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Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

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\$1.00



Vol. 110, Number 18

Wednesday, December 15, 2021

Santa Day In Brooks

On Sunday, December 12th, the weather was fine and warm for December. Santa and Mrs. Claus were expected at the Brooks Community Hall at 6 p.m.

Many people came out for the evenings event starting with a supper at 5:00 p.m. that included homemade cookies and treats, hotdogs with fixings (sauer kraut, cheese or relish) baked beans, chips and beverages included coffee, lemonade or water.

Drawings for prizes (everyone gets one) started at 5:30 . When you come in you are asked to put your name in and Santa's helpers make sure everyone registers. Name

of children are called out first one at a time and they take their turn picking out a gift from under the tree. Then the adult names are called and the same thing happens, one at a time as your name is called, you pick out a gift. When that is finished, Santa comes in with Mrs. Claus and the children are so excited.

They all line up for their chance to tell Santa and Mrs. Claus what is on their Christmas lists.

It is also a chance for friends and neighbors to visit and catch up with each other.

It is a fun evening for everyone and can't complain about the weather.



Not sure if this is Harper or Brooklyn Morinville, but the twins were dressed in these really cute reindeer dresses. Mrs. Claus was listening closely at what the young lady was telling Santa.



Little Miss Hamrum with her father, Tyrell, wasn't too sure about Santa and wasn't going to get any closer.



Above: Jaylee and Jaden Parsley had a nice visit with Santa and Mrs. Claus on Sunday night. Jaden did most of the talking.

Left: Ezra Fore had a few suggestions for Santa on the gifts he wanted. One was a dog, a German Shepherd. Santa told him that dogs need a lot of care so he would have to be very responsible.



Congratulations to Nancy Magnell on her retirement



Nancy has worked for Red Lake County Cooperative for 27 years. Her retirement party was held on December 3rd at the Oklee Cenex where she has been the manager for most of those years. The new manager at the Oklee Cenex C-Store is Alisa Sandoval.

Plummer Centenarian



Clayton Larson formally from Plummer recently celebrated his 100th birthday. He comes several times a week to have coffee & shake dice with the "Coffee Crew" at Red River Ag in Plummer.

30 ways to celebrate a merry month



kitchen.

24. **Share** the religious traditions of your holiday with someone of a different faith.

25. **If** weather permits, go sledding, build a snowman or have a snowball fight.

26. **Share** favorite memories at family holiday dinners.

27. **Remember** a deceased loved one with a special tribute.

28. **Construct** a gingerbread house.

29. **Teach** someone how to make a cherished family recipe.

30. **Surprise** a distant relative with an impromptu visit.

children's choir.

12. **Help** a friend decorate his or her home.

13. **Host** a tree-trimming party.

14. **Schedule** a day for baking cookies.

15. **Sing** Christmas carols at a nursing home.

16. **Put** together care packages of items and send them to troops overseas.

17. **Share** the holidays with a military family whose spouse is in service and can't make it home.

18. **Offer** to shop for someone who is homebound due to age, a chronic illness or injury.

19. **Visit** a large city to look at Christmas window displays.

20. **Buy** and hang real mistletoe . and use it.

21. **Make** a new friend and invite him or her to a holiday party for the first time.

22. **Babysit** a newborn so his or her parents can get errands done or just catch up on rest.

23. **Volunteer** at a soup

Inter-County Nursing Service Visit us on Facebook

December 10th: There are 9 new reported cases for Pennington County, 1 infant, 30's - 50's and 70's.

There are no new reported case for Red Lake County.

December 9th: There are 6 new reported cases for Pennington County, 1 teen, 20's, 40's and 50's. 2 additional cases have been hospitalized, they are both in their 60's.

There is 1 new reported case for Red Lake County, in their 60's.

December 8th: There are 8 new reported cases for Pennington County, 1 child under 10, 20's, 50's and 60's.

There are no new reported case for Red Lake County.

December 7th: There are 10 new reported cases for Pennington County, 1 child under 2, 1 teen, 20's, 40's, 50's.

There are no new reported case for Red Lake County.

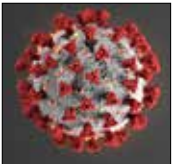
December 4th - 6th: There are 12 new reported cases for Pennington County, 1 child under 5 & 20's-50's.

There are 2 new reported

case for Red Lake County, 1 child under 10 & 60's. 1 additional COVID related death has been reported, the individual was in their 70's.

Vaccines are thoroughly tested for safety before they're made available to the public

Vaccines go through extensive trials before they can be introduced in a country. Expert doctors and scientists follow strict international standards while deciding to make a vaccine available to the public. Like all medicines, vaccines may cause side effects that are usually minor



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

and temporary. More serious side effects are extremely rare. A person is far more likely to be seriously harmed by a disease than by its vaccine.

Source: World Health Organization

These are stressful times, if you or someone you know is dealing with a mental health crisis, there is help. The Crisis Text Line is a free mental health text-based service available to all Minnesota residents 24 hours a day, seven days a week. People who text "MN" to 741741 are connected to a trained counselor/volunteer who will help defuse the crisis and connect the texter to local resources.

