home later.

Thursday, March 26th: Plummer site Parent/Teacher Conferences, 4:00-8:00 pm.

Tuesday, March 31st: Oklee Site Parent/Teacher Conferences, 4:00-6:00 pm.



Jenna Pahlen got her 1,000 rebound of her career while playing against BGMR on March 2 during the Semi Finals.

State Wrestling tournament

By Adriel Bakken

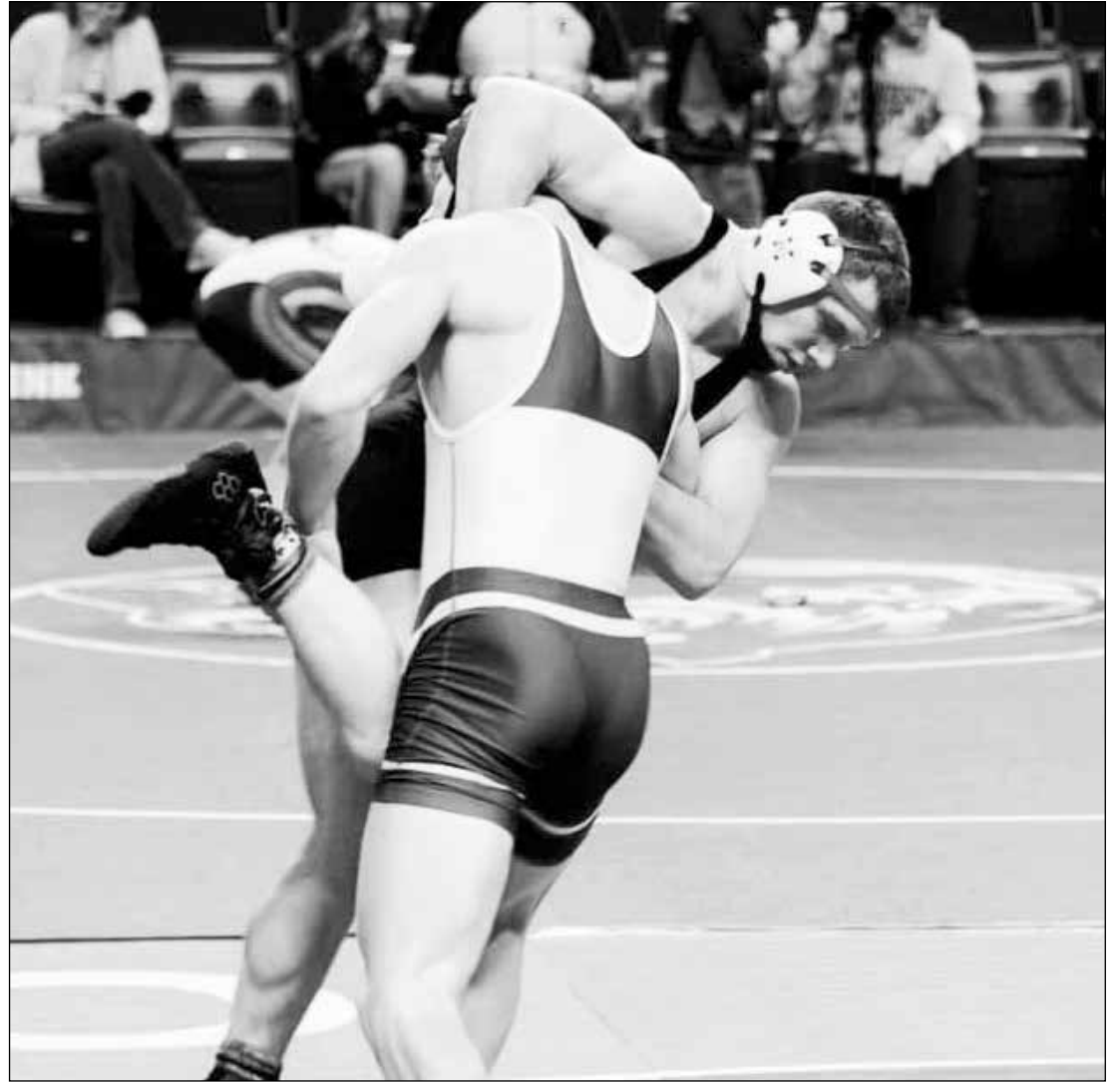
Four Red Lake County Central Mustangs qualified for the state meet on Friday, February 28th. Zach Howard, George Duden, Tristyn Ferguson and Damon Ferguson were the four that qualified.

Damon Ferguson wasn't able to compete because of a foot injury. There were no wins for the Mustangs, but most

of their opponents went on to place in the finals on Sunday. Great season, boys!



Friday, February 21 was Parent Night for RLC Boys Basketball. Front row: Trent Goulet, Tyler Hanson, and Derek Peterson. Back row: Kari Alvarado, Naomi and Dean Hanson, and Jamie and Wendy Peterson.



Tristyn Ferguson (pictured), along with 2 other RLCC wrestlers, competed at State on February 28.



Rebels Basketball fell to Kittson County Central in Crookston on March 5, ending their season 20-7.



