



Eric Reinbold (booking photo from Pennington County Sheriff's office)

Reinbold apprehended in Red Lake County for homicide of his wife in Pennington County

Eric Reinbold was located after appearing on a law enforcement trail camera

Eric Reinbold, the man sought in the July 9 murder of his wife Lissette Reinbold of Oklee, Minn., was apprehended early this morning in Red Lake County.

Shortly after 9:30 p.m. Tuesday, agents were alerted to movement in front of a trail camera that had been set up in a wooded area off of Red Lake County Road 1 not far from Reinbold's parent's property. This area had been searched by law enforcement in the days following his disappearance.

Deputies with the U.S. Marshals Service, the Pennington and Red Lake County sheriff's offices and agents with the Bureau of Criminal Apprehension converged on the area. Mr. Reinbold was found hiding in the woods near an abandon homestead and was taken into custody without incident shortly after 12:30 a.m. Wednesday.

Mr. Reinbold is currently in the Pennington County Jail. A bail hearing was set in Pennington County District Court Friday which was denied. Mr. Reinbold was charged via complaint with Lissette Reinbold's murder on July 30. He was also being sought by the U.S. Marshals Service for violating the terms of his release from federal prison.

Pennington County Sheriff Reinbold Apprehended

At approximately 00:30 on 08/04/21, Eric James Reinbold (44) of Oklee was apprehended by U.S. Marshals. Mr. Reinbold was arrested without incident at a vacant farmyard at 32303

180th St. SE in Section #16 of Equality Township in Red Lake County, approximately 4 miles northeast of Oklee. There was a Federal Warrant for his arrest for violating the conditions of his supervised release and Pennington County had also issued a warrant for Felony 2nd Degree Murder earlier this week. Mr. Reinbold has been formally charged with the murder of his wife, on 07/09/21 in Pennington County, and he had been at large since that date. The Red Lake County Sheriff's Office, the Pennington County Sheriff's Office, the Thief River Falls Police Department and the MN Bureau of Criminal Apprehension assisted the U.S. Marshals with his apprehension. Mr. Reinbold is currently in the Pennington County Jail in Thief River Falls.

Red Lake County Sheriff Reinbold formally charged

Before being apprehended, Eric Reinbold was formally charged with murdering his wife, Lissette Reinbold on July 9, 2021. He was charged with felony second degree murder – intentional murder and felony second degree murder. The complaint was signed Friday, July 30 in Pennington County District Court.

The complaint stated that Lissette Reinbold "suffered multiple sharp force injuries to her neck, torso and upper extremities." The medical examiner provisionally said the death occurred due to blood lost and the death was determined as a homicide.

On July 9th, EMT's were dispatched to the Reinbold

home northeast of Oklee. As the EMT's were driving down the driveway, they encountered a boy leaving on a bicycle. He told the EMT's that his mom was laying on the ground and he was going to get his stepdad who was staying in a camper down the road. When the EMT's arrived in the yard, they saw Lissette Reinbold laying on the ground near a vehicle. Blood was visible and puncture wounds were seen on her neck near her jaw. The EMT's called in law enforcement. A cell phone was found wedged under a tire. Law enforcement went to the camper to find Eric Reinbold and he was not there.

Law enforcement was executed for Eric Reinbold's phone. Messages between the couple showed tension and attempts at reconciliation starting in March. From June 25 to July 7, Reinbold allegedly accused Lissette of infidelity and demanded sex from her.

Past Charges

Reinbold was charged and sentenced in Pennington County District Court for a June 11, 2015 incident in which he blocked his wife and children's exit from their property. A postal carrier saw Eric Reinbold trying to stop them from leaving by ramming his wife's vehicle 3 or 4 times while she tried to drive out of the driveway. Law enforcement was called, and Eric Reinbold hid in the woods and informed the law enforcement that he had a gun. He eluded them overnight, eventually making his way to his parent's home, where he surrendered. He received a five-year stay for the felony charge of second-degree assault. In 2016, Reinbold pleaded guilty to a June 2015 incident.