	Pennington	Red Lake
	2606	722
	127	37
	5	3
	69	5
	30	12

Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Linda Molitor
Wed, Dec. 15: 7:00 p.m. Confirmation.
Sun, Dec. 19: 10:30 a.m. Zion Sunday School Program. Potluck to follow. 4:00 p.m. Salem Sunday School Program. Potluck to follow.
Tue, Dec. 21: 7:00 p.m. Blue Christmas Service at Zion
Wed, Dec. 22: No 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
Wed, Dec. 15: 6:30 p.m. Confirmation at Immanuel.
Sun, Dec. 19: 9:00 a.m. Worship at Immanuel. Immanuel WELCA Christmas. 7:00 p.m. Worship at Ebenezer.

GOODRIDGE AREA LUTHERAN PARISH
Bethany-Ekelund-Faith
Pastor Kristen Ostercamp
Wed, Dec. 15: 7:00 p.m. Advent Service at Faith.
Sun, Dec. 19: 8:00 a.m. Ekelund - No SS, 9:30 a.m. Faith & SS program. 11 a.m. Bethany - SS.
Wed, Dec. 22: 7:00 p.m. Blue Christmas Service at Faith.

CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth
Oak Park - St. Petri
Pastor Jeff Merseth
Wed, Dec. 15: 5:00 p.m. Wednesday School 7:00 pm. Ladies Aid.
Sat, Dec. 18: Mt. Olive: 9:00 a.m.
Sun, Dec. 19: St. Petri: 8:00 a.m. Nazareth: 9:45 a.m. Oak Park: 11:00 a.m.
Find services and past sermons at www.facebook.com/clearwaterlutheranparish

NEW JOURNEY CHURCH
Jarred LeBon, Pastor
Tyler Stynsberg, Assoc. Pastor
www.newjourneyfosston.com
Wed, Dec. 15: 6:25 p.m. AWANA. 6:30 p.m. Youth Group.
Sun, Dec. 19: 9 a.m. Sunday School 10 a.m. Worship.
Tue, Dec. 21: 9:30 a.m. Ladies Devotions.
Wed, Dec. 22: 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Wed, Dec. 15: 2:00 p.m. Sand Valley Ladies Aid. 7:00 p.m. Advent Service at Sand Valley.
Sat, Dec. 18: 9 a.m. Sand Valley Bake Sale.
Sun, Dec. 19: 9 a.m. Lund. 10:30 a.m. Sand Valley. Confirmation Angle Tree Shopping at Lund, 12 p.m.
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.

Deadline: Friday at noon!



Santa and Mrs. Claus even had a furry fellow stop by for his Christmas list. Foxy was very happy to sit on Santa's lap.

JOHNSON
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Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177
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046TEC

Sudoku Solution

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

Oklee Senior Site Dining

December 20 - 24
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: Cook's Choice, milk, and dessert.
Tue: Turkey, mashed potatoes, gravy, vegetable, stuffing, milk, and dessert.
Wed: Cold pork & Swiss sandwich, broccoli cheese soup, milk, and dessert.
Thu: Biscuit & sausage gravy, hash browns, milk, and dessert.
Fri: No Senior Meal on Christmas Eve.



Oklee Herald papers available at many locations and online
Oklee: D & R Grocery, Cenex C-Store, Oklee Herald office.
Brooks: Brooks Travel Center.
Plummer: Red River Ag - Convenience Store.
Red Lake Falls: Eagle Square.
Gully: Gully Gas Station
And Online! Go to www.TriCoCanary.com.
If you already have a subscription to the Oklee Herald, you can access the online version free! Just call Richards at 218-487-5225 to get your Oklee Herald online.



Stay Warm!!

NOTICE OF FILING FOR GARNES TOWNSHIP ELECTION

Notice is hereby given to qualified voters of Garnes Township, Red Lake County, State of Minnesota, that filing for town office will be held for a two week period beginning December 28, 2021.

Affidavits of Candidacy shall be filed with the Town Clerk at Clerk's home at any reasonable hour from December 28, 2021, to January 11, 2022.

Filing will close on January 11, 2022, at 5:00p.m. The office will be open that day from 1PM-5PM.

Filing fee-\$2.00

Offices to be filled at the March Annual Election are:

- 1- Supervisor for a Three Year term
- 1- Clerk for a Two Year Term

Diane Kolstoe
Clerk, Town of Garnes

038-39C



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 - Mahanomen.

Every 4th Tuesday - Thief River Falls

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

Every 2nd & 4th Friday - Bemidji.



