

# FUN & GAMES

## THIS DAY IN...



**1759**

The British Museum opens to the public.

**1870**

A political cartoon depicts the Democratic Party with a donkey for the first time.

**1889**

The Coca-Cola Company, then known as the Pemberton Medicine Company, is incorporated in