

# The Promoter



January 2019  
Volume 27 - Issue 1  
redriverpromoter.com

## How did a rude hotel clerk and sled dogs

# Kill a valley town?



### Inside:

- Employment
- Automobiles
- Senior Living
- Events
- Entertainment
- Services
- Classifieds
- Agriculture



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## Publisher's Notebook

### One word...Believe!

Believe...

Before my kids grew up and moved away from home, we always made our yearly trek to a good friend's house where we were treated by his wife to our annual after-Thanksgiving tradition. For many years, she served up a delicious brunch featuring that great Norwegian treat, rommegrøt.

While sitting in her kitchen, it is hard to ignore

the big cut-out letters over her kitchen counter that spell out the word BELIEVE. Elsewhere throughout the house are several wall hangings that repeat this same little word. As a matter of fact, a few years back when our small town raised funds to purchase old-fashioned street lights for our Main Street, this couple donated one. Instead of listing their family name as the givers on the light's plaque, the

large letters boldly read out: BELIEVE.

It is a simple word that packs a gigantic punch, and it makes a person think of the power in its meaning. For example:

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BELIEVE. It is a great word. It is what gives life

hope. As we enter a new year, let's hope we all let go of old issues and believe in the future.

John W. Kolness

Publisher

[john@redriverpromoter.com](mailto:john@redriverpromoter.com)

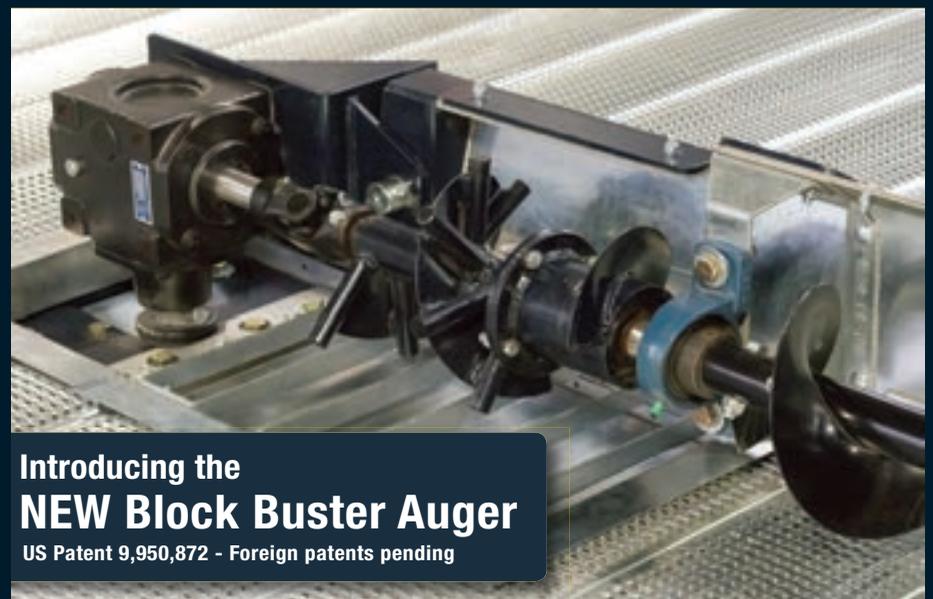


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## Minnesota Commerce Department, Life Insurance Policy Locator finds \$2.4 million in lost benefits for Minnesotans

The Life Insurance Policy Locator, a project of the Minnesota Commerce Department with the National Association of Insurance Commissioners (NAIC), has matched 262 Minnesotans with lost life insurance benefits totaling nearly \$2.4 million since the service was launched two years ago.

The NAIC unveiled the free online locator service in November 2016 to make it easier to connect consumers with lost life insurance policies or annuity contracts,

especially those belonging to deceased family members.

"Many people don't know where to begin when searching for a lost life insurance policy or annuity," said Commerce Commissioner Jessica Looman, whose agency regulates the insurance industry in the state. "This free online tool streamlines and simplifies the process to connect people with the benefits owed to them."

Access to the locator service is available through the NAIC at [locator.naic.org](http://locator.naic.org) or

through the Commerce Department website ([mn.gov/commerce](http://mn.gov/commerce)).

The service allows individuals who believe they are beneficiaries, executors or legal representatives of a deceased person to submit a search request for life insurance policies and annuities. The online request is encrypted and secured for confidentiality.

Participating insurers compare a submitted request with available policyholder information. When there is a match, an insurance company directly contacts the beneficiaries

or their authorized representatives. It can take up to 90 business days for a response; there is a response only if a company finds relevant information.

To ensure the timely payment of benefits, the Commerce Department recommends that Minnesotans make sure their life insurance companies have up-to-date contact information for both themselves and their beneficiaries.

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2016 Chevy Malibu LT 28K Miles	2008 Suzuki Forenza 102K Miles
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2017 Chrysler Pacifica Touring L 17K	2013 Dodge Durango Crew AWD 91K
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# NDSU Offers Updated Crop Compare Program for 2019

The program provides a tool for producers to check the changing scenarios until final planting decisions are made this spring.

North Dakota State University Extension has updated the Crop Compare program, which is a spreadsheet designed to compare cropping alternatives.

The program provides a tool for producers to check the changing scenarios until final planting decisions are made in the spring of 2019.

It uses the direct costs and yields from the 2019 projected crop budgets for nine regions of North Dakota, but producers are encouraged to enter the expected yields and input costs for their farm.

The user designates a reference crop and enters its expected market price. Depending on the region, a broad selection of nine to 18 crops are compared.

The program provides the prices for competing crops that would be necessary to provide the same return over variable costs as the reference crop.

