

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

Vol. 110, Number 13

Wednesday, November 10, 2021

\$1.00



Oklee "Trunk or Treat" Winners



Kyle & Chelsey Vettleson's trunk was Star Wars themed with music.



Jill, Ava & Leif Kolstoe's trunk was a huge toothed green monster.



Tracy Hamm's trunk was a more traditional Halloween theme with witches and grave stones.

Inter-County Nursing Service Visit us on Facebook

COVID-19 Updates

November 5th: There are 3 new reported cases for Pennington County, the individuals ages are: 20's, 30's, and 50's. There is one additional hospitalization, the individual is in their 50's. There is a correction today in the total number of completed vaccination series for Pennington county and it is at 60%.

There are 7 new cases to report for Red Lake County, 3 children under 10, 20's, 30's, 50's and 70's.

November 4th: There are 6 new reported cases for Pennington County, the individuals ages are: 1 child under 10, 20's, 40's, 70's, and 80's. There is one additional hospitalization, the individual is in their 60's.

There are 5 new cases to report for Red Lake County, 1 child under 10, 20's, 30's, and 40's.

November 3rd: There are 6 new reported cases for Pennington

County, the individuals ages are: 2 children under 10, 1 teen, and 20's - 50's.

There is 1 new case to report for Red Lake County, the individual is in their 20's.

November 2nd: There are 4 new reported cases for Pennington County, the individuals ages are:



Please take precautions whether you are vaccinated or not. Wear a mask in indoor public spaces, social distance, stay away from crowds, stay home if you are sick, wash your hands frequently and get vaccinated.

- Total # of confirmed cases
- Total # of Hospitalizations
- # Currently in Hospital
- # of Active Cases in Isolation
- Deaths

	Pennington	Red Lake
	2262	633
	106	30
	1	0
	45	29
	27	10

VETERANS DAY

Honoring All Who Served

Mrs. Karis Musker is new English Teacher at RLCC

By Hannah Bassage, Kya Morinville, and Lily Hagar

In 2019, Mrs. Musker received her Elementary degree after being inspired as a substitute teacher. Initially, her first degree was a Bachelor of Arts in Graphic Design from Concordia University Wisconsin (CUW) in Mequon, Wisconsin. She also learned CUW's Graphic Design program. She completed her initial teacher preparation program to teach elementary school at CUW in 2017. She had student-taught sixth through eighth-grade literature. She had taken classes toward a Master's of Science in Education at CUW and some Special Education courses at Concordia Saint Paul (CSP). She loves working with people who have disabilities, but she is no longer pursuing a teaching license in that area. She was born and raised in Tucson, Arizona. Mrs. Musker describes how she decided to become a teacher with "It isn't so much something that inspired me as it was something I found I enjoyed. I enjoyed working with students when I was a sub in 2013 and 2014 and chose to go back to school and get a teaching license." She truly loves her job and working with kids!

Her hobbies include watching Anime and playing video games! She also loves to draw, paint, take landscape photography, do graphic design and graphic art, listen to audiobooks, go on walks, listen to music, watch movies, and write short stories.

Karis Musker is married to Tristan Musker. They met, playing a video game on a PS3 called Dust514. They were in the same match when she played music from her favorite band called Demon Hunter (a Christian metal band). "Tristan knew the song and who it was, and nobody knows who they are, haha, but they're great!"

Karis and Tristan have no kids but want children in the future. Karis has three nieces and four nephews between two of her sisters and her sister-in-law, and she even has a great-nephew.

Karis's favorite thing to teach in English is



Karis Musker, RLCC's new English teacher.

writing. She also likes to teach plot and write short stories because she is currently writing a novel with her best friend from college.

Karis has many favorite books, but her favorite is The Hobbit and The Lord of the Rings. She also loves to read anything about Middle Earth. She's been into an audible account, and series called the Cradle series by Will Wight.

Karis came to Red Lake County Central because she and her husband moved to Thief River Falls and RLCC is closer to where she lives than where she worked last year. She also switched what she will do from getting an additional license from special education to secondary English. Karis will also be getting an add-on license to teach high school English in the next couple of years.

Essentia Health child life specialists share tips for vaccinating 5 to 11 children

Following unanimous approval from its Advisory Committee on Immunization Practices, the Centers for Disease Control and Prevention (CDC) on Tuesday evening officially authorized the Pfizer-BioNTech COVID-19 vaccine for 5-11-year-olds. Children are now eligible to be immunized against the coronavirus, another important step in ending a pandemic that has lasted nearly two years.

At Essentia Health, we've been preparing in earnest to vaccinate this age group as quickly and conveniently as possible. Appointments are required for 5-11-year-olds and can be made with the child's primary care provider or pediatrician. Patients can schedule through our MyChart patient portal or by calling (833) 494-0836. Please note that appointment availability will vary by location as vaccine is allotted and distributed; check MyChart frequently for openings.

The vaccine has been proven safe and effective for children. It is a lower dose (10 micrograms) than that used for individuals ages 12 and older (30 micrograms). Click here to learn more about the COVID vaccines and options for receiving a shot at Essentia.

Anyone under the age of 18 must bring this consent form, signed by a parent or guardian.

