

FUN & GAMES

THIS DAY IN...

DEC 26 HISTORY

1799
Henry Lee III delivers a stirring eulogy for George Washington.

1966
Kwanzaa is celebrated for the first time.

2004
A magnitude 9.0 earthquake hits the Indian Ocean, causing a tsunami.

GET THE PICTURE?



Can you guess what the bigger picture is?

Answer: Hockey mask



HOCKEY

How they SAY that in...

ENGLISH: Ice
SPANISH: Hielo
ITALIAN: Ghiaccio
FRENCH: Glace
GERMAN: Eis


WINTER SPORTS WORD FIND

Find the hidden words in the puzzle.

CURLING	ICE DANCING	SLEDDING
FREESTYLE	LUGE	SNOWBOARDING
HIKING	SKATING	SNOWSHOEING
HOCKEY	SKING	TOBOGGAN

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

CROSSWORD PUZZLE



ACROSS

- Devices with wheels or blades
- Enclosed area for skating
- Frozen water
- Made a surface even and regular.

DOWN

- Physical activities
- Speak and express
- Ice sport
- Tortilla chip with cheese or other toppings
- One-twelfth of a foot

Answers on back page

MAZE CRAZE

Can you find your way through the maze?



Solution on back page

Fun facts about hockey

Some sports are synonymous with certain times of year, and that certainly goes for hockey and wintertime. Perhaps because it's played on ice, hockey seems the perfect sport for cold winter days.

With hockey season in full swing, now is the perfect time to consider some fun facts about this beloved sport.

- Wayne Gretzky, dubbed "the Great One" during his playing days, is the all-time leading scorer in National Hockey League history with 2,857 career points. There's no shortage of testaments to Gretzky's greatness, but one might be especially notable. Gretzky would be the all-time leading scorer in NHL history even if he had never scored a goal. Gretzky's 1,963 career assists are the most all-time, and enough to give him more points than the NHL's second-leading scorer, Jaromir Jagr, who amassed 1,921 career points over 1,733 games played.
- Though he won't catch Gretzky in career points, current Washington Capitals star Alex Ovechkin is on the Great One's heels in regard to goals scored. Gretzky's 894 career goals are the most in NHL history, but Ovechkin, who at press time had 868 goals to his credit, could surpass that total sometime in 2025 or 2026.
- The NHL notes that the modern game is nothing like the game that was played on December 19, 1917, when the league took the ice for the first time. Among the many different rules governing the game in 1917 was one prohibiting the forward pass. Another peculiar rule that separated the 1917 game from its modern incarnation was that goaltenders served their own penalties in the early days of the NHL. When a goaltender committed a penalty, teams had to utilize a defenseman or a forward to mind the net.
- Hockey is wildly popular in Canada, but the United States has produced its fair share of rabid fans and talented players as well. Brett Hull has scored more goals than any American player in NHL history. Hull, who retired in 2005 and was actually born in Ontario, Canada, is a dual citizen of Canada and the United States and played for Team USA in international competitions from 1986 onward. Hull also spent his early life in Illinois, where his legendary father, Bobby, played for the Chicago Blackhawks. When the younger Hull called it a career in 2005, he did so with 741 goals to his name.
- NHL playoff games are known for being especially tense affairs, but one game might have the rest of them beat in terms of tension. The longest playoff game in NHL history was a low-scoring affair. The game was a matchup between the Detroit Red Wings and Montreal Maroons on March 24, 1936. When Red Wings right wing Mud Bruneteau scored 16:30 into the sixth overtime, he gave his team a 1-0 victory and put an end to a game that lasted 176 minutes and 30 seconds.
- Pucks have an interesting, and some might even say gross, history. Theories abound regarding the first hockey puck and the materials it may or may not have been made from, but the Kingston, Ontario-based Original Hockey Hall of Fame and Museum notes that the first organized hockey game in Kingston featured a puck fashioned out of a rubber lacrosse ball. Additional sources suggest the first hockey puck might have been made from materials that included frozen cow dung.

-metrocreativeconnection

ASK DR. UNIVERSE

A science column for kids from Washington State University

Dear Dr. Universe: Why are heart attacks so dangerous? -- Jack, 8, England

Dear Jack,

When I go to the veterinarian for a checkup, one of the first things they do is listen to my heart. They want to make sure it's healthy because it pumps blood to my whole body.

I asked my friend Zhaokang Cheng about heart attacks. He's a scientist at Washington State University. He works on new medicines to help people who have heart attacks or heart disease.

He told me that a heart attack happens when a big blood vessel that delivers blood to the heart gets blocked. Those blood vessels are called coronary arteries.

They get blocked when fatty gunk and other stuff build up on the walls of the arteries. Over time, the buildup can get thicker and harder. It can make the space inside the artery very narrow so there isn't much room for blood to get through. Or it can block the artery completely.

Sometimes a piece of the buildup can break off or a chunk of blood called a clot can clog up a narrow artery. It's like how a pipe can get clogged with gunk so the water can't get through.

A blocked coronary artery can stop the blood from getting to the heart. There's just no way for it to get past the clog. That's bad news because blood carries oxygen and nutrients that the heart needs to work.

The part of the heart that doesn't get blood during a heart attack is called the ischemic region.