The Rebel fan section showed up to cheer on their fellow students at the Kittson County Central game .



The Red Lake County speech team had two placements this week in Walker: Danny Guillmette (left) and Mariah Peterson (right).

Rebels Finish Season With Loss to Bearcats

By: Zachary Benson
The Rebels faced the Kittson County Bearcats in the first round of the Section 8a west playoffs on Thursday at University of Minnesota Crookston campus.

Both teams started out shooting the ball well and the Rebels were down 27-25 at the half with the help of Derek Peterson's 20 points in the first half.

The Bearcats would come out red hot in the second half knocking down two 3 pointers right out of the gate to pull away to start.

The Rebels would never be able to get back into it however and would end up losing the game by a final score of 68-63. The Rebels were lead by senior guard Derek Peterson and his 36 point performance.

Great season men!



Walker Speech Meet

By: Karena Melby
The RLC Speech team competed in the Walker Speech Meet on Saturday, February 29th. Mariah Peterson got 2nd Place Honor Finals in the category of Creative Expression. Danny Guillemette received an excellent ribbon in Poetry.

STORY TO SHARE!

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

MEET THE KINDERGARTEN OF RED LAKE COUNTY CENTRAL



Name: Jase Malwitz
Parents: Jason Malwitz and Becky Malwitz
What do your parent(s) do for a living: Mom drops him off at school and goes back home (Mom works at school)
Siblings: Hannah & Payzlie
Pet(s): Cooper and Nahla (dogs)
What do you want to be when you grow up: Police officer
Favorite Movie: Shrek
Favorite Food: Mashed potatoes & gravy with chicken and beans on it
Favorite school activity: Show & tell
Favorite color: Green and blue
Favorite toy: Combine



Name: Wyatt Anderson
Parents: Brianna Smith & Nick Anderson
What do your parent(s) do for a living: Mom – Arctic Cat and Dad – he works with my uncle in Fosston.
Siblings: Avery, Emma, Jaxx
Pet(s): Belle - dog
What do you want to be when you grow up: Army
Favorite Movie: Lightening McQueen
Favorite Food: Berries
Favorite school activity: Playtime
Favorite color: Yellow
Favorite toy: Dinosaurs



Name: Benjamin Lambert
Parents: Scott & Shannon
What do your parent(s) do for a living: My mom works at home with her computer. My dad works at the beet plant.
Siblings: Alden, Carson, Conner, Devin, Reese
Pet(s): A dog (Willy) and a cat (Bandit)
What do you want to be when you grow up: Teacher
Favorite Movie: Tom and Jerry
Favorite Food: Pizza
Favorite school activity: Play
Favorite color: Gold
Favorite toy: Purse



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

Thanks to all our adult patrons who participated in the winter reading program "Book Blizzard," that is - visited the library, attended programs, checked out materials, and registered for prizes. The final winners of the ceramic coffee mugs are Judith Anderson, Sherryl Eckstein and Darold Johnston. Winners of the red zip-front hoodies with NWRL Book Blizzard logo are Ron Kennedy, Chris VanEmmerik

and Naomi Tauberman. Congratulations to them!

A watercolor painting class will be offered to interested persons at no charge on Wednesday, March 25 from 4:00 to 5:30 pm in the library. Space is limited, so call (253-2992) soon to reserve your spot.

Siam's Congo will perform a concert on Thursday, March 26 at 6:00 pm at the library. "Brimming with catchy songs and engaging stories that abring renowned musician Siam Matuzungidi's rural Congolese culture to life, this charming show features Siam's spirited singing, masterful acoustic guitar and captivating traditional African instruments. Siam is joined by Dallas Johnson, singer/percussionist, for vocal harmony.

Siam's Congo Roots is the 3rd and final event of the RLF Library's Winter Concert Series, which has been provided by MN Legacy fund, free of charge to all those who attend.

And don't forget to stop by the library during March when the Snip 'n Stitch Quilters have a show of projects on display, including quilts of various sizes, patterns and colors, table runners and the 6 ECFE children's quilts - blocks designed by the students and quilts assembled by Snip 'n Stitch members-which will be raffled off in May. Tickets are available from Wanda at School Readiness at 253-2161, and at the library at a cost of \$3 each or 2/\$5.

March is National Nutrition Month

Eat Right - 20 Health Tips for 2020

- 1. Eat Breakfast**
Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
- 2. Make Half Your Plate Fruits and Vegetables**
Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cup soft vegetables your daily goal.
- 3. Watch Portion Sizes**
Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.
- 4. Be Active**
Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.
- 5. Get to Know Food Labels**
Reading the Nutrition Facts panel can help you shop and eat or drink smarter.
- 6. Fix Healthy Snacks**
Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.
- 7. Consult an RDN - Registered dietitian nutritionist**
Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts!
- 8. Follow Food Safety Guide-lines**
Reduce your chances of getting sick with proper food safety. This includes: regular handwashing, separating raw

