

New teachers at RLCC High School



Ms. Hannah Miller is the new English teacher at RLCC

By Afton Benoit and Jeremiah Baker
Ms. Miller's parents both had a job in teaching, and because of this, she thought that she would never follow her parents in a career in education, but she was wrong. "Never say never." She says because now she is in love with language and literature and is a high school English teacher with hopes of passing her knowledge onto other students of hers. To get where she is now, she first attended the University of Mary with the intent of becoming a Speech-Language Pathologist, but not long into it; she discovered that it was not the path for her. She then transferred to Valley City State University, the college in her hometown, to pursue a degree in English Education.

Ms. Miller says she is delighted to be working in such a warm and welcoming environment. She says the students she has met are so great. She thinks they're hilarious and is looking forward to getting to know her current students better and meet the other classes! Her father is an elementary principal in Valley City, ND and her mother teaches first grade at BCN, a nearby school. They have two dogs, a wonderful Golden Retriever named Rocky and an evil Pomeranian ironically named Buddy. She has a younger brother named Riley, going into junior year at VCSU, the university she attended. Lastly, she has a young German Shorthaired Pointer named Gunner, who she adores.

Ms. Miller's favorite hobbies include reading, writing, and watching Netflix. She graduated from college in May of 2020, and she got her first teaching job at RLCC High school. Ms. Miller says students can succeed in her class by showing up with a positive attitude, participating in class, and doing their best to learn the material. She sometimes forgets that not everyone understands English concepts as quickly as she does, so students should know that they can and should let her know when moving too fast with a lesson. Ms. Miller hopes to help students succeed through class discussions and be available to answer any questions. She tries to pay attention and notice when someone seems to be struggling with a concept or an assignment, so she is more than willing to jump in and help.



Mr. Nathan Guillemette is long term sub at RLCC

By Lauren Jones and Shyla Styles
Mr. Nathan Guillemette is a graduate of Lafayette High School in Red Lake Falls. After high school, he got his undergraduate degree at UND and graduated with graduate degrees from the University of Mary and NDSU.

He says Red Lake County Central High School is an excellent school filled with people and students he enjoys working with; It's great to work in a small school.

Mr. Guillemette loves teaching the students because the students are great. They are very polite and helpful. The students were very welcoming and a great pleasure to work with and to have in class.

Mr. Guillemette's parents, Bob and Vicki, are both retired. His older sister, Bobbi Aakhus, teaches English at Red Lake County Central, and their older sister, Melissa Peterson, was a preschool teacher for many years at JA Hughes Elementary. Unfortunately, she passed away earlier this winter from health complications. Mr. Guillemette has one nephew named Ethan and four nieces named Mariah, Mikayla, Allison, and Natalie.

Mr. Guillemette loves traveling. He's been to several countries and most parts of the United States. His favorite country that he has traveled to is Italy. He also likes cooking for his family and friends.

Mr. Guillemette had been subbing for three years off and on before getting a teaching job at Red Lake County Central High School. He primarily subbed in Crookston, and he taught everything from elementary school music to high school gym class.

Mr. Guillemette says his students can succeed by believing in themselves and working with him. For any student he knows trying to do well, he will try his best to help them. Also, having the right attitude goes a long way, and you should always ask questions when needed and ask for Clarity.

Mr. Guillemette is available before school from 7:45 to 8:30. He has his prep hour open, and he is always available after school. When students need help or need to talk, he is always willing to listen and give advice when needed. Mr. Guillemette loves to learn about new things and is up for the challenge.



Carlee Whalen of Oklee shot her first black bear north of Oklee on Thursday, Sept 10th. The bear weighed in at 600 lbs. and was 7 feet 6 inches in height. Carlee is the daughter of Terry and Sarah Whalen of Oklee, grand daughter of Tim and Linda Whalen, Oklee and Audrey and the late Jr. Olson, Mentor.

Master Gardeners are being accepted now through Oct. 1st

Applications to become a University of Minnesota Extension Master Gardener are being accepted now through Oct. 1.

Gardening enthusiasts in Red Lake County are encouraged to apply to become a University of Minnesota Extension Master Gardener. The application period is open through Oct. 1.

Extension Master Gardeners bring science-based horticulture knowledge and practices to Minnesota, promoting healthy landscapes and building communities through their volunteer efforts.

Master Gardener volunteers are respected as reliable sources of gardening information for Minnesotans. Becoming a Master Gardener gives volunteers a chance to expand their interests in areas including sustainability, local foods, pollinators, and climate change. Master Gardeners also put their skills to work conserving green spaces, native plants, and clean water.

The University of Minnesota has trained thousands of Master Gardeners. They come from all ages and backgrounds. Each

year, they contribute more than 140,000 hours of service in Minnesota communities.

This year, the training will be all online and spread out over 14 weeks, making the program more student-friendly than ever.

To become a Master Gardener, individuals commit to complete online training and 50 hours of volunteering in the first year. After the first year, they commit 25 hours to annual volunteer work; many choose to devote more time to the program.

Currently, Red Lake County does not have a local leadership group to coordinate volunteer activities. To provide access to Red Lake County residents interested in becoming Master Gardeners, we are introducing a state-wide volunteer group option. Join us to become a certified Volunteer-At-Large.

As a Volunteer-At-Large, you will receive guidance and support from a state program Extension educator through Zoom meetings, conference calls and email. You will have the

opportunity to participate in numerous volunteer activities like planting a learning garden in your community, answering gardening questions from the Yard and Garden Line, and sharing science-based gardening tips through educational webinars.