In December 2018, Reinbold was sentenced to 60 months in federal prison after a jury found him guilty of possessing pipe bombs at a hunting property owned by family located near Oklee, Minn. Investigators also found a 32-page notebook in Reinbold's desk, titled "How one person can make a difference: Instruction booklet at the HCU (homemade commando university)," according to court documents. The book, which bore Reinbold's name, was a manual on how to "start the second American Revolution and Win."

This past March, Eric Reinbold was released from a federal prison in Oxford, WI. He was on parole because he had been granted a compassionate release, which he had requested, citing family medial issues and COVID-19 concerns. He had five months left of his sentence.



Highway 222 transferred and is in the 5-Year RLC Highway Plan

It has been a long process which started a number of years ago, when the County was approached by the Minnesota Department of Transportation about transferring Highway 222 to the County.

In simple words there were two options: One was that the MNDOT would repair the road and then turn over or the county could take over and then they will make the repairs.

As with any project there is lots of things to be done. There were soil samples and environmental studies were done, samples were taken on the corners where business were in the past to check for environmental issues. After

two years of study, the PCA has given the go ahead.

MNDOT will turn over from 1st Ave in Oklee to Highway 92, and it will become attached to CSAH #5, however, the county has only so many State Aid Roads, so some county roads need to be transferred out to get the State Aid status on the addition to CSAH #5. The money has been allotted for the project and funding is set up. According to minutes from January 2021, there is currently 2,095,000.00 for this reconstruction of the road which is slated for 2024.

At the last Red Lake County Commissioners meeting, a Resolution to Establish an

Extension of CSAH 5 (Old TH 222) was passed. The State has provided a notice to Red Lake County that Trunk Highway No. 222 will be transferred to the County effective September 1, 2021 as per the agreement approved by the County Board on 1/26/21.

Once the County accepts the new mileage it is then eligible to be placed on the State Aid System as an extension of CSAH 5. To establish an extension of CSAH 5 requires a resolution from the County Board. The new segment will run from TH 92 to CSAH 5/1st Avenue in the City of Oklee. The total segment length is approximately 1.4 miles.

Fire caused by baler on Saturday due to extremely dry conditions



On Saturday, August 7th, the Oklee Fire Department was called out to 350th Ave SE & 170th St SE to fight a fire that had started in a field.

The field was a hay field and had been prepared for baling. The person baling the hay had just got started and noticed that the baler had caught on fire. He left the field immediately but it was too late. The extremely dry hay caught and as he was going back to the farmyard, some hay dropped out onto the road. The fire crews had sprayed it, but it had started smoldering again (see picture to left) but was stamped out again.

Oklee Volunteer Fire Department requested assistance from Grygla Volunteer Fire Department. Many truck loads of water was hauled out and sprayed on the field on Saturday.

DNR has been notified that land does contain peat.



Grygla and Oklee fire crews were working to put out a fire on Arlen Fore's land northeast of Oklee on Saturday.

Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Linda Molitor
Sun, Aug. 15: 10:00 a.m.
 Outdoor Joint Service at Salem.
Tue, Aug. 17: 7:00 p.m.
 Mutual Ministry meeting.
 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
Sunday: 8:00 a.m. St. Fran-
 cis – 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, Aug. 15: 9:00 a.m.
 Worship at Immanuel. 7:00
 p.m. Worship at Ebenezer.

**GOODRIDGE AREA
 LUTHERAN PARISH**
Bethany–Ekelund–Faith
Pastor Kristen Ostercamp
Sun, Aug. 15: 8:00 a.m.
 Faith Worship. 9:30 a.m. Betha-
 ny Worship. 11:00 a.m. Ekelund
 Worship.

Deadline:
Friday's at noon!