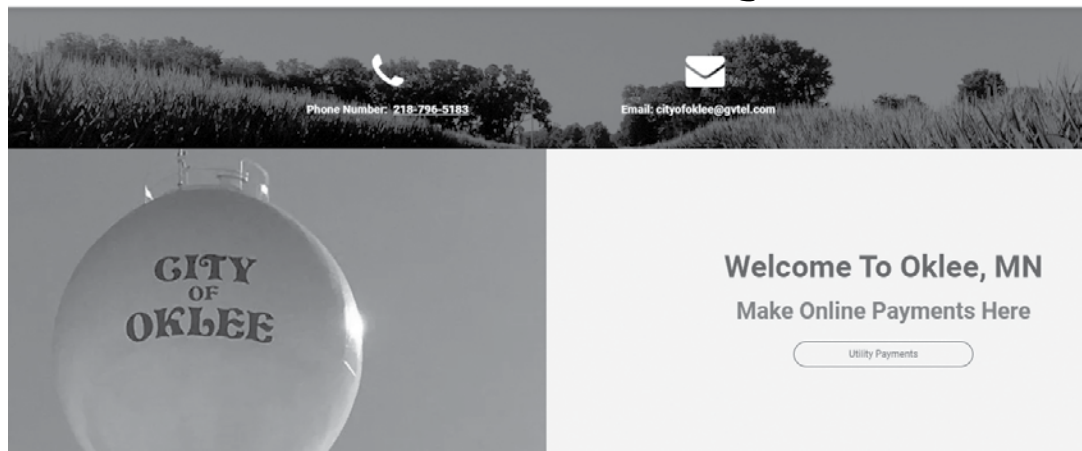
- foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly.
- 9. Drink More Water**
Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
 - 10. Get Cooking**
Preparing foods at home can be healthy, rewarding and cost-effective.
 - 11. Dine Out without Ditching Goals**
You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.
 - 12. Enact Family Meal Time**
Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.
 - 13. Banish Brown Bag Boredom**
Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas.
 - 14. Reduce Added Sugars**
Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts labels or ingredients list to identify sources of added sugars.
 - 15. Eat Seafood Twice a Week**
Seafood—fish and shellfish—contains arrange of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.
 - 16. Explore New Foods and Flavors**
Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, select a fruit, vegetable or whole grain that's new to you or your family.
 - 17. Experiment with Plant-Based Meals**

- Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.
- 18. Make an Effort to Reduce Food Waste**
Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days.
 - 19. Slow Down at Mealtime**
Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicate time to enjoy the taste and texture soft foods can have a positive effect on your food intake.
 - 20. Supplement with Caution**
Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking. www.eatright.org. ©2019 Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes.

Parenting Tips

Let's take a minute to talk about kindness. What is kindness, how do we show it and what can we do about it? Kids skillfully watch other people and how they are treated or how they are treating others. We should teach them that kindness can be many things. It can be a smile to a stranger at the grocery store. It could be helping the elderly neighbor with chores. I also think kindness can be teaching our kids that being different is ok. So, if you see someone that you wouldn't normally visit with because of looks or physical disability just smile and say "Hello". Sometimes that smile or hello might make the biggest difference to someone in need. These are just acts of kindness that aren't hard to do and don't cost you anything.

Announcing!!



Oklee's New Online Utilities Payment System

Tired of writing out your monthly check and then mailing in your payment or stopping by the Oklee City Clerks office to drop it off.

Starting today, you can make your payment from the comfort of your home computer. Just go to <https://www.govcard.org/Oklee> and set up your account today and make your life easier.

051C

Writers & Writing by Michael Tidemann

Tidemann started his journalism career at the Bismarck Tribune in 1978 and began college teaching career as a graduate teaching assistant at the University of South Dakota in Vermillion in 1977. He has worked at newspapers in Iowa and the Dakotas and his work has appeared in Overdrive, Writer's Journal, the San Diego Union-Tribune and Snowmobile. (Michael Tidemann writes from Estherville, Iowa. His author page is [amazon.com/author/michaeltidemann](https://www.amazon.com/author/michaeltidemann).)



An American Bum in China an entertaining curiosity

When I was asked to review An American Bum in China, I agreed. What I received in the mail was a relatively small volume, four-by-seven inches and 114 pages, not including prologue.

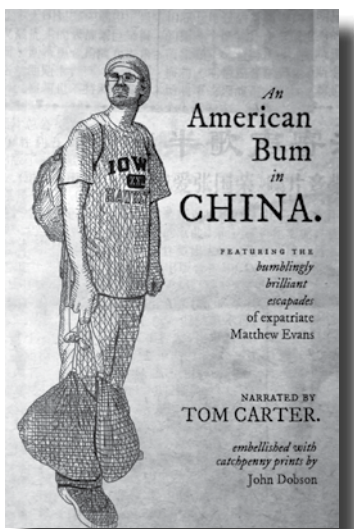
I don't hold a book's length alone against it, though. John Steinbeck's The Red Pony, just 100 pages, is one of his greatest works. So length is not a problem.

What I'm curious about, though, is where the subject of this highly engaging creative nonfiction narrative, Matthew Evans, a native of Muscatine, Iowa, fits as author into the book narrated by Tom Carter who met Evans several times in China. While both Evans and Carter were expatriates, or at least adventurers, the outcome of their adventures was far different.

