

Oklee Precipitation
By Einar Kvasager

	Rain	Snow
Nov. 7	0.03	
Nov. 13	0.06	1.50
Total in.	0.09	1.50

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

Vol. 104, Number 13

Wednesday, November 18, 2015



Red Lake Falls 8th Grade geography class.

American Education Week

November 16th through the 20th, is American Education Week. This year's theme for American Education Week is, "Great Public Schools: A Basic Right and Our Responsibility." The theme represents NEA's vision of calling upon all Americans to do their part in making public schools great for every child so that they can

grow and achieve in the 21st century.

The Red Lake Falls School District has many activities throughout the week, such as a food drive ran by the FCLA group, class projects, art design projects and reading themes focused around the weeks goals, just to name a few.

The district encourages all

residents of the community to visit the schools and watch children learning to think, solve problems, and cooperate on projects. Whether it's thanking a teacher, reading to kindergartners, or talking with high school students about your work, your support can make all the difference!



Red Lake Falls 9th Grade class working on a digital design assignment.

Calendar of Events

- Wed, Nov. 18:**
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
- Thu, Nov. 19:**
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
- Fri, Nov. 20:**
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.
- Sat, Nov. 21:**
-Support your local business – Shop Locally!
- Sun, Nov. 22:**
-Worship at the church of your choice.
- Mon, Nov. 23:**
-LSS Sr. Meals 11:30 a.m.
- Tue, Nov. 24:**
-Senior Site Activity: 1:30 p.m. – Cards.
-LSS Sr. Meals 5:00 p.m.
- Wed, Nov. 25:**
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
- Thu, Nov. 26:**
Thanksgiving Day!
- Fri, Nov. 27:**
-No LSS Senior Meals.
- Sat, Nov. 28:**
-Support your local business – Shop Locally!
- Sun, Nov. 29:**
-Worship at the church of your choice.
- Mon, Nov. 30:**
-LSS Sr. Meals 11:30 a.m.
- Tue, Dec. 1:**
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards
- Wed, Dec. 2:**
-LSS Sr. Meals 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.



Say thanks to a Veteran

On November 11, 2015, the Oklee American Legion held their annual Veteran's Day program at 10:30 a.m. Commander Dean Walstad of the Frank Lund Post #159 started the program with the Color Guard advancing the colors. The Pledge of Allegiance was spoken and the "Star Spangled Banner" was played by the Red Lake County School Band.

Walstad, welcomed everyone to the program and announced Holly Vettleson, who recited the poem written by Lt. Col. John McCrae, "In Flanders Fields."

The RLCC Band played "(Risk) Everything for a Dream" and the program continued with Walstad introducing the guest speaker, Petty Officer Second Class Luke Nelson. Petty Officer Second Class Luke Nelson served in the U.S. Navy as an Aviation Electronics Technician. He served 6 months in Panama, 6 months in Italy, and was also stationed in Jacksonville, Florida. His wife Erica was a lieutenant and they also lived in Japan for three years.

Nelson spoke of the feeling of belonging he experienced when he enlisted in the Navy. Along with the camaraderie of fellow enlisted men, the fact that everyone received the same "cover." A cover is what the military calls a cap (like a baseball cap) that says where or what you are training for. As you go about your training, starting with basic training, it help you know who belongs to your group and gives you a feeling of belonging and the opportunity to meet and become friends of people experiencing the same activity as you are. You develop life-long friendships and these friendships grow as you continue moving up the ranks via training, new covers, and new friends and experiences.

Nelson talked about the many the many places he served and the great experiences he was given by being a part of a bigger group of people willing to serve their nation. And he encouraged the young people to think about what they could learn, experience and grow by being willing to serve their nation.

Walstad introduced Kjersten Walton, who read the poem "The Things That Make a Soldier Great" by Edgar Guest.

Walstad next asked a gentleman from the audience to come forward. He introduced Matt Genova, one of Oklee's newer residents, who presented the American Legion a donation of \$1000.00. Commander Walstad thanked Genova



Oklee resident, Matthew Genova gave a \$1000 donation to the Oklee American Legion at Wednesdays program. (Oklee Herald)



American Legion Frank Lund Post Commander Dean Walstad was the Master of Ceremony at the Veteran's Day Program in Oklee. (Photo by RLCC Stampede)

for the wonderful donation to the Legion.

Walstad asked as for a moment of silence and RLCC student Seth Johnson played taps.

Walstad invited everyone to the American Legion & Auxiliary members in a Pork Roast dinner at the Oklee Hall following the program. Most of the people in the audience did go over to the hall and enjoyed a delicious free will offering meal.

Remember to thank a Veteran!



Luke Nelson spoke about covers and the importance of them during is speech at RLCC on Wednesday. (Oklee Herald)



Veteran's Day Program at RLCC included the Frank Lund Post 149 American Legion members (front row), Elmer Hanson, Larry Skallet, John Lerohl, Bennett Larson, Don Brown, Einer Kvasager, Rick Dulka, Vince Dessellier and Alvin Jensen (second row). Also participating in the program but not pictured were Dean Walstad and Don Stenberg. (Photo by RLCC Stampede)



Red Lake County Central Junior High and Senior High bands played the "National Anthem" for Veteran's Day. (Photo by RLCC Stampede)

Church news

OKLEE LUTHERAN PARISH

Zion and Salem
Pastor Margaret Jacobus
Wed, Nov. 18: 6:30 p.m. Confirmation.
Sun, Nov. 22: 9:00 a.m. Zion. 9:00 a.m. SS at Salem. 10:15 a.m. SS at Zion. 10:30 a.m. Salem. 7:00 p.m. Ecumenical Service at Zion.
Mon, Nov. 23: 9:00 a.m. Quilting at Zion.
Wed, Nov. 25: No Confirmation.

ST. FRANCIS XAVIER PARISH OKLEE

Fr. Adam Hamness
Sun, Nov. 22: 7:30 a.m. Confessions 8:00 a.m. Mass. 7:00 p.m. Ecumenical Service at Zion.

BROOKS - RED LAKE FALLS

CATHOLIC PARISH
Fr. Bill DeCrans
Sat, Nov. 21: 5:30 p.m. Mass at St. Joseph - RLF
Sun, Nov. 22: 8:00 a.m. Mass at St. Joseph - Brooks. 10:00 a.m. Mass at St. Joseph - RLF.

IMMANUEL-EBENEZER LUTHERAN PARISH ELCA

Pastor Jonathan Dodson
Wed, Nov. 18: 6:30 p.m. Confirmation at Immanuel.
Sun, Nov. 22: 9:00 a.m. Worship at Immanuel. 10:15 a.m. Sunday School Immanuel. 10:30 a.m. Worship at Ebenezer.
Thu, Nov. 26: 9:00 a.m. Thanksgiving Worship at Ebenezer.

GOODRIDGE AREA LUTHERAN PARISH ELCA

Bethany-Ekelund-Faith
Robert W. Dahlen, Pastor
Sun, Nov. 22: 8:30 a.m. Faith; 9:30 a.m. SS. 9:45 a.m. Bethany; 11:00 a.m. SS. 11:00 a.m. Ekelund; 9:45 a.m. SS.
Wed, Nov. 25: 7:00 p.m. Thanksgiving services at St. Ann's.

Oklee Senior Site Dining

November 23 - 27
Call 796-5666 to order a meal.

If you are over the age of 60 and would like to eat with other seniors at the Senior Site, please call the Café at 796-5666 to reserve your meal. A \$4.00 per meal donation is suggested.

Monday: Grilled cheese, chili, dessert, and milk.

Tuesday: Evening meal: Turkey, mashed potatoes, gravy, vegetables, dessert and milk.

Wednesday: ½ Patty melt, hash browns, vegetables, dessert and milk.

Thursday: Closed - Thanksgiving
Friday: Closed.

Thinking of Sharpening Skills?

Do you or someone you know, need a GED, basic computer skills, or to sharpen basic skills in reading or math? This is the answer. Adult Education is available by appointment on Thursday evenings in Oklee, and classes are FREE. After an assessment, you will receive individualized instruction to meet your needs. There is a one time, \$10.00 registration fee. For more information, call Sherry at 218-776-2789 or 218-688-1558.

CLEARWATER LUTHERAN PARISH

Mt. Olive - Nazareth Oak Park - St. Petri
Pastor Jeff Merseeth
Wed, Nov. 18: 5:00 p.m. Wednesday School/Confirmation. 7:30 p.m. Oak Park Ladies Aid.
Sat, Nov. 21: 9:00 a.m. Mt. Olive. 10:15 a.m. SS/Confirmation.
Sun, Nov. 22: 8:00 a.m. Nazareth SS. 9:15 a.m. Nazareth. 9:15 a.m. Oak Park. 10:15 a.m. Oak Park SS. 9:45 a.m. St. Petri. SS, 11:00 a.m. St. Petri. Dinner at St. Petri following service.
Wed, Nov. 25: No Wednesday School/Confirmation. Thanksgiving Services: 5:00 p.m. Mt. Olive. 7:00 p.m. Oak Park.
Thu, Nov. 26: Thanksgiving Services: 8:00 a.m. St. Petri. 9:30 a.m. Nazareth.