**CLEARWATER
 LUTHERAN PARISH**
Mt. Olive – Nazareth
Oak Park – St. Petri
Pastor Jeff Merseeth
Sat, Aug. 14: Mt Olive:
 9:00 a.m.
Sun, Aug. 15: St. Petri:
 8:00 a.m. Worship. Nazareth:
 9:45 Worship. Oak Park: 11:00
 a.m. Worship.
Wed, Aug. 18: 7:00 p.m.
 Oak Park Ladies Aid.
 Find services and past ser-
 mons at www.facebook.com/clearwaterlutheranparish

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg,
Youth Pastor
www.newjourneyfosston.com
Wed, Aug. 11: 6:30 p.m.
 Youth Group.
Sun, Aug. 15: 9:30 a.m.
 Worship. 10:45 a.m. Sunday
 School.
Tue, Aug. 17: 9:30 a.m.
 Ladies Devotions.
Wed, Aug. 18: 6:30 p.m.
 Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson,
Lay Minister
Wed, Aug. 11: 2:00 p.m.
 Lund WELCA meeting. 5:30
 p.m. VBS – Trail Pavilion.
Thu, Aug. 12: 5:30 p.m.
 VBS Trail Pavilion.
Sun, Aug. 15: 9:00 a.m.
 Lund; 10:30 a.m. Sand Valley
Wed, Aug. 18: 2:00 p.m.
 Sand Valley WELCA meeting.
 CDC safety guidelines for
 COVID-19 will be followed.

BETHEL ASSEMBLY
Fosston
Seth Johnson,
Interim Pastor
Sundays: 10:00 a.m.
 Services will continue to
 be live-streamed on Facebook
 (<https://www.facebook.com/bethelfosston>) as an alternative
 to attending in person.

Inter-County Nursing Service Visit us at Facebook

COVID case update for Pennington and Red Lake County. There are 9 additional reported cases in Pennington County, 10 currently active. There are 2 new reported cases in Red Lake County. The ages of the individuals range from infant to 60's. We advise that people get vaccinated as soon as possible and practice good hand hygiene, stay home if you are sick, get tested if you have any COVID symptoms and wear a mask if you are unvaccinated. With delta being the predominant variant of concern, we are concerned with rapid community spread, especially in the unvaccinated. Check your local pharmacy, clinic or public health department to schedule a vaccine.
 The vaccine is the best way to protect yourself and others from COVID-19, including the delta variant.

ARE VACCINES EFFECTIVE?

Yes! Getting vaccinated prevents severe illness, hospitalization, and death; it also helps reduce the spread of the virus in communities.

With the Delta variant, vaccination is more urgent than ever.

Protected from	Vaccinated	Unvaccinated
Severe Symptoms	✓	✗
Hospitalization	✓	✗
Death	✓	✗

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

Oklee Senior Site Dining

August 16 - 20

No congregate meals served.
 If you are over the age of 60 and you want a meal delivered to your home, call the Oklee Cafe 796-5666. Please call by Friday to order your meals from the menu below. If the cafe runs short, it will be Cook's Choice. A \$5.00 per meal donation is suggested.
Mon: ½ Chef salad, cottage cheese, toast, milk, and dessert.
Tue: ½ Pizza burger on toast, coleslaw, fries, milk, and dessert.
Wed: 6 pc. Shrimp, hash browns, vegetables, bread, milk, and dessert.
Thu: Taco on fried bread with all the trimmings, milk, and dessert.
Fri: Grilled ham & cheese, chili, milk, and dessert.

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Sudoku Solution

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

Legal Notice

In the matter of the petition by Vincent Dessellier to use County Ditch 61 as an outlet for drainage of lands, to be tiled, located in Section 12 of Barnes Township. The land consists of the NW ¼ SW ¼ Section 12 Barnes Township. This consists of approximately 40 acres.

Notice is Hereby given, that a petition has been filed in the office of the County Auditor of Red Lake County for consideration to outlet water from the NW ¼ SW ¼ Section 12 Barnes Township.

