

Oklee Precipitation
By Einar Kvasager

	Rain
Oct. 5	0.12
Oct. 8	0.20
Total in.	0.32

Oklee Herald

...AND CONTINUING THE PLUMMER PIONEER

OKLEE (RED LAKE COUNTY) MINN. 56742

www.TriCoCanary.com

Vol. 104, Number 8

Wednesday, October 14, 2015

2015 God's Work Our Hands

Once again, the congregations of Salem and Zion Lutheran churches, located in the Oklee area, gathered with their lawn chairs and blankets on September 13th in the North Park in Oklee for a joint service at 9:00 a.m. before going out to do God's Work with Our Hands to start off the day with worship. Eric and Patty Mickelson led the service and music at the park. After the services, the projects were announced and people choose what projects that wanted to tackle.

This year's list included painting the poles surrounding the Zion Cemetery, painting benches at the Oklee gazebo, painting benches at the North Park, helping a resident clear out her closets/cupboards, where she could not reach, making student packs, and weeding the garden, trimming the trees and cleaning the gutters at the parsonage in Oklee. There were even a few volunteers that offered daycare for the workers and others that prepared a meal of hotdogs, chips, and root beer floats, for all to enjoy after the day's work.

Volunteering your time is an honorable way to show support for community and the people in that community. And it can be lots of fun too! People working side by side often gain more than the person receiving the services. The fellowship and commitment of helping others raises your spirits and a feeling of wellbeing.

Projects completed last year were painting at the park by the school, painting new lines on the tennis court and many have enjoyed both parks all year, making quilts for person in need, and working on the garden around the Oklee gazebo.

Assuming this will be a yearly event at Oklee's Lutheran Parish, projects considered for next year can include things person need done, like yard work, washing windows, light painting, etc.



Cheryl O'Neill and LaVonne Brown painting the posts at the Zion Cemetery as one of the project for this year's God's Work Our Hands day.



The crew that started on benches at the park, moved on to the Oklee gazebo painting those benches also. Pictured is Mike Dessellier, Elaine McGeary, Erica Larson, Dennis McGeary, and Jordan Larson.



The Justin Rystad family was busy working at God's Work Our Hands painting poles. From l to r: Dawson, Peyton, Cindy and Justin.

Jeff Matson retires from RLCC



Jeff Matson retires as a custodian at RLCC after 15 years.

By: Katie Pendelton

Jeff Matson has worked at the Red Lake County Central High School as a custodian for 15 years. He worked the afternoon and evening shift. The favorite part of his job was working with a great staff. He was always friendly to the staff and students.

He had been a dairy farmer for 28 years. Matson's wife is Karen and his children are Jyl, Ben, and Gwen. His grandchildren are Lauren, Maclaine, Jack, Derek, and Evan. Matson plans to continue farming, and plans to spend time fishing and traveling.

Matson retired at the end of August. RLCC staff and students wish Jeff a happy retirement.



Patty and Eric Mickelson were the layperson in charge of the joint services held at the North Park of Oklee on September 13th for the God's Work Our Hands projects.



The God's Work Our Hand's crew working on the parsonage were: back row (l to r): John Lerohl, Gunnar Anderson, Leif Kolstoe, Oren Syrtveit, Matt Kolstoe, Lisa Kolstoe, Jill Kolstoe. Kneeling: (l to r): Tom Nelson, Nick Pahlen, Joann Lerohl, Hannah Kolstoe, Kristy Stoneouse with Pastor Margaret (who was not able to participate this year due to illness).

Calendar of Events

Wed, Oct. 14:

-LSS Sr. Meals 11:30 a.m.

-Senior Site Activity: 1:30 p.m. – Bridge.

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

Thu, Oct. 15:

-LSS Sr. Meals 11:30 a.m.

-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Oct. 16:

-LSS Sr. Meals 11:30 a.m.

-Noon deadline for Oklee Herald news.

Sat, Oct. 17:

-Support your local business – Shop Locally!

Sun, Oct. 18:

-Worship at the church of your choice.

Mon, Oct. 19:

-LSS Sr. Meals 11:30 a.m.

Tue, Oct. 20:

-LSS Sr. Meals 11:30 a.m.

-Senior Site Activity: 1:30 p.m. – Cards.

-Sr. Potluck @ Oklee Café 5:00 p.m.

Wed, Oct. 21:

-LSS Sr. Meals 11:30 a.m.

-Senior Site Activity: 1:30 p.m. – Bridge.

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

Thu, Oct. 22:

-LSS Sr. Meals 11:30 a.m.

-Senior Site Activity: 12:30 p.m. – Bingo.

Fri, Oct. 23:

-LSS Sr. Meals 11:30 a.m.

-Noon deadline for Oklee Herald news.

Sat, Oct. 24:

-Support your local business – Shop Locally!

Sun, Oct. 25:

-Worship at the church of your choice.

Mon, Oct. 26:

-LSS Sr. Meals 11:30 a.m.

Be a Hero, Donate Blood October 19 in Oklee

"Find the hero in you" and donate blood during the Oklee, MN Blood Drive. The United Blood Services fall drive is set for 12:30-5:30 pm on Monday, October 19th at the Community Center in Oklee. The event is being sponsored by Red Lake County Central Student Senate and RLCC Minnesota Association of Honor Societies (MAHS).

For an appointment, contact Randy Huie (RLCC Student Senate advisor) at 218-796-5136, or go to www.bloodhero.com, sponsor code: Oklee. Please bring your photo ID and donor card. Free cholesterol testing with every donation.

United Blood Services is a nonprofit community blood center, providing blood and blood products for local area hospitals throughout the United States.

Thinking of Sharpening Skills?

Do you or someone you know, need a GED, basic computer skills, or to sharpen basic skills in reading or math? This is the answer. Adult Education is available by appointment on Thursday evenings in Oklee, and classes are FREE. After an assessment, you will receive individualized instruction to meet your needs. There is a one time, \$10.00 registration fee. For more information, call Sherry at 218-776-2789 or 218-688-1558.

RLCC Spotlight on New Staff

This week is the Mustang Stampede's third feature on new employees at the Red Lake County Central schools in Oklee and Plummer. We spotlight three staff members: paraprofessional Ronda Bemmels, assistant cook Yvonne Pendelton, and custodian Patty Hallick.



Ronda Bemmels, paraprofessional at RLCC

Ronda Bemmels
By: Katie Pendelton
Ronda Bemmels has been hired at Red Lake County High School as a paraprofessional. She is most looking forward to working with people of all ages. Bemmels says, "I am a people person and I look forward to helping the students excel as well as reach their goals." Her previous employments were

at Habilitative Services Inc. where she was also a Team Lead for 12 years, and she ran a group home in New Ulm, MN.

She is from Fairfax, MN. She has three adult children and three teen grandchildren. She attended South Central College in Mankato, MN. She majored in "Community Supports" working with people with disabilities.

Bemmels loves to walk and likes to travel. She also enjoys antiques. Bemmels says she has a sweet tooth. She enjoys warm places in the winter time or visiting with family and friends.

Yvonne Pendelton



RLCC Elementary assistant cook Yvonne Pendelton

By: Taylor Klasen
Yvonne Pendelton from Colorado Springs, Colorado, has been hired as second cook at Red Lake County Central Elementary School in Plummer. What she is most looking forward to at RLCC is working with the kids and summers off. She attended one year of college and previously worked at the Care Center in Thief River Falls.

Her interests are gardening, walking, boating, and anything water related. She says, "I don't care for long car rides but our trip to Wisconsin this summer was nice though." For favorite foods she does not care for foods that have meat in it, otherwise she will eat anything.

