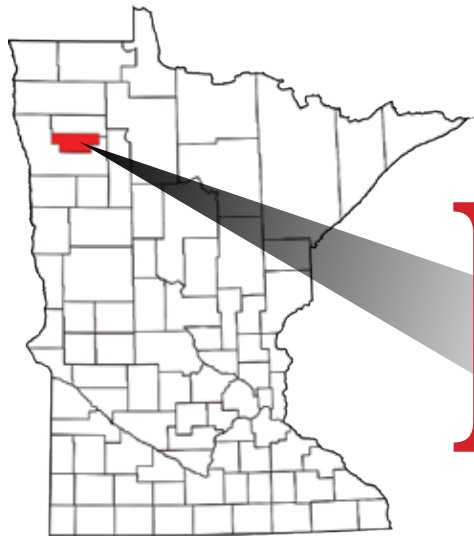




Red Lake County HERALD

Serving Oklee - Plummer - Brooks - Red Lake Falls

Vol. 111, Number 31

www.TriCoCanary.com

Wednesday, March 22, 2023

14th Annual Pinochle Classic held in Honor of Kevin Vettleson



Pictured above: Winners of the 14th Annual Kevin Vettleson Pinochle Classic Anita Vettleson and Lawrence Vettleson.

On Saturday, March 18th the 14th Annual Kevin Vettleson Pinochle Tournament was held in Plummer.

The tournament was started in memory of Kevin Vettleson, who passed away in 2010 after a courageous battle with cancer.

Each year since, the family and friends of Kevin have gathered for a day-long Pinochle tournament. The day is full of good food and prizes and even better company. The Plummer Hall is the location of the tournament and it is always full of people of all ages. Banners are hung with the names of previous winners, a sure motivator for entrants to play their best for a shot at ending up on the wall.

The tournament is also a fundraiser. An incredible sum of \$8,500 was raised during the Pinochle Classic. The chosen charity to receive the donation was Trails for Treatment. The organization is important to the family because the funds will make a difference locally. This is the largest donation made so far by the Kevin Vettleson Pinochle Classic.

After a full day of cards a King and Queen were crowned. Congratulations to Anita Vettleson and Lawrence Vettleson, who were the big winners this year.



Pictured above: Bean bag boards made by Walter Wood Works of Bemidji were one of the prizes given away at the Kevin Vettleson Pinochle Classic.



Pictured above: A large group of family and friends gathered at the Plummer Hall for the 14th Annual Kevin Vettleson Pinochle Classic.

Early detection catches stage three colorectal cancer for Essentia Health patient



Jessica Bye has always been active, whether she's enjoying the outdoors, playing volleyball or – her favorite pastime – cheering on her youngest at local sporting events.

When she started feeling unusually tired last spring, she figured it was probably due to her busy lifestyle as a single mom. But something also just felt “off.”

Jessica made an appointment with her primary care provider at the Essentia Health-South University Clinic. Nurse practitioner Joe Halvorson ran tests and ordered a computed tomography – or CT – scan.

The CT scan revealed a shadow in her colon, identified

as a sizable mass during a colonoscopy. A colonoscopy is a procedure in which a fiber-optic scope with a camera is inserted into the colon to look for polyps and other growths.

Despite not having a family history of cancer, 44-year-old Jessica was diagnosed with stage three colorectal cancer.

She immediately started chemotherapy and radiation treatments, followed by a colectomy, or bowel-resection surgery, in mid-August to remove the tumor and affected lymph nodes.

An ileostomy bag was created to help serve as a temporary part of her colon, followed by additional treatment to prevent

future growths.

This past January, Jessica's colon was reconnected – and she is cancer-free.

“I never even realized before this happened to me how crazy it is and how lucky I am that I got it diagnosed when I did,” emphasizes Jessica. “I mean, I could have waited for something to actually feel seriously wrong, as I felt like my symptoms were so easily explained.”

Jessica's main message to others is simple: “Go get your regular screenings. Don't ignore them. Don't ignore your body.”

From her chemotherapy nurses to her surgeon, Dr. David Stover, Jessica is thankful for the care she received at Essentia. About Halvorson, her primary care provider, she says, “He's the guy where it all started. I owe him big.”

Jessica continues her road to full recovery, remains in contact with the Essentia Health Cancer Center team and has a follow-up later this spring.

More about colorectal cancer

Outside of some skin cancers, colorectal cancer is the fourth-most common cancer in men and women and is the fourth-leading cause of cancer-related deaths in the United States, according to the Centers for Disease Control and Prevention.

March is Colorectal Cancer Awareness Month. It's the perfect opportunity to talk to your provider about any concerns

you may have or to schedule a screening.

Regular screenings, beginning at age 45, is the key to preventing colorectal cancer or detecting it at its most treatable stage. How often you should screen depends on the type of screening you choose. Talk with your primary care provider to determine what's best for you.

Colonoscopies are the most effective screening method, but there also are a pair of stool-based tests that can be done at home. These rely on examining stool-sample irregularities that may prompt a colonoscopy. Learn more about these tests at the Essentia Health website.

Minus the presence of polyps, and if there is no history of colon cancer, colonoscopies can occur every 10 years. At Essentia, we can schedule your colonoscopy promptly.

Calendar of Events

- Wed, Mar. 22:
 - 11:30 a.m. Senior Meals delivered – Call to order.
 - 7:00 p.m. Bingo at Plummer Legion.
- Thu, Mar. 16:
 - 11:30 a.m. Senior Meals delivered – Call to order.
- Fri, Mar. 17:
 - Noon deadline for Oklee Herald news.
- Sat, Mar. 18:
 - Support your local business – Shop Locally!
- Sun, Mar. 19:
 - Worship at the church – check inside for church times and places.
- Mon, Mar. 20:
 - 11:30 a.m. Senior Meals delivered – Call to order.
- Tue, Mar. 21:
 - 11:30 a.m. Senior Meals delivered – Call to order.
- Wed, Mar. 22:
 - 11:30 a.m. Senior Meals delivered – Call to order.
 - 7:00 p.m. Bingo at Plummer Legion.

Rep. Deb Kiel suffers stroke

CROOKSTON, MN — Rep. Deb Kiel, R-Crookston, issued the following statement:

“On Friday I was admitted to Region's hospital in Saint Paul after experiencing fatigue and dizziness at the State Office Building that morning. Tests determined that I suffered a minor stroke, and I remained hospitalized overnight for observation. I'm happy to report I was released Saturday evening and am now home in Crookston with my family.

“I will have additional tests over the coming days and hope to return to Saint Paul next week. In the meantime, my office is open for business and here to help with any constituent needs. I want to thank the excellent neurology team at Region's for their excellent care and quick work that likely saved me from any long-term effects as a result of the stroke.”

Weather Forecast

27° 4°	27° 13°	0° -33°	32° 17°
Wednesday Sunday	Thursday Monday	Friday Tuesday	Saturday Wednesday
32° 14°	30° 9°	29° 11°	36° 18°

Church news

OKLEE LUTHERAN PARISH

Zion and Salem

Pastor Linda Molitor

Wed, Mar. 22: 7:00 p.m. Lenten Service at Zion. 6:00 p.m. meal served. Chime Choir Practice.

Fri, Mar. 24: 5-7:00 p.m. Zion Fish Fry.

Sun, Mar. 26: 9:00 a.m. Zion, 10:30 a.m. SS. 10:30 a.m. Salem, 9:00 a.m. SS. 12:00 p.m. Zion Auction Sale.

