

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

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\$1.00



2021 Red Lake County Homecoming



Homecoming Royalty - Back row (L to R): Thomas Benson, Leah Peterson, Jed Duden, Nolan Magnell, Madeline Inda-Valdez, and Peyton Fish. **Second from top (L to R):** Aurimy Olson, Bailey Sherman, Cari Bachand, Hannah Dudycha, and Caden Lee. **Third row from top (L to R):** Gerald Melin, Paige Olson, Jamie Flatgard, Kendra Christianson, and Clancy Hanson. **Front row (L to R):** Brett Anderson, Prince Guy Bergeson, Princess Sydney Fougner, Homecoming Queen Marissa Scheibe, Homecoming King Tyler Eskeli, and Ryan Tvedt.

Infant Hearing Device Loan Program Grant

The Infant Hearing Device Loan Program Grant is accepting applications through November 1, 2021.

Minnesota Department of Health's (MDH's) Children and Youth with Special Health Needs (CYSHN) is seeking proposals from organizations with knowledge and experience with best practices for fitting children with amplification (hearing devices) to administer statewide hearing aid and instrument loan bank to families with children newly diagnosed with hearing loss from birth to the age of ten. The aim of the program is to ensure that families that choose amplification for their children will have timely access to technology that will support their goals for language development.

Key grant activities in-

clude:

- Ensuring devices in inventory are current technology,
- Maintaining devices in good working order,
- Demonstrating excellent customer service,
- Processing device orders in a timely manner,
- Communicating effectively with and responding to needs of providers and families, and
- Maintaining data in Hearbank, the MDH web application for device reservations.

Applications are due by November 1, 2021 at 4:30pm (CST).

You can find more details and the request for proposal on MDH's Infant Hearing Device Loan Program Grant webpage at <https://www.health.state.mn.us/people/childrencyouth/cyshn/loanbank.html>.

Essentia Health stresses importance of flu shots

Ahead of a flu season that many health experts believe could be severe, Essentia Health is offering several options for flu shots.

Flu vaccines are recommended for anyone six months of age and older. They are covered by most insurance and are one of the best ways to protect yourself and loved ones from

influenza.

"Last year's flu season was mild due in part to social distancing, reduced travel and masking," says Dr. Aaron Philipps, an infectious disease physician at Essentia Health. "Less cases of influenza last year means less people with boosted immunity this year. And less immunity this year



puts us at high risk for increased infections, hospitalizations and deaths."

Dr. Philipps then noted the importance of getting immunized as a way to avoid further stressing the region's hospitals, which already are operating at or near capacity thanks to the COVID-19 pandemic.

"If we can immunize a significant portion of our population against influenza, we can reduce hospitalizations, allowing us to keep resources available for COVID and other illnesses," he said.

Through Essentia, you can get a flu shot during an upcoming appointment that was already scheduled; at one of our myriad pharmacies offering walk-in availability; or by scheduling an appointment at the Essentia Health clinic nearest you. You can schedule your flu shot via our MyChart patient portal or by calling (844) 663-1068.

At each of our locations, we will take precautions to protect against COVID-19 and other illnesses, including universal masking, encouraging social distancing and performing strict sanitizing procedures.

To learn more about and better prepare for the upcoming influenza season, visit the Centers for Disease Control and Prevention website at <https://www.cdc.gov/flu/>

Through Essentia, you're able to receive your flu shot and COVID-19 or other needed vaccinations during the same visit. The CDC's Advisory Committee on Immunization Practices has determined it safe to receive both a flu and COVID vaccination at the same time.

International Wolf Center to invest in next generation of wildlife biologists

Dr. L. David Mech Fellowships to provide two \$10,000 fellowships; applications now open

A new fellowship from the International Wolf Center aims to invest in the next generation of wildlife biologists. The first Dr. L. David Mech Fellowships will be awarded in 2022, funding up to \$10,000 of the college experience for two lucky students.

"As an organization founded by one of the world's pre-eminent wildlife biologists, we believe that continued investment in scientific discovery about wolves and other wildlife will help build a future where wolves and humans can coexist and thrive," said Grant Spickelmer, the Center's executive director. "We also understand that many barriers exist for

students and early career researchers and hope these fellowships can be useful tools for opening up access to people pursuing a wildlife biology career."

