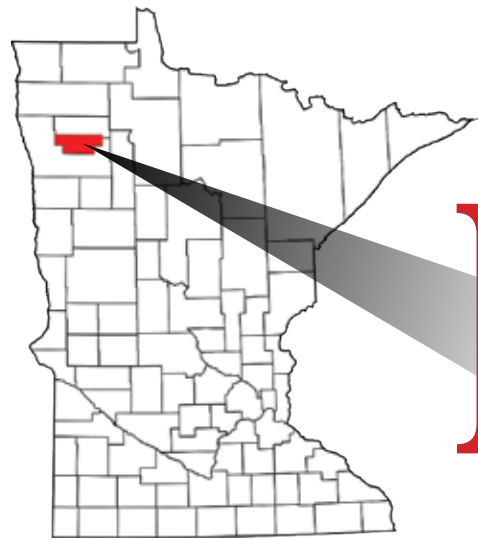




Red Lake County

HERALD



Vol. 111, Number 23

www.TriCoCanary.com

Wednesday, January 18, 2023



Pictured above: Employees at the Red Lake Falls Altoz plant stand beside the first zero-turn lawn mower to come off the production line. The new building is 75,000 square feet.

First zero-turn mower comes off production line at newly expanded Altoz facility

Altoz held a celebration for the first zero-turn mower coming off the production line at their newly expanded facility in Red Lake Falls, MN. Mayor Allen Bertilrud, Owners Dennis and Terri Brazier, along with company staff erupted into applause as the TRX tracked zero-turn mower was the first to roll off the production line. As production ramps up, the company will increase hiring efforts at the Red Lake Falls facility.

The new 75,000 square-foot production facility is up and running as work continues to complete the \$15 million first phase of the project. "When you look at the size of this building and everything that has gone into it since our groundbreaking in early May, it is amazing the amount of work that has been accomplished. We thank everyone involved for their efforts to achieve this," said Mike Hugg, Director of Operations.

"As we expand our product offerings into multi-seasonal

equipment, this new state-of-the-art facility allows us to increase production to meet our current and future year-round demand," said Karl Bjorkman, Director of Sales and Marketing.

The building is one of the largest, if not the largest, in the city of Red Lake Falls. 23,000 yards of material were moved to prepare the building site. 2,600 yards of concrete, 42 miles of rebar and over 150,000 fasteners were used to construct the building.

Based in Greenbush, Minnesota, Altoz is an outdoor power equipment company built by an experienced team of engineering specialists, industry professionals and powersports industry leaders. Altoz is inspired by a passion for excellence, engineering unique and differentiated products capable of accomplishing tasks more safely and efficiently. Find the latest Altoz innovations at Altoz.com.



The next generation of riders in Red Lake County



Pictured above are young snowmobile enthusiasts who completed snowmobile safety. Back row: Judah Merseeth, Andrew Merseeth, Benji Bramer, Brody Hammer, Gabe Paskavan. Middle row: Erik Preuss, Anders Awalt, Karson Kainz, Tristen Byrd, Axl Page, Keegan Lessard, Caleb Paskavan. Front row: Enoch Merseeth, Camden Busse, Gabe Paulson.

Pictured below: Instruction is given ahead of the driving portion of snowmobile safety.



Essentia Health among top-performing health care systems in Minnesota

Essentia Health is one of the top-performing health care systems in the state, according to the latest Minnesota Health Care Quality Report from Minnesota Community Measurement (MNCM), a statewide resource for timely, comparable information on health care quality, costs and equity.

Essentia scored significantly above statewide averages on 13 of 21 eligible clinical-quality measures for 2021. We are one of two organizations attaining high-performing status in 13 measures, which is tops in the state.

This is the fourth consecutive MNCM report in which Essentia earned the high-performing designation. The annual report features comparative data on medical group and clinic-level performance on key measures as well as statewide results.

"These are great results," says Dr. Gratia Pitcher, Essentia's chief quality and patient safety officer. "They truly demonstrate the collaboration and dedicated work of so many wonderful and excellent colleagues. It takes teamwork to achieve quality measures like these, and these results are a testament to all of Essentia's commitment to making that healthy difference in people's lives."

Essentia was ranked as high performing in the following categories:

Adolescent depression: Follow-up at 12 months.
Adolescent depression: Remission at 12 months.
Adolescent mental health and/or depression screening.
Adult depression: Follow-up at 12 months.
Adult depression: Remission at 12 months.
Colorectal cancer screening.
Optimal asthma control – adults.
Optimal asthma control – children.
Optimal diabetes care.
Optimal vascular care.
Breast cancer screening.
Controlling high blood pressure.

Diabetes eye exam.
To be a high performer, an organization must have rates significantly above the statewide average on at least 50% of the measures for which it was eligible. This year's report shows nine organizations reached that level, down one from the previous year.

"We are so excited about this and look forward to celebrating our success," says Dan Collins, Essentia's vice president of quality. "The improvements we've made in these measures in recent years makes an important statement about all of our colleagues – from the top down – on our commitment and dedication to providing the highest quality of care for our patients at Essentia."

Local Students named to MSUM Dean's List for Fall Semester

The following students have been named to the Minnesota State University Moorhead dean's list in recognition of academic achievement fall semester 2022. Students must maintain a 3.25 or higher grade-point average and carry 12 graded credits to qualify for the honor.