Wed, Mar. 29: 7:00 p.m. Lenten Service at Salem. 6:00 p.m. meal served.

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

Wed, Mar. 22: Lenten Service TBD.

Sun, Mar. 26: 9:00 a.m. Worship at Ebenezer. 9:15 a.m. SS at Immanuel. 10:30 a.m. Worship at Immanuel.

GOODRIDGE AREA LUTHERAN PARISH

Bethany–Ekelund–Faith

Wed, Mar. 22: 12:20 p.m. Release Time.

Sun, Mar. 26: 11:00 a.m. Joint Worship at Faith.

Mon, Mar. 27: 9:00 a.m. – 2:00 p.m. Faith Quilting.

Wed, Mar. 29: 12:20 p.m. Release Time.

CLEARWATER

LUTHERAN PARISH

Mt. Olive – Nazareth

Oak Park – St. Petri

Pastor Jeff Merseith

Tues, Mar. 21: 6:30 p.m. St.

Petri Lenten Service.

Wed, Mar. 22: 5:00-6:00 p.m. Wednesday School. 6:00 p.m. Meal, 7:00 p.m. Lenten Service at Oak Park.

Thurs. Mar. 23: 5:00 p.m. Mt. Olive Lenten Service.

Sat, Mar. 25: 9:00 a.m. Mt. Olive.

Sun, Mar. 26: 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. Confirmation Questioning. Klub Dinner at Nazareth.

Tues, Mar. 28: 6:30 p.m. St. Petri Lenten Service.

Find services and past sermons at www.facebook.com/clearwaterlutheranparish

NEW JOURNEY CHURCH

Jarred LeBon, Pastor

Tyler Stynsberg,

Assoc. Pastor

www.newjourneyfosston.com

Wed, Mar. 22: 6:30 p.m. Youth Group.

Sun, Mar. 26: 9:00 a.m. Sunday School. 10:00 a.m. Worship. Tue, Mar. 28: 9:30 a.m. Ladies Devotions.

Wed, Mar. 29: 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH

Bethany * Lund

Sand Valley

Dawn Hanson,

Lay Minister

Wed, Mar. 22: Confirmation TBD. 7:00 p.m. Lenten Worship at Bethany.

Sun, Mar. 26: 9:00 a.m. Worship at Lund. 10:30 a.m. Worship at Sand Valley. 9:00 a.m. SS at Sand Valley.

Wed, Mar. 29: 5:30 p.m. Confirmation. 6:00 p.m. soup and sandwich at Sand Valley. 7:00 p.m. Lenten Service at Sand Valley.

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.

Red Lake County Commissioner's Minutes

Pursuant to adjournment of its last meeting, the Red Lake County Board of Commissioners duly met in regular session at the Courthouse in Red Lake Falls, MN on February 28, 2023 at 10:00 am.

CALL TO ORDER

Chairman Remick called the meeting to order. Commissioners present were Al Remick, Chuck Flage, Tony Gerardy and Ron Weiss. Others present were Kelsey Gervais, Kyle Thibert, Matt Swendra, Jeremy Johnson, Mike Lacoursiere, Mike Flaagan, and Angie Lundeen. The Pledge of Allegiance was recited.

APPROVAL OF AGENDA

Commissioner Flage moved, seconded by Commissioner Weiss and carried unanimously to approve the agenda.

HIGHWAY DEPARTMENT COMMENTS AND ANNOUNCEMENTS
County Highway Engineer Mike Flaagan met with the board to discuss the options for the upcoming joint highway project with the City of Red Lake Falls. Flaagan proposed a truck bypass to divert high speed traffic away from Hamilton Avenue and the elementary school. The board requested that Flaagan contact the current landowner of the proposed bypass before proceeding with a decision.

Flaagan also discussed the upcoming Brooks mill and overlay project that is scheduled to start in 2024. When the project is taking place, the City of Brooks would like to reconstruct a storm sewer that isn't draining properly. Flaagan mentioned that the Highway Department has enough state aid funds remaining to cover the cost of the additional work, although the City may need to pay for a portion of the new storm sewer.

Jeremy Johnson from the Highway Department met with the board to discuss the condition of the fuel dispensing system at the Red Lake Falls shop. The equipment is beginning to fail and will need to be replaced in the near future. The possibility of contracting with Red Lake County Co-op for fuel service instead of replacing the existing system was discussed. The board requested Red Lake County Co-op be contacted for pricing before a decision is made.

EXPENDITURES

Commissioner Flage moved, seconded by Commissioner Weiss and carried unanimously to approve the following expenditures for the period:

Vendor	Amount
Moore Engineering	\$9,690.00
6 payments	
less than \$2000	\$2,792.25
TOTAL	\$12,482.25

MINUTES

Commissioner Gerardy moved, seconded by Commissioner Flage

and carried unanimously to approve the minutes from the regular meeting February 28, 2023.

COMMITTEE REPORTS

The following commissioner/committee reports were shared:
Commissioner Meeting/Report
Gerardy Highway Department, Extension Service
Weiss Tri County Community Corrections, Red Lake Watershed District

Flage Intercounty Nursing, MRC
Remick Alluma

AUDITOR COMMENTS AND ANNOUNCEMENTS

Auditor Kelsey Gervais met with the board to request a new computer for the Auditor's office. The computer is needed to replace the current system of handwriting receipts for the County. Commissioner Gerardy motioned, seconded by Commissioner Flage to approve the purchase of a new computer.

HUMAN RESOURCES COMMENTS AND ANNOUNCEMENTS

HR Manager Angie Lundeen met with the board to request approval for her own annual step increase from Step 7 to 8, as well as increase her longevity pay from \$20 to \$40 per pay period. Commissioner Gerardy motioned, seconded by Commissioner Weiss and carried unanimously to approve the step change and longevity pay increase.

It was also discussed with the board about replacing the 3rd floor fire exit door in the courthouse. Lundeen had requested a quote from Thief River Paint and Glass for materials and installation. Commissioner Flage motioned, seconded by Commissioner Weiss to approve the purchase and subsequent installation.

ADJOURNMENT

A motion was made by Commissioner Flage, seconded by Commissioner Weiss and unanimously carried to adjourn the meeting at 11:40 a.m. The next regular meeting of the board is scheduled for Tuesday, March 14, 2023 at 10:00 a.m.

Attest:

Kelsey Gervais, County Auditor
Allen Remick, Chairman
Board of Commissioners
OIC

Oklee Senior Site Dining

Senior Menu

March 22 - 28

Oklee Senior Meals (LSS Meals) are available for Home Delivery, Monday-Friday. If you want to order a meal, you need to let us know the day before by 12 noon. Contact Jo Lambert – 218-796-4527. If she is not home to answer her phone, leave a message.

Wed: Mar. 22: Pasta in Meat Sauce, Romaine Salad w/Dressing, Pineapple Chunks, Bread Stick, Dessert, Low Fat Milk.

Thu: Mar. 23: Roast Turkey w/gravy, Mashed Potatoes, California Normandy Veggies, Bread/Margarine, Cookie, Low Fat Milk.

Fri: Mar. 24: Baked Hamm w/Sauce, Scalloped Potatoes, Peas & Carrots, Dinner Roll/Margarine, Pudding, Low Fat Milk.

Mon: Mar. 27: Chili, Corn Bread, Salad, Dessert, Low Fat Milk.