"Now more than ever, people around the state are turning to gardening as a soothing, family-friendly endeavor and a way to serve neighborhoods and communities. Interest in growing food is high, as is commitment to addressing local issues such as water quality and preservation of native plants," said Tim Kenny, statewide director of the Extension Master Gardener Volunteer Program.

Learn more about becoming an Extension Master Gardener by visiting extension.umn.edu/master-

Gardener and apply at z.umn.edu/mg2021app. Or contact the Red Lake County Extension office at mnext-redlake@umn.edu. Applications will be accepted online until Oct. 1. Come learn, grow, and share with us.

Plummer "CARES Act-Small Business Grant" applications are available

In September the City of Plummer received \$22,451 of Federal Corona Virus Aid, Relief and Economic Security (CARES) Act funds as assigned through the State of Minnesota.

The Plummer City Council approved allocating some of the funds toward a Small Business

Relief Fund in the form of grants to small businesses in the City of Plummer to assist with business income losses due to the Covid-19 Pandemic.

Grants up to \$10,000 may be awarded to qualifying businesses. Grant applications will be reviewed by the City

Officials. The deadline date for applications is October 8, 2020. Applications can be picked up at the City Clerk's office Monday - Thursday from 8 am to noon.

For more information contact Margaret Peterson at 218-465-4231.

North Star Credit Union wins Financial Education Award

COOK- North Star Credit Union has been recognized statewide for its leadership in and commitment to financial education.

North Star Credit Union has been honored with a 2020 Desjardins Financial Education Award.

The award, sponsored by the Minnesota Credit Union Network (MnCUN) and the Credit Union National Association (CUNA), recognizes leadership within the credit union movement on behalf of (youth/adult) financial literacy.

The credit union was honored for its Student Education programs, which provides financial education in our local school districts.

"Financially educating our membership is our mission, being able to partner with the schools in our communities to begin that education with the youth group is a privilege," said Jennifer Stedt, Chief Operating Officer at North Star Credit Union. "Receiving an award for doing what we are passionate

about is an honor!"

The North Star Credit Union's winning entry will advance to the national competition, where it will compete with financial education projects from credit unions in other states.

The award is named in honor of Alphonse Desjardins, the founder of the North American credit union movement, who established the first "caisse populaire" (people's bank) in Quebec in 1900, and helped establish the first American credit union in New Hampshire in 1909. Desjardins was an ardent believer in the value of teaching children to save, and he promoted the idea of in-school savings programs.

For more than 80 years North Star Credit Union has been serving our community. North Star Credit Union has four branch location including in Brooks, Cook, Duluth and Nashauk. For more information, visit www.northstarcreditunion.org.

Red Lake County's first Covid death...

Daily Inter-County Nursing Service Covid-19 updates:

September 15th:
There are no new laboratory confirmed cases to report in Pennington and Red Lake County.

September 16th:
There is one new laboratory confirmed case in Pennington County, the individual is in their 50's, recovering at home.

September 17th:
There is one new laboratory confirmed case in Pennington County, the individual is in their 20's, recovering at home.

September 18th:
There is one new laboratory confirmed case in Red Lake County, the individual is in their 60's, recovering at home.

September 19th:
There are three new laboratory confirmed cases in Pennington County, the individual is in their 50's and 70's, recovering at home. One case previously reported was reassigned to a different county.

How long does someone that has tested positive for COVID-19 have to be isolated?
The length of isolation does somewhat depend on the situation with a particular individual, but generally, someone is considered infectious two days prior to showing symptoms and should be in isolation for 10 days from the start of symptoms and be fever free for 24 hours and have improvement of symptoms. If someone is seriously ill and, in the hospital, that isolation period is typically longer and would be directed by their health care provider. People with no symptoms, but who have tested positive, should isolate for 10 days from the day they were tested. During a case interview, the case investigator

discusses these timelines with the individual.

September 20th:
There are two new laboratory confirmed cases in Pennington County, the individuals are in their 50's and 20's, recovering at home.

September 21st:
There are no new laboratory confirmed cases in Pennington County.

September 22nd:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

For the most updated information on COVID-19, see the following websites: **Minnesota's daily situation update can be found at <https://www.health.state.mn.us/diseases/coronavirus/situation.html>**

County, the individual is in their 80's, recovering at home.

September 20th:
There are two new laboratory confirmed cases in Pennington County, the individuals are in their 50's and 20's, recovering at home.

September 21st:
There are no new laboratory confirmed cases in Pennington County.

September 22nd:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

September 23rd:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

September 24th:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

September 25th:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

September 26th:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

September 27th:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

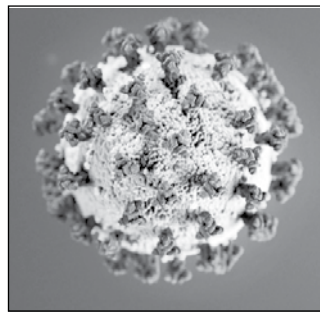
September 28th:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

September 29th:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

September 30th:
There are no new laboratory confirmed cases in Red Lake County. One case previously reported has been reassigned to a different county.

For the most updated information on COVID-19, see the following websites: **Minnesota's daily situation update can be found at <https://www.health.state.mn.us/diseases/coronavirus/situation.html>**

discusses these timelines with the individual.



