



Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

\$1.00



Vol. 110, Number 48

Wednesday, July 13, 2022

Red Lake County SWCD has Cost-share Assistance available

Red Lake County SWCD has Cost-share Assistance available for the Chemical Removal of Invasive Weed Species as well as Manure Testing Kits available at the office!!

Red Lake County SWCD received a \$15,000.00 grant in 2020 and in 2022 from the Board of Water and Soil Resources for the Cooperative Weed Management Program.

The main species that the program targets includes: Purple Loosestrife, Leafy Spurge, Absinth Wormwood, Wild Parsnip, and Spotted Knapweed. Bull and Canadian Thistles are also two species that have received attention because of the increased population throughout the county. These targeted invasive species were selected by the partners because of their confinement in certain areas and the belief that the County still has the ability to control them from spreading throughout the entire county.

If you are interested in receiving cost-share assistance for chemical spraying of inva-

sive species on your pasture-land/woodland you will need to make an appointment to come into the office to complete a Contract Agreement for cost-share for chemical spraying.

Cost-share assistance is available at a rate of 75% of the total cost, up to \$500.00.

Please call before you come into the office to make sure the SWCD staff are in the office and able to assist you with the application.

A Payment Voucher will need to be approved by the SWCD Board before any reimbursement of chemical spraying costs can be made.

Also, there are Manure Testing Kits available at the Red Lake County SWCD office.

If you have any questions, please contact our office at 218-253-2593.



Irene Rosten and Jim Rystad were honored at the Red Lake County Fair for being Outstanding Senior Citizens. Bruce Piersol presented the awards to the recipients after the "The Memories" program on Senior Citizen's Day at the Fair.



Norwegian Day at the Pennington County Fair

Snorre Lodge, the Thief River Falls branch of Sons of Norway, will again be hosting their annual "Norwegian Day at the Fair" on Saturday, July 16 during the Pennington County Fair. The event is held in the Tri-Valley bus garage, a large, cool building located behind the grandstand on the north end of the fairgrounds. Free admission.

Vendors will be on hand in the building by 10 am displaying their Scandinavian wares and delicacies for sale, including lefse, wooden chip carving, rosemaling, art and jewelry. Some of these vendors will be demonstrating their talents on the spot!

Outside the building, the Storm Wolves team of Viking reenactors will be camped and

will be there, in costume, to answer questions and visit with people. At 11:00 am and again at 1:00 pm they will demonstrate feats of combat. Come and see it all!!

Coffee and Scandinavian goodies will be ready at 10 am, and an accordion musician will entertain us during the lunch hour. Beginning at 11:00, everyone may purchase Scandinavian open-faced sandwiches (Smørbrød), Rømmegrøt, sweet soup (Sot Suppe), Vaffler (waffles with strawberries), cookies, coffee and lemonade for lunch. Pickled herring will be sold at the Sons of Norway display table.

Everyone is welcome to this festive Pennington County Fair event!! Help keep the traditions alive!!



Stacey and Bricyn with their pet dog, competed in the cutest pet contest.



John Dudycha was the judge of the various pet contests and he was interviewing contestants about their pets. This young fella had a very cute pet rabbit.

Vanyo Family held Reunion July 8 & 9th

Barb Novak reported that there were 700 people who registered and showed up. They had a great time and had so many memories renewed. They met new people because some got married since the last reunion and we met the newcomers. It was a tiring day and hot and muggy but not too many noticed. They ate more than they needed to and drank gallons of water. Two of Barb & Jerome Novak's kids were present for this celebration and they were Nancy Ellenson and Becky Novak. It was great fun and they came home very tired.

An article was in the Grand Forks Herald Lifestyle section by Pamela Knudson on July 8th. The headline was "Around 800 relatives expected to gather for family reunion in northwest Minnesota this weekend"

It featured a photo from a past Vanyo reunion shows the family members of Walter and

Monica Novak.

Monica was a granddaughter of Joe Vanyo, who emigrated from Czechoslovakia in 1884 at the age of 17, passing through Ellis Island in New York City. Joe Vanyo and his wife, Helen, later settled in Tabor, Minnesota.