As Carter tells it, Evans went to China to meet a supposed girlfriend who turned out to not really be girlfriend material at all – except possibly with other girls. That and other events sent Evans into a tailspin of bumbling happenstances. Evans tried to sneak into Myanmar – a military dictatorship only slightly less severe than North Korea

– not once, but twice. The first time Evans was in Myanmar he threw his passport from a hotel window to keep it from being stolen. When he returned through the same hole in the fence a second time to retrieve his passport, he discovered it had fallen into a virtually inaccessible crevice.

If that wasn't bad enough,



An American Bum in China
Narrated by Tom Carter
Camphor Press Ltd
ISBN 978-1-78869-180-2
\$11.99

Evans relayed his story to his grandmother who told it to his mother who in turn related it to US Embassy officials in China. When Evans applied for a replacement passport, he was regarded as something of a spy if not a traitor to the US. When Evans told them what he had done, and his ridiculous reason for doing it, they bought his story.

Not only did he offend US officials but Chinese officials as well. Evans manufactured a fake college diploma and found teaching positions at an agricultural then later a normal college in China. The result was painfully hilarious.

The escapades Evans experiences are the stuff of legend. Just as characters such as Calamity Jane immortalized themselves in the Wild West, Evans is destined to do the same in China. Unfortunately, that will only happen after the Chinese abandon communism and find a sense of humor.

This is a fun read. Hopefully, life turned out a little better for Evans in the end.

(Michael Tidemann writes from Estherville, Iowa. His author page is [amazon.com/author/michaeltidemann](https://www.amazon.com/author/michaeltidemann).)

Bonny's Bits...

okleeherald@gmail.com

Everyone is talking about the Coronavirus and there are many comparisons to the Spanish Flu of 1918. Here is some information about the Spanish Flu from Wikipedia.

The Spanish flu

The 1918 influenza pandemic (January 1918 – December 1920; colloquially known as Spanish flu) was an unusually deadly influenza pandemic, the first of the two pandemics involving H1N1 influenza virus, with the second being the swine flu in 2009. It infected 500 million people around the world, or about 27% of the then world population of between 1.8 and 1.9 billion, including people on isolated Pacific islands and in the Arctic. The death toll is estimated to have been anywhere from 17 million to 50 million, and possibly as high as 100 million, making it one of the deadliest epidemics in human history. Historical and epidemiological data are inadequate to identify with certainty the pandemic's geographic origin.

Most influenza outbreaks disproportionately kill the very young and the very old, with a higher survival rate for those in between, but the Spanish flu pandemic resulted in a higher than expected mortality rate for young adults.

To maintain morale, wartime censors minimized early reports of illness and mortality in Germany, the United Kingdom, France, and the United States. However, papers were free to report the epidemic's effects in neutral Spain. This created a false impression of Spain as especially hard hit, giving rise to the pandemic's nickname, "Spanish flu".

There are many hypotheses about the source. There have been claims that the epidemic originated in Kansas in the USA, China, or France. There is no definitive answer.

How it spread

When an infected person sneezes or coughs, more than half a million virus particles can spread to those nearby. The close quarters and massive troop movements of World War I hastened the pandemic, and probably both increased transmission and augmented mutation. The war may also have increased the lethality of the virus. Some speculate the soldiers' immune systems were weakened by malnourishment, as well as the stresses of combat and chemical attacks, increasing their susceptibility.

A large factor in the worldwide occurrence of this flu was increased travel. Modern transportation systems made it easier for soldiers, sailors, and civilian travelers to spread the disease.

In the United States, the disease was first observed in Haskell County, Kansas, in January 1918, prompting local doctor Loring Miner to warn the U.S. Public Health Service's academic journal. On 4 March 1918, company cook Albert Gitchell, from Haskell County, reported sick at Fort Riley, an American military facility that at the time was training American troops during World War I, making him the first recorded victim of the flu. Within days, 522 men at the camp had reported sick. By 11 March 1918, the virus had reached Queens, New York. Failure to take preventive measures in March/April was later criticized.

In August 1918, a more virulent strain appeared simultaneously in Brest, France; in Freetown, Sierra Leone; and in the U.S. in Boston, Massachusetts. The Spanish flu also spread through Ireland, carried there by returning Irish soldiers. The Allies of World War I came to call it the Spanish flu, primarily because the pandemic received greater press attention after it moved from France to Spain in November 1918. Spain was not involved in the war and had not imposed wartime censorship.

Mortality Around the globe
It is estimated that one third of the global population was infected, and the World Health Organization estimates that 2–3% of those who were infected died (case-fatality ratio). Estimates vary as to the total number who died. An estimate from 1991 says it killed 25–39 million people. A 2005 estimate put the death toll at probably 50 million (less than 3% of the global population), and possibly as high as 100 million (more than 5%). But a reassessment in 2018 estimated the total to be only about 17 million, though this has been contested. With a world population of 1800 to 1900 million, these estimates correspond to between 1 and 6 percent of the population.