NEW JOURNEY CHURCH

Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com
Wed, Nov. 18: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.
Thu, Nov. 19: 12:00 p.m. Rotary meeting.
Fri, Nov. 20: 8:00 a.m. Friday School.
Sun, Nov. 22: 9:30 a.m. Worship. 10:45 a.m. Sunday School.
Tue, Nov. 24: 9:30 a.m. Ladies Bible Study. 10:30 a.m. Quilting.
Wed, Nov. 25: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH

Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Wed, Nov. 18: 2:00 p.m. Sand Valley WELCA.
Sun, Nov. 22: 9:00 a.m. Lund. 10:30 a.m. Bethany. 5:00 p.m. Lund Thanksgiving Service.

BETHEL ASSEMBLY

Fosston
Jon Marx, Lead Pastor
Seth Johnson, Assist. Pastor
Sun, Nov. 22: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

ADDRESS CHANGES

CONTACT THE
OKLEE HERALD AT
218-796-5181
OR
EMAIL:
okleeherald@gmail.com



American Legion & Auxiliary members getting ready to serve the pork roast dinner on November 11th. Pictured: John Lerohl, Lavonne Brown, Dean Walstad, Iona Berry, Janell Walstad, and Barb Melby. (Oklee Herald)

St. Francis Xavier Church

IS CELEBRATING
Thanksgiving
in OKLEE

Home-cooked Thanksgiving meal
with all the trimmings

For those who: are alone, want to share a meal with someone else or are home-bound
(will deliver at 11:30 a.m. to 12 noon.)

Thursday,
November 26th
11:30 a.m. to 1:00 p.m.

All meals are Free
Fellowship Free

Baby Shower

for
Jude Michael Syvertson
son of
Tanya (Melby) & John Syvertson

Saturday, November 21
at 9:30am
at St. Francis Xavier Church



EVERYONE WELCOME

RLC French Club

BREAKFAST & BAKE SALE

Sunday,
November 22
8:30 a.m. to Noon

~ OKLEE HALL ~
Free Will Offering

Money raised is helping students fund a trip to French speaking Quebec and Montreal.



Plummer Residents

PLEASE NOTE:

Due to the Thanksgiving Day Holiday, garbage will be picked up in the afternoon on Wednesday, November 25th.



Thank you and

Oklee Herald Holiday Hours

The Oklee Herald will be closed on Thanksgiving Day and the following Friday. Deadline for the next weeks paper is Wednesday, November 25th.

Events for November

Thursday, November 19 will be "Holiday Baking" night from 6:00-7:30 p.m. at the Plummer site. Roll up your sleeves for some baking fun! Children and adults will be making an easy recipe for krumkake and rolling out lefse. Bring an extra container from home to take home samples.

Thank You!

The American Legion and Auxiliary would like to thank the following for their donations and help:

- Oklee Locker
- Oklee Quilting Supply
- Security State Bank
- Oklee Cafe
- Peatland Reds

We would also like to thank the American Legion Post members and their wives, the American Legion Auxiliary members for helping serve the meal and making all the bars. Also to Connie Lundeen for making and donating the homemade beans.

Red Lake County Commissioners Minutes

RED LAKE COUNTY Regular Meeting Held September 22, 2015

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 September 22, 2015 at 10:00 a.m. Vice-chair Simpson called the meeting to order. Commissioner Weiss was absent. The Pledge of Allegiance was recited.

Social Service Director Kristi Nelson met with the board regarding approval of the 2-year MFIP plan document. The local Social Services Agency Board is recommending approval. Commissioner Lerohl moved, seconded by Flage and carried unanimously to approve the document as presented.

Nelson is requesting authority to sign off on the Live Well at Home Grant Agreement to secure approximately \$122,334.00 in program funding. Commissioner Sorensen moved, seconded by Flage and carried unanimously to authorize Nelson to sign the agreement and administer the program on the county's behalf. A complete document is available at Red Lake County Social Services.

Sheriff Bernstein met with the board to present a quote for upgrading the E911 radio system. Independent Emergency System of Hutchinson submitted a quote in amount of \$171,230 to upgrade the current county E911 system. Bernstein requested that the county pay for the purchase up front and the E911 fund will make annual payments to the county with interest as funding is available. Bernstein stated that the county would be reimbursed in full over a period of approximately 8 to 10 years. Commissioner Lerohl moved, seconded by Sorensen and carried by unanimous vote to approve the proposal as presented.

County Engineer Kleven presented the 2016 proposed budget for the Highway Department. The proposal includes a \$575,000 levy request. Kleven informed that he will attend a TZD presentation in Bemidji the next day. Commissioner Lerohl asked if the Fair Board could get a small amount of excess gravel from the Oklee Pit for a project. Kleven mentioned that some gravel will be available after the current gravel crushing project is completed at the site.

Environmental Officer Casavan was present to provide an update on the discussions with Polk County regarding Red Lake County Ditch 2. Polk has a significant amount of water that drains into CD 2. Casavan feels that the current reimbursement rate of 10% that Polk pays to Red Lake County for maintenance costs on the ditch should be increased. Polk is not agreeable to the idea and informed that they want to re-determine benefits instead. Casavan feels that it is unnecessary and too costly. Casavan informed that he will continue efforts to schedule another meeting with Polk to discuss further. Commissioner Lerohl moved, seconded by Sorensen and carried unanimously to approve the minutes from the regular board meeting held September 8, 2015 as presented. Commissioner Lerohl moved, seconded by Flage and unanimously carried to approve expenditures for the period as follows:

Vendor Name	Amount
Hoffman, Philipp, & Knutson, PLLC	\$6,496.00
Insight Technologies	5,833.20
O'Day Equipment, Inc.	2,150.45
Town & Country Builders	74,444.00
Vatthauer Farm Supply	4,466.99
27 Payments less than 2,000	7,942.57
Final Total	\$101,333.21

The motion includes the following additional bills: \$15.00 to BCA; \$1,205.90 to Kurt Ellefson; \$42.95 to First Lab; \$1,400.00 to Dave Lee; \$157.75 to Quill, and \$38.00 to REA.

The following Commissioner/Committee reports were shared:
Commissioner Meeting/Report Simpson None.
Flage SWCD meeting-funding from BWSR for new Soils Technician and completing buffer strip project and discussed other projects; attended a 1W1P meeting in Thief River Falls.

Sorensen NW Apartments in Crookston-reviewed annual audit report and discussed several remodel

City of Oklee

Emergency Numbers

City Clerk 218-277-0131
Maintenance 218-684-0124

NOTICE TO OKLEE RESIDENTS

Starting December 7th, garbage pickup will move to the street.



1X2

Sounds like multiplication?

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

Oklee Herald
• 796-5181 •
okleeherald@gmail.com

eling projects.

Lerohl NW Private Industry Council thru the NW RDC Local Elected Official board.

HR Director Lundeen reviewed data from the recent Requests for Proposals for voluntary employee benefits beginning in 2016. The RFP data was compiled by Integrity Benefits for the county. The RFP provided quotes for Life Insurance, Accidental Death/Dismemberment, Short Term and Long Term Disability, and Dental. The recommended insurance providers are: Hartford Life for Life Insurance; Sun Life for AD&D, STD, LTD and Humana for Dental Insurance. Commissioner Lerohl moved, seconded by Sorensen and carried by unanimous vote to approve the voluntary employee benefits providers as recommended.

The board reviewed a letter for the NW Regional Development Commission seeking nominations for Public Interest Representatives on the NW RDC. Commissioner Lerohl moved, seconded by Sorensen and carried unanimously to nominate Catherine Johnson for appointment to represent the Low Income Public Interest position. The appointment, if accepted, will be for 2-years beginning January 1, 2016.

The board members discussed a request to build a garage along the Clearwater River. The area is within the County Shoreland zone. Commissioner Lerohl felt that SWCD Administrator Tanya Hanson should be consulted for her recommendation. The topic was tabled until the next meeting so that Hanson could provide input.

The board reviewed a request from the North Country Food Bank in Crookston for a Letter of Support in its efforts to construct a new building. Polk County has agreed to serve as North Country's fiscal sponsor in the application for \$3 million in state bonding in the 2015/2016 state bonding bill. North Country must show regional support for the building project to be considered for state bonding dollars and is asking for a Resolution of Support from counties in the region. There is no financial commitment being requested according to a representative of the Food Bank. Commissioner Sorensen moved, seconded by Lerohl and carried unanimously to approve Resolution No. 09-02-15 "Red Lake County-Letter of Support". A complete document is available at the County Auditor's office.

