



RLCC Students make blankets for Violence Intervention Project in Thief River Falls



Students in the 4th grade class at RLCC Elementary recently constructed tie-blankets for the Violence Intervention Project in Thief River Falls.

Violence Intervention Project serves victims of relationship and sexual violence in NW Minnesota. They are available 24 hours a day to listen, help assess needs and safety, and help locate needed resources.

Domestic violence can happen to anyone. It can happen in all types of relationships including female abuse of a male partner, older adults abused by caretakers, abuse in teen dating relationships and abuse in lesbian, bisexual and transgender relationships. It also happens against people with disabilities, and is often overlooked. The term Domestic Violence is often referred to as "Intimate Partner Violence." All intimate partner violence is illegal and traumatic.

Domestic Violence or Relationship Abuse is a pattern of abusive and coercive behaviors used to maintain power and control over a former or current partner. Abuse can be emotional, financial, sexual or physical and can include threats, isolation, and intimidation. Abuse tends to escalate over time. When someone uses abuse and violence against a partner, it is always part of a larger pattern of control.

Sexual Violence – Sexual assault is an unwanted or forced sexual act committed without consent. It can occur either against a person's will, by force or coercion, or when a person is incapable of giving consent, such as when they are under the influence of drugs or alcohol. Force includes actual physical aggression, threats of physical aggression, emotional coercion, and/or psychological blackmailing.

Dating Violence – Teen dating violence "includes physical, psychological or sexual abuse; harassment; or stalking of any person ages 12 to 18 in the context of a past or present romantic or consensual relationship."

Stalking/Harassment – A pattern of behavior directed at a person in a way that would

cause a person to feel fearful and unsafe. It may escalate over time and lead to violence.

Human Trafficking – The recruitment, transportation, solicitation, kidnapping, and/or obtaining of a person, and sex trafficking refers to this practice for the purpose of sexually exploiting them by forcing them to commit commercial sex acts through force or coercion.

Abuse of Older Adults – Committed by a person in caregiver roll or a person the older adult trusts, or mistreatment occurring in a residential care facility usually perpetrated by someone responsible to provide an element of care or protection.

Lesbian, Gay, Bisexual and Transgender Violence – Domestic Partner violence occurs in the lesbian, gay, bisexual, transgender and questioning (LGBTQ) community with the same frequency and intensity as the heterosexual community. Unfortunately, LGBTQ partner violence remains underreported and largely unacknowledged in both the heterosexual and LGBTQ communities. A common threat an abusive partner will use to maintain control is the threat of "outing" their partner. LGBTQ survivors may resist seeking help due to concerns they will not receive the same fair and unbiased assistance & services from systems as their heterosexual counterparts.

Violence against People with Disabilities – While all of us want or need support, many individuals with disabilities rely on others for food, medication, finances, personal care, or equipment that is necessary for independence and survival. People with disabilities may experience subtle forms of abuse such as denial of these basic needs by a partner or personal care provider. This can have devastating emotional, medical or even lethal consequences. These factors can also limit a person with disabilities ability to report abuse or ask for help.

What are the forms of Domestic Violence?

Domestic violence can be a hidden secret in many households across the United States.

VIP can assist you in many ways. If you find that you or someone you know is a victim of domestic violence, please contact VIP to see how we can help you.

Examples of abusive behavior include:

Physical: Pushing, shoving, slapping, strangulation, punching, kicking, using an object or weapon, using force to cause pain or injury.

Emotional: Name calling, threatening to harm partner, family, friends, pets or possessions, using insults (verbal abuse), isolation and harassment.

Sexual: Sexual contact or acts without consent or forced through threats of physical harm.

Financial/Economic: Control of your access to money, financial documents and information, restricting your ability to earn money /hold a job, forcing non-consensual debt accrual (like applying for credit cards or loans in your name without consent).

Psychological: Psychological abuse involves fear, humiliation, intimidation and control, including controlling what you do, who you see or where you go. Many survivors, friends and families realize only after physical abuse begins that emotional, sexual, economic or psychological abuse were present during the early stages of the relationship.

Technological: Technology-facilitated abuse is a form of controlling behavior that involves the use of technology as a means to coerce or harass another person. This can include controlling whom you can be friends with or follow on social media, sending unwanted or threatening emails/texts, or stealing your passwords and accessing your digital accounts or personal devices.