MSU Moorhead is a comprehensive university offering more than 130 majors, emphases and options, 14 graduate degree programs, 38 certificate options, and 16 areas of teacher licensure preparation. MSUM is a member of the Minnesota State system.

Bailee Burcham - Nursing
Win-E-Mac School, Winger
Peyton Casteel - Film Production

Lincoln Senior High School, Thief River Falls
Clara Girdler - Nursing
Lafayette High School, Red Lake Falls

Kaitlyn Hanson - Elementary Inclusive Education
Lincoln Senior High School, Thief River Falls

Morgan Hickerson - Exercise Science
Lincoln Senior High School, Thief River Falls

Rebecca Leier - Elementary Inclusive Education
Lincoln Senior High School, Thief River Falls

Alanah Mack - Social Work
Lincoln Senior High School, Thief River Falls

Katie Nelson - Elementary Inclusive Education
Lincoln Senior High School, Thief River Falls
Alex Nomeland - Social Studies

Lincoln Senior High School, Thief River Falls
Brady Olson - Exercise Science

Lincoln Senior High School, Thief River Falls
Noah Ostenaar - Business Administration

Win-E-Mac School, Erskine
Leah Peterson - Elementary Inclusive Education

Red Lake County Central, Oklee
Aries Qualey - Computer Science

Win-E-Mac School, Erskine
Andrew Selvig - Computer Science

Lincoln Senior High School, Thief River Falls
Leah Sorvig - Speech/Lan-

guage/Hearing Science
Lincoln Senior High School, Red Lake Falls

Savahanna Svalen - Elementary Inclusive Education
Win-E-Mac School, McIntosh

Ethan Thompson - Social Work, Red Lake County Central, Gully

Mia Thompson - Speech/Language/Hearing Science
Win-E-Mac School, Mentor

Addison Whitlow - Physical Education, Health Education, Developmental Adapted Physical Education

Lincoln Senior High School, Thief River Falls

Ivy Wiggs - Speech/Language/Hearing Science
Lincoln Senior High School, Saint Hilaire

ISD 2906 looks for new bids

The first round of bids for the school referendum were uncompetitive in several of the work scopes. Due to this, they were high and not accepted, so RLCC ISD 2906 is in the process of developing another set of bid specifications to go out by March with construction to begin in the Fall of 2023 and be completed by September of 2024.

Calendar of Events

Wed, Jan. 18:

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

Thu, Jan. 19:

-11:30 a.m. Senior Meals delivered – Call to order.

Fri, Jan. 20:

-Noon deadline for Oklee Herald news.

Sat, Jan. 21:

-Support your local business – Shop Locally!

Sun, Jan. 22:

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

Mon, Jan. 23:

-11:30 a.m. Senior Meals delivered – Call to order.

Tue, Jan. 24:

-11:30 a.m. Senior Meals delivered – Call to order.

Church news

OKLEE LUTHERAN PARISH

Zion and Salem
Pastor Linda Molitor
 Wed, Jan. 18: No confirmation. 6:30 p.m. Chimes. 7:00 p.m.
 Sun, Jan. 22:
 Wed, Jan. 25: 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
 Sun, Jan. 22: 9:00 a.m. Worship at Immanuel, 10:15 a.m. Sunday School at Immanuel. 7:00 p.m. Worship at Ebenezer.

GOODRIDGE AREA LUTHERAN PARISH

Bethany-Ekelund-Faith
 Wed, Jan. 18: 12:20 p.m. Release Time.
 Sun, Jan. 22: 8:00 a.m. Faith Worship. 9:30 a.m. Bethany Worship. 11:00 a.m. Ekelund Worship.
 Mon, Jan. 23: 9:00 a.m. – 2:00 p.m. Faith Quilting.

Oklee Senior Site Dining

January 23-27

Congregate meals served in the Cafe.

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.

Monday: Biscuits & gravy, sausage patty, hard boiled egg, yogurt and milk.

Tuesday: Wild rice soup, ham & cheese sandwich, fruit, milk and cookie.

Wednesday: Country fried steak, mashed potatoes, gravy, green beans, dinner roll, milk and dessert.

Thursday: Lasagna, sm. salad, garlic toast, milk and pudding.

Friday: Hot beef sandwich, mashed potatoes, gravy, peas, milk and dessert.

Deadline: Fridays at noon!

CLEARWATER LUTHERAN PARISH

Mt. Olive – Nazareth Oak Park – St. Petri
Pastor Jeff Merseeth
 Wed, Jan. 18: 5:00-7:00 p.m. Wednesday School. 6:30 p.m. Vespers. 7:00 p.m. LYS.
 Sat, Jan. 21: 9:00 a.m. Mt. Olive.

Sun, Jan. 22: 8:00 a.m. St. Petri, 9:15 SS. 9:45 a.m. Oak Park, 8:45 SS. 11:00 a.m. Nazareth, 10:00 SS.
 Find services and past sermons at www.facebook.com/clearwaterlutheranparish

NEW JOURNEY CHURCH Jarred LeBon, Pastor

Tyler Stynsberg, Assoc. Pastor
www.newjourneyfosston.com
 Wed, Jan. 18: 6:30 p.m. Youth Group.
 Sun, Jan. 22: 9:00 a.m. Sunday School. 10:00 a.m. Worship.
 Tue, Jan. 24: 9:30 a.m. Ladies Devotions.
 Wed, Jan. 25: 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH

Bethany * Lund Sand Valley Dawn Hanson, Lay Minister
 Wed, Jan. 18: 6:30 p.m. Confirmation at Lund.
 Sun, Jan. 22: 10:30 a.m. Worship at Bethany. Annual meeting to follow.
 Wed, Jan. 25: 6:30 p.m. Confirmation at Lund.
 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.

