

Oklee Precipitation
By Einar Kvasager

	Rain	Snow
March 17	0.50	
Total in.	0.50	0.00

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

Vol. 105, Number 30

www.TriCoCanary.com

Wednesday, March 22, 2017

The Year in Review

December 7, 2016:

Participants in the 1st Oklee Inn Quilt Retreat held on November 4 & 5th were: Connie Lundeen, Margaret Delude, Dolores Jensen, Lana Nelson, Gelene Lundeen, Grace Dessellier, Jeanne Halle, Char Rathbone, Cheryl O'Neill, Jeri Rathbone, Char Nygaard, Linda Held, Chris Vettleson, Allison Bernier, Elaine Broker. Val Brekke, Shirley Dessellier, Virginia Brenier, Bonnie Pederson and Toni Johnson.

RLCC volleyball letter winners were Calyssa Eskeli, Hannah Kolstoe, Julia Bernstein, Sarah Christensen, Sydnie Gunderson, Kelsie Sirjord, Nikki Schmitz, Ashley Longtin, Megan Berberich, and Shelby Gunderson.

The Oklee area is expecting to get the first accumulation of snow. We have had a few dusting of snow. If the weather reports are correct, we should get around 8 inches of snow over the next two days and winds.

Santa Claus Day has come and gone in Oklee & Brooks. There were many parents and children taking part in the festivities. There was a long line of children who talked to Santa and told him what they wanted for Christmas.

December 14, 2016:

Elizabeth Follmann, Laura Ingalls Wilder Historian, gave a presentation to Eric Mickelson's fifth grade class in Goodridge, MN. The class just completed a Laura Ingalls Wilder Unit in reading class.

On December 17th Little Bobby will be at TJ's in Oklee. Little Bobby is known as one of the best guitar players to ever come from the state of Minnesota. Originally born on the Red Lake Indian Reservation, Little Bobby, aka Robert Houle, has been a part of the music industry for the past 15 years.

Ashley Longtin and Tristyn Ferguson were nominated for the November Students of the Month at Red Lake County

Central High School. Longtin was nominated by Mr. Mike Swenson and Ferguson was nominated by Ms. Shelley Steva.

The Spotlight on Scholarship is a year round program. It is put on by the Minnesota State High School League. Spotlight on Scholarship program gives out certificates to students who participate in activities and who have "B" or better grade point average. The following students received Spotlight on Scholarship certificate for fall activities. Those in football were Seniors Makay Berns, Brandon Lee, Dylan Gustafson, and Talon Porter; Juniors Matthew Vettleson, and Ethan Vettleson; Sophomores Connor Lambert, and Dawson Rystad; and Freshmen Derek Peterson, and Christopher Longtin. Those in volleyball were Seniors Shelby Gunderson, Megan Berberich, Ashley Longtin, Nikki Schmitz, and Kelsie Sirjord; Junior Hannah Kolstoe; Sophomores Julia Bernstein, Sarah Christensen, Sydnie Gunderson; and Freshman Calyssa Eskeli.

Named Honorable Mention NW District for football from RLCC were Matt Vettleson, Brandon Lee, and Dylan Gustafson.

It's a snowy Sunday morning. Temperature is better than the last few days, but after the snow, we are promised cold "Brrr" temperatures again. We were so spoiled by the warm weather in November, so it is hard to accept the icy temperatures.

Clayton Larson celebrated his 95th birthday on Saturday, December 3rd, at Immanuel Church. Many friends and relatives came.

December 21, 2016:

On Monday, December 12th, the Canadian Pacific Holiday Train once again stopped in Plummer, Minnesota. On the stage were Plummer Mayor Jim DuChamp, Inter County Community Council Director Catherine Johnson, Washington Post Reporter Christopher Ingraham (who moved to Red Lake County after writing an article about a year ago that Red Lake County was the ugliest county in the United States and a CP Railroad representative. Ingraham presented the CP Representative with a plaque Thanking CP Holiday Train for making the "ugliest county beautiful." The food shelves received a check

from CP Holiday Train in the amount of \$4500 to be used for purchasing more food items.

Rebel boys' basketball took first place in Sacred Heart 8th grade tournament. Participating were: Andrew Gryskiewicz, Eric Gieseke, Bailey Hince, Carter Williams, Brody Moen, Brock Tvedt, Wakely Bryl, Isaiah Aquino, Jordan Kasprovicz, Isiah Olson, Jake Duden, Coach Kory Baril and Coach Kevin Phillon.

Ethan Vettleson broke a Rebel record December 9th against Clearbrook-Gonvick at the annual NCTC Boys Holiday Tournament. Vettleson had 14 steals breaking the previous record of nine. Vettleson also had a triple-double with 31 points, 14 steals, and 10 rebounds during the game.

Santa Day in Plummer, the weather was colder than the past few years. But there was still a good turnout of people in Plummer to enjoy the entertainment and other activities.

December 28, 2016:

The Sunday School children at Zion Lutheran Church presented their Christmas play titled, "The Missing Magi." The program was held on December 18th. The children performing are (not in order): Ella Moen, Aurimy Olson, Keira Morinville, Gunnar Halverson, Hayz Hanson, Marin Peterson, Tyler Parsley, Peyton O'Neill, Emma Hendrickson, Hunter Dudycha, Maverick Nelson, Parker Klasen, Avery Nelson, Keanna Landrus, Taylor Moen, Landon Klasen, Hannah Dudycha, Jackson Morinville, Natalee Hendrickson, Jett Hanson, Owen O'Neill, Jacob Lee, Aubrey Halverson, Easton Morinville, Jaylee Parsley, Ellie Halverson, Lola Hendrickson, Trevor Lee, and Keaton Eggerud.

"A Bear-y Merry Holiday" was the theme of the K-3rd grade holiday program directed by Krista Bernstein at Red Lake County Central Elementary.

The Christmas of 2016 was a mixed bag. We were warned early that a big storm was imminent, and travelers were warned to stay off the roads if they needed to go any long distance. North Dakota and Northwest Minnesota were the bullseye for the storm. Well it started with rain, and that froze to the pavement, then snow and rain capped that off. But the 12 to 20 inches of snow have not come yet as of Monday morning.

RLC Commissioners meeting held

The Red Lake County Commissioners met on March 14, 2017. All members were present, Anthony Flage, John Lerohl, Dave Sorensen, Ron Weiss and Chuck Simpson. The agenda was approved with the additions of items for the buffer zones, and committee reports.

Expenditures were approved as was the minutes. A separate Ditch bill from Polk County was presented and also approved.

ProWest & Associates project manager, Jennifer Ward came before the Commissioners to update them on the GIS (Geographic Information System) that has been in place for Red Lake County. Ward was here to see if the commissioners were ready to move forward and add more layers, public and private to their system. Red Lake County shares a server with Norman, Pennington and Marshall counties. Since the original project was approved, moneys had been approved, and now may be the time to add the public sections of the GIS into other layers for private county use.

Layers currently in place are private for County use and include ditch, water and property information. ProWest will provide both onsite and offsite GIS services to support countywide GIS initiatives.

Discussion on what was important to the County was identified with a few of the heads of a few of the departments (Assessor, Environmental, Auditor and Highway) available for input.

The Commissioners with four voting in favor of moving forward and one against, approved moving forward.

In three months, ProWest will give a report to the Commissioners on the progress and find out if there are any other layers that need to be added after the update. Korky Kleven

from the Highway Department, stated he already had many layers he would like to have added. ProWest will meet with the departments and work out a schedule for on and off site updates.

Inter-County Community Council had a request for a motion to approve the administration of the FHPAP (Family Homeless Prevention and Assistance Program) in Red Lake County. A motion was made by John Lerohl and seconded by Ron Weiss.

Next on the agenda, a discussion on the Enbridge Energy appeal. Lerohl had met up with a number legislature members and others at a recent meeting and there are two bills, H1628 and S1630 on the floor right now. Mediation may be the next step and that will nullify the legislative bills because you can vote if you are in mediation. Both sides think that they are right.

The County doesn't know how much they will have to pay back or how they can pay it back. Enbridge suggests that the two new pipes in the ground would pay back the amount the county would owe if they lost the appeal. The Commissioners feel that the County shouldn't be responsible to pay back, because when the County gets a large tax payment from Enbridge and then loses the appeal, they have also lost the LGA (Local Government Aid). So they lose two sources of money for the County. A motion was made concerning the situation, stating they are not in favor of losing this tax money. They feel the tax bill is correct. Motion carried.

Buffers Zones were discussed. Pennington and Marshall counties are opposed and have been calling the commissioners for their opinion. After short discussion a motion was



Twenty-one quilts were finished at Project Linus Day at Oklee Quilting.



Loretta Syrtveit is helping Cassandra Leseman with Shirley Dessellier and Grace Dessellier on other side of the table sewing.

Project Linus produced 21 quilts to be donated

On March 4th, quite a few gals gathered at Oklee Quilting to work on creating quilts for Project Linus, providing security through blankets.

Project Linus has 293 chapters representing all fifty states. As a result of the combined efforts of dedicated "blanketeers" over 5,000,000 blankets have been donated to children in crises since 1998. The Northern Minnesota Chapter has donated over 15,700 blankets since 2005.