The new blankets made at RLCC elementary will warm the hearts of those in need this holiday season.

All VIP services are FREE and CONFIDENTIAL and open to people of all genders in Pennington, Kittson, Marshall, Red Lake and Roseau Counties.



November Students of the Month at RLCC

Congratulations to Shawna Majeres and Connor Duden, Red Lake County High School November Students of the Month. Shawna Majeres, a senior, is the daughter of Greg and Sylvia Majeres. She has two brothers, Ethan, a sophomore, Nickolas, a first-grader, and a sister, Vanessa, a fourth-grader, all at RLCC. Shawna plans to attend St. Cloud State University in the Fall. Shawna is currently co-captain of the Mustangs Basketball team and was co-captain of the Volleyball

team. Shawna also participates in Student Senate, the Minnesota Honors Society, and the youth group at her church. Shawna also works as a well-respected nursing assistant. Staff nominated Shawna for Student of the Month because she is a meticulous student who works hard and gives her best work with every assignment.

Connor Duden, a ninth-grader, is the junior high student of the month. Connor is the son of Rodney and Jody Duden. He has an older brother, Jed,

who attends the North Dakota School of Science and Technology in Wahpeton. Connor plays Rebels Football and Rebels Basketball and works hard on both teams. Staff enjoy having Connor in class because he has a strong work ethic and helps other students when they need help. When another student is having a bad day, he'll go out of his way to help them with either their homework or help them relax.

Congratulations to both Shawna and Connor!

Vettleson Receives Scholarship in Physician's Assistant Program



Ashley Vettleson, 2022 Northwestern College – scholarship recipient.

Ashley Vettleson, daughter of Michele and Lonnie Longtin of Plummer, recently received an academic scholarship from the PA Foundation to further her education as a Physician's Assistant. Ashley was one of 50 students in the nation to receive this scholarship.

The PA Foundation is a national nonprofit organization

that promotes better health and wellness by providing PAs and PA students with philanthropic opportunities and resources. It is the philanthropic arm of the American Academy of PAs (AAPA), representing a profession of approximately 150,000 PAs across all medical and surgical specialties in all 50 states, the District of Columbia, U.S. territories, and the uniformed services. Since 1977, the PA Foundation has worked to promote better health and to positively impact the lives of PAs, students, their patients, and the communities they serve.

A 2017 graduate of Red Lake County Central, Ashley went on to the University of North Dakota for her undergraduate degree. She graduated in 2020 with a Bachelor of Science Degree in Biology, with a Pre-Physician Assistant concentration.

In 2021 she began PA school. In addition to that, Ashley was married to Matt Vettleson, son of Alan and Chris Vettleson of Oklee. Matt graduated from UMC Crookston and is making

a career in the Ag Industry.

Presently, Ashley is completing the Clinical portion of her education. She had rotations in Fargo, Fergus Falls and in Iowa where she currently lives and attends college. During Clinicals Ashley has had the opportunity to have hands on experience with patients in various types of medicine.

When asked what this profession means to her, Ashley stated: "Growing up in a rural community meant easy access to healthcare was 20+ minutes away. One of the incredible things about the PA profession is the ability to help fill the gaps in healthcare that many rural communities face. Being able to give back to the communities like the one I grew up in has always been a passion of mine. Receiving this scholarship will aid me in furthering my education to achieve this goal."

Ashley is leaning towards a career in family medicine with hopes of returning to the area in the future. She would love to give back to the community she grew up in.



Pictured above is Ashley with her parents, Michelle and Lonnie Longtin and her husband Matthew Vettleson. Ashley received her white coat in August in a ceremony at Northwestern University. She will graduate with her Masters of Physician Assistant Studies in 2023.

Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Linda Molitor
Wed, Dec. 28: No confirmation.
Sun, Jan. 1: 9:00 a.m. Worship, 10:30 a.m. SS at Zion. 9:00 a.m. SS, 10:30 a.m. Worship at Salem.
Wed, Jan. 4: No confirmation.
Sermons are on GVTEL Channel 35 (10 am Sunday & 2 pm Tuesday), also on Facebook or YouTube.

