



Julie Garden-Robinson
Food & Nutrition Specialist

Winter weather vs your skin — who’s winning? ...

Protect your skin by taking warm (not hot) showers, paying attention to your moisturizer and getting plenty of skin-strengthening vitamins in your food

“I just love it when it’s 20 below!” said no one to me. Ever.

Many people enjoy winter activities such as skiing and snowmobiling. When brisk winds push the perceived temperature even lower, however, even the most enthusiastic outdoor adventurers retreat indoors. Many of my retired neighbors become snowbirds and head south for a few months.

I was thinking about those negative temperatures as I sat in my recliner, wrapped in a blanket, holding a warm dog, sipping tea and reaching for a back scratcher.

Unfortunately, my skin is paying the price for days spent in dry, heated air. We move from heated vehicles into the cold and back into heated buildings, often multiple times a day. Our skin — our body’s largest organ — feels the

effects of this constant moisture loss.

Skin is our first line of defense, and it consists of several layers that protect us from infection, injury and dehydration.

Most of us know how to dress for winter by wearing layers, hats, scarves and mittens. We also recognize the importance of a winter survival kit in our vehicles. But how often do we think about protecting our skin in other ways?

Your skin may send “I’m here!” reminders, such as sandpaper-like hands and heels or an itchy back begging for attention.

While a long, hot shower may feel comforting, dermatologists recommend shorter showers — about five to 10 minutes — using warm, not hot, water. Choose mild cleansers and apply thicker creams or petroleum jelly to



Apply moisturizer to damp skin to help trap moisture, and use products that contain hyaluronic acid, glycerin, lanolin or shea butter. (Pixabay photo)

hands and feet. Cotton gloves and socks worn overnight can help seal in moisture.

According to the American Academy of Dermatology, winter is also a good time to minimize products containing glycolic acid or retinol, as these ingredients can further dry or irritate skin. Apply moisturizer while skin is still damp to help trap moisture. Look for products that contain hyaluronic acid, glycerin, lanolin or shea butter.

Don’t forget sunscreen in winter. Exposed skin, such as your nose and cheeks, can still be

damaged by the sun’s rays, even on cloudy days.

Nourish Skin from the Inside

Nutrition also plays a key role in maintaining healthy skin. A variety of foods helps meet nutrient needs and supports the body’s protective barrier.

- Enjoy colorful fruits and vegetables daily for vitamins A and C.
- Obtain healthful fats from nuts, seeds, legumes, eggs, and olive, canola or peanut oil.
- Include omega-3-rich foods such as fatty fish, ground flaxseed and walnuts.
- Choose lean meats and other protein-rich foods to build and repair tissues.
- Consume whole grains for fiber and nutrients.
- Include calcium-rich foods such as dairy products.

Most people get more than 80% of their fluids from beverages, but foods also count. Fruits and vegetables are at least 90% water. Drink more water and fewer sweetened beverages. Alcohol can promote dehydration, puffiness, redness and dull-looking skin.

Keep water nearby as a reminder to sip regularly. Coffee counts toward fluid intake, although caffeine-free beverages may be more hydrating. If plain water isn’t appealing, add cucumber slices, lemon or berries to a pitcher of water to boost flavor and encourage drinking.

Warm, nourishing meals also help on cold days. This hearty soup is rich in vegetables, fiber and fluids. While it has many ingredients, the results are worth the chopping.

Loaded Minestrone Soup

- 1 tablespoon olive oil or your favorite oil
- 1 small onion, diced
- 1 large carrot, chopped
- 2 celery stalks, chopped
- 4 garlic cloves, minced
- ½ medium zucchini, diced
- 1 (14.5-ounce) can fire-roasted tomatoes with juice
- 1 (8-ounce) can tomato sauce
- 1 (15.5-ounce) can kidney beans, drained and rinsed
- 1 tablespoon Italian seasoning
- 1 bay leaf
- 3 cups reduced-sodium vegetable broth (or chicken broth)
- 1 cup water
- 1 cup whole wheat small pasta
- 1½ cups spinach
- Salt and pepper to taste
- Parmesan cheese and fresh basil (optional)

In a large pot, heat oil over medium-high heat. Add onions, carrots and celery. Cook, stirring often for 5-7 minutes or until onions are translucent. Add garlic and cook for 30 seconds. Add all ingredients from through water into pot and cover. Bring to a boil, reduce heat and cover. Simmer for 15 minutes or until vegetables are tender. Add pasta and cook until al dente. Remove from heat and take out bay leaf. Stir in spinach. Serve with Parmesan cheese and fresh basil if desired.