Patty Hallick
By: Katie Pendelton

Patty Hallick has been hired at the Red Lake County High School as a custodian. Her responsibilities are to keep the school clean. She works Monday through Friday for eight hours each day. She is most looking forward to staying here for a long time.

Hallick graduated from American Intercontinental University in Criminal Justice. She previously worked at Arctic Cat. Hallick lives in Oklee, MN. She has two sisters and two brothers who are from Grand Forks, ND. She enjoys horseback riding, tennis, and hunting. One of her favorite foods is lobster and she enjoys traveling to Brainerd, MN for drag racing.



RLCC custodian Patty Hallick

Tri-Valley Public Transportation

To reserve a seat, please call by 3:00 p.m. the day before - 1-800-951-9363. All routes will arrive approximately between 10 and 11 a.m. at the destination. All routes need at least five persons signed up.

Thu, Oct. 15: Grand Forks – Thief River Falls.

Mon, Oct. 19: Grand Forks – Fosston, McIntosh, Erskine, Mentor, Crookston.

Tue, Oct. 20: 7-Clans Casino/Thief River Falls – Crookston, Fertile, Winger, Erskine, Brooks.

Wed, Oct. 21: Bemidji – Crookston, Red Lake Falls, Plummer, Oklee/Brooks, Trail/Gully, Fosston.

Church news

OKLEE LUTHERAN PARISH

Zion and Salem
Pastor Margaret Jacobus

Wed, Oct. 14: 6:30 p.m. Confirmation.

Sun, Oct. 18: 9:00 a.m. Zion. No SS at Salem. No SS at Zion. 10:30 a.m. Salem.

Mon, Oct. 19: 9:00 a.m. Quilting at Zion.

Wed, Oct. 21: 6:30 p.m. Confirmation. 5:00 – 7:00 p.m. Zion WELCA dinner.

ST. FRANCIS XAVIER PARISH

OKLEE

Fr. Adam Hamness

Sun, Oct. 18: 7:30 a.m. Confessions 8:00 a.m. Mass.

BROOKS – RED LAKE FALLS CATHOLIC PARISH

Fr. Bill DeCrans

Sat, Oct. 17: 5:30 p.m. Mass at St. Joseph - RLF

Sun, Oct. 18: 8:00 a.m. Mass at St. Joseph – Brooks. 10:00 a.m. Mass at St. Joseph - RLF.

IMMANUEL–EBENEZER LUTHERAN PARISH ELCA

Pastor Jonathan Dodson

Wed, Oct. 14: 7:00 p.m. Joint Council at Ebenezer.

Sun, Oct. 18: 9:00 a.m. Worship at Immanuel. No Sunday School Immanuel. 10:30 a.m. Worship at Ebenezer.

Mon, Oct. 19: 9:00 a.m. Quilting at Immanuel.

Wed, Oct. 21: 6:30 p.m. Confirmation at Immanuel.

CLEARWATER LUTHERAN PARISH

Mt. Olive – Nazareth Oak Park – St. Petri

Pastor Jeff Merseth

Wed, Oct. 14: 5:00 p.m. Wed. School/Confirmation.

Sat, Oct. 17: 9:00 a.m. Mt. Olive. 10:15 a.m. SS/Confirmation.

Sun, Oct. 18: 8:00 a.m. Nazareth. 9:15 a.m. Nazareth SS. 9:15 a.m. Oak Park. 10:30 a.m. Oak Park SS. 10:00 a.m. St. Petri SS 11:00 a.m. St. Petri. Dinner following service

Wed, Oct. 21: 5:00 p.m. Wed. School/Confirmation. 7:30 p.m. Oak Park Ladies Aid.

NEW JOURNEY CHURCH

Josiah Hoagland,

Pastor

Tyler Stynberg,

Youth Pastor

www.newjournefosston.com

Wed, Oct. 14: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.

Thu, Oct. 15: 12:00 p.m. Rotary meeting.

Fri, Oct. 16: 8:00 a.m. Friday School.

Sun, Oct. 18: 9:30 a.m. Worship. 10:45 a.m. Sunday School.

Mon, Oct. 19: 6:30 p.m. Cub Scout meeting.

Tue, Oct. 20: 9:30 a.m. Ladies Bible Study. 10:30 a.m. Quilting.

Wed, Oct. 21: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH

Bethany * Lund

Sand Valley

Dawn Hanson,

Lay Minister

Wed, Oct. 14: 2:00 p.m. Lund WELCA.

Sun, Oct. 18: 9:00 a.m. Lund. 10:30 a.m. Sand Valley.

Wed, Oct. 21: 2:00 p.m. Sand Valley WELCA.

BETHEL ASSEMBLY Fosston

Jon Marx, Lead Pastor

Seth Johnson,

Assist. Pastor

Sun, Oct. 18: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

GOODRIDGE AREA LUTHERAN PARISH ELCA

Bethany-Ekelund-Faith

Robert W. Dahlen,

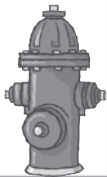
Pastor

Sun, Oct. 18: 8:30 a.m. Bethany; 9:30 a.m. SS. 9:45 a.m. Ekelund; 11:00 a.m. SS.

11:00 a.m. Faith; 9:45 a.m. SS.

NOTICE

City of Oklee will be flushing hydrants on October 14 and 15.



028-29C

RLF Library News

The library is open on Monday from 10:00 am until 5:00 pm, Wednesday from Noon until 8:00 pm, Friday from 10:00 am until 5:00 pm, and Saturdays from 10:00 a.m. to 3:00 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.

It was great to everyone who attended the Tracie Peterson author visit at the Red Lake Falls Library last weekend. All of Tracie's book can be checked out at branches of Northwest Regional Library, including some in digital format downloadable from nwrlib.org. Some other titles, that are new,

"New Life, No Instructions", by Gail Caldwell; "Willow Brook Road", by Sherryll Woods; and "Undercover", by Danielle Steel.

RLC Township Officers Ass'n. Meeting

The Red Lake County Township Officer's Ass'n. will hold their fall meeting on Tuesday, Oct. 20, 2015 at 7:00 pm in the Community Center, Plummer, MN.

Marie Chaput, Sec'y.
Red Lake County Twp.
Officer's Ass'n. 028-29C

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October WIC Schedule

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of October 2015.

Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. We need no proof of pregnancy.

All potential clients must contact the WIC Program to schedule an appointment.

The following is the schedule of WIC Clinics for the month of October.

Wed, Oct. 14 TRF Redeemer Lutheran Church
Thu, Oct. 15 TRF Redeemer Lutheran Church
Fri, Oct. 16 TRF Redeemer Lutheran Church
Tue, Oct. 27 Oklee ICCB Building

For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, 1-800-223-1591, or e-mail at quinchs@wiktel.com.

North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9 to 11 am. For more information contact North Valley Public Health at 218-745-5154 or 1-800-950-6986.

NWRDC Seeks Representatives

The Northwest Regional Development Commission (NWRDC) is seeking nominations for two Minority and Six At-Large Public Interest Representatives on the Commission. These are two year terms of offices and members receive a \$50.00 "per diem" payment, as well as travel expenses, for the days on which they attend Commission meetings.

Northwest Regional Development Commission (NWRDC) serves the counties of Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau. See www.nwrdc.org for more information.

Nominations should be submitted by November 12, 2015. Contact Carol Sorensen at 218-745-6733 or go to www.nwrdc.org for a nomination form.

Balloon travels 1,063 miles, lands in a field near Grygla

October is Pregnancy and Infant Loss Awareness Month. An organization called 'Now I Lay Me Down To Sleep', based out of Colorado, held a Remembrance Walk and Balloon Release in Littleton, Colorado, on Saturday, October 3rd. Approximately 3,000 balloons were released in remembrance of babies whose lives have been lost.

