

# FUN & GAMES

**What's the Difference?**  
There are four differences between Picture A and Picture B. Can you find them all?

**THIS DAY IN... HISTORY**

**1863**  
The last Thursday in November is declared as Thanksgiving Day by President Abraham Lincoln.

**1919**  
Cincinnati Reds pitcher Adolfo Luque becomes the first Latin American player to appear in the World Series.

**1985**  
The space shuttle Atlantis makes its maiden flight.

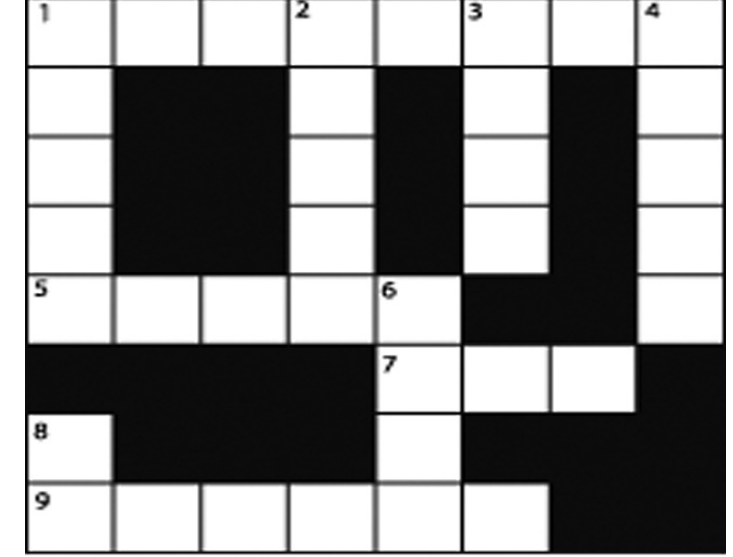


**OCTOBER is Pasta Month**

*How they say that in...*

**ENGLISH:** Noodles  
**SPANISH:** Fideos  
**ITALIAN:** Tagliatelle  
**FRENCH:** Nouilles  
**GERMAN:** Nudeln

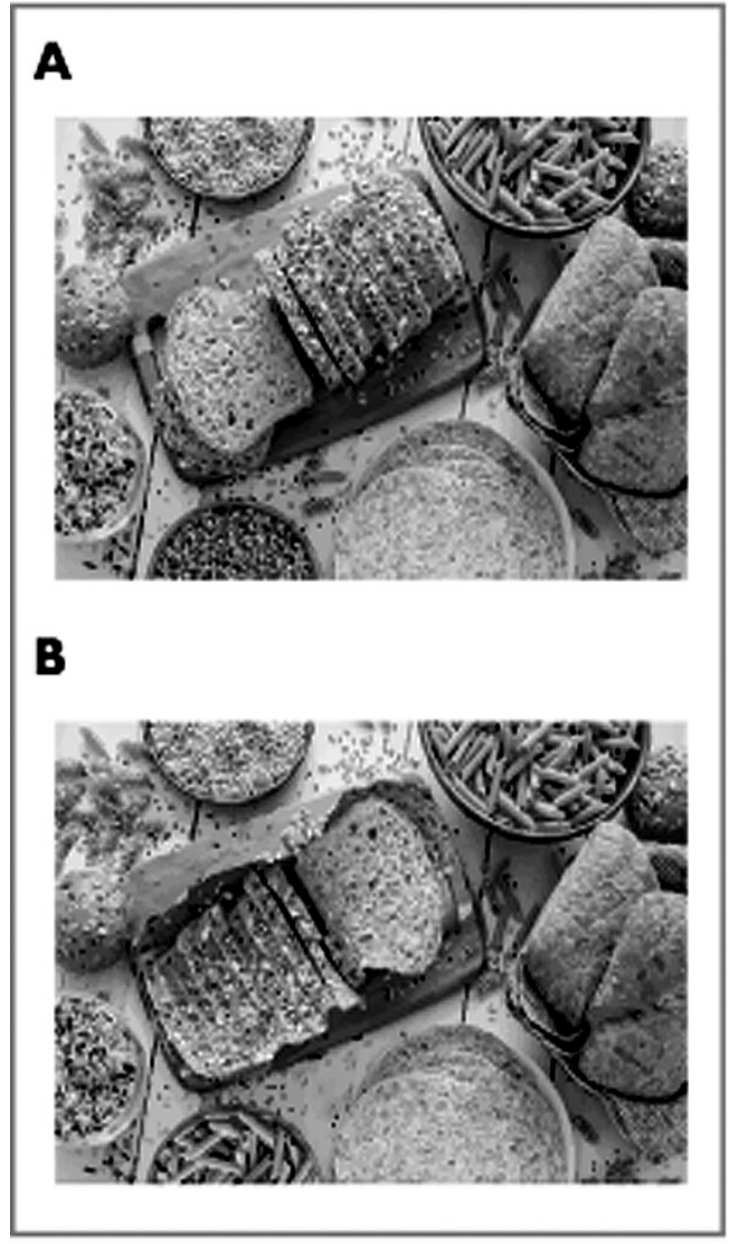
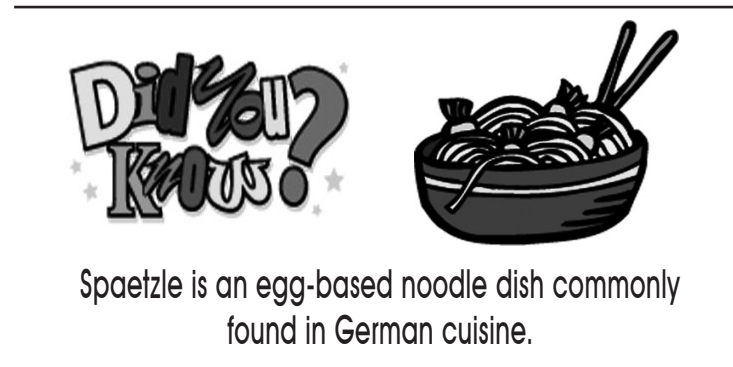
## CROSSWORD PUZZLE