Benefited Property Owners of said ditch are as follows to, Wit:

David & Mary Lynn Bachand	Michael & Audrey Bachand
Bradford Barth	Brian Barth
Donna & Barbara Bernard	Mikayla & Nicholas Cervantes
Vincent & Shirley Dessellier	Donna Drangstveit
Equality Township	Craig & Shelly Flatgard
Garnes Township	Ronald Hegge
David & Stacey Hofstad	Leslie & Alice Hofstad
Catherine Johnson	Charlie & Lora Johnson
Jeremiah & Charlie Johnson	Angie Klases
Daniel & Katherine Klases	Ethan Klases
Dustin & Jessica Knutson	Jane Kolstoe
Leif & Jill Kolstoe	Matt Kolstoe
Einar Kvasager	Joel & Jennifer Eck Kvasager
Edward & Sharon Larson	Jack & Tracy Lee Jr.
Dennis Linder	Steven & Donna Linder
Shannon & Angela Lundeen	Chad Lundeen
Darryl Mathson	Luverne Mathson
Jason & Shannon Moen	Tyrone Olson
Red Lake County	Justin & Cynthia Rystad
Douglas & Cindy Schnittgen	Erna Scholin
Robert Solien	Mark & Holly Spong
Gerald & Lorraine Stone	Daniel Strem
Jodie Strem	Wyatt & Miranda Vettleson
Klara Wallen	Virginia Westberg

Lands that are affected include the following sections or parts of these sections, to wit:

Garnes Township - Sections: 10,11,12,13,14,15,22,23,24,26,27,34,35
 Equality Township – Sections 7,8,17,18,19,20

Hearing on said Petition will be held on Tuesday August 24, 2021 at 9 a.m. in Red Lake Falls at the Red Lake County Courthouse. It will be in the courtroom, located on the third floor.

Robert Schmitz
 Red Lake County Auditor

Date: 8/5/21
 O21C

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 Thief River Falls – 218-681-6760
 Toll Free 800-201-3432.

Give us a call and let us do the driving for you!



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

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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 NewsorFeature Story, Minnesota Medical Association, 1992.**

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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. Allen Bertilrud 218-684-1315, Dave Ste. Marie 218-686-4019 or Kelsey Gervais 218-686-5114.
 O43-43C (2xmo.)



The Class of 1970 had planned to gather last year, but due to COVID, postponed it. First row (l to r): Kathleen (Martel) Brenna, Patricia (Boucher) Ketterl, Karen (Violette) Fossum, Frances (Berberich) Schmitt, Jo Lambert, Tom Radniecki, Debra (Nesland) Brennan. Back row (l to r): Neil Carriere, Gary Anderson, Mark Robidoux, Karen (Sweno) Olson, Marla Larson, Carol (Hofstad) Roisland, Renae (Myrum) Grabanski, Beth (Bronken) Carlson, Jim Chaput, Galen Halvorson, Roger Paradis, Vincent Lundeen, Richard Myrum, Marlene (Johnson) Brown, Aldon Morinville, Mike Wicks. Not pictured: Geraldine (Mostrom) Samuelson, Tony Radniecki.

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Oklee Centennial Cookbook Recipe Corner - From page 112

German Potato Salad Emily Bernier

8 – 10 potatoes
 6 – 8 slices bacon
 3/4 cup chopped onion
 2 Tbsp flour
 2 Tbsp sugar
 2 tsp salt
 1/2 tsp celery seed
 pepper to taste
 3/4 cup water
 1/4 cup vinegar



Cook potatoes. Set aside to cool. In a large skillet, fry bacon until crisp. Remove bacon and drain. Over low heat, stir onion in bacon drippings until brown. Blend in flour and sugar, celery seed and pepper. Cook until mixture is thick and bubbly. Remove from heat. Stir in vinegar and water. Heat and boil for one minute. Slice potatoes thin and add to mixture, heat until potatoes are coated. Add bacon and stir gently. Can also serve cold.

RLCC News

ATTENTION New Residents of RLCC District:

If you have moved to the area and have children new-born to high school age, please contact the school to let us know you are here! We will add your child to our census and help get school-age students registered for the 2021-22 school year.