According to the article, about 800 people are expected to gather at Tabor on July 8 & 9th for the Vanyo family reunion.

The following is from the Grand Forks Herald article.

They will come from near and far, some traveling here from all over the country, said Phil Vanyo, who is helping to organize the reunion. All who attend will have a connection

Vanyo Reunion

Continued to page 4



A portion of the food line stretched from the Bohemian Hall to near the end of the driveway about 5 times in two hours. The hall was about 50 long from the food counter to the door and then another 100 to 150 feet from the hall to where they cut off the driveway.

East Polk County Quilt Club presented Honor Quilts



East Polk County quilt members, Lois Boehrnson and Connie Storm presented Bob Olson an Honor Quilt at the Dan and Darlene Dierkes home who is standing with his family, including Nick, who also served in the military. Bob and Karen (Sweno) live in the McIntosh area. There were other veterans who received quilts also. *Courtesy of the McIntosh Times*

Calendar of Events

Wed, July 13:

-11:30 a.m. Senior Meals

delivered - Call to order.

-7:00 p.m. Bingo at Plummer Legion.

Thu, July 14:

-11:30 a.m. Senior Meals

delivered - Call to order.

Fri, July 15:

-Noon deadline for Oklee Herald news

Sat, July 16:

-Support your local business - Shop Locally!

Sun, July 17:

-Worship at the church - check inside for church times and places.

-11:30 a.m. Senior Meals

delivered - Call to order.

Mon, July 18:

-Oklee Cafe Closed.

Tue, July 19:

-11:30 a.m. Senior Meals

delivered - Call to order.

Wed, July 20:

-11:30 a.m. Senior Meals

delivered - Call to order.

-7:00 p.m. Bingo at Plummer Legion.

Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Linda Molitor
Wed, July 13: 7:00 p.m.
Wednesday Night Service at Parsonage.
Thu, July 14: Block Party 6 – 8 p.m.
Sun, July 17: 10:00 a.m. Joint Service at Salem.
Wed, July 20: 7:00 p.m. Wednesday Night Service at Parsonage.
Sermons are on GVTEL Channel 35 (10 am Sunday & 2 pm Tuesday), also on Facebook or YouTube.

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE
Fr. Adam Hamness
Sunday: 8:00 a.m. St. Francis – Oklee. 11:45 a.m. – Grygla. 10:00 a.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, July 17: 9:00 a.m. Worship at Immanuel.

GOODRIDGE AREA LUTHERAN PARISH
Bethany-Ekelund-Faith Pastor Kristen Ostercamp
Sun, July 17: 8 a.m. Ekelund Worship. 9:30 a.m. Faith Worship. 11:00 a.m. Bethany Worship.



Oklee Senior Site Dining

Oklee Senior Site Dining July 17 - 22
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.
Sun: Chicken, mashed potatoes, gravy, green beans, bread, milk, and dessert.
Mon: Cafe is closed.
Tue: Hamburger stroganoff, green beans, fruit, bread, milk, and dessert.
Wed: Country fried steak, mashed potatoes, gravy, buttered peas, bread, milk, and dessert.
Thu: Grilled cheese, tomato soup, fruit, bread, milk, and dessert.
Fri: Chef salad, garlic toast, fruit, milk, and dessert.

CLEARWATER LUTHERAN PARISH
Mt. Olive – Nazareth Oak Park – St. Petri
Pastor Jeff Merseeth
Sat, July 16: Mt Olive: 9:00 a.m.
Sun, July 17: St. Petri: 8:00 a.m. Oak Park: 9:45 a.m. Nazareth: 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, July 13: 6:30 p.m. Youth Group.
Sun, July 17: 9:00 a.m. Sunday School. 10:00 a.m. Worship.
Tue, July 19: 9:30 a.m. Ladies Devotions.
Wed, July 20: 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson, Lay Minister
Sun, July 17: 9:00 a.m. Lund. 10:30 a.m. Sand Valley.
Wed, July 20: 2 p.m. Sand Valley Ladies Aid.
CDC safety guidelines for COVID-19 will be followed.