Tue: Mar. 28: Chicken ala King, Peas & Carrots, Pineapple Chunks, Brown Rice, Jello W/Whipped Topping, Low Fat Milk.

NOTICE

The meeting of the Valle Cemetery Association will be held on Sunday, March 26th at 2:00 p.m. at Jeff Johnson's. Bids for mowing will be accepted.

OIC

*Deadline:
Fridays at noon!*



KURTIS ELLEFSON

RED LAKE COUNTY
VETERAN SERVICE OFFICER



218-689-8587
1-888-LINKVET

Email: kellefsoncvso@hotmail.com

O48-48C

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

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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.**

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O46TFC

EQUIPMENT RENTAL – BIDS CLOSE

Tuesday, March 28th, 2023

RED LAKE COUNTY

RED LAKE FALLS, MN 56750

NOTICE TO CONTRACTORS – Bids will be received until 10:00 AM, Tuesday, March 28th, 2023, by Kelsey Gervais, County Auditor, at the Auditor's Office in the Red Lake County Court House, 124 Langevin Ave, Red Lake Falls, MN 56750, for establishing equipment rental rates. Bids will be opened publicly by Erik Hove, County Engineer, or a designated representative, on behalf of the Red Lake County Board of Commissioners.

Proposals may be examined and obtained at the Red Lake County Highway Department, 204 7th Street Southeast, Red Lake Falls, MN 56750.

The Red Lake County Board of Commissioners reserves the right to accept any bid or reject any or all bids, waive irregularities or defects therein.

Kelsey Gervais – Red Lake County Auditor

O51-1C

SECTION 00 11 13 ADVERTISEMENT FOR BIDS

**TITLE: Red Lake County Central Additions & Renovations
Oklee High School & Plummer Elementary**

LOCATION OF WORK:

High School

201 Governor St.
Oklee, MN, 56748

Elementary School

260 Minnesota St.
Plummer, MN, 56748

OWNER:

Red Lake County Central

ISD #2906

201 Governor St.
Oklee, MN, 56748
218-796-5136

CONSTRUCTION MANAGER:

ICS

1139 Franklin Avenue Suite 1
Sauk Rapids, MN 56379
(320) 360-5506
Contact: Jorden Pangrac
(Jorden.pangrac@ics-builds.com)

ARCHITECT:

Foss Architecture + Interiors

810 1st Avenue North
Fargo, ND 58102
(701) 282-5505

STRUCTURAL:

Engineers

Northland Consulting

102 South 21st Ave West
Duluth, MN 55806
(218) 727-5995

MECHANICAL, CIVIL & ELECTRICAL ENGINEER:

CMTA

2201 12th Street N., Suite E
Fargo, ND 58102
(701) 280-0500

PROJECT DESCRIPTION:

The project consists of multiple work scopes for all of the work necessary to construct additions and renovations to the existing High School in Oklee and the existing Elementary school in Plummer. Additions to the Elementary includes classroom space and bathrooms; renovations include gymnasium updates and restroom remodel. Additions to the High School includes a gymnasium, supporting spaces, and science classrooms. Remodel areas includes new restrooms, commons areas, an administrative area, and other supporting areas. This bid package consists multiple of work scopes including but not limited to: Earthwork, Precast Concrete, General Construction, Fire Suppression, Mechanical and Electrical.

BID DATE AND LOCATION:

Sealed Bids will be received at the **RLCC District Office – 201 Governor St. Oklee, MN 56748** then publicly opened and read aloud. Bids will be received and stamped-in prior to **2:00 PM local time on**

April 13th, 2023. Bids submitted after allotted time will be discarded, **NO EXCEPTIONS.**

EXAMINATION OF DOCUMENTS:

Bidders may view drawings and specifications for the project at the office of the Construction Manager.

For Electronic access to the bidding documents, please contact **Karin Borowicz at (612)-255-3543.** The Construction Manager can also provide locations of Builders Exchanges holding plans for contractors to access. Bidders are responsible for any and all costs associated with the production of plans and specifications for their use.

BIDDING REQUIREMENTS:

Each Bidder must comply with the following requirements to reassure acknowledgment and recognition of their Bids:

Bids must be accompanied by Bid security in the form of a certified check, cashier's check, or Bid bond in the amount of 5% of the base Bid submitted, made payable to the owner, as guarantee that Bidder will, if awarded, enter into contract in

accordance with contract documents and submitted Bid.

Submit Bid on the prescribed form, which is furnished with the specification, with full name and address of the Bidder.

Completely fill in all blank spaces on the Bid Form, in ink or typewriter, in both words and figures.

Sign in longhand, executed by a principal duly authorized to enter into an agreement. If a Bidder is a co-partnership, then signatures on the Bid shall be by an authorized member of the firm, with names and addresses of each member of partnership.

Base Bid and all alternate Bids shall be stated both in writing and in figures. In all cases, written and numerical figures must agree; otherwise at Owner's option, it shall be cause for rejection of Bid. Complete form without alterations.

Submit alternate prices (Bids) for either increasing or decreasing the costs, as called for on Bid form and Description of Alternates. Submit a Bid for all alternates.

Owner may make such investigations as they deem necessary to determine the ability, competency, and responsibility of the Bidder to perform the work. Any Bidder shall furnish to Owner all such information and data for this purpose, as the Owner may request. Owner reserves the right to reject any Bid if the evidence submitted by, or investigation of, such Bidder fails to satisfy the Owner that such Bidder is properly qualified to carry out the obligations of the contract and to complete the Work contemplated therein. The competence and responsibility of Bidder will be considered in making an award, including, but not limited to: (1) proof of financial responsibility, (2) quality of similar work, (3) amount of experience with similar projects, (4) facilities, personnel and equipment, (5) reputation for performance, and (6) the ability to complete the work within specified time. Owner reserves the right to reject any Bid where there is reasonable doubt as to the qualifications of the Bidder.

Owner reserves the right to: (1) accept Bidder's Base Bid only, (2) accept any one or more of bidder's Alternate Bids, in any order regardless of the order in which they were listed, (3) reject all Bids, (4) award contract based on their investigation of Bidders, as well as acceptance of alternates, all of which the Owner deems to be in their best interest, (5) waive informalities or minor irregularities in Bids and waive minor irregularities or discrepancies in Bidding procedure.

Upon award of Contract, Contractor shall provide AIA A312 Performance and Payment Bonds in the amount of 100% of Contract Sum in accordance with General Conditions and Amendments to General Conditions.

BIDDING DOCUMENTS & SITE REVIEW:

Each Bidder (including subcontract Bidder where appropriate) is advised to visit the site and to fully inform

themselves and record their own investigations as to the extent of the Work, the extent of the work performed by other contractors under other construction packages, conditions under which the Work is to be performed, existing buildings and streets, conditions of the area, existing utilities and other features, type of soil, available facilities and difficulties that may be encountered in connection therewith, and other relevant items which will affect their Bid or the Work.

Prior to submitting a Bid, each Bidder is required to examine all of the bidding requirements, all Contract Documents, all drawings, and specifications for the Project (including those primarily for other Subcontracts). Contractors shall become thoroughly familiar with the scope of the Project and all factors and items of work which will affect their Bid or the Work, whether shown or specified in documents primarily for Work of others or Work of this Contract.