Auditor Schmitz reviewed detailed information on the 2016 proposed budget for the Revenue Fund, and a summary of the overall county budget and proposed tax levy. The county must adopt a proposed levy by September 30, 2015 and report to the MN Department of Revenue. The certified tax levy will also be used to provide information on the TNT notices issued in November. Commissioner Sorensen moved, seconded by Flage and carried by unanimous vote to approve the initial tax levy at \$2,866,474 less \$194,363 of state County Program Aid, resulting in a certified tax levy of \$2,672,111 (7.5% increase) for payable year 2016.

There, being no further business, the meeting was adjourned until October 13, 2015 at 10:00 a.m.

Attest:
Bob Schmitz, County Auditor

Ron Weiss, Chair,
Board of Commissioners
O34C

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Oklee Herald

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

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

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

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We offer home improvement loans at competitive rates, with affordable payments, and fast, friendly "hometown service." Come see us, we're here to help.

Legal Notice

CITY OF PLUMMER TOBACCO ORDINANCE

Recently, the Plummer City Council changed their city ordinance relating to tobacco sales. The new Tobacco Sales ordinance contains extensive language changes from the prior Cigarette Sales Ordinance. The county and city worked with Helen Anderson and Connie Hagen with Tobacco Free Communities to adopt policies for our county and community.

The new ordinance relates to the sale, possession, and use of tobacco, tobacco related devices, electronic delivery devices, and nicotine or lobelia delivery products in the city and to reduce the illegal sale, possession, and use of such items and by minors.

PART 5. TOBACCO SALES
Section 505.01. Authority. The City of Plummer shall license and regulate the sale of tobacco, tobacco related devices, electronic delivery devices, or nicotine or lobelia delivery products within its City limits pursuant to its authority granted by Minn. Stat. § 461.12

The ordinance, passed on October 13, 2015 consists of new Sections 505.01 through Section 504.20 and copy is available to the community at City Hall.



MUSTANG STAMPED

RLCC Menus

November 23 - 27

Oklee

Mon: Breakfast: Bagel with cream cheese, cereal, fruit, juice & milk. **Lunch:** Taco's (soft shell or in a bag), Spanish rice, refried beans, fruit, and milk.

Tue: Breakfast: Coffee cake, cereal, fruit, juice & milk. **Lunch:** Chicken burger, mini bakers, vegetables, fruit, and milk.

Wed: Breakfast: Bakery roll, cereal, fruit, juice & milk. **Lunch:** Chicken fajita, seasoned potatoes, lettuce, carrots, fruit, and milk.

Thu: No School.

Fri: No School.

Plummer

Mon: Breakfast: Waffles, cereal, fruit, juice & milk. **Lunch:** Chicken nuggets, baked potatoes, buttered bread, fruit, and milk.

Tue: Breakfast: Breakfast scrambled pizza, cereal, fruit, juice & milk. **Lunch:** Salisbury steak patty, macaroni & cheese, coleslaw, biscuit, fruit, and milk.

Wed: Breakfast: Cinnamon roll, cereal, fruit, juice & milk. **Lunch:** Hamburger w/bun, sliced cheese, pickles, Smiles potatoes, peas & carrots, fruit, and milk.

Thu: No School.

Fri: No School.

RLCC Fall Music

Concert November 23

By Nick Plante

Red Lake Country Central High School is having their Fall Music Concert at 7:00 pm in the gymnasium in Oklee on November 23rd. The concert this fall will feature a variety of musical styles from World Music pieces to Jazz, Folk, Spirituals, and Pop. The band will include a trumpet feature as well as songs in which each section takes a turn at performing the melody.

The Junior High Choir and Senior High Choir each will be singing four songs. The Junior High Band is performing three songs and the Senior High Band will be performing four selections.

The public is encouraged to attend this fall musical concert featuring the talents of RLCC music department.



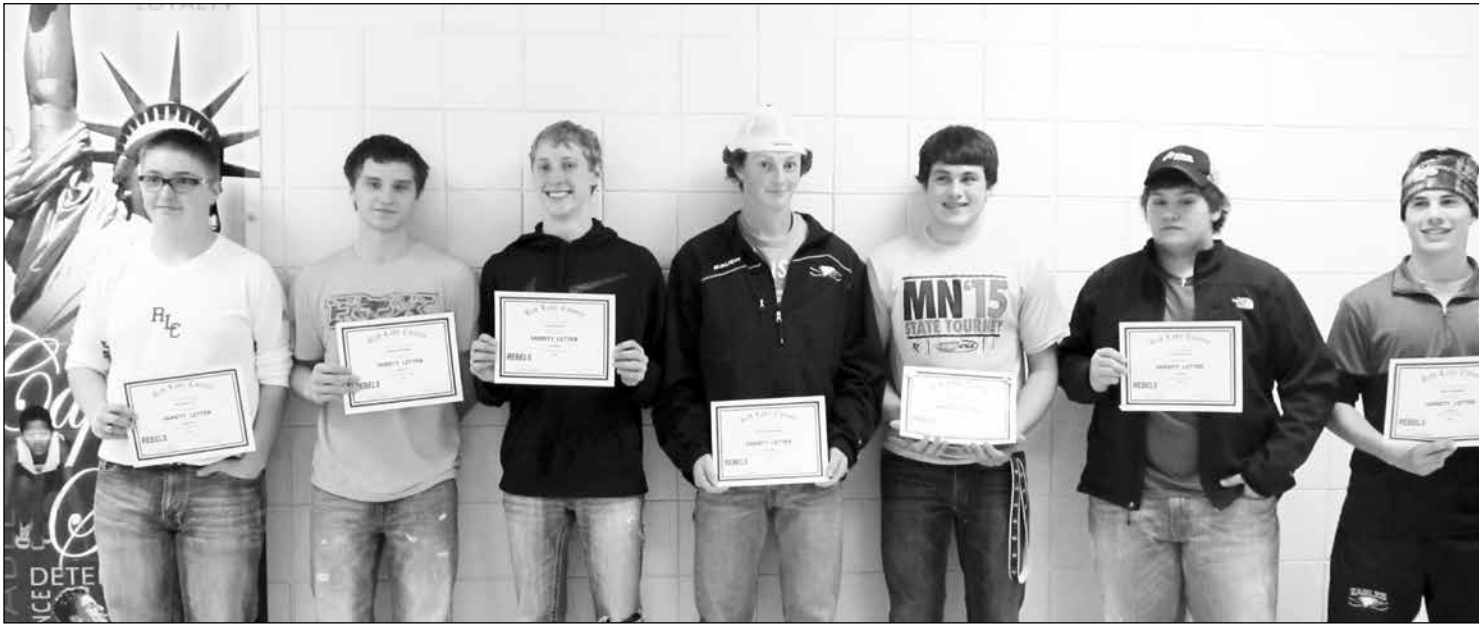
RLC Rebel football players Austin Waliser, Bailey Schmitz, and Will Duden were named All Northwest District. (Photo by RLCC Stamped)