BETHEL ASSEMBLY
Fosston
Seth Johnson, Head Pastor
Sundays: 9:00 a.m. Sunday School. 10:00 a.m. Worship Service.
Wednesday Evening: 6:30 p.m. Kids, High School & Adult programs.
Services will continue to be live-streamed on Facebook (<https://www.facebook.com/bethelfosston>) as an alternative to attending in person.

Oklee Area Veterans' Memorial Update

The flags at the Oklee Area Veterans' Memorial are flying at half staff following tragedies in recent days. As a mark of respect and as proclaimed by the President of the United States, the flags at the Veterans' Memorial are flying at half staff for those killed in a senseless act of violence in Highland Park, IL on July 4th, 2022, where several people were killed, and many injured while watching a 4th of July parade.
On July 8th in Nara, Japan, the longest serving Prime Minister in Japan's history was assassinated. Former Prime Minister, Abe Shinzo, was a proud servant of the Japanese people and a faithful friend to the United States.

Flags were lowered to half staff by the President of the United States and were raised to full staff on July 10th, 2022

Free Kittens

Kittens to give away - call 218-796-5246.

Amundson's



Catering & Photography

Cafe Hours
Tuesday to Saturdays
7:30 p.m. to 2:00 p.m.
Sunday
8:00 a.m. to 2 p.m.
Phone: 218-796-5166

O16-19C

CITY LOT FOR SALE ON BIDS

Corner lot on paved streets at 315 Central Ave W in Plummer, MN. This beautiful corner lot is an excellent location to build your future home.
The lot is 150' x 140' with mature trees, city water & sewer. Opening Bids start at \$10,000. Home must be built within two years of purchase. Bids must be submitted by noon Monday, August 8, 2022 to the City Clerk's office.
Bids will be opened Tuesday, August 9th 7:00 pm at the City Council meeting. Bids can be mailed to: City Clerk
PO Box 128
Plummer, MN 56748.
Call City Clerk at 218-465-4231 for more details.

O14-20C

JOHNSON
Funeral Service, Inc.
Funeral Pre-planning
Monuments
Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177
www.johnsonfuneralservice.com
O46TFC

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

NOTICE TO RESIDENTS OF CHESTER TOWNSHIP

The dates of filing Affidavits of Candidacy for township offices are Tuesday, August 2, 2022 through Tuesday, August 16, 2022.

Offices open are:
1 – Supervisor – 4 year term and
1 – Clerk – 4 year term.
Filings may be done at the Clerk's home at any reasonable time.
Filings close at 5:00 p.m. on August 16, 2022. Filing fee is \$2.00.

Pam O'Neill
Chester Township Clerk

O17-18C

ATTENTION

RED LAKE COUNTY SMALL BUSINESS AND POTENTIAL STARTUP ENTERPRISES

The Red Lake County Economic Development Corporation can help you start your own business or expand an existing one. We are here to assist with a five (5) year loan for an amount up to \$20,000 at 2% APR. The business must be located in Red Lake County.
For more information, contact the Red lake County Economic Development home office at 1-218-253-2897. Allen Bertilrud 218-684-1315, Dave Ste. Marie 218-686-4019 or Kelsey Gervais 218-686-5114.
O43-43C (2xmo.)

2 X 2

Sounds like multiplication?

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

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

Red Lake County Board of Appeal Equalization Minutes

RED LAKE COUNTY BOARD OF APPEAL AND EQUALIZATION MEETING HELD JUNE 22, 2022

Pursuant to law, the Red Lake County Board of Appeal and Equalization duly met on Wednesday, June 22, 2022 at 6:30 p.m. at the courthouse in Red Lake Falls, MN. Members present:

Commissioners Tony Gerardy, Allen Remick, Ron Weiss, John Dudydcha, Chuck Flage, County Auditor Robert Schmitz and Appointed Special Member Nancy Amberson. Also present: County Assessor Michelle Nelson. One property owner was present.