Since it was founded in 1985 by Mech and others, the Center has sought to provide the latest scientific information about wolves to our visitors and program participants. To ensure opportunities exist for future generations of scientists, the Center will award up to two fellowships in early 2022 for undergraduate students or recent graduates interested in pursuing careers in wildlife biology. Fellowship recipients will receive a \$6,000 stipend and up to \$4,000 in support for field research expenses. This support will also cover costs to allow the fellowship recipients

to attend the 2022 International Wolf Symposium, scheduled for Oct. 13-16 in Minneapolis where they will be asked to present a poster on their work.

"These fellowships are a wonderful way to help budding biologists," Mech said. "I am proud that the International Wolf Center is offering them, and I am highly honored that they bear my name."

Applications for this fellowship are due on December 15, 2021. Along with a resume and cover letter, applicants must describe in detail the research project they hope to participate in if awarded this fellowship. They may create their own project or use the fellowship to support their participation as a volunteer or intern for an established research effort. The research project must be

student body was dismissed and decorated their class hallways. The winners of the 2021 Homecoming Hallway contest were the 2022 seniors as they decorated their hall in a Spongebob theme. On Wednesday, the students were treated to a powderpuff game of football with the senior girls taking on the juniors. Afterward, the boys played a game of peach fuzz volleyball. The week ended with fun and games within the last two hours of classes on Friday. One of the highlights was Nekiesha McGraw's lip-syncing, which won the competition for the Sophomore class.

Friday Night's football game against the Fosston Greyhounds was postponed due to unforeseen circumstances, so the Rebels team played a rotating scrimmage with the entire 5th -12th grade team played in a down pour on the Red Lake Falls Football field. Fans and students raised money for three families facing childhood cancer with the 50-50 and the Battle of the Bald. Mr. Jason Kenfield had the homecoming court from both schools have the honor of shaving him bald. After the game, Red Lake Falls hosted the annual Homecoming Dance. It was a Homecoming no one will forget for a very long time.

Homecoming was planned by the Student Senate, the Class of 2022, and Mr. Randy Huie. At Lafayette High School, Mrs. Briana Ingraham and Ms. Brooke Rusvold planned with Lafayette Student Council and 2022 Seniors.

"wolf-related", either directly involving wolves, another wild canid species or a broader study looking at the interactions between several species including wolves. Special consideration will be given to candidates from communities of color and indigenous communities. For more information, or to apply for a fellowship, visit our website: <https://wolf.org/programs/mech-fellowship/>

Maureen Bartelt elected vice-president

News has come in that Maureen (Munt) Bartelt, Broker and Real Estate Agent, at Berkshire



Hathaway HomeServices Premier Properties was elected as the Vice President of the Fargo Moorhead Realtors (FMR). As vice president she is a member of the Executive Committee and Leadership Team and is responsible for oversight of the FMR. As part of the Leadership Team Maureen is a key representative of the organization, involved in all decisions and future planning. After completing this term, Maureen will become President-Elect and will them be President the following year.

From the Fargo-Forum

Calendar of Events

Wed, Oct. 6:
-11:30 a.m. Senior Meals delivered – Call to order.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Oct. 7:
-11:30 a.m. Senior Meals delivered – Call to order.
Fri, Oct. 8:
-11:30 a.m. Senior Meals delivered – Call to order.
-Noon deadline for Oklee Herald news
Sat, Oct. 9:
-Support your local business – Shop Locally!
Sun, Oct. 10:
-Worship at the church – check inside for church times and places.
Mon, Oct. 11:
-11:30 a.m. Senior Meals delivered – Call to order.
Tue, Oct. 12:
-11:30 a.m. Senior Meals delivered – Call to order.
Wed, Oct. 13:
-11:30 a.m. Senior Meals delivered – Call to order.
-7:00 p.m. Bingo at Plummer Legion.

Inter-County Nursing Service Visit us on Facebook

It was reported on the news over the weekend, the cases in the state are starting to go down, except in NW Minnesota.

COVID-19 Updates

October 1st: There are 9 new reported cases for Pennington County, the individuals ages include: 2 teens, 20's - 80's. There is 1 additional COVID related death, the individual was in their 50's. Our thoughts go out to the loved ones at this difficult time.