CATHOLIC PARISHES OF OKLEE, GRYGLA & GOODRIDGE
Fr. Bryan Kujawa
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
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
Sat, Dec. 31: 7 p.m. Worship at Immanuel with Communion.
Sun, Jan. 1: 7 p.m. Worship at Ebenezer with Communion.

GOODRIDGE AREA LUTHERAN PARISH
Bethany-Ekelund-Faith
Wed, Dec. 28: 12:20 p.m. Release time.
Sun, Jan. 1: 10:00 Joint Service @ Bethany. Happy New Year!

CLEARWATER LUTHERAN PARISH
Mt. Olive – Nazareth Oak Park – St. Petri
Pastor Jeff Merseeth
Sat, Dec. 31: 9:00 a.m. Mt. Olive.
Sun, Jan. 1: 8:00 a.m. St. Petri. 9:45 a.m. Oak Park.
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. 28: 6:30 p.m. Youth Group.
Sun, Jan. 1: 9:00 a.m. Sunday School. 10:00 a.m. Worship.
Tue, Jan. 3: 9:30 a.m. Ladies Devotions.
Wed, Jan. 4: 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund Sand Valley
Dawn Hanson, Lay Minister
Sun, Jan. 1: No services.
Wed, Jan. 4: Confirmation, 6:30 p.m.
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 Senior Site Dining

January 1, 3-6
No congregate meals served.
If you are over the age of 60 and you want a meal delivered to your home, call 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: Shrimp, baked potato, coleslaw, dinner roll, milk and dessert.
Mon: Cafe is closed.
Tue: Tator tot hotdish, green beans, dinner roll, milk and dessert.
Wed: Chicken wild rice soup, chicken salad sandwich, bread, milk and dessert.
Thu: Pork fritter, baked potato, mixed vegetable, bread, milk and dessert.
Fri: Chicken and stuffing, candied sweet potatoes, milk and dessert.

NOTICE TO RESIDENTS OF TOWNSHIPS HAVING MARCH ELECTIONS WHICH INCLUDES:
Browns Creek, Emardville, Garnes, Gervais, Lambert, Poplar River and Terrebonne.
The dates of filing Affidavits of Candidacy for township offices are Tuesday, January 3rd, 2023 through Tuesday, January 17, 2023. Offices open are Supervisor and Clerk or Treasurer. Filings may be done at the Clerk's office at any reasonable time. Filings close at 5:00 PM on January 17, 2023. Filing fee is \$2.00.
Respectfully Submitted
Casey J. Klipping, Secretary/Treasurer
Red Lake County Township Officers Association

Deadline: Fridays at noon!

Happy
NEW
YEAR



The Excitement Of A New Year

A New Year brings hopes, new dreams and new opportunities.

As the year ends, we want you to know how thankful we are for your business.

We wish our many customers and friends a Happy New Year and look forward to serving you in the years to come.

Security State Bank will be closed on Monday, January 1st in observation of New Years Day!