The oath of office was administered to the members. Commissioner Remick moved and seconded by Commissioner Dudydcha to appoint Ron Weiss as the Chairperson. Motion was carried unanimously. Commissioner Gerardy moved and seconded by Commissioner Flage to appoint Al Remick as the Vice-Chairperson. Motion was carried unanimously. Commissioner Flage moved and seconded by Commissioner Dudydcha to appoint County Auditor Schmitz as Clerk. Motion was carried unanimously. County Assessor Nelson presented to the board an overview

of the proposed values and other pertinent information regarding sales and values for the 2022 assessment, including sales history for prior years. The Estimated Market Values for all property types increased for the 2022 assessment due to sales of property from October 1, 2020 to September 30, 2021. Nelson informed that the values did not include any state assessed property. There was one property owner that appeared before the County Board of Appeals; however, Nelson informed the individual because he failed to appeal before his local Board of Appeal and Equalization the County Board cannot act on any changes. Nelson did address the individual's questions and concerns.

Commissioner Dudydcha moved, seconded by Commissioner Remick and unanimously carried to accept the 2022 values payable for Payable 2023 as presented by the County Assessor.

There, being no further business to be brought before the board, the meeting was adjourned at 7:07 p.m. sine die.

Attest:
Robert Schmitz, Clerk
County Board
Appeal & Equalization

Ron Weiss, Chairman
County Board of
Appeal & Equalization
O17C

NOTICE OF FILING DATES FOR ELECTION TO THE SCHOOL BOARD INDEPENDENT SCHOOL DISTRICT NO. 2906 RED LAKE COUNTY CENTRAL SCHOOLS STATE OF MINNESOTA

NOTICE IS HEREBY GIVEN that the period for filing affidavits of candidacy for the office of school board member of Independent School District No. 2906 shall begin on Tuesday, August 2, 2022, and shall close at 5:00 o'clock p.m. on Tuesday, August 16, 2022.

The general election shall be held on Tuesday, November 8, 2022. At that election, three (3) members will be elected to the School Board for terms of four (4) years each.

Affidavits of Candidacy are available from the school district clerk at 201 Governor St, Oklee, MN and at 260 Minnesota Street, Plummer, MN. The filing fee for this office is \$2. A candidate for this office must be an eligible voter, must be 21 years of age or more on assuming office, must have been a resident of the school district from which the candidate seeks election for thirty (30) days before the general election, and must have no other affidavit on file for any other office at the same primary or next ensuing general election.

The affidavits of candidacy must be filed in the office of the school district clerk and the filing fee paid prior to 5:00 o'clock p.m. on August 16, 2022.

BY ORDER OF THE SCHOOL BOARD
Dated June 30, 2022
/s/ Suzan Gunderson
Election Administrator

O17C

City of Plummer Notice to File Affidavit of Candidacy for City Election

NOTICE IS HEREBY GIVEN that filing for Mayor and City Council will open Tuesday, August 2, and close Tuesday, August 16, 2022. OFFICE TO BE FILLED: One (1) Mayoral position, which serves a two-year term and two (2) Council member positions, both of which serve a four-year term. All terms begin January 1, 2023.

Affidavits of Candidacy will be available and received week-days beginning Tuesday, August 2, 2022 at the Plummer City Clerk's office during regular business hours: Monday – Thursday from 8 – noon. You must state what position you are filling for on your affidavit. No affidavit may be accepted until the \$2.00 filing fee is paid.

Margaret Peterson
City Clerk/Treasurer

O17C

Quin Board meeting

The Quin Board and Advisory Committee will meet on Monday, July 18, 2022 at 12:30 pm at the LifeCare Greenbush Manor in Greenbush.

STORY TO SHARE!

If you have a story or photos you want to share, please send to: okleeherald@gmail.com

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

Oklee Herald

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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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It Makes Sense To Bank With Us

We're a local Independent Bank. The money you save here is reinvested here. We loan money locally for agriculture, homes, businesses and vehicles.

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Security STATE BANK
PO Box 69 Oklee, MN 56742



Phone 218-796-5157

O17C

2nd Annual Community Block Party

What: A gathering of people for the purpose of enjoying an evening together for food & fun.

Where: At the Oklee Pickleball Courts/Picnic area

In case of inclement weather it will be moved to the Hall

When: On July 14th from 6 p.m. to 8 p.m.

Who: Everyone is invited - it's a community block party.