Project Linus welcomes

blankets of all styles, including fleece blankets, tied comforters, quilts, crocheted or knitted afghans done in child-friendly colors and material. All blankets must be new, homemade, washable, and smoke and pet free as well as chemical free (no strong detergents, softeners or fabric sheets. Cotton, flannel and fleece are acceptable fabrics.

Preferred sizes are at least 40 x 40 inches to to 50 x 72 inches, since the donate to children ages from infant to

18 years old.

Drop off sites in the Northern Minnesota area are in Bemidji at Ben Franklin, Grand Rapids ABC's of Quilting and Yarnworks, Thief River Falls, at Sjoberg's Inc., Wilton at SadieRae's Quilt Shop, and in Oklee at Oklee Quilting Supply, Inc.

If your group would like to learn more about Project Linus contact Angie Theis, Coordinator at 218-444-8966 or 218-368-7284 or email: nomnprojlinus@outlook.com.



Shirley Dessellier, one of Oklee's quilters, busy working on Project Linus quilts that will be donated.



Grace Dessellier busy tying a fleece blanket for Project Linus.

Calendar of Events

Wed, Mar. 22:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Mar. 23:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
Fri, Mar. 24:
-LSS Sr. Meal 11:30 a.m.
-Noon deadline for Oklee Herald news.
Sat, Mar. 25:
-Support your local business – Shop Locally!
Sun, Mar. 26:
-Worship at the church of your choice.
Mon, Mar. 27:
-LSS Sr. Meal 11:30 a.m.
Tue, Mar. 28:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Cards
Wed, Mar. 29:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.
Thu, Mar. 30:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 12:30 p.m. – Bingo.
Fri, Mar. 31:
-LSS Sr. Meals 11:30 a.m.
-Noon deadline for Oklee Herald news.
Sat, Apr. 1:
-Support your local business – Shop Locally!
Sun, Apr. 2:
-Worship at the church of your choice.
Mon, Apr. 3:
-LSS Sr. Meal 11:30 a.m.
Tue, Apr. 4:
-Senior Site Activity: 1:30 p.m. – Cards.
-LSS Sr. Evening Meals 5:00 p.m.
Wed, Apr. 5:
-LSS Sr. Meal 11:30 a.m.
-Senior Site Activity: 1:30 p.m. – Bridge.
-7:00 p.m. Bingo at Plummer Legion.



Church news

OKLEE LUTHERAN PARISH
Zion and Salem
Pastor Margaret Jacobus
Wed, Mar. 22: Lenten Service – 6:30 p.m. Soup N Sandwich, 7:30 p.m. at Salem.
Sun, Mar. 26: 9:00 a.m. Zion. 9:00 a.m. SS at Salem. 10:15 a.m. SS at Zion. 10:30 a.m. Salem.
Wed, Mar. 29: Lenten Service – 6:30 p.m. Soup N Sandwich, 7:30 p.m. at Zion.

ST. FRANCIS XAVIER PARISH OKLEE
Fr. Adam Hamness
Sun, Mar. 26: 7:30 a.m. Confessions 8:00 a.m. Mass.

BROOKS – RED LAKE FALLS CATHOLIC PARISH
Fr. Bob Schreiner
Sat, Mar. 25: 5:30 p.m. RLF
Sun, Mar. 26: 8:00 a.m. Brooks. 10:00 a.m. RLF.

IMMANUEL-EBENEZER LUTHERAN PARISH ELCA
Pastor Jonathan Dodson
Wed, Mar. 22: 7:00 p.m. Lenten Service at Ebenezer.
Sun, Mar. 26: 9:00 a.m. Worship at Ebenezer. 9:15 a.m. SS at Immanuel. 10:30 a.m. Worship at Immanuel. 11:30 a.m. Bible Study at Immanuel. Potluck at Immanuel.
Wed, Mar. 29: 6:30 p.m. Joint Council meeting at Immanuel. 6:30 p.m. Soup/ Sandwich at Immanuel. 7:00 p.m. Lenten Service at Ebenezer.

GOODRIDGE AREA LUTHERAN PARISH ELCA
Bethany-Ekelund-Faith Pastor Kristen Ostercamp
Wed, Mar. 22: Lenten – 6:30 p.m. Supper, 7:00 p.m. Service at Bethany.
Sun, Mar. 26: 8:30 a.m. Bethany, 9:45 a.m. SS; 9:45 a.m. Ekelund, 11:00 a.m. SS. 11:00 a.m. Faith, 9:45 a.m. SS.
Mon, Mar. 27: 9:30 a.m. Faith Quilting.
Wed, Mar. 29: Lenten – 6:30 p.m. Supper, 7:00 p.m. Service at Ekelund.

CLEARWATER LUTHERAN PARISH
Mt. Olive – Nazareth Oak Park – St. Petri Pastor Jeff Merseeth
Wed, Mar. 22: 5:00 p.m. Wednesday School/ Confirmation. Nazareth: 6:00 p.m. Soup N Sandwich. 7:00 p.m. Lenten Service. Bible Study after service.

Thu, Mar. 23: 6:30 p.m. Lenten Services followed by Bible Study at St. Petri.
Sat, Mar. 25: 9:00 a.m. Mt. Olive.

Sun, Mar. 26: 8:00 a.m. St. Petri. 9:15 a.m. SS. 9:45 a.m. Oak Park, 8:30 a.m. SS. 11:00 a.m. Nazareth, 10:00 a.m. SS.
Tue, Mar. 28: 5:30 p.m. Lenten Services followed by Bible Study at Mt. Olive.
Wed, Mar. 29: 5:00 p.m. Wednesday School/ Confirmation. Oak Park: 6:00 p.m. Soup N Sandwich. 7:00 p.m. Lenten Service. Bible Study after service.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg, Youth Pastor
www.newjourneyfosston.com
Wed, Mar. 22: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.
Thu, Mar. 23: 12:00 p.m. Rotary.
Fri, Mar. 24: 8:45 a.m. Friday School.
Sun, Mar. 26: 9:30 a.m. Worship. 10:50 a.m. Sunday School.
Tue, Mar. 28: 6:30 p.m. Bible Study.
Wed, Mar. 29: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund Sand Valley Dawn Hanson, Lay Minister
Wed, Mar. 22: 7:00 p.m. Lenten Service at Lund.
Sun, Mar. 26: 9:00 a.m. Worship at Lund. 10:30 a.m. Worship at Bethany.
Wed, Mar. 29: 7:00 p.m. Lenten Service at Sand Valley.

BETHEL ASSEMBLY
Fosston
Seth Johnson, Interim Pastor
Sun, Mar. 26: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

RED CROSS MONTH



Virginia Grenier busy sewing a quilt for Project Linus.

RED LAKE COUNTY BASEBALL
18th Annual Walleye Fish Fry
Saturday, March 25, 2017
 Serving from 5:00 to 9 p.m.
Red Lake Falls American Legion Post #22
SILENT AUCTION
MEAL:
 Fish, Corn, Baked Potato, and Salad Bar
PREPAID:
 1 fillet **\$12** 2 fillets **\$15**
AT THE DOOR:
 1 fillet **\$13** 2 fillets **\$16**
 PROCEEDS BENEFIT EQUIPMENT NEEDS OF THE PROGRAM.

Happy March Everyone, Thinking of donating to the Oklee Food Shelf?

Oklee Food Shelf (ICCC) always appreciate all donations (food or cash) anytime during the year. We would like to bring to your attention about the March Campaign that is held every year through the Minnesota Food Share Program, it has been going since 1983.

Every dollar given during the Campaign goes directly to the Food Shelves to purchase about \$4.00 worth of food. That is because we can purchase through the local food bank and if we buy in bulk, some stores offer us a discount.

Cash donations allow food shelves to purchase food items

that we don't usually receive thru food drives, such as meats. The important thing to remember is that March is the only time of the year that people can leverage additional dollars for our food shelf from donations.

Food and Cash must be at our office by March 30th in order to be counted in the Campaign. Our office is open from 8:00 A.M. – 4:30 P.M., Monday thru Friday. If you have any questions, call Tracy at 218-796-5144 Ext. 14.

Thank you again for supporting the Oklee Food Shelf!

Red Lake County SWCD will sponsor two students to attend Long Lake Conservation Camp

Long Lake Conservation Center has provided summer camp experience since 1965. Long Lake Conservation Center is located in the beautiful northland of Minnesota forests and bogs, and its campus buildings are situated overlooking Long Lake. The Center is near Palisade, MN.

The 2017 season offers two Outdoor Explorer I session is open to youth ages 10-14. The Outdoor Explorer Camp will be held June 18-23, 2017 or July 9-14, 2017.

Students will make life-long friends and life-long memories at Long Lake. Outdoor Explorers is the classic summer camp experience full of fun at the lake and exploration in the woods. Campers spend time in the outdoors learning recreation skills, such as: canoeing, archery, orienteering, GPS, and camping! In addition, campers participate in team building activities at Long Lake's low ropes Challenge Cooperation Course, the Long Lake Amazing Race, and team games. Furthermore, on top of all this fun, campers spend time honing their survival skills by building small cooking fires and shelters, and spend a night under the stars. You won't want to miss this!