Call the RLCC Oklee Site (preschool and 7-12th grade) at 796-5136 or RLCC Plummer Site (preschool - 6th grade) at 465-4222 for more information.

Football to start August 16th

The Red Lake County foot-ball teams will start practicing under the guidance of the MSHSL on August 16th.

The 9th thru 12th players should report on Sunday, August 15th to the RLF Arena at 7:00 PM for a team meeting. A bus will leave Oklee at 6:00 PM and stop in Plummer at 6:15.

All 7th-12th players will start practicing on Monday, August 16th in RLF at 8:00 AM. All needed forms and paperwork should be ready to turn in at this time. All of this has been mailed out to the players.

The 5th and 6th graders will start August 24th. Information has also been mailed to the players.

If anyone needs additional information please contact Head Football Coach Brian Remick at bremick@rlfedu.org.

RLCC Summer Office Hours

The High School office will be open Monday – Thursday from 6:00 am until 4:00 pm started on Tuesday, June 1st.

Red Lake Falls Library

Last week’s summer reading program prize winners were Blake Johnson, Wyatt Johnson, Hudson Shulstad and Amelia Warne.

This is the final week of the “Reading Colors Your World” summer reading program. Weekly and grand prize winners will be drawn on Saturday, August 14.

New adult fiction includes “The Dark Heart of Florence,” Lady Emily Mystery book #15, by tasha Alexander; “Hidden” by Fern Michaels; “The Bookstore on the Beach” by Brenda Novak; “Sustaining Faith,” When Hope Calls book #2, by Janette Oke & Laurel Oke Logan; “Olympus, Texas”

by Stacey Swann; “Every Vow You Break” by Peter Swanson; and “The Light Through the Leaves” by Glendy Vanderah.



THIS AFRICAN COUNTRY HAS THE MOST TRAFFIC ACCIDENTS OF ANY IN THE WORLD, WITH 73.4 ACCIDENTS PER 100,000 PEOPLE.

ANSWER: LIBYA

How they say that in...

- ENGLISH: Traffic
- SPANISH: Tráfico
- ITALIAN: Traffico
- FRENCH: Trafic
- GERMAN: Verkehr



Firetrucks and water tankers at the fire on Saturday.

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August 2021 Health Points

August is National Immunization Month

Vaccine-preventable diseases are still a threat. Vaccination is the best protection.

Vaccines are safe and effective at preventing serious diseases.

You have the power to protect against vaccine-preventable diseases.

Work with your doctor or nurse to ensure your children have all their routine vaccines.

Adults and children 12 years and older can get other vaccines at the same time as COVID-19 vaccination. Talk with your doctor if you have questions.

<https://www.cdc.gov/vaccines/events/niam/parents/key-messages.html>

VAX to School: Get Vaccinated Now

The time to get children vaccinated is now! We are about 5 weeks out from the start of the school year: the length of time to make sure your child is fully

vaccinated against COVID-19.

For children 12 and older getting the Pfizer vaccine, it takes a total of 5 weeks to go from the first dose to fully vaccinated: Two doses separated by three weeks, and then two more weeks after the final dose to be fully vaccinated.

Even with a mild case of COVID-19, children are still at risk of other long-term complications (e.g., “Long COVID,” MIS-C), and can spread the virus to other unvaccinated people.

Our kids deserve a worry-free, safe, and fun fall back in the classroom, participating in sports and doing activities with friends — taking easy preventative measures like getting vaccinated will help ensure they can just be kids again.

Source: Key Messages: ‘Vax to School’ Student Vaccination Campaign

Get Vaccinated Get \$100
Get \$100 to keep yourself,

Creative Coloring

Celebrate traffic safety.
Color in this picture to create your own masterpiece.