This flu killed more people in 24 weeks than HIV/AIDS

killed in 24 years. However, the Black Death killed a much higher percentage of the world's then smaller population.

The disease killed in every area of the globe. As many as 17 million people died in India, about 5% of the population. The death toll in India's British-ruled districts was 13.88 million.

Estimates for the death toll in China have varied widely, a range which reflects the lack of centralized collection of health data at the time due to the Warlord period. In 1998 estimates the death toll in China were between 1 to 1.28 million based on data available from Chinese port-cities. In Japan, 23 million people were affected, with at least 390,000 reported deaths. In Indonesia 1.5 million were assumed to have died among 30 million inhabitants.

In the U.S., about 28% of the population of 105 million became infected, and 500,000 to 675,000 died (0.48 to 0.64 percent of the population). Native American tribes were particularly hard hit. In Canada, 50,000 died. In Brazil, 300,000 died, including president Rodrigues Alves. In Britain, as many as 250,000 died; in France, more than 400,000. There are numbers from many other countries, but to save space

This huge death toll resulted from an extremely high infection rate of up to 50% and the extreme severity of the symptoms, suspected to be caused by cytokine storms. Symptoms in 1918 were unusual, initially causing influenza to be misdiagnosed as dengue, cholera, or typhoid. One observer wrote, "One of the most striking of the complications was hemorrhage from mucous membranes, especially from the nose, stomach, and intestine. Bleeding from the ears and petechial hemorrhages in the skin also occurred". The majority of deaths were from bacterial pneumonia, a common secondary infection associated with influenza. The virus also killed people directly by causing massive hemorrhages and edema in the lungs.

The unusually severe disease killed more than 2.5% of those infected, as opposed to the usual flu epidemic mortality rate of 0.1%.

The pandemic mostly killed young adults. In 1918–1919, 99% of pandemic influenza deaths in the U.S. occurred in people under 65, and nearly half in young adults 20 to 40 years old. In 1920, the mortality rate among people under 65 had decreased sixfold to half the mortality rate of people over 65, but still, 92% of deaths occurred in people under 65. This is unusual, since influenza is typically most deadly to weak individuals, such as infants under age two, adults over age 70, and the immunocompromised. In 1918, older adults may have had partial protection caused by exposure to the 1889–1890 flu pandemic, known as the "Russian flu"

Another oddity was that the outbreak was widespread in the summer and autumn (in the Northern Hemisphere); influenza is usually worse in winter.

Modern analysis has shown the virus to be particularly deadly because it triggers a cytokine storm (overreaction of the body's immune system), which ravages the stronger immune system of young adults. One group of researchers recovered the virus from the bodies of frozen victims and transfected animals with it. The animals suffered rapidly progressive respiratory failure and death through a cytokine storm. The strong immune reactions of young adults were postulated to have ravaged the body, whereas the weaker immune systems of children and middle-aged adults resulted in fewer deaths among those groups.

Deadly second wave

The second wave of the 1918 pandemic was much deadlier than the first. The first wave had resembled typical flu epidemics; those most at risk were the sick and elderly, while younger, healthier people recovered easily. By August, when the second wave began in France, Sierra Leone, and the United States, the virus had mutated to a much deadlier form. October 1918 was the deadliest month of the whole pandemic.

This increased severity has been attributed to the circumstances of the First World War. In civilian life, natural selection favors a mild strain. Those who get very ill stay home,

and those mildly ill continue with their lives, preferentially spreading the mild strain. In the trenches, natural selection was reversed. Soldiers with a mild strain stayed where they were, while the severely ill were sent on crowded trains to crowded field hospitals, spreading the deadlier virus. The second wave began, and the flu quickly spread around the world again. Consequently, during modern pandemics, health officials pay attention when the virus reaches places with social upheaval (looking for deadlier strains of the virus).

The fact that most of those who recovered from first-wave infections had become immune showed that it must have been the same strain of flu. This was most dramatically illustrated in Copenhagen, which escaped with a combined mortality rate of just 0.29% (0.02% in the first wave and 0.27% in the second wave) because of exposure to the less-lethal first wave. For the rest of the population, the second wave was far more deadly; the most vulnerable people were those like the soldiers in the trenches – young previously healthy adults.

Even in areas where mortality was low, so many adults were incapacitated that much of everyday life was hampered. Some communities closed all stores or required customers to leave orders outside. There were reports that healthcare workers could not tend the sick nor the gravediggers bury the dead because they too were ill. Mass graves were dug by steam shovel and bodies buried without coffins in many places.

Data analysis revealed 6,520 recorded deaths in Savannah-Chatham County, Georgia (population of 83,252) for the three-year period from January 1, 1917, to December 31, 1919. Of these deaths, influenza was specifically listed as the cause of death in 316 cases, representing 5% of all causes of death for the total time period.[105]

End of the pandemic

After the lethal second wave struck in late 1918, new cases dropped abruptly – almost to nothing after the peak in the second wave. In Philadelphia, for example, 4,597 people died in the week ending 16 October, but by 11 November, influenza had almost disappeared from the city. One explanation for the rapid decline of the lethality of the disease is that doctors got better at preventing and treating the pneumonia that developed after the victims had contracted the virus, but John Barry stated in his book that researchers have found no evidence to support this.