There are 12 new reported cases for Red Lake County, the individuals ages include: 3 children 12 and under, 1 teen, and 20's - 80's. 1 additional case has been hospitalized, the individual is in their 70's.

September 30th: There are 8 new reported cases for Pennington County, the individuals ages include: 1 child under 12, 1 teen, and 20's - 70's.

There are 2 new reported cases for Red Lake County, the individuals are in their 30's and 40's

September 29th: There

are 12 new reported cases for Pennington County, the individuals ages include: 2 children 10 and under, 2 teens, and 20's - 70's. 1 additional case has been hospitalized, the individual is in their 70's.

There are 3 new reported cases for Red Lake County, the individuals are in their 20's - 40's

September 28th: There are 9 new reported cases for Pennington County, the individuals ages include: 1 child under 6, 20's - 50's.

There are 2 new reported cases for Red Lake County, the individuals are in their 20's and 40's 1 additional case has been hospitalized, they are in their 70's.

September 25th - 27th: There are 18 new reported cases for Pennington County, the individuals ages include: 3 children under 5 years old, 3 children 5-10 years old, 1 teen and 20's - 60's.

There are 9 new reported cases for Red Lake County, the individuals ages include: 2 teens, 20's and 40's - 70's. 1 additional case has been hospitalized.

Oklee Senior Site Dining

Wednesday, October 6, 2021



MUSTANG STAMPED

RLCC Menus

Oct. 11 - 15

Oklee

Monday: Breakfast: Ham & cheese croissant, cereal, fruit, juice, and milk. **Lunch:** Pizza, lettuce salad, carrots & celery sticks, fruit, and milk.

Tuesday: Breakfast: Toast, cereal, fruit, juice, and milk. **Lunch:** Chicken penni hotdish, breadsticks, string cheese, vegetables, fruit, and milk.

Wednesday: Breakfast: Pancake on a stick, cereal, fruit, juice, and milk. **Lunch:** BBQ w/bun, baked beans, chips, fruit, and milk.

Thursday: Breakfast: Toast, cereal, fruit, juice, and milk. **Lunch:** Chicken nuggets, fried rice, vegetables, whole grain crackers, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, juice, and milk. **Lunch:** Hot subs, chips, Fresh vegetables, fruit, and milk.

Plummer

Monday: Breakfast: Pop Tart, cereal, fruit, juice, and milk. **Lunch:** Hamburger w/ cheese & pickles, beans, fries, fruit, and milk.

Tuesday: Breakfast: Egg omelet, cereal, fruit, juice, and milk. **Lunch:** PB&J sandwich, Ritz Bits, carrots & ranch dip, fruit, and milk.

Wednesday: Breakfast: Toast w/PB&J, cereal, fruit, juice, and milk. **Lunch:** Spaghetti, garlic bread, salad, fruit, and milk.

Thursday: Breakfast: Cinnamon roll, cereal, fruit, juice, and milk. **Lunch:** Pizza, corn, breadsticks, fruit, and milk.

Friday: Breakfast: Sausage biscuit, cereal, fruit, juice, and milk. **Lunch:** Grilled chicken w/bun, tater tots, green beans, fruit, and milk.



Lafayette King Ty Kenneth, Lafayette Queen Bella Amiot, RLCC Queen Marissa Schiebe, and RLCC King Tyler Eskeli and Jason Kenfield, teacher at Lafayette High School showing his respect for area children with cancer.



Tyler Eskeli getting ready for the next play of action.



Time Out during the first half of the game.

HOME COMING FUN & GAMES!



7th graders O'Ryan Rude and Graceyn Kvasager.



9th graders Dan May and Hannah Dudycha.

October 2021 Health Points

Docket app to access immunization records

Docket enables residents with a Minnesota Immunization Information Connection (MIIC) record to view and share their immunization records for health, school, travel and other purposes.

National Breast Cancer Awareness Month

National Mammography Day- 10/22/21

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

Any change in the size or the shape of the breast.

Pain in any area of the breast.

Nipple discharge other than breast milk (including blood).

A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

Things to help lower your breast cancer risk :

Keep a healthy weight and exercise regularly.

Don't drink alcohol, or limit the amount of alcohol you drink.

If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

Breastfeed your children, if possible.