Red Lake Falls Library

Holiday movie DVDs available through NWRL include timeless classics such as The Bishop's Wife, Christmas in Connecticut, Holiday Inn and White Christmas; and classic literature set to film such as A Christmas Carol in many different variations; "new classics" like The Best Christmas Pageant Ever, A Christmas Story, Christmas Vacation, and The Homecoming; and contemporary seasonal titles such as Christmas By Starlight, The Christmas Choir, Christmas Do-Over, Christmas in Conway,

Christmas Jars, Christmas She Wrote, The Christmas Shoes, On the Twelfth Date of Christmas and many others. Christmas-themed adult fiction also abounds; new adult fiction titles include "Blame it on the Mistletoe" by Beth Garrod, "A Christmas in the Alps" by Melody Carlson, "The Christmas Promise" by Richard Paul Evans, "Dear Santa" by Debbie Macomber, "Once in a Lifetime" by Mary Monroe, and "A Virgin River Christmas" by Robyn Carr.

Oklee Centennial Cookbook Recipe Corner - From page 21

Water Chestnuts & Bacon Donna Fossum

2 cans whole water chestnuts
1 lb medium to thick sliced bacon - cutting in half right from the package (the 2 lb box if good bacon)
Wrap 1/2 bacon strip around the water chestnut. Use a round toothpick to hold it together. Bake 30 minutes at 350 degrees. Then drain off grease or put in a clean casserole or pan.
Heat in a saucepan the following:
1/3 cup white sugar
1/3 cup brown sugar
3/4 cup catsup
2 Tbsp vinegar

When hot pour over bacon and bake for 30 minutes more and serve. You can use little Smokies with bacon and do the same process.



Legal Notices

CALL FOR BIDS CALL FOR BIDS

Sealed bids will be received by Robert Schmitz, Red Lake County Auditor, 124 Langevin Ave., P.O. Box 367, Red Lake Falls, Minnesota, on behalf of the Red Lake County Board of Commissioners, with bids to be received until 10:00 a.m. on January 4, 2022 for the following publication:
FIRST PUBLICATION OF THE FINANCIAL STATEMENT PURSUANT TO MINNESOTA STATUTES 375.17 IN 2022.

The bidders must comply with the legal requirements of Minnesota Statutes, Chapter 331A, and the legal requirements for publication of this material, and the bidders should make themselves familiar with these requirements.

Bids must be submitted on the form provided by the County Auditor's Office, and all bids must comply with the additional specifications on the bid form.

The words **"Bid for Publishing"** must be written on the outside of the bid envelope.

The Red Lake County Board reserves the right to reject any and all bids and to waive any irregularities in the bidding process.

Dated at Red Lake Falls, Minnesota, this 8th day of December, 2021.

Robert Schmitz
Red Lake County Auditor
039C

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SECOND PUBLICATION OF THE FINANCIAL STATEMENT PURSUANT TO MINNESOTA STATUTES 375.17 IN 2022.

The bidders must comply with the legal requirements of Minnesota Statutes, Chapter 331A, and the legal requirements for publication of this material, and the bidders should make themselves familiar with these requirements.

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PUBLICATION OF THE COUNTY BOARD PROCEEDINGS PURSUANT TO MINNESOTA STATUTES 375.12, AND THE PUBLICATION OF ALL LEGAL NOTICES OF THE COUNTY, INCLUDING BID NOTICES, SAMPLE BALLOTS, AND ALL OTHER PUBLISHING REQUESTS OR NEEDS OR REQUIREMENTS OF THE COUNTY, KNOWN OR UNKNOWN, DURING 2022.

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

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

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Remember to stop by this week for coffee, cookies and your Christmas Gift.



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MUSTANG STAMPED

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.

December 20 - 24 Oklee

Monday: Breakfast: Bagel w/cream cheese, cereal, fruit, juice, and milk. **Lunch:** Pizza, lettuce salad, fresh vegetables, fruit, and milk.

Tuesday: Breakfast: Biscuit with gravy, cereal, fruit, juice, and milk. **Lunch:** Chicken legs, baked potatoes, vegetables, dinner roll, fruit, and milk.

Wednesday: Breakfast: Donut, cereal, fruit, juice, and milk. **Lunch:** Hot dog or polish w/bun, baked beans, chips, fruit, and milk.

Thursday: No School. Winter Break.

Friday: No School. Winter Break.

Plummer

Monday: Breakfast: Egg & sausage biscuit, cereal, fruit, juice, and milk. **Lunch:** Chicken wild rice or chicken noodle soup, PB&J Uncrustables, mixed vegetables, fruit, and milk.

Tuesday: Breakfast: Long John, cereal, fruit, juice, and milk. **Lunch:** Ham patty w/bun, cheese, chips, baked beans, fruit, and milk.

Wednesday: Breakfast: Breakfast pizza, cereal, fruit, juice, and milk. **Lunch:** Chicken variety (nuggets, strips or popcorn), au gratin potatoes, corn, fruit, and milk.

Thursday: No School. Winter Break.

Friday: No School. Winter Break.



RLCC Sports Schedules

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

RLCC Girls Basketball

Thu, Dec. 16:

JV 6:00PM
Varsity 7:15PM
EGF Green Wave @
EGF Senior High School

Mon, Dec. 20:

JV 6:00PM
Varsity 7:15PM
Fosston @ High
School.