**ACROSS**  
1. One who purchases  
5. Pleasant to eat  
7. Olive is one type  
9. Customer selections

**DOWN**  
1. Hard part of bread  
2. Barely enough  
3. Time to eat  
4. Type of noodles  
6. Belonging to you  
8. Abbr. for "take out"

*Answers on back page*



**Answers:** 1. Bread on board turned 2. More pasta in upper left corner 3. Missing pasta above tortillas 4. Pasta replaced other grain in bottom bowl

## ASK DR. UNIVERSE

*A science column for kids from Washington State University*

**Dear Dr. Universe:** How do we get muscles? -- Jalane, 10, Ohio

Dear Jalane,

I've always been a bookish cat. I spend most of my time in the lab rather than running, prowling and pouncing like most felines.

But I still have super strong muscles. They're way bigger than when I was a kitten.

I asked my friend Edward Johnson how I got so buff. He teaches classes about the human body in the School of Biological Sciences at Washington State University.

He told me that muscles are made of muscle cells. They're also called muscle fibers or myocytes.

We usually think cells are way too small to see with our eyes. But muscle cells can be some of the longest cells in your body. They're shaped like long tubes or hot dogs. Each muscle cell is as long as the muscle it's part of. So a muscle cell in a grown-up's thigh muscle could be 14 inches long!

A muscle is a bundle of those long, hot dog-shaped muscle cells. Once you're an adult, you don't grow new muscle cells. But the muscle cells you have can get bigger or smaller.

"Each individual muscle cell responds to exercise and being used by getting bigger," Johnson said. "That's called hypertrophy."

When you run, jump or pick up something heavy, that work tells your muscle cells to get bigger.

That's because each muscle cell is made of proteins called myofibrils. As you flex and release your muscles, those proteins slide over each other. That's how muscles work.

When you use your muscles, that movement tells your body to make more myofibrils for your muscle cells. More myofibrils packed into your muscle cells means bigger muscles -- and that means bigger muscles.

On the other paw, not using your muscles can make them smaller. That's called atrophy.

You may have seen an atrophied muscle if you've ever seen an arm or leg that's been in a cast for a while. The cast keeps the muscles still while a broken bone heals. When the cast comes off, that arm or leg probably looks like it shrunk a little bit. The muscle cells have gotten smaller because they didn't exercise for a long time.