Security STATE BANK
PO Box 69 Oklee, MN 56742



FDIC Phone 218-796-5157

Blankets for Violence Intervention Project



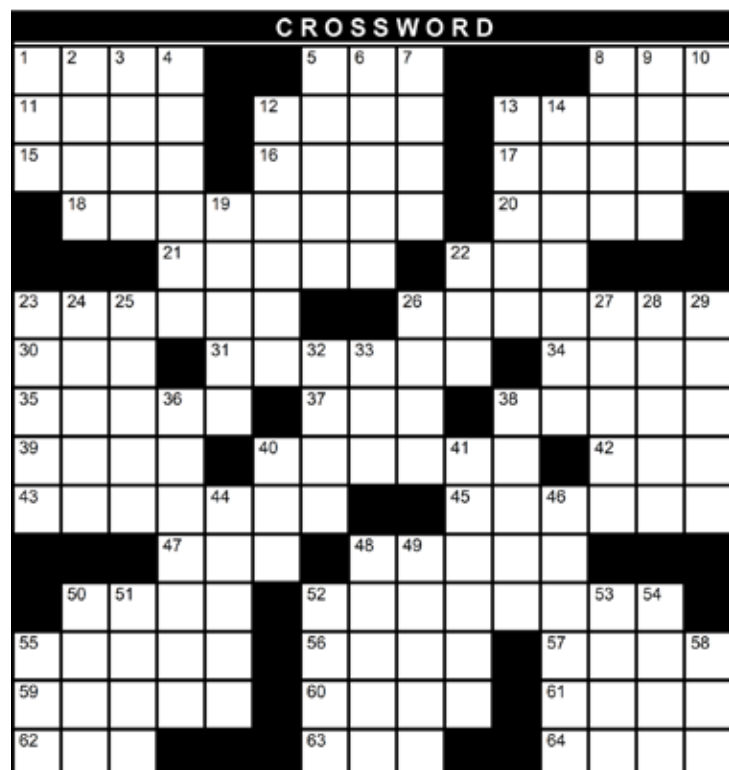
Statepoint Crossword

"World Cuisine"

ACROSS
1. *Like popular Pad
5. Limit
8. Boozehound
11. Bring home the bacon
12. *Combine cuisines
13. Door holder
15. Between ports
16. *America's favorite cookie, according to some
17. Driver's 180
18. *Like poke bowl
20. Magician, in the olden days
21. Type of wrench
22. Campaigner, for short
23. Traditional sock pattern
26. *Southeast Asian spiky fruit, pl.
30. ____-di-dah
31. Unequivocally detestable
34. Same as ayah
35. "That is," Latin
37. Urge Spot to attack
38. Chilled (2 words)
39. Observation point's attraction
40. *Soft and soft type of tofu
42. Ship pronoun
43. Thrusts out or causes to protrude
45. One way to steal gas
47. Without professional help, acr.
48. Energy to motion converter
50. H.S. math class
52. *Wasabi is popular in this cuisine
55. *Type of soda bread
56. g in 10 g
57. Francis Coppola's middle name
59. End of tunnel
60. Casanova, e.g.
61. In the thick of
62. Saturn's wife
63. Human limb
64. *Russian borscht vegetable

DOWN
1. *Brew from China, originally
2. *American ____ browns
3. Acreage
4. Sort of (3 words)
5. Marie or Pierre, physicists

6. Southeast Asia org.
7. Lowly laborer
8. Like a bug in a rug
9. Princess Fiona, by night
10. Square root of 100
12. Thwarted
13. SNL's forté
14. *Nationality that gave us gelato
19. Administer
22. Wound fluid
23. Not dead
24. Radices, sing.
25. *Clarified butter of Indian origin, pl.
26. *Peking fowl
27. Mennonite's cousin
28. Jack Black's Libre
29. Martin of "Apocalypse Now"
32. Terrorist org.
33. Fat of olives
36. *Like certain meatballs
38. Tear-jerker
40. Hog heaven
41. Posthumous type of tax
44. Like 90 degree angle
46. Reassembled dwelling
48. Feudal dwelling
49. Poppy tears
50. Acid "journey"
51. Semis
52. France/Switzerland border mountain range
53. Not all
54. Canal in a song
55. U.N. workers' grp.
58. Banned insecticide, acr.



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ATTENTION

RED LAKE COUNTY SMALL BUSINESS AND POTENTIAL STARTUP ENTERPRISES

The Red Lake County Economic Development Corporation can help you start your own business or expand an existing one. We are here to assist with a ten (10) year loan for an amount up to \$30,000 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.

KURTIS ELLEFSON
RED LAKE COUNTY
VETERAN SERVICE OFFICER

218-689-8587
1-888-LINKVET

Email: kellefsoncvso@hotmail.com

Red Lake Falls Library

Thank you to all those who visited, donated, or supported the Red Lake Falls Public Library during the past year. Your patronage is greatly valued and appreciated. Please continue to promote our branch, as well as the entire Northwest Regional Library system in whatever way you can. And comments and suggestions for materials, services and programs are always welcome. Best wishes to everyone in 2023!

Watch for details on the Winter Reading Program, which will begin in mid-January and continue through mid-March. Included in this year's events will be a search for the oldest NWRL library card, among other things designed

to focus on adult patronage of the library. As in the past, hot beverage mugs will be given away weekly to lucky winners who have registered while at the library.

Just a few of the local librarians' favorite reads during the past year: nonfiction titles "Lands of Lost Borders" by Kate Harris, "On Assignment" by James R. Larison, "Wolf Island" by L. David Meech, and in fiction, "The Bookwoman of Troublesome Creek" by Kim Michele Richardson and "Eleanor Oliphant is Completely Fine" by Gail Honeyman, among others. What were your favorite reads during 2022, news titles or old? Send a message to redlake@gsuite.nwrlib.org with title, author and comment(s) if any.