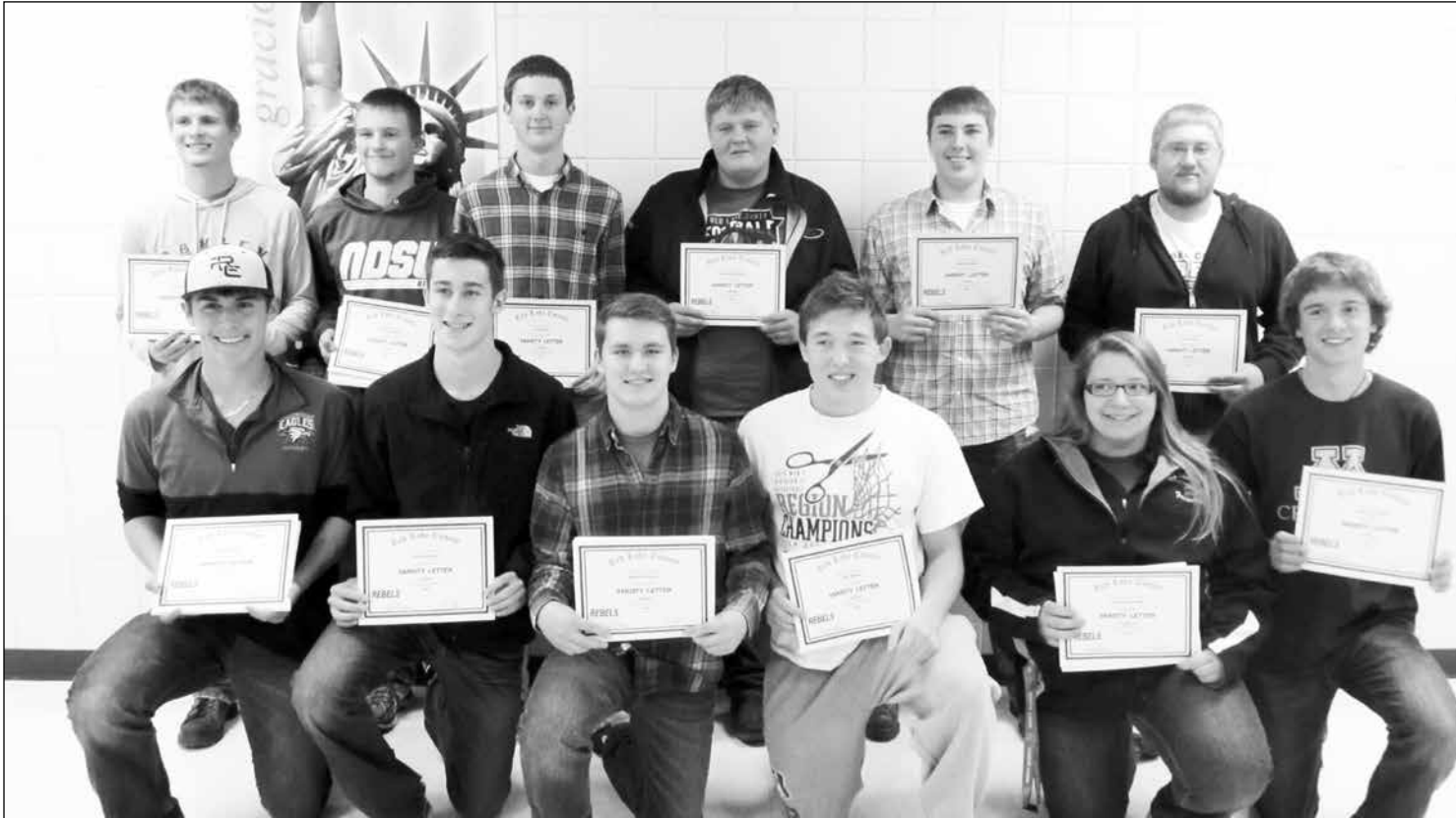
Red Lake County Rebel football team All Northwest District Honorable Mention awards went to Marcus Christensen, Dylan Gustafson, and Seth Johnson. (Photo by RLCC Stamped)



Freshman Connor Lambert and sophomores Seth Paradis, Ethan Vettleson, Matt Vettleson each lettered for the Rebel football team. (Photo by RLCC Stamped)



RLC Football letter winners in the junior class were Brandon Lee, Dylan Gustafson, Talon Porter, Brandon Klipping, Josh Casavan, Devin Paradis, and Javier Ramirez. (Photo by RLCC Stamped)



The senior letter winners for the Red Lake County Football team: (Back) Wyatt Waldal, Devin Lambert, Alan Nemec, Bailey Schmitz, Seth Johnson, (Front) Taylor Kenfield, Austin Waliser, Brendan Krueger, Will Duden, and managers Stephanie Doyle and Josh Lidal. (Photo by RLCC Stamped)

Wednesday, November 18, 2015

RLC Rebels Football Awards

By: Wyatt Waldal

The Red Lake County Rebels football held their Football Awards Banquet on Monday, November 9 in Red Lake Falls. Their head coach, Brian Remick, was the speaker and handed out the awards for the night.

The letter winners were: Seniors- Marcus Christensen, Will Duden, Seth Johnson, Taylor Kenfield, Brendan Krueger, Devin Lambert, Alan Nemec, Bailey Schmitz, Wyatt Waldal, and Austin Waliser. The juniors included: Josh Casavan, Mason Hanson, Brandon Klipping, Brandon Lee, Devin Paradis, Talon Porter, and Javier Ramirez. The sophomores were: Seth Paradis, Ethan Vettleson, and Matt Vettleson. The only

freshmen was Connor Lambert.

The most valuable Northwest District Special Team's Player was Austin Waliser. Waliser also was named All Northwest District. Bailey Schmitz and Will Duden received All Northwest District along with Waliser. Dylan Gustafson, Seth Johnson, and Marcus Christenson were Honorable Mentions.

There were six team awards given out that night. Bailey Schmitz was presented the Rebel Pride Award and the Mr. Football Award. Will Duden got the Defensive Point's Leader and The Hardest Worker Awards. Connor Lambert was given The Most Improved Player Award. Wyatt Waldal received the Coaches' Award.

Silver Award for academic performance for the Rebels

By: Ana Almeida

The RLC Rebels' football team received a Silver Award in Minnesota Class 1A for their academic performance this season. Teams receiving the Gold Award were Minnesota Valley Lutheran, Browerville-Eagle Valley, Goodhue, Bethlehem Academy, St. Clair, Adrian, Wabasha Kellogg, New York Mills, Janesville-Waldorf-Pemberton, Barnum, Lac Qui

Parle Valley, Murray County Central, Mayer Lutheran, Red Rock Central, Upsala - Swanville Area, Minneota, Dawson-Boyd and Parkers Prairie.

Teams receiving the Silver Award were Mahnomon, Springfield, United South Central, Fillmore Central, Kerkhoven-Murdock-Sunburg and Red Lake County.



Luke Nelson, the speaker at the Oklee Veterans Program, was a Petty Officer 2nd class in the Navy. (Photo by RLCC Stamped)

Luke Nelson, speaker for Oklee Veteran's Day Program

By: Ethan Vettleson and Asia Davis

Frank Lund American Legion Post 159 and Red Lake County Central High School celebrated Veteran's Day on November 11, 2015 with a program including a guest speaker who was a former Veteran, Petty officer 2nd Class Luke Nelson. Nelson grew up in Gary, MN and wanted to get away from the small town, so he decided to enlist in the Navy right out of high school.

During the program Nelson talked about the coverings he received in the Navy and where he received them. Nelson described a covering as a hat or head covering device. The first cap he ever received was in training outside of Chicago, Illinois. The cap was just a simple dark navy blue color and had NAVY written in bold letters on the front of the cap. He got his second cap at the Navy base in Millington, Tennessee where he took aviation electronics training. He received his third cap at Whidbey Island, Washington. He spent his time working on aircraft. His fourth cap was received at US Naval Air Station in Jacksonville, Florida. Nelson was in the Patrol Squadron 16.

While serving overseas he was able to experience the country and culture. He spent six months in Italy and six months in Panama. Nelson also served in Turkey, Germany, and Spain and worked 12 hour days, six days a week. He still tries to connect with people he worked side-by-side with in the Navy in person or through Facebook.

Nelson explained that when he sees other Veterans walking around with their hats, he knows "where they've been and what they've done." To Nelson wearing the hat was not to brag but for camaraderie.

Veteran's Day is an important day to thank all those who have served for our country. He encourage the audience to thank Veterans for all their hard work and dedication in serving our country.

Near the close of the Veteran's Day Program, Commander Dean Walstad invited Matthew Genova to come up front. An important donation was presented to the Veterans by Genova. Walstad commented on the significance of this donation.



Chaplin Don Stenberg gave the invocation at the Veteran's Program on Wednesday, November 11th held at the RLCC gymnasium. (Oklee Herald)

Sports
Schedules

Red Lake Rebels

Boys Basketball

Fri, Nov. 20: Fertile at Red Lake Falls 5:00 p.m.

Tue, Nov. 24: Sacred Heart at RLF 5:00 p.m.

Mon, Nov. 30: Win-E-Mac at Erskine 5:00 p.m.



RLC Rebels' Most Valuable Northwest District Special Teams Player, Austin Waliser. (Photo by RLCC Stampedo)

Winter weather terms you should know

(From the National Weather Service)

NOAA's National Weather Service urges residents to keep abreast of local forecasts and warnings and familiarize themselves with key weather terminology.

•Winter Storm Warning: Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

•Winter Storm Watch: Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

•Hazardous Weather Outlook: Provides up to seven days notice of any hazardous weather, including winter storms. It is issued daily, with more frequent updates whenever the outlook changes.

•Blizzard Warning: Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below ¼ mile; these conditions should persist for at least three hours.

•Lake Effect Snow Warning: Issued when heavy lake effect snow is imminent or occurring.

•Lake Effect Snow Advisory: Issued when accumulation of lake effect snow will cause significant inconvenience.

•Wind Chill Warning: Issued when wind chill temperatures are expected to be hazardous to life within several minutes of exposure.

•Wind Chill Advisory: Issued when wind chill temperatures are expected to be a significant inconvenience to life with prolonged exposure, and, if caution is not exercised, could lead to hazardous exposure.

Winter Weather Advisories: Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

•Dense Fog Advisory: Issued when fog will reduce visibility to ¼ mile or less over a widespread area.

•Snow Flurries: Light snow falling for short durations. No accumulation or light dusting is all that is expected.

•Snow Showers: Snow falling at varying intensities for brief periods of time. Some accumulation is possible.