Menu: BBQ, Salad, Snack, Bars and Water



Games: Bring a yard game. Volleyball court will be available and possible Pickleball equipment.



O15C

UW-Superior Head Coach Lynne Deadrick to Direct Pacesetter “Tour of Champions” Volleyball Camp July 20-21 in Oklee

A Pacesetter “Tour of Champions” Volleyball Camp, featuring UW-Superior women’s head coach Lynne Deadrick, will be held at Red Lake County Central High School Wednesday-Thursday, July 20-21, for all players entering grades 6-12.

All players entering grades 6-8 will meet from 8:30 am-12:30 pm, and all players entering grades 9-12 will meet from 1:00-5:00 pm. daily. Space is limited, so families are encouraged to register as soon as possible.

Coach Deadrick was named UMAC Coach of the Year in 2018. She has coached college volleyball for 28 years and was a four-sport athlete herself, leading teams twice to nationals. She is the all-time wins leader among UW-Superior volleyball coaches. Lynne

has been an active camp coach every summer and believes “Camps are where you go to LEARN and HAVE FUN!”

All area players are invited and welcome to attend. Players may register online at www.pacesettersports.net. Each session is limited to 36 players.

This summer will mark Pacesetter’s 43rd season of providing high-quality-low-cost programs. Pacesetter focuses on teaching the most important skills to make the greatest possible improvement in a few days...for a cost most families can afford.

Local Host: Angie Lundeen, RLCC High School Head Volleyball Coach.

Players and parents may also contact Pacesetter Sports at 320-243-7460 or info@pacesetternet.com

Red Lake Falls Library

Last week’s SRP prize winners were Rylan Knott, Ella Sletten and Mara Sletten. Winner of the peanut guessing contest was Conner Nelson, who wins the vintage Mr. Peanut jar filled with peanuts and a Camp iReads “Read Beyond the Beaten Path” ceramic mug.

A new guessing contest is set up for July: swedish fish in a candy jar fishbowl. Summer Reading Program activities and “campground” continue throughout July.

New adult fiction: “I’ll Be You” by Janelle Brown: “As children, Sam and Elli were two halves of a perfect whole: gorgeous identical twins whose parents sometimes couldn’t even tell them apart. Hollywood discovered them and they became B-list child TV stars, often inhabiting the same role. But as adults, their lives have splintered. After leaving acting, Elli reinvented herself as the perfect homemaker; Sam has never recovered from her failed Hollywood career, or from her addiction to the pills and booze. Sam hasn’t spoken to her sister since her destructive behavior finally drove a wedge between them.

So when her father calls out of the blue, Sam is shocked to learn that Elli’s life has been in turmoil; she’s stopped answering her phone and has checked in to a mysterious spa. Is her sister in trouble? Could she have possibly joined a cult? As Sam works to connect the dots left by Elli’s baffling disappearance, she realizes that the bond between her and her sister is more complicated than she ever knew.”

And “It All Comes to This” by Therese Anne Fowler: “Meet the Geller sisters: Beck, Claire, and Sophie, a trio of strong-minded women whose pragmatic, widowed mother, Marti, will be dying soon and taking her secrets with her. Marti has ensured that her modest estate is easy for her family to deal with once she’s gone “including a provision that the family’s summer cottage on Mount Desert Island, Maine, must be sold, the proceeds split equally between the three girls. Enter C.J. Reynolds, an enigmatic southerner ex-con with his own hidden past, who complicates the situation. All is not what it seems, and everything is about to change...”

Adult Education Serving Oklee & Surrounding Area

Adult Education (ABE) has existed for decades, but for the first few decades it was only for those who needed their GED. ABE looks vastly different in 2022. There is something for everyone who is 17 or older and learning options abound. You can study from home with just a smartphone and internet connection to hybrid models where you spend some time in class and some online, or if you know that you just can’t study independently, then in-person classes at Red Lake County Central are for you.

You can attend to improve your vocational skills like digital literacy (computer skills), earn a ServSafe certificate, and write a resume, or brush up on math skills to help your children with their school work.