"Producers can compare these 'break-even' prices to expected market prices to see which crop is most likely to compete with the reference crop," says Andy Swenson, NDSU Extension farm management specialist. "Grain prices can move quickly. The program provides a tool for producers to check the changing scenarios until final planting decisions are made this spring."

Producers should note that an underlying assumption is that fixed costs, such as machinery ownership,



land, and the owner's labor and management, do not vary among crop choices and therefore do not need to be included in the analysis.

"In practice, there may be differences in fixed costs that should be considered," Swenson says. "For example, there may be additional labor, management and

risk associated with a competing crop.

"If all the labor and management is provided by the owner-operator, it would be considered a fixed cost and could be excluded," he adds. "However, the producer should add some cost if he or she would only want to produce the crop when an adequate reward would be received for the extra time and management required relative to the reference crop."

A similar rationale could be used if a competing crop is considered higher risk.

The Crop Compare program is available online at <https://www.ag.ndsu.edu/farmmanagement/tools>.

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## Projected Profits of North Dakota Crops Vary by Region in 2019 *Corn projects losses in all regions of North Dakota.*

The two highest acreage crops in North Dakota, soybeans and wheat, project limited returns to labor and management in most regions for 2019, says Andy Swenson, North Dakota State University Extension farm management specialist.

Generally, hard red spring wheat projects a return between \$5 and \$10 per acre. The strongest return, \$22 per acre, is projected in the northeastern region, but losses of \$5 to \$10 per acre are projected in the northwestern, south-central and southern Red River Valley regions.

"Surprisingly, soybeans project positive returns to labor and management in

all but one region, despite lower soybean prices compared to last year's budgets," says Swenson. "There is a projected loss of \$10 per acre in the northeastern region, but for the rest of the state, returns range from \$1 an acre in the southern Red River Valley to \$33 per acre in the north-central region.

The third most popular crop by acreage, corn, projects losses in all regions. A loss of \$5 to \$10 per acre is projected for the western regions and for the southeastern, and losses between \$20 and \$40 per acre are projected in the other regions.

Drybeans, malting barley, lentils and chickpeas



*The strongest return on wheat, \$22 per acre, is projected in the northeastern region of North Dakota. (NDSU Photo)*

normally show relatively strong returns, but weak prices for these commodities caused 2019 profit projections to be much lower. Drybeans project a positive return to labor and management of \$31 per acre in the north-central region and returns of \$7 for the south-central and southeastern regions. All other regions project losses ranging from \$1 to \$10 per acre. Malting barley projects losses by region between \$20 and \$90 per acre. Projected losses for growing lentils range from \$35 to \$70 per acre and for large chickpeas about \$10 per acre.

Projected prices for sunflowers and canola were

also lower, relative to last year's budgets. Oil sunflowers project a slight profit in the southwestern region, breakeven in the south-central region, losses of about \$5 to \$10 per acre in the northwest, north-central and east-central regions and larger losses elsewhere. Projected returns for confection sunflowers varied greatly, from \$55 per acre in the south-central region to a loss of \$77 per acre in the northern Red River Valley. Canola projected negative returns ranging from near breakeven in the north-central and southwestern regions to losses of nearly \$70 per acre in the southeastern region.

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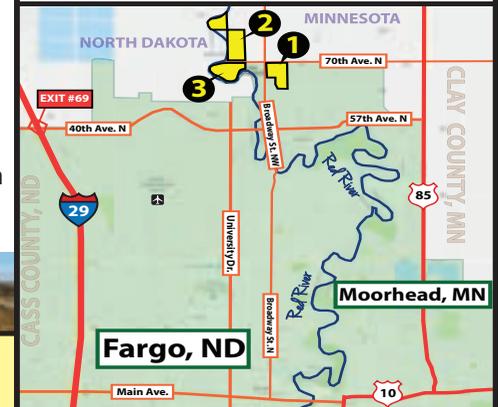
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## Department of Natural Resources issues ice warning for aerated lakes

The Minnesota Department of Natural Resources has issued its annual ice safety warning for lakes with winter aeration systems.

Aeration creates areas of thin ice and open water that are extremely hazardous to people and pets. Open water areas can shift or change shapes, depending on weather conditions, and leaks may develop in air lines, creating other areas of weak ice or open water.

The updated list of aerated lakes and more in-

formation is available at [mndnr.gov/eco/lakeaeration](http://mndnr.gov/eco/lakeaeration).

"We're urging people to use caution anytime they venture onto lake ice, especially at night," said Amanda Yourd, DNR hydrologist and aeration coordinator. "Extreme care should be taken on aerated lakes. Watch for the large orange and black warning signs at high-use public accesses and the required thin ice signs around open water areas."

Aeration systems help

prevent winterkill of fish populations by adding oxygen to the lake and, in certain situations, to protect shorelines from ice damage. They are generally operated from the time the lakes freeze until the ice breaks up in the spring. About 280 lakes will have aeration systems operating on them this winter. Private hatchery operators also use aeration systems, usually on small lakes without public accesses.

A permit from the DNR is required to install

and operate an aeration system. Permit holders must publish public notices, post warning signs and inspect the systems at least once every seven days. Liability insurance is generally required of private groups or citizens operating aeration systems in protected waters. Watch for notices in local media identifying aerated lakes. DNR staff ensure permittees comply with all requirements and regularly inspect systems for safety.

Some municipalities

may have ordinances that prohibit entering into the thin ice marked area and/or prohibit the night use of motorized vehicles on

lakes with aeration systems in operation. These local regulations are often posted at accesses where they apply.