Makes eight servings. Each serving has 150 calories, 2.5 grams (g) fat, 25 g carbohydrate, 5 g fiber and 350 milligrams sodium.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)

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Bismarck’s Lyceum Meetings

By Dr. Steve Hoffbeck

February 4, 2026 — For middle-aged adults, the word “lyceum” might be remembered as having a guest speaker deliver a lecture in the public-school auditorium. But in the 1800s, the term referred to a form of community education in which neighbors shared their personal expertise in literature, fine arts, and music; or it could feature a debate or readings and recitations. The lyceum meetings served as social events, too, as a pleasurable way to gather together on a regular basis.

The citizens of Bismarck, seeking to uplift, educate, and entertain each other organized a lyceum group in the early 1880s, looking for a way to enliven winter evenings, providing a night full of “entertainment, instruction, amusement, hilarity, fun, frolic and joy.”

On this date in 1881, the Bismarck Tribune declared that the local Lyceum Association was “an established fact,” for the group’s leadership had set up programs and committees and were ready to draft a constitution and establish their by-laws.

The Bismarck organization used the local Methodist Church, and one of the first debate topics pondered whether “the statesman or the warrior” was most beneficial to the U.S., with the judges deciding in favor of the statesman.

No lyceums were held that summer, for there were plenty of other things to do, but weekly lyceum meetings began again that autumn. A November topic was particularly fascinating, exploring whether “intemperance is more destructive than war.” The debate ensued over alcoholism versus battlefield casualties, with the verdict that alcoholism was worse.

Month by month, local debaters examined questions such as: Should the telegraph system of the U.S. be under the control of the government? And which has done the most good for the nation — the printing press or the steam engine?

All of the lyceum meetings were exciting and entertaining because of the opinions expressed and the colorful personalities who did the speaking. Colonel Thompson was said to deliver “eloquent and stirring speeches.” The school principal, Mr. Logan, was inspirational while reciting “Curfew Shall Not Ring Tonight.” The meetings were so enjoyable, partly because “music was interspersed” with the readings and debates. Songs and laughter echoed throughout the Lyceum Nights, bringing cultural refinement to the rough-and-tumble railroad town of Bismarck in 1881.

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Smallpox in Fargo

By Jack Dura

February 5, 2026 — A smallpox epidemic in Fargo, Dakota Territory, forced drastic actions in 1883. On this date that year, Fargo Mayor William A. Kindred was given the authority by the city council to take measures to fight the outbreak. He set up a hospital, ordered the burning of clothing, and required doctors to report smallpox cases.

The smallpox outbreaks struck Fargo from 1881 to 1883. The city council voted in the fall of 1881 for vaccinations and for barring infected persons from “smallpox districts” from coming into town. The Fargo Medical Society petitioned the city council in 1882 for further action on the disease, and in the spring of that year, the city paid Dr. Edward Darrow \$50 for vaccinations.

On this date in 1883, Darrow also became Fargo’s city health officer. He had come to Dakota Territory from Wisconsin in the spring of 1878. He set up his

practice in Fargo and became the territory’s first superintendent of health. He was also North Dakota’s surgeon general from 1890 to 1892.

Various residents also pitched in, making their homes available as smallpox hospitals to quarantine patients. The city council paid to maintain these “smallpox houses,” even paying the grocery bills. M.R. Knowles was reimbursed \$17.50 for the groceries at his “smallpox house.”

And smallpox wasn’t the only disease problem in Fargo that year. Diphtheria and scarlet fever also broke out, with the city continuing to pay “pest house” bills and even damages for homes and goods affected by the disease. The smallpox apparently spread to Minnesota too. State health officials telegraphed each other, agreeing that a Brainerd resident visiting Duluth had contracted smallpox in Fargo.

Epidemics were common in Fargo’s early years. Disease outbreaks led to the city creating its health board, improving water and sewer systems, and establishing dump grounds. Smallpox, typhoid fever, scarlet fever and diphtheria came and went into the 20th century. Despite sanitation improvements and mass vaccinations, smallpox continued as a serious health issue in Fargo as late as 1905.

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Unusual Marriage

By Sarah Walker

February 6, 2026 — At the end of January in 1929, a rather unusual marriage for two residents of Tappen took place in Steele. The reports circulated around the state: Gertrude Murdoch, the 27-year-old principal and music teacher at the local high school, married Gordon Bell, a 17-year-old sophomore in her school and a student in one of her classes.

At age seventeen, Gordon was considered a minor by four years. Had their roles been reversed, and he was 27, marrying a 17-year-old girl, she would have been a minor by one year. In any case, because he was a minor, Gordon’s parents had to grant permission for him to marry. They stood by his side as he married his principal. Gertrude had her brother Alex as a witness.