Statistics (9-21-2020):

- 90,942 Positive Tests
- 1,855,308 Complete Tests
- 1,312,937 People tested
- 82,174 Patients Who No Longer Need Isolation
- 1,969 Total Deaths
- 7,199 Total Hospitalized
- As of this printing - Total Confirmed Cases in surrounding Counties:
 - Pennington County: 113
 - 106 recovered cases
 - 6 active case
 - 7 hospitalization
 - 1 death
 - Red Lake County: 38
 - 35 recovered cases
 - 2 active case
 - 5 hospitalization
 - 1 death
 - Polk County: 257
 - 224 recovered
 - 4 deaths
 - Marshall County: 49
 - Clearwater County: 26
 - Beltrami County: 376



Please continue to do social distancing and when out in public, mask up.

Church news

OKLEE LUTHERAN PARISH

Zion and Salem
Pastor Linda Molitor
Wed, Sept. 23: 7:00 p.m. Confirmation at Zion.
Sun, Sept. 27: 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, Sept. 30: 7:00 p.m. Confirmation at Zion.
 Sermons are on GVTel Channel 35 (10 am Sunday & 2 pm Tuesday), also on Facebook or YouTube.

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE

Fr. Adam Hamness
Sun, Sept. 27: 8:00 a.m. St. Francis – Oklee. 10:15 a.m. – Grygla. 12:00 p.m. – Goodridge. Go to: <http://www.oggcatholic.org/> for service times.

BROOKS – RED LAKE FALLS CATHOLIC PARISH

Fr. Bob Schreiner
Brooks – Red Lake Falls Catholic Parish
Fr. Bob Schreiner
Saturday: St. Joseph RLF 5:30 p.m.
Sunday: Brooks Sunday 8:00 a.m. St. Joseph 10:00 a.m.

IMMANUEL-EBENEZER LUTHERAN PARISH ELCA

Pastor Jonathan Dodson
Sun, Sept. 27: 9:00 a.m. Worship at Ebenezer. 10:30 a.m. Worship at Immanuel.

GOODRIDGE AREA LUTHERAN PARISH

Bethany-Ekelund-Faith
Pastor Kristen Ostercamp
Wed, Sept. 23: 7:00 p.m. Faith (outdoor).
Sun, Sept. 27: 8:30 a.m. Bethany. 9:30 a.m. Facebook Live. 10:30 a.m. Bethany Formation.
Wed, Sept. 23: 7:00 p.m. Ekelund (outdoor).

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.

T.H.E. Bus Passenger Information

Please have the following information available when calling to schedule a ride:

Location/City where you will board the bus, Location/City of your destination, Hours/When pick-up is needed, and Appointment time will be helpful.

Other Rules: Only large items you are able to carry will be allowed on the bus. Please keep cell phone use at a minimum as a courtesy to others. Due to allergies, please keep cologne/body spray/perfumes to a minimum. Shirt, shoes and appropriate clothing are required.

Red Lake County: Monday and Wednesday to Red Lake Falls 10 am – 2:30 pm Tuesday and Thursday to Thief River Falls 10 am – 2:30 pm



CLEARWATER LUTHERAN PARISH

Mt. Olive – Nazareth Oak Park – St. Petri
Pastor Jeff Merseth
Wed, Sept. 23: 5 p.m. Wednesday School.
Sat, Sept. 26: Mt Olive: 9:00 a.m.

Sun, Sept. 27: St. Petri: 8:00 a.m. Worship. 9:15 a.m. SS; Oak Park: 8:30 a.m. SS. 9:45 a.m. Worship; Nazareth: 10:00 a.m. SS. 11:00 a.m. Worship.

Find services and past sermons at www.facebook.com/clearwaterlutheranparish

Wed, Sept. 30: 5 p.m. Wednesday School.

NEW JOURNEY CHURCH

Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor

www.newjourneyfosston.com
Wed, Sept. 23: 6:30 p.m. Youth Group.

Sun, Sept. 27: 9:30 a.m. Worship.

Tue, Sept. 29: 9:30 a.m. Women's Group.

Wed, Sept. 30: 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH

Bethany * Lund Sand Valley Dawn Hanson, Lay Minister
Sun, Sept. 27: 9:00 a.m. Lund, 10:30 a.m. Sand Valley. *CDC safety guidelines for COVID-19 will be followed.*

BETHEL ASSEMBLY

Fosston Seth Johnson, Interim Pastor
Sunday: 8:00 a.m. Radio service continues on 96.7FM 10:00 a.m. Contemporary Worship Service. And on Facebook Live as well, Sunday at 10AM.

Oklee Senior Site Dining

Oklee Senior Site Dining Sept. 28 – Oct. 2

No congregate meals served. If you are over the age of 60 and you want a meal delivered to your home, call Jo Lambert at 796-4527 or Oklee Cafe 796-5666 to order a meal. A \$5.00 per meal donation is suggested.

Mon: Egg salad sandwich, chicken noodle soup, milk, and dessert.

Tue: Meatloaf, parsley buttered potatoes, carrots, milk, and dessert.

Wed: 1/2 BLT, fries, green beans, milk, and dessert.

Thu: 1/2 hot pork sandwich, mashed potatoes, gravy, mixed vegetables, milk, and dessert.

Fri: Ham & Swiss melt, chili, milk, and dessert.

Red Lake County "CARES Act-Small Business Grant" applications

In early August, Red Lake County was eligible to receive \$531, 102.00 of Federal Coronavirus Aid, Relief and Economic Security (CARES) Act funds, as assigned through the State of Minnesota.

The Red Lake County Board approved to allocate up to \$318,000 of this funding toward a County Small Business Relief Fund program in the form of up to \$5,000 in Individual Grants for our small businesses in the County to assist with business income losses due to the Covid-19 pandemic.