Tue, Dec. 21:

JH 4:30PM
Mahnomen/Waubun
Mahnomen High School

Tue, Jan 4:

Girls JH 4:30PM
Red Lake Falls @ Plummer.

RLC Rebel Boys Basketball

Thu, Dec. 16:

JH 4:30PM Clearbrook-Gonvick Bears @ Clearbrook-Gonvick High School.

Fri, Dec. 17:

JH 4:30PM
JV 6:00PM
Varsity 7:30PM
RLC Basketball vs. Stephen-Argyle Central @ Oklee.

Tue, Dec. 21:

JH 4:30PM @ Bagley Elementary School
C Game 5:00PM
JV Game 6:00PM
Varsity 7:30PM

Cass Lake-Bena @ Oklee.

Tue, Jan 4:

Boys C 5:00PM
Boys JV 6:00PM
Varsity 7:30PM RLC Basketball vs. Crookston @ Crookston High School.

Wednesday, December 15, 2021

RLCC Girls Varsity lose to Clearbrook/Gonvick



Cari Bachand throws one in while Paige Olson, Maddy Inda Valdez, and Carlee Vetteson go for the rebound.

By Kya Morinville

On Friday December 12th, 2021 the Varsity girls basketball team of Red Lake County Central lost to Clearbrook/Gonvick in Oklee, 45-72. Some girls that had a great game were Cari

Bachand with 24 points and 8 rebounds, Carlee Whalen with 7 points and 7 rebounds, and Marissa Thomas with 7 points and 8 rebounds.

On Monday the girls varsity basketball team played again

against Bagley in Bagley and won, 62-41. Some girls that had a great game that day were Cari Bachand 34 points and 8 rebounds, and Maddie Inda-Valdez with 8 points and 9 rebounds.

Mustangs vs. Clearbrook- Gonvick Lost 45-72

Here are the stats for the Fri Dec. 3rd game. Unfortunate loss!!!!

Stats

Cari Bachand: 24pts, 6 Rebounds, 1 asst, 1 steal

Carlee Whalen: 7pts, 4 Rebounds, 2 assts, 1 steal

Marissa Thomas: 7 pts, 6 rebounds, 1 asst, 1 steal

Maddie Inda-Valdes: 4 pts

Shawna Majeres: 2 pts,

Carly Vetteson: 1 pts



Carlee Whalen shot 50% at the free throw line!!

Mustangs vs. Northern Freeze

Unfortunate Loss again at December 9th game. Lost 37-40
Unfortunate loss again!!!

Stats

Cari Bachand: 15pts, 10 Rebounds, 3 assts, 2 steals

Shawna Majeres: 9pts, 2 RBs, 1 asst, 3 steals

Carlee Whalen: 7pts, 12 Rebounds, 1asst, 2 steals

Paige Olson: 4 pts, 3 RBs, 1 asst

Jamie Flatgaard: 1 pt

Quinn Graves: 1 pt



Shawna Majers 2pts with a lay up.

Red Lake County Rebels Outplay the Chargers



Tyler Eskeli at the basket while Owen Chervestad, 11, Gerald Melin, 23, and Connor Duden, 24 are ready to switch to defense.

The Red Lake County Rebels hosted the Grygla/Goodridge Chargers on Monday, December 6th at the Red Lake County Central High School Gym. The Rebels led the Chargers the first half with a score of 34 to their 24 and finished the game with a final score of 73 to 44. Leading the Rebels with points for the evening was Connor Duden with 20 points which included five three-pointers. Next, Chase Nelson had 15 points for the evening. Gerald Melin scored

14 points as well. When asked about the exciting evening, Tyler Eskeli, Senior Rebel exclaimed, "Everyone hustled and there was great communication on the floor."

Leading the Chargers in points in the evening was Lewis Johnson with 15 points, Blake Rychlock with 11 points, and Jordan Coan had 10 points for the evening. The Grygla/Goodridge Chargers are coached by Head Coach Andrew Sundberg and assisted by Brady Olson. The Rebels are coached

by Head Coach Steve Phillion and assisted by Randy Huie.

Right: Owen Chervestad, 11, makes a break for an offensive play as Gerald Melin 23, Chase Nelson, 41, Connor Duden 23, and Tyler Eskeli 23 set up the next play.



New Scoreboard and Videoboard Installed at RLCC High Gym

The gym at the high school in Oklee received a partial facelift during the week of November 15 with the installation of state-of-the-art scoreboards and a videoboard. The units were purchased from Daktronics, the world-leader in scoreboards and videoboard.

"This is an exciting venture that includes Daktronics and our local sponsors" states Kate Moll, A.D. "Conversations began in the fall of 2020 between JJ Johnson and school administration. And here we are a year later. We can't say thank you enough to JJ for his securing all of the funding from our local sponsors. The 5-year commitments from our awesome sponsors have this project paid for."