Oklee Herald

Corner 2nd Ave. & Main
218-796-5181
ESTABLISHED IN 1914
Published by Richards Publishing Co.
Courtney Eskell,
Editor & Office Manager
okleeherald@gmail.com

\$30 subscription in Local Trade Area
\$40 subscription Out of Trade Area
\$25 Online Subscriptions

MEMBER MNA & NNA
PUBLICATION NUMBER 407240

**Winner of National Editorial Ass'n. first prize for Best News Story, 1959.
**Winner of Honorable Mention for General Excellence, Minnesota Newspaper Ass'n., 1962.
**Winner 1st place Typography Excellence, Minnesota Newspaper Association, 1971.
**Winner 1st place Best Feature Story, Minnesota Newspaper Association, 1981.
**Winner 1st place Best Single News or Feature Story, Minnesota Medical Association, 1992.

"The Oklee Herald" is published weekly by Richards Publishing Co., Inc., Box 159, Gonvick, MN 56644-0159.
Periodical postage paid at Oklee, MN 56742-0009.
POSTMASTER: Send address changes to: Oklee Herald, PO Box 9, Oklee, MN 56742-0009.

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MUSTANG STAMPEDE



Pictured above are students at Red Lake County Central Elementary who were "caught being good" during the month of December. Many good students receives a t-shirt for their good behavior and acts of kindness. Several students also won drawings for prizes. These kids were surely on Santa's nice list this year! Congratulations students on your excellent work.

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.

SCHOOL RESUMES JAN. 3

SCHOOL EVENTS Dec. & Jan.

- Dec 23-Jan 2 School Break
- Jan 3 School Resumes
- Jan 4 Student Senate recycles (12th/10th/8th)
- Jan 11 School Board meets in Oklee
- Jan 12 ECFE Gym Night in Oklee
- Jan 13 Early Out/End of 2nd Quarter
- Jan 16 Staff only
- Jan 25 Student Senate recycles (11th/9th/7th)
- Jan 27 One Act Play



Sudoku Solution

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

1x5

Sounds like multiplication?

Guess again.

It's newspaper talk for a one-column by 5-inch ad.

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Boys Basketball picks up wins before Holiday break



By Lily Hager and Carly Vettleson

Starting the Rebels Basketball season on December 2nd, our Rebel boys took on the Prowlers in Thief River Falls. Our highest-scoring Rebel in this game was Owen Chervestad with 14 points he was six for six on the free throw line. Owen had four assists and two steals. Will Gieseke had 8 points, two assists, and three

deflections. The final score was 81-48 in favor of the Prowlers.

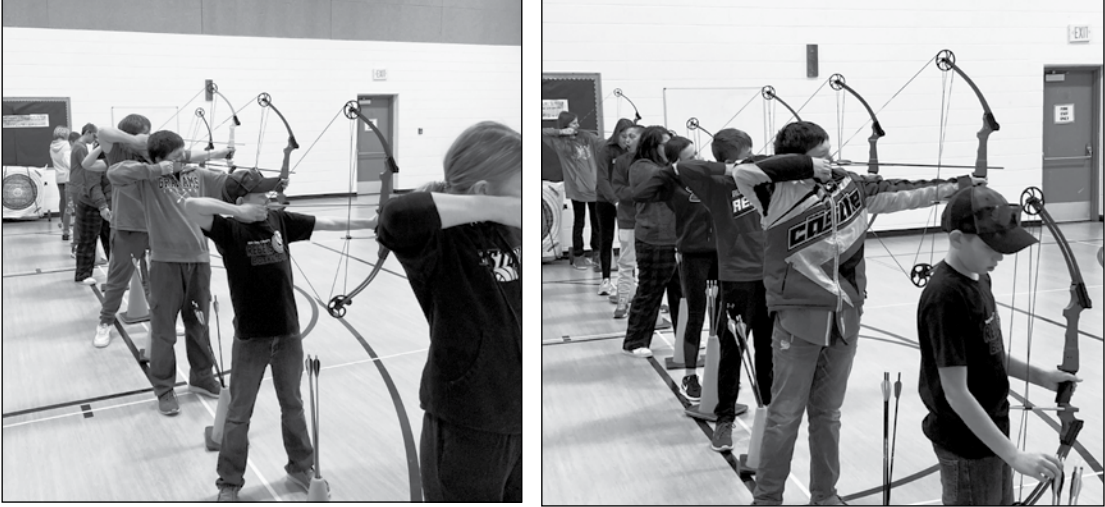
On December 5th, we played Goodridge-Grygla Chargers the score was 63-60 in favor of the Chargers. Gerald Melin had 22 points. At half-time it was 30-29 in favor of the Rebels. The Rebels worked hard but just couldn't keep the lead.