"Depending on where the blood vessel is blocked, the region that does not have blood supply can be small or really big," Cheng said. "If the ischemic region is very large, a lot of the heart muscle does not have blood supply. That can be a critical situation because that means a lot of the heart muscle cells are dying."

Most cells in the body die and get replaced by new ones all the time. But heart muscle cells are different. The heart muscle cells you have as a kid are the same ones you'll have your whole life. If some of them die, the body has a very limited ability to make new ones.

"After a heart attack, that ischemic region is replaced by scars," Cheng said. "That's why large heart attacks are very dangerous. A major part of the heart is replaced by scars -- and the scars cannot contract."

When the veterinarian or doctor listens to your heart, the heartbeat they hear is caused by the heart muscle cells contracting. It pushes blood out of the heart to the other organs of the body. That's how all those organs get the oxygen and nutrients they need to work.

A large heart attack prevents the heart from getting enough blood. It also damages all the other organs that don't get enough blood, too.

That's why it's super important for someone who's having a heart attack to get to the hospital fast. If doctors can get

Benson Co. Public Transit schedule

Mondays and Fridays: Devils Lake
Wednesday: Harvey
Thursday: Rugby
1st Tuesday: Bismarck
2nd Tuesday: Jamestown

3rd Tuesday: Grand Forks
4th Tuesday: Minot

- Bus arrives at Rugby, Devils Lake and Harvey at 10 a.m. Bus arrives at other destinations at 11 a.m. Bus leaves NO LATER than 3 p.m. from all destinations.
- Schedule a ride by calling 438-2192.
- Please note: Bus service resumes January 5.
- Check for more trips listed on website: www.bensoncounty-transportation.com.

blood flowing to the heart again right away, fewer heart muscle cells will die. That means blood will get to all the other organs more quickly, too.

Once the blood is flowing normally again, that's A-positive situation for the whole body.

Sincerely,
Dr. Universe

USDA investing in tribal colleges, including CCCC

US Department of Agriculture (USDA) Rural Development State Director Erin Oban has announced that USDA is investing more than \$1 million in tribal college campuses and facilities across North Dakota.

"The North Dakota Tribal College System just celebrated 30 years of service and the positive impacts they have made by providing education to and expanding opportunities for their students, families, communities, and tribal nations," said Oban. "USDA Rural Development has been a committed partner to the members of the ND Tribal College System to ensure their missions and impacts continue for decades to come."

In fiscal year 2024, USDA invested more than \$8 million in tribal colleges located in 12 states through the Tribal College Initiative Grant. Included in that investment are grant funds of \$278,216 to tribal colleges located within North Dakota.

Cankdeska Cikana Community College in Fort Totten will use funds to improve campus facilities, with updates to include replacing flooring in seven areas, replacing heating, air conditioning and ventilation controls, and installing a roof over the Head Start entrance.

Apprentice or Journeyman Lineworker

NORTHERN PLAINS ELECTRIC COOPERATIVE

NPEC has one full-time opening for either an apprentice lineman or journeyman at our Cando location. The apprentice/journeyman lineworker is responsible for building, maintaining, and repairing the cooperative's overhead and underground electric distribution line.

Successful applicants must have an apprentice certification with a minimum of 6,000 hours logged in the apprenticeship program or a journeyman's certification. Valid driver's license and CDL required.

For a full description of responsibilities and how to apply visit: <https://nplains.com/job-opportunities>

APPLY BY JAN. 10, 2025. EOE



NOTICE FOR BIDS FOR LEASE OF PASTURE AND HAYLAND

The State of North Dakota, by and through the Office of the Adjutant General, will entertain bids for the lease of pasture land (5 units), hayland (3 units), and Crop/hayland (1 unit) in Eddy County, North Dakota near the Camp Grafton South Training Area. Additionally the lease of hayland (2 units/1 bid) in Ramsey County near Camp Grafton Training Site. Separate bids will be accepted for pasture land and crop/hayland. Bids for pasture land will be per Animal Unit Monthly (AUM), hayland will be per bale, and cropland will be per acre. All leases will be for a period of four (4) years and are located within the confines of the ND National Guard Camp Grafton Training Site. Leases are subject to the management practices prescribed by the Adjutant General of the State of ND.

Eddy County – Near Camp Grafton South

- Pasture 1: 527 Acres (91 Cow/Calf Pair)
- Pasture 4: 1,238 Acres (166)
- Pasture 5: 1,367 Acres (241)
- Pasture 6: 947 Acres (137)
- Pasture 7: 787 Acres (123) Additional 80 Acres of Hayland will be included in the same bid
- Hayland 1: 84 Acres
- Hayland 2: 33 Acres
- Hayland 3: 62 Acres
- Cropland 1: 80 Acres Cropland and 77 Acres Hayland

Ramsey County - Near Camp Grafton Training Center

- Hayland 4: 34 acres and 18 acres (1 bid)

Timeline
January 23, 2025 - 1 p.m.: Oral bidding via in-person at building 3000 Camp Grafton.

Call MAJ Malheim at 701-665-7513 or Steve Miller at 701-665-7526 to obtain an informational packet containing maps and specific unit details.

The Adjutant General reserves the right to reject any or all bids.