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## How did a rude hotel clerk and sled dogs

# Kill a valley town?

Caledonia, ND, the rustic settlement on the banks of the Goose River about 3 miles west of Shelly Minnesota, lost its golden opportunity to continue as Traill County's county seat and leading city because one day in the 1870s a stranger in the community was treated brusquely.

The stranger was James J. Hill, the president of the St. Paul, Minneapolis & Manitoba (later Great Northern) Railroad, who never forgot the slight.

Hill built railroads on both the east and west sides of Caledonia but never laid a rail into the town.

When new communities sprang up along his tracks nearby, isolated Caledonia lost its county seat, commercial advantages and most of its population.

One cold, stormy winter evening, a fur-clad man driving a team of dogs stopped at the 'American House' in Caledonia and asked for food and

*Continued on page 14*



James J. Hill

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## James J. Hill

Continued from page 13

shelter for himself and his team.

A nattily dressed clerk in the hotel said they had no room for the weary stranger and his 'dirty dogs', though the man said he was able to pay, and pay well.

The man got into his sleigh and drove on down the ice-covered bed of the Goose River and after several miles travel saw the light from a lamp in the cabin of a homesteader.

It was the home of a widow named Johnson and she kindly asked him in.

While he fed the dogs with frozen meat from

her scanty store and sheltered them under a roof that was over her wood supply, she got him a good hot meal and steaming coffee.

Then she gave him her bed and crawled into the loft to sleep with the children.

The next day, before he departed, he paid her generously and ever after he remembered her with gifts of money.

The stranger was James T Hill.

He was on a hurried trip from Winnipeg to Minneapolis, scouting out a line for his road from Fargo to Grand

*Continued on next page*



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Forks.

He vowed then and there that as long as he lived his railroad should never be built to Caledonia.

The through line to Grand Forks was soon built via Hillsboro. Another line had earlier been built on the Minnesota side of the Red River to Warren, MN, or thereabouts. (To reach the rails, Caledonians had to travel 10 miles in one direction, three in another).

Although the Grand Forks-Fargo line might

well have been built via Caledonia, James Hill never changed his mind. To this day Caledonia has no railroad.

Fact or merely legend, this is tradition in the Caledonia community. More than one pioneer had told of seeing "Jim" Hill the winter he traveled through the area in a dog sled reconnoitering the countryside.

John Martin of Fargo recalled that one Caledonia resident made a number of visits to Fargo in the 1880s

to implore John W. Smith, financier and Fargo-Moorhead street railway owner, to build an electric line to Caledonia. Nothing came of it.

Caledonia lost out to Hillsboro in a county seat removal fight after the Fargo-Grand Forks railroad line was built.

Thereafter most of its businessmen moved either to Hillsboro or to Shelly, MN, the nearest communities on Hill's railroad, and most of the town's business structures eventually were removed or demolished.

As the years passed, Caledonia concentrated on developing itself as a township educational center and its consolidated grade-high school was its principal enterprise. for many years.

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# News and Information

## Northern Dental Access Center Opening in Halstad, MN

Northern Dental Access Center announces the opening of its newest clinic location at 132-3<sup>rd</sup> Street in Halstad, Minnesota, starting January 2, 2019. Northern Dental Access Center is a non-profit organization that started in 2009 with a community dental clinic in Bemidji, Minnesota. Both locations serve low income people throughout northwestern Minnesota with dental care, primarily those enrolled in state insurance programs such as Medical Assistance or MinnesotaCare. After ten years of operation, the Bemidji location will top 27,000 patient encounters in the year, with patient demand continuing to grow.

The recent announcement of Dr. Joy's Dental Clinic closing in Halstad prompted discussions about it as a potential location for a satellite Northern Dental Access Center. "Dr. Joy has been a partner of ours for several years," says Northern Dental Access Center Executive Director Jeanne Edevold Larson. "We are pleased that we could work with her to map out a path that can serve families in need in the western part of our service



area." Northern Dental purchased the clinic, along with the dental equipment and fixtures. After several weeks of conversion, Northern Dental Access Center-Halstad is now open for eligible patients who need a dental home.

The satellite clinic will be staffed with independent contractor dentists, similar to the model in place at the Bemidji clinic. Patient appointments are available for people enrolled in Medicaid health insurances or who meet low income guidelines. The clinic will be open Tuesday through Friday in the coming months; potential patients can call 218-456-2238 or 888-575-4020 to request an appointment or determine eligibility. Dentists

interested in contract work, or Licensed Dental Assistants interested in full time work should contact the office manager.

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*Happy New Year*



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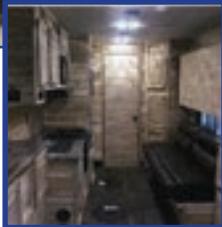
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In 2005 Dr. Ettle became a Diplomate of the American Orthodontic Society.

In July 2015, Alex Provo, DDS joined Prairie Dental Centers, having graduated from U of M Dental School in 2015. He is from the Detroit Lakes area originally.

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they hoped. Topping the list of setbacks in 2017 were transportation issues (23 percent), housing repairs or maintenance (20 percent), and the inability to keep up with debt and falling behind on bill payments (16 percent).

In an effort to reverse that trend, more than two-thirds of U.S. adults will make financial New Year's resolutions for 2018, according to the survey. Among those that plan to step up their financial game, top goals include setting and following a budget (40 percent), making a plan to get out of debt (39 percent), establishing savings (32 percent) and boosting retirement savings (31 percent).

"We continue to see a lot of anxiety about money," said Ted Beck, president and CEO of NEFE. "Three-

impulse shopping. When you face temptation, delay the purchase and give yourself time to consider whether it's a wise move that fits within your budget.