On Sunday, October 4th, Jerry Sistad found one of the balloons in his field approximately 5 miles NE of Grygla, Minnesota. The balloon was in memory of a baby named Liam Jack. Pictured next to the balloon is Jerry & Cheryl Sistad's grandchildren, Marin and Alex Peterson.

Cheryl posted the picture to the NILMDTS Facebook page and said, "I'm amazed to realize this balloon was released in Littleton, CO, the day before we found it. And to be found in a small community recently saddened by the loss of a baby boy."

Pregnancy and Infant Loss Awareness Month was first declared by President Ronald Reagan on October 25, 1988. On that day, he said, "When a child loses his parent, they are called an orphan. When a spouse loses her or his partner, they are called a widow or widower. When parents lose their child, there isn't a word to describe them. This month recognizes the loss so many parents experience across the United States and around the world. It is also meant to inform and provide resources for parents who have lost children due to miscarriage, ectopic pregnancy, molar pregnancy, still birth, birth defects, SIDS, and other causes. Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim the month of October as Pregnancy and Infant Loss Awareness Month. I call upon the people of the United States to observe this month with appropriate programs, ceremonies, and activities."

Regarding the balloon found by the Sistads, 'Now I Lay Me Down To Sleep' Executive Assistant, Melisa Ramsey, was in touch with Cheryl. Because the organization deals with the loss of a baby's life almost daily, Cheryl shared with Melisa that her and Jerry lost two infants over 40 years ago. Melisa encouraged Cheryl to share that with the Grygla Eagle Newspaper readers because in her words, "We would like you to bring honor to your babies

Red Lake County October Cancer Fact

The American Cancer Society recognizes OCTOBER as National Breast Cancer Awareness Month. The American Cancer Society reports that breast cancer is the 2nd leading cause of cancer death in women and is the most common cancer among women in the United States.

Breast cancer screening refers to tests and exams to find the disease. The earlier that breast cancer is found, the better the chances that the treatment will work. Breast self exam is recommended for women in their 20's, and mammograms offer substantial benefit for women in their 40's and beyond.

For more information about breast cancer and breast cancer health recommendations go to cancer.org or call the ACS toll free phone number, 1-800-227-2345.

The Red Lake County American Cancer Volunteer Board is hosting their annual Pink Ribbon Tea on Sunday, October 25th at 2:00 pm at the Brooks Community Hall. There is no cost to attend, and everyone is invited to attend this breast cancer awareness social event which will include a speaker. Please watch for additional details, and save the date, October 25th, 2:00 pm, Brooks, MN.



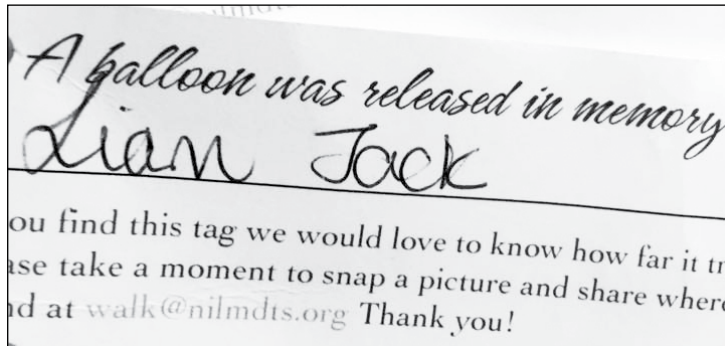
Approximately 3,000 balloons were released on Saturday, October 3rd, in Littleton, Colorado. The Jerry and Cheryl Sistad family found one of the balloons in their field, 5 miles NE of Grygla. This balloon was in memory of a baby boy named Liam Jack. The community of Grygla is mourning the loss of an infant boy who passed away last week; the Sistads have also lost two infants of their own. Cheryl says, "I believe that God sends us a sign when we need it the most; this is a sign to our community that we are not alone and others share in our sorrow." Pictured with balloon is Marin & Alex Peterson of Oklee.

if you would feel comfortable. We understand that it was over 40 years ago, but that does not change the fact that your babies still matter."

Jerry and Cheryl Sistad's son, Scott Alan, was born in 1969 with a heart defect and lived 5 days. Their daughter, Rhonda Kay, was born premature in 1974 and lived just 24 hours.

"I believe that God sends us a sign when we need it the most; this is a sign to our community that we are not alone and others share in our sorrow," Cheryl stated.

If you know someone who has ever lost a child, don't be afraid to mention that organization.



Huot Hustlers

4-H Club meeting

On October 11, 2015, the Huot Hustlers 4H Club met at the Pam and Bruce Columbus Farm. The scheduled monthly meeting was to finalize the club charter, talk about upcoming events (e.g., the bake sale in November; establishing the club budget for the year) and to do the ditch-cleaning for their designated stretch on highway 32. The meeting was attended by 9 adults and 12 members. Following the ditch-cleaning by the club, pizza, ice-cream and beverages were enjoyed by all. The club was thankful that it was a beautiful, warm day, with temperatures in the low 90s. A fun time was had by all. The next scheduled meeting is tentatively set for November 22 with donut making on the agenda.

Club Reporter and Photographer,
Jake Solie



Montly Craft Day

Monthly Craft day is starting again Saturday, October 17th at Oklee Quilting Supply beginning at 9am - crafters of all types are encouraged to bring their own project to work on, excellent environment to finish up projects already in the works or start a new project. Quilters who have in the past been a part of the strip exchange are encouraged to bring in their finished project for show and tell. Anyone interested in Project Linus are encouraged to attend. Questions, call Toni 796-5151.

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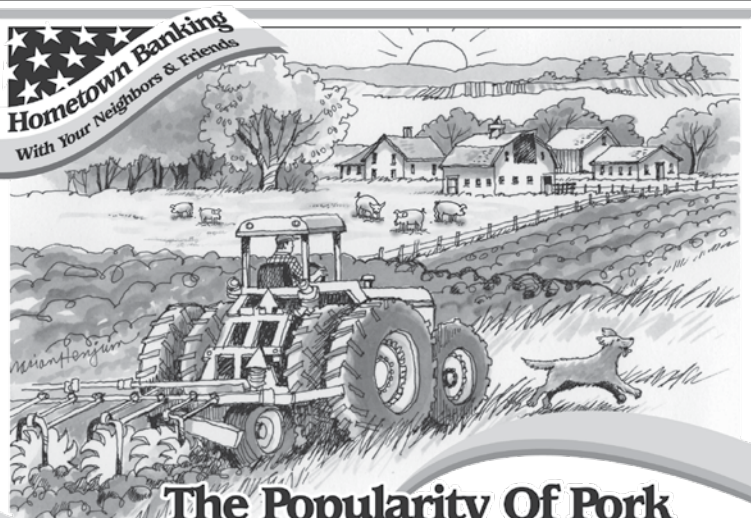
**Winner 1st place Typography Excellence, Minnesota Newspaper Association, 1971.

**Winner 1st place Best Feature Story, Minnesota Newspaper Association, 1981.

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It's the most widely consumed meat in the world. Bacon, sausage, pork chops and ham are some of the most popular Pork products.

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Join us in recognizing our local Pork Producers for their hard work and dedication.

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MUSTANG STAMPED

RLCC Menus

October 19 - 23

Oklee

Mon: Breakfast: Cereal, ham & cheese croissant, fruit, juice & milk. **Lunch:** Chef salad, breadsticks, fresh vegetables, fruit, yogurt, and milk.