"Our children have had nearly two school years disrupted by COVID-19, not to mention some children being seriously ill — and even dying — from the virus," said Dr. Jonathan KenKnight, a pediatrician at Essentia. "With safe and ef-

fective vaccines now available for this age group, we are another step closer to ending the pandemic. We at Essentia Health encourage vaccinating your children to keep them healthy and safe so that they can continue in school and other activities."

While we're excited about this next step in slowing the spread of COVID-19, we also recognize that vaccinating youngsters presents challenges. Accordingly, Essentia Health child life specialists lend their expertise to help families make vaccination a comfortable experience. They offer the following tips:

- Be honest and use developmentally appropriate language when explaining shots to your child — saying "poke" vs. "shot" or "vaccine"; "getting medicine in your leg through a poke" vs. a shot or vaccine; and "it may feel like a small pinch" or "the medicine may feel warm" vs. "it will burn."

- Play! For our younger children, playing with medical/director toys helps them process experiences, but also helps desensitize and familiarize them with different tools they may see during their clinic appointments.

- Talk about getting vaccines and come up with a plan at home to help prepare.

- Validate your child's feelings/emotions regarding getting vaccines or previous experiences. Some kids are nervous and/or scared, and that's OK. It helps us to know we should be developing a plan and preparing ahead of time.

- Give appropriate choices to allow them some control in the

situation — for example, ask if they would like to watch or play a game on mom's phone; if they want to blow bubbles; or maybe whether they would like to sit on dad's lap or by themselves.

- If your child is anxious, practice some breathing exercises at home or pick a favorite distraction tool and/or comfort item to bring that can be used to help support you.

- Talk to your child's medical provider and develop a plan. Is there an option to have a child life specialist present for distraction and support? Is "Buzzy" available for pain management? Buzzy resembles a bee and is used to numb an area of skin prior to injection via cold temps and vibration, confusing the nerves so that when the site is ready for a needle, the patient hardly feels it.

- Distraction tools include an iPad, smartphone, music, favorite toys, light-up spinner and more. Comfort items, such as a favorite blanket or stuffed animal, also are effective.

"We always encourage parents to be honest and patient with your child when it comes to getting vaccines, and talk about going to the doctor more often," said Michelle Finneman, a child life specialist at Essentia. "Children are smart; they feed off their caregiver's energy. So if we can begin early on to talk positively, using honest language with our children about going to the doctor and discussing the importance of vaccines with them, as well as meeting their individual needs, it will make for a more positive experience now and for future clinic appointments or hospital stays."



The Bahmann house was the house to drive by for Halloween in Oklee.

Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Linda Molitor
Wed, Nov. 10: 4:00 p.m.
1st Communion. 7:00 p.m.
Confirmation
Sun, Nov. 14: 9:00 a.m.
Zion. 9:00 a.m. SS at Salem.
10:00 a.m. SS at Zion. 10:30 a.m. Salem.
Wed, Nov. 17: 7:00 p.m.
Confirmation.
Sermons are on GVTCL 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. Francis - Oklee. 10:15 a.m. - Grygla. 12:00 p.m. - Goodridge.
Go to: <http://www.oggcatholic.org/> for service times.

BROOKS - RED LAKE FALLS CATHOLIC PARISH
Fr. Bob Schreiner
Brooks - Red Lake Falls Catholic Parish
Fr. Bob Schreiner
Saturday: St. Joseph RLF 5:30 p.m.
Sunday: Brooks Sunday 8:00 a.m. St. Joseph 10:00 a.m.

IMMANUEL-EBENEZER LUTHERAN PARISH ELCA
Pastor Jonathan Dodson
Sun, Nov. 14: 9:00 a.m. Worship at Ebenezer. 10:15 a.m. SS at Immanuel. 10:30 a.m. Worship at Immanuel.

GOODRIDGE AREA LUTHERAN PARISH
Bethany-Ekelund-Faith
Pastor Kristen Ostercamp
Wed, Nov. 10: Release Time.
Sun, Nov. 14: 8:00 a.m. Faith, 9:30 Bethany, 11 a.m. Ekelund
Mon, Nov. 15: 7:00 p.m. Faith Council meeting.
Wed, Nov. 17: Release Time.

CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth Oak Park - St. Petri
Pastor Jeff Merseeth
Wed, Nov. 10: 5:00 p.m. Wednesday School.
Sat, Nov. 13: Mt. Olive: 9:00 a.m.
Sun, Nov. 14: St. Petri: 8:00 a.m., 9:15 a.m. SS. Nazareth: 9:45 Worship, 8:30 a.m. SS. Oak Park: 11:00 a.m. Worship, 9:45 a.m. SS.
Wed, Nov. 17: 5:00 p.m. Wednesday School. 7:00 p.m. Ladies Aid.
www.facebook.com/clearwaterlutheranparish

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com
Wed, Nov. 10: 6:25 p.m. AWANA. 6:30 p.m. Youth Group.
Sun, Nov. 14: 9 a.m. Sunday School 10 a.m. Worship.
Tue, Nov. 16: 9:30 a.m. Ladies Devotions.
Wed, Nov. 17: 6:25 p.m. AWANA. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Wed, Nov. 10: 2:00 p.m. Lund Ladies Aid.
Sun, Nov. 14: 9:00 a.m. Lund; 10:30 a.m. Bethany.
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.