The new scoreboard includes side "stat panels" which can record points and fouls for the players in the game at any given time. The videoboard will be able to produce in-game graphics, sponsor advertisements and a whole litany of other in-game experiences.

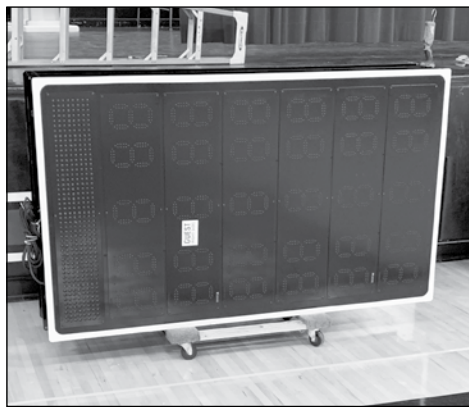
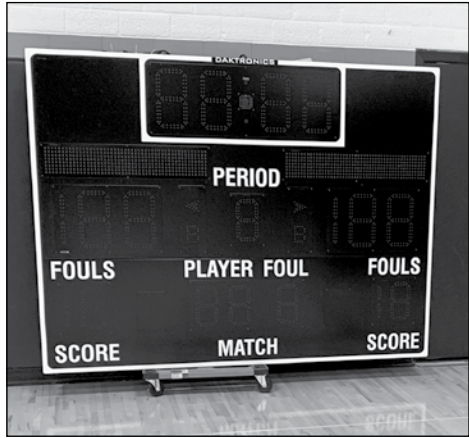
"At this point we know how to operate the scoreboards, states Mrs. Moll. All we need is a few games to gain some experience and the scoreboards will be fully functional. The videoboard on the other hand won't be fully functional until next school year. Certain staff need to be trained. And then school year 2022-23 we will have a dedicated class that I will teach that ultimately will train students to be able to administrate in-game programming."

"The Daktronics video display curriculum that will be implemented here at RLCC HS provides our students an

unmatched opportunity to gain skills that translate directly to real-world applications," shares Principal Randy Pederson. "This is the only videoboard curriculum of its kind in the country. RLCC students will learn the basics content creation for video boards and also will learn the administration of doing live in-game production for events. In addition, as time goes on, students can learn about live video production and the incorporation of live video into game production, incorporating real time data into productions and the learning of advanced graphic design skills."

Principal Pederson is also mentioned that the video board ultimately will be used for student events, such as Homecoming Coronation, Minnesota Honor Society Induction Ceremony, Academic Banquet and Graduation and many others.

Local and regional sponsors were quick to come on board with the project. Anchor sponsors that provided the highest level of funding were Oklee Lumber, Security State Bank Oklee, Unity Bank Red Lake Falls and West Central Ag. The next tier of sponsors that pledged significant funding were Red Lake County Coop, Oklee Quilting, Eskeli Electric, Northern Motors TRF, CHS Ag Services, and Pro-Ag. "We are so grateful to our sponsors for investing in our students and for providing for these boards and the curriculum that goes with it," states Principal Pederson.





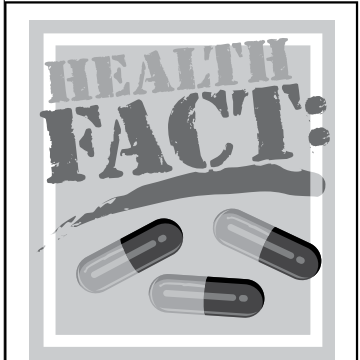
Owen Chervestad ties record

Congratulations goes out to Red Lake County Boys' Basketball player, Freshman Owen Chervestad for tying a state record.

Owen had a quadruple double in the game against Climax-Fisher on December 9th. He had 16 points, 12 assists, 10 rebounds, and 10 steals in the game which has only been accomplished 10 other times in Minnesota basketball history.

Owen's name is now in the Minnesota State Boys' Basketball record book.

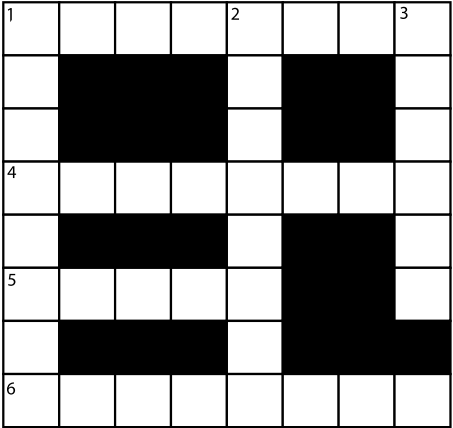
Thanks to Owen's teammates for making the shots when he assisted them, and for pressure defense which allowed Owen to get the 10 steals. Great job Rebels!



THESE ARE MICROSCOPIC ORGANISMS THAT ARE FOUND IN THE AIR, ON VARIOUS SURFACES, AND IN SOIL AND WATER. THEY SOMETIMES CAN MAKE YOU SICK.