Grant applications will be reviewed by a committee comprised of County Officials on a weekly basis until the allotment of funds has been exhausted. The deadline date for applications is: October 10, 2020. Applications are available at:

Red Lake County Auditor
 124 Langevin Ave
 PO Box 367
 Red Lake Falls, MN 56750
 Application can also be found at the Red Lake County website at www.co.red-lake.mn.us
 For more information, contact Bob Schmitz, Red Lake County Auditor at 218-253-2598.

JOHNSON
 FUNERAL SERVICE, INC.
Funeral Pre-planning Monuments
 Thief River Falls • 218-681-4331
 Red Lake Falls • 218-253-2128
 Oklee • 218-796-5177
www.johnsonfuneralservice.com
 046TFC

Red Lake County Sheriff's Report

In the early morning hours of 09/11/20, the Red Lake County Sheriff's Office received a report of a sexual assault that had recently occurred at a residence in Red Lake Falls. That report is currently under investigation.

On 09/11/20, a formal criminal complaint was filed, charging Michael Roy Nelson (50) of Thief River Falls with gross misdemeanor ineligible person possessing a firearm. The criminal complaint alleges Mr. Nelson possessed a rifle at the Plummer Sportsman's Club gun range on 08/04/20. Mr. Nelson was convicted of domestic assault in Pennington County in October of 2016 and he was formally sentenced for that offense on 08/21/17, making him ineligible to possess firearms for a period of three years. He will be summonsed to appear in Court in Red Lake Falls sometime later in September.

On 09/11/20 and 09/12/20, the Red Lake County Sheriff's Office received several reports of thefts from vehicles in the city of Oklee. All of the property was taken from unlocked vehicles parked near residences within the city. Those reports are still under investigation.

On 09/12/20, Jessica Theresasa Olson (42) of Thief River Falls posted \$100 cash bond, at the law enforcement center in Thief River Falls, to satisfy an active misdemeanor warrant in Red Lake County. Her next court appearance in Red Lake Falls was scheduled for 09/30/20.

On 09/12/20, a Red Lake Falls resident reported they received a threatening message on their voice mail. That incident is still under investigation.

In the early morning hours of 09/14/20, the Red Lake County Sheriff's Office received a noise complaint. The reporting party claimed that a loud siren or whistle was going somewhere in the city of Plummer. Red Lake County deputies responded and found that a train engine was malfunctioning. Railroad crews were aware of the problem and were going

EXPLORE
 WITH INTEREST RATES AS LOW AS
***2.49%**
 218-698-4220
 NORTH STAR CREDIT UNION
 NCUA
 National Credit Union Administration, U.S. Government Agency

Red Lake County Commissioners Minutes

RED LAKE COUNTY Regular Meeting Held August 25, 2020

Pursuant to adjournment of its last meeting the Red Lake County Board of Commissioners held its regular board meeting on August 25, 2020 at 10:00 a.m. Chairman Remick called the meeting to order. Commissioner Weiss was absent. The Pledge of Allegiance was recited.

Jim Trojanowski, Director of the NW Regional Library, was present to review the current year budget and the proposed library budget for 2021. The Regional Library is asking for a 2% contribution increase in 2021 from all the counties in its service area to offset operating costs and lower revenue. Trojanowski mentioned that the State MOA amounts are frozen so if a county does increase its annual library contribution it will not affect the MOA. Trojanowski also updated on library activities and operations during the COVID crisis. Chair Remick commented that the board will consider the funding request during the budgeting process.

Meeting with the County Board was Tammy Frolich, Program Director, representing the Retired and Senior Volunteer Program of the Red River Valley, also known as RSVP. Frolich reviewed the programs and services the organization provides in the county and thanked the County Board for their support.

Charity Brault, Director of the NW MN HRA in Mentor, met with the County Board to review the annual

report of the organization. Also present were Heather Harbott and John Lerohl. Brault provided information of the several projects under management of the HRA. Brault reported that the maximum HRA levy as authorized by state law is up to 25% of 0.0185% of the county's taxable market value. The levy dollars are used to provide funding for public and private sector investments in housing rehab and economic development in NW Minnesota. There was no Board action taken.

Commissioner Flage moved and seconded by Dudycha to approve the minutes of the regular board meeting held on August 11, 2020. The motion carried unanimously.

Commissioner Flage moved and seconded by Dudycha and carried unanimously to approve the following expenditures for the period:

Vendor	Amount
Anderson Brothers Construction	\$196,103.18
Avenue Holdings, LLC	5,866.80
Best Used Trucks of MN	3,486.21
Elections Systems & Software	2,846.41
Premier Signs	2,220.00
Riley Brothers construction	116,771.49
RJ Zavoral & Sons	58,552.61
19 Vendors less than \$2,000.	5,596.77
TOTAL	\$391,443.47

The motion included the following additional bills: \$29.90 expenses and \$125.00 per diem to John Dudycha; \$8.05 expenses and \$240.00 per diem to Al Remick.

The following Commissioner/Committee reports were shared:

Commissioner	Meeting/Report
Simpson:	-None.
Dudycha:	-Social Services.

Flage: -None.
 Remick: -SWCD and NW Mental Health.

The County Board discussed re-opening plans. The board concurred to continue with operations by appointment only due to the slight rise in local COVID-19 cases.

Cam Fanulik of the NW Regional Development was in attendance by speaker phone to continue discussion on administration of the CARES Grant program in the county. Fanulik informed that the RDC will manage and complete reporting requirements at no charge to the county. Several ideas were mentioned that have been discussed among the surrounding counties on uses for the grant dollars. Fanulik informed that he will develop an information plan and business application process and have available for discussion at the next board meeting.