Red Lake County SWCD will sponsor two youth to attend camp. If you are interested, please write a short paragraph (300 words or less) describing why you would like to attend camp. Also, please provide your full name, parent's names, and telephone number. The deadline is March 31, 2017.

Please send to Tanya Hanson at the Red Lake County SWCD, 2602 Wheat Drive, Red Lake Falls, MN 56750 by March 31, 2017. If you have any questions please contact Tanya at (218) 253-2593 ext. 4.

O52-1C

Tri-Valley Public Transportation

T.H.E. Bus is available for anyone. There are no age or income guidelines. – however, children under the age of four must be accompanied by an adult and children under the age of one must be secured in an infant seat.

Curb-to-curb services is available, allowing those with special needs more comfortable, safe and convenient method of transportation. All of our buses are handicapped accessible and lift-equipped. All of our drivers are trained and certified.

To reserve a seat, please call one business day prior to the scheduled trip - 1-800-201-3432.

For Polk, Red Lake and Clearwater county stops:
 Every Monday – Grand Forks.

Every 2nd Tuesday – Mahnomen.

Every 4th Tuesday – Thief River Falls

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

Every 2nd & 4th Friday – Bemidji.

KURTIS ELLEFSON
RED LAKE COUNTY VETERAN SERVICE OFFICER
218-689-8587
1-888-LINKVET
 Email: kellefsoncvso@hotmail.com
 O48-48C

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Red Lake Falls Library News

The library is open on Tuesday from Noon until 7:00 pm, Wednesday from Noon until 7:00 pm, Thursday from Noon to 5:00 p.m.; Friday from Noon until 5:00 pm, and Saturdays from 10:00 a.m. to 2:00 p.m. On-line patrons are reminded that they can visit www.nwrlib.org/rlf.htm at anytime, where they can create their own patron accounts to browse, request and renew materials all from their home computers.

New adult nonfiction includes "Mask of the Sun," the science, history, and forgotten lore of eclipses, by

John Dvorak, author of "The Last Volcano." "Eclipses - one of the rarest and most stunning celestial events we can witness here on Earth - have shaped the course of human history and thought since humans first turned their eyes to the sky. Both entertaining and authoritative, "Mask of the Sun" reveals the humanism behind the science of both lunar and solar eclipses. And "Sugar Detox Me," 100+ recipes to curb cravings and take back your health, by Summer Rayne Oakes, including a 10-step detox plan.

ATTENTION

RED LAKE COUNTY SMALL BUSINESS AND POTENTIAL STARTUP ENTERPRISES

The Red Lake County Economic Development Corporation can help you start your own business or expand an existing one. We are here to assist with a five (5) year loan for an amount up to \$20,000 at 2% APR. The business must be located in Red Lake County.

For more information, contact the Red Lake County Economic Development home office at 1-218-253-2897.

Or call David Ste. Marie, Red Lake Falls, 218-698-4279; Mike Spurgin, Red Lake Falls, 218-465-4648 or Leo Olson, Oklee, 218-796-5656.

O43-43C (2x/mo.)

Free Master

Storytellers Writing Workshop

by Patricia Jamie Lee
 We may not all be Master Storytellers, but each of us has a lifetime of stories that continue to shape and direct our lives. During this class, we will learn to unearth our personal stories and practice bringing them out onto the page.

Whether you are an experienced writer or just jumping off into your story world, there will be something for you here. Topics will include an exploration of the structure of story, how to bring your story to life, and discovering what kind of story you have to tell. There are stories that teach, inspire, heal, bring people together, or just plain make you laugh. You don't have to be a "writer" to tell your story.

The workshop will end with a short discussion about blogging, self-publishing, podcasting, and other options for sharing your stories.

The class is free and open to the public.

At The Farm by the Lake in Bagley - 4:00-7:00 pm on March 26th.

Snack provided.

Patricia Jamie Lee is the author of nine books, both fiction and nonfiction. In 2007 her book, Washaka—the Bear Dreamer won a national award and was a PEN USA finalist. Her short stories and essays have appeared in The South Dakota Review, Bellowing Ark Magazine, Winds of Change Magazine, and others with several stories selected for anthologies including one published by McGraw-Hill Ryerson entitled Native Voices.



Patricia Jamie Lee

Sudoku Solution

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

Brooks Residents:

The Oklee Herald is trying to find out where the issue is because delivery has failed three this year. Please let me know if you are having issues. Email: okleeherald@gmail.com or call the office (218) 796-5851 and let me know.

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

Oklee Herald

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Hometown Banking
 With Your Neighbors & Friends

The Convenience Of Online Bill Pay
 Online Banking allows you to bank with us day or night from anywhere in the world. You can also pay your bills online.
 Our Online Bill Pay is safe, convenient and easy-to-use. There are no checks to write and you save time and stamps.
 For more information about the benefits of Online Banking or Bill Pay, stop in or give us a call.
Security STATE BANK
 PO Box 69
 Oklee, MN 56742
 Phone 218-796-5157
 FDIC



MUSSTANG STAMPED

RLCC Menus

March 27 - 31

Oklee

Mon: Breakfast: Egg, cheese, sausage biscuit, cereal, fruit, juice, and milk. **Lunch:** Chicken fajita, refried beans, potato ole's, Spanish rice, fruit, and milk.

Tue: Breakfast: Cereal, toast, fruit, juice, and milk. **Lunch:** Pizza hotdish, breadsticks, vegetables, string cheese, fruit, and milk.

Wed: Breakfast: Breakfast burrito, cereal, fruit, juice, and milk. **Lunch:** Pork fritters, mashed potatoes, vegetables, slice of bread, fruit, and milk.

Thu: Breakfast: Cereal, toast, fruit, juice and milk. **Lunch:** Hot dog or polish, baked beans, chips, fruit, and milk.

Fri: Breakfast: Cinnamon roll, cereal, fruit, juice and milk. **Lunch:** Potato soup, grilled cheese, carrot & celery sticks, crackers, fruit, and milk.

Plummer

Mon: Breakfast: Cook's variety, cereal, fruit, juice, and milk. **Lunch:** Subs (ham, turkey, lettuce, tomatoes), cheddar popcorn, carrots dippers, fruit, and milk.

Tue: Breakfast: Breakfast scramble pizza, cereal, fruit, juice, and milk. **Lunch:** Pork fritter, scalloped potatoes, salad, tomatoes, dinner roll, fruit, and milk.

Wed: Breakfast: Egg omelet, cereal, fruit, juice, and milk. **Lunch:** Turkey roast, mashed potatoes, gravy, cranberries, corn, tea roll, fruit, and milk.

Thu: Breakfast: Breakfast with Mom: egg wrap, hash browns, cereal, fruit, juice and milk. **Lunch:** Hotdog w/bun, baked beans, coleslaw cup, fruit, and milk.

Fri: Breakfast: Cinnamon roll, cereal, fruit, juice and milk. **Lunch:** Cheese pizza, salad bar, garlic breadstick, jello, fruit, and milk.



Mrs. Patty Mickelson nominated Brock Tvedt and Taylor Bushelle was nominated by Mr. Mike Swenson for RLCC February Students of the Month.

RLCC February Students of the Month

By Sydnie Gunderson and Marie Johnson

Two Red Lake County Central students were recently recognized as the February Students of the Month. They were Brock Tvedt and Taylor Bushelle.

The RLCC February Student of the Month for junior high was Brock Tvedt. He is 14 years old and in eighth grade. Tvedt's parents are Kevin and Tiffany Tvedt and he has a younger brother Ryan. He's involved in basketball and baseball and enjoys snowmobiling and playing basketball on his free time.

Mrs. Patty Mickelson nominated Tvedt for this award because of his good grades, his willingness to work hard to improve, and his respect for others. She also commented that he is "a great friend with a good sense of humor."

Senior Taylor Bushelle was chosen as the February Senior High Student of the Month. She was nominated by Mr. Mike Swenson. Bushelle is on the A honor roll. She is very active in two sports as well as in student government. Bushelle is the president of the regional Student Senate as well as the RLCC Student Senate.

She is also in Knowledge Bowl and National Honor Society. Bushelle has been taking many college classes over the last two years and she will have earned an Associate of Arts Degree. Swenson said, "She is an excellent student who has earned the respect of her peers, her teachers, and the Regional Student Senate."

Bushelle is a senior at RLCC and is 18 years old. She is the daughter of Jesse and Tiffany Bushelle. Her siblings include Alexxis Rosnow, Morgan, Stellan and Brett Bushelle, Ally, Gabi, and Carriisa Goodmanson. Bushelle enjoys watching Netflix, riding horses, and playing sports in her free time.



RLCC seventh grader Skylar Longtin won a book in a drawing at the Young Authors Conference. The book she won was Howling Yowling Growling with the Lost River Wolf Pack by author Joanna Dymond. The book is about an imaginary wolf pack with five different wolves.



Ethan Vettleson from RLCC broke three of the RLC Rebels boys' basketball records this season.

Vettleson Named Conference

Honorable Mention

By: Julia Bernstein

Ethan Vettleson was awarded with the Tri-County Boys' Honorable Mention for All-Conference. Vettleson also broke three Red Lake County Rebel records including: most steals in a game (14), most steals in a season (106), and triple-double for the Rebels.