Oklee Senior Site Dining

November 15 - 19
No congregational 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: 1/2 Chef salad, cottage cheese, toast,
Tue: Drummies, hash browns, carrots, bread, milk, and dessert.
Wed: Country fried steak, mashed potatoes, cream gravy, peas, milk, and dessert.
Thu: Grilled ham & cheese, chili, milk and dessert.
Fri: 1/2 hot turkey, mashed potatoes, gravy, stuffing, corn, bread and milk.

Peanut Butter Lovers' Month

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 (2zm0.)

101st Birthday Celebration for



Youth Group Holiday Bingo

* FUN * FOOD * PRIZES *

WHEN
November 19th
6 PM: Taco In A Bag Meal
7PM: Bingo Starts (\$1/Card)

WHERE
Oklee Community Hall

Red Lake Falls Library

New adult nonfiction: "Forever Young: A Memoir" by Hayley Mills - "iconic actress Hayley Mills shares personal memories from her storied childhood, growing up in a famous acting family and becoming a Disney child star, and trying to grow up in a world that wanted her to stay forever young;" and "Smile: The Story of a Face" by Sarah Ruhl - "With a play opening on Broadway, and every reason to smile, Sarah Ruhl has just survived a high-risk pregnancy when she discovers the left side of her face is completely paralyzed."

Tri-Valley Public Transportation

T.H.E. Bus is available for anyone. There are no age or income guidelines. However, children under the age of four must be accompanied by an adult and children under the age of one must be secured in an infant seat.

Curb-to-curb services is available, allowing those with special needs more comfortable, safe and convenient method of transportation. All of our buses are handicapped accessible and lift-equipped. All of our drivers are trained and certified.

To reserve a seat, please call one business day prior to the scheduled trip - 1-800-201-3432.

For Polk, Red Lake and Clearwater county stops:
Every Monday - Grand Forks.

Every 2nd Tuesday - Mahnomon.

Every 4th Tuesday - Thief River Falls

Every 1st, 3rd, & 5th Wednesday - Fargo/Moorhead.

Every 2nd & 4th Friday - Bemidji.

She is assured that 90 percent of Bell's palsy patients see spontaneous improvement and experience a full recovery.

Like Ruhl's own mother, Sarah is in the unlucky ten percent. And for a woman, wife, mother, and artist working in theater, the paralysis and the disconnect between the interior and exterior brings significant and specific challenges. So Ruhl begins an intense decade-long search for a cure while simultaneously grappling with the reality of her new face."

Calendar of Events

Wed, Nov. 10
-11:30 a.m. Senior Meals delivered - Call to order.
-7:00 p.m. Bingo at Plummer Legion.

Thu, Nov. 11:
-11:30 a.m. Senior Meals delivered - Call to order.

Fri, Nov. 12:
-11:30 a.m. Senior Meals delivered - Call to order.
-Noon deadline for Oklee Herald news

Sat, Nov. 13:
-Support your local business - Shop Locally!

Sun, Nov. 14:
-Worship at the church - check inside for church times and places.

Mon, Nov. 15:
-11:30 a.m. Senior Meals delivered - Call to order.

Tue, Nov. 16:
-11:30 a.m. Senior Meals delivered - Call to order.

Wed, Nov. 17:
-11:30 a.m. Senior Meals delivered - Call to order.
-7:00 p.m. Bingo at Plummer Legion.

Do Not Deposit Snow On County Roadways

The Polk County Highway Department wishes to inform all residents of Polk County that in accordance with Minnesota Statute 160.27, Subd. 5, it is illegal to place snow (by plowing, blowing or shoveling etc.) onto County Highways. Violation of this Statute is considered a misdemeanor.

Polk County also cautions that the act of placing snow onto a County Highway can subject a person to a civil liability if a road hazard occurs and causes a traffic accident. The civil liability can extend to both the property owner and the person who actually placed

IMPORTANT PROPERTY TAX HOMESTEAD NOTICE

This will affect your 2022 property taxes and eligibility for Property Tax Refund.

Have you purchased or moved into a property in the past year?

Contact your county assessor to file a homestead application if you or a qualifying relative occupy the property as a homestead on or before December 31, 2021.

What is a qualifying relative?

For unoccupied agricultural property, a qualifying relative includes the child, grandchild, sibling, or parent of the owner or owner's spouse.

For occupied agricultural or residential property a qualifying relative also includes the owner's uncle, aunt, nephew, or niece.

When do I apply?

You must apply on or before December 31, 2021. Once homestead is granted, annual applications are not necessary unless they are requested by the county assessor.

Contact the assessor by December 31, 2021 if the use of the property you own or occupy as a qualifying relative has changed during the past year.

If you 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.

Red Lake County Assessor's Office (218) 253-2596 O34C

SPECIAL AGRICULTURAL HOMESTEAD

The special Agricultural Homestead Provision was created to extend homestead status (which can result in lower property taxes) to those property owners, or their sons and daughters, who actively farm the land. The 1999 Minnesota Legislature passed legislation that extended the homestead classification to certain farmland that is not immediately adjacent to an owner's place of residence. The 2000 Legislation also extended the homestead to members of homestead or non-contiguous farmland under the following conditions.