There being no further business the regular board meeting was adjourned to September 8, 2020 at 10:00 a.m.

Attest:
 Robert Schmitz, County Auditor

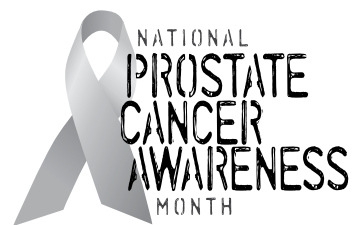
Allen Remick, Chair,
 Board of Commissioners 027C

City of Oklee Notice

City of Oklee will be flushing the hydrants on September 23rd & 24th.



026-27C



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to pet care.

O M G R O R E

--	--	--	--	--	--	--

Answer: Groomer

KURTIS ELLEFSON
 RED LAKE COUNTY
 VETERAN SERVICE OFFICER
218-689-8587
1-888-LINKVET
 Email: kellefsoncvso@hotmail.com
 015-14C

Oklee Centennial Cookbook Recipe Corner - From page 389

Zucchini Brownies Bonnie (Radniecki) Berg

2 cups zucchini, shredded
 2 cups flour
 1 egg
 1-1/4 cup sugar
 1 tsp salt
 1/2 cup oil
 1/2 cup cocoa

1-1/2 tsp soda
 2 tsp vanilla
 1/2 cup nuts, optional

Mix zucchini, oil, egg and vanilla. Add dry ingredients and mix. Do not beat. Add the nuts. Bake in a greased 9 x 13 pan at 350 degrees for 30 minutes.

Frosting:

1-1/2 cup sugar
 6 Tbsp canned milk (I have used regular milk)
 6 Tbsp margarine
 3/4 cup chocolate chips

Boil the sugar, milk and margarine for 1 minute. Remove from heat and stir in 3/4 cup chocolate chips. Stir until thick and spread over brownies while still warm, but not just from the stove.



We're A Leader In Ag Lending

When you need to borrow for livestock, feed, machinery, seed, fertilizer, or real estate, come see us.

Our bank is **strong**, our service is **personal** and our loan rates are **very competitive**.



Security STATE BANK
 Phone 218-796-5157
 PO Box 69 Oklee, MN 56742 027C



MUSTANG STAMPED

RLCC Menus

Sept. 28 – Oct. 2
Oklee

Monday: Breakfast: Egg, cheese & sausage biscuit, cereal, fruit, juice, and milk. **Lunch:** Chicken fajita on soft shell, refried beans, rice pilaf, fruit, and milk.

Tuesday: Breakfast: Cereal, toast, fruit, juice, and milk. **Lunch:** Ham patty w/bun, curly fries, corn, pineapple, and milk.

Wednesday: Breakfast: Pancake on a stick, cereal, fruit, juice, and milk. **Lunch:** Tator tot hotdish, dinner roll, yogurt, veggies, fruit, and milk.

Thursday: Breakfast: cereal, fruit, juice, and milk. **Lunch:** fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, juice, and milk. **Lunch:** fruit, and milk.

Plummer

Monday: Breakfast: Bagel w/cream cheese, cereal, fruit, juice, and milk. **Lunch:** Hamburger macaroni hotdish, green beans, PB sandwich, fruit, and milk.

Tuesday: Breakfast: Coffee cake, cereal, fruit, juice, and milk. **Lunch:** Chili, corn bread, salad, fruit, and milk.

Wednesday: Breakfast: Egg wrap, cereal, fruit, juice, and milk. **Lunch:** Salisbury steak, mashed potatoes, gravy, broccoli Normandy, tea roll, fruit, and milk.

Thursday: Breakfast: cereal, fruit, juice, and milk. **Lunch:** fruit, and milk.

Friday: Breakfast: cereal, fruit, juice, and milk. **Lunch:** fruit, and milk.

RLCC Cross Country Varsity 2020 Schedule

Schedule subject to changes - please check the school web site at <https://www.rlcc2906.org/>

Thu, Oct. 1: 11:30 a.m. RLC Coop vs EGF Green Wave at EGF.

Mon, Oct. 5: 11:30 a.m. RLC Coop vs West Marshall at Warren-Alvarado-Oslo.

Fri, Oct. 9: TBD. RLC Coop vs Ada-Borup at Ada-Borup.

Fri, Oct. 16: TBD. RLC Coop vs Bagley-Fosston at Bagley.

Sat, Oct. 24: TBD. RLC Coop vs TBA at TBA.



DID YOU KNOW?

If you have a subscription you can view online for free. If you just want to view ONLINE it is only \$25, no matter where you live! Give us a call!

218-487-5225

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER
DAILY HERALD SINCE 1875

www.TriCoCanary.com

Front Row

My desk is in the first two rows
That's just beneath the teacher's nose

Her eyes are on me, just like glue.
She watches everything I do.

I raise my hand. I seldom speak.
I swear I am the perfect geek.

I wish I was row four or five, and
then I'd really come alive.

I'd throw some spit balls, pass
some notes.
I'd really get the teacher's goat.

I'd make them laugh. I'd be
a ham.
I like to joke. That's who I am.

My teacher knows -- and what
I fear

Is that is why she keeps me
near.



Red Lake County Cross Country team members from (l to r): Kierra Morinville, Ella Moen, Aurimy Olson, Emma Knott, and Marissa Schiebe.