Sudoku Solution

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

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Children of St Francis Xavier Sunday School put on a Christmas Program for the congregation. Photo submitted by Janet Halvorson.

Oklee MOONLIGHTERS SNOWMOBILE CLUB
56th SAFARI RIDE / FAMILY DAY
 ~ SATURDAY ~
January 21, 2023 Meet at Noon; Leave at 1:00 pm
 at **T.J.'s Tavern, Oklee, MN**
 Join us for a Ride Return to Oklee by 6:00 pm ~ Music to follow ~

KURTIS ELLEFSON
 RED LAKE COUNTY VETERAN SERVICE OFFICER
218-689-8587
1-888-LINKVET
 Email: kellefsoncvso@hotmail.com

Red Lake County Sheriff Weekly News Release

On the morning of 01/06/23, Justin Joe Anderson (41) of Red Lake Falls was arrested in Red Lake Falls. He was taken to the jail in Crookston and booked for violating the terms of his supervised probation. Mr. Anderson was released from custody on 01/09/23.

On the afternoon of 01/06/23, the Red Lake County Sheriff's Office received a report of an individual receiving threats over social media. That matter is still under investigation.

On the afternoon of 01/07/23, Red Lake County law enforcement and the Plummer Fire Department responded to a vehicle fire at a residence in Emdarville Township. The involved vehicle was severely damaged, but there were no injuries.

On the morning of 01/08/23, a deputy located a vehicle in

the ditch along CR. #1 east of Plummer. There was no damage to the vehicle and nobody was injured. The vehicle was removed from the ditch by the owners.

On the evening of 01/08/23, Daniel Peter Frith (35) of Devils Lake, ND was cited for speeding on CR. #1 east of Red Lake Falls.

On 01/09/23, the Beltrami County Sheriff's Office reported they had arrested Chantell Marie Roan Eagle (31) of Ponemah. Red Lake County held an active misdemeanor warrant for her arrest. A Red Lake County deputy transported her to the jail in Crookston. She appeared in Court in Crookston on 01/10/23 and was released from custody.

Mitch Bernstein, Red Lake County Sheriff: 01/12/23

Statepoint Crossword "THE GRAMMYS"

- ACROSS
- Spencer of Hollywood's Golden Age
 - Eyeball, e.g.
 - "Tosca" song, e.g.
 - Theater passage
 - Bovine call
 - "_____ came a spider..."
 - *Univision's _____ Grammy Awards
 - Barley bristle
 - Turning token taker
 - *President with a Grammy
 - Diabolical
 - Sold at the pump
 - Russian monarch
 - Back of a boat
 - *"Shallow," 2018 recipient from "A _____ Is Born" movie
 - *Camila Cabello and Ed Sheeran's nominated song
 - College dwelling
 - Footnote note
 - Shade of violet
 - Huron's neighbor
 - Head of the abbey
 - Done in a pot
 - City in Bolivia
 - Not manual
 - Mend, healthwise
 - Eye cover
 - Egghead
 - Four quarters
 - Dog in yoga
 - Triple _____
 - *_____.com Arena
 - *"Vegas" and "Woman" nominee (2 words)
 - Unit of electrical energy
 - Hoover's agency, acr.
 - Discompose
 - Shade of yellow
 - I in T.G.I.F.
 - Small, olive-gray bird
 - "Cheers" regular
 - Inquire
 - Open up DOWN
 - Bath powder
 - Iranian coin
 - _____ Spumante
 - Be needy
 - Gossipy ones
 - Arabian Peninsula country
 - Column's counterpart
 - Holiday surprise for employee

- Palo _____, CA
- Agitate
- Inwardly
- *1970 two-time winner "The _____ of Aquarius"
- Hindu retreat
- Ancient Rome's neighbor
- Nail a criminal
- Popular newspaper name
- *"30" performer
- Pillage
- Beef _____, dim sum choice
- *"Don't Shut Me Down" group
- Alan Alda's classic TV show
- Type of hawk
- Type of flu
- Multi-colored dog coat
- One of three square ones
- Shower with affection
- Human trunk
- Sliding fastener
- Part of "i"
- Past-life experience? (2 words)
- Capital of Bulgaria
- Airbnb option
- Chanel of fashion
- German industrial valley
- Big Bang's original matter
- Disc, alt. sp.
- Popular dieter's foe
- Between ports
- Chris Hemsworth's superhero
- *Award-winning Bon Jovi's lead singer
- *Coldplay's collaborators

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BROOKS COMMUNITY HOMES

in Brooks, MN is accepting applications for one bedroom apartments available soon. Criminal background check is required. Heat, w/s, electricity, and trash removal are all included in rent. We accept HUD vouchers. Call Reinette 218-465-4411. Equal Housing Opportunity.