Agricultural property consisting of at least 40 acres shall be classified homestead to the same extent as other agricultural property if all the following criteria are met:

1. The owner, or the owner's spouse, or child, grandchild, sibling or parent of the owner or owner's spouse either on the person's own behalf as an individual or on behalf of a qualified entity in which they are a partner, shareholder, or member actively farms the agricultural property,
 2. The owner of an agricultural property is a MN resident,
 3. Neither the owner nor their spouse may claim another agricultural homestead in MN,
 4. The owner does not live farther than four townships or cities or a combination of four townships or cities from the agricultural property, and
 5. Be listed as a farmer/operator by the Farm Service Agency (Form 156-EZ)
 6. File a Schedule F with their federal income tax return.
- The following definition constitutes "actively farming" persons engaged in actively farming must participate in the day-to-day labor, administration, and management of the farm. They must assume all or a portion of the financial risks and they must participate in any profits and losses.

Additionally:
The farmland must be a minimum of 40 acres in size and:
The farmland must meet the definition of agricultural property contained in MN Statutes 273.124, Subd. 14(b)
Land enrolled in CRP or RIM do not qualify for the homestead classification, it will continue to be classified as agricultural.

This special homestead provision is only available to qualified individual who make application by the filing deadline of December 15, 2021. To find out how to apply for the special agricultural homestead and receive the proper applications contact:

Red Lake County Assessor's Office
PO Box 458
Red Lake Falls, MN 56750
218-253-2596

O34C

KURTIS ELLEFSON
RED LAKE COUNTY
VETERAN SERVICE OFFICER

218-689-8587
1-888-LINKVET

Email: kellefsoncvso@hotmail.com

O18-15C

the snow on the roadway. All citizens are asked to obey these rules, which are designed to keep our highways safe during winter months.

Sudoku Solution

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

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A Tribute To America's Veterans

November 11th is Veterans Day. On this special holiday, we recognize all those men and women who have served in the U.S. military during war and peacetime.

We thank them for the patriotism love of country and willingness to serve.

Security State Bank of Oklee will be closed on Thursday, November 11th in observance of Veterans Day.

Security STATE BANK

FDIC Phone 218-796-5157 PO Box 69 Oklee, MN 56742 O34C



MUSTANG STAMPEDE



Rebel Seniors Jed Duden, Blane Schmitz, Tyler Eskeli and Paul DeHate.

Rebels end the 2021 Season

The Red Lake County Rebels traveled to Ada on Saturday, Oct 30, 2021 to play the Ada Borup Cougars ending their season with a 14-42 loss. The Rebels ended their season with four wins and five losses. Coach Brian Remick stated, "That's a wrap on the 2021 Red Lake County Rebel football season. Special thanks to Jed, Blane, Tyler, and Paul for being Seniors who led during the good and tough times, and provided positive role modeling to our younger guys. Had some ups and downs, and it's never fun

to be done...but the positives of the season massively out way the negatives."

This year the Rebels had 96 kids participating this year in our 5th-12th program. Remick hopes to be well over 100 participants next year. He encourages all coaches, players, and parents involved for some off-season lifting to get bigger, faster, and stronger as well as move our efforts into being successful in winter sports.

Leading the Rebels in Passing Yards is Owen Chervestad with 222 yards and Blane

Schmitz with 102 yards. Brock Seeger led the team with Rushing Yards with 647 yards, Blane Schmitz with 467 yards, and Paul DeHate with 319 yards. Gerald Melin led the team with receiving yards at 186 yards, Tyler Eskeli with 90, and Blane Schmitz with 42. Blane Schmitz led the team in tackles with 53 tackles, Paul DeHate with 42, and Matt Renner with 36. Carson Erickson and Owen Chervestad led the team with two interceptions each.

2021 RLC Rebels Cross Country Meet Results

By: Hannah Bassage
Red Lake County Rebel Cross Country team for 2021 had their Section 8a tournament in Bagley Minnesota October the 29th 2021.
Senior Marissa Schiebe finished her final meet with a time of 24:04 Senior Madeline Inda-Valdez finished with a time of 26:46.6.
Sophomores Everett Svendsen had a time of 24:10, Peyton

O'Neill had a time of 22:59.1, and Caden Lee with a time of 23:00.3. Ryan Tvedt, a Freshman at RLCC, had personal record time of 21:56.7. Nick Suchy, an 8th grader at RLCC finished with his best personal record time of 21:41.5.
The Red Lake County Rebel team's head coach is Mr. Randy Huie and is assisted by Mrs. Hannah Kent.

Mustang Volleyball Update

The Red Lake County Mustangs hosted their first post-season game against the Win-E-Mac Patriots. They won the set 4-1 with 25-14, 23-25, 25-21, and 25-15. Jamie Flatgaard had 13 and three service aces; Leah Peterson had nine kills, five service aces, and 11 digs; Cari Bachand had eight, three service aces, and 14 digs. Bailey Sherman ended the evening with three service aces and 34 assists.

The Mustangs traveled to Ada to play the Ada-Borup Cougars in Ada, MN, for the

Round 2 post-season game. The Mustangs lost 3-0 with scores of 9-25, 13-25, and 13-15. Jamie Flatgaard had seven kills and two blocks for the night. Cari Bachand had five kills, one block, and one service ace. Shawna Majeres had four kills and ten digs. Bailey Sherman had 16 assists.