THIS DAY IN... HISTORY

- 1821: MISSOURI BECAME THE 24TH STATE.
- 1846: THE SMITHSONIAN INSTITUTION IS CHARTERED BY THE U.S. CONGRESS AFTER A POSTHUMOUS DONATION FROM BRITISH SCIENTIST JAMES SMITHSON.
- 1993: RUTH BADER GINSBURG IS SWORN IN AS THE SECOND FEMALE U.S. SUPREME COURT JUSTICE.

New word

YIELD
give way to another vehicle while driving

Did you know?

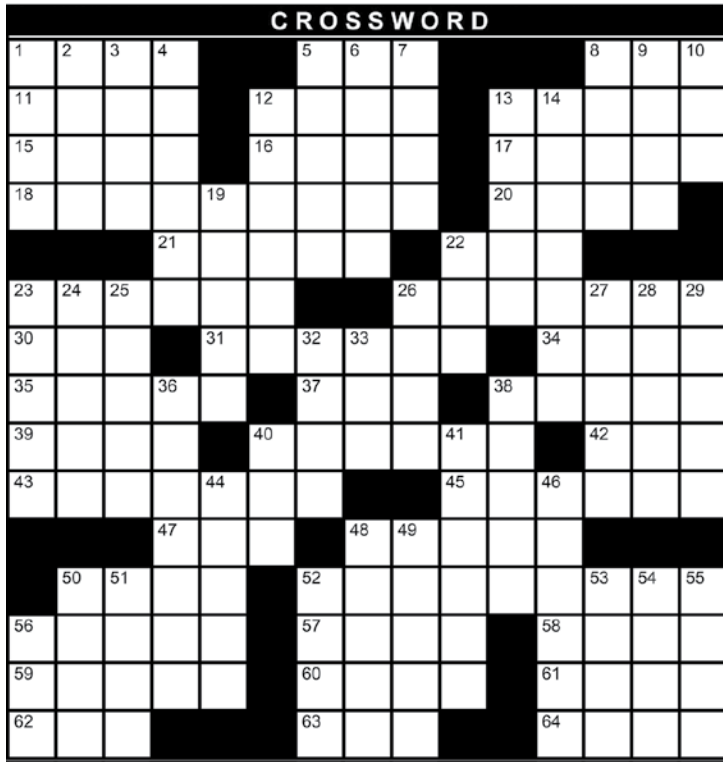
CERTAIN DRIVING LAWS CAN DIFFER FROM STATE TO STATE OR PROVINCE AND TERRITORY. BEFORE TRAVELING, EXPERIENCED DRIVERS LEARN LOCAL SAFETY LAWS.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: TRAFFIC SIGNAL

Statepoint Crossword "FOOTBALL"



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- ACROSS
- *Sports analyst, ex-wide receiver Randy
 - *Depth of an end zone, in yards
 - Fencing blade
 - Weight not charged for
 - Young hog
 - Witnessed
 - Aroma
 - Nary a soul
 - *Line of _____
 - Spanish earthen pot
 - Pinocchio and the like
 - Bean house
 - Antonym of descent
 - Cycle taxi
 - Greek “t”
 - 50-50
 - Not happening
 - Newbies
 - Bert Bobbsey’s twin
 - Like a neon sign
 - “Clueless” catch phrase
 - Not a desktop
 - Metal-bearing mineral
 - “Chim Chim Cher-ee” setting
 - Relating to nose

your friends and family, and your community safe from COVID-19! Minnesotans 12 years of age and older who receive their first dose

between Friday, July 30 and Sunday, August 15 will be eligible for a \$100 Visa gift card to spend however they choose. Claim your prize – Starting Wednesday, August 4. <https://mn.gov/covid19/100/>

August is National Breastfeeding Month

US Breastfeeding Committee states, “We envision a world in which every family is supported at every step along the infant feeding journey, with warm and coordinated hand-offs and transitions so that the needs of lactating families and those who support them are anticipated and met, every step of the way.”

Why It Matters
Only 1 in 4 infants is exclusively breastfed as recommended by the time they are 6 months old.