•Snow Squalls: Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

•Blowing Snow: Wind-driven snow that reduces visibility and causes significant drifting. Blowing snow may be snow that is falling and/or loose snow on the ground picked up by the wind.

•Sleet: Rain drops that freeze into ice pellets before reaching the ground. Sleet usually bounces when hitting a surface and does not stick to objects. However, it can accumulate like snow and cause a hazard to motorists.

•Freezing Rain: Rain that falls onto a surface with a temperature below freezing. This causes it to freeze to surfaces, such as trees, cars, and roads, forming a coating or glaze of ice. Even small accumulations of ice can cause a significant hazard.

Tri-Valley Public Transportation

To reserve a seat, please call by 3:00 p.m. the day before - 1-800-951-9363. All routes will arrive approximately between 10 and 11 a.m. at the destination. All routes need at least five persons signed up.

Wed, Nov. 18: *Fargo/Moorhead* – Red Lake Falls, Plummer, Oklee, McIntosh, Erskine, Mentor.

Thu, Nov. 19: *Grand Forks* – Thief River Falls.

Tue, Nov. 24: *Grand Forks* – Fosston, McIntosh, Erskine, Mentor.

Wed, Nov. 25: *Bemidji* – Crookston, Red Lake Falls, Plummer, Oklee/Brooks, Trail/Gully, Fosston.



Rebel Team Awards were presented to Wyatt Waldal (Coaches' Award), Connor Lambert (Most Improved Player), Bailey Schmitz (Rebel Pride and Mr. Football Awards), and Will Duden (Defensive Point Leader and Hardest Worker Awards). (Photo by RLCC Stampedo)

Red Lake Falls Library News

The library is open on Monday from 10:00 am until 5:00 pm, Wednesday from Noon until 8:00 pm, Friday from 10:00 am until 5:00 pm, and Saturdays from 10:00 a.m. to 3:00 p.m. On-line patrons are reminded that they can visit www.nwrlib.org/rlf.htm at anytime, where they can create their own patron accounts to browse, request and renew materials all from their home computers.

Many new large print books by well-known authors have arrived: "Love Everlasting" book three of Tracie Peterson's

Brides of Seattle series, "Wildest Dreams," the 9th book in the Thunder Point series by Robyn Carr, "Streams of Mercy," Songs of Blessing book 3 by Lauraine Snelling, "Home by Morning," the third book in Heroes of Heartbreak Creek series by Kaki Warner, "The Marriage Season," a Brides of Bliss County book 3 by Linda Lael Miller, "Jack of Spades" by Joyce Carol Oates, and "X" by Sue Grafton, and in large print nonfiction "New Life, No Instructions: a memoir" by Gail Caldwell.

In Flanders Fields

In Flanders fields the poppies blow

Between the crosses, row on row,

That mark our place; and in the sky

The larks, still bravely singing, fly

Scarce heard amid the guns below.

We are the Dead. Short days ago

We lived, felt dawn, saw sunset glow,

Loved and were loved, and now we lie

In Flanders fields.

Take up our quarrel with the foe:

To you from failing hands we throw

The torch; be yours to hold it high.

If ye break faith with us who die

We shall not sleep, though poppies grow

In Flanders fields.

By: Lt. Col. John McCrae



Holly Vettleson read the poem "In Flanders Fields" at the American Legion program on Wed. Nov. 11th.



Holly Vettleson read the poem "In Flanders Fields" at the American Legion program on Wed. Nov. 11th.

Monthly Craft Day

Monthly Craft day is Saturday November 21st at Oklee Quilting Supply in their new crafting room beginning at 9am – crafters of all types are encouraged to bring their own project to work on, excellent environment to finish up projects already in the works or start a new project. Quilters who have in the past been a part of the strip exchange are encouraged to bring in their finished project for show and tell. Anyone interested in Project Linus are Welcome too. Questions, call Toni 796-5151.

NDSU representative to visit area school

A representative from the Office of Admission at North Dakota State University is scheduled to visit Red Lake County Central High School on Monday, Nov. 30, at 11 a.m., in Oklee, Minnesota.

The representative will help high school students learn about earning a degree from NDSU, which is recognized as a leading student-focused, land-grant, research institution. Information will be shared about NDSU's outstanding academic programs, how students can get involved through more than 300 student organizations and how the NDSU experience can help prepare them for career and life.

"Each student follows a different path that leads to NDSU," said Merideth Sherlin, director of admission. "During high school visits, our staff works with students to understand their individual interests and needs, and then helps them find the opportunities at NDSU that will challenge them and prepare them for the future."

The university is comprised of the College of Agriculture, Food Systems, and Natural Resources; College of Arts, Humanities and Social Sciences; College of Business; College of Engineering; College of Human Development and Education; College of Health Professions; College of Science and Mathematics; College of University Studies; and the Graduate School.

For more information about NDSU, visit www.ndsu.edu.

IMPORTANT PROPERTY TAX HOMESTEAD NOTICE

** This will affect the amount of property tax you pay in 2016, and it may affect your eligibility for a property tax refund.*

Please contact your county assessor to file a homestead application on or before December 15, 2015, if one of the following applies:

- You purchased a property in the past year and you, or a qualifying relative, occupy the property for homestead purposes on December 1, 2015; or
- You, or a qualifying relative, occupy a property for homestead purposes on December 1, 2015, and the property was previously classified as non-homestead.

A qualifying relative for homestead purposes depends on the type of property. For residential property, a qualifying relative can be a parent, stepparent, child, stepchild, grandparent, grandchild, brother, sister, uncle, aunt, nephew, or niece of the owner. This relationship may be by blood or marriage. For agricultural property, a qualifying relative can be a child, grandchild, sibling, or parent of the owner or a child, grandchild, or sibling of the spouse of the owner.

Once you have been granted the homestead classification, no further applications are necessary unless they are specifically requested by the county assessor.

You must also contact the assessor by December 15, 2015 if you are the property owner, or a qualifying relative of the property owner, and the use of the property has changed during the past year.

If you should sell, move, or for any reason no longer qualify for the homestead classification, you are required to notify the county assessor within 30 days of the change in homestead status. Failure to notify the county assessor within this 30-day period is punishable by recalculation of tax as non-homestead, in addition to a penalty equal to 100 percent of the homestead benefits.

Polk County Tax Payer Service Center
218-281-4186

034C

ATTENTION

RED LAKE COUNTY SMALL BUSINESS AND POTENTIAL STARTUP ENTERPRISES

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

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

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

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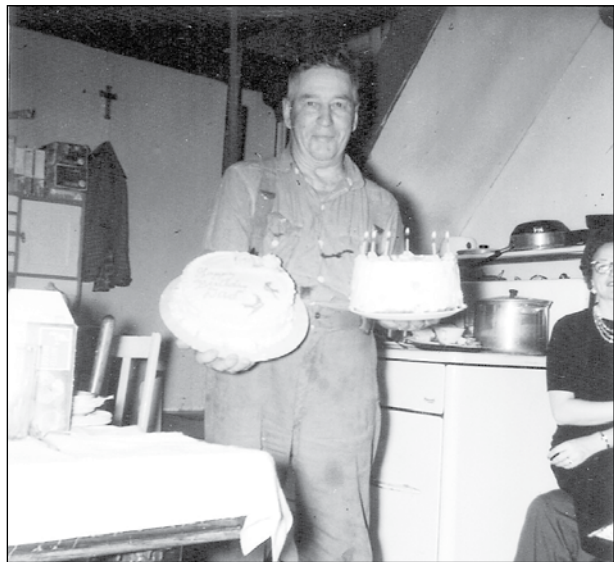
Who's Dat?

Who's Dat

This week's photo is of a life-long resident of the area who raised a large family here.

Last week's photo was from 1980. It was the Board of Directors from the Oklee Elevator. Delton LaCoursiere, Ray Swenson, Einar Kvasager, Korydon Chervestad, Verner Arverson.

With Christmas coming it would be fun to have a few photos of the Holiday Season for the Who's Dat column. If you have a photo to share, please bring them in to the office.



No-till Forage Establishment

No-till seeding of forage grasses and legumes can be successful and has become an accepted practice for a number of reasons. One of the primary concerns in establishing new forage stands in a well-tilled seedbed is the threat of soil erosion during the establishment period. Not only is valuable topsoil lost, but resulting ruts and gullies damage equipment and are dangerous to equipment operators. In addition to reducing soil erosion, no-till seedlings conserve moisture already present in the seedbed. Moisture conservation, along with a dramatic reduction in water run-off, improves the water supply for the new seedlings. No-till seeding methods also require less time and fuel than traditional methods because rocks remain below the soil surface.

No-till seeding has a definite place in improving forage quality of existing pastures and hay fields. No-till seeding practices can also be used to completely reseed forage stands that have become unproductive. Forage stands can be improved using no-till methods to add legumes to pure grass stands and to strengthen weak grass stands through the introduction of both legumes and/or grasses. The concept of no-till seeding has further potential in forage production when rotating crop fields to pasture or hay production and when changing the type of forage stand to summer or winter annuals in the crop rotation scheme.