The Mustangs ended their season with a record of 8-18. The Red Lake County Mustangs are coached by Head Coach Angie Lundeen and Assisted by Ronda Vettleson.

RLCC Menus

NOTICE: Food shortages are nationwide, and our school district is also experiencing unavailable items or last-minute food replacements from our food distributors. Menus are subject to change, but we will do our best to notify you via social media/bulletin if/when there are menu changes. We appreciate your patience and understanding! We look forward to serving all of our students nutritious meals.

RLCC School District.

November 15-19

Oklee

Monday: Breakfast: Bagel w/cream cheese, cereal, fruit, juice, and milk. **Lunch:** Chili, corn chips, corn muffin, fresh vegetables, fruit, and milk.

Tuesday: Breakfast: Waffle w/syrup, cereal, fruit, juice, and milk. **Lunch:** Pulled pork or BBQ chicken, baked beans, chips, fruit, and milk.

Wednesday: Breakfast: Toast, cereal, fruit, juice, and milk. **Lunch:** Mashed potatoes w/chicken gravy, string cheese, yogurt, dinner roll, fruit, and milk.

Thursday: Breakfast: Coffee cake, cereal, fruit, juice, and milk. **Lunch:** Ham patty, potatoes, vegetables, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, juice, and milk. **Lunch:** Tomato soup, grilled cheese, fresh vegetables, fruit, and milk.

Plummer

Monday: Breakfast: Cook's Choice, cereal, fruit, juice, and milk. **Lunch:** Cook's Choice, fruit, and milk.

Tuesday: Breakfast: Cook's Choice, cereal, fruit, juice, and milk. **Lunch:** Cook's Choice, fruit, and milk.

Wednesday: Breakfast: Cook's Choice, cereal, fruit, juice, and milk. **Lunch:** Cook's Choice, fruit, and milk.

Thursday: Breakfast: Cook's Choice, cereal, fruit, juice, and milk. **Lunch:** Cook's Choice, fruit, and milk.

Friday: Breakfast: Cook's Choice, cereal, fruit, juice, and milk. **Lunch:** Cook's Choice, fruit, and milk.



November 2021 Health Points

November is National Diabetes Month

This year's focus is on prediabetes and preventing diabetes. Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that's 88 million people—but most people don't know they have it.

The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes.

Here are some tips to help manage prediabetes and prevent diabetes.

Take small steps. Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. It is okay to start small. Remember that setbacks are normal and do not mean you have failed—the key is to get back on track as soon as you can.

Move more. Limit time spent sitting and try to get at least 30 minutes of physical activity, 5 days a week. Start slowly by breaking it up throughout the day.

Choose healthier foods and drinks most of the time. Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.

Lose weight, track it, and keep it off. You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.

Seek support. It is possible to reverse prediabetes. Making a plan, tracking your progress, and getting support from your health care professional and loved ones can help you make the necessary lifestyle changes.

Stay up to date on vaccinations. The COVID-19 (booster shot, if eligible) and flu vaccines are especially important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

#TheBigStepUp

The ADA notes that collective action is needed to reduce the effects of diabetes on the global population. "Diabetes isn't going away until we all do our part," says Daisy Diaz, a spokesperson for the ADA. "There are simple yet life-changing steps we can all take to recognize, reduce our

risk, and ease the burden of diabetes. Join the ADA this November to take #TheBigStepUp!"

Week 1 (Nov. 1–7): Step Up Awareness

The first thing to do is to educate yourself. The ADA provides information and resources at [Diabetes.org/adm](https://diabetes.org/adm).

Week 2 (Nov. 8–14): Step Up Detection

Knowing the risk factors for type 2 diabetes is one of the first steps in preventing the disease. The organization encourages people to take a risk test at [Diabetes.org/risktest](https://diabetes.org/risktest).

Week 3 (Nov. 15–21): Step Up Management

To help people living with diabetes thrive, the ADA offers healthy recipes at [Diabetes.org/foodhub](https://diabetes.org/foodhub) and a healthy living newsletter. It will also host a fitness challenge on exercise tracking app Strava.

Week 4 (Nov. 22–28): Step Up and Thrive

The group encourages those inspired by the previous steps and their personal progress to be advocates for more funding, healthcare access, and affordable treatments. Its advocacy hub is [Diabetes.org/advocacy](https://diabetes.org/advocacy).

<https://www.everyday-health.com/diabetes/awareness-month/>

The Gut-Brain Connection: How it Works and The Role of Nutrition

Have you ever had a gut feeling or butterflies in your stomach? These sensations emanating from your belly suggest that your brain and gut are connected.

What's more, recent studies show that your brain affects your gut health and your gut may even affect your brain health.

The communication system between your gut and brain is called the gut-brain axis.

Neurons are cells found in your brain and central nervous system that tell your body how to behave.

The vagus nerve is one of the biggest nerves connecting your gut and brain. It sends signals in both directions. Studies suggest that the vagus nerve is important in the gut-brain axis and its role in stress.

Your gut and brain are also connected through chemicals called neurotransmitters. Neurotransmitters produced in the brain control feelings and emotions. Many of these neurotransmitters are also produced by your gut cells and the trillions of microbes living there.