No extras will be allowed the Contractor as a result of misunderstanding of the extent of scope of the Work as a result of their failure to study and record their own findings. Submission of a Bid shall be proof that such examinations have been made and that Bidder has recorded their own investigation and has become thoroughly familiar with all contract documents (including all addenda). The failure or omissions of any Bidder to examine any form, instrument or document shall in no way relieve any Bidder from any obligation in respect to their Bid. Nor shall it be the responsibility of ICS or its counterparts to ensure you have read all documentation. This is the sole responsibility of the Bidder and its Sub-Contractor(s).

PRE-BID CONFERENCE:

A Pre-Bid conference will be held at **3:30 PM on April 4th, 2023 at the RLCC District Office – 201 Governor St. Oklee, MN 56748.** If Bidders want to visit the physical site, a site review will take place immediately following the Pre-Bid conference at Oklee, then will transit to Plummer for a review of that site. No extras will be allowed because of the Bidder's misinterpretation as to the amount of work involved, Bidder's own error, negligence, or failure to examine the site.

START DATE:

Work will begin after receipt of the signed contract from the Owner. The anticipated award date is April 27th, 2023. Pre-construction and submittals work related to the project is to commence immediately after receipt of the signed contract. The onsite demolition work will begin on the premises no later than May 30, 2023. Reference specification 01 32 10 for specific project milestone dates.

SUBSTANTIAL COMPLETION DATE:

Owner requires all construction **Substantially Complete:** August 23, 2024
O1-4C



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.

Student Athletes at RLCC receive All-Conference Honors



Congratulations to Gerald Melin and Owen Chervestad for being selected to the 12-man North Star All-Conference Boys' Basketball team for 2023. Congratulations to Marissa Thomas, who The Northern Galaxy Girls' Basketball Conference announced as an honorable mention for their All-Conference team.

Blackduck Speech Results



Pictured L-R: Mykayla Peterson, Ciara Mitzner, Peyton Williams, and Ruben Osborn with awards received at the Blackduck Speech Meet on March 18, 2023.

On Saturday, March 18th, 2023, The Red Lake County Rebels Speech team traveled to Blackduck MN to compete in the Drakes Speech Challenge. Mykayla Peterson received 4th place in the Creative Expression category with her original piece, "Thirteen Categories

too Many." Peyton Williams placed 5th in the Poetry category with her collection of poems by Sabrina Benaim and Rudy Francisco. Ruben Osborn placed 6th place in the Exempt Speaking category. This category requires students to

research current events and prepare an argument in favor or against recent topics. Ciara Mitzner received an Excellent Ribbon with her piece, "Math Panic," by Bradley Walton, in the extremely competitive category, Humor.

RLC students have good showing at Regional KC Free Throw Contest



Pictured left to right: Evann Phillion, Isabelle Paradis, Aubrey Halvorson.

After winning the local Knights of Columbus Free Throw Contest in Red Lake Falls in January, and then the District Free Throw Contest in Argyle in February, the following participated in the Regional Free Throw Contest in Kelliher on Sunday March 19th:
Age 11 girls: Aubrey Hal-

vorson--1st place
Age 12 girls: Isabelle Paradis--1st place
Age 11 boys: Evann Phillion--1st place
Age 13 boys: Dylan Lundeen--2nd place. Dylan made 23 out of 25 free throws which is tremendous and lost by only 1.

The winners will now advance to the State KC Free Throw Contest to be held in St. Cloud on April 1st. Winners at State will be entered into the International KC Free Throw Championship.
Congratulations and Good Luck at State!



Red Lake County Central High School Announces February Students of the Month

By Kya Morinville

Congratulations to the February student of the month winners! For grades 7-9, Kassidy Torgerson won, and for grades 10-12, Aurora Mitzner won.

Kassidy Torgerson is a freshman at Red Lake County Central High School. She is the daughter of Jess and Dusty Knutson. She has a brother, Tim, who is a junior at RLCHS, and a little sister Ashlynn. Kassidy's future plans are to have a successful career and healthy family. Her hobbies include playing volleyball, shopping, and hanging out with friends. Her favorite food is pasta. Kassidy's biggest accomplishments are having good grades, being on JV Volleyball, and getting Student of the Month! Teachers nominated Kassidy because she takes learning very seriously and goes out of her way to help other students and isn't afraid to call out others when they need a reminder to get their work done!

Aurora Mitzner is a senior at Red Lake County Central High School. Aurora's mother is Talia Mitzner, and she has two sisters, Ciara, a 10th grader and Izzy, a 7th grader. Aurora's plans for the future are to attend NDSU in the fall for Marketing. Her hobbies include working and hanging out with her friends and her family. Her favorite food is bread. Finally, her biggest achievement in high school was being the RLCC AAA award nominee. That award is a huge accomplishment in high school. Teachers nominated Aurora because of her strong leadership in the classroom and with Student Senate as well as all the activities she is involved in. Aurora was a Girls Basketball Team Manager. "Auroa is an intelligent, comedic, caring, and responsible student," teachers told Mr. Randy Pederson.

Congratulations again to Aurora Mitzner and Kassidy Torgerson for being the February Student of the Month!

Red Lake Falls Library

Wanda Nelson, local children's book author, will be at the Red Lake Fall Library on Tuesday afternoon, March 21 at 2:00 pm to do a "Spring Fling" toddler story time.

Children, parents and families are welcome to listen to Wanda read from her books, which will also be for sale, and enjoy treats and simple craft activities.

The 2nd Saturday Artists will present a showing of their work at the RLF Library, to be on display from Tuesday, April 11 until Friday, May 12.

The 2nd Saturday Artists is a group of people who have

been meeting every second Saturday of the month to learn the fundamentals of drawing and painting under the instruction of local accomplished artist Mary Magnuson.

They have prepared an exhibit of their original artwork which includes items from class projects, as well as individual art created on their own. Everyone is welcome to stop by the library during this time to view the collection. This project was sponsored in part by Minnesota Library Legacy funds.



Oklee Herald Early Files

Eighty Years Ago March 26, 1943

Awards Assemblies were held at NW School of AG in Crookston. Orlo Lintvet, Oklee, received a bar star for wrestling.

At the Oak Theatre, "Dr. Jekyll and Mr. Hyde" starring Spencer Tracy, Ingrid Bergman and Lana Turner was playing.

Weekly News Analysis: Jap successes in Jave Sea battle credited to numerical superiority; Costwise shipping losses offset by stepped up shipyard production.

Explosive dealers and users must get permits says P.F. Pouliot, clerk of courts at the county seat. Due to new war regulations, dealers and individuals must have permits for handling explosives.

Seventy Years Ago March 20, 1953

Private Francis Bakken recently arrived in Alaska with an anti-aircraft battalion. He is stationed 10 miles from Fort Richardson, about six miles from Anchorage, Alaska.

A birthday party was held at the Joseph Beaudoin home, Sunday afternoon honoring Mrs. Beaudoin on her birthday and for David on his birthday.

Leroy Mostrom left Wednesday for New Jersey to resume his duties for Uncle Sam after spending a 10-day furlough with his folks, the Willie Mostroms.

Resurgence of births and declining mortality in large areas of the globe have resulted in a spurt in world population during the postwar period.