**2. Save now and do so often.** Preparing for unexpected events like medical emergencies can help reduce the financial impact of a life-changing event. Emergency savings can offset unexpected costs and help you get back on solid footing. A good rule of thumb is to have 6-9 months of income set aside. If that feels out of reach, start with a smaller goal, even as little as \$500. When it comes to saving, it's also a smart idea to think long term. Review your long-term savings and ensure they are on target for your retirement plans.

## Resolve to Improve Your Financial Life

FAMILY FEATURES

Counting calories isn't the only way you can resolve to bring about positive change in your life during the new year. If you're like many Americans, it may be a good time to start counting your way toward better financial health.

The past year brought financial setbacks to nearly two-thirds of United States households, according to a survey by the National Endowment for Financial Education (NEFE). In fact, more than a quarter of U.S. adults say the current quality of their financial lives are worse than

quarters of Americans said something causes them financial stress, and it's most often not saving enough and debt that are to blame."

Reduce money stress and take control of your finances with these tips for financial success from the experts at NEFE:

**1. Get debt under control.** Take a hard look at what you owe. If there's a clear warning sign of too much debt, take action. Set a goal to reduce your debt load next year by 5-10 percent. That might mean reducing

### Tips to take control of your money in 2019

**3. Shop for better services.** You may be surprised by how much you can save when you periodically shop for the most competitive rates on your recurring bills. Make a game out of shopping providers to find the best value on your insurance policies, cell phone plan, internet and utilities. Ask your providers about current rates and any promotions available to long-time, loyal customers. Then look at alternative providers to determine where you can trim some spending.

continued page 23

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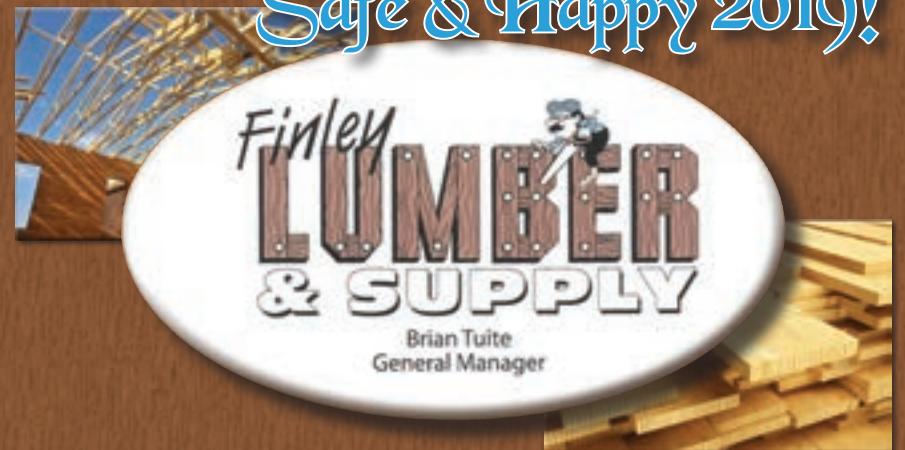
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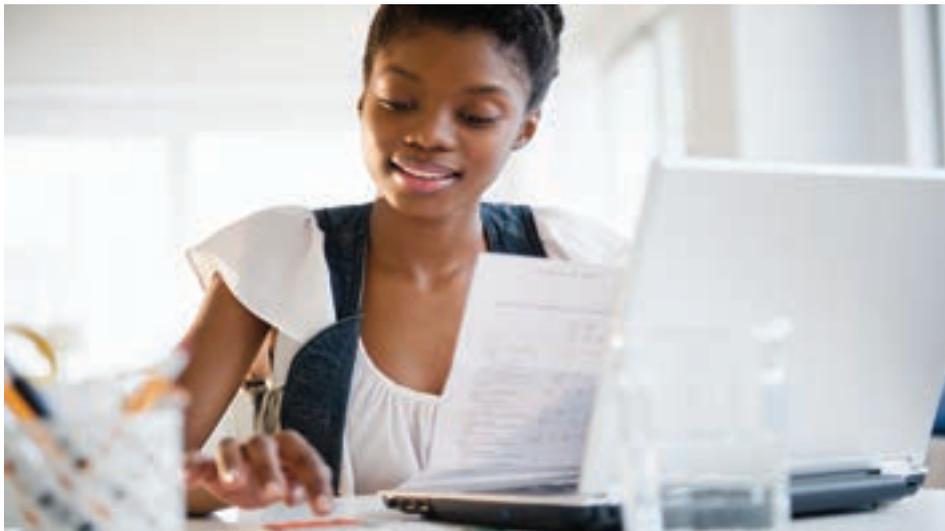
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## Financial Life continued from pg 21

Be sure to understand your current offering thoroughly so that you are comparing apples to apples.

- 4. Understand what's behind your financial decisions.** If you ever wonder why you feel good about spending money on vacations but avoid saving for retirement, the answer may lie in your unique values and how they influence your financial decision-making. Consider taking the LifeValues Quiz at [smartaboutmoney.org](http://smartaboutmoney.org), where you can also find help with setting goals and getting your finances in order.

## BUDGET BETTER

**T**o take control of your money and your financial life, it's important to get organized. The most effective tool is a budget. Creating a budget can help you meet personal goals such as buying a house or car, or taking a vacation. It also can help you prepare for emergencies and manage debt.

**Income:** Start by listing all income sources, including wages, bonuses and tips, as well as non-employer income such as child support, alimony or Social Security. Generally, you'll want to look at your recurring income, but also include long-range, infrequent income that you anticipate, such as tax refunds.

**Expenses:** Next, take into account all of your recurring monthly bills. If you have major periodic expenses, such as a six-month auto insurance premium, account for it in monthly increments so you can save up and have the money ready when the payment comes due. Remember to account for the bills you pay (mortgage or rent, utilities, etc.), as well as unspecified items like lawn maintenance and personal hygiene purchases.