The trillions of microbes that live in your gut also make other chemicals that affect how your brain works. Your gut-brain axis is also connected

through the immune system.

Gut bacteria affect brain health, so changing your gut bacteria may improve your brain health.

A few groups of foods are specifically beneficial for the gut-brain axis such as:

Omega-3 fats: These fats are found in oily fish and also in high quantities in the human brain. Studies in humans and animals show that omega-3s can increase good bacteria in the gut and reduce risk of brain disorders.

Fermented foods: Yogurt, kefir, sauerkraut and cheese all contain healthy microbes such as lactic acid bacteria. Fermented foods have been shown to alter brain activity.

High-fiber foods: Whole grains, nuts, seeds, fruits and vegetables all contain prebiotic fibers that are good for your gut bacteria. Prebiotics can reduce stress hormone in humans.

Polyphenol-rich foods: Cocoa, green tea, olive oil and coffee all contain polyphenols, which are plant chemicals that are digested by your gut bacteria. Polyphenols increase healthy gut bacteria and may improve cognition.

Tryptophan-rich foods: Tryptophan is an amino acid that is converted into the neurotransmitter serotonin. Foods that are high in tryptophan include turkey, eggs and cheese.

<https://www.healthline.com/nutrition/gut-brain-connection>

Parenting Tips Fire Safety Checklist

Check Smoke Alarms
Make sure there is a working smoke alarm on every level of your home, inside bedrooms and near sleeping areas.

Test smoke alarms every month.

Replace smoke alarms every 10 years.

Create and Practice a Fire Escape Plan

Create a home fire escape plan with two ways out of every room.

Practice a home fire drill at least twice a year with your family.

Choose a place to meet outside that is a safe distance away from your home.

In an Emergency, Leave Home Immediately

Make sure your family leaves the home immediately if there is a fire.

Choose the safest escape route. If there is a lot of smoke, get low and crawl out of the house as quickly as possible.

Call 911 after you are a safe distance away from your home.

https://www.safekids.org/search?search_api_views_full-text=fire+safety+checklist

Oklee Herald Early Files

Eighty Years Ago November 13, 1941

Gunsten Skreland of Oklee and Miss Alice Dahlen of Goodridge were married Sunday, November 9th at the home of the bride. The newlyweds are making their home on a farm north of this village.

Mr. and Mrs. Tom Torgerson and family and Mr. and Mrs. Gilbert Bremseth left here last Thursday for California.

Saturday, November 15 is the last day for getting your 1942 automobile license without paying penalty. Make your application at the bank now and avoid penalty charges.

Headline from the Weekly News Analysis: Army, Navy and Commercial Airlines Suffer in Series of Plane Crashes; 'Reuben James' Sinking, F.D.R. Speech Draw Formal Statement from Hitler.

Two men will leave Red Lake County on December 1 for Fort Snelling for induction into the Army.

Book Review – "The Last Frontier" by Bergit I. Anderson. Published by Bruce Publishing Co. St. Paul. This is an informal history of the region surround Bigfork and Effie, in northern Itasca County. Miss Anderson, the author, was born near Oklee, and is a granddaughter of the late Olaf Person.

Seventy Years Ago November 8, 1951

Pfc. Lloyd Cote of Oklee, now with the 231st Engineering Company at Camp Desert Rock, Nevada, is working in connection with atomic bomb experiments in the Nevada desert. He has witnessed two atomic bombs tests and says it is something very hard to describe.

About 35 members of the Oklee Lutheran Parish attended a "Youth for Christ" rally at Fosston. Speaker was Rev. Rudolfs Krafts, Latvian displaced person.

Allen Melby returned Tuesday morning from Minneapolis where he spent the weekend as guest with a number of other carriers of the Minneapolis Tribune.

The first patients admitted to the newly opened St. John's Hospital in Red Lake Falls were Mrs. Herbert Morin of Marcoux Corner and Mrs. John Gavin of Red Lake Falls. The hospital was dedicated recently and is operated by the Sisters of St. Benedict.

Sixty Years Ago November 16, 1961

Three hunters, Alvin Jensen of Oklee, Ron Anderson of St. Paul, and Ben Wichterman of Plummer bagged a huge buck weighing 271 pounds field dressed.

Alvin Fore and Ralph Sorenson were re-elected to the board of directors of the Oklee Cooperative Elevator Company at the annual meeting on November 2nd.

According to present plans, the new Fosston Nursing Home was to begin receiving patients November 15th.

Junior Class Play tryouts were held and the cast will be: Scott Sundrud, Judy Johnson, Twyla Bjornaraa, Karen Swenson, Sharon Solheim, Bob Bernier, Tim Radniecki, Myrna Paquin, Gene Christianson, Elaine Rystad, Korydon Chervestad, LaVonne Fossum

and LeRoy Peterson.

Officers of the Plummer Senior Class were: Jane Bregier, Larry Myhre, Sharon Milligan, and Myrna Malwitz.

Baptized Sunday at Zion Lutheran Church was Jeffrey Alan Christopherson, infant son of Mr. and Mrs. Allen Christopherson.