The marriage took place in Steele, and after a short honeymoon, they returned to classes on this date as the Tappen school board had “given Mrs. Bell permission to keep her husband in her classes” and to “retain her as principal.”

According to the Bismarck Tribune, Dr. J.S. Whitson, a doctor in Tappen, was a friend of the couple, and said that “young Bell will finish high school and then go to college.” Other reports flying across the state said the young couple was staying at the Whitson home, but the doctor disputed the claim, noting that his family was out of town, and he was simply staying at the same hotel as Mrs. Bell and the other teachers of Tappen school, a situation that “was probably responsible for the error.”

It was perhaps something of a scandal, but it might have been topped by a similar story that appeared in the Tribune the same day: two Renville County farm couples divorced, then traveled to Manitoba where they swapped spouses and were married in a double ceremony!

“Dakota Datebook” is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org. Subscribe to the “Dakota Datebook” podcast, or buy the Dakota Datebook book at shop-prairiepublic.org.

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INVITATION to BID

PROJECT: Turtle Mountain Community College
EIFS Replacement

BIDS CLOSE: Thursday, February 12, 2026

PROJECT #. 20232952

DATE of ISSUE. January 19, 2026

BY. EAPC Architects Engineers
2080 36th Ave SW, Suite 201
Minot, ND 58701

PHONE: (701) 839-4547

OUTLINE OF PROJECT. The project consists of the removal and replacement of EIFS around the existing lobby skylight and on the sloping walls and extending to sections of vertical wall. The new EIFS system includes appropriate drainage planes, control joints and flashing.

TYPE OF BIDS. Single combined bids will be received for all portions of the work. The successful bidder will be the single Prime Contractor for the Project.

THE OWNER. Turtle Mountain Community College
10145 BIA Road 7, PO Box 340
Belcourt, ND 58316

BID PLACE. Turtle Mountain Community College
Training Room 2nd Floor Auditorium
10145 BIA Road 7
Belcourt, ND 58316

Bids received after the designated time will not be accepted. All interested parties are invited to attend. Bids will be opened and publicly read aloud. It is the bidders responsibility to see that mailed or delivered bids are in the hands of the Owner prior to the time of the bid opening.

OBTAINING DOCUMENTS. Drawings and Specifications may be examined at the Architect/Engineer's office, and the Owner's office at the address shown above and:

QuestCDN (www.questcdn.com)
Dodge Plan Room and SCAN in Minneapolis.
ConstructConnect
Minnesota Builders Exchanges: Minnesota Builders Exchange in Minneapolis
North Dakota Builders Exchanges: Bismarck, Dickinson, Fargo, Grand Forks, Minot, Williston
South Dakota Builders Exchanges: Aberdeen, Plains Builders in Sioux Falls, Rapid City, Sioux Falls
Montana Builders Exchange: Billings
Wyoming Builders Exchange: Gillette

If Contractor receives his bidding documents from a plans exchange, it is the Contractors responsibility to contact EAPC Architects Engineers to be added to the plan holders list.

Complete digital project bidding documents are available at www.questcdn.com. You may download the digital plan documents for \$22.00 by inputting Quest project # 10026710 on the website’s Project Search page. Please contact QuestCDN.com at 952-233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with this digital project information.

An optional paper set of project documents is also available for a refundable price of \$50 per set from EAPC Architects Engineers, 2080 36th Ave SW, Suite 210, Minot, ND 58701. If the bidder returns the set of documents, in good condition, within 10 days following the bid date, the deposit will be refunded. If the bidder does not return the set of documents within the designated time, none of the deposit will be refunded. Please allow 2 days for printing.

Partial or complete sets of prints and specifications may be obtained from EAPC by other than the above. The sets or partial sets will be distributed upon receipt of payment for the information charged at the current reproduction rate. None of this payment will be refunded. Completeness and adequacy of the list of documents requested shall be the responsibility of the person making the request.

BID SECURITY. Bid Security in the amount of five (5%) percent of the Bid including all add alternates, must accompany each Bid in accord with the Instructions to Bidders 00 1000.7. Cash, Bidders Bond, cashier's checks or certified checks will not be accepted.

NORTH DAKOTA LAW. All bidders must be licensed for the highest amount of their bids, as provided by North Dakota Century Code Section 43 07-07; and no bid will be read or considered which does not fully comply with the above provisions as to bond and licenses, and any bid deficient in these respects submitted will be re sealed and returned to the bidder immediately.

THE OWNER reserves the right to waive irregularities, to reject Bids and to hold all Bids for a period of 30 days after the date fixed for the opening thereof.

By order of: Kevin Morin, Facility Manager