On December 8th, the Rebels traveled to Climax. The Rebels worked hard and ended

the game with a score of 80-42 in favor of our Rebels. Conner Duden had 21 points, Gerald Melin had 15 points, and Will Gieseke had 12 points.

On December 9th, our Rebels came out with a win against the Gators 83-60. Gerald Melin had a good game with 26 points and 6 three-pointers. Conner Duden with 18 points, and Owen Chervestad with 14 points and 11 assists.

Seventh grade students at RLCC learn exciting new skills in Physical Education Class



RLCC Elementary presents "Jingle Bell Jukebox"



Pictured above are students at Red Lake County Central Elementary during their 2022 Christmas Program. The program, titled "Jingle Bell Jukebox", was directed by Dawn Halvorson.



Pictured above: Students at RLCC Elementary dress in the Holiday spirit for the 2022 Christmas concert. The stage was full of cheerful kids with great voices. A large crowd gathered at the school to take in the concert, which was titled "Jingle Bell Jukebox".

DEADLINE

FOR NEWS AND ADS IS FRIDAYS AT 12:00 NOON.

CONTACT THE OKLEE HERALD AT

218-796-5181 (OFFICE) OR 218-689-4440 (CELL).



Senior Arielle Rude shoots a pair of free throws against the Fosston Greyhounds.



The Mustangs attack the basket during a home game last week against the Greyhounds of Fosston.



Pictured above: Clancy Hanson, senior high drawing winner for donating to the food drive, Shelby Sherman, Champion Ugly Sweater, and Parker Klasen junior high drawing winner for donating to the food drive.



Pictured above: Piano students of Chelsea Vettleson provided music for staff and students at RLCC Elementary leading into Christmas Break.

10 Health Resolutions Doctors Encourage You to Make Today

The New Year represents a fresh start and is the perfect time to invest in your health. However, you may be unsure what resolutions will have the biggest impact. Doctors say that the easy, tangible actions you take are some of the most important.

“Many people kick off the start of each new year with big-picture health resolutions,” says Jack Resneck, Jr., M.D., president of the American Medical Association (AMA). “The good news is that small, positive health choices made right now can have long-lasting effects.”

Want to get started today? Here are the 10 resolutions the AMA recommends top your list this year:

- 1. Exercise is essential for your physical and mental health, so get moving today. A good rule of thumb for adults is at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.
- 2. Vaccination is the best protection against a number of serious illnesses. To protect yourself and your family, get up to date on your vaccines, including the annual flu shot and the COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.
- 3. Get screened. Estimates based on statistical models show that since April 2020, millions of screenings for breast, colorectal, and prostate cancer diagnoses may have been missed due to pandemic-relat-

ed care disruptions. Check in with your physician. If you're due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

4. High blood pressure, also known as hypertension, can increase your risk of heart attack or stroke, and it affects millions of Americans. Visit ManageYourBP.org to understand what your blood pressure numbers mean and what you can do to get your blood pressure under control.

5. One in 3 American adults has pre-diabetes, a condition that can lead to type 2 diabetes if left unmanaged. However, there are steps you can take that can help delay or even prevent the onset of type 2 diabetes. Learn your risk by taking a simple 2-minute self-screening test at DoIHavePrediabetes.org. This resource also features helpful lifestyle tips that can help you reverse pre-diabetes.

6. Whenever possible, drink water instead of sugar-sweetened beverages and replace processed foods -- especially those with added sodium and sugar -- with nutritious, whole foods, including fruits, vegetables, whole grains, nuts, herbs and spices.