Barbara Sweno celebrated her sixth birthday with guests, lunch and gifts at her parents home on Sunday afternoon.

Fifty Years Ago November 11, 1971

A fire at the Oklee TV shop Friday evening caused considerable damage to the ceiling and walls. Prompt action by the people who first noticed the fire from the bank window prevented what might have been a major loss.

Lights which will enable the Oklee Bobcats to play night football for next season seem assured this week following a meeting of the Board of Education Wednesday night. A special budget fund was adopted.

Four Oklee Bobcats football men were named as All-"Conference players: Rick Lindquist, Tom Kolstoe, Gary Spong and Kelly Lundeen.

The new 4-H Council officers for Red Lake County were: Carol Konickson (president), Gloria Culkins (vice president), Susan Kolstoe (secretary), Bill Peterson as Director and Dick Thorfinson as treasurer.

Mr. and Mrs. Vernon Iversen of Goodridge announce the engagement of their daughter Sandra to Tim Radniecki, son of Mr. and Mrs. Jack Radniecki of Oklee.

The Big Orange Machine closed out a very successful football campaign with a 14-0 win over middle river. The win game the cats a 8-1 record and a 7-1 conference mark good enough for second in the North Tri County conference.

Forty Years Ago November 12, 1981

The Oklee Volunteer Fire Department answered a call to the Maurice Lillo Home Tuesday afternoon, November 3rd. Mrs. Lillo had been burning the driveway ditch when the fire spread into the stubble of a grain field.

Meet the Kindergarten featured: Cory Berberich, Abigail Chervestad, Christine Christianson, and Brett Sedler.

Last Thursday the Oklee Volleyball team played McIntosh, winning all three games. This win brought Oklee into the Semi-Finals.

Mr. and Mrs. Gary Halvorson are the proud parents of a baby girl November 6th.

Luella and Karen Peterson and Paul, Connie Lundeen and boys, Shirley and Evelyn Lundeen had birthday cake with Kathy Dulka on November 4th.

Tom Sweno got a trophy buck Monday evening north of Gully. He was hunting alone when he bagged a 10-point buck weighing over 200 pounds.

Mr. and Mrs. Anthony Radniecki are the happy parents of a baby girl born November 7th at St. Lukes Hospital in Fargo, ND. She was named Trudy Margaret.

Thirty Years Ago November 13, 1991

Irene and Ray Rosten have lived in the Oklee/Plummer area almost all their lives. They

have been picked as the 1991 Outstanding Cooperator for Red Lake County by the Red Lake County Soil and Water Conservation District.

Herb and Esther Walter returned on Tuesday after spending 10 days in Portland, OR at cousins John and Ida Burge's.

A family birthday party was held at John & Jane Kolstoe's to celebrate the birthdays of Inga Linder, Leif and Jane Kolstoe and Ann Linder.

Diane Hanson of Brooks is participating in Bemidji State University's year-long student teaching intern program. Hanson is teaching elementary and kindergarten classes in Plummer.

Twenty Years Ago November 8, 2001

New Student at Oklee Public School is Becky Cote, who came from Norman County West school district and Mark Stenberg. Mark used to go to Oklee but had been attending Win-E-Mac for awhile, but the family has moved back to Oklee.

The Oklee ECCE Class for 2 - 4-year-olds visited the Oklee Fire Station with their parents on November 1st. Fire Chief Jamie Peterson wore his fireman's gear and showed them the equipment used for firefighting.

Area residents enjoyed the Bingo-Bake Sale held on November 2nd at the Oklee Community Hall. All bingo prizes were fresh homemade breads, cakes and cookies. This event is sponsored by the Oklee American Legion Auxiliary Unit #159.

Does Oklee need a recreation center. The answer was yes by the people that attended the meeting. A committee was formed to check out if there are grants available.

Ten Years Ago November 9, 2011

On October 31st, the ghouls and goblins and many other characters paraded the streets of Oklee in search of treats and also came to the Oklee Community Hall for more Halloween fun.

Elementary Students of the Month were Kia Bachand and Hannah Kolstoe.

Mrs. Fore's first grade class attended the Threshing Bee sponsored by the Tri-River Pioneers.

St. Francis Catholic Church installed a new cross on their steeple on November 1st.

Senator Amy Klobuchar was in the area stopping by Clearbrook on her "Made in America" tour of Northwest Minnesota on November 5th.



Who's Dat?



Who's Dat?

This week's photo is of people that still live in the Oklee area.

Last weeks picture was of Anita Tucker, Adella Lindquist and Mr. K.

Everyone has a photo or two that would be great for this column. Please share them with our readers as it is one of most popular columns of the Oklee Herald.

I am always in need of more photos - please send or bring some more of your great old photos. School days, church events, sports, etc. If you email a photo, please scan at 300 dpi (high quality) if you can. You can email to okleeherald@gmail.com.

If you mail a photo

Senior Site News & Other Things

By Volunteers Jo Lambert & Bonny Cote

Grocery News: The new owners have taken over D & R Grocery and will be called E & J Grocery. The seniors are very happy they still have a local grocery store to shop at. Welcome to Oklee, Jason and family.

Activities: The regular activities have started up this week. Most of the seniors in our area have been vaccinated and feel they want to come back to the site for activities. Just remember, if you don't feel good to stay home.