ANSWER: GERMS

Crossword Puzzle



ACROSS

1. Treats an illness
4. Heating device
5. Another name for stomach
6. Clean and hygienic

DOWN

1. Germs
2. Something that starts an event
3. Strength and vitality

1. Microbes 2. Catalyst 3. Energy
Down
1. Medicine 4. Radiator 5. Belly 6. Sanitary
Across
ANSWERS:

THIS DAY IN...



HISTORY

• 1773: THE BOSTON TEA PARTY TAKES PLACE.

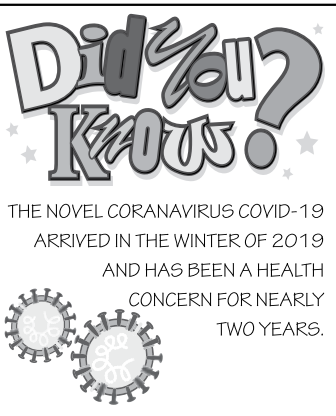
• 1920: ONE OF THE DEADLIEST EARTHQUAKES IN HISTORY HITS THE GANSU PROVINCE IN CHINA.

• 1944: THE BATTLE OF THE BULGE DURING WORLD WAR II BEGINS IN BELGIUM.



ILLNESS

a period of sickness



Ice spearing for northern pike

Spearing is a fascinating way to harvest one of Minnesota's largest fish. Looking down from above, you seek – and see – the fish in its world rather than blindly pulling the fish in on a line strung with enticements and attractions from your world.

Found in in nearly every Minnesota lake and river, the northern pike is a voracious predator. That instinct draws it to the decoy dangling in the portal from which you'll be peeking into the northern's world.

Though somewhat challenging to fillet, the northern pike is excellent table fare.

Generally, spearing is limited to rough fish such as sucker. But spearing on the ice for northern pike is allowed from mid-November to the last Sunday in February.

Minnesota has three northern pike zones and regulations vary depending on where you're spearing. Northern pike in winter in many of the same places you find them in autumn, points, narrows, vegetation lines and other vegetation places where this top predator can hide while waiting to ambush prey.

Typically, northern pike spearing occurs in relatively shallow water, commonly in the six-to 10-foot range. Spearing works best if your dark house is over a sandy or light-colored bottom rather than a dark muddy bottom. That's because northern pike show up better when suspended over a light background.

Spearing is a fascinating way to harvest a northern pike but it requires equipment different from standard ice fishing. So, if you want to try spearing you will need to borrow or buy a few specialty items, including a spear, dark house or roomy portable shelter, fish decoys, ice chisel, ice saw, auger and maybe even ice tongs.

Given the items you need, a good way to get into spearing is to try it first with someone who knows how to do it.

The best part of darkhouse spearing is the viewing hole. Typically, viewing holes are about three feet long and two



Griffin Roragen, from Fin's Spins and Fin's Lures, was one of the many vendors during the Spears, Beers and Decoys show recently held at the Lean To Tavern in Bejou.

feet wide.

To make a viewing hole drill four holes where you want your four corners. Next, use an ice saw or chisel to connect the four holes, thereby creating a rectangular slab of floating ice. When the ice is relatively thin you can push the slab under the ice and away from the hole with your chisel. Later in the year, when slabs are thick and their buoyance makes them difficult to push down, it is best to pry them out of the water with your chisel. If you do this always return the slab to the water when you are done spearing.

You don't want to leave large chunks of ice on the lake as they become safety hazards for snowmobilers and other motor vehicles. Also, when finished spearing mark your spear hole with a tree branch or brush. This is a traditional signal to others not to drive or walk over this spot as the ice may not be safe.

Fish decoys attract northern pike to your viewing hole. Artificial decoys come in a variety of shapes, lengths and colors. It's smart to buy decoys that mimic common prey in the lake you fish. A live decoy – typically a large sucker minnow trussed in a harness – is another option. Decoys are typically tied to a short rod and reel, and jigged fairly frequently to attract curious and hungry fish. Larger jigging motions are best for attracting distant fish. More subtle motions are best

for keeping the fish's interest when it is in or near the hole. The decoy's purpose is to lure the fish into the center of the hole and relatively close to the surface so spearing success is higher.

Since you never know when a fish is going to swim into the hole it is best to keep the spear tip in the water. This way you won't splash the water with your spear and scare the pike away when it arrives. When throwing a spear be sure to keep it perpendicular to the water. You want the fish to be directly beneath the spear. Don't throw a spear at an angle because this most often results in a miss due to the light-bending properties of refraction.

Though anglers talk about "throwing" the spear in reality many spearers more or less drop the spear with a two-fingered motion akin to tossing a paper airplane. This type of release is effective because spears are heavy, sharp and gravity works. Finally, when possible it is best to drop the spear when the fish is facing away from you. Aim for the back of the head. Make sure your spear is tethered to the wall of your dark house or some other fixed object. If you have speared a large pike keep pressure on the fish until it stops moving by keeping the spear perpendicular, thereby essentially pinning it to the bottom. If you let the spear fall

Writers & Writing by Michael Tidemann



Tidemann started his journalism career at the Bismarck Tribune in 1978 and began college teaching career as a graduate teaching assistant at the University of South Dakota in Vermillion in 1977. He has worked at newspapers in Iowa and the Dakotas and his work has appeared in Overdrive, Writer's Journal, the San Diego Union-Tribune and Snowmobile. (Michael Tidemann writes from Estherville, Iowa. His author page is [amazon.com/author/michaeltidemann](https://www.amazon.com/author/michaeltidemann).)