Tue: Breakfast: Cereal, pancake on a stick, fruit, juice & milk. **Lunch:** Chicken nuggets, scalloped potatoes, vegetables, fruit, and milk.

Wed: Breakfast: Cereal, toast, fruit, juice & milk. **Lunch:** Mashed potatoes, meatballs, gravy, vegetables, fruit, breadsticks, and milk.

Thu: Breakfast: Cereal waffle sticks, fruit, juice & milk. **Lunch:** Shredded pork, baked beans, potato salad, fruit, and milk.

Fri: Breakfast: Cinnamon roll, cereal, fruit, juice & milk. **Lunch:** Chili with corn chips, corn muffins, shredded cheese, fresh vegetables, fruit, and milk.

Plummer

Mon: Breakfast: Egg omelet, biscuit & jelly, cereal, fruit, juice & milk. **Lunch:** Cheeseburger hotdish, beets, mini carrots with ranch, biscuit, fruit, cookie, and milk.

Tue: Breakfast: Sausage biscuit, cereal, fruit, juice & milk. **Lunch:** Chicken fajita, soft shell, lettuce, cheese, tomatoes, baked beans, breadstick, fruit, and milk.

Wed: Breakfast: French toast sticks, cereal, fruit, juice & milk. **Lunch:** Salisbury steak, mashed potatoes, seasoned carrots, buttered bread, fruit, and milk.

Thu: Breakfast: Cinnamon roll, cereal, fruit, juice & milk. **Lunch:** Fish Shapes, baked potatoes, coleslaw, cornbread, fruit, and milk.

Fri: Breakfast: Bagels w/ cinnamon maple cream cheese, cereal, fruit, juice & milk. **Lunch:** Lunch-A-Round veggie pizza, veggie bar, PB sandwich, fruit, jello, and milk.

Sports Schedules

RL Rebels Football

Varsity

Sat, Oct. 17: Section Semifinals – High Seed 2:00 or 6:00 p.m.

Thu, Oct. 22: Section Finals – Fargo Dome 5:30 p.m.

RLCC Mustang

Volleyball

Varsity

Mon, Oct. 19: Fertile-Beltrami at Fertile 5:00 p.m.

Tue, Oct. 20: Warren-Alvarado-Oslo at Warren 5:00 p.m.

Mon, Oct. 26: Pig Tale Game – High Seed 7:00 p.m.

Tue, Oct. 27: Play in Game – High Seed 7:00 p.m.

Thu, Oct. 29: Section Qtr Finals NCTC TBD.

Mon, Nov. 2: Section Semi Finals Bagley TBD.

Fri, Nov. 6: Section Finals UMC-Crookston TBD.

RLCC 2015 Homecoming Royalty



RLCC's 2015 Homecoming Court (from left to right): Kayla Olson, Wyatt Waldal, Miranda Magnell, Marcus Christensen, Homecoming Queen Morgan Bushelle, Homecoming King Austin Waliser, Sami Smith, Devin Lambert, Asia Davis, and Seth Johnson.

By: Ethan Vettleson

Homecoming Coronation at Red Lake County Central was held October 5 at 8:45 a.m. Selected as 2015 Homecoming Queen was Morgan Bushelle, daughter of Jesse and Tiffany Bushelle and Homecoming King was Austin Waliser, son of Amanda and Shane Vettleson and Jason and Amy Waliser. Other Queen candidates were Asia Davis, daughter of John and Tanya Sorenson; Miranda

Magnell, daughter of Dennis and Danielle Magnell; Kayla Olson, daughter of Snook and Bobbie Olson; and Sami Smith, daughter of Jon and Sue Smith. The other candidates for King were Marcus Christensen, son of Anders and AnnaMae Christensen; Seth Johnson, son of Jeff and Pam Johnson; Devin Lambert, son of Scott and Shannon Lambert; and Wyatt Waldal, son of John and Lori Waldal.

Kelsie Sirjord, daughter of Eric and Karianne Sirjord and Jesi and Kyle Dudycha was selected for Princess. Selected for Prince was Dylan Gustafson, son of Troy and Tammy Gustafson. Both are juniors. Other candidates included Ashley Longtin, daughter of Lonnie and Michelle Longtin; Jayden Fore, daughter of Leif and Dawn Fore; Sydney Melby, daughter of Isaac and Marcella Melby; Sarah Christensen

daughter of Anders and AnnaMae Christensen; and Sydnie Gunderson, daughter of Jamey and Suzie Gunderson. Other Prince candidates were Nick Plante, son of Danny Plante and Renee Plante; Seth Paradis, son of Billy and Dani Paradis; Ethan Vettleson, son of Shane and Amanda Vettleson; Connor Lambert, son of Scott and Shannon Lambert' and Adam Cater, son of Jason and Paula Cater.



2015 RLCC Homecoming Princess Kelsie Sirjord and Prince Dylan Gustafson along with their court including Ashley Longtin, Nicholas Plante, Jayden Fore, Seth Paradis, Sydney Melby, Ethan Vettleson, Sarah Christensen, Connor Lambert, Sydnie Gunderson, and Adam Cater.



Members of the RLCC staff surprised the student body by dancing to the song "Whip Nae Nae" during the Homecoming Week game day.

Rebels beat the Gators

By: Wyatt Waldal

Friday, October 2nd the Red Lake County Rebels traveled to Middle River to play the Badger-Greenbush-Middle River Gators. The Rebels had confidence going into this game as they had won their last game and felt that things there were getting turned around for their season.

The first score was made

by the Rebels halfback Devin Lambert with a 42 yard run, and the two-point conversion was good. The rest of that quarter was scoreless by both teams as it was a stalemate. There was more scoring during the following quarters.

Dylan Gustafson had scored the next touchdown with a 60 yard run against the Gators, and failed on the conversion. The score was 14-0, Rebels up. Shortly after, Will Duden caught a pass

from Brandon Klipping for a 25 yard touchdown with the two-point conversion being good. Near the end of the second quarter, Klipping had a one yard touchdown and the two-point conversion was good.

The third quarter started out slow with no team scoring until five minutes left when Brandon Lee had a four yard run for a touchdown. The extra point was good. Shortly after that touchdown, BGMR got onto the boards with a nine

yard run by Jordan Brandon; their two-point conversion was successful. Late in the third quarter, Austin Waliser for the Rebels had a 52 yard run for a touchdown but the extra point missed.

The only scoring in the fourth quarter was by BGMR. Brandon had a six yard run for a touchdown, and the two-point conversion failed. The Rebels came out on top 43-14. The Rebels record is now 3-4.

The leading rusher for the

Rebels was Waliser with 113 yards on only 13 carries. Close behind him was Gustafson with 110 yards on only 10 carries. The Rebels rushed for a combined 405 yards. Klipping was three for three on passing and connected one for a touchdown. Talon Porter led the team on defense with four solo tackles. There were three fumble recoveries by Rebels. Recovering the fumbles were Bailey Schmitz, Brendan Krueger, and Lee.

ECFE News

October Events

Thursday, October 22: "Field Trip to the Plummer Fire Hall" 6:00pm-7:30pm at the Plummer site. Soup and bread will be available for supper at 6:00pm at the school followed by a tour of the fire hall to learn about fire safety. Bring your camera!

Thursday, October 29: "Make Believe Family Fun Night" 6:00-7:30pm for 0-5 year olds at the Brooks Community Hall. Come to try orange glurch, face painting, guess the feely box, and taste a popcorn snack. Costumes are encouraged but no masks or weapons, please. Be prepared for magical evening.



Kia Bachand wrapping Dominica Bernstein with toilet paper as part a RLCC Homecoming game. The goal of the game was to cover most of your partner's body with toilet paper.