He is junior at the Red Lake County Central High School and plays for the RLC Rebels. Vettleson is the son of Shane and Amanda Vettleson.

RLCC Parent Teacher Conference Dates

By Sarah Christensen

Parent Teacher Conferences will be held on Tuesday, March 28 at the Red Lake County Central Elementary School in Plummer from 4-8 pm. On Thursday, March 30 conferences will be held at the High School in Oklee from 4-8 pm.

School Social Worker Ms. Beth Hagen will only be at conferences from 4-6 pm on both evenings. Ms. Naomi Magnell will be at conferences Thursday, March 30 from 4-6:30 pm for Oklee's Tuesday/Thursday preschool group.

RLC Basketball

Awards Potluck

By: Sydnie Gunderson

Red Lake County Boys Basketball will be having the annual award potluck in the Plummer gym on Sunday, March 26th at 5:30 p.m. The 7-12th grade boys' basketball players, families and friends are invited to attend. After the potluck, open gym will be available to all. Call Steve Phillion at 218-253-2499 for any questions.

March Happenings at RLCC HS

By Marie Johnson

There are many events happening in March at Red Lake County Central High School including:

Wed, Mar. 22: Vocal Ensembles

Sun, Mar. 26: Boys' Basketball Awards Potluck in Plummer 5:30 p.m.

Sun-Mon, Mar. 26-27: French Club to Winnipeg

Tues, Mar. 28: JH Knowledge Bowl

Thurs, Mar. 30: HS Conferences 4:00- 8:00 p.m.

Fri, Mar. 31: JH Honor Band and Choir in Mahanomen

GED Classes to Start!

A new series of GED Prep classes will begin March 2. Classes will be held in the Special Ed. Room at Red Lake County Central High School in Oklee, 6:30 to 8:30 PM, Thursdays. Use northeast doors. Please call Sherry at 218-688-1558 if you are planning to attend or need more information. The instruction is free with a one-time registration fee of \$10.00. This is a great time to start. This GED Ready Official Practice Test promotion is available through March 15 – Buy a GED test and get a GED Ready Official Practice Test for free. The voucher(s) that you receive are valid for one year, so you have plenty of time to study before they expire. Can't make it March 2? You can start at a later date; all instruction is individualized based on needs of student following assessment.

Red Lake County Central Students Attend Young Authors Conference



Young Authors Conference was held March 9 in Thief River Falls. Those who attended from RLCC were (back) Natalie Lindemoen, Paige Olson, Arielle Rude, Adriel Bakken, Heather Longtin, Cari Bachand, Serenity May, Morgan Plante, Skylar Longtin, (front) Brock Tvedt, Jeremy Kruchowski, Peyton O'Neill, Caden Lee, Carly Vettleson, Jonathon Roue, Remi Rathsack, Kaleb Fougner, Gunner Sandeen, and Maverick Nelson.

The Northwest Service Cooperative hosted the 2017 Young Authors Conference on March 9, 2017, at Northland Community and Technical College for students in grades 5-8. The YAC is a one-day event designed to inspire and encourage young writers.

During this one-day event designed to celebrate writing, students attend sessions led by authors, storytellers, and illustrators from Minnesota and North Dakota. It is an opportunity to recognize and encourage young students for their creativity and link them with professionals who use their minds and talents creatively.

The conference began with an opening session for all students, *Campfire Tales: A Scout, A Skunk and a Stew*, Wednesday, March 22, 2017

with Bob Gasch who has told stories at schools, libraries, historical societies and, of course, campfires for over 45 years. His travels have taken him from Alaska to Texas and the Rocky Mountains to Ireland and Israel. He has been a Young Writers presenter for 20 years and a featured storyteller at storytelling festivals in Colorado, Minnesota and Northern Ireland. Bob also presented sessions (Paul Bunyan – Creating Great Tall Tales) for the students.

Other presenters and sessions included Scott Rolfs (Super Powered Character Creation); William Durbin (Flash Fiction); Susan Hawkinson, (Riddles, Chants, Tongue Twisters Incantations); Margi Preus (It Could Get Crazy); Gary Harbo (How to

Draw Characters out of Your Imagination); Sheryl Peterson (Who's Talking); Roxane Salonen (The Rich Interior Life on the Introvert); Bly and Rowan Pope (Writing a Movie Scene); Debbie Hoven (Keep Your Light On and Read); Steve Maanum (Writing about Nature through the Eyes of a Wildlife Photographer); Mary Casanova (Winter Stories); Naomi Woods (A Musician Story); Ryan Jacobson (No Question About It; Writing a Story Can Be Simple!); and Joanna Dymond (Howling Yowling Growling with the Lost River Wolf Pack).

Twenty students in grades 5-8 from Red Lake County Central participated in the Young Author's Conference. Eighth graders who went were: Adriel Bakken, Heather

Longtin, Morgan Plante, Brock Tvedt, and Jeremy Kruchowski. Seventh graders included: Serenity May, Cari Bachand, Remi Rathsack, Skylar Longtin, and Jonathon Roue. Natalie Lindemoen, Paige Olson, Gunnar Sandeen, Kaleb Fougner, and Arielle Rude were the sixth graders that attended. Participants from the fifth grade were: Caden Lee, Carly Vettleson, Peyton O'Neill, Maverick Nelson, and Jenniffer Johnson.

One participant from RLCC was seventh grader Cari Bachand who described what happened at the conference. Everyone was welcomed in the gym then went to their separate classes. At lunch time schools took turns and got to look around at a book fair

ending the day with their last two classes. Bachand's favorite part was "the opening assembly because was "the open to hear what the 'writers world' was like through another author's perspective." She attended the session of "Draw Characters from Your Imagination" and learned how to draw a few characters and give them different personalities. She also attended "Writing a Movie Scene" session and learned how to write a movie script properly. Bachand learned how to write from a different perspective in the "Who's Talking?" session.

One of the things eighth grader Adriel Bakken enjoyed was buying a signed book by Mary Casanova. Bakken stated, "Her ideas are amazing!" A session she attended was

"Drawing Characters out of your Imagination" where she learned how to draw goofy characters with attitude. Bakken also learned how to write short stories that leave you to think in a session called "Flash Fiction" with William Durbin.

Brock Tvedt, an eighth grader from RLCC, learned how to draw fiction stories about animals at the session called "It Might Get Crazy" during the Young Author Conference. Tvedt's favorite part about the conference was the welcome ceremony because they told lots of Boy Scout stories. Another session Tvedt attended was "Drawing Cartoon Characters" where he learned how to draw a cartoon snake.



One of the RLCC wrestlers at the RLCC Wrestling Tournament on Thursday, March 9th was Kane Nelson.



RLCC Annual Elementary Wrestling Tournament brought out a big crowd of students and parents. There was approximately 180 kids from 10 different towns.

North Tri-County Boys’ Basketball Conference

By: Hannah Riendeau
North Tri-County Boys’ Basketball Conference recently announced the conference champs and those named All-Conference. Goodridge-Grygla was the Conference Champions.

All-Conference included Blaine Kriel, Tyler Stinar, Dylan Walker, and Ben Groven from Goodridge-Grygla. From Sacred Heart were Jordon Tomkinson, Jack Gerber, and Brenden Bethke. Nathanael Dahl and Tristan Bakke are from Clearbrook-Gonvick.

Honorable Mention from Sacred Heart was Evan Szczepanski, from Clearbrook-Gonvick were Trevoe Rogstad and Andrew Barreett. From Red Lake County was Ethan Vettleson.

Senior Showcase and Future Stars set for March 27

By Sydnie Gunderson
The North Tri-County Boys’ Basketball Senior Showcase and Sixth Grade Future Stars games will be held in Red Lake Falls on Monday, March 27th.

The senior game features seniors from Clearbrook-Gonvick, Goodridge-Grygla, Sacred Heart, and Red Lake County (Makay Berns and Dylan Olsen).

The sixth grade games begin at 4:15 pm and the senior awards start around 7:15 pm. Posters have been placed in each school for more information.

March ECFE Events for RLCC

RLCC Family Literacy Night for Pre-K to 6th graders and their parents will be held on **Tuesday, March 21st** at the Elementary School in Plummer from 5-7 pm. There will be lots of fun math-centered activities throughout the school. In the preschool room they will be playing card and dice games and giving away packages of tangrams to play with at home. Fun for the whole family and supper will be served!

Parent/Teacher Conferences will be held **Tuesday, March 28th** from 4-8 pm at the Plummer Site.

Thursday, March 30th the Parent/Teacher Conferences will be held at the Oklee Site from 4-8 pm.



Lily Guillemette, Jade Person, and Jayden Fore from RLCC placed in the past two Speech Meets. Also placing was Sydney Melby (not pictured).

Detroit Lakes Speech Meet

By: Julia Bernstein
The Red Lake County Speech team attended the Detroit Lakes Speech Meet on Saturday, March 11th. In the Poetry category Lily Guillemette received a Superior Ribbon. Sydney Melby was awarded an Excellent Ribbon in the Humor Category. Jayden Fore received an Excellent Ribbon in the Creative Expressions category.

Legal

ISD 2906 Red Lake County Central Minutes-March 17

The ISD 2906 Board of Education held a regular board meeting on Wednesday, March 8, 2017 at the Brooks Community Center in Brooks.