Sport romance has well-rounded characters

The numbers speak for themselves.

Sweeper: A Sports Romance Novel by Amy (Danielson) Daws is ranked number one in Kindle sports fiction, number one in Amazon sports romance books and number one in Kindle sports romance. It's also ranked number 32 out of all Kindle books.

Daws, originally from Estherville, Iowa, now lives in Sioux Falls, S.D., where she's a full-time writer, specializing in romance and, more recently, sports romance.

So what could possibly be the reason for Daws' meteoric rise in the publishing charts?

A big part of that answer likely lies in the depth of her characters and how their interior struggles impact their relationships.

Daws begins Sweeper from the perspective of Zander Williams, an American soccer player who finds a place on a team in Great Britain, the heart of the soccer, or more appropriately, football world. Zander is struggling with the recent loss of his father, but perhaps equally, the possibility that his real father may be Vaughn Harris, coach of his soccer team.



Sweeper: A Sports Romance Novel

Amy Daws, LLC

\$14.99 paperback

ISBN 978-1944565404

\$4.99 Kindle

December 2021 Health Points

National Influenza Vaccination Week December 5-11

National Influenza Vaccination Week is here! If you haven't received a flu shot yet, there's still time. People with certain chronic conditions are more likely to develop serious flu complications. Together, we can all #FightFlu. Protect yourself and your loved ones by getting a flu shot. <https://www.cdc.gov/flu/resource-center/nivw/index.htm>

What is World AIDS Day?

World AIDS Day takes place on December 1 each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

HIV stands for human immunodeficiency virus. The virus can lead to acquired immunodeficiency syndrome, or AIDS, if not treated. Unlike some other viruses, the human body can't get rid of HIV completely, even after treatment.

Right now, there is no cure for HIV. But with proper medical care, HIV can be effectively controlled.

Treatment for HIV is called antiretroviral therapy or ART. If taken as prescribed, ART can dramatically

prolong the lives of many people who have HIV and keep them healthy. Also, people with HIV who take HIV medicine as prescribed and keep an undetectable viral load have effectively no risk of transmitting HIV through sex. Before the introduction of ART in the mid-1990s, people with HIV could progress to AIDS (the last stage of HIV infection) in a few years. Today, someone who gets an HIV diagnosis and starts treatment in the early stages of the disease can live nearly as long as someone who does not have HIV.

The only way to know for sure whether you have HIV is to get tested.

<https://hivrisk.cdc.gov/>
<https://www.cdc.gov/hiv/library/awareness/wad.html>



flat on the bottom there is a chance the fish will wiggle off, swim away and die elsewhere.

An internet search of "how to spear northern pike" will yield various articles and videos that further expand on how to spear northern pike.

What Are Ultra-Processed Foods and Are They Bad for Me?

Food processing is an important part of making foods edible and safe. However, diets high in ultra-processed foods have been linked to different health conditions, like obesity, heart disease, and diabetes.

Ultra-processed foods

These are made from substances extracted from food or food particles or made in the lab. Some ingredients are made by dividing whole foods into parts — like sugars, fats, protein, and fiber. They can then be processed several times with industrial procedures like hydrogenation and extrusion. And additives — like colors and emulsifiers — are often added to increase the flavor of the food.

Examples include:

Soda and energy drinks
Packaged snacks, sweets, and breads

Candy and ice-cream
Ready to heat (pre-prepared) food like pizza

Fruit yogurt and sugary breakfast cereals

Energy bars and meal replacement shakes

Chicken and fish nuggets and sticks, sausages, and hot dogs

How do ultra-processed foods affect your health?

Ultra-processed foods are all around us. In the U.S., ultra-processed foods now make up almost 60% of our diet. These foods contribute nearly 90% of the added sugars we eat. More and more research shows that diets high in ultra-processed foods are associated with a variety of health problems.

Effects on your physical health

Ultra-processed foods are high in calories, sugar, salt, and unhealthy fats, so it's not a surprise that too much of them can be bad for our health.

But the problem with ultra-processed foods may be more than just high calories and low nutrition.

There are other potential issues with ultra-processed foods, like how they may change your gut microbiome (the trillions of bacteria living in our intestines) and contribute to inflammation.

For example, some emulsifiers, which are added to help stabilize foods, "can affect the gut microbiome very negatively and lead to leaky gut." Leaky gut happens when your gut lining is disrupted, and different toxins and bacteria can get in. Leaky gut is still being studied but has been linked to a higher risk of developing autoimmune disease.