Junior High Finishes Season with a Win

The 2015 junior high football season came to an end for the Red Lake County Rebels with a 22-14 win over Fertile-Beltrami.

RLC would start the scoring with a nice drive in taking an 8-0 lead. F-B would respond late and at half the game was tied 8-8.

The two teams would go back and forth in the third quarter. RLC would score with 11 minutes left in the game to go up 14-8. The Falcons would answer with six minutes left to tie the game.

The Rebels offense would go to work. Moving the ball and the clock, finally Derek Peterson would get down the sideline and score pulling out the win.

"It was a great way to end the year. As the year went we had our ups and downs but got better along the way. Now we need to get everyone back, work in the off-season, and keep building things as they move forward," stated Coaches Jason Kenfield and Kory Baril.

The seventh grade alone finished the year 2-2, and the eighth grade 1-3. When playing games together in a combo game the junior high team went 1-0-1. (Submitted)

JV Football

Beats Fosston

The Red Lake County Rebel Junior Varsity football team ended their season on Monday, October 5th with a game in Fosston.

Fosston would strike first in the beginning of the game with a long pass to set up a touchdown and go up 6-0. RLC would respond with a long drive to take an 8-6 lead going into the second quarter.

The Rebels would use a strong running game to dominate the time of possession. A Talon Porter touchdown run with 20 seconds left would give the Rebels a 16-6 halftime lead.

RLC would play very well in the second half. The offense would continue to move the ball and the defense wouldn't let the Hounds run the ball. In the end the Rebels would come out on top 30-12. RLC ended the JV season 2-4.

"The last couple games we lost by two and four points. We have been just finding ways to lose games. Tonight, we put it all together. We blocked, took care of the ball, and tackled. Hopefully this is a building block for these kids to see what can happen when we do those things," stated Coach Trevor Page. (Submitted)



Best dressed for Duo Day at RLCC were Bella and Zoe Russillo, Seth Paradis and Nikki Schmitz, and Mrs. Mickelson and Mr. Strutz.



Selected as best dressed for Character Day during RLCC Homecoming Week were Sidney Olson, Morgan Bushelle, Austin Waliser, Taylor Bushelle, and Mr. Bernier.

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

Fall Nitrogen Applications

Although we are not quite done with the 2015 crop season, it is not too early to start making plans for the 2016 growing season. For most farmers in Northwest Minnesota, nitrogen (N) application is one of the many important decisions to make.

Nitrogen is not only a large input in most grain farming operations, but it also represents an important input in terms of the environment. The soil is not the best place to store N as this nutrient can easily end up in air or water where it can cause environmental problems. For these reasons a farmer needs to review important guidelines developed through the years of unbiased research in hopes of making the best decisions for N management.

Where To Apply
Fall N applications compared to pre-plant or side-dress applications often bear greater risk of N loss that can translate into reduced profitability and environmental concerns. Still, if the decision is made to apply fall N; it should only be applied in the fall in those soils and environments with the lowest potential for N loss. Places where fall N applications should not be done are soils with high potential for nitrate leaching in the fall or early spring (sandy soils or those with excessive drainage) or soils that are very poorly drained.

What To Apply?
The goal is to use an N source that will stay in the ammonium form as long as possible because once it changes to nitrate, it becomes susceptible to loss. For fields where a fall application is appropriate, anhydrous ammonia (NH3) is the best option. This source eliminates the nitrifying bacteria at the point of application, and the activity of nitrifying bacteria within the ammonia retention zone is also inhibited for a couple of weeks because of the temporary high pH that develops as ammonia reacts with soil water to form ammonium. To lengthen the period of bacterial inhibition, it

is best to include a nitrification inhibitor with the application of anhydrous ammonia. Nitrification inhibitors, such as N-serve, can protect fall N against loss, but the greatest potential for loss occurs in the spring; by that time the inhibitor is less effective due to breakdown over time. Nitrogen sources containing nitrate should never be used for fall applications.

When To Apply?
The activity of nitrifying bacteria slows down substantially once soil temperature where anhydrous ammonia is placed (typically at 6inch depth) is 50 degrees F and getting colder. Using a nitrification inhibitor is no excuse to apply N in warmer soils. In fact, warmer temperatures accelerate the breakdown of the nitrification inhibitor making it less effective. Keep in mind that nitrifying bacteria remain active until 32degrees F when the soil freezes. For this reason, it is better waiting as long as possible after the soil reaches 50 degrees F and is getting colder. So, don't go by the calendar date but rather keep a close watch on soil temperatures and monitor the temperature of individual fields before N application because soil temperature can be influenced by a number of factors such as residue, soil color, and drainage.

How To Apply?
Nitrogen volatilization during application is a big concern with anhydrous ammonia not only because of the bad odor but because N that escapes to the air represents a loss on the investment that will not be recovered by the crop. This often happens when soils are either too dry or too wet because the knife tracks do not fully seal. Increasing the depth of application or reducing applications rates can sometimes help with this problem in dry soils, but when the soil is wet, little can be done to minimize loss through volatilization. Also, apply anhydrous ammonia with caution. The ammonia is

pressurized in the nurse tank and when released it quickly reacts with water. If ammonia comes in contact with your skin, eyes or mucous membranes, it will cause dehydration and burns - use extreme caution when handling it!

How Much To Apply?
To make the most profitable decision the N RATE CALCULATOR provides the optimal N rate at various grain and N prices. The data used for this calculator came from trials where N loss was minimal, but it does not account for N carryover that might not have been used by the previous crop. Also, if you applied manure or the soil has a high potential for N mineralization (as in the case of a field coming off of alfalfa), you will need to adjust the values derived from the calculator to reflect what will be available next year. Once you know how much N you need, remember that you don't have to apply the entire amount in the fall. If you don't like taking risks, but a fall application makes sense, then apply some in the fall and the rest in the spring. A small portion of the total N requirement in the fall can provide all the N the crop will need to get started in the spring. Applying the rest closer to the time the crop will need the most N can increase N use efficiency because there is less chance for leaching or

Carving Pumpkins

Many people love this time of year, figuring out what style of costumes to wear and decorating our yards and homes with creepy cobwebs. But most treasured memory is carving pumpkins.

Unfortunately, if you carve them too early, they won't last until Halloween. Did you know you can make your pumpkins last weeks longer by putting them in a solution that will help them last longer.

To start out you'll need to scoop out the inside slime of your pumpkin. Mix up a solution of 1 tsp of bleach mixed with 1 gallon of water inside a large container or bucket. Carve your design of choice and dip your creation into the mixture. Drain your Jack-O-Lantern upside down until it is completely dry.

Step two: Mix 2 Tbsp of vinegar & 1 tsp of lemon juice to a quart of water and brush a coat of the solution all over your carved pumpkin to keep it looking fresh. So have fun and go nuts with carvings this year!



RLCC Mustangs volleyball vs. the Bears

By: Asia Davis
The Red Lake County Central Mustangs played Clearbrook-Gonvick Bears on October 6, 2015. Clearbrook won against the Mustangs 25-15 and 25-23 during the first two games and the Mustangs caught up during the next two games with 25-22 and 26-24. Clearbrook won 3-2 by winning the last game 15-5.
For the RLCC Mustangs, Kelsie Sirjord had 11 kills, Ashley Longtin had nine kills and six aces, Julia Bernstein had seven kills and one ace, Michelle Sundquist had four kills and two aces, Calyssa Eskeli had 11 assists, Megan Berberich had six assists, and Holly Vettleson had six assists.