There are several rules that must be followed for no-till seeding to be successful. The five most important are:

Proper Soil Testing is a Must - It is a waste of time

and money to try to establish or improve stands when the soil fertility and/or pH are too low to support productive plants. Fertilize and lime (or wood ash) according to soil test recommendations prior to seeding. Ideally, lime or ash should be applied at least six months in advance of seeding so it has time to react with the soil and increase soil pH. Red clover requires a minimum pH 6.2 to 6.5 and alfalfa requires 6.4-6.8.

Minimize Competition from the Existing Sod or Cover - Every effort must be made to prevent weeds or existing forage plants from competing with the new seedlings. Heavy thatch and plant growth tall enough to shade the soil surface must be removed. Grazing, hay cutting and/or application of herbicides are the primary means for reducing this competition prior to seeding. If herbicides are used, be sure to understand planting restrictions that may affect legumes. After seeding into an existing pasture or hay stand, periodically graze or mow the growth of existing pasture or hay plants to favor growth of the newly established seedlings.

Seed on the Proper Date - Depending on the situation, no-till seeding can be successful in late winter (if ground is not frozen), spring or late summer/early fall. It is extremely important to make plans and preparations well in advance so the seeding can be made on time.

Use High-Quality Seed - Utilize forage plants and varieties that are adapted to our area and use seed with a high germination percentage. Check with your local SWCD, NRCS or Extension office for

forage species and varieties adapted to your area. Cheap, low quality seed is often the most costly item in no-till seeding because it results in low productivity stands or thin, weak plant density.

Control Depth of Seeding - Seeds of most forage plants are small and cannot be counted upon to emerge from a seeding depth of greater than 1/2 inch. Adjust seeding equipment to place the seed at a shallow depth of 1/4 - 1/2 inch. Placing the seed too deep is the most common single reason for failure to get a stand. If you see a few seeds on the soil surface after seeding, then your seeding depth is about right.

Perhaps the greatest obstacle to this method of forage establishment has been the availability of a no-till drill to rent. But this has changed. This past year, the Clearwater County SWCD office in Bagley purchased a new no-till drill and offers it for rent to area farmers. Their rental service comes with delivery and instructions on its operation.

If you would like to learn more about how this would work on your farm, please join the Clearwater County SWCD for a meeting on December 2nd, 2015 at the American Legion in Bagley. The meeting will begin at 10:00 am with registration, the program to follow. Following the meeting, a noon meal will be provided at no cost, but preregistration is encouraged for meal planning. Please call Nathan at the Clearwater SWCD office to register; he can be reached at 218-694-6584, Ext. 4.

For more information on forages, contact me at 800-450-2465 or stordahl@umn.edu. Source: Virginia State University.

USDA Launches New Conservation Effort to Aid Monarch Butterflies

Effort makes available \$4 million to help producers establish habitat in Midwest, southern Great Plains

The U.S. Department of Agriculture (USDA) today announced a new conservation effort to help agricultural producers in Minnesota and nine other states provide food and habitat for monarch butterflies. This targeted effort in the Midwest and southern Great Plains by USDA's Natural Resources Conservation Service (NRCS) will invest \$4 million in 2016 to help combat the iconic species' decline.

"These once-common butterflies are growing less familiar, and we know private lands will continue to play a crucial role in aiding the recovery of this species that serves as an indicator of ecosystem health," said Cathee Pullman, NRCS state conservationist in Minnesota. "America's farmers, ranchers and forest landowners are stewards of the land, and this effort helps them make voluntary improvements that benefit working lands and monarchs."

The orange-and-black butterflies are known for their annual, multi-generational migration from central Mexico to as far north as Canada. Monarch populations have decreased significantly over the past two decades, in part because of the decrease in native plants like milkweed – the sole source of food for monarch caterpillars.

NRCS will provide technical and financial assistance to help

producers and conservation partners make butterfly-friendly improvements to farms and ranches.

In Minnesota, NRCS is focusing on integrating milkweed and high-nectar plants along field borders, in buffers along waterways or around wetlands, in pastures and other suitable locations.

Assistance is available to producers in Illinois, Indiana, Iowa, Kansas, Minnesota, Missouri, Ohio, Oklahoma, Texas and Wisconsin. These states are at the heart of the monarch migration. The Environmental Quality Incentives Program (EQIP) and remaining funds from the former Wetlands Reserve Program (WRP) provide funding for this work. Additionally, NRCS is offering support for related enhancements through the Conservation Stewardship Program (CSP) to establish monarch habitat. These enhancements are available nationwide.

NRCS accepts EQIP and CSP applications from producers on a continuous basis. Producers interested in participating should contact their local USDA service center to learn more. WRP funds will be used to enhance monarch habitat on existing wetland easements.

These conservation improvements not only benefit butterflies, they also strengthen agricultural operations, support other beneficial insects and wildlife and improve other natural

resources. Appropriate buffer habitats and better rangeland and pasture management practices reduce erosion, increase soil health, inhibit the expansion of invasive species and provide food and habitat for insects and wildlife.

NRCS' effort contributes to a multi-agency, international strategy to reverse the monarch's population decline in North America, estimated to have decreased from one billion butterflies in 1995 down to about 34 million today. The Obama administration, through the National Strategy to Protect Pollinators and Their Habitat offsite link image , has a goal of increasing the eastern population of monarchs back up to 225 million by 2020.

Producers not in the regions targeted by this effort are also eligible for assistance to make conservation improvements to their land that can benefit monarch butterflies and many other pollinators, such as honey bees and native bees. More than three dozen conservation practices offered by NRCS can provide benefits to pollinators. Additionally, this effort works hand-in-hand with a three-year-old NRCS honey bee conservation effort in the Midwest and Northern Plains.

Learn more about the Monarch Habitat Development Project and other pollinators For more on technical assistance and financial resources available through NRCS conservation programs, visit www.nrcs.usda.gov/GetStarted or a local USDA service center

Red Lake County Extension Educator

Curtis W. Nyegaard - 218-253-2895

Winter Cow Management

The winter season is upon beef cattle producers in the upper Midwest. Winter feeding management is critical as winter feed costs are the single largest expense in a cow/calf operation. A winter feeding program will vary for each operation depending on the quality of forage being fed, cost and availability of winter feed supplements, animal type (mature cow, replacement heifer or back-grounded calves) body condition of that animal and calving date, if applicable. In the upper Midwest, a large percentage of winter feeding includes the middle and last trimester of gestation and a portion of the first stages of lactation in spring calving herds. To choose a winter feeding program that is most viable for your operation, know what type of animal you are feeding, stage of pregnancy (if the animal is in reproduction), body condition, available feed resources and feed prices. For example, dry cows require feed lower in quality than nursing cows and young females require feed higher in quality than mature cows.

Generally, winter feeding is accomplished with harvested forages, mainly hay and silage. One can estimate, based on dry matter (DM) intake/head/day, how much winter feed is needed per animal during the winter feeding period. A 1350 pound pregnant beef cow will typically require 25 to 30 lbs. DM/day which equates to approximately one round bale of hay(1000lb.bale) per head

per per month. Grazing crop residues may also be utilized as well, but may not be a feasible option for areas that receive significant amounts of snowfall during the early winter months. Research has shown that cows will graze through snow up to 9 inches deep for high quality forages, but grazing can become difficult and reduce forage intake with as little as 1/4 inch of ice covering the snow. Besides limiting the grazing of crop residues, winter conditions will decrease the feeds nutritional value by reducing digestibility of dry matter and protein. Not only does winter precipitation need to be taken into account, adjustments for cold temperatures need to be considered as well. A practical rule of thumb is to increase energy intake by 1% for every degree of coldness below the lower critical temperature of a cow. As an example, a 20 degree F temperature can be used as the lower critical temperature. Thus, if the outside temperature is 0 F with calm wind speed, then energy intake will need to be adjusted 20%. If the daily TDN (total digestible nutrient; a measure of energy) requirement is 11.2 lb., then an additional 2.24 lb TDN are required to prevent environmental stress or weight loss on the cow.

Regardless of whether you feed stored forages or graze crop residues, the cow's diet must be sufficient throughout the winter months to uphold a body condition score (BCS)

of 5 to 6 (9 point scale; 1= emaciated and 9=obese. It is usually accepted that a BCS of 5 to 6 is best for reproduction. At this level of condition, a cow is able to maintain its body weight and support production functions such as lactation and fetal growth. During the last trimester of gestation (223 to 238 d of gestation), fetal growth can account for 55% to 70 % of total fetal weight, thus maintaining adequate body condition in pregnant cattle is crucial in the two to three months prior to calving.