Effects on eating behaviors
Ultra-processed foods can also change our behaviors around eating.

Different characteristics of ultra-processed foods can cause us to overeat them. They have high amounts of sugar, salt, and fat and different textures, which can trigger the reward system in our brain, causing us to eat more. So it's not a surprise that they have

needing to know who his real father is, a need that leads him to desperate measures when he unknowingly uses Daphney. For Daphney, it's learning to trust Zander — something that's nearly impossible given her previous relationship.

Daws' use of dialogue is, as the British would say, spot on. She takes us into the world of elite football where we can smell the locker room.

Beyond that, though, Daws makes Zander's and Daphney's inner conflicts real and convincing. We feel what they feel, and we're there with them every step of the way. By alternating points of view between Zander and Daphney, Daws draws out her story tension to the breaking point where we feel like their coach as well, not in football but in their relationship.

If you like romance, if you like sports or if you like a good read with real characters in real situations, this is a book for you. Daws has transcended the romance genre to give us a true picture of real people as they struggle to live real lives.

(Michael Tidemann writes from Estherville, Iowa. His author page is [amazon.com/author/michaeltidemann](https://www.amazon.com/author/michaeltidemann).)

been linked to food addiction and addictive-like eating.

Another factor is the consistency of ultra-processed foods. Many of them are soft and easy to chew, so we tend to eat them quickly, causing us to eat more calories. Eating quickly has been linked to an increased risk of having overweight or obesity.

Effects on your mental health

There isn't a lot of data on ultra-processed foods and mental health, but some studies show that eating a lot of these types of foods can be linked to an increased risk of depression — up to 20% higher in some cases.

One reason may be a diet high in ultra-processed foods may be missing the nutrients that promote mental well-being.

Are ultra-processed foods always bad for you? More studies are needed, but so far, it seems like

the more of these foods you eat, the higher your risk of developing health problems.

If ultra-processed foods are a large part of your diet, cutting back on them even a little may improve your health and well-being. It's a good idea to focus your diet on whole or minimally processed foods as much as possible.

<https://www.goodrx.com/well-being/diet-nutrition/what-are-ultra-processed-foods>

Parenting Tips

Holiday Decorating

Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.

Keep lit candles away from decorations and other things that can burn.

Some lights are only for indoor or outdoor use, but not both.

Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.

Use clips, not nails, to hang lights so the cords to not get damaged.

Keep decorations away from windows and doors.

From the SafeKids Grand Forks winter newsletter



1x3

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It's newspaper talk for a one-column by 3-inch ad. Too small to be effective?

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Santa and Mrs. Claus visited Brooks



Deck the halls with DIY decor

Decorating is one of the joys of the holiday season. Families often decorate together, and such traditions may include dressing the Christmas tree and hanging holiday lights around the house.

A day spent making homemade ornaments is another great way to decorate and spend quality time together as a family during the holiday season. Though families can let their imaginations run wild when making ornaments at home, the following are some great starting points that can serve as springboards for holiday crafting sessions.

• **Snowmen:** The holiday season simply wouldn't be the same without snowmen. Homemade snowmen can be made out of ping pong balls, which are the ideal size when making ornaments for the Christmas tree. Those who want to go a little bigger can glue wiffle balls or large polystyrene balls together or create their own papier mâché snowmen to display on mantles or on console tables in a foyer or hallway.

• **Santa Claus:** Another staple of holiday decor, Santa Claus has inspired many a DIY holiday ornament over the years. A paper plate Santa Claus with a cotton ball beard glued on can make for a fun Christmas craft, especially for young children who can't wait for the big guy to appear on Christmas Eve.

• **Penguins:** Though they might not have a direct link to the holiday season, penguins evoke feelings of cold weather, making them an ideal addition to holiday decor schemes. Make



the efforts of Dasher, Dancer, Comet, Cupid, and, of course, Rudolph, among others.

• **Cookie cutters:** Family baking sessions are a holiday tradition for millions of people. Though that often leads to batches upon batches of tasty cookies, it also means families tend to have a surplus of holiday cookie cutters around the house. Surplus cookie cutters tend to be discarded or relegated to the miscellaneous items drawer in kitchens, but a more awe-inspiring fate can await them. A coat of paint, some glitter and a little bit of string or twine is all families need to transform their extra cookie cutters into colorful tree ornaments.

Holiday decorating sessions can be made even more fun when families take time to craft some DIY decorations together.

your own penguin family using polystyrene craft balls in assorted sizes and then hang them on the tree or place them around the house.

• **Reindeer:** Santa would not be able to get the job done each Christmas Eve without his trustworthy team of reindeer. Popsicle stick reindeer projects can be fun for kids of all ages and a great way for youngsters to recognize

laneous items drawer in kitchens, but a more awe-inspiring fate can await them. A coat of paint, some glitter and a little bit of string or twine is all families need to transform their extra cookie cutters into colorful tree ornaments.

Holiday decorating sessions can be made even more fun when families take time to craft some DIY decorations together.





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