Johnson told me that muscle atrophy is a problem for astronauts, too. On Earth, gravity always pushes on your body. Your muscles work harder because they have to move against gravity.

"In space, the effect of gravity is not there," Johnson said. "So, NASA has spent a lot of money with muscle physiologists, trying to come up with ways to use the muscles so that they don't atrophy."

Maybe that's why I'm so strong even though I mostly lift books. My muscles work hard because of the gravity of your excellent questions.

Sincerely,  
Dr. Universe

## Pop culture costumes are bound to be big this year

One of the best ways to get in on the Halloween costume fun is to choose a look that borrows from popular culture. This year there is no shortage of inspiration for those who want to look like their favorite movie, television and game characters.

**Comic book hero "frenemies"**  
Marvel's popular characters joined forces in "Deadpool & Wolverine" this year with the titular stars played by Ryan Reynolds and Hugh Jackman, respectively. Whether you're team red or team yellow, dressing up as one of these action characters is certainly going to be popular for Halloween 2024.

**Whirlwind romance**  
Fans of the "Bridgerton" television series know that the third season follows the romance between Penelope Featherington and Colin Bridgerton. This is a perfect couples' costume, and one that will be lavish at any Halloween gathering.

**Travis and Taylor**  
The last year-plus has been notable for both football fans and Swifties. Three-time Super Bowl champion Travis Kelce and pop superstar Taylor Swift became the power couple of record, earning fans from both sides of the football/music aisle. Dressing up as this duo is sure to get rave reviews.

**Country vibes**  
Beyoncé ushered in a new era of country music in 2024



While "Barbie" was the chic lady in pink for 2023, thanks to the announcement of the new prequel series dubbed "Elle," Elle Woods from the "Legally Blonde" franchise is sure to be trending this Halloween.

**Wacky Wednesday**  
Now that another series installment is in the works, there will be plenty of people dressed up as Wednesday Addams this Halloween.

*-metrocreativeconnection*

with the release of her album "Cowboy Carter." Emulating the pop-to-country princess is a great way to turn heads this Halloween.

**The "Juice is loose"**  
It's been 36 years since audiences enjoyed the hijinks of Beetlejuice, the star character of Tim Burton's horror-comedy. With the release of "Beetlejuice, Beetlejuice," complete with most of the original actors reprising their roles, there's no question that Beetlejuice, Lydia and Delia costumes will be trending this October.

**Political opponents**  
The race to the White House this year certainly has had its twists and turns. Political figures often are in fashion for Halloween costumes, and this year that is bound to be the case with individuals dressing up as the Republican and Democratic presidential candidates.

**Another pink lady**

## Farm & Improvement 4-H Club to meet Oct. 6

The Farm & Home Improvement 4-H Club will hold their October meeting in Maddock's old swimming pool park this Sunday, Oct. 6 at 2 p.m.

The kids will conduct a short business meeting followed by a fun activity hosted by two of our 4-H families. The club will also plan to clean out their flower beds for the year. The club will gather at the Benson County Events Center if the weather isn't fit.

The club currently has 29 members and the leaders are Pam Schmid and Tracy Kallenbach. New families are always welcome! If your child would like to join 4-H or just be our guest for the day, please feel free to join us at the meeting. 4-H is open to all youth ages 5-19.

Contact Tracy at 701-351-6500 or Jayla Smith and Samantha Sears with the Benson County Extension Office @ 701-473-5363 with any enrollment questions.

**MINUTES OF ANNUAL MEETING MINNEWAUKAN SCHOOL BOARD July 17, 2024**

The annual meeting of the Minnewaukan School Board was held July 17, 2024. Members present: Michele Anderson, Curt Hanson, Dave Ambers, Anna Tice, Leona LaRoque joined later. Others present: Superintendent Kent Dennis, Business Manager Tracie Volk.

The meeting was called to order at 4:30 p.m. by President Anderson.

Agenda -- Add F.) Parking Lot Paving. A motion to approve the agenda was made by Hanson, seconded by Ambers. The motion carried.

Delegations and Communications -- none.

Minutes -- A motion was made by Tice, seconded by Ambers, to approve the minutes with corrections. All members present voted yes. The motion carried with a 4-0 vote.

Bills -- A motion was made by Hanson, seconded by Ambers, to approve the bills. All members present voted yes. The motion carried with a 4-0 vote.