**Categorize Spending:** Some people find it helpful to break expenses into categories, such as housing, transportation, health, personal, entertainment and so on. The key is to capture every point where money is going out so you can get a thorough picture of your ongoing expenditures. It can take a couple months to get a true understanding of what your typical spending looks like.

**Savings:** An effective budget doesn't just capture what's going out; it also reflects what you're able to keep. If you haven't already, outline a savings plan that allows for an emergency fund, regular savings, retirement and investments.

**Debt:** Consistently paying down the accounts you owe with the maximum amount you can afford is the surest way to reduce your debt load. Account for each debt you owe in your budget, and establish a payment plan that shows how much you can allocate to each account each month.

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# Throw the Ultimate Tailgate

(Family Features) Football season is back, and that means it's time to stock up on all the tailgating essentials. Nailing the food lineup is key because few things can ruin a good game like getting "hangry" before kickoff. This year, kick your game up a notch with simple tailgating recipes that bring the perfect blend of flavor and heat. These easy recipes will get you enjoying the festivities in no time, whether you're tailgating at the stadium or homegating on your couch.

No matter which team you and your friends are rooting for, there's one thing that all football fans can agree on: wings are the MVPs of game day. Wings have been holding the line ever since 1964, when Frank's RedHot was the key ingredient in the first-ever Buffalo wings.

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to deliver that classic Buffalo flavor. Just bake the wings for half an hour to get that crispy coating, toss with your two-ingredient buffalo sauce and you're all set. Serve them up with blue cheese dressing

and celery sticks and you'll be on your way to the ultimate tailgate.

In order to make sure you've got the win locked in, have more than one play in your

**continued** page 27

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## Ultimate Tailgate

continued

back pocket. Turn to another tried-and-true, one-pot classic: chili.

Don't overthink it - all you need to do is brown some ground beef, add some onion then crushed tomatoes, beans, hot sauce and seasoning. All you need is 15 minutes to build flavor and you're good to go. Even easier, let your slow cooker do the work. Finish it off with shredded cheese, scallions, sour cream and more hot sauce, and you'll have the hearty chili you need to keep the tailgate going strong. Enjoy your chili on its own or spoon it on top of hot dogs, nachos and whatever else you have on your plate.

For more tailgate tips and great-tasting game day recipes, visit [frankshredhot.com/recipes](http://frankshredhot.com/recipes).

### Buffalo Chicken Wings

- 2-1/2 pounds chicken wing pieces
- 1/2 cup Frank's RedHot Original Cayenne Pepper Sauce
- 1/3 cup butter, melted

blue cheese dressing  
celery sticks

Heat oven to 450 F.

In foil-lined pan, bake wings 30 minutes until crispy, turning once.

In bowl, combine sauce and butter.

Toss wings in sauce to coat completely.

Serve with blue cheese dressing and celery sticks.

### Chili

- 2 pounds ground beef
- 1 large onion, chopped
- 1 can (28 ounces) crushed tomatoes in puree
- 1 can (15-19 ounces) kidney beans, undrained
- 1/4 cup Frank's RedHot Original Cayenne Pepper Sauce
- 2 packages (1 1/4 ounces) chili seasoning mix
- shredded cheddar cheese (optional)
- scallions (optional)
- sour cream (optional)



In large, nonstick pot, cook beef until browned.

Add onion; cook 3 minutes. Drain.

Stir in tomatoes, beans, sauce and seasoning mix. Heat to boiling. Stir often.

Simmer, partially covered, 15 minutes, or until flavors are blended. Stir often.

Garnish, as desired, with shredded cheddar cheese, scallions and sour cream.

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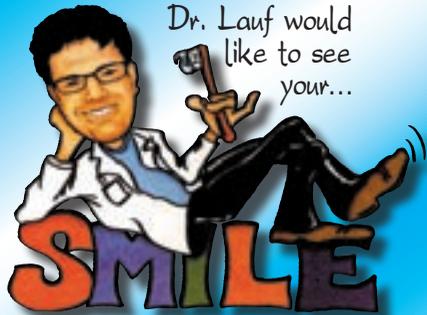
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## New Year, New You:

### Resources to Help You Keep Your Resolutions

(StatePoint) Making and keeping resolutions is difficult without direction or the advice of experts. Luckily, there are plenty of great resources to help, no matter what you are trying to accomplish.

Here are four books that can help you stick to your goals throughout the year.

#### Clean Eating

From quinoa and chia seeds to spinach and pomegranate, "Super Clean Super Foods" is a colorfully illustrated, comprehensive guide that shows readers how to incorporate unfamiliar ingredients into everyday dishes. The book explores the incredible health properties of each super food and includes tips on how to maximize its health benefits, allowing readers to work toward specific goals. For instance, you can create a food plan to boost energy, have a healthier pregnancy, limit jetlag, reduce aging, and more.

#### Achieve More

Whether you are seeking improvement in your career, relationships, or in your overall performance, "Success: The Psychology of Achievement," can help equip you with the tools you need to drive yourself toward success using proven psychological strategies and expert advice. From positive thinking to work-life balance to learning how to

*Continued on page 31*

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## New Year, New You Continued from page 29

say “no,” the lessons in this dynamic infographic guide, authored by an organizational psychologist, are tailored to your personal situation through questionnaires and self-analysis exercises.

### Smart Meals

Bowls are a delicious way to lose weight and eat healthy, but they can also be laden with hidden calories. Inspired by the very latest bowl food trend, “100 Weight Loss Bowls,” features color-coded recipes engineered to come in at under 400, 500, or 600 calories, allowing you to easily build a nutritious meal plan that meets your daily target for gradual and sustained weight loss.