Bray, Duden, Hamrum, Kolstoe, Paradis, Person were present.

Motions were carried to approve February minutes, financials, 2017-18 School Calendar, intent to negotiate notice from RLCC EA.

(Complete minutes may be seen in the district office at 260 Minnesota Street, Plummer, MN or on our school website at www.rlcc2906.org.) 052C

Have You Noticed Any Of These Warning Signs?

Note: This list is for information only and not a substitute for a consultation with a qualified professional.

MEMORY LOSS THAT DISRUPTS DAILY LIFE.

One of the most common signs of Alzheimer's disease or dementia, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over.

CHALLENGES IN PLANNING OR SOLVING PROBLEMS.

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills.

DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK, OR AT LEISURE.

Sometimes they may have trouble driving to a familiar location, managing a budget at work, or remembering the rules of a favorite game.

CONFUSION WITH TIME OR PLACE.

People with Alzheimer's or dementia can lose track of dates, seasons, or the passage of time. Sometimes they may forget where they are or how they got there.

TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS.

They may have difficulty reading, judging distance, and determining color or contrast, which may cause problems with driving.

NEW PROBLEMS WITH

WORDS IN SPEAKING OR WRITING.

People with Alzheimer's disease or dementia may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves.

MISPLACING THINGS OR LOSING THE ABILITY TO RETRACE STEPS.

A person with Alzheimer's disease or dementia may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing.

DECREASED OR POOR JUDGMENT.

People with Alzheimer's or dementia may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.

WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES.

A person with Alzheimer's disease or dementia may start to remove themselves from hobbies, social activities, work projects, or sports.

CHANGES IN MOOD AND PERSONALITY.

The mood and personalities of people with Alzheimer's or dementia can change. They can become confused, suspicious, depressed, fearful, or anxious. They may be easily upset at home, at work, with friends, or

in places where they are out of their comfort zone.

If you or someone you care about is experiencing any of these 10 Warning Signs of Alzheimer's disease or dementia, please consider attending the community presentation at City Hall in Red Lake Falls, MN on March 30th from 6:00 PM – 8:00 PM.



Eli Magnell wrestling at the RLCC Annual Elementary Wrestling Tournament on Thursday, March 9.



Wrestling at the 220 lb weight class, the Mustangs Nick Pahlen took 5th place at the 8A Individual Wrestling Tournament

JOIN THE CONVERSATION!

DEMENTIA COMMUNITY PRESENTATION

*Signs of Dementia,
How Dementia Happens,
What Can We Do About it?*

WHERE:

CITY HALL IN RED LAKE FALLS, MN

WHEN: MARCH 30TH, 6:00 PM – 8:00 PM

SNACKS AND REFRESHMENTS WILL BE SERVED

Centennial Recipe Corner

**Hobo Soup
Shirley Dessellier**

- 1 lb hamburger
- 1 cup chopped onion
- 1 cup diced potatoes
- 1 cup sliced carrots
- 1 cup shredded cabbage
- 1 cup diced celery
- 4 cups canned tomatoes
- 3 cups water
- 4 tsp salt
- 1/2 tsp pepper
- 1/2 cup rice, barley or elbow macaroni
- 1 bay leaf or 1/4 tsp basil or 1/4 tsp thyme (optional items)



Brown hamburger and onions. Drain. Bring water, salt and pepper to boil. Add hamburger and onion to water. Add vegetables and canned tomatoes. Cook until tender. Adding a bay leaf is optional. Add rice, barley or macaroni. Cook approximately two hours. Remove bay leaf before serving. This serves about ten people.

Red Lake County Extension Educator
Curtis W. Nyegaard - 218-253-2895

Extreme Soybeans
When on the road to higher soybeans, it's wise for farmers to consider how the more physical aspects of soybean production-such as row spacing, plant population, tillage, light interception-play a more important role beyond adding products. And there's a wide array of choices.

The big news is that those choices are vital-the "Kitchen Sink Study" found that fundamental agronomic practices may in fact deliver the greatest impact on yield and profitability. The study examined plant populations and row spacing-variables that the growers can control, which represent targets that can be altered and examined reliably. In the study, variety and maturity group were dictated by local preference. So was planting date and the degree of tillage, from no til to conventional tillage.

Of course, many factors go into choosing a row spacing and plant population. But the bottom line, according to Seth Naeve, University of Minnesota Agronomist, is that those agronomic decisions can have a greater impact on yield and profitability than any product you could spread or spray.

Row Spacing Is Key
Of all the variables in the "Kitchen Sink Study"-all the chemistry and interactions and decisions that boosted yield-the most important one turned out to be row spacing. It's the most consistent piece of yield increase we have-it was seen every year and there was no fluctuation. The study

compared 30 inch rows with narrower row configurations, which varied among states but were all 20 inch or less. Across the states, researchers found an impressive impact. Comparing the most extreme treatments-the wide row control plots versus the high input, narrow row soybeans-the study showed an average 6.9 bushel boost from high intensity management.

But comparing wide row/ high input plots to row control plots narrowed the benefits of high intensity management to a difference of 2.3 bushels. That's less than the boost seen from simply switching from wide to narrow rows without implementing any other inputs or management strategies, which bumped yields an average of 2.9 bushels.

Measured another way, the difference in yield between simply switching to narrow rows (with no treatments whatsoever) versus implementing the whole "Kitchen Sink Study" program on wide rows-was just 0.56 bushels. When we applied all those products in the high input system under wide row spacing, we did increase yield significantly compared to its respective control.

However, if a grower would switch from a wide row spacing to a narrow row spacing -not utilizing any products, just putting soybeans in a narrow row spacing configuration- they can increase yield and have it comparable to a 30 inch system with all those inputs applied. Nave says "THAT'S THE BIGGEST TAKE HOME MESSAGE OF THE STUDY."

"OF ALL THE NEW FANGLED THINGS THAT WERE DONE, ROW SPACING GAVE THE BIGGEST YIELD INCREASE," says Naeve.

BUCK THE WIDE ROW TREND

The research team recognizes that farmers have to factor in a wide array of variables when considering whether to plant in wide or narrow rows, though Naeve expresses a little frustration that the trend among Northern growers lately has been to switch back to wider row spacing for soybeans. Some farmers are trying to add more inputs while at the same time, move a way from narrow rows. They're basically moving from the control/narrow row program to our high input/ wide row program- so they're basically going downhill.

Naeve acknowledges that when growers invest in the latest generation of large planters to improve their efficiency in the spring, costs and weight limits can make narrow rows impractical. But, for growers who may consider a switch back to wide rows, he strongly suggests to stay narrow.

Naeve says, "if narrow rows remain a viable option for a particular farm, that's the best way to go." "When you stay with narrow row spacing, it's a no cost thing," he says. If you have questions about this study, you can contact Naeve by calling him at 612.625.4298 or email him at naeve002@umn.edu.

Source: Seth Naeve, U M Extension Soybean Agronomist.

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

Monday was the first day of Spring today and the sun was shining so very nice it almost reminds you of those golden days of spring. Tomorrow however could be cold and rainy or snowy. Sounds like colder for tomorrow in the forecast. The year is clicking away very fast these days.

Happy birthday to Mary Schindler who celebrated her birthday on St. Patrick's Day.

Del and Cindy Determan took their relatives to Lake Winnipeg, to go fishing. Joining them were Tony and Trina Determan of Minnetonka and Del's sister Tress, and Del's brother Gregg of Marshall. They caught their limit of walleyes and 3 of them were 26 inch walleyes. They left on Thursday and came back on Sunday. They had a problem getting a beer and burger in TRF though on Sunday evening, because about all that was open was McDonald's.

Welcome home to Myrtle Hamrum who has been traveling this winter. She went to Alaska in December to stay with her daughter Susan and then went to visit with her brother, Omer Frette in Arizona in February. She is home for the summer now though so once again we will have her smiling face amongst us. It is good to have you back Myrtle, Welcome Home.

On Tuesday Jerome and Barb Novak went to Warroad to visit with Nancy and Matt Ellenson and to watch their

grandchildren perform with their classes. Daphne is in band and Daphne performed on percussion with the band. Margaret also performed in her class spring chorale. They very inventively sang and performed rain songs. They started the program in the dark and clicked their fingers, with more and more of them joining in until a full blown rain sounded, and led lights flashed like a thunderstorm and stamping feet with thunder. Very inventive and it accomplished the job of showing a thunderstorm to the audience. After the program was visiting and the trip home.

Happy Birthday to Myrtle Hamrum this week. She will be 93, and a busy lady she is. Not too many people can do what she does at that age.

On Saturday Barb Novak went to Fosston to watch her grandchildren during the speech meet. It is very different to watch speech. Some of the youngsters have very informative speeches. My grandson Ian, spoke on the introduction of ironclad ships. He had to do some reading and looking up history of the ships to do this speech and he did a great job. Phillip did a takeoff on MacBeth in a humorous speech. These speeches have a little acting thrown in as well. Phillip won a first. Ian did better than he has ever done before. It was fun to see them grow in speech over the years.

Red Hats will meet on Wed

the 22nd. It was postponed from last week because of the funeral in Plummer. See you all there, bring a friend.