Low rates of breastfeeding add more than \$3 billion a year to medical costs for the mother and child in the United States.

Black infants are 15% less likely to have ever been breast-fed than White infants.

Breastfeeding Is an Investment in Health, Not Just a Lifestyle Decision
Benefits for Infants
Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type 1 diabetes
- Severe lower respiratory disease
- Acute otitis media (ear infections)
- Sudden infant death syndrome (SIDS)
- Gastrointestinal infections (diarrhea/vomiting)
- Necrotizing enterocolitis (NEC) for preterm infants
- Benefits for Mothers
Breastfeeding can help lower a mother’s risk of:
 - High blood pressure
 - Type 2 diabetes
 - Ovarian cancer
 - Breast cancer
- “Breastfeeding provides unmatched health benefits for babies and mothers. It is the clinical gold standard for infant feeding and nutrition, with breast milk uniquely tailored to meet the health needs of a growing baby. We must do more

- Actors’ group
- Sink hole
- Golf club handle
- *3-point score
- Make a canyon, e.g.
- Not written
- Racing sled
- *“Purple People _____” song, inspiration for Vikings defensive line name
- Like H. C. Andersen’s duckling
- Poet Pound
- *AFC counterpart
- Dreaming stage of sleep
- Daytime entertainment

- DOWN
- Hodgepodge
 - Oil cartel
 - Palm reader, e.g.
 - Old and mentally infirm
 - Weather-related Doppler tool

- Programs, for short
- Insignificant
- Hammer or sickle
- Europe’s highest volcano
- Born, in bio
- Marinara fruit
- Ornamental hair net
- *Grabbing penalty
- Breath freshener
- *Pre-game encouragement
- Rose oil
- One’s assertion
- Collectible in a cabinet
- *Fourth down option
- Colonoscopy tract
- Ancient assembly area
- B in IBS
- *Start of a football play
- Goo on a trunk
- *Scrimmage-related penalty
- Plant louse
- Yule firewood
- By word of mouth
- Candle shape
- English in Spanish
- Mourner’s song
- Camelot, to Arthur
- Tennis great Steffi
- College officer-training prog.
- *Number of downs to get a first down
- Anis-flavored aperitif
- Site of Taj Mahal
- *Lambeau Field jump
- Poetic “even”

to create supportive and safe environments for mothers who choose to breastfeed.”

Dr. Ruth Petersen, director of CDC’s Division of Nutrition, Physical Activity, and Obesity <https://www.cdc.gov/breast-feeding/about-breastfeeding/why-it-matters.html>

August is Children’s Eye Health and Safety Month

Healthy Vision Tips

Eat right to protect your sight. Keep your eyes healthy by eating a well-balanced diet.

Get moving. Having a healthy body decreases your risk of conditions that can lead to vision problems.

Speak up if your vision changes

Wear your glasses
Keep the germs away. Wash your hands before putting them close to your eyes.

Wear your shades. The sun’s rays can hurt your eyes.

Give your eyes a rest with the 20-20-20 rule: Every 20 minutes look about 20 feet away for 20 seconds.

Say NO to smoking. Smoking can put you at risk for serious eye issues.

Talk about eye health with your family.

<https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids/healthy-vision-tips>

Parenting Tips

10 Internet Safety Tips for Kids

- Don’t give anyone your password, name, address, the name of your school or any information about your family
- Don’t talk to strangers on the Internet
- Don’t agree to meet anyone in person that you’ve met online
- Don’t fill in a profile that asks for your name and address
- Don’t visit a chat room without an adult’s / parent’s permission
- Don’t stay online if you see something you think your parents won’t like
- Don’t post pictures of yourself without your parents’ permission
- Do not download or install anything on your computer without your parents’ permission
- If you have any questions about something you read, ask your parent or guardian
- If you are talking to someone online and they make you uncomfortable, remember you don’t have to talk back to them.

<https://www.mcgruff-safe-kids.com/2014/08/10-internet-safety-tips-for-kids/>