RLCC C/C team members (l to r): Aurimy Olson, Emma Knott, Kierra Morinville, Ella Moen, and Marissa Schiebe.



Pictured from left to right: Damon Ferguson, Brock Tvedt, Matthew Renner, Brody Moen, Maverick Nelson, Peyton O'Neil, Caden Lee, Azazel Chapman, and Everett Svendsen.

New RLCC Paraprofessional at Red Lake County Central



Ms. Roisland came to RLCC because she wanted to help people and the community. Also, because it is the school she used to go to.

Her thoughts on the school is that it is great, and she

likes how it's a smaller school because it has great one on one opportunities. Her thoughts on the students is that they are respectful and kind.

She is the oldest of six, and is expecting her first child in January. Also, she is a big family person.

Her favorite hobbies are anything to do with her family, watching hockey, and loves being with her two boxers.

This is her first job in a school. She thinks it'll help the student succeed if they are on good terms with her, she likes it when you're on task and paying attention. She wants to help the students by learning how they learn best and try to learn about the students individually.

September 2020 Health Points

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

Signs and Symptoms

Similarities:

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms.

Common symptoms that COVID-19 and flu share include:

Fever or feeling feverish/chills

Cough

Shortness of breath or difficulty breathing

Fatigue (tiredness)

Sore throat

Runny or stuffy nose

Muscle pain or body aches

Headache

Some people may have vomiting and diarrhea, though this is more common in children than adults

Differences:

Flu-Flu viruses can cause mild to severe illness, including common signs and symptoms listed above.

COVID-19-Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.

How long symptoms appear after exposure and infection

Similarities:

For both COVID-19 and flu, 1 or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms.

Differences:

If a person has COVID-19, it could take them longer to develop symptoms than if they had flu. Flu-Typically, a person develops symptoms anywhere from 1 to 4 days after infection.

COVID-19-Typically, a person develops symptoms 5 days after being infected, but symptoms can appear as early as 2 days after infection or as late as 14 days after infection, and the time range can vary.

How long someone can spread the virus

Similarities:

For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing any symptoms.

Differences:

If a person has COVID-19, they may be contagious for a longer period of time than if they had flu.

Flu-Most people with flu are contagious for about 1 day before they show symptoms.

Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days.

Infants and people with

weakened immune systems can be contagious for even longer.

COVID-19-How long someone can spread the virus that causes COVID-19 is still under investigation.

It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

National Food Safety Education Month

Every year, an estimated 1 in 6 Americans (48 million people) get sick and 3,000 die from eating contaminated food.

Protect Yourself From Food Poisoning:

Wash your hands, utensils, and surfaces often when you cook.

Use a food thermometer to make sure foods are **cooked thoroughly**, to an internal temperature that kills germs.

Refrigerate leftovers and perishable foods such as meat, milk, cut produce, and eggs, within 2 hours.

If you get food or groceries delivered, use a food thermometer to make sure food arrives at a safe temperature. If perishable foods are above 40°F, notify the company and don't eat them.

Rinse fruits and vegetables in running water before eating or cooking, and scrub uncut, firm produce such as cucumbers or potatoes with a clean brush. Don't use soap, bleach, other disinfectants, or chemicals on fresh fruits and vegetables.

Child Passenger Safety Week is Sept. 20-26

NHTSA recommends keeping children rear-facing as long as possible, up to the top height or weight limit allowed by the particular seat. Once a child outgrows the rear-facing car seat, the next step is a forward-facing car seat with a harness and a tether. When your child exceeds the weight or height limits for their forward-facing car seat, it may be time for a booster seat. This should be the next step before a child is ready to wear an adult seat belt alone. Call our car seat technician if you have questions.

Please check your address label!

Oklee Herald subscribers:

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

Oklee Herald Early Files

Eighty Years Ago September 19, 1940

The Rustan brothers, Edwin and Ben, after several years of watch repairing and operating a jewelry store at the home in town of Equality, have leased quarters in Oklee and opened a watch repair store here. This shop is located next door to the post office.

A deal was consummated last week by which Dennis Bergeron became sole owner of the B & B Auto Service. The new firm will be known as the Bergeron Garage.

Joyce Lucille Fore celebrated her sixth birthday anniversary last Thursday with a little party and a fancy birthday cake.

Mr. and Mrs. Art Rolandson and family visit at the Orvald Rolandson home near Oklee on Sunday.

Seventy Years Ago September 21, 1950

Oklee will open its home football season with a game against Plummer on Friday. Injuries hampered Oklee as they dropped their first game to Clearbrook 25-0.

A group of 50 men gathered at the farm of Leon Lussier, disabled Brooks farmer, recently to thresh his crop, says the Red Lake Falls Gazette. Louis Mercil and Halvor Ophus donated their machines. Many of the neighbors, ladies also, gathered to serve the meals. Mr. Lussier was disabled two months ago during the haying season.

Oklee Market Day will be held next Saturday – many types of exhibits will be on display in the hall with premiums for 1st or 2nd place. In addition to the exhibits, there will be street games, Balloon races, pie eating contest, Nail drive for the Ladies, the egg & spoon race and bike and potato race.

Two babies were baptized on Sunday and Clearwater Lutheran Church. They were Gail Martin, son of Mr. and Mrs. Paul Hofstad and Renae Louise, daughter of Mr. and Mrs. Arlie Fore.

Sixty Years Ago September 22, 1960

Big Bruin: A 390 pound black bear had come to regret pilfering with Edgar "Pete" Lerohl's bee hives. He was felled with a shot in the head Sunday night at one of Mr. Lerohl's bee yards near Fosston by Orlean Egeland, who has spent three night in the area watching for the marauder.