You can enroll in Fast Track classes that meet online four hours a week for eight weeks

and cover everything from GED and TEAS Prep to Vocational Soft Skills and Manufacturer’s Math. You can earn a Minnesota state-issued Adult Diploma by combining your high school credits, passing GED tests scores, and independent study to meet additional requirements under the guidance of a trained Adult Diploma Program instructor.

What is required? Time commitment and motivation to accomplish your goals. There is no cost to you except actual GED testing costs. The first step is to all Sherry at 763-453-0317 to set up your in-person enrollment and assessment appointments or just for more information. You can start as early as July 14.

Adult Education is provided by the Northwest Service Coop ABE Consortium.

Oklee Centennial Cookbook Recipe Corner - Page 35

Roasted Tomato Soup Suellen (Berry) Spong

Preheat oven to 450 degrees.
Toss together:
5 lb tomatoes, stemmed and quartered
6 garlic cloves, minced
1/4 cup olive oil

Put tomato mixture in 9 x 13 pan and roast for 40 minutes or until very soft. Heat 2 Tbsp olive oil in a large pan over medium heat. Add 1 large, diced onion and sauté in olive oil until soft-approximately 5 minutes.

Stir in:
2 cups water
1/4 tsp red pepper flakes, if desired
roasted tomato mixture

Bring to a boil, then reduce heat and simmer for 10-15 minutes. Puree the mixture in a blender until smooth. Puree in small batches and cover the blender as the hot mixture tends to splatter.

Add:
1/2 cup fat free half & half

Spoon mixture into soup bowls and garnish with fresh sprigs of basil. Enjoy!



July 2022 Health Points

Heat-Related Illnesses

- Heat Stroke**
WHAT TO LOOK FOR:
- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)

1x3

Sounds like multiplication?

Guess again.

It's newspaper talk for a one-column by 3-inch ad.

Too small to be effective?

You're reading this one!

Richards
Publishing Co., Inc.
Gonvick • 487-5225

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.

Deadline:
Friday's at noon!

- WHAT TO DO:**
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person’s temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

- Heat Exhaustion**
WHAT TO LOOK FOR:
- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- WHAT TO DO:**
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
 - Get medical help right away if:
 - You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

- Heat Cramps**
WHAT TO LOOK FOR:
- Heavy sweating during intense exercise
 - Muscle pain or spasms
- WHAT TO DO:**
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
 - Get medical help right away if:
 - Cramps last longer than 1 hour
 - You’re on a low-sodium diet
 - You have heart problems

- Sunburn**
WHAT TO LOOK FOR:
- Painful, red, and warm skin
 - Blisters on the skin
- WHAT TO DO:**
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

- Heat Rash**
WHAT TO LOOK FOR:
- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- WHAT TO DO:**
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash
- <https://www.cdc.gov/disasters/extremeheat/warning.html>

July is Sarcoma Awareness Month

What is Sarcoma?

Sarcoma is a rare cancer in adults (1% of all adult cancers), but rather prevalent in children (about 20% of all childhood cancers).

It is made up of many “sub-types” because it can arise from a variety of tissue structures (nerves, muscles, joints, bone, fat, blood vessels – collectively referred to as the body’s “connective tissues”). Because these tissues are found everywhere on the body, Sarcomas can arise anywhere.

The most frequent location are the limbs since this is where the majority of the body’s connective tissue resides. They are commonly hidden deep in the body, so sarcoma is often diagnosed when it has already become too large to expect a hope of being cured.

Although a lot of the lumps and bumps we get are benign, people should have them looked at by a doctor at an early stage in case it is sarcoma.

<https://www.curesarcoma.org/sarcoma-resources/patient-resources/>

UV Safety Month

Ultraviolet (UV) radiation is a form of non-ionizing radiation that is emitted by the sun and artificial sources, such as tanning beds. While it has some benefits, including the creation of Vitamin D, it also can cause health risks.

Sunburn is a sign of short-term overexposure, while premature aging and skin cancer are side effects of prolonged UV exposure.

UV exposure increases the risk of potentially blinding eye

diseases, if eye protection is not used.

Overexposure can lead to skin cancer.