The weather is getting better so have a great week everyone.

Conservation Volunteers Honored During National Volunteer Week

SAINT PAUL, MINN, March 17, 2017– USDA's Natural Resources Conservation Service (NRCS) is celebrating by thanking and honoring its Earth Team volunteers for their service to celebrating National Volunteer Week April 23-29, 2017 by thanking and honoring its Earth Team volunteers for their service to conservation.

Earth Team is the agency's volunteer workforce, and nationally, in fiscal year 2016, more than 28,500 people donated 3012,219 hours of service to NRCS valued at over \$7.1 million.

"Volunteers work closely with our staff, and they play an important role in our state's conservation work," said Cathee Pullman, state conservationist.

The Earth Team is a program that partners volunteers with NRCS employees. It was created in 1985 and offers many

Take a Healthy Dish to your Next Party

There are family parties, club parties, work parties and annual gathering of friends. These events are often centered on food that's loaded with calories, sugar, fat and sodium.

When you're invited to bring a dish to share, consider a healthy option that looks and tastes good. Think about dishes that feature fruits, vegetables,

Bring this
Hummus & whole-grain crackers
Fruit parfaits*
Homemade appetizer meatballs*
Homemade taco dip*
Lightly salted nuts or trail mixes
Vegetable side salad*
Bean salsa*
Lower-sodium soup or chili*
Homemade salmon spread*

Try this healthy dessert instead of a fruit pie.

Fruit Parfait
Fruit of your choice
Vanilla or plain low-fat, light or fat-free Greek yogurt
Topping, such as granola or nuts

For one parfait, prepare about ¾ cup of fruit. Put ¼ cup of fruit into a bowl or cup and top with 1 tablespoon yogurt. Repeat the layers and top with 1 tablespoon of nuts or granola.

Great fruit choices are:
Strawberries, blueberries, blackberries, raspberries
Grapes
Melons, peeled and cubed: Watermelon, cantaloupe or honeydew melon
Kiwi, peeled and sliced
Mango, peeled and cubed
Orange segments
Pineapple chunks, fresh or canned (drained)
Peach slices
Pomegranate
Nutrition facts (estimated)
Serving size, about 1 cup; calories, 100-150; total fat, 1 gm; saturated fat, 0 gm; cholesterol, 0 mg; sodium, 20-30 mg; carbohydrates, 18-25 gm; fiber, 2-5 gm; protein, 3-5 gm; calcium, 60 mg.

Frozen meatballs are usually high in sodium and fat. Look for the chili sauce that's the lowest in sodium and use a lower sugar grape jelly to decrease calories and carbohydrates.

Instead of this
Cheese and sausage with low-fiber crackers
Cookie tray
Little sausage links in sauce
Full-fat taco dip
Candy
Ramen noodle broccoli salad
High-sodium bottled salsa
High-sodium canned or frozen soup
Cheese ball or spread

Appetizer Meatballs
Meatballs
1 pound 93 percent lean ground beef or ground turkey
½ cup onion, minced
1 egg, beaten
½ teaspoon black pepper
2 t a b l e s p o o n s Worcestershire sauce
1 tablespoon Canola oil
Combine all ingredients except oil and shape into 1-inch meatballs. Warm oil in an electric skillet over medium heat. Add meatballs and cook for 10-15 minutes or until browned. Cool meatballs by draining on paper towels. Discard oil

Sauce
12-ounce bottle chili sauce
10-ounce jar lower-sugar grape jelly
Combine chili sauce and jelly in a medium saucepan (or electric skillet); stir well until jelly is melted. Add meatballs and simmer uncovered on low for 30 minutes to thicken the sauce, stirring occasionally. Serve hot meatballs with toothpicks out of the skillet or a slow cooker or chafing dish set on low to keep warm. Makes 36 meatballs.

Nutrition facts
Servings: 18; serving size, 2 meatballs with 1 tablespoon sauce; calories, 48; total fat, 3 gm; saturated fat, 0.7gm; carbohydrate, 5gm; protein, 6 gm; sodium, 115mg.
Try this low-fat taco dip, which has 100 fewer calories than the full-fat version.

Taco Dip
8-ounce fat-free cream cheese or fat-free plain Greek yogurt
8-ounce fat-free sour cream
1 teaspoon lemon juice
4 tablespoons Newman's Mild Salsa
2 teaspoons chili powder
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon cumin
Chopped tomatoes
Chopped lettuce
Chopped onions
Mix cream cheese or yogurt, sour cream, lemon juice, salsa and spices in mixing bowl until well blended. Or use a food processor. Spread onto serving platter. Top with chopped vegetables. Serve with tortilla chips such as Bearitos or Garden of Eatin, Sage Valley or Xochitl or vegetables.

Nutrition facts
Serving size, 2 tablespoons; calories, 35; total fat, 0 gm; saturated fat, 0gm; cholesterol, 3 mg; sodium, 140 mg; carbohydrates, 4 gm; fiber, 0 gm; protein, 3 gm.

Broccoli-Bacon Salad
1 clove garlic (½ teaspoon)
¼ cup olive oil mayonnaise
¼ cup reduced-fat sour cream
2 teaspoons cider vinegar
1 teaspoon sugar
4 cups broccoli crowns, finely chopped
1 cucumber, chopped
3 slices lower-sodium bacon, cooked and crumbled
3 tablespoons dried cranberries
Freshly ground pepper, to taste
Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, cucumber, bacon, cranberries and pepper; stir to coat with the dressing. You can cover and refrigerate for up to 1 day.

Nutrition facts
Serving size, 2/3 cup; calories, 75; total fat, 4 gm; saturated fat, 1 gm; cholesterol, 5 gm; sodium, 100 mg; carbohydrates, 8 gm; fiber, 2 gm; protein, 3 gm.

This dip is a great way to add more vegetables to your snacks or meals. Choose tortilla chips made from whole-grain corn and you will have added veggies and whole grains in your menu plans.

Southwest Black Bean Dip
2 tablespoons lime juice
1 tablespoon extra-virgin olive oil
½ teaspoon ground cumin
1 1/2 cups frozen corn
¼ cup chopped fresh cilantro
15-ounce can lower-sodium

black beans, rinsed and drained
1 large red bell pepper, chopped
Jalapeno pepper, chopped (if desired)
Tortilla chips or dipping vegetables
Mix lime juice, oil and cumin in a small bowl. Combine corn, cilantro, black beans, red bell pepper and jalapeno pepper; toss. Drizzle dressing over bean mixture and mix. Serve with whole-grain tortilla chips or dipping vegetables.

Nutrition facts
Serving size, ½ cup; calories, 80; total fat, 1.5 gm; saturated fat, 0 gm; cholesterol, 0 mg; sodium, 60 mg; carbohydrates, 13 gm; fiber, 3 gm; protein, 3 gm.

Turkey Squash Soup
1 tablespoon canola oil
3/4 cup onion or leeks, chopped
1 red bell pepper, chopped (about 1 cup)
1 cup carrots, chopped
1 cup celery, diced
3 cloves garlic, minced (1½ teaspoons minced garlic in jar)
6 cups unsalted chicken stock (less than 150 mg sodium per cup)
1½ pounds butternut squash (2-3 cups), peeled, seeded and cut into 1-inch cubes
2 tablespoons minced fresh thyme or 2 teaspoons dried thyme
1½ teaspoons ground cumin
½ cup raw wild rice, rinsed
3 cups cooked fresh turkey or chicken (about 1½ pounds)
2 cups frozen corn kernels
2 tablespoons lime juice
½ teaspoon crushed red pepper
¼ teaspoon salt
Freshly ground pepper to taste

Heat oil in a Dutch oven over medium-high heat. Add onion (or leeks), bell pepper, carrots, and celery. Cook until the vegetables begin to soften, about 3-4 minutes. Add garlic and cook 1 minute more. Stir in broth, squash, wild rice, thyme and cumin. Cover and bring to a boil. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes.

Add turkey (or chicken) and corn. Return to simmer and cook until the turkey is heated through, about 30-45 minutes. Cooking for several hours will enhance the flavor. You can also cook in a slow cooker for 5-8 hours on low. Add lime, red pepper, salt and pepper just before serving.

Nutrition facts
Servings size, 1 cup; calories 155; total fat, 2.5 gm; saturated fat, 0 gm; cholesterol, 40 mg; sodium, 180 mg; carbohydrates, 16 gm; fiber, 3 gm; protein, 19 gm.

This is a great way to add healthy omega 3 fatty acids. Use fresh or frozen salmon instead of canned fish to cut the sodium level.

Salmon Spread
8 ounces of salmon, baked or poached
8-ounces fat-free cream cheese or fat-free plain Greek yogurt
2 tablespoons olive oil mayonnaise
2 teaspoons lemon juice
½ teaspoon Worcestershire sauce
½ teaspoon minced garlic
¼ teaspoon onion powder
¼ teaspoon Tabasco Sauce
1 dash ground black pepper
¼ teaspoon liquid smoke

Bake or poach salmon until flaky and then cook. Put all ingredients in a food processor and process until creamy. Serve with fresh vegetables or whole-grain crackers.