Pvt. Vernon C. Mostrom, son of Victor Mostrom, Trail, recently completed the seven-week welder course at the Army European Engineer-Ordinance School in Murnau, Germany.

Mrs. A. B. O'Connor of St. Thomas spent a few days at the Marvin Bronken home. Mr. O'Connor spent Sunday there and Mrs. O'Connor accompanied him home. Mr. and Mrs. O'Connor are the parents of Mrs. Bronken.

The Oklee Bobcats defeated the Goodridge Bulldogs, at Oklee, last Friday by a score of 16-0.

Fifty Years Ago September 24, 1970

The ordination-installation of Bishop Kenneth Povish was a major event for the Diocese of Crookston.

Charles "Harpo" Dexter assistant director of the Inter County Community Council resigned this week to accept a position with the editorial department of the Bemidji Pioneer.

Gerald Thibert of Red Lake Falls has announced the sale of his insurance agency to Norris Thune, operator of the Red Lake County Insurance Agency.

Mr. and Mrs. Andrew Des-sellier spent Saturday at the Ludger Tougas home of Brooks.

SP4 Duane Walter left last Tuesday for Cottage Grove to visit at home of his sister before leaving for Fort Lewis WA where he will be stationed.

Billy Gisselquist, 15, who is staying at the Orlando Chervestad farm north east of Oklee, escaped with only a broken ankle when the tractor his was driving tipped.

Forty Years Ago September 25, 1980

Golden Anniversary couples were honored at a party in Oklee last Friday night were: Mr. and Mrs. Siguard Sigurdson, 57 years, Mr. and Mrs. Peter Robidoux, 58 years, Mr. and Mrs. Medie Champagne, 52 years, Mr. and Mrs. Joe Du-fault 53 years, Mr. and Mrs. Virgil Nelson, 54 years, Mr. and Mrs. Albert Boucher, 52 years, Mr. and Mrs. Sam Plante, 51 years, Mr. and Mrs. Albert Berget, 64 years, Mr. and Mrs. Fritz Thorpe, 56 years, Mr. and Mrs. Oscar Stenberg, 59 years, Mr. and Mrs. Archie LaCour-siere, 53 years, and Mr. and Mrs. George Charest, 54 years.

Korydon and Carol Chervestad entertained Friday evening in honor of Aaron's 6th birthday. Birthday cake was enjoyed by the birthday boy, his great-grandmothers, Sena & Signa and many friends and family.

Thirty Years Ago September 26, 1990

Mrs. Joan Lindquist's fifth grade reading class visited the post office last week. Different types of commemorative stamps was one of the features which Postmaster Phyllis Melby explained about the post office and postal system.

The Oklee Bobcat volleyball team took second place in the Bemidji Invitational Tournament which was held on Saturday.

It was cold, it was windy and at time even a little rainy. However, the Oklee Fall Festival was still successful. A record of 648 free hamburger steak dinners were served at the Oklee Hall with the Oklee Old Tymers entertaining.

The Oklee Municipal Building has a new look to its front entrance. The sidewalk was replaced and a sloping grade as added to make it handicapped accessible and the canopy was rebuilt and modernized.

Twenty Years Ago September 21, 2000

The Red Lake County Cen-

tral Mustang football team traveled to Fisher to take on the Fisher Climax Knights and were defeated after a hard game with a score of 6-48.

Family and friends of Della Rewertz have been helping her celebrate her birthday this week with breakfast treats on Monday and Tuesday.

Marci DuChamp of Plummer has joined the Jeffrey Radke Agency of Aid Association for Lutheran's in Grand Forks.

Mitch and Krista Bernstein are excited to welcome their new daughter Julia Dawn to their family.

Ten Years Ago September 22, 2010

New staff at RLCC schools include Tanya Melby at the RLCC Elementary as a special education teacher in Plummer. Kelly Melin at RLCC High School as a paraprofessional and is also working the seventh and eighth grade volleyball coach. And Bobbie Olson as a new staff member at the RLCC School in Plummer as a paraprofessional at the Elementary.

Maryann Lessard celebrated her 80th birthday in July. Her family was home for the Centennial and they all enjoyed a potluck celebration.

The RLC Rebels traveled to Baudette on Friday to play the Lake of the Woods Bears. The Rebels came home with a victory with a score of 24-12.

Coronavirus Links

United States Coronavirus information

Website: <https://www.usa.gov/coronavirus>

CDC - Center for Disease Control

Website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

World Health Organization (WHO)

Website: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Minnesota Dept. of Health - Coronavirus Info

Website: <https://www.health.state.mn.us/diseases/coronavirus/index.html>

Mayo Clinic Link

<https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>

STORY TO SHARE!

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

Who's Dat?



Who's Dat?

This weeks photo is of two young ladies that look like they were at the Thief River Falls Fair. They were life-long friends.

Last week's photo was of Marie Burman Weaver with her calf. She grew up north east of town and still have many relatives in the area. Everyone has a photo or two that would be great for this column. Please share them with our readers as it is one of most popular columns of the Oklee Herald.

I am always in need of more photos - please send or bring some more of your great old photos. School

Senior Site News & Other Things

By Volunteers Jo Lambert & Bonny Cote

this year, it must be soybeans.

Dates to Remember

Sept. 25: Heritage Day and National Daughter's Day!

Sept. 28: National Son's Day.

Interesting Facts

Cattle (which include sheep, camels, and other livestock) are the first and oldest form of money. Each head of cattle was called a caput, which is Latin for "head." So, a person with a lot of cattle had lots of caput or "capital," a word still used today to describe money.