Sixty Years Ago March 22, 1963

Playing the leading role in the "The Rise and Fall of Big Louis" to be staged at the Oklee School on Friday night in the Home Talent Play will be Richard Nordquist, member of the Oklee High School faculty. Some of the cast includes

Mrs. Bernell Myrum, as Minuet Petunia, Milo Larson as Elliot Mess, Harold Cyr as "Pecore" a detective, Don Fournier as Flat Top, Vern Bergeron as the Good, Roy Hokkanen as The Mole, Vern Cyr as Baby Face, Ed LaJambe as Fingers Malone...and O.M. Sundrud as Enraged Taxpayer and other assorted seedy characters.

Army Pvt. Floyd L. Bergerson, son of Mr. and Mrs. Bennie Bergerson, Gully, recently arrived on Okinawa and is now assigned to the 30th Artillery Brigade at Fort Buckner. Bergerson, a mechanic in the brigade's Headquarters Battery, entered the Army in August 1961.

Mr. and Mrs. Ralph Jaschob of Batavia, Ill, this week became the new owners of the Hartz grocery store in Oklee. They succeed Vern Sevre who has managed the store since December when the L.B. Hartz bought the firm from the Quern Brothers.

Forty Years Ago March 25, 1983

Oklee Girls Stater were chosen by the American Legion Auxiliary - This year it is Liz Gunderson, daughter of Rev. Charles & Marlys Gunderson and alternate is Jeanne Dulka, daughter of Jim & Kathy Dulka.

Plummer Girls Stater was Deb Braaten, daughter of Mr. and Mrs. Tom Braaten of Plummer. Alternate chosen was Anita Carlson, daughter of Mr. and Mrs. Merlin Carlson.

A four-day school day was discussed at the last school board meeting in Oklee and it was decided that it was not for Oklee.

Thirty Years Ago March 18, 1993

The Oklee Farmers Club was recently sold to Dee Dee Johnson. Don and Dorothy Fournier turned over the keys

on March 14th after running the café since January 1990.

The City of Oklee has been made aware that Governor Carlson has proposed a City LGA (Local Government Aid) cut of \$71.6 million for calendar year 1993.

Plummer American Legion Auxiliary have chosen the Girls State representative for this year to be Kim Magers, daughter of Carl and Joyce Magers of Plummer. The alternate will be Carrie Fallon, daughter of Thomas and Judith Fallon of Brooks.

For the past four years, the Oklee Activity Club (formerly the Oklee Jaycees), has sponsored a junior wrestling program for children pre-school to 6th grade and it is going strong.

Eva Mae Bergeron was the guest cook at the Oklee Senior Site and she made her specialty, lemon meringue pies.

Twenty Years Ago March 21, 2003

In a group effort, the senior housing boards of Brooks, Oklee and Plummer Community Homes, applied for and received a rehabilitation grant of \$600,000 which will be used to renovate 45 low-income units.

Nick Mickelson, son of Patty and Eric Mickelson of Oklee, has won the Goodridge spelling bee.

Ten Years Ago March 21, 2013

The Red Lake County High School student raised over \$800 for Pennies For Patients. The classes, 7th to 12th compete to see who can collect the most pennies for this program. This year the winning class was the 7th graders.

The Tri-River Pioneers have a new cold storage building that looks like a barn and is an addition to the museum site.

It is so wonderful to see all the snow disappear so quickly.

Crossword Solution

C	L	O	T		G	N	P		S	A	D
P	L	E	A	R		A	R	E	A		A
U	N	T	O		B	E	A	N		S	L
T	H	U	N	B	E	R	G		T	A	T
				P	I	O	N	S		P	I
S	I	L	E	N	T			F	U	R	N
A	N	I		T	S	U	R	I	S		E
R	A	N	C	H		S	I	R		A	D
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S	E	Y	M	O		U	R			N	E
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A	M	O	S		O	I	L	S	P	I	L
Q	U	A	S	I		R	O	O	T		D
U	N	I	T	S		F	L	U	S		E
A	T	M			F	A	D			N	E

Income based Dental Clinic

We are very excited to be hosting a dental clinic on March 29th, 2023, 10:30am - 4pm at our office in Thief River Falls. Children's Dental Services will be here providing hygiene services for any age. Children's Dental Services accepts Medical Assistance, offers income-based, sliding scale for income eligible families.

To schedule an appointment people can call 612-746-1530 or 866-543-6009.



TRF Quilters Guild Meeting Next Week

The TRF Quilters Guild will meet at 7:00 p.m. on Tuesday, March 28th 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.

Oklee Herald Office Hours

This weeks hours:

Wed	2:00 p.m. - 5:00 p.m.
Fri	10:30 a.m. - 3:00 p.m.
Sun	12:00 p.m. - 4:00 p.m.

NOTICE

The Red Lake County Township Officers Association will hold their Annual Spring Meeting at the Community Center in Brooks, MN on Tuesday, March 28 th , 2023 at 7:00 PM

Casey Klipping, Secretary
Red Lake County Township Officers Association

052-1C

Senior Site News & Other Things

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

Senior Meals:

Meals on Wheels (LSS) meals will be furnished from Red Lake Falls and you need to order before the day you plan on having a meal. Please call and let Jo know a couple of days before.

Oklee Senior Meals (LSS Meals) are available for Home Delivery, Monday-Friday - Contact Jo Lambert at 218-796-4527. If Jo is not home to answer her phone, leave her a message. Or call Red Lake Falls LSS Site and let Carolyn know. That number is: 218-263-4454. *****

A Senior Site Meeting was held on March 16th at 10 a.m. There were 13 people present at the meeting. Since the pandemic the Senior Site has not had a full board. At this meeting, officers were elected. Reminder: Meeting dates were voted on at the November 18, 2021, that meetings will be held every other month. The next meeting should be May 18, 2023 at 10:00 a.m. at the Senior Site. *****

New Items in the Craft Shop

There are new items at the Craft Shop that were brought in last week. Some of the new items include mixer covers, Gnome jar tissue dispensers, many embroidered towels, decorative pillows, and table runners. Our hours have

changed. The new hours are 9 a.m. to 1 p.m. on Monday to Thursday and 9 a.m. to 12 noon on Fridays. Stop by and check out the new items. *****

St. Patrick's Day Party

The weather did not cooperate with the plans for the St. Patrick's Day gathering. It was moved to Tuesday, March 21st and will report on it next week. *****

Activity Dates To Remember

Thursday is Game Day: on Thursdays at 2 p.m., games are available - Rummikub/ Rummy-O, Yahtzee, Checker, Scrabble or bring a game to play. Come on down and enjoy the fun! We have coffee and treats to enjoy while playing.

Wednesday: Cards at 1:30 p.m.

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

From Bonny's Email:

Someone has written these beautiful words. A Must read. They are like the ten commandments to follow in life all the time.

1. Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout.

2. So why is a car's windshield so large and the rear-view mirror so small? Because our past is not as important

Plummer News

By Alice Jobe 218-465-4402

The Duck's Unlimited Banquet was held March 10th, Friday evening at the Plummer Hall.

The storm that hit us on Saturday dropped around 8 to 10 inches of snow and strong winds with it. Sunday many were busy shoveling or blowing snow. Church services were cancelled for Brooks and here in town.

Brodie Traxler visited Anne and Bob Traxler over the weekend and went snowmobiling.

Alice Jobe visited Bunny DuChamp on Tuesday at the Greenleaf apartments.

Jim and Debbie DuChamp returned Wednesday from Arizona after a nice visit. Thursday he was busy blowing snow around the garages and driveways.