RLCC defeats Bagley
By: Taylor Klasen
Red Lake County Central Mustangs volleyball game against the Bagley Flyers was held in Bagley on October 5, 2015. Mustangs won the match winning three of four games. In

the first game Mustangs won 30-28, second game Mustangs lost 15-25, third game the Mustangs won 25-13, and the fourth game ended in a 25-12 win for the Mustangs.
Kelsie Sirjord and Ashley Longtin both had 12 kills and Julia Bernstein and Michelle Sundquist each had five kills. The Mustangs with the assists were Calyssa Eskeli with ten, and Megan Berberich and Holly Vettleson each had seven. Vettleson, Berberich, Bernstein, and Sundquist all had one ace.
Rebels fall to Raiders
Red Lake County Rebels hosted Lake Park-Audubon Raiders for their Homecoming 2015 football game Thursday, October 8 in Red Lake Falls. The Rebels lost 8-24 to the Raiders.
The Raiders got on the scoreboard in the first quarter when Mitchell Hall caught a 10 yard pass from Reese Mattson to take a 6-0 lead. Dylan Gustafson had an 82 yard kick return to score for the Rebels with Devin Lambert running

in the extra points to go ahead 8-6. The Raiders again scored in the first quarter on a 20 yard run by Carter Raasen to take back the lead, 12-8.
Hall caught a 66 yard pass from Mattson to score again for the Raiders in the third quarter. The duo again connected on a 27 yard pass in the fourth quarter to defeat the Rebels 24-8.
Connor Lambert had one interception for the Rebels and Will Duden got one fumble recovery. Waliser rushed for 103 yards in 17 carries. Duden led the Rebels in tackles with nine total followed by Javier Ramirez with seven.
Both teams now have a 3-5 record going into post-season action.

Education Minnesota break at RLCC

By: Ana Almeida
The Red Lake County Central Elementary and High School will not be in session Thursday and Friday, October 15 and 16. This is due to the Education Minnesota break.



During RLCC Homecoming game called Circle the Wagon, students ran around the circle, slid between a classmate's legs and grabbed the ball before someone else could.



During the RLCC pepfest there was a catching mini-marshmallow challenge between some football and volleyball players. The winners were Seth Paradis catching and Dylan Gustafson throwing.

denitrification.
For more detailed information on how to manage N, please read FERTILIZER GUIDELINES FOR AGRONOMIC CROPS IN MINNESOTA and BEST MANAGEMENT PRACTICES FOR NITROGEN publication series that are available by doing a web search at www.extension.umn.edu. You can also e mail Fabian Fernandez U M Extension Nutrient Management Specialist at fabiangf@umn.edu with questions.
Source: Fabian Fernandez, U M Extension Nutrient Management Specialist.

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Oklee Herald Early Files

Seventy Years Ago October 11, 1945

Ordean Birkeland returned to his home here last Friday after spending a week in a Thief River Falls hospital and it is expected he will return to school next week after a dog attack.

Cpl. James A. Walker, arrived here Saturday from Camp Hood, Texas to spend a furlough with his wife and family, and with his mother, Mrs. Mary Walker.

Home building resumed, but it will be a year or more before most people can expect their Dream Home – material shortages, delay in construction is the norm since the government restriction on building ends October 15th.

Sixty Years Ago October 13, 1955

Oklee Fire Chief Lowell Sovde issued a Fire Prevention Week reminder of hazards peculiar to this time of year and called for caution and preparation for the heating season ahead.

A daughter was born to Mr. and Mrs. Martin Larson of Oklee on Wednesday, October 5th in Thief River Falls.

The Modern Woodmen Jr. Camp will have a Halloween party Saturday and all are asked to come in costume.

Fifty Years Ago October 7, 1965

With a long siege of cold and wet weather breaking up

last weekend, area farmers have been furiously at work attempting to catch up on the multitude of agricultural jobs remaining to be done.

A car owned by Leslie Hofstad of Oklee was struck and burned in a collision early Sunday morning in Grafton, ND. Hofstad was standing alongside his car which had stalled when it was struck from the rear by another car.

The senior class of Okee High School will present “The House of Whaleshead Rock,” written and directed by Richard Norquist in the school auditorium tonight.

Forty Years Ago October 9, 1975

Mr. and Mrs. Clarence Hanson will be honored at their 50th wedding anniversary Sunday afternoon, October 12th.

Barbara Jean Flaten and Gary Orrin Anderson exchanged vows at Nazareth Lutheran Church, rural Oklee on August 8th.

Mark Nelson, senior, was named Bobcat offensive player of the week for the football game with Clearbrook. David Gunderson was named defensive player of the week for the football game with Clearbrook.

Thirty Years Ago October 9, 1985

On Sunday, Zion Lutheran Church celebrated its Diamond

Jubilee with many present and past parishioners attending that morning.

A baby shower for David Hesse, son of Dean and Sandy Hesse was held last Wednesday evening at the Melvin Hesse home.

The Oklee Community Club served over 700 people at the free port roast in Oklee Saturday during the Fall Festival Appreciation Day.

Twenty Years Ago October 18, 1995

Fern Hesse was a guest of honor at a birthday dinner at the American Legion Club of TRF on Wednesday.

Another Fall Festival has come and gone – and it is estimated that over 300 people came.

The Oklee Head Start group learned about fire safety during National Fire Prevention week and they toured the Oklee Fire Station.

Ten Years Ago October 13, 2005

Corey Olson, son of Steve and Karen Olson pledged 100 hours of community service as a senior at Red Lake County Central.

King Dale Rystad and Queen Suzy O'Neill enjoyed homecoming activities including a ride around the football field.

Jay Bruski caught a 20 ¾ inch walleye in the Lost River on September 11th.

God bless our unsung heroes: School secretaries

JOHN EGGERS Special to the Pioneer

School secretaries are the unsung heroes of the school. Every child knows them; every parent knows them; and, of course, every teacher knows them. Some might say they are the paste that holds the school together.

Gloria “Missy” Cook was one such person. She served the Red Lake schools for 34 years and I had the privilege of having her for my high school secretary. Like all school secretaries, they make the job of the administrator a lot easier. Missy was no exception.

Missy passed away recently and like so many people who suddenly leave us, we don't have the chance to say goodbye. This is my goodbye to Missy and she would be happy to know that at the same time, we can salute all school secretaries who possess many of the same qualities that Missy possessed.

Missy had a certain charm, a certain aura, a certain effervescence that enabled her to win the heart of anyone who came into the office. She was always smiling, enjoyed laughing, and she just enjoyed being with people.

The quality that I remember most about Missy was the fact that she always had something positive to say about others. She always found the good in people. No doubt this is why everyone respected her and why school secretaries are respected.

Students would come into the office and ask for help and she was always there. Teachers would ask for something and Missy knew where to find it. She was honest as the day is long and she loved her job even during times of stress.

She knew her priorities. When I would be busy with a task, she would come to my office and say, “Dr. Eggers, I want you to meet somebody. You can finish that later.” If Missy thought it was important, it was important.

I would drop what I was doing and Missy would introduce me to a new student or a parent.

She always had nice things to say about the student and would go on to tell me where he or she lived and something about them. She would introduce me to a parent and tell them that “You will like Dr. Eggers” and that my door was always open. School secretaries have to be people persons and to Missy, this came naturally. Her respect for others as well as her loyalty to the district was beyond reproach.

Because schools are usually undergoing change, a constant is needed. Missy was the constant in the school like so many other school secretaries. While we were implementing lots of changes, Missy remained the same and kids and teachers appreciated it including myself.