Nutrition facts
Serving size, 2 tablespoons; calories, 45; total fat, 2 gm; saturated fat, 0.5 gm; cholesterol, 15 mg; sodium. 130 mg; carbohydrates, 2 gm; fiber, 0 gm; protein, 5 gm.

Author Bonnie Brost is a licensed and registered dietitian in the Wellness Program at the Essentia Health St. Mary's-Heart & Vascular Center in Duluth.

Who's Dat?



Who's Dat
This week's photo is of a double wedding held at a local church. The wedding was a spring wedding.

Last week's photo was of some fishermen. These three fellows went fishing on the Hill River back in the 60's and they came back with a nice catch. Pictured is Jim Bendickson, Russell Nelson and Dean Nelson.

Two weeks ago was from a parade in 1958 celebrating the 100th State of Minnesota anniversary. Do you know who it on the float? There was no name on the photo, so if you know who is riding on the float, please contact the Oklee Herald office. Thank you!

Please send in your favorite photo for the Who's Dat column. More are needed.



SUDOKU

GOT KNEE PAIN?

Get a Pain-Relieving Knee Brace
At Little or **No Cost to You**
You May Qualify for Free Shipping
We Do All The Paperwork
Shoulder Braces, Ankle Braces,
Back Braces Also Available

Medicare Patients
Call Us Right Now
1-800-984-0360

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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.

Wednesday, March 22, 2017

Oklee Herald Early Files

Senior Site News and Other Things

By Volunteer Iona Berry

Seventy Years Ago
March 27, 1947
Oklee's long awaited fire truck was delivered here yesterday. Ordered several months ago upon recommendation of the Fire Under-Writers Inspection Bureau.

Arrangements have been completed for the Grand Opening of Melby's Locker Service in Oklee on Saturday.

Monday night the Oklee High School girls basketball team defeated the Gonvick girls in a game which lasted two overtime periods.

Sixty Years Ago
March 21, 1957
Although hampered by stormy weather, a fair crowd attended the annual Allis Chalmers Community Day sponsored by Birkeland Farm Supply in Oklee.

Beth Radniecki, daughter of Mr. and Mrs. Roman Radniecki, is a patient in Northwestern Hospital with pneumonia.

Rolandson Chevrolet Company of Oklee will reveal their new garage building at the public at a Grand Opening event tomorrow.

Fifty Years Ago
March 23, 1967
Tim Radniecki, son of Mr. and Mrs. Jack Radniecki of Oklee was recently promoted to the rank of Lance Corporal in the Marine Corps after completing the three-month course in mechanical engineering.

Barbara Bronken has been chosen to attend the 1967 session of Girls State in St. Paul on June 8 to the 15th. The alternate was Sandra Groven.

David Beaudoin celebrated his birthday March 17th with many friends and family helping.

Forty Years Ago
March 24, 1977
Carol and Korydon Chervestad, Oklee, received an award for Pennington County

Farmers Union while attending the 75th annual National Farmers Union Convention in San Antonio, Texas.

Supt. Marvin Bronken received a letter from Governor Perpich commending the Oklee School for its participation in the winter energy crisis.

Not much remains of the Vernel Herberg home which was destroyed by fire late Tuesday afternoon.

Thirty Years Ago
March 25, 1987
George and Juliette Genereux of Red Lake Falls have announced the engagement and forthcoming marriage of their daughter, Linette to Kevin Koralewski, son of Val and Donna Koralewski.

Oklee American Legion Auxiliary Girls Staters are Deone Haugen (daughter of Marlyn & Doloris Haugen) and Loni Bishop (daughter of Charles & Roxanne Bishop).

Arnold Lillo of Good Thunder has just begun raising ginseng on his acreage and devotes 1 ½ acres to it. He sells to a businessman in Malaysia.

Twenty Years Ago
March 26, 1997
The Oklee School Carnival is featuring a Sumo Wrestling event and there are sure to be many laughs for those watching and for those who take part.

Paul Beaudoin received a medal and two plaques in the 1997 NW Service Cooperative Regional Spelling Bee and advances to the State Spelling Bee competition.

A Country Music Jamboree was held in Oklee on March 15th and many folks from around the area enjoyed the entertainment.

Ten Years Ago
March 22, 2007
Some freezing of culverts and drainage areas are causing huge puddles in the City of

Plummer, but with further thawing, this should dissipate. Sindy Ehrenstrom is the new Career Counselor at RLCC. She works with the sixth through twelfth grades. Enbridge met with Red Lake County Board to discuss the future plans including the plan to build a 20 inch pipeline to the south of the existing pipeline.

Eunice Quesnell recently returned home from a visit with her daughters, Gloria in Colorado Springs, Kathy Arndt in Columbia where she welcomed her new great-grandson Issac. She returned home on February 15th.

Plummer News

By Alice Jobe 218-465-4402

On Monday, there was a broken water main on the south end of town. It caused the water to come over the ice and run. It was found early in the morning. Roger Gallant did the digging with a backhoe. And, he and Scott Larson worked together and got it repaired and it was filled back in by 4:30 p.m.

Merle Jesme died March 11th, Saturday, at his home in Thief River Falls. The funeral was held March 15th at Immanuel Lutheran Church at 10:30 a.m. There were 200 or more people. It was a military funeral with flag folding and presentation. Lunch was served after the service. Burial followed at Newfolden.

Recently, Emilie Skjerven, and daughters, Melanie Parise, Kathy Helmbrecht and Laura and Jennifer flew from Minneapolis to Amsterdam, Netherlands. From there, they took a train to Florence to visit Alyssa Parise who is attending school there. They did a lot of sightseeing. They went to London and Venice. They rode in a gondola. They also

At last we have a sunny day and temperatures that are in the 50's. The snow is melting quickly in some places, but the banks melt slowly. We surely have had our share of wind this winter. I guess we should not complain as other places have suffered wind and lots of snow. We should be thankful for every day we don't have ice on the roads.

Things will move ahead now because March 20th was the first SPRING. I always think we can at last look for temperatures improving day by day. Hopefully that will happen this year too. It won't

went to a winery. They had a 3 course meal at the winery. Also toured two beautiful old churches. Climbed 475 steps up to a bell tower. They shopped in the market places. They had a great time!

Wednesday afternoon, Kelly Dodson and Jack went ice skating by the park. The ice isn't that good but it does the trick. Jack is still learning to sako so it wasn't going to well. It was good to see someone ice skating. A rarity around here.

Plummer Senior Citizens met Thursday with 9 present. Glenyce had a good reading and also Bunny read about the Norwegians invading Ireland and making lutefisk while the Irish ate potatoes. It was really good. Jean C. and Clayton L. won the drawing. A delicious lunch was served. Big shamrock cookies for St. Patrick's Day were provided by Clayton Larson.

Hope you're enjoying the warmer weather. Wishing you a belated St. Patrick's blessing on you all

be long till the farmers and the gardeners will be anxious to turn over the sod.

Last week I saw an article in the Grand Forks Herald concerning Lori Mercil. Lori is a Brooks former resident and she graduated from Oklee High School. She has led a very interesting life. She has traveled to many countries overseas. She is a RN and is founder of Premier Aesthetics in Grand Forks. She was employed at the Freedom Center in Oklee so many of you met her there. Good Luck in you latest endeavor.

We had a St. Patrick's Day party at the Site on Thursday last week Gloria Torkelson was in charge of the Party and did an excellent job. She had several games for everyone to compete in and winners all received a prize. I was the

only one without a prize and to keep me from crying, Gloria gave me a cup full of silver dollars (not the real ones), they were very pretty and chocolate inside them. Anyway, I dried my tears and dug in. We were then treated to goodies and coffee. Thanks Gloria, you did a bang-up job.

Dates to Remember

April 4: Evening Meal
April 16: Easter Sunday
April 18: Pot Luck Meal
April 20: Sr Site meeting
April 21: Birthday Meal

Words of Wisdom

Never dispute a received compliment.

A light personal adjustment, like the extra tightening of a screw, can make a big difference.



Carol Kvasager was the winner of the Birthday meal at March's Birthday meal at the Senior Site. Congratulations.

Red Lake County Notice of Delinquent Taxes

STATE OF MINNESOTA
COUNTY OF RED LAKE

TO: ALL PERSONS WITH A LEGAL INTEREST IN THE PARCELS OF REAL PROPERTY DESCRIBED IN THE FOLLOWING DELINQUENT TAX LIST

A list of real property in Red Lake County on which delinquent property taxes and penalties are due has been filed with the District Court Administrator of Red Lake County. This list is published to inform all persons that the listed property is subject to forfeiture because of delinquent taxes.

The property owner, taxpayer or other interested person must either pay the tax and penalty, plus costs or file a written objection with the District Court Administrator. The objection must be filed by April 11, 2017 stating the reason why the property tax or penalty is not due on the property. If no objection is filed, a court judgment will be entered against the property for the unpaid tax, penalty, interest, and costs.

For property under court judgment, the period of redemption begins on May 8, 2017. The period of redemption means the time within which taxes must be paid to avoid losing the property through forfeiture. The period of redemption is three years, with a handful of exemptions. The redemption period is one year for most properties located in a targeted neighborhood, as defined in the Minnesota laws, and for municipal solid waste disposal facilities. The redemption period is five-weeks for certain abandoned or vacant properties.