### Workout Buddy

The first full-color fitness book that teaches you how to actively engage a partner in your workout routine, “Partner Workouts” features bodyweight exercises, yoga positions, cardio and more. Three long-term, comprehensive exercise programs provide regimens so you and your partner can motivate each other to achieve your fitness goals over a period of time. From choosing your partner and setting your goals to tracking your progress and nutrition, this guide doesn't require a gym membership or expensive fitness equipment.

Start 2017 off on the right foot. Relying on books, tools and other resources can help you achieve your goals.



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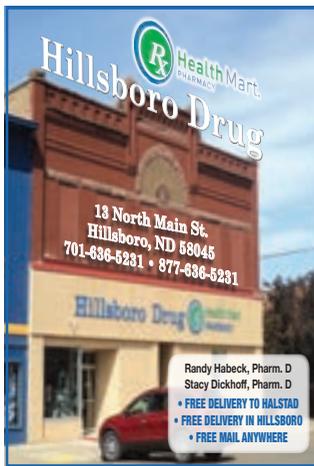


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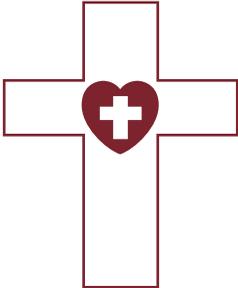
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# The Red River PRIME TIME Promoter

## Knowing Heart Attack Signs May Save Your Life

Written by Karin Haugrud

We see it in the movies all the time: a man dramatically clutching his chest in pain and falling to the floor- an obvious heart attack victim. But the truth of heart attacks is they often come on slowly, with mild pain or discomfort. Many times people affected aren't really sure what's going on and wait too long before they get help.

Many people have difficulty giving an exact description of the pain, describing it as a funny feeling or just a discomfort. Often the pain from heart attack and angina is described as a pressure or a heaviness weighing down on the chest. It may often produce a strangling or frightening feeling that is more bothersome than painful.

A heart attack may feel like the chest is being crushed, squeezed or strangled. Some have described it as a burning-like indigestion. It may also feel as if the chest is being ripped apart from the breastbone. Other descriptions include tearing, gripping pain, fullness, numbness or tingling, or a pointed stabbing pain. Dizziness, weakness, shortness of breath and nausea may often occur along with the chest pain. Some people can only describe the sensation as a discomfort.

A heart attack occurs when the arteries that supply blood to the heart muscle, become blocked. Blood carries oxygen to the heart muscle. When the blood flow is stopped or slowed down, the muscle does not receive the oxygen it needs, and pain, called angina, occurs. If the flow of blood and oxygen are stopped long enough, some of the heart muscle will die. This is a heart attack. Damage to the heart may be slight, with little impact in the ability of the heart to function. A "massive" heart attack significantly reduces the ability of the heart muscle to pump. The pain of angina and heart attack is usually felt in the chest over the breastbone (sternum). It usually covers an area the size of a fist. The pain may also move or radiate from the chest to the throat, jaw, arms, and hands. Left arm discomfort is more common than right and the inner area of the arm is more often involved. The pain may also start in the arm and not be felt in the chest until shortly after.

During a heart attack, many people waste precious minutes because they don't recognize signs and symptoms – or they deny them. Many people also delay calling for help because they're afraid to risk the embarrassment of a false alarm

*Continued on page 37*

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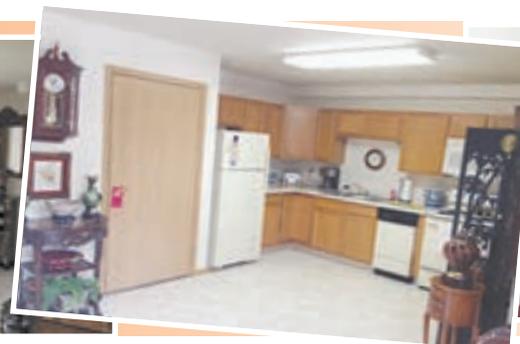
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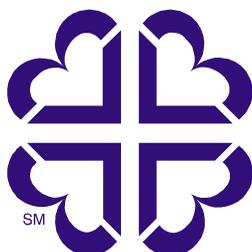
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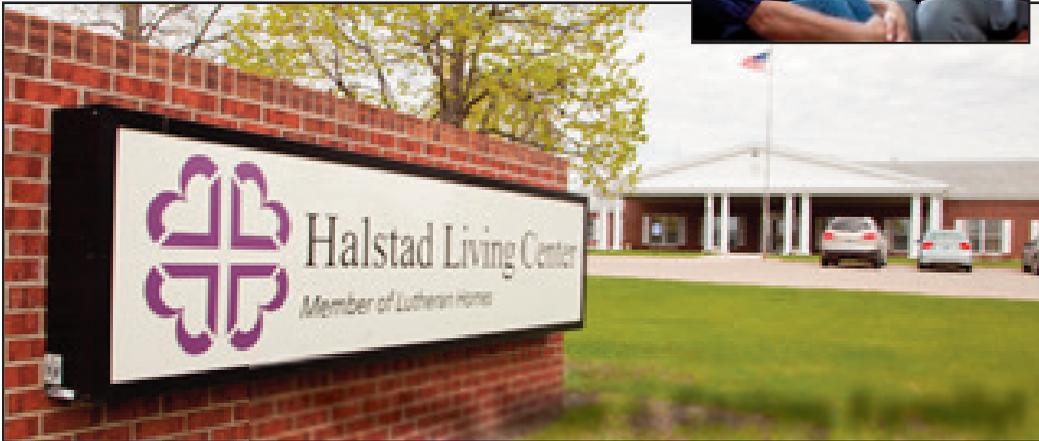




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# Ramblin' Road

By Tom "Roadrunner" Blair

## Opinion Rights

Somewhere along the way, did we lose our right to have opinions? I have to tread carefully when addressing this issue, because I don't want to offend anyone.