On Friday, the 10th, Anna DeHate, Roger Gallant and Alice Jobe went to the fish fry in Red Lake Falls at the Legion. Karen Tvedt and Roger Harmoning also went. It was

as our future. So, look ahead and move on.

3. Friendship is like a book. It takes few seconds to burn, but it takes years to write.

4. All things in life are temporary. If it's going well, enjoy it, that won't last long. If it's going badly, don't worry, that won't last long either.

5. Old friends are gold! New friends are diamonds! If you get a diamond, don't forget the gold! Because to hold a diamond, you always need a base of gold!

6. Often when we lose hope and think this is the end, God smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!"

7. When God solves your problems, you have faith in His abilities; when God doesn't solve your problems, He has faith in your abilities.

8. A blind person asked St. Anthony, "Can there be anything worse than losing eye sight?" He replied, "Yes, losing your vision!"

9. When you pray for others, God listens to you and blesses them; sometimes, when you are safe and happy, remember that someone has prayed for you.

10. Worrying does not take away tomorrow's troubles, it takes away today's peace. *****

Have a great week!

Red Lake County Sheriff

Weekly News Release

On the afternoon of 03/10/23, the Red Lake County Sheriff's Office received a report of a possible assault. Investigation revealed that two young juveniles were involved in the incident and the children and parents were counseled. No criminal charges were filed.

On the afternoon of 03/11/23, the Red Lake County Sheriff's Office received reports of two separate occupied vehicles in the ditch. One was along Hwy. #92 west of Brooks and the other was north of Dorothy on CR. #3. A Red Lake County deputy was able to respond to both of the crash scenes and gave occupants rides, but because of the dangerous weather and road conditions, the vehicles had to be removed the following day.

On the afternoon of 03/15/23, the Red Lake County Sheriff's Office received a report about a possible assault that occurred in Brooks approximately two

weeks ago. That report remains under investigation.

On the afternoon of 03/15/23, the Red Lake County Sheriff's Office received a report that an individual had violated a domestic order for protection. A Red Lake County deputy met with the complainant, and it was determined that probable cause existed to validate the complaint. This led to the arrest of Corey Lee Berberich (46) of Brooks. He was arrested at his home that evening. Mr. Berberich was taken to the jail in Crookston and booked for the misdemeanor violation. He appeared in Court in Crookston on 03/16/23 and he was released with conditions, including not to have contact with the victim.

On the evening of 03/15/23, Timothy Lee Palm (35) of Trail was cited for speeding on CR. #7 west of Hwy. #92.

Mitch Bernstein, Red Lake County Sheriff: 03/17/23



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Email address: _____

Wednesday, March 22, 2023

Who's Dat?



Who's Dat?

This week's photo is of four siblings raised in a large family from the area.

Last week's photo was of Andy and Coya Knutson.

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 enclose a self-addressed stamped envelope so the photos can be returned. Mail them to: Oklee Herald, PO Box 9, Oklee MN 56742 Or stop by the office.



THE OKLEE HERALD 4

Writers & Writing

by Michael Tidemann



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

Writer pens crime noir novel

When was the last time you read a crime noir novel that glued you to your chair?

If it's been a while, you might try Paperback Jack by Ann Arbor, Mich., writer Loren D. Estleman, prolific author of dozens of novels ranging from crime thrillers to Westerns.

Paperback Jack tells the story of Jacob Heppleman, a disillusioned World War II veteran who considers himself all but washed up as a writer. His reentry into the writing world begins by his breaking and entering into a pawnshop to steal a used typewriter.

Jacob's salvation is Ellen Curry, a woman he meets in a useless writing class at a local school. As their relationship develops, so does Jacob's writing career when he finds himself unwillingly reincarnated as Jack Holly, author of a bestselling paperback that somehow moved from the slush pile to the paperback bestseller lists.

However, Jacob, or "Jack", views his unlikely success with mixed feelings. The bloody garish book cover complete with a scantily clad moll, offends his writer's sensibilities.

That is until the royalty checks start rolling in.

The only problem that Jacob, or "Jack", has with this success is that his prose doesn't seem realistic enough. So he sells his soul to Blue Devil Books and explores the criminal underworld for ideas and dialogue, something he later regrets.

When Jacob later finds himself part of congressional hearings investigating how the paperback industry is demoralizing youth, his straight-

forward answers make the inquisition seem flaccid at best.

Estleman's staccato prose and short chapters blaze away at you like a .45 Thompson submachine gun as his characters emerge realistically. There are no true male heroes in the novels – just men with urges and desires with ethics taking a back seat to success at any price.

The women – Jacob's wife Ellen and later their daughter Millier – are the true heroes – or heroines as the period would have it. They're able to keep Jacob on the straight and narrow to find success as a writer and human being.

Since Estleman bases his novel on research of the paperback industry of the post-war era, it rings as true as a blackjack across the back of the head. Paperback Jack is a highly entertaining tour de force that's hard to put down with memorable characters and a satisfying, but somewhat sad, ending.

(Michael Tidemann writes from Estherville, Iowa. His Facebook page is Author Michael Tidemann.)



Paperback Jack
Loren D. Estleman
Forge Books
ISBN 978-1-250-82731-9
\$26.99

Essentia Health-Fosston EMS team earns clinical excellence award

Essentia Health is proud to announce that our EMS team serving Fosston and surrounding communities has received the EMS Clinical Excellence Award from the Emergency Medical Services Regulatory Board (EMSRB). The team is recognized "for providing outstanding pre-hospital clinical care in 2022."

"Essentia Health prides itself on being a leader in the EMS industry by providing high-quality, pre-hospital care, especially in our rural communities," said Joe Newton, emergency medical services senior director for Essentia. "Our EMS professionals bring the emergency department directly to the patient, where

they need it most, which aligns with our commitment to provide the right care at the right place and the right time.

"It's wonderful that this team can be recognized for the amazing work they do each day."

In order to qualify for this prestigious distinction, EMS services had to achieve a performance rate of 80% or higher in five or more individual performance measures. There are nine clinical performance measures, gauging things such as response times and proper patient assessments.

"In early 2022, working with EMS physicians from across the state, the EMSRB

established multiple clinical advisory performance measures that could be used to benchmark and highlight the wonderful pre-hospital care that Minnesotans receive every day from our dedicated EMTs and paramedics," said Dylan Ferguson, executive director of the EMSRB.

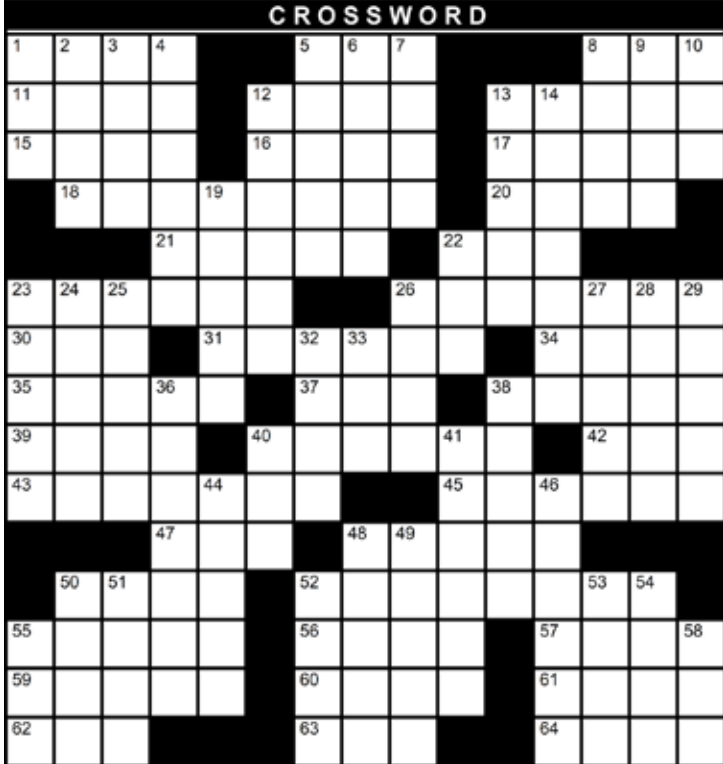
At Essentia Health, our EMS is part of an integrated care team ranging from our professional pre-hospital staff to our highly skilled emergency department caregivers. We respond to about 13,000 requests for service annually and transport more than 10,000 patients in the communities we're privileged to serve.