Another theory holds that the 1918 virus mutated extremely rapidly to a less lethal strain. This is a common occurrence with influenza viruses: there is a tendency for pathogenic viruses to become less lethal with time, as the hosts of more dangerous strains tend to die out.

There are various theories of why the Spanish flu was "forgotten". The rapid pace of the pandemic, which, for example, killed most of its victims in the United States within less than nine months, resulted in limited media coverage. The general population was familiar with patterns of pandemic disease in the late 19th and early 20th centuries: typhoid, yellow fever, diphtheria and cholera all occurred near the same time. These outbreaks probably lessened the significance of the influenza pandemic for the public. In some areas, the flu was not reported on, the only mention being that of advertisements for medicines claiming to cure it.

Also, the outbreak coincided with the deaths and media focus on the First World War. Another explanation involves the age group affected by the disease. The majority of fatalities, from both the war and the epidemic, were among young adults. The number of war-related deaths of young adults may have overshadowed the deaths caused by flu.

When people read the obituaries, they saw the war or postwar deaths and the deaths from the influenza side by side. Particularly in Europe, where the war's toll was high, the flu may not have had a tremendous psychological impact or may have seemed an extension of the war's tragedies. The duration of the pandemic and the war could have also played a role. The disease would usually only affect a particular area for a month before leaving. The war, however, had initially been expected to end quickly but lasted for four years by the time the pandemic struck.

Regarding global economic effects, many businesses in the entertainment and service industries suffered losses in revenue, while the healthcare industry reported profit gains.

KURTIS ELLEFSON

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016-14C

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

1x3

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Thank You.

Oklee Herald Early Files

Eighty Years Ago March 4, 1940

Workmen have been busy for the past two months making several changes, and remodeling elevator No. 2 of the Oklee Farmers Cooperative Elevator Company. The driveway has been enlarged to 14 ft and a 12 foot loading driveway built on the north side. The office building was moved to the east side, and the entire structure was covered with sheet iron.

A big deal was closed when the Garden Valley Telephone Company purchased the Red Lake Falls Telephone system and took active charge of the same on February 27th. With this addition of Red Lake Falls, and St. Hilaire, the Garden Valley Telephone Company now has 18 exchanges and is the largest independent company of its kind in the state.

Advertisement for women: Women if you'er "40" Read This Important Message! Do you dread those "trying years" (38 to 52?) Are you getting moody, cranky and NERVOUS? Do you fear hot flashes, weakening dizzy spells?..... Start today and take famous Lydia E. Pinkham's Vegetable Compound....Pinkham's has helped calm unstrung nerves and lessen annoying female functional "irregularities."

Seventy Years Ago March 9, 1950

A blizzard classes as the worst of the season lashed this area Monday and Tuesday after a three-day thaw. Highway traffic was virtually paralyzed in some parts of the northwest although snowfall in this area was not heavy. The Oklee public schools were closed Tuesday morning and electric power lines failed for a few hours Tuesday morning.

Coal Strike ends – some 372,000 soft coal miners went back to work Monday under a new wage boost. As coal again rolled from the strike-bound mines, manufacturing and railroading gradually began to return to normal. There was no announcement from the Soo Line and mail was still arriving only once a day by rail.

J.L. Radniecki, who is a delegate of the Red Lake Electric Cooperative, will leave Friday for Chicago to attend the REA Convention.

Showing at the Oak Theatre was In the Good Old Summer Time featuring Judy Garland and Van Johnson on Saturday-Sunday and the Wednesday-Thursday feature was That Midnight Kiss with Kathryn Grayson and Jose Iturbi.

Sixty Years Ago March 10, 1960

Twelve hunters pursued a 37-pound brush wolf 17 miles before one of the party administered the coup d'grace about a mile south of Thief River Falls near Highway 59. The men in pursuit were Christ Mattison, Roger and Willis Mattison, Emil and Kenny Malwitz, George Rewertz, Hjalmer Peterson, Carl Kulseth, Carl Peterson, Martin Wedul, Earl Peterson and Clarence Hanson.

A gully couple, Mr. and Mrs. Harald Steile, were named Valley Farmer and Home-maker for Polk County at a recognition dinner held at the Northwest School of Agriculture in connection with the Winter Shows.

Leonard Boucher was named the top Dairy Herd for the month of January in the DHIA.

LaVerne and Richards Stucky and Arlene Lundeen helped Vincent Lundeen celebrate

his birthday Thursday after school.

A birthday party was held Sunday at the Joe Willett home for their son, Thomas Joseph's first birthday.

Mrs. Andrew Dessellier returned home Monday after spending five weeks with her town children in Eugene, Oregon.

Fifty Years Ago March 12, 1970

The Trail Community Club began plans for a 60th Anniversary celebration at its meeting last week.