Depending on forage quality, supplementing beef cows may be necessary when nutrient demands are not met by the basic diet the cow is offered. Typically beef cows will meet nutrient needs if they contain a minimum of 55% TDN and 8% crude protein(CP). However, lactating cow minimum requirements during the winter increase to 62% TDN and 11% CP, such as with fall calving cows. When feeding pregnant first and second calf heifers, due to calve in the spring, maintaining diet TDN at 60% and CP at 11% from the beginning of winter through early lactation should be sufficient for maintaining a BCS of 5 to 6. Those requirements will increase (TDN =66-70%; CP=11-13%) for fall calving and second calf heifers during the winter months. For more information on cow/calf management, you can do a web search at www.extension.umn.edu.

Source: Ryon Walker and Beka Gill, University of Minnesota Beef Team.

Farm to Child Care Comes to NW Minnesota

The Statewide Health Improvement Program (SHIP) and Child Care Aware have partnered to offer Farm to Child Care Training in Roseau, Marshall, Kittson, Red Lake and Pennington Counties. Through this partnership, Lynn Balstad, Program Coordinator for Child Care Aware and a trainer for MNCPD, has geared-up to bring this exciting new curriculum to licensed child care providers in the five county area. An initial training was held in Roseau at LifeCare Medical Center, with four licensed family childcare providers attending.

The focus of the Farm to Child Care Training is to deliver a hands-on training for providers on how to find and serve local foods, prepare quick, healthy, safe, and appealing meals and snacks for children using local produce. It also offers an opportunity for providers to learn how to engage children in understanding where their food comes from through gardening, field trips, cooking, activities and stories. The Farm to Child Care Training offers 4.5 credit hours which licensed family child care providers can use toward their



licensing requirements in the core competency area of VI. Health, Safety, and Nutrition.



The Scoop About Snow Shoveling

(From Minnesota Safety Council)

While shoveling snow can be good exercise, it can also be deadly for optimistic shovelers who take on more than they can handle. The Minnesota Safety Council offers the following tips to help you get a handle on safe shoveling.

Safe Behavior
• Individuals over the age of 40, or those who are relatively inactive, should be especially careful. If you have a history of heart trouble, check with your doctor before shoveling.

- Avoid shoveling after eating or while smoking.
- Take it easy. Snow shoveling is a weight-lifting exercise that raises your heart rate and blood pressure. Warm up before starting the job and stretch both before and after shoveling.
- If possible, shovel only fresh snow — it is easier to shovel than wet, packed-down snow.
- Push the snow forward rather than lifting it out of the way; pick up only small amounts when needed. Your

back will thank you.

- As with any lifting activity, use your legs, not your back. Legs should be bent and back straight. Bend and “sit” into the movement, allowing large muscle groups to do most of the work.

- Never work to the point of exhaustion. Take frequent breaks. If your chest feels tight, stop immediately.

- Dress as you would for any outdoor activity. Dressing in layers is best. Take extra precautions to keep hands and feet warm.

Statepoint Crossword Theme: Mythical Creatures

ACROSS
1. Gang
6. "Back To The Future" actress
9. Femme fatale
13. Bader Ginsberg and Babe
14. Like Mother Hubbard
15. Small, olive-gray bird
16. Abraham's sacrifice
17. E.T. transporter
18. It happens at a given place and time
19. *Mythic oceanic temptress
21. *Flying stallion
23. Heat unit
24. Doe's mate
25. *Number of heads on Ravana in Hindu mythology
28. Dripping faucet sound
30. Worn by train station porter
35. Done after you sow?
37. Curved molding
39. Voice of Lamb Chop

40. Face-to-face exam
41. Shamu and such
43. Highest point
44. Flax flower genus
46. Republic of Ireland
47. Laughing on the inside via text
48. Class action
50. ____ a coin
52. *A Cyclops does it out of only one eye
53. Like a gossipmonger
55. Last letter
57. *Much-hunted ungulate
61. *Only half man
65. Green side
66. Hole puncher
68. *Witch's condemnation
69. Serpentine
70. Civilian aviation agency
71. Utopia, e.g.
72. One of three Rs
73. Funerary vase
74. Like kale and spinach

greens
DOWN
1. "____ and proper"
2. British river
3. Night shooter
4. Emotional punishment
5. Protective embankment
6. *Like the voice of mythic Greek Stentor
7. *Pointy-eared creature
8. Choose and follow
9. ____ la Vida
10. *God of war, son of Zeus
11. Carte du jour
12. Chef's vessel
15. Chills on the couch
20. Inuit shelter
22. *A Hobbit's is slightly pointed
24. Point out
25. *Big-haired Scandinavian
26. Like Halloween night
27. Indian breads
29. *Manlike man-eater
31. Lentil soup
32. Head of crime syndicate, pl.

33. Mountain ridge
34. *Dust-sprinkler
36. Positive sign
38. ____ of Sandwich
42. Carpe in "Carpe diem"
45. Poet's death lament
49. And not
51. Writing implement
54. Mix-up
56. Chopin's composition
57. Brezhnev's domain
58. Back of the neck
59. Pelvic bones
60. Joker, e.g.
61. Reunion group
62. A in A = b x h
63. Sky defender
64. Count on
67. *The son of Hera was the god of ____

Solution: Thanksgiving

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

Oklee Herald Early Files

Seventy Years Ago November 15, 1945

We have been informed that Commander Theodore A. Torgerson, son of Dr. and Mrs. W. B. Torgerson of Oklee, has been given command of the destroyer Waldron and is now cruising in the western Pacific waters. He had been serving with the amphibious forces.

Pfc. Leonard Singer returned to his home here last Friday, having received his discharge from the Army.

The students of the Oklee School will present their annual carnival and program on November 20th.

Cpl. James Walker returned here last Thursday having been given his discharge from the Army.

Sixty Years Ago November 17, 1955

After a 40-day furlough here, A/1c Kenneth Thorpe will go to Nashville, Tenn. For reassignment in the Army Air Force.

Miss Yvonne Delage, daughter of Mr. and Mrs. Willie Delage of Brooks, became the bride of Daniel Kush, son of Mr. and Mrs. Stanley Kush of Plummer in a double ring ceremony on November 12th.

It took a couple of Oklee men to break a tradition at the Iowa Mink Show held on November 12 & 13. Among the several honors taken home by Jensen Bros. Mink Ranch of this village, was a blue ribbon in the dark mink class.

Fifty Years Ago November 18, 1965

John Husby, a former member of the Oklee High School faculty, died in the Fosston Hospital at the age

of 80. Mr. Husby taught agriculture classes here from 1947 to 1953. He was a life-long member of the community.

A former Mentor man became the ninth victim of deer hunting accidents since the season opened Saturday. Donald Sveningson, 25, suffered a fatal wound Monday while hunting with a party of nine near Erskine.

Two Oklee men were injured Friday when a frame building under construction at the Lyle Mandt egg factory northeast of Oklee collapsed in the high wind. Oscar Flateland and Ted Loiland were taken to the Thief River Falls hospital and are both recovering satisfactorily.

Forty Years Ago November 13, 1975

An albino deer, which is a rare animal was shot during hunting season near Skime on Friday by Leon Oftedahl of Fertile.

Charter for the newly formed Plummer's Lion's Club will be presented at ceremonies in the Plummer School auditorium on Saturday evening.

Mr. and Mrs. Lyle Hanson are the proud parents of a baby girl born at the Bagley Hospital.

The Bi-Centennial committee is looking for talent. The talent show will take place at the school gym on Saturday, November 29th.

Thirty Years Ago November 13, 1985

The Red Lake County Courthouse celebrated its Diamond Jubilee this month.

The Oklee Junior Class sold \$5,509.65 worth of magazines which was a sales record.

All Conference volleyball players named included Cathy Cyr, Sue Olson, Julie Murack, Shannon Olson and Karen Lindquist.

Arnie Paradis of Brooks and Roland Boucher of Mentor shot an 8 point and 6 point bucks over the weekend during hunting season.

Twenty Years Ago November 22, 1995

The Hilliard story was filmed by the crew of the NBC network show, Unsolved Mysteries, and has been in the Fosston area a segment for the television series about Jean Hilliard who made a full recovery after she was found frozen solid and had been brought in to the Fosston hospital and survived.

Names submitted to fill the vacancy of the City Council to replace Clay Haugen. They were Norman Boucher, Paul Dessellier, DeeAnn Klasen, and Dean Tougas. Dee Ann was chosen to fill the position.

Ten Years Ago November 17, 2005

The City of Oklee will be having a contest for a Centennial Logo and entries will be accepted until December 31, 2005.

The City of Oklee held their monthly meeting and Brent Strand was at the meeting to help clear up the Pennington County Jail and Tri-County Corrections issue. City of Oklee voted for commissioners to go with Pennington County.

Zion Lutheran Church WELCA hosted a Scandinavian Day on November 12 with lots of treats for everyone to try.