Tuesdays: Rummikub will be held at 2 p.m. Fun tile game. Need 2 to four players.

Wednesdays: 1:30 p.m. the Card Players will be back and any card game is welcome.

Thursdays: Bingo at 2:00 p.m. Come play, visit and win some prizes.

Senior Meals: If you want to order a Senior Meal call the Oklee Cafe at 796-5666. Teresa is asking that Seniors

call in their order for the week as soon as possible so she can order appropriately. So call in by Friday for the menu in this weeks paper. a Cook's Choice meal instead.

Congregate Meals: If you want to eat in (congregate meal), please call the Cafe and arrange for your meal to be served in the cafe. We still do not have enough volunteers for dining in our site.

Been hearing about some people that most of us know that have ended up with Covid recently. Our Post Office friend, Mae and her family all got Covid, hence the reason she was gone for two weeks. Her and her kids have recovered but her husband is in the hospital in Fargo and needs our prayers.

In addition to this, I've also heard that Father Hamness is also in Fargo due to Covid and also needs our prayers.

Brooks - Terrebonne News

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

The weather over the weekend was wonderful. It would be nice to have a law that every weekend would be like this past one. It looks though, like the weather is turning cold on Wednesday and maybe it will be that way for the duration of the winter. Colder and colder, until we are sick of it. Such is living in Minnesota.

A tragic accident took one of our citizens in Brooks this past week just two miles from home. Darrel Herdt, 48, and his mother-in-law from East Grand Forks, Kathy Jenkins, were killed in a roll over accident on Highway 92 west of Brooks. Our prayers and sympathy to the family. May they both rest in peace.

Emma Determan, daughter of Jess and Heidi Determan, shot her first deer this past weekend. Congratulations to her and to all who will help partake in the spoils by eating the wonderful steaks it will offer. This was her first deer, and I am sure there will be many more to come.

Veterans Day is on Thursday November 11th. There are several ceremonies throughout the area to attend and to remember our heroes who went when called without question to defend our liberties. These people who served are the true heroes of our country, some died, most lived, but they are all heroes. Thank a vet and remember them on Veteran's ay by attending the ceremonies.

Our prayers go out to Father Adam Hamness of Oklee who is in the hospital fighting the Covid virus, and yesterday we heard that he was put on a ventilator. Our prayers are non-stop for you Father, and we wait for God's loving hand to caress you and heal you in your need.

Prayers also go out to Father Rick Lambert, who grew up in this area and shepherds the Thief River Falls people, who fell and broke his hip this past week. We hope you will be able to be up and around soon and that the bones will heal quickly. God bless you

Plummer News

By Alice Jobe
218-465-4402

Saturday evening, the 30th, Anne Traxler, Anna DeHate, and Alice Jobe when to the lutefisk meatball supper at Mud Lake at the church. It was very good and they had a huge crowd. They served 400 people, including some take out suppers. They also had mashed potatoes, coleslaw, and bars.

A Halloween party was held on Saturday evening at the Plummer Hall by the Lions Too!

Ethan Gallant got to spend the weekend with his grandparents Roger and Lynn Gallant.

Brodie Traxler spent the weekend with his grandma Anne Traxler. He also got to go trick or treating while here.

On Monday, Father Matt Schmitz of East Grand Forks, visited his parents Barb and Arnie Schmitz.

Tri River Pioneers met at the museum Monday night. There will be no Holiday Train this year. There was a discussion about rain gutters on the barn and the problem with drainage. Also about the creamery items and where they can be displayed and moved around. Sawyer Carlson was a guest and goes to school at Goodridge. Eric Mickelson invited him.

On Monday, November 1st, Jeanine Pahlen, Anne Traxler, Micki Duden, Karen Tvedt, Alice Jobe and Anna DeHate went to Carol's Cozy for lunch. It was Anna's and Alice's birthday.

Thursday evening, Anna DeHate and her daughter

Our Senior Site Council meeting is next week already. Time sure does fly by. Any Senior that wants to attend the meeting is welcome to come. They are held on the third Thursday of the month at 9:00 a.m.

Fun Facts

Most of the vitamin C in fruits is in the skin.

The Romans made their coins in the temple of Juno Moneta, the goddess of marriage and women. From the name Moneta, derives the words "mint" and "money."

There are over 100 different viruses that cause the common cold.

The plastic things on the end of shoelaces are called aglets.

"Duff" is the decaying organic matter found on the forest floor.

Have a great week!

and heal you to good health again soon.

Ian Ellenson visited his grandparents, Barb and Jerome Novak, on Sunday and brought the news that his mother Nancy Ellenson of Warroad got a nice nine-point buck on Saturday. She says that back straps and hamburger is what she is planning to do in the processing. Congratulations Nancy.

This was the first weekend of hunting season. I enjoy seeing the photos in the newspaper of the deer the youth get and the proud shooter of those deer. I remember my brother saying that I couldn't hit the broad side of the barn, but he was foolish to say that. If I am dared, I practice till I get really good at what I am dared to do. I was very proficient with a gun after that. Sometimes my brother opened his mouth and had to eat his words. Sibling rivalry is funny that way.

I hope you all have a great week and enjoy what is left of the nice weather.

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4 THE OKLEE HERALD