Marine Lance Corporal Claire G. Berberich, son of Mr. and Mrs. Leander Berberich of Brooks is serving with the Marine Force Logistic Command in Vietnam.

Jesse DuChamp, county assessor, left Monday for Minneapolis where he will attend the 31st annual assessors school held this week at the Pick-Nicollet Hotel.

The chemistry class of Plummer High School went to view the sugar beet factory in Crookston. The trip was very educational and a change from regular classes.

Robert Baune, who is employed in Minneapolis, spent the weekend at the home of his parents, the Norman Baunes.

Mr. and Mrs. Harold Cyr "snow-catted" to Thief River Falls on Saturday afternoon and visited at the John Wettestad and Oriaon Beich homes. On the way home they were met by Earl, Don and Tim Swenson and Bob & Kenneth LeCoque of McGrath, MN. The ideal snowmobiling weather was enjoyed by all.

The North Tri-County All-Conference basketball team for the year 1970 has been selected and it included Leigh Sovde, a junior, playing center for Oklee.

Forty Years Ago March 13, 1980

Mayor Earl Swenson singed a proclamation declaring April 1st as Census Day in Oklee.

The American Legion Auxiliary in Oklee chose their Girls Stater to be Diane Hanson. Al-ternate will Michele Bachand.

Miss Linda Lessard, age 17, daughter of Mrs. Louise Lessard of Oklee and Mr. Kenny Lessard of Brooks has been selected to compete in the 1980 Miss Minnesota Teen USA pageant to be held in Rochester, MN.

Seniors featured in the *Meet the Seniors* wee Robert Flaten, Mark Lindquist and Linda Lessard.

Thirty Years Ago March 14, 1990

Approximately 100 people attended the Negotiations Meeting held between the Red Lake County Board of Commissioners and the Minnesota Office of Waste Management regarding a proposed Hazardous Waste Facility Site, with the majority of those attending being vehemently opposed to the site being located in Red Lake County and or Northern Minnesota.

Meet the Kindergarteners included Carl Dugstad, Lindsey Hegge, Tim Whalen and Lucas Bjerklie.

Mr. and Mrs. Irvin Flatgard announced the birth of their 6th grandchild, Travis Cole born February 15th to Mr. and Mrs. Dale Flatgard.

Tim Lundeen finished his 2 year course at Northland College in TRF. He plans to attend Bemidji State for 4 years and then another 2 years to complete his training to become a pastor.

Catherine Cyr, Oklee, was recently awarded a University of Minnesota Mortuary Science

Alumni Society Scholarship.

Twenty Years Ago March 9, 2000

RLCC Mustang Gals take 2nd in Section 8A Sub-section 29 states the headline. They had a heartbreaking defeat Saturday afternoon playing against the Fosston Greyhounds. It was a close game, losing by only a few points, 66 – 63.

Elementary students at Oklee School celebrated, along with thousands of Minnesota children, the birthday of Dr. Seuss on March 2nd.

Word was received by Ron and Kathy Juneau that they are enjoying their winter holiday in Ocala, Florida sightseeing. They enjoyed the biggest State Florida Fair and flea markets, visited with friends and families.

Meet the Kindergarten featured Brianna Sandeen and Madison Berns.

Sylvia Hilgeman was the Triple "A" Region 8A Sub-section 31 competition nominee.

Jim and Debbie DuChamp, Wayne and Debbie Vettleson, Lloyd and Wavell Sorenson spent Wednesday and Thursday attending the Land O'Lakes Convention in the Cities. Wednesday evening they enjoyed entertainment by the Smothers Brothers.

Ten Years Ago March 10, 2010

On Saturday night, March 6th, a Little Miss Oklee Pageant was held. This was the second event held in 2010 as part of the Oklee's Centennial's Kickoff. A large audience was gathered and there were 15 contests. After their talent portion, their walk across the stage and the questions section, they all performed a dance & song called Walking on Sunshine. The winner was Kayla Olson, with runners up being Faith Bruggeman and Kelsie Sirjord.

RLCC Students of the Month for January were Brett Gerardy, Cheyenne Gunderson and Thomas Morinville.

Sidney Bergeron was chosen as the Valentines King at the McIntosh Senior Living Homes.

On February 13th, serval people gathered at the Schott Parsley home and spent the day snowmobiling. 17 sleds enjoyed the 85 mile ride and the younger riders with four sleds spent the day riding around Scotts place.

Who's Dat?



Who's Dat?

This weeks photo is of a local farmer and his wife. They farmed and raised 7 children in the area.

Last week's photo was of a group of Vacation Bible School kids from the 60's at Saron Church south of Brooks. Here is what I have so far. If you have more to add, let me know.

Front row (L to R): Jeff Qualley, Nancy (Qualley) Gustafson, Carol (Ness) Lindseth Debbie (Qualley) Rewertz, Dianna (Qualley) Piper, Mike Qualley, Darlene Sivas, Linda Tuenge, and Susan Tonsfeldt.

Middle row (L to R): ????, Julie (Noyes) Derosier, Tim Cote, ????, Steven Tonsfeldt ????, Larry Cote, Brenda Plante Wang.