A moose calf was spotted in Oklee going through town.

Senior Site News and Other Things

By Volunteer Iona Berry

Another sunny day. It is hard to believe November is half over and we have not had snow to shovel. The little that has fallen has melted almost as soon as it fell.

The Veteran's Day Program at the school was such a wonderful remembrance of our veterans as well as the men and women who still are in active service. The meal served at the hall following the program was a great time to visit with friends.

The American Legion Auxiliary has been very active in supporting the Legion's activities and also our own projects. This week members

will be bringing cupcakes to the school to show the faculty and staff we appreciate the work they do for our youths.

Dates to Remember

Nov. 19: site council meets
Nov. 20: Birthday Meal
Nov. 24: Thanksgiving Meal at the Site
Nov. 26: Thanksgiving

Words of Wisdom

The "silly question" you ask is one others are glad you did. Discipline is essential for one's self-respect.

Joke Time

A farmer kept a donkey



Quin Worksite Wellness Collaborative: Front Row: Rachel Lund-Central Boiler, Rebecca Lundgren-Roseau Electric Cooperative, Bobbi Mischel-North Valley Health Center, Jill Lysford-North Valley Health Center, Shelly Spears-Border State Bank, Jill Amundson-Border State Bank. Standing: Alyssa Novak-Quin County Community Health Services, Andy Hedlund-Central Boiler, Dawn Hedlund-LifeCare Medical Center, Laura Dahl-SHIP Coordinator Quin County Community Health Services, Paula Hedlund-LifeCare Public Health, Allison Harder-Border State Bank, Katie Marvin-Marvin Windows and Doors, and Chelsey Hontvet-Marvin Windows and Doors.

Worksite Wellness Collaborative Celebrates Accomplishments

Businesses play a vital role in the health of their employees and healthy employees can also impact the bottom line for the organization. A win-win for both the employee and the employer!

Quin County Community Health Services recently completed a 13 month Worksite Wellness Collaborative with 8 businesses in our region. Partners learned about best practices and foundational skills related to having a successful worksite wellness initiative. The collaborative met from Septemeber 2014-October 2015 and was made possible through the Statewide Health Improvement Program (SHIP) grant. Paula Hedlund, LifeCare Public Health, facilitated the collaborative.

The following worksites participated in the collaborative: Border State Bank, Central Boiler, Kittson Memorial Healthcare Center, LifeCare Medical Center, Marvin Windows and Doors, NorthValley Health Center, Polaris Industries, and Roseau Electric Cooperative. These 8 businesses were part of 540 employers across the state of

Minnesota involved in this SHIP initiative.

Each organization took positive steps to support employee health and wellness. Businesses were encouraged to choose at least one of the following areas to focus on during the collaborative: healthy eating, physical activity, tobacco cessation and exposure, or lactation support. Organizations also had the opportunity to apply for up to \$500 in mini grant funds to support changes that make the healthy choice the easy choice at work. Some examples of the changes made during the past year include:

Foundational elements:

- Regular wellness committee meetings
- Goal setting
- Development of Logo and Branding for Wellness
- Employee input and interest surveys, newsletters, improved communication, health risk assessments and leadership support
- **Healthy Eating:**
 - Healthy vending and snack stations at work
 - Healthier meals at meetings

in a stable, but the donkey's ears were so long that they repeatedly hit the top of the door, causing the animal to kick out dangerously. so the farmer decided to raise the height of the door frame.

He spent all day toiling away with his hacksaw. Seeing that he was struggling to complete the task, his neighbor suggested: "Instead of lifting the door frame, wouldn't it be easier if you simply dug out ground in the doorway and made it deeper?" "Don't be an idiot," said the farmer. "It's the donkey's ears that are too long, not his legs!"

Plummer News By Alice Jobe 218-465-4402

Cheryl Glennon, of Jamestown, ND and Hannah, Rachel and Caleb came for the weekend to Sandy and Mike Greenwald's. They helped Shirley Baune celebrate her 87th birthday on Saturday. They went to DiMaggio's in Erskine, to eat, along with many family members.

The Tri-River Pioneer guys worked on the workshop in the barn the previous week.

Donnie Hesse, of Elk River, came for deer hunting and stayed at Loretta's Hesse's. Dale Mattison of Colorado Springs, CO, and his twin Neal and their uncle Gary Mattison hunted together. Dale got a nice buck Saturday morning.

Lorna Jesme had surgery Tuesday in Thief River Falls. Her kids Cindy, Bryce and Neal were there. Cindy stayed for a few days. She's from Montana.

Chuck Simpson said he saw about 20 wild turkeys Monday morning south of Plummer.

Jim Fisher, of California came for a visit and hunted with his brothers.

Don Fox got a big buck opening weekend. He hunted with his son David and friend Tony from Owatonna.

The Veteran's Day program was held at RLCC Elementary School in Plummer at 10:00 a.m. It opened with the posting of the colors. The Honor Choir sang "They Were Free." There

were 29. Les Hofstad gave the invocation. The Pledge to the Flag was recited by everyone. Commander David Eskeli gave the address. Colors were retired. Immediately following, cookies and coffee served in the lunch room. The first grade class presented Thank You letters to the veteran's for serving our country. It was really special. The Marine Corps is 240 years old this year.

Deer Hunting songs I heard this week were "2nd Week of Deer Camp" and "30 Point Buck." Goofy as they are, it's fun anyhow.

Hope you have a good week! Snow may be coming.

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

Wow, what a week we have had. Can the weather stay that nice for very long? I for one took advantage of the weather on Saturday and washed my windows outside for the first time this year. They really needed it and the cobwebs are gone hopefully until next year. The spiders should be in hibernation for a while. I also got the bird markings off where they committed suicide on the windows all summer. Even in the country the birds think they can fly through the windows. Today the wind is really blowing hard, which makes it hard to go out to do anything.

Thanksgiving always comes early at the Determan home and this year all the kids came home once again over this past weekend. Del and Cindy hosted dinner and the weekend for Jess and Heidi Determan, Jamie Determan, Kaydence, Camden, Aaron and Meg, Determan, Brianna and Kyle Wanner, Andrew, James and Felicity, Cathy and Mark De Mars of Thief River Falls. Everybody ate heartily and enjoyed the fine weather with the kids running outside and having fun barefooted. How often can one say we ran outside barefooted in the middle of November? What fun a big family has together, what a blessing.

On Saturday evening Pam Paradis visited with the Determan family bringing her little grandson Carter to play with the kids of the Determan family. They all had such a good time together. They have

adopted each other as cousins.

Val Walker hosted a birthday party in honor of Joyce Rock. Those attending the party to wish her a Happy Birthday were Doug and Karen Rock, Hunter and Jaxson Rock, Pam Paradis, David and Karen Rock, Dane Chelsey and Carter Kiono, Kallie and Kolten and Brook Holtman. Happy Birthday to you Joyce. I miss you as a neighbor.

River Valley Homemakers had their annual Christmas Party at the Cozy Bar & Grill in Brooks on Wednesday.

They exchanged gifts and everyone enjoyed visiting and eating dinner at the café. Elaine Radniecki is a member of that group.

Welcome to our community to the Lambert Family. It was so nice to see them on Sunday morning. It isn't often that we see a family of six boys. I am sure that Scott and Shannon Lambert are busy parents. Their children are Devin, Connor, Carson, Reese, Benjamin, and Aldon.

Welcome back home to Walter and Cindy Novak who went with Father Antony Fernando to visit the East Coast. They returned on Friday evening.

On Sunday Cindy Determan, Brianna Wanner, Heidi Determan, Jamie Determan, and Meg Determan went to the Craft Show at the Riverstad Arena in Thief River Falls. They got a little away time from the kitchen for a while and enjoyed seeing all the nice things for sale for the holidays.

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The RLCC Elementary Honors Choir sang, "Free Like Me" for the Veteran's Day Program at the school in Plummer on Wednesday, Novemer 11th. (Photo by RLCC Elementary)



leave when it was ready. It was fascinating and I'm sure had an influence on our oldest daughter's choice in higher education. She earned a biology degree at the University of Wisconsin in Eau Claire and at one point took on an internship at a conservation place not too far from Eau Claire and she was in charge of the butterfly house. She was even in the Eau Claire paper discussing the importance of butterflies and other insects.

The program is focusing on the area where the Monarch migrates from the Canadian border to the Mexican border and is encouraging the farmers and anyone else to plant milkweed and high-nectar flowers for the Monarch butterflies. The caterpillars

only source of food in the milkweed and then after they are a beautiful orange and black butterfly, they need the high-nectar plants. The high nectar plants will also help the bees and other insects that help the farmers.

So if you want a great learning adventure, plant some milkweed, watch the caterpillar grow and metamorphosis into a Monarch butterfly, and you will also be helping the earth and farmers.