**GENERAL FUND**

|                      |          |
|----------------------|----------|
| TMS                  | 73.40    |
| ND Telephone Co.     | 487.31   |
| Stein's              | 3,174.40 |
| Otter Tail Power Co. | 9,523.13 |
| CenDak               | 2,880.34 |
| BC Farmers Press     | 24.00    |
| Farmers Union Oil    | 194.01   |
| Stone's              | 222.05   |
| NAPA-DL              | 1,997.89 |
| NAPA-Maddock         | 283.25   |
| Home of Economy      | 118.55   |

Mac's 418.48  
Advanced Business  
Methods 4,211.56  
City of Minnewaukan 1,833.00  
Cole Papers 1,142.45  
Leon's Building Center 57.56  
ND Telephone Co. 6,988.31  
LaMotte's 479.84  
Stone's 222.05  
Hartley's 5,204.36  
NDSBA 950.00  
Success For All 257.40  
Voyager Sopris 55,215.30  
Blick Art Materials 4,564.15  
BSN Sports 3,700.00  
Bremer Credit Card 3,651.09  
Fund Total \$107,874.28

**HOT LUNCH FUND**  
US Foods \$20,573.47  
Fund Total \$20,573.47  
Leona LaRoque joined the meeting.

Financial Reports -- A motion was made by Tice, seconded by Hanson, to approve the financial reports. All members present voted yes. The motion carried with a 5-0 vote.

A motion was made by Ambers, seconded by LaRoque, to adjourn the meeting. All members present voted yes. The meeting adjourned at 4:45 p.m.

The meeting was called to order, by Superintendent Dennis at 6:05 p.m.

Superintendent Dennis called for nominations for board president. A motion was made by Ambers, seconded by Hanson, to nominate Michele Anderson for president and cease nominations. All members present voted yes. The motion carried with a 5-0 vote.

Policy Services Renewal -- A motion was made by Tice, seconded by Hanson, to approve the renewal of the policy services from NDSBA. All members present voted yes. The motion carried with a 5-0 vote.

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President Anderson called for nomination for vice president. A motion was made by Ambers, seconded by Hanson, to nominate Anna Tice for vice president and cease nominations. All members present voted yes. The motion carried with a 5-0 vote.

Resignations -- A motion was made by Tice, seconded by Ambers, to accept the resignation of Amanda Lawrence and Robert Lawrence. All members present voted yes. The motion carried with a 5-0 vote.

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Letter of Credit -- Letter of credit from Bremer Bank was reviewed.

Handbooks -- A motion was made by Hanson, seconded by LaRoque, to approve the handbooks. All members present voted yes. The motion carried with a 5-0 votes.

Resignations -- A motion was made by Tice, seconded by Ambers, to accept the resignation of Amanda Lawrence and Robert Lawrence. All members present voted yes. The motion carried with a 5-0 vote. Thank you to Amanda and Rob for your time at MPS!

Parking Lot Paving -- A motion was made by Ambers, seconded by Hanson, to approve the quote for paving the parking lot. All members present voted yes. The motion carried with a 5-0 vote.

Superintendent Report -- Superintendent Dennis reported on: New outdoor basketball court for high school; drug testing for bus drivers; school closed for waxing of hallways; school board convention is October 24-25; back-to-school items; inservice days for staff.

Next Meeting: Aug. 19, 2024 at 4:30 p.m.

A motion was made by Ambers, seconded by Hanson, to adjourn. All members present voted yes. The meeting adjourned at 6:38 p.m.

Tracie Volk  
Business Manager

Michele Anderson  
President

**MINUTES OF REGULAR MEETING MINNEWAUKAN SCHOOL BOARD August 19, 2024**

A regular meeting of the Minnewaukan School Board was held Aug. 19, 2024. Members present: Michele Anderson, Anna Tice, Dave Ambers. Members absent: Curt Hanson and Leona LaRoque. Others present: Superintendent Kent Dennis, Business Manager Tracie Volk, Elementary Principal MacKenzie Moen, High School Principal David Mahon, Lindsey Ilerbrunn.

Agenda -- Remove Item D:

Financial Report. A motion was made by Tice, seconded by Ambers, to approve the agenda with changes. All members present voted yes. The motion carried with a 3-0 vote.