Throughout history, people have used many forms of money, such as soap, cocoa beans, elephant tail hairs, entire elephants, grain, animal skins, fishhooks, feathers, tea tobacco, bird claws, and bear teeth.

Though discontinued, technically, high-denomination bills (\$500, \$1,000, \$5,000, \$10,000, and \$100,000) are still legal tender. They were last printed in 1945 and discontinued by July 14, 1969. The present denominations of U.S. currency in production are

the \$1, \$2, \$10, \$20, \$50, and \$100 bills.

***** Jokes *****

Late one night a burglar broke into a house and while he was sneaking around he heard a voice say, "Jesus is watching you." He looked around and saw nothing. He kept on creeping and again heard, "Jesus is watching you."

In a dark corner, he saw a cage with a parrot inside. The burglar asked the parrot, "Was it you who said Jesus is watching me?" The parrot replied, "Yes." Relieved, the burglar asked, "What is your name?" The parrot said, "Clarence."

The burglar said, "That's a stupid name for a parrot. What idiot named you Clarence?" The parrot answered, "The same idiot that named the rottweiler Jesus."

Mahatma Gandhi often walked barefoot which produced an impressive set of callouses on his feet. He also ate very little, making him rather frail and with his odd diet he often suffered from bad breath. This made him a super calloused fragile mystic hexed with halitosis.

Plummer News

By Alice Jobe
218-465-4402

dad in Mankato, MN. He is Tom and Jeannette Braaten's first grandchild.

Plummer Senior Citizens met on Thursday at 2 p.m. at the Plummer Hall.

Linda H, Lynn Gallant, Lisa Tvedt, and Jackie went to Fertile for Quilting at "Paper Cuts." Others scrapbooked. They stayed for the weekend. It was a Catholic Church before a church was built in its place.

The Blast to Brooks celebration was rather low-key but there was parade, though smaller than usual. Men's softball played on the south end of town. Music was provided at Carol's Cozy as well and an outdoor bar and food. Oof-da Taco's has their stand. There were rummage and bake sales outside by St. Joseph's church. The youth group had a fund raiser for their trip next year. The Car Show was good with 45 entries as of 1:30 p.m.

Brooks - Terrebonne News

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

Winter. Some like winter too, so it is a toss-up for what is the best season of the year. I just like all of the seasons and my sense of timing goes along with the seasons. In winter I am slower to go outside and faster to come into the house. It promises to be a nice weekend, this one coming up, but a bit cooler though.

Last week I told you that "Fatima" was playing at the Sky Vu Drive In Theater but the company pulled it for viewing at larger markets. They did this at the last minute, so patrons were unable to be warned in time. I just was called by the owner of the drive in, and he said they will be able to show it on the First, Second and Third of October. Many people were disappointed in the quick decisions made by this company who distributes this film, but

sometimes it can't be helped. The theater owner has no say if it is pulled. So if you want to view this movie "Fatima" go to see it on October 1, 2, 3, at Warren, Sky Vu Drive In Theater.

Cindy Determan wants to thank all of the sponsors of the prizes for the Blast To Brooks raffle. Once again you folks came through with prizes for the raffle and helped make our celebration a success. Thank You from the bottom of our hearts. You have been terrific.

Rebecca Novak of Mankato came to visit her parents Jerome and Barb Novak over the weekend. She left on Tuesday.

Jerome and Barb Novak celebrated their 58th Anniversary on Tuesday. They went out to supper and visited with their

cousin Theresa and Emily Pashke while they were out.

Today I am putting up apples from our tree that have fallen. Apple pie for dessert is number one duty and freezing the rest for subsequent pies. It is a task that will be enjoyed for the rest of the year.

I am also doing some baking of squash for freezing for the rest of the year too but I am short of enough squash. We do love that vegetable.

Justice Ruth Bader Ginsberg has died. She is known as the notorious RBG. She fought off cancer several times and just kept going. It will be hard to replace her, and that is another story.

I hope your week is a great one. Smile and keep well. We need you.

**Don't Miss Out
On the Latest
Information of Your
Kids in Their School
Activities**

**SUBSCRIBE
TODAY!**



\$30 (yr.) in trade area - Red Lake, East Polk & Pennington Counties
\$40 (yr.) out of trade area
\$20 (6 months) in trade area
\$24 (6 months) out of trade area
\$35 (yr.) for snowbirds - chg. of address

to the
Oklee Herald

Mail us a check to:
**OKLEE HERALD
PO Box 9
Oklee, MN 56742
or call: 218-796-5181**

Note: If you just want an online subscription you can register and pay online or call 218-487-5225. Cost for online is ONLY \$25!

www.TriCoCanary.com

☐ YES, I would like to order a subscription.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Please check appropriate box: _____ START DATE _____

☐ 1 yr. in-county ☐ 1 yr. out-of-county

☐ 6 mo. in-county ☐ 6 mo. out-of-county

☐ I would also like the online subscription for free with my purchase of the Oklee Herald.

Email address: _____

FREE!
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

WALK-IN BATHTUB SALE! SAVE \$1,500
✓ Backed by American Standard's 140 years of experience
✓ Ultra low entry for easy entering & exiting
✓ Patented Quick Drain™ Technology
✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
✓ 44 Hydrotherapy jets for an invigorating massage
Limited Time Offer! Call Today!
866-612-7490
Or visit: www.walkintubinfo.com/spm

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

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Wednesday, September 23, 2020