You may also enter into a confession of judgment as an alternative method to paying off the delinquent tax amount and avoiding forfeiture. This allows you to pay the delinquent balance in equal annual installments with a down payment due at the time you confess judgment. The length of the installment plan varies: 5 years for commercial-industrial/public utility property; 10 years for all other properties.

If you have homesteaded property, you may be eligible for a Senior Citizen's Property Tax Deferral, which enables seniors to pay just 3% of their household income and allow remaining amounts to become a lien on the property that may be deferred for later payment (perhaps upon eventual sale of the property).

It should also be noted by property homesteaders that you are ineligible to receive the Property Tax Refund while you owe delinquent tax.

To determine how much interest and costs must be added to pay the tax in full, contact the Red Lake County Auditor's Office, Red Lake County Courthouse, Red Lake Falls, MN 56750. You may also contact the County Auditor's Office at (218) 253-2598 or at raschmiltz@co.red-lake-mn.us

DISTRICT COURT SEAL

Kathy Narlock, Court Administrator, 9th Judicial District

DELINQUENT TAX LIST

The following table contains a list of real property located in Red Lake County on which taxes and penalties became delinquent on January 2, 2017. Interest calculated from January 2, 2017 and county costs must be paid along with the total tax and penalties in order for a parcel of real property to be removed from the delinquent list.

EMARVILLE TOWNSHIP			
Marc Philipp 455 Gardenside Ave So. San Francisco, CA 94080	E1/2NE1/4 E OF HW 27-151-42	2016	696.29
GARNES TOWNSHIP			
Darwin J & Dena M Boutain 36402 195 TH ST NE Goodridge, MN 56725	SE ¼ 22-151-41	2016	423.95
Clayton A Moen Revocatable Trust			
Darwin J & Dena M Boutain 36402 195 TH ST NE Goodridge, MN 56725	tract in NE 1/4SE1/4 LESS R/W 26-152-41	2016	139.89
Virgil & Jennifer Boutain 18140 250 TH Ave SE Plummer, MN 56748	W1/2NW1/4 17-151-41	2016	643.14
Ultima Bank MN 101 Central Ave E P.O. Box 127 Plummer, MN 56748			
LAMBERT TOWNSHIP			
Jeff Klaven 24634 Hwy 92 SE Brooks, MN 56715	SW1/4SE1/4 7-150-41	2016	80.62
Patrick Kruchowski 25542 285 TH Ave SE Brooks, MN 56715	TRACT 410' X 1395' IN W1/2E1/2 23-150-41	2016	549.20
NW MN Multi County Housing P.O. Box 128 Mentor, MN 56736			
Red Lake County P.O. Box 367 Red Lake Falls, MN 56750			
Kimberly J & Jason Ventura 100 7 TH Ave SE Oklee, MN 56742	TRACT 495' X 440' IN N1/2NW1/4 12-150-41	2016	293.10
Security State Bank P.O. Box 69 Oklee, MN 56742			
POPLAR RIVER TOWNSHIP			
Mark Collins 18254 250 TH St SE Brooks, MN 56715	BLDG SITE IN SW1/4 18-150-43	2016	306.87
Unity Bank North P.O. Box 280 Red Lake Falls, MN 56750			
CITY OF BROOKS			
John H Green Jr. 18217 138 TH ST NE Thief River Falls, MN 56701	NWSE N OF RIVER; E1/2NESW E OF HWY & N OF RIVER 11-150-42	2016	622.12
Ultima Bank MN 101 Central Ave E P.O. Box 127 Plummer, MN 56748			
Josephine Adamski P.O. Box 115 Brooks, MN 56715	BRKS LTS 11 & 12 BLK 2	2016	240.54
Bart & Tammy Berbracht 4480 Montego Ave S Fargo, ND 58103-1096	BRKS LOTS 6 & 7 BLK	2016	190.97

CITY OF OKLEE			
Toni Magnell 205 Bourden St P.O. Box 143 Oklee, MN 56742	OKL Lt 4 Blk 1	2016	455.26
Brooks Community Federal Credit Union P.O. Box 38 Brooks, MN 56715			
City of Oklee P.O. Box 190 Oklee, MN 56742			
NW MN Multi County HRA P.O. Box 128 Mentor, MN 56736			
FJ Properties LLC Janell Stevens 605 Gleason Ave N Thief River Falls, MN 56701	OKL PT OF LOTS 18 & 19 BLK 4	2016	151.56
Christopher Molstad 403 Lambert St Oklee, MN 56742	OKL S1/2 of Lt 2; Lt 3 Blk 10	2016	238.49
Border State Bank P.O. Box 599 Thief River Falls, MN 56701			
Nicholas Clark P.O. Box 124 Oklee, MN 56742	OKL LOT 4; N ½ OF LOT 5 BLK 10	2016	682.39
Nicholas Clark P.O. Box 124 Oklee, MN 56742	OKL S ½ OF LOT 5; LOT 6 BLK 10	2016	489.99
Donald & Barbara Bernard 28048 220 TH St SE Oklee, MN 56742	OKL LOT 12 BLK 10	2016	334.69
Matthew Genova 409 Main Ave St S Oklee, MN 56742	OKL LOTS 5 & 6 BLK 16	2016	390.40
George & Antonette Burtwick P.O. Box 2 Oklee, MN 56742	OKL 1 ST ADD S50' OF LOT 3	2016	341.19
Ultima Bank MN 101 Central Ave E P.O. Box 127 Plummer, MN 56748			
George & Antonette Burthwick P.O. Box 2 Oklee, MN 56742	OKL 1 ST ADD LOT 4	2016	148.84
Ultima Bank MN 101 Central Ave E P.O. Box 127 Plummer, MN 56748			
George & Antonette Burthwick P.O. Box 2 Oklee, MN 56742	OKL 1965 ADD LT 1 less N27.8' LT 2 & 3 BLK 17	2016	492.17
John Bradshaw 411 Governor St P.O. Box 271 Oklee, MN 56742	OKL 1965 ADD Lt 2 & N 3' of Lt 3 Blk 18	2016	487.67
Wilmar Heath P.O. Box 244 Oklee, MN 56742	OKL 1965 ADD ALL OF BLOCK 24	2016	253.96
Patricia Glick 408 Bourden St P.O. Box 8 Oklee, MN 56742	OKL 1965 ADD Lt 4& 5 Blk 29	2016	696.82

NW MN Housing HRA P.O. Box 128 Mentor, MN 56736			
City of Oklee P.O. Box 190 Oklee, MN 56742			
Ronald B & Courtney L Bishop P.O. Box 44 Oklee, MN 56742	OKL 1965 ADD LOTS 7 & 8 BLK 29	2016	747.29
Kyle & Jessica Dudycha 503 Toupin Dr. Oklee, MN 56742			
Ultima Bank MN 101 Central Ave E P.O. Box 127 Plummer, MN 56748			
Noah & Natasha Chapman P.O. Box 92 Oklee, MN 56742	OKL 1965 ADD S 25' OF LT 1; N 25' OF LT 2 BLK 34	2016	102.89
Dennis & Louisa M Hagen P.O. Box 430 Deer River, MN 56636	OKL 1965 ADD S 50' OF LOT 2 BLK 34	2016	126.07
CITY OF PLUMMER			
Janella Rude 440 Central Ave W Plummer, MN 56748	PL Aud Lt D less tract in SW corner 9-151-42	2016	240.54
Border State Bank P.O. Box 599 Thief River Falls, MN 56701			
James D Congdon 185 Minnesota St S Plummer, MN 56748	PL LOTS 15 - 18 BLK 5	2016	739.32
Ultima Bank MN 9 West MN Ave P.O. Box 9 Winger, MN 56592			
Arthur Paulson P.O. Box 175 Plummer, MN 56748	PL W 25' OF LOT 2; LOT 3 NLK 12	2016	244.28
Kelly Perce 285 Pletch Ave Plummer, MN 56748	PL LOTS 7 – 9 BLK 13	2016	114.17
CITY OF RED LAKE FALLS			
Red Lake Falls Limited Parts C/O Barry/Aaring Sonmar Co 15 Broadway N Suite 604 Fargo, ND 58102	RLF C&D ADD LT E 20' OF 2-8 BLK	2016	274.42
Red Lake Falls Limited Parts C/O Barry/Aaring Sonmar Co 15 Broadway N Suite 604 Fargo, ND 58102	3RLF C&D ADD LTS 13 – 21 BLK 3	2016	13850.94
Augusta Housing Co Inc A Wisconsin Corporation			
Black River Falls Housing Limited Partnership P.O. Box 367 Augusta, WI 54722-0367			
Mary Davis C/O Rachel L Graybill- Bundgard 502 Main Ave S Red Lake Falls, MN 56750	RLF C&D LOTS 13 – 15 BLK 20	2016	2387.74
James & Mary Nephew 413 7 TH St NE Red Lake Falls, MN 56750	RLF KRETZ ADD AUD LT 6 BLK 50	2016	1132.97
Chad Edward Pesch			
Rhonda Bach 708 Knight Ave N Thief River Falls, MN 56701	RLF RR ADD LTS 7 & 8 BLK 8	2016	552.58

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