Delegations and Communications -- Business Manager Volk gave an update on the audit.

Minutes -- A motion was made by Ambers, seconded by Tice, to approve the minutes. All members present voted yes. The motion carried with a 3-0 vote.

Bills -- A motion was made by Tice, seconded by Ambers, to approve the bills. All members present voted yes. The motion carried with a 3-0 vote.

**GENERAL FUND**

|                                  |           |
|----------------------------------|-----------|
| TMS                              | 73.40     |
| ND Telephone Co.                 | 473.00    |
| Stein's                          | 880.97    |
| Otter Tail Power Co.             | 6,731.03  |
| CenDak                           | 3,170.57  |
| NAPA-DL                          | 1,163.23  |
| Home of Economy                  | 388.12    |
| Mac's                            | 470.46    |
| Advanced Business                |           |
| Methods                          | 2,460.04  |
| City of Minnewaukan              | 1,142.50  |
| Cole Papers                      | 1,048.16  |
| Go Guardian                      | 4,242.00  |
| Hartley's                        | 7,434.42  |
| UMB                              | 350.00    |
| BSN Sports                       | 5,381.25  |
| Johnson Controls Fire Protection | 1,720.19  |
| Bismarck Hotel and Conf.         | 674.10    |
| Shelby Adam                      | 192.60    |
| REI                              | 5,062.59  |
| Dakota Fire Protection           | 925.00    |
| Harlow's                         | 2,368.44  |
| McGraw-Hill                      | 3,206.97  |
| Wells-Fargo                      | 1,000.00  |
| School Specialty                 | 25.54     |
| Really Good Stuff                | 117.76    |
| Ecobal                           | 145.73    |
| Holiday Inn of Fargo             | 385.20    |
| Blick Art Materials              | 87.81     |
| Prairie Truck & Tractor Repair   | 140.00    |
| Summit Fire Protection           | 536.00    |
| ETR                              | 400.50    |
| Innovative                       | 237.04    |
| Northland Securities             | 435.00    |
| Lakeshore                        | 444.89    |
| Tecta America Dakotas            | 749.04    |
| TM Systems                       | 3,932.00  |
| ND Dept of Environ. Quality      | 300.00    |
| Really Good Stuff                | 361.39    |
| Scholastic                       | 1,828.45  |
| Blick Art Materials              | 28.95     |
| Bravera                          | 16,851.00 |
| Raddison                         | 499.00    |

Kaplan 223.65  
Bremer Credit Card 14,030.76  
Fund Total \$92,318.75

**HOT LUNCH FUND**  
Raddison \$99.80  
Fund Total \$99.80

**CAPITAL PROJECTS (BUILDING FUND)**  
Tri-State \$28,010.00  
Fund Total \$28,010.00

**ACTIVITY FUND**  
Creative Impressions 311.76  
Bremer Bank CC 216.89  
Fund Total 528.65

Financial Reports -- A motion was made by Tice, seconded by Ambers, to approve the financial reports. All members present voted yes. The motion carried with a 3-0 vote.

New Business -- Resignation: A motion was made by Ambers, seconded by Anderson, to grant the release from contract for Joy Markstad. On a roll call vote, Ambers--yes, Tice--no, Anderson--yes. The motion carried with a 2-1 vote.

Tuition Waiver: A motion was made by Ambers, seconded by Tice, to approve the tuition waivers. All members present voted yes. The motion carried with a 3-0 vote.

Policy Updates: Tice motioned to table for next meeting, Ambers seconded. The motion carried.

Cognia Report: Principal Moen gave an update on the Cognia report.

Principal Reports -- Elementary Principal Moen reported on: SWIS behavior data; Strider bikes grant; Ignite conference; back-to-school inservice.

High School Principal Mahon reported on: Enrollment; high school schedule.

Superintendent Report: Professional development schedule; NDCCEL update; outside basketball courts; intercom speakers replaced and added to fitness center; school board convention; staffing needs; fitness center update; parking lot paved but a different company will do the lines; life skills room; back-to-school night.

Next meeting: Sept. 16, 2024 at 4:30 p.m.

A motion was made by Tice, seconded by Ambers, to adjourn the meeting. The meeting adjourned at 5:28 p.m.

Tracie Volk  
Business Manager

Michele Anderson  
President