7. If consuming alcohol, drink only in moderation. The U.S. Dietary Guidelines for Americans defines that as up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Speak with your doctor or health care professional about quitting tobacco and nicotine

use. Declare your home and car smoke free to eliminate secondhand smoke exposure.

9. Follow your doctor's instructions when taking prescription drugs -- especially opioids. Always store and dispose of these medications safely to prevent misuse. Whenever prescribed antibiotics, take them exactly as directed. Not taking the full course can lead to antibiotic resistance, a serious public health problem, and will not make you feel better if you have a virus, such as a cold or flu.

10. Invest in your mental health by managing stress, getting sufficient sleep, exercising and seeking help from a mental health professional when you need it.

If you don't have health insurance, the AMA encourages you to sign up for coverage at healthcare.gov, which has new, affordable options. The enrollment deadline for 2023 coverage is Jan. 15, 2023. Find more health resources at ama-assn.org. For a healthy 2023 and beyond, invest in your wellness with these doctor-recommended New Year's resolutions.

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.

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Red Lake Falls • 218-253-2128
Oklee • 218-796-5177
www.johnsonfuneralservice.com

Crossword Solution

THAI	CAP	SOT
EARN	FUSE	HINGE
ASEA	OREO	UTURN
HAWAIIAN	MAGE	
ALLEN	POL	
ARGYLE	DURIANS	
LAH	ODIOUS	AMAH
IDEST	SIC	ONICE
VIEW	SILKEN	SHE
EXSERTS	SIPHON	
DIY	MOTOR	
TRIG	JAPANESE	
IRISH	UNIT	FORD
LIGHT	ROUE	AMID
OPS	ARM	BEEIT

Who's Dat?



Who's Dat?

This week's photo is of 3 pals at the Diner.

Last week's photo was of. 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 - 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 to the Oklee Herald office, please en-

Senior Site News & Other Things

By Volunteers Jo Lambert & Bonny Cote
Site number: 218-796-5149

Senior Meals:

If you want to order a Senior Meal see the menu instructions on page 2 in the Senior Menu. You will notice that the cafe is going to be closed on Mondays, but is offering a meal on Sunday, so you can still get 5 meals a week if you choose.

Congregate Meals:

If we can get enough volunteers to set up for congregate meals, we could start having them at the site. If you are interested in being a dining volunteer, please let Jo Lambert know. Thank you!

Senior Craft Shop

There are lots of wonderful items if you are looking for a unique gift for Christmas. There are homemade mittens and hats and scarves to keep you warm. There is table runners, floral arrangements to make your table look beautiful. There are also baby blankets, quilts, wood shelves, doilies and cloth checkbook covers in

all kinds of colors and patterns. You and also purchase holiday decor for your home or for a loved ones home. The craft shop is open Monday through Friday from 9 a.m. to 2 p.m. If those hours don't work for your shopping needs, please feel free to call Joe Lambert at 218-796-4527.

Puzzler's Corner

There are several seniors that enjoy doing puzzles. If you have a 300 large piece puzzle or other puzzles that are not too difficult, and you don't know what to do with it, consider donating to the Senior Site for a Puzzler's Corner. This will be a sharing project. All puzzles can be taken out and returned for others to enjoy.

Activity Dates To Remember

Bingo after the New Year.
Wednesday: Cards at 1:30

p.m.

**Remember if you don't feel good, stay home.

Plummer News

By Alice Jobe 218-465-4402

The RLCC Elementary School had their Christmas program Monday, December 19th at 1:30. There was a great turnout. Cars were parked on the streets in all directions.

On Tuesday, Elizabeth Quick's 1st grade class from Challenger came to Tri-River Pioneer Museum to tour it. While here, they made butter in baby food jars and then put it on soda crackers. They had juice with it. Mrs. Quick played the piano, and they sang "Jingle Bells" and two other Christmas songs. They were a lively group. There were 5 groups. Helping that day were Glenyce Eskeli, Les Hofstad, Alice Jobe and Leo Schmitz. It was around 10 or 15 below zero when they came.

On Thursday, Arnie and Barb Schmitz visited their grandchildren, the Sorvigs, by St. Hilaire.

Ultima Bank had their Christmas open house on Thursday, the 22nd. They had decorated sugar cookies, doughnuts, veggies and dip, pretzels, peanut brittle and hot cider and coffee. They had a drawing for adults, \$25, and a child drawing as well.