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>

Mental Illness

Awareness Week –

10/3 - 10/9/21

World Mental Health Day - 10/10/21

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

Why is mental health important for overall health? Mental and physical health are equally important components of overall health.

Depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Can your mental health change over time? Yes, a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

What causes mental illness? There is no single cause for mental illness. A number of factors can contribute to risk for mental illness:

Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)

Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes

Biological factors or chemical imbalances in the brain

Use of alcohol or drugs

Having feelings of loneliness or isolation

<https://www.cdc.gov/men-talhealth/learn/index.htm>

National Sudden Cardiac Arrest Awareness Month

Sudden cardiac arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens.

When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having seizure.

SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR and using an AED as soon as possible.

<https://stopcardiacarrest.org/>

Bone and Joint Health National Action Week 10/12-10/20/21

How can I keep my bones and joints healthy?

Eat a balanced diet, while increasing your calcium and vitamin D intake. Dairy products, vegetables, eggs, and salmon are great additions to your diet.

Exercise to increase circulation in your joints and to maintain a healthy weight. Extra weight can add pressure to your joints, often causing pain and swelling.

If you have a sore joint, you can use an ice pack or a bag of frozen vegetables on the sore spot.

Tell your health care provider if your pain is improving or worsening. He or she may have better treatment options that can help.

<https://www.niams.nih.gov/community-outreach-initiative/october#topic-1>

**Deadline:
Fridays at noon!**



Halle Thompson is wrapped up like a mummy by Peyton Fish.

Please check your address label!

Oklee Herald subscribers:

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

RLCC Sports Schedules

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

RLC Rebels Football Varsity

Fri, Oct. 8: 7:00PM Mahanomen/Waubun at Mahanomen High School.

Fri, Oct. 15: 7:00PM Menahga at Oklee.

Wed, Oct. 20: TBD Ada Borup at Ada High School.

Junior Varsity

Fri, Oct. 8: 4:30PM Mahanomen/Waubun at Mahanomen High School.

Mon, Oct. 11: 4:30PM Sacred Heart at Sacred Heart.

7th & 8th RLC Coop

Thu, Oct. 7: 4:30PM RLC Coop vs. Lake Park Audubon @ Lake Park-Audubon High School

Thu, Sep. 30: 4:30PM RLC Coop vs. Mahanomen/Waubun at Mahanomen.

Thu, Oct. 7: 4:30PM RLC Coop vs. Lake Park Audubon @ Lake Park-Audubon High School



RLCC Mustang Volleyball

Thu, Oct. 7: Girls 9th/JV Var Match 5:00PM Away vs. Clearbrook-Gonvick Bears @ Clearbrook-Gonvick High School

Sat, Oct. 9: Girls 9th/JV Var Tourney TBD vs. Mahanomen/Waubun @ Mahanomen

Mon, Oct. 11: Girls JH Triangular 3:30PM Multiple Schools @ Oklee School.

Tue, Oct. 12: Girls 9th/JV Var 5:00PM Goodridge-Grygla @ Oklee School

Thu, Oct. 14: Girls JH Game 4:30PM Clearbrook-Gonvick Bears @ Oklee School.

Volleyball: Girls 9th/JV Var Game 5:00PM Climax Shelly @ Plummer.

RLC Coop Cross Country

Thu, Oct. 7: 4:00PM RLC Coop vs. West Marshall @ W-A-Oslo High School. Boys Varsity & JH - Girls Varsity & JH.

Tue, Oct. 12: RLC Coop vs. Bagley-Fosston @ Bagley High School. NW MN Conference Meet. TBD Girls Varsity & Boys Varsity @ 4:00PM.

Tue, Oct. 19: 4:00PM Multiple Schools @ Greenwood Golf Course. Boys Varsity & JR Game - Girls Varsity & JH Game.

Fri, Oct. 29: Boys Varsity Section TBD TBA Bagley High School. Girls Varsity Section TBD TBA Bagley High School.

Sat, Nov. 6: Boys Varsity State Tournament TBD TBA @ St. Olaf College. Girls Varsity State Tournament TBD TBA @



Get Your flu Shot – to protect yourself, your family and your community from flu

Get It to #FightFlu cdc.gov/flu

Wednesday, October 6, 2021