I cannot stand people who get right up into my face when they talk. I step back and they move forward.... I step back and they move forward again. I can't stand it... some don't mind.

I hate canned spinach, but you may like it. I like Fords while you like Chevy's and I believe you have that RIGHT

I love onions and you don't. It could be a good or bad experience that caused our opposite views on onions. Just maybe you don't understand onions or never been around them or tried them.

When you see, taste, meet, smell, try or have

anything new, you immediately form an opinion in your mind. Sometimes what people have said previously about it... may hinder your judgment about the experience.

If you and I are friends and there's something you detest, I should respect your right to have that opinion, even if I disagree with it. It shouldn't have any bearing on our friendship, should it? (Even if the

opinion is about gun control, abortion or religion)

Everyone has an opinion on almost everything, we shouldn't dislike them for it... just try to understand why. Even if the opinion is about race, religion, politics, or people. (Or onions and Fords)

Tom "Road" Blair  
road742@aol.com

## Heart Attack Signs Continued from page 35

However, one of the most important things you can do to survive a heart attack is to recognize what's happening and to take immediate

action. Of the people who die of heart attacks, most die within the first hour after the onset of signs and symptoms. Don't waste time - minutes matter!

Seek emergency medical treatment if you think you or another person may be experiencing a heart attack. An ambulance crew can begin treatment, and the

sooner you get to a hospital, the more that can be done to limit the amount of damage done to your heart during a heart attack. Fast action could save your life.

This article is made possible with Older Americans Act dollars from Dancing Sky Area Agency on Aging. The Senior LinkAge Line® makes it easy for older adults and their families to find services in their community. Call 1-800-333-2433 to speak with an information specialist.

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**Our entire staff wishing you the best during this new year!**



## New minimum-wage rate in Minnesota as of Jan. 1, 2019

Minnesota's minimum-wage rates will be adjusted for inflation beginning Jan. 1, 2019, to \$9.86 an hour for large employers and \$8.04 an hour for other state minimum wages. An estimated 219,000 hourly workers in Minnesota (not including jobs in Minneapolis) will earn the \$9.86 or \$8.04 state minimum-wage rates.

"This is great news for Minnesota's lowest-wage workers and will help them keep up with inflation to better provide for themselves and their families," said Ken Peterson, commissioner, Minnesota Department of Labor and Industry. "But more needs to be done so all Minnesotans can earn their way to economic security."

As of Jan. 1, 2019:

- Large employers must pay at least \$9.86 an hour when the employer's annual gross revenues are \$500,000 or more.
- Small employers must pay at least \$8.04 an hour when the employer's annual gross revenues are less than \$500,000.
- The training wage rate, at least \$8.04 an hour, may be paid to employees younger than 20 years of age for the first 90 consecutive days of employment.
- The youth wage rate, at least \$8.04 an hour, may be paid to employees younger than 18 years of age.
- These state minimum-wage rates will not apply to work performed in the city of Minneapolis, which has higher minimum-wage rates.

## Climax-Shelly School Staff and Students of the Month!



Staff: Laurie Dietz, Shana Williams,  
Sue LaPlante

---

Students: Brittan Styles,  
Mandy VonRueden, Kendra Castro,  
Anna Rarick.

Not pictured: Curtis August.

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## Marsh River Holds Its December Meeting

by Lydia Christianson,  
 Age 10

The Marsh River 4-H Club met for their monthly meeting on Sunday, December 16th at the LRC in Halstad. When the group arrived, people got their food from the potluck buffet and ate while we did the meeting. The meeting was informal and was mostly announcements. Next we did a White Elephant gift exchange--it was silly and fun. Most of the crowd agreed the best gift was the large Nativity Snowglobe or the Glow-in-the-dark Jellyfish encased in glass. After everyone had received their gift, it was craft time! Our December meeting is



usually a time when we have a project making bonanza that members can enter in the county fair. The projects this year were: string art on a board, earth wind-chime, candle in an upcycled container, and twinkle-light garlands with repurposed fabric. All of the projects took a lot of time, but club members

were encouraged to take projects home to finish there. It was all so fun... if YOU are interested in 4-H, you're welcome to join us in January at our meeting on the 13th. You can also call the County Coordinator, Linda Houglum at (218) 784-5550

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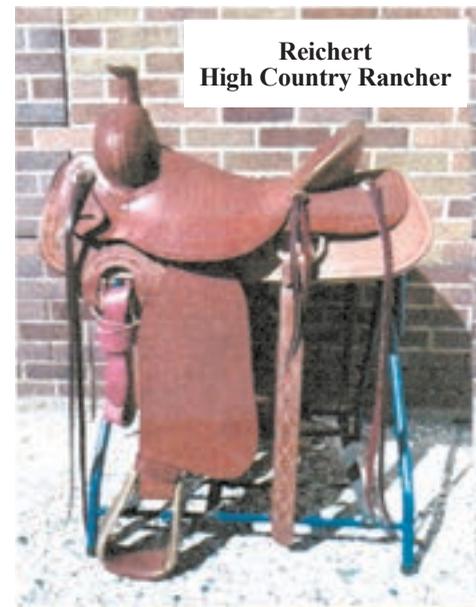
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**Crossword Solution** from page 38