The previous weekend, I got stuck in my driveway twice. The first time the three neighbor boys pushed me out. The next day, I got stuck at the end of the driveway. The North neighbor guys got me out and then Jim DuChamp plowed and widened the driveway, which I really appreciated.

It's different how much it has snowed while we have extremely cold temperatures. Wednesday, we got three to

Fun Facts:

The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!

When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.

Laura Ingalls Wilder didn't publish Little House in the Big Woods until 65.

More than 10,000 "baby boomers" turn 65-years-old every day.

Senior citizens are the fastest growing demographic group on Facebook. Recent studies show that more than half of all U.S. seniors are active online, and more than one-third are on Facebook and other social media websites.

There are more than 55,000 seniors over age 100, and by 2050 the number of "centenarians" is expected to top 600,000. This is roughly the population of Vermont.

Have a great week!

Brooks - Terrebonne News

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

Christmas Day has passed. The weather leading up to the holiday was not good to say the least. It really sucked according to a teenager I talked to. There was not much a person could do if there was traveling in the plans. A cousin of ours went from Havre, Montana on the Amtrak to Minneapolis, and he spent 25 hours on the train. Storms and mechanical problems made the trip less than ideal.

An historical storm hit much of the country with piles of snow whipped up by high winds buried a lot of the country for at least 5 days before it went away. Drifts stopped traffic made people reroute their plans. We were to go to Warroad to catch a concert that our granddaughters were in but that was cancelled when we got to the highway and realized we didn't want to travel through the weather all the way to Warroad. At 80 plus, two old fools should not be on the road when it was that bad. We cancelled. Others were stranded in drifts across the country, or in airports that had cancelled flights. Under the snow was the ice on the roads that fell and froze first,

so it was tough to get around.

On Friday, I fell and hurt my arm. I needed x rays to see if I broke anything. We went to Crookston, in blinding blowing snow but we went slow and made it. Thankfully, nothing was broken, and we did return home okay. I am writing this with one arm, and it isn't easy. I was given a brace to help healing.

Christmas Day the sun came out and it is surely welcomed. It has been a while since we had sunshine. Our daughter who lives in Mankato cancelled her trip home so in the past 60 years we never spent a Christmas alone, so this year we did. We did get a call from our son, and we were able to visit for a while with him. That was fun. The rest of the day we spent the day watching television.

It was reported to me that Marie Chaput of Red Lake Falls passed away during the night of Christmas. Marie was a good friend, and I will miss

her. She was a good mother, a good wife, and a good citizen. She was active in all the places she went. I met her at a county township officers meeting years ago and she was a leader of the meeting. I remember thinking she is so together in her leadership. She will be missed I'm sure by many people in the county. She was a friend to everyone. We will miss you Carol sleep with the angels. Our sympathy to all the family.

That is all I have for this week but we had the Christmas storm of the century so you might want to save this column for your kids. By the way it was supposed to be the coldest Christmas too with temperatures way below zero. On Thursday night it was 28 below zero at ten p.m. Those temps didn't get above zero until Christmas Day.

Plant trees, they help cut that wind. See you next week.

Oklee Centennial Cookbook Recipe Corner - Page 454

Nutty Caramel Corn
Diane Dessellier

3 pkg microwave popcorn
1 cup salted peanuts
1 cup salted roasted almonds
1 cup packed brown sugar
3/4 cup butter, cubed
3/4 cup corn syrup
3/4 cup peanut butter
1/2 cup molasses
1 tsp vanilla
1/2 tsp baking soda
1 cup pecan halves

Pop popcorn as directed. Meanwhile, in a large heavy saucepan, combine the peanuts, almonds, brown sugar, butter, corn syrup, peanut butter and molasses. Bring to a boil over medium heat; cook and stir for 5 minutes. Remove from heat; stir in vanilla and baking soda (mixture will foam). In a very large bowl, combine popcorn and pecans. Add hot syrup mixture and toss to coat. Spread on greased baking sheets. Bake at 250 degrees for 1 hour or until dry, stirring every 15 minutes. Remove from pans to waxed paper to cool. Break into clusters. Store in airtight containers or plastic bags. Yield: 6 cups.

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