Statepoint Crossword

"Earth Day"

- ACROSS
- Blood-related problem
 - Econ. measure
 - Blue
 - A perch for Christmas partridge?
 - Domain
 - Fill college entrance form
 - Archaic preposition
 - Chili seed
 - Ski run
 - *Swedish environmental activist
 - Makes lace
 - Pi meson, pl.
 - Digital map marker
 - *Rachel Carson's "___ Spring"
 - Heater
 - "Wheel of Fortune" vowel request
 - Trouble, in Yiddish
 - Epochs
 - Type of single-story house
 - Noble title
 - Sandler and Driver
 - Not "out of"
 - Advice on shampoo bottle
 - *Pollinator of plants
 - ___ Cray, a.k.a. the father of supercomputing
 - *Earth Day founder
 - Benatar or Boone
 - Lacking clarity
 - Singer-songwriter Tori
 - *1969 Santa Barbara disaster
 - To some degree
 - Dig like a pig
 - Honoree's spot
 - Apartments, e.g.
 - Swine and avian diseases
 - Primary source for Nordic mythology
 - Cash machine
 - It's all the rage
 - Swallow's house
- DOWN
- PC "brain"
 - Christian fast
 - The Hippocratic one
 - Group of minstrels, e.g.
 - *Environmentally-friendly

- Draws close
- Spasm of pain
- See him run?
- "The Sound of Music" backdrop
- Yellow #5 in list of ingredients
- Highly-ranked ecclesiasts
- On the move
- Arranged in advance
- Usually the last inning
- Wound fluid
- Delhi dresses
- Absurd
- Like a dryer trap
- *Cuyahoga River disaster, Clean Water Act precursor
- Omani and Yemeni
- Tarantino in his own movie, e.g.
- Ruhr's industrial center
- ___-friendly
- Mourner's wish
- *Refuse turned fertilizer
- Consumed (2 words)
- Monotonous routine
- Teenagers' emotions
- A mirage?
- City in Netherlands
- Between violin and cello
- Not silently
- Polly to Tom Sawyer
- Disfigure
- ___ Approach, music education
- Serve soup
- *Plastic tops of coffee cups
- Sine ___ non
- College entrance exam, acr.



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Sudoku Solution

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

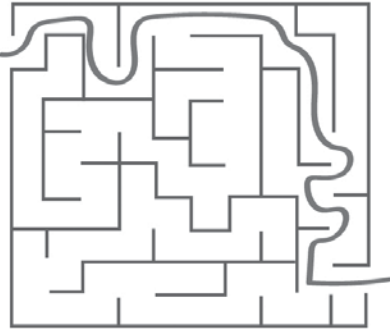
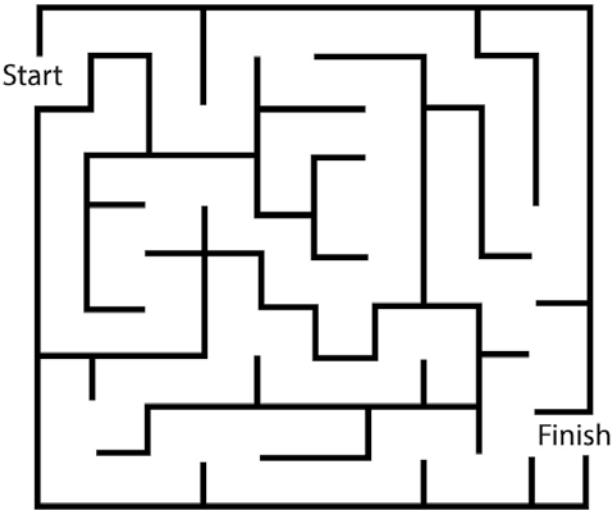


THIS MONTH IS WHEN
THE SPRING EQUINOX
OCCURS IN THE
SOUTHERN HEMISPHERE.

ANSWER: SEPTEMBER

Maze Craze

Can you find your way through the maze?



THIS DAY IN...



HISTORY

• 1871: THE FIRST INTERNATIONAL RUGBY MATCH TAKES PLACE BETWEEN SCOTLAND AND ENGLAND IN EDINBURGH.

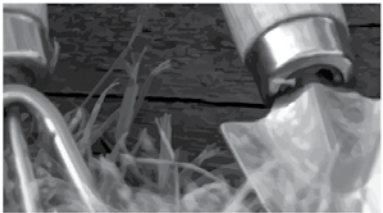
• 1976: THE FIRST SECTION OF THE WASHINGTON METRO OPENS TO THE PUBLIC.

• 2020: NORTH MACEDONIA BECOMES THE 30TH MEMBER OF NATO.



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that produces a new
flowering plant



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the bigger picture is?

ANSWER: GARDEN TOOLS

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

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Oklee Centennial Cookbook
Recipe Corner - Page 388

Peanut Butter Bars
Bonnie (Radniecki) Berg

- 3/4 cup flour
- 3/4 cup oatmeal
- 1/4 tsp salt
- 1/2 cup margarine
- 1/4 tsp soda
- 1/2 cup brown sugar
- 3/4 cup white corn syrup
- 1/2 cup white sugar
- 3/4 cup peanut butter

Mix first 6 ingredients with pastry blender and pat into 9 x 13 pan. Bake 15 minutes at 350 degrees. Bring syrup and sugar to a boil. Remove from heat and add peanut butter. Stir and spread on crust. Cool before frosting.

Frosting:

- 1 cup sugar
- 1/4 cup margarine
- 1/4 cup cream or milk
- 1/3 cup chocolate chips

Bring sugar, margarine and cream to full rolling boil. Remove from heat and add chocolate chips. Stir until melted. Pour over crust mixture. Let set and cut in squares.