School secretaries are fun to be around and I can vividly remember when Missy introduced me to gambling. When Fridays rolled around a football pool would be formed as happens in most Minnesota communities when the Vikings start to play. Missy would come to my office and say, “John, do you have a \$10 dollar bill?” “Sure, why?” “We've got a football pool and you might win.” (I think I won twice in seven years.)

We also had a student that organized a pool and Missy would say, “John, you should buy some numbers from her too.” And I did. A couple years later this same student gave me a kitten on Halloween, which I gave to my daughter. We had “Freddie” for over 12 years. When I looked at Freddie I often thought about our football pools at the school and how Missy introduced me to gambling.

On behalf of all school secretaries Missy would want me to tell everyone to respect one another and to be a kind person and be sure and remind the students to stay in school. Missy knew the importance

of being good to everyone regardless of where we lived, how much we made, how many degrees we had, and what our culture was. She also had a high regard for learning and this is why she enjoyed her work. School secretaries make a huge contribution to the well being of a school.

The times I cherished most around Missy occurred when the day was over, the students and teachers had left and the halls were quiet. A few of the staff would gather in the office like Stuart, Jan, Judy, Wayne, Rod, Missy, Bill, Rae Lyn, and myself. We would sit around and just talk, visit, share stories about the day. We would talk about how to help a particular student or about the basketball or football game.

After visiting for a while, Stuart would tease someone or tell a funny story and we would laugh and Missy would laugh the longest to the point she would have to cover her mouth to stop laughing. She would say, “Oh, Stuart, you're such a tease.” Then we would all laugh some more. Those late afternoon visits were great stress relievers for me and I deeply cherished that time.

If you have the opportunity this year, and you will, send a thank you note to your school secretary to thank her for being an unsung hero. Do it for Missy Cook. If she could, she would say, “Miigwech, thank you very much. It will be appreciated.”

As I threw some dirt on Missy's coffin I thought about the first time I met her, about the joy she brought to the office and to others and how much everyone would miss her. God bless you, Missy, and God bless all school secretaries.

John R. Eggers of Bemidji is a former university professor and area principal. He also is a writer and public speaker and writes a column for the Pioneer. This column was reprinted with permission from the Pioneer.

Bonny's Bits...

okleeherald@gmail.com

Today, Monday, is a large change in weather from yesterday. 91 degrees was the high yesterday and today it is raining and cold with temperatures temperature as of 10 a.m. at 43 degree and the high is predicted to be 48 degrees. That is approximatly ad 40 degree change, overnight. And there are weather advisories out for our area for heavy winds with gusts into the 60's. If the temperatures were much colder, we could be in a full blown blizzard. Brrrrr!

Saturday was a gorgeous day and I along with my siblings went to my mother's in Thief River to get all her yard work done before the snow flies. And the day ended in a great meal and visiting time with family. Tim & Lauren's grandkids were there and kept everyone busy and they had lots

of fun jumping in the leaves.

Sunday also was great as far as temperatures, but the wind was sometimes a little much. But it was also a good day to get some stuff done.

Winter is on the way - Halloween is just around the corner and then the Holiday rush begins. Thanksgiving - Christmas - New Years!. Doesn't matter how much you complain about the weather, it just keeps going around it's cycle and now we can complain about the cold rain and wind, then snow, then temperatures, then how long the winter is, then why doesn't it warm up, then it's too hot or too rainy, etc. Fall comes again and the cycle is complete. We humans are so predictable some times when it comes to weather, and I'm just as guilty about the complaining.

Have a great week!

October Health Points

CDC urges you to take the following actions to protect yourself and others from influenza:

Take time to get a flu vaccine.

* CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

* While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.

* Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

* Everyone 6 months of age and older should get a flu vaccine as soon as the current season's vaccines are available.

* Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

* People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

* Vaccination also is important for health care workers and other people who live with or care for high risk people to keep from spreading flu to them.

* Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

* Try to avoid close contact with sick people.

* While sick, limit contact with others as much as possible to keep from infecting them.

* If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be

gone for 24 hours without the use of a fever-reducing medicine.)

* Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

* Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

* Avoid touching your eyes, nose and mouth. Germs spread this way.

* Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Take flu antiviral drugs if your doctor prescribes them.

* If you get the flu, antiviral drugs can be used to treat your illness.

* Antiviral drugs are different from antibiotics. They are prescription medicines and are not available over-the-counter.

* Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

* Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health condition or is very sick from the flu.

Visit CDC's website for more, what to do if you get sick with the flu. www.cdc.gov/flu/takingcare.htm

Fire Prevention

When it comes to smoke alarms, it's about “location, location, location”.

The key message of this year's Fire Prevention Week campaign, October 4-10, is to install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of your home, including the basement. Larger homes may need more alarms. - firepreventionweek.org

Parenting Tips

Children's Sleep Needs

Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion. Not getting enough sleep at night can cause children to be hyperactive and have trouble paying attention.

How much sleep is enough? Sleep needs vary from person to person and change as people age.

Consider these sleep guidelines for different age groups. How much sleep do you need?

- Newborns 16-18 hours
- Preschool-aged Children 11-12 hours
- School-aged Children At least 10 hours
- Teens 9-10 hours
- Adults (including older adults) 7-8 hours

The promotion of regular sleep is known as sleep hygiene. The following is a list of sleep hygiene tips which can be used to improve sleep.

National Sleep Foundation recommendations:

1. Go to bed at the same time each night and rise at the same time each morning.

2. Make sure your bedroom is a quiet, dark, and relaxing environment, which is neither too hot or too cold.

3. Make sure your bed is comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music. Remove all TVs,

computers, and other "gadgets" from the bedroom.

4. Avoid large meals before bedtime.

“... Sufficient sleep is not a luxury—it is a necessity—and should be thought of as a vital sign of good health.”

<http://www.cdc.gov/sleep/index.html>



Eighth grader Jacob Olson surrounds some balloons for RLCC's Homecoming hallway decorating.

Statepoint Crossword Theme: Halloween

ACROSS

1. Medieval fiddle
6. College assessment test
9. Outgoing tide action
13. Allergic reaction to bee sting
14. ____ chi
15. Thresh about, as in arms
16. Oddball's attempt?
17. Pro baseball's "Master

Melvin"

18. Starbucks' serving
19. Status of being a star
21. *Inhabited by apparitions
23. Actor Stallone
24. Lord's servant
25. Busy flyer
28. *Like a Halloween sensation

30. Wipe out
35. St. Louis team
37. Hair product manufacturer
39. Red Sea nation
40. Black and white treat
41. Frame job
43. Arnold Lobel's "Frog and ____"
44. Bread spreads
46. Kind of jerk
47. "The Sun ____ Rises"
48. ____ Beach, SC
50. Verdant
52. Even, to a poet
53. *Give me a treat, or ____!
55. Excessively
57. *"Guess who?" garb
61. *Spell-caster
65. Before editing
66. As opposed to amateur
68. Bioweapon
69. Money under mattress, e.g.
70. Black and white sea bird
71. Rounded like an egg
72. Politician's barrelful
73. "To Kill a Mockingbird" author
74. Stitch again

24. Opposite of diastole
25. *Wicked ride
26. This bird gets the worm
27. One of #4 Down, alternate spelling
29. Paris streets
31. Greek salad staple
32. Any detergent plant
33. Cut it out
34. "____ a high note"
36. Coal residue
38. Spiral-horned African antelope
42. Traditional Italian fare
52. Even, to a poet
49. *Freddy's street
51. *Halloween movie genre
54. Part of a flower
56. Peace-meaning branch
57. Point of a crescent moon
58. On top of
59. *Stitched make-up
60. Poacher's trophy
61. Made awake
62. South American tubers
63. Make a reference
64. "The Man Who ____ Too Much"
67. Singular of #29 Down

Solution World Series

R	A	C	K	S	B	A	A	N	O	A	H
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Work goes fast with many helping hands. Trees were trimmed at the Parsonage and yard cleaned in record time thanks to the God's Work Our Hands volunteers.