To protect yourself from UV radiation:

- Stay in the shade, especially during midday hours
- Wear clothes that cover your arms and legs.
- Consider options to protect your children.
- Wear a wide brim hat to shade your face, head, ears, and neck.
- Wear wraparound sunglasses that block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection.
- Avoid indoor tanning.

<https://www.cdc.gov/nceh/features/uv-radiation-safety/index.html>

Parenting Tips

Here are some tips for Staying safe at your local county fair.

Use good judgment in choosing a ride.

Obey any height, weight, age and health restrictions.

Use any safety devices offered. Make sure they are fastened correctly or ask for help.

Obey safety and use rules such as seating order or loading requirements. Keep extremities within the ride car, including long hair.

Stay in the locked and loaded position until the operator instructs you to remove safety harnesses or removes such items.

Don’t allow/force/bully children or anyone into using a ride they are scared of.

If a child is afraid of a ride, instinct tells them to get off the ride. This may result in dangerous situations when a child tries to exit a moving ride, even the merry-go-round.

Be a parent. Explain these rules to your children. Watch the ride with them and explain how to be safe.

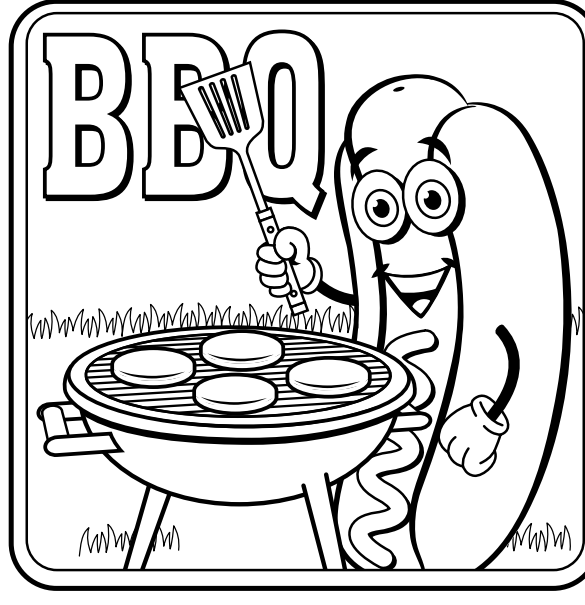
If a ride looks poorly maintained or the operator looks inattentive, don’t ride the amusement. Use your instinct and judgment. And if a ride stops, stay seated and wait for the operator to give you instructions

Minnesota Federation of County Fairs

Creative Coloring

Celebrate backyard grilling.

Color in this picture to create your own masterpiece.



THIS DAY IN... HISTORY

• 1741: ALEKSEI CHIRIKOV SIGHTS LAND IN SOUTH-EAST ALASKA. HE SENDS MEN TO INVESTIGATE, MAKING THEM THE FIRST EUROPEANS TO VISIT ALASKA.

• 1916: WILLIAM BOEING AND GEORGE CONRAD WESTERVELT INCORPORATE PACIFIC AERO PRODUCTS. IT IS LATER RENAMED BOEING.

• 2006: TWITTER IS LAUNCHED.

New Word

PROPANE

a flammable gas used as bottled fuel

FOOD FACT!



COOKING FOOD ON A GRATE OVER AN OPEN FLAME IS KNOWN AS WHAT?

ANSWER: GRILLING

How they SAY that in...

ENGLISH: Sear

SPANISH: Soasar

ITALIAN: Scottare

FRENCH: Griller

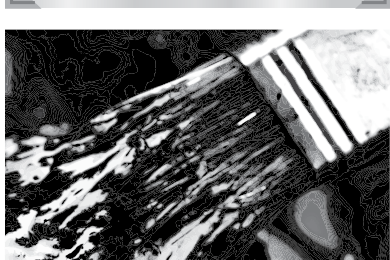
GERMAN: Scharf anbraten

Did you know?

ACCORDING TO “EAT THIS, NOT THAT,” MOST PEOPLE SEARCH FOR HOW TO GRILL SEAFOOD AND VEGETABLES ONLINE MORE OFTEN THAN THEY SEARCH FOR HOW TO GRILL MEAT.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: BASTING BRUSH