Back row (L to R): Lonny Cote, Susan (Hamrum) Heller-Bailey. ????, Paul Noyes, Gary Tuenge, Lowell Hamrum, Opal Jo Tonsveldt, ??



Senior Site News & Other Things

By Volunteer Iona Berry

I'm back to typing again, I finally got new ribbons, thanks to help from Bonny.

We had a sad funeral again in Oklee, Phyllis "Pokie" Martell had a fall on her stairs. She was taken to the hospital but the fall was too bad and she passed away that night. The funeral was Saturday and there was a huge number of people who came.

Today is nice for March. My thermometer shows 51°. It was nice yesterday too. However there is still a lot of snow near my driveway. March is a month both cold and warm. I'm always happy when it comes and we are done with February.

I decided to order "The Saturday Evening Post" magazine. When I was young, we always had that magazine. I still like it.

We have Bingo every Thursday at 12:30 p.m. Everyone is welcome.

Dates to Remember
March 17: St. Patrick's Day.

March 19: First Day of Spring.

March 19: Senior Site Council meeting at 10:00 a.m.

March 20: Birthday Meal.



Words of Wisdom

Be honest, brave, and caring and you'll turn out just fine.

To enhance your ego, do something unexpected and generous for someone.

Joke Time

Up in Northern Norway,

near Spitzbergen, lies a strip of land between Russia and Norway. One particular land parcel had gone between Russia and Norway for a period of a hundred years. Finally, the spot where Ole the Norwegian lived was turned back to Norway. "Thank goodness," commented Ole. "I don't think I could stand any more Russian winters."

Ole says: "I never knew what happiness was until I got married. By dat time, it was too late."



Brooks - Terrebonne News

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

The weather has been perfect for slow spring melting. Warm days and cool nights. We are thankful. Some corn is being harvested around the country though there are places where the snow prevents harvesting around the edges of the fields where it is piled up to four or five feet in the field. Toward the middle of the field harvesting is possible. Maybe the farmers won't have as much of a disaster as they thought they would have. Only time will tell.

Deb and Randy Versdahl had a wonderful trip to New Orleans last week. They went on a tour to a plantation and the rooms were beautiful. It was like walking into the past. The photos Deb took were wonderful. They also toured a swamp park that featured the animals of the swamp including alligators and other swamp animals. Their tour was on an airboat. One of the features of the plantation was the beds made of feathers. Deb said that they were really enjoying the New Orleans trip all through the time they spent there. It is good to see you back again.

On Sunday Reinette and

Ray Walter, of Plummer, Leonard and Marilyn Novak, of Warren, and Barb and Jerome Novak of Brooks, went to Ness Café for dinner. Later Leonard and Marilyn Novak visited with Jerome and Barb Novak at their home for the afternoon.

News of the passing of Charles Franklin came last week. He is the husband of Marilyn Franklin, formerly Marilyn Marcotte (Perreault). His funeral is on Monday March 9. Charles loved to dance and he and Marilyn danced every time they got a chance. We will miss him. Our prayers

Plummer News

By Alice Jobe 218-465-4402

Adam Gallant and sons of Grand Forks visited Lynn and Roger Gallant over the weekend.

Anna DeHate attended the girls basketball tournament in Thief River Falls on Monday night to watch her granddaughter Brandie, play. Red Lake County Central (RLCC) Mustangs played BGMR Gators (Badger/Greenbush-Middle River). RLCC lost 71-60.

Plummer Legion Auxiliary had a breakfast fundraiser from 10 a.m. to 2 p.m.. It was for scholarships and Girls State. There were pancakes, egg bakes, sausage, bacon, sweet rolls, muffins, coffee and juice. There also were silent auction items. It was very good.

Mallory and Charlie Bernstrom of Lancaster and kids came for the weekend to Tony and Shiela Gerardy's.

Alice Jobe visited Jean Carpenter and Bunny DuChamp at their Greenleaf Apartments on Thursday afternoon.

The weather sure has been pleasant. It's good that most of the time the temperatures drop below freezing at night, so it gradually thaws.

On Thursday morning, I talked to my sister at Warroad. They had gotten 6 inches of

snow over night. She said it was pretty. It also had been windy there too. Here it was just light snow and up to 35 mph winds.

Wednesday night, our Lenten Bible Study stared at Field Drainage. There were seven of us ladies. Its' always special time of prayer and sharing and learning for us.

Thursday morning, I was watching Channel 11 from 9 to 10. They had on a guy who would be performing at Valley City, ND Winter Shows. One had been a rodeo clown. He said he'd broken ribs and other bones because of the bulls. Another guy could do pistol juggling and also rope lariat tricks. He was really good. They also showed men and women in their western clothes that are in rodeos. They also would be there. It looked like an interesting and fun thing to attend. North Dakota and Minnesota really do hold on to their western roots from way back and it's good to see.

Get out and enjoy the warm weather. It may be muddy and sloppy in some areas. But spring is soon here. Daylight Saving Time is here once again.

Have a good week!

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Wednesday, March 11, 2020

6 THE OKLEE HERALD