Using their talents at sewing, Toni Johnson, Leann Smith, Grace Dessellier, and Irene Rosten were making school bags for school kits which will be donated.



Working in the kitchen were Loretta Syrtveit, Joyce Austad and Vi Cote. They had a nice lunch ready for the crews when they completed their tasks. The rootbeer floats were delicious.



Jeff Johnson and his daughter Marie working on some of the posts at the cemetery on September 13th as part of the God's Work Our Hands event.



Class of 1975 held a reunion on October 10th
They gathered at TJ's Tavern in Oklee, hopped on a school bus to go to dinner at Lakeview Resort and then headed back to Oklee, and visited around the campfire. Back row: Mike Dessellier, Danny Sebenaler, John Gunderson, Vance Haugen, Daryl Sweno. Middle: Rick Nelson, Annette Dunning, Debbie Sherman, Lana Bulger, Pam O'Neill, Connie Bishop, Jean Halvorson, Linda Bergeson, Brian Kruchowski, Jerry Paquin. Front Row: Diane Dessellier, Carol Clark, Marlene Slater, Pam Fore, Dawn Hanson, Lyla Coulter.

Senior Site News and Other Things

By Volunteer Iona Berry

This past Tuesday we had our evening meal which was well attended. Tuesday the 20th, we will have the next Pot Luck Meal. It is always fun to attend this meal and there is always a wonderful variety of dishes. It is open to anyone, just bring something for the meal.

This weekend provided beautiful weather with temperatures in the 70's and up to 90. My car showed a temperature of over 90, but who knows if it was accurate. It was nice to get out and rake a few leaves even though I know more will blow in.

I experienced a mass visitation of beetles yesterday. I spent about two hours spraying them (they didn't die from the bug spray) so I started try killing them with a fly swatter. Nothing worked so I called for a sprayer to come in. Today I haven't had as many but the sprayer will be coming on Tuesday and that

should be the end of them. I talked to several people in town and they too had a surplus of the beetles.

DATES TO REMEMBER
Oct. 15 - Senior Site Council Meets 10 a.m.
Oct. 16 - Birthday Meal
Oct. 20 - Pot Luck Meal

WORDS OF WISDOM
We are defined not by abilities but by choices.
Life is like a vacation; if you plan it too carefully you could miss the scenic overlooks.

JOKE TIME

A tourist was visiting New Mexico and was amazed at the dinosaur bones lying about.

"How old are these bones?" the tourist asked an elderly Native American, who served as a guide. "Exactly one hundred million and three years old."

"How can you be so sure?" inquired the tourist.

"Well," replied the guide, "a geologist came by here and told me these bones were one hundred million years old, and that was exactly three years ago."

Plummer News

By Alice Jobe 218-465-4402

Hannah Vettleson and Bret Gerardy were married October 3rd, Saturday afternoon at Redeemer Lutheran Church in Thief River Falls. A reception for around 400 people was held at the Plummer Hall later. The hall was beautifully decorated. Hannah is the daughter of Kim and the late Kevin Vettleson. And Brett is the son of Tony and Sheila Gerardy. A dance followed the reception in the evening.

Tri River Pioneers met Monday at 8 p.m. at the museum. The soybeans had been sold for \$8.00 a bushel. The guys discussed threshing the wheat when the weather was suitable.

Emilie Skjerven and daughter Melanie Parisse and Karen and her girls, Kaley and Emmy went to the Renaissance Fair in Shakopee. They enjoyed it and also did some shopping. This was on Saturday, September 26th.

Judy Kelley and Jean Carpenter visited Fern Eskeli at Oakland Park Nursing home on Tuesday. Bunny DuChamp and Anna DeHate visited Fern on Wednesday. They also visited Jean Matt.

Alice Jobe and Ann Traxler attended the concert at Lincoln High on Tuesday night. It was called a "Tribute to Neil Diamond" by Denny Diamond and his sons, Lucas and Spencer. They also did Buddy Holly and Johnny Cash. They guys are from Rockford, IL. It was a fun lively concert. Bev Pahlen and son Tim also attended.

On Saturday, Ben Fallon was chisel plowing the stubble south of the ball diamond and south of my place. There were about 50 sea gulls that flew to eat worms and bugs. It was kind of exciting to see so many.

Then, this past Monday, late in the afternoon, around fourteen robins flew in near my house and in the ditch. Though as dry as it was you wouldn't think there would be worms. I do have night crawlers in my yard. Anyway, the robins must have been fattening up for their trip south.

With the leaves falling so rapidly, many will start their yard work, raking, or vacuuming the leaves. The maples are just gorgeous this year.

Have a good week!

Brooks - Terrebonne News

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

Wow, what a windy day we are having today. Reports of up to 60 mile an hour wind gusts and power is going out in several places. Not too pleasant to be outdoors today. Contrast that with Saturday and Sunday's weather which was sublime. Temps in the 80's on Sunday, beautiful sunshine and so pleasant to be outdoors. Saturday a whole lot of folks got some of their fall work done because it was easy to do with the temps in the high 70's. We were smiled down on over the weekend, but we are paying for it this week. Fall is here. It is inevitable that the temps will go down from here and we have to face reality. Darn

Big news for the Parenteau family. Marc Parenteau is a new great grandpa. First time is a charm Marc. Jordan Weisdorf and Desiree are the parents of a 5 lb. 11oz. Baby girl. Her name is Skylar. Jill (Parenteau) Weisdorf is the Grandmother.

Colton and Kaydence Determan were overnight guests or Cindy and Del Determan on Tuesday evening.

It is with sadness that we have lost another of the former residents of the Brooks Terrebonne area. Vern LaCoursiere of the Walker area has passed away. Our

condolences to the LaCoursiere family.

Marc Parenteau has also announced that his daughter Pam Daly will be starring in a one woman show in Tucson Arizona soon. The show, "The Life and Times of Margaret Sanger" has been produced in other parts of the country about four times and being the only person on stage is telling of the talent of Pamela who is multitalented and can carry the whole show. Break a leg Pamela.

Jerome and Barb Novak went to Warren on Thursday evening to watch their grandson in the track meet for cross country. Phillip is just starting cross country and has improved his time almost every time he has run.

After the run, the Novak's visited with Leonard Novak and took him out to supper at Melody's Restaurant and ate a big chicken dinner. Yum.

Jerome and Barb Novak went to Warroad for dinner on Sunday to visit with Nancy and Matt Ellenson. Ian and Phillip Margaret and Daphne, their grandchildren entertained them for the afternoon with their stories and questions. They even played a game of whist to pass the time. The Novaks returned home on

Sunday evening.

Red Hats on Wednesday at the Black Cat in TRF. Bring a friend. Lots of fine visiting and food.

Halloween is closing in on us very quickly, so if you are making costumes, get busy. I think it will be cold that night. I remember taking three little ones trick or treating in a snowstorm (walking) and ending up carrying two home because they were cold and wouldn't walk anymore. By that time the snow was upwards of six inches. That is one nightmare I wouldn't like to remember. We lived in Duluth at the time.

Have a great week.

STORY TO SHARE!

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

Deadline: Fridays at noon!



Connected by a common thread

Each of us has a shared desire for clean, reliable, and affordable electricity. In the quilting of our region, we're here to bring you warmth, comfort, and assurance. Tying reliability to possibility.

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Wednesday, October 14, 2015