PLUMMER HOUSING / DUPLEXES & 8-PLEX

in Plummer, MN, are accepting applications for a one bedroom duplex apartment and two bedroom apartments in our 8-Plex. We also have handicapped apartments available for rent. All utilities included. Within walking distance of school, bank, post office, and church. R/A & HUD available for qualified applicants. Call Reinette at (218) 465-4411. Equal Housing Opportunity.

TRF Quilters Guild meets next week

The TRF Quilters Guild will meet at 7:00 p.m. on Tuesday, January 24th at the Evangelical Free Church at 211 Arnold Ave. N, Thief River Falls. Use the back or west entrance.

A short business meeting will be held followed by a program to show a new pattern or technique. Sew and Tell will follow the program. Guests are welcome and membership is only \$15 per year. Email trfquiltguild@gmail.com with any questions.

1X2

Sounds like multiplication?

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

Oklee Herald

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**Winner of Honorable Mention for General Excellence, Minnesota Newspaper Ass'n., 1962.

**Winner 1st place Typographic 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.

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MUSTANG STAMPEDE

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.

Oklee

Monday: Breakfast: Biscuit and gravy, cereal, fruit, juice, and milk. Lunch: Hamburger or pizza patty, hash brown patty, baked beans, fruit, and milk.

Tuesday: Breakfast: Waffles, cereal, fruit, juice, and milk. Lunch: Tomato soup, grilled cheese, vegetable, fruit, and milk.

Wednesday: Breakfast: Cereal, toast, fruit, juice, and milk. Lunch: Chicken fajita, Spanish rice, refried beans, fruit, and milk.

Thursday: Breakfast: Apple turnover, cereal, fruit, juice, and milk. Lunch: Pork fritters, mashed potatoes with butter, vegetable, fruit, and milk.

Friday: Breakfast: Cinnamon roll, cereal, fruit, juice, and milk. Lunch: Pulled pork or BBQ chicken, baked beans, chips, fruit, and milk.

Plummer

Monday: Breakfast: Pop tarts, string cheese, cereal, fruit, juice, and milk. Lunch: Chicken patty on a bun, fries, vegetable, fruit, and milk.

Tuesday: Breakfast: French toast bread, cereal, toast, fruit, juice, and milk. Lunch: Hamburger Mac Hotdish, dinner roll, green beans, fruit, and milk.

Wednesday: Breakfast: Sausage, boiled egg, cereal, fruit, juice, and milk. Lunch: Fish on a bun, gold fish crackers, peas, fruit, and milk.

Thursday: Breakfast: Waffles, cereal, fruit, juice, and milk. Lunch: Chicken alfredo, garlic toast, broccoli, fruit, and milk.

Friday: Breakfast: Cinnamon roll, fruit, juice, and milk. Lunch: Pizza, vegetable, fruit, and milk.

SCHOOL EVENTS

Jan 25

Student Senate recycles (11th/9th/7th)

Jan 27

One Act Play

RLCC Sports Schedules

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

Friday, Jan 20

Basketball: Girls JH Game 4:30PM vs. Win-E-Mac @ Plummer

Basketball: Boys C Game 5:00PM, JV 6:00PM, Varsity 7:30PM @ Win-E-Mac High School

Basketball: Girls JV Game 6:00PM, Varsity 7:30PM @ Sacred Heart High School

Monday, Jan 23

Basketball: Boys JH Game 4:30PM vs. Win-E-Mac @ Plummer

Tuesday, Jan 24
Basketball: Girls JH Game 4:30PM @ Sacred Heart High School

Basketball: Boys JV Game 6:00PM, Varsity 7:30PM vs. Kittson County Central @ Plummer

Thursday, Jan 26

Basketball: Girls JH Game 4:30PM vs. Clearbrook-Gonvick Bears @ Oklee

Basketball: Boys C Game 5:00PM, JV 6:00PM, Varsity 7:30PM @ Roseau High School

Basketball: Girls JV Game 6:00PM, Varsity 7:30PM @ Cass Lake-Bena High School

Mustangs end their week by Stampeding the Ponies of WAO

By Dylan Gerardy and Mr. Kory Baril

On Monday, January 9th the RLCC Mustangs hosted the Chargers of Goodridge-Grygla in Plummer. Our JV team was in a tough battle for most of the night, going into halftime down by 4. But our young Mustangs would fight back to obtain the lead with around 11 seconds to go in the game. With one second left on the clock the Chargers fired off an unbalanced prayer from beyond the arc, which was answered. The Chargers won by a score of 34 to 33. The Varsity contest started out as a defensive battle with both teams struggling to score. As the game went on the shots began to fall for the Chargers but the Mustangs' struggle continued for most of the evening. In the end, the Chargers came out on top 48 to 33. Marissa Thomas had 11 points that night. Jamie Flatgard had 7 points, and Shawna Majeres had 6 points. Caitlyn Jacobson led the Chargers with 20 points.

Tuesday, January 10th, our Mustangs traveled to Red Lake Falls to take on the Lafayette Eagles. Our JV team was in a tough battle for most of the game. After one half of basketball the Eagles were up 26 to 21. The second half was conceded by RLF due to having a low number of players. The JV Mustangs extend their record to 7-4 on the season. The Varsity Mustangs fired out the gate at the start of the game and were leading the Eagles going into halftime, with a score of 30- 21. In the second half, RLF made some offensive adjustments and battled their way into the lead. As the final buzzer sounded the scoreboard read 66 to 50 in favor of the Eagles. Shawna Majeres led the Mustangs with 13 points.

Quinn Graves had 11 points. Paige Olson had 8 points, and Carlee Whalen had 8 points and 3 assists. Gabby Casavan led the Eagles with 23 points followed by Alexis Swendra with 17 points.

The Mustangs ended their week at Warren to take on the Ponies. The JV Mustangs were in for a battle against the Ponies and went into half-time down by 8 points. Then our JV Mustangs fought their way back into the game in the second half and took the lead. As the final buzzer sounded, the scoreboard read 32 to 29 in favor of our Mustangs! The Mustangs were led in scoring by freshman McKaelyn Frizzle (11) and junior Jennifer Johnson (9). The Varsity Mustangs came ready to rock last night and took an early lead at 17 to 14. In the second half things got close as the Ponies turned on their full court pressure, but our Mustangs would hold their lead. In the end our Mustangs stampeded to victory by a score of 48 to 38! Quinn Graves led the Mustangs with 9 points. Arielle Rude and Marissa Thomas would both score 8 points. Carlee Whalen and Shawna Majeres both scored 7 points. Leading the Ponies' score was Annie Peterson and Hannah Pederson both scoring 9 points.

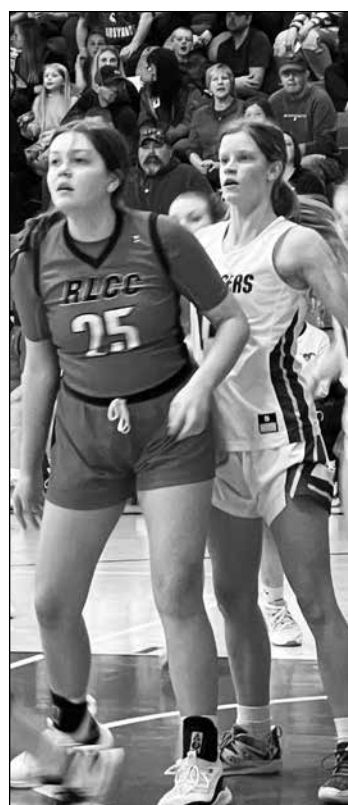
After playing WEM Patriots in Oklee on Monday January 16th, and the Northern Freeze on January 17th. The Mustangs travel to Sacred Heart on Friday, January 20th, 2023. On January 26th, the Mustangs will travel to Cass Lake Bena to take on the Cougars, and finish the week hosting WAO Ponies in Plummer on Friday, January 27th, 2023 as a make-up game. The Mustangs are coached by Mr. Mitch Bernstein, Mr. Kory Baril, and Mr. Paul Nelson.



Young Mustangs stand beside the Varsity players during the National Anthem. During half-time of the Varsity game a scrimmage was played between the 5th grade teams from RLCC and Goodridge-Grygla.



Pictured above are the senior members of the Red Lake County Central Mustang basketball team on Senior Night. Back Row L-R: Carlee Whalen, Shawna Majeres and Marissa Thomas. Front Row L-R: Arielle Rude, Paige Olson and Payton Rystad.



Quinn Graves looks for the ball in the game against the Chargers of Goodridge-Grygla. The Mustangs were defeated by the Chargers.

Rebel Hoopster Report

By Lilian Hager and Carly Vetteson

On January 9th, 2023, the Rebel boys played at Sacred Heart. The boys played hard, but at the end of the night, the score was 69-50 in favor of the Sacred Heart Eagles. By the end of the night, Gerald Melin had 12 points and three assists, Conner Duden with 12 points, John Powers had 9 points and Owen Chervestad with five assists.

The Rebel boys traveled to Clearbrook on January 10th, 2023, to play the Clearbrook Bears the game ended 82-42 in favor of our Rebel boys. John Powers had a great game his

end score was 18 points and six three-pointers and two assists. John Powers was player of the game. Conner Duden had 18 points and eight assists, and Gerald Melin had 15 points and three assists.

After playing the East Grand Forks Greenwave on January 17th in Plummer, the Rebels will travel to Win-E-Mac to take on the Patriots on January 20, 2023. The Rebels will host Kittson County Central in Plummer on January 24th and will travel to Roseau on the 26th. The Rebels are coached by Mr. Steve Philion, Mr. Randy Huie, and Mr. Pete Hagl.

One Act Play Competition

On Friday, January 27th, the Red Lake County Central One-Act will travel to Bagley to compete in subsection with their performance of You're Driving Me Crazy by Todd Wallinger. The Competition

starts at 4:30 in the Bagley High School Theater. Look for more information in next week's Mustang Stampede. Red Lake County Central High School's drama department is led by Mr. Tyrell Hamrum.



Students go over lines for the One Act Play competition coming up the end of January.

Speech starts at RLCC

Red Lake County Rebels Speech Practice started on January 3rd. The first meet will be January 28th in Fergus Falls. On February 4th, the team will travel to Dilworth Glyndon Felton, and on February 11th, the team will host a speech meet at RLCCHS.



Brielle Reinbold took 1st place at the school spelling bee last week.



Isabelle Paradis placed 2nd at the RLCC spelling bee.

Reinbold and Paradis excell at Spelling



Pictured above: Students who placed highly in the spelling bee were given certificates. Pictured below: Brielle Reinbold works on spelling her winning word, "cottonwood". Plummer Lions and Lions Too also made a donation to the winners.



Oklee Herald Early Files

Eighty Years Ago January 9, 1943

Harold Lerohl, Miss Adella and Harold Lindquist left here Monday to resume their studies at Moorhead.

Selmer A. Walhaug of Oklee was one of several hundred students who received degrees at fall quarter commencement exercises of the U of M on December 19th. Mr. Walhaug was given a Master of Arts degree by the graduate school.

Guests at the Amund Lintvety home New Year's day were Mary Gunderson, Rolf Hofstad, Edwin Lande, and Gunder Gunderson families and Knute and Gunder Lintvet.

Seventy Years Ago January 11, 1953

On January 4th, Wabasso met the Bobcats on our own floor and showed why they are unbeaten in conference play by downing Oklee by a score of 51 to 38.

Red Lake County will send 18 youths to Fargo for pre-induction examinations Friday. Four men are to be drafted Jan. 28 according to the selective service board.

Sixty Years Ago January 12, 1963

Dr. Ralph Heiser, dentist, announced this week that he will open a practice in the Oklee clinic building January 20th.

Mr. and Mrs. Omer Lambert of Oklee were presented a Gold Medalion by the Otter

Tail Power Company. The national award is made to all of Otter Tail's customers who live in a total electric home. The Lambert home is heated electrically and all other appliances in the home are operated by electricity.

New Year's Day guests at the George Fournier home were Mr. and Mrs. Donald Fournier and family of Oklee, Mr. and Mrs. Harvey Grandbois and Mr. and Mrs. Ozias Payment of Red Lake Falls.

Herbert bussed a group of children to Chester Hills for skiing and tobogganing Sunday. They were Crystal, Arden, Vincent and Arlene Lundeen and Ramona Chervestad.

Mrs. Henry Falardeau was honored at a birthday party Monday evening with many guests attending.

Oklee defeated the Plummer Cardinals here Saturday night by the score of 33-31.

Fifty Years Ago January 14, 1973

It took three hours to travel to Remer for the match there Saturday, but it took very little time to dispose of the Eagles Wrestling squad as the Bobcats scored their first shutout ever with a 54-0.

Ed Bernier of Oklee was the winner of a snowmobile given away in a drawing in Thief River Falls last week.

Forty Years Ago January 15, 1983

Mr. and Mrs. Orvis Mosses-tad entertained for supper at their home Monday, January 5th in honor of their son Dale.

On January 4th, Mr. and Mrs. Ray Capp, Patrick and Kathy went to Williams to help their son, Jeff, celebrate his 21st birthday.

Thirty Years Ago January 16, 1993

Oklee High School's One Act Play is ready for competition.

A birthday celebration honoring Grace McManus and Alice Lindquist was held at the Marvin Bronken home last week.

Twenty Years Ago January 11, 2003

Monica Stephens and Markie Schindler of Red Lake Falls visited Saturday with Frances Schiefert who is in the C & C unit at TRF.

Two snowmobiles were stolen, one from the Brooks area and one from Oklee. The Red Lake County Sheriff department is investigating.

Ten Years Ago January 12, 2013

The Annual Snowmobile Safari was held January 15th.

There were four students on Saturday earning their snowmobile license. First, they had the written test and afterwards the driving test.

November Elementary Students of the Month were Derek Peterson and Katie Olson.

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 open on Mondays. If the menu isn't in the paper, please call the Café to find out what is being served.

Congregate Meals:

Since we don't have people to set up for Congregate meal in the site, if you want to eat in the café instead of having the meal delivered, let the Café know when you order your meal.

Puzzler's Corner

There are several seniors that enjoy doing puzzles. And we have quite a few now for people to sign out to enjoy.

This will be a sharing project and if you have a puzzle you want to share, please donate it to the Senior Site.

Activity Dates To Remember

Bingo is on Tuesdays or Thursdays at 2 p.m. If not enough people for Bingo, there will games to play instead. Rummikub/Rummy-O or suggest a game. Call the Senior Site to check if games will be played. Jo will call regular players if it gets canceled due to weather, or other reasons.

Wednesday: Cards at 1:30 p.m.

Minnesota Trivia

1: What Great Lake ship is permanently docked near

the Entertainment Convention Center in Duluth?

2: Bemidji is a Chippewa word with what meaning?

3: What Minnesota town has a fifteen-foot statue of a pelican, the largest in the world?

4: The name Minneapolis comes from what two languages?

5: What city was known as the "wickedest city in the world" in the late 1800s?

Answers: 1: The William A Irvin. 2: Lake with river flowing through. 3: Pelican Rapids. 4: Sioux (minne means water) and Greek (polis means city). 5: Moorhead.

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

Have a great week!

Plummer News

By Alice Jobe 218-465-4402

On the weekend of the 7th and 8th, Mike and Sandy Greenwald went to Jamestown and watched their grandson, Caleb play basketball along with daughter Cheryl and husband

Jeremy Schiele. Also, their daughter Sheena Buckhouse and family from South Dakota. While out there they visited their daughter Patty Glennon.

On Thursday December 29th, Anne Traxler's guest for Christmas dinner was daughter Nancy Olson, daughter Karen, Will and Xander Carter from Buffton, South Carolina. Also, son Bob, Brody, Brielle Traxler and Haley Smeby. Also, siblings Harold and Elaine Skreland from the Cities and Gloria and Bill Niswanger from Walker, MN. Also, Marian and Don Schiller from Grand Forks.

Linda Hemly's retirement party was on Friday, the 6th from 1 – 4 p.m. She had been

with the banking industry for 45 years. They served doughnuts, cookies and coffee.

The Lions and Lions Too had their Christmas supper and party Saturday night, the 7th, at the Plummer Hall.

Saturday evening, a retirement supper party was held at the Legion for Linda Hemly with some of her siblings attending.

Lorna Jesme of Thief River Falls and daughter Cindy, from Sydney, Montana, attended the retirement party for Linda Hemly at Ultima Bank on January 6th. Also attending were Melvin and Peggy Hesse, Glenyce Eskeli and Bruce Eskeli, Wavell Sorenson and Alice Jobe. Gary Brantl of Thief River Falls also came.

Wednesday afternoon, I finally got my skis out and went for a while along the ditch. The groomer had gone earlier so it

was good going. I've had these skis many years and the skier and the skis should both hang it up. But while I can, I will continue.

I guess, compared to North Dakota, and other areas, we don't have much snow. What is in store for us the next few weeks, we can only guess.

I have been busy doing a 1,000-piece puzzle again. It has been so enjoyable. Jigsaw puzzles are very common around the town during the winter. If you're looking for something to help pass the winter hours, try a puzzle. One good thing is you'll watch less TV.

On TV lately, they showed a two-legged fox from England who got around really well. I don't know if he lost his hind legs or was born that way. It's strange, anyway.

Have a good week. Stay safe!

Brooks - Terrebonne News

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

Today is a holiday, Martin Luther King Day. I remember the shock across the nation when he was brought down by a bullet on the balcony in Memphis. It was a sad day, and it reverberated through the population for years. We honor him for his efforts on behalf of the people who were treated unequally because of their station in life, or the color of their skin.

On Friday we were visited by our grandson Ian Ellenson who was on his way home to Warroad from college in Grand Forks on MLK holiday weekend. He stayed to visit for about two hours and then proceeded to go back to Warroad. It was good to visit with him.

News came that Mae Wicherman of Champlin died this past week. She will be missed by her brothers Clarence Gagner, Rolland Gagner of Erskine, and Poncho Gagner of Brooks. Mae was 96 years old. God rest her soul in peace. Our sympathy goes out to the entire family in her passing.

Sherman Plante also has passed away in the past week. He was a great father, grandpa, and friend to many. His family is very large and many

of his grandchildren grew up in the area and live here. Our sympathy and love goes out to all of them during this trying time. God rest his soul in peace.

On a happier note, we wish Brooklyn and Harper Morinville, a Happy Birthday last week. They celebrated with Joyce and Perry Morinville, their grandparents. They are visiting with Joyce and Perry while their parents went off for a winter holiday. They had dotting grandma and Grandpa giving them a great time for their birthday. As you probably have guessed they are twins and are 8 years old.

I was emailed by an old friend from 60 years ago and was surprised by all the news she gave me about my old hometown. She also told me about the deaths of some of my friends who I went to school with and rode the bus with. Yes, we had busses then. It was pleasant to walk down memory lane with her email. Sometimes we forget the old memories and live in the time we are in, but it is okay to go back and revisit the old days. I have many great memories of the people we lived with in the good old days. Being a

people person who likes to talk to everyone, it is fun to bring back the old memories.

It looks like the Vikes lost the game on Sunday. Sorry for that. It would have been nice to see them in the Super Bowl and to win it. We could use that in our state for a boost. I know that many were watching and cheering them on Sunday. It seemed that everyone was trying to keep up with the score even when they were busy with other activities. Maybe next year.

Have a great week all. Smile at someone especially if that person has a scowl on his/her face, it will improve your day and the other person's day. Plant a tree.

Crossword Solution

TRACY	ORB	ARIA
ATISLE	MOO	ALONG
LATIN	AWN	STILE
CLINTON	UNHOLY	
	GAS	TSAR
AFT	STAR	BAMBAM
DORM	IBID	MAUVE
ERIE	ABBOT	STIR
LAPAZ	AUTO	HEAL
EYELID	NERD	ONE
	POSE	SEC
CRYPTO	DOJACAT	
JOULE	FBI	ABASH
OUCHER	ITS	VIREO
NORM	ASK	UNBAR

Public Health Points for January

Winter Walking

The onset of cold weather can make us want to cozy up indoors and embrace a more sedentary season. However, the need for physical activity does not disappear with the warmth.

Week 1: Find a walking routine

- Convenience is key. Finding an easy and convenient way to include walking into your daily life will make getting your physical activity in more attainable and sustainable.

- Any time is better than no time. 150 minutes might seem like a lot. Break it down into smaller daily increments, like five 30-minute walks a week. Do not discount the value of a short 10-minute walk. Those minutes add up

Week 2: Walk outdoors safely

- Plan ahead.
- Check the weather before heading out for a walk and plan your route and gear accordingly. Sometimes, it may be wisest to stay indoors.
- Allow for extra transpor-

tation time. Slower is safer, especially with icy surfaces.

- Stick to designated walkways as much as possible.

- When entering a building, take care to remove snow and water from shoes to avoid slipping.

- Dress appropriately.
- Dress in layers.
- Wear flat footwear with good traction.

- Cover areas prone to frostbite including hands and ears.
- Wear bright and/or reflective clothing to increase your visibility to others

- Wrapping a scarf around your nose and mouth can prevent freezing air from agitating the lungs. Faces masks for COVID prevention can protect your lungs and keep your face warm, too.

- Walk like a penguin.
- Take shorter steps at a slower pace to avoid slipping risk and allow for increased reaction time.

- Keep hands out of pockets and avoid carrying items that hinder your balance or arm movements.

- Do not text or scroll on cell phones while winter walking.

- If a fall should occur, try to prevent serious injury using the following tips:

- Aim to hit the ground with the thigh, hip, then shoulder.

- Prioritize protecting your head from hitting the ground.

- Do not brace yourself with outstretched arms.

Week 3: Beyond the physical benefits

- Opportunity for social connection.

- Improve mental health and wellbeing.

- Stay energized and improve focus.

- Reduce risk of cognitive impairment.

Week 4: Accessible winter walking

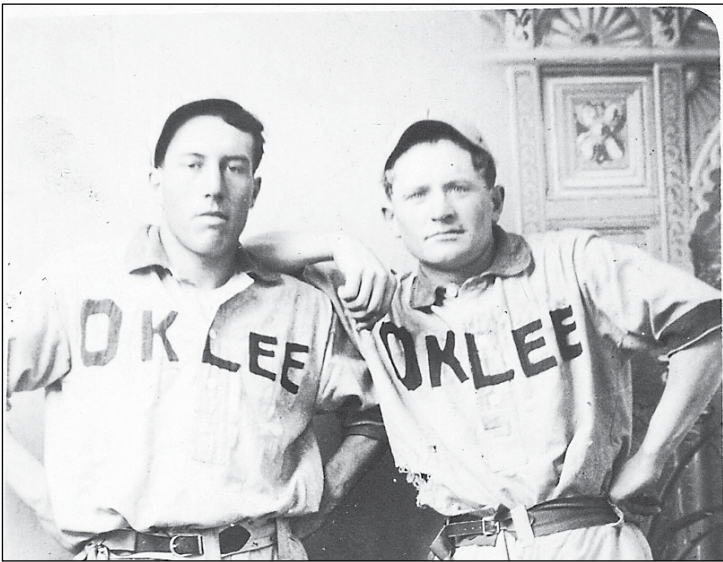
- Find indoor winter walking options.

- Use mobility devices. A walking stick, ski poles, or a cane with a retractable ice pick on the bottom can help with balance while walking in the winter.

- Seek out programs and support. Connecting with a friend, colleague, family member or program for support might help you get started or maintain your winter walking goals.



Who's Dat?



Who's Dat?

This week's photo is of two baseball players from Oklee.

Last week's photo was of Glen and Lillian Tasa and family.

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.



Oklee Centennial Cookbook Recipe Corner - Page 46

Pasta Fagirole Ellen (Hanson) Overbo

1 lb ground beef
1 cup diced onion
1 cup julienne carrot
1 cup chopped celery
2 cloves garlic, minced
2 (14.5 oz) cans diced tomatoes
1 (15 oz) can kidney beans and liquid
1 (15 oz) can Great Northern beans and liquid
1 (12 oz) can V-8 juice
1 Tbsp white vinegar
1-1/2 tsp salt
1 tsp oregano
1 tsp basil
1/2 tsp Pepper
1/2 tsp thyme
1/2 lb diitali pasta or rings, cooked and rinsed

Brown meat; add onions, carrot, celery, and garlic, Sautee for 10 minutes. Add other ingredients, except pasta. Simmer 50 minutes. Add pasta. Simmer 5 to 10 minutes more. For thinner soup, use less pasta.



Red Lake Falls Library

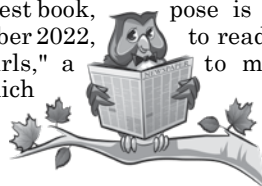
Minnesota author Jess Lourey is coming to Northwest Regional Library branches in February. Lourey is the author of the Murder by Month cozy mystery series set in the Battle Lake, MN area, among other titles. Her latest book, published in November 2022, is "The Quarry Girls," a thriller/mystery which takes place in the Saint Cloud area.

Lourey will give an author presentation in the public libraries from Monday through Thursday, February 13-16 at 6:30 pm: Feb. 13 in Thief River Falls, Feb. 14 in Hallock, Feb. 15 in Greenbush, and Feb. 16 in Roseau.

Lourey's visit is part of the

adult Winter Reading Program that occurs in the region throughout January, February and March. The Red Lake Falls program got underway on

January 17 and will run through March 18. The purpose is to encourage adults to read more and especially to make greater use of library materials and services. Adults can register for prizes by simply stopping by the RLF branch. Weekly prizes are "Let It Snow, I Have Books to Read" coffee mugs, and grand prizes are long-sleeved t-shirts with the same logo. All patrons aged 18 and over are welcome to participate.



Wednesday, January 18, 2023

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