S	H	E	A	F		H	A	S		L	O	F	T			
P	E	D	R	O		A	L	A		S	E	P	I	A		
A	M	E	E	R		I	L	L		P	E	A	R	T		
S	E	N	A	T	O	R		M	A	R	K	L	E			
			L	E	A		S	I	R	E						
M	O	P		S	T	O	A		E	A	G	L	E	S		
A	V	O	W		H	O	L	E		D	A	I	L	Y		
R	O	S	E		S	H	A	U	N		G	E	A	R		
C	L	I	N	G		S	A	R	I		A	N	T	I		
H	O	T	D	O	G		M	O	S	T		S	E	A		
			O	N	U	S		E	A	T						
			J	O	N	G	U	N		M	I	C	H	A	E	L
A	U	D	I	O		A	G	O		K	E	N	Y	A		
A	T	O	L	L		R	A	T		L	I	N	E	N		
H	E	R	E			M	P	H		E	R	A	S	E		

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## Sudoku Solution Continued from page 38

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

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# Diet Tips for 2019: Here are some behavior changes that can help you lose weight.

By Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension

Most of us have known someone who has been on a weight-loss diet, and perhaps the person lost a considerable amount of weight.

Maybe you are pondering weight loss as a goal in the coming weeks or months. We hear weight-loss promotions all around us, especially as we begin a new year. In fact, the weight loss industry is worth more than \$66 billion annually in the U.S.

You may have seen late-night infomercials promoting exercise gadgets or supplements that promise quick fixes. These miracle potions and devices can be tempting.

Who doesn't want to press the "easy button" on challenging issues, at least once in a while?

As we know, excess weight can increase the risk for many diseases, including diabetes, heart disease and cancer. Carrying extra weight can promote joint issues leading to mobility problems.

Losing even 5 to 10 percent of body weight (if overweight)

can reduce the risk of diabetes and other chronic diseases.

More than 20 years ago, the National Weight Control Registry was launched in the U.S. The participants continue to track their outcomes long-term, and many research papers have been written about their progress through time.

Most (98 percent) modified their food intake to lose weight, and most (94 percent) increased their physical activity. The most common physical activity was walking.

About 45 percent lost weight on their own, and the rest had help from some type of weight-loss program. In all, they had some important things in common. They ate breakfast every day (78 percent), and they exercised an hour per day (90 percent). About 62 percent watched fewer than 10 hours of TV weekly.

Instead of a "diet," consider some general tips that promote behavior changes:

Keep a food diary to see what you are eating and when you eat. You can rate your level of hunger during eating and snacking in your journal, too.

Eat a balanced breakfast that

includes at least three of the five food groups.

Keep high-fiber, low-sugar snacks, such as fresh vegetables and fruits, on hand.

Consider your drink choices. Drink water instead of sweetened beverages when you are thirsty.

Get enough sleep. Aim for seven to eight hours of sleep per night.

Serve yourself smaller serving sizes or take home part of restaurant meals.

Avoid eating in front of the TV.

Get moving. To lose weight, experts recommend 300 minutes of moderate activity per week (60 minutes on five or more days of the week). Walking at a pace of 4 miles per hour can help promote weight loss.

Set a goal and track your progress.

See <https://www.choosemyplate.gov> for tips such as these:

Vary your veggies. Aim for at least 3 cups of vegetables daily.

Focus on whole fruits instead of fruit juices. Aim for at least 2 cups of fruit, especially whole fruit, daily.

Make half of your grain choices whole grains. Try whole-wheat bread and pasta, oatmeal and brown rice.

Switch to low-fat or fat-free dairy.

Vary your protein routine. Choose lean proteins of all types.

We have resources and links to help men and women maintain their health. Check out our newest website (<https://www.ag.ndsu.edu/healthwiseformen>), which launches a statewide initiative to promote women's health. See <https://www.ag.ndsu.edu/healthwiseforguys> for information on men's health.

Here's a delicious dinner with nutrient-rich veggies to enjoy without guilt on a chilly winter night. "Sweet" paprika is the typical paprika we buy in the grocery store; hot paprika and smoked paprika have a different flavor. You can vary the flavor of this dish by using your favorite type of paprika.

## Paprika Chicken and Vegetables One-pan Meal

- 6 chicken thighs



- 1/4 tsp. salt, divided
- 1 pound Brussels sprouts, trimmed and halved
- 2 sweet potatoes, peeled and cubed
- 2 shallots, peeled and quartered
- 3 1/2 tsp. garlic, minced, divided
- 3 Tbsp. olive oil (plus more for drizzling)
- 1 Tbsp. fresh lemon juice
- Spice Mixture
- 2 Tbsp. sweet paprika, divided
- 1 tsp. dried cilantro, divided
- 1 tsp. allspice, divided

Preheat the oven to 425 degrees F. Sprinkle chicken lightly with salt on both sides. Set the chicken aside while you prepare the rest of the ingredients. Place the Brussels sprouts,

potatoes and shallots on a large sheet pan. Season the vegetables lightly with salt and drizzle olive oil, then toss the vegetables to mix. In a small bowl, mix the spices. Sprinkle 1 Tbsp. of the spice mixture on top of the veggies. To the remaining spice mixture, add 2 tsp. garlic, 3 Tbsp. olive oil and 1 Tbsp. lemon juice. Stir into a paste. Brush both sides of the chicken and under the skin with this paste. Add the chicken to the pan, then sprinkle remaining minced garlic on top of the chicken and vegetables. Roast for about 35 minutes, until the chicken reaches 165 F and the vegetables are tender.

Makes six servings. Each serving has 360 calories, 21 grams (g) fat, 17 g protein, 28 g carbohydrate, 7 g fiber and 210 milligrams sodium.

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