Red Lake County Central Mustang Youth Wrestling Club Hosts 38th Annual Tournament

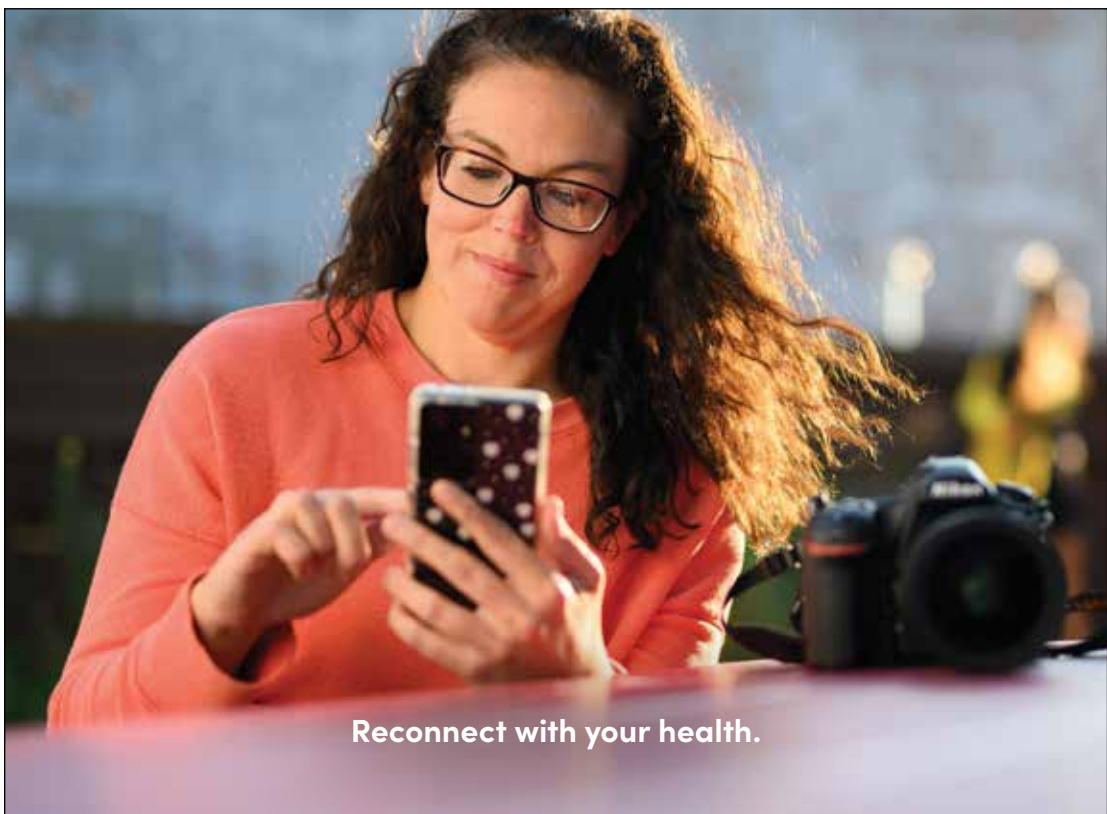


About 180 wrestlers competed in the 38th Annual RLCC Mustangs Youth Tournament on Thursday, March 16th. There was a very good turnout of wrestlers and support in the stands.

The wrestlers from the RLCC Mustang Youth Wrestling Club did a great job.

The tournament is made possible by the volunteers, coaches, participants and parents who work so hard to keep wrestling going strong in RLCC.

Congratulations to the young wrestlers on their successes this season!



Reconnect with your health.

LET’S CHECK IN

Scheduling a wellness visit is a simple, easy way to take care of yourself. Whether it’s face-to-face or virtually, we’re committed to providing the right care for you.

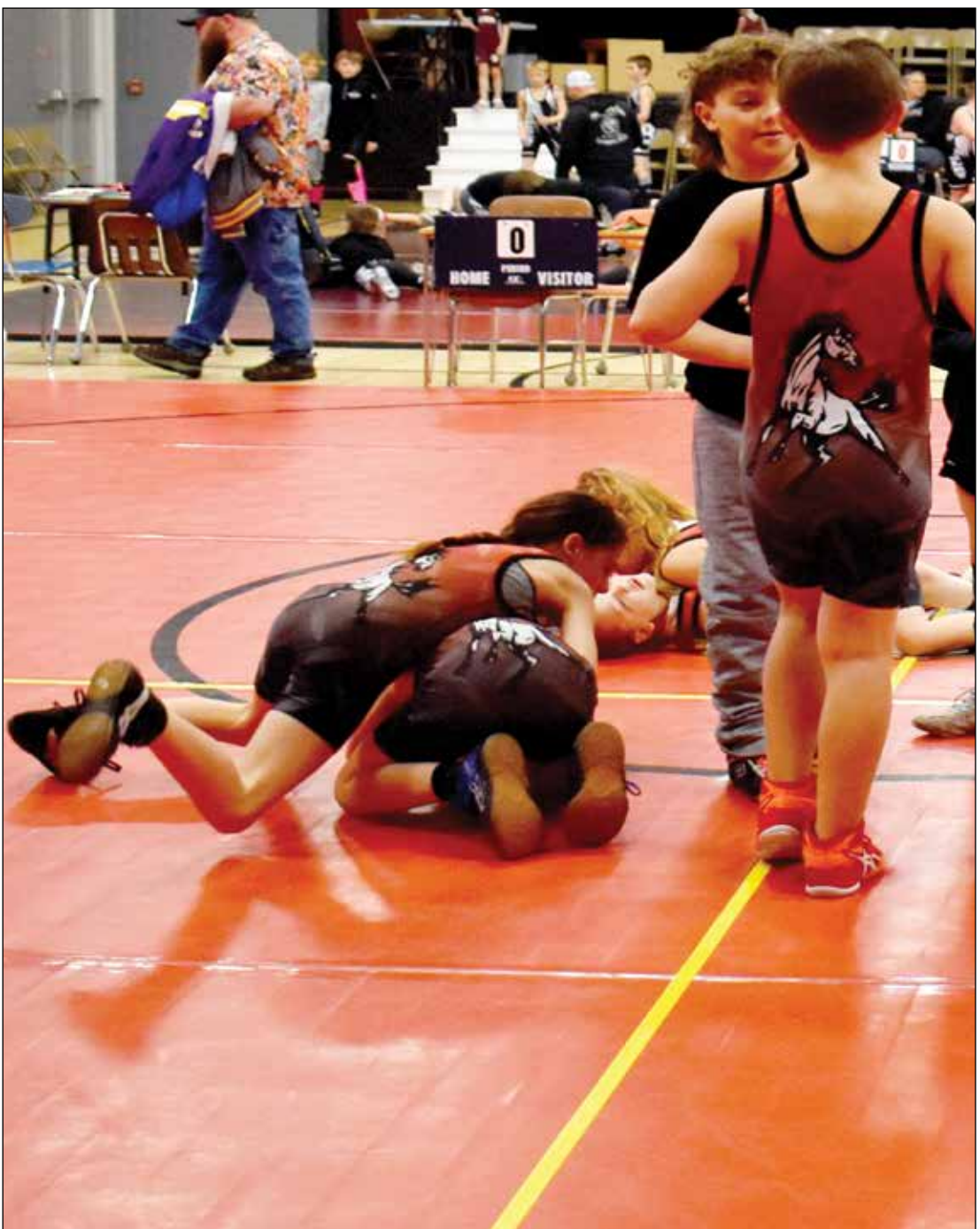
Our Primary Care team offers visits for all ages, including:

- Well-Child or Teen Visits
- Sport Physicals
- Adult Preventative Visits
- Medicare Annual Wellness Visits
- DOT Physicals

Schedule online with a Family Medicine provider at EssentiaHealth.org/CloseToHome



Essentia Health



180 youth wrestlers from the area competed in the 38th Annual Youth Wrestling Tournament at Oklee High School on Thursday March 16th. There was a sizable crowd in attendance and the Mustangs of RLCC had a nice showing. The youth program in RLCC in strong thanks to the volunteers, coaches, parents and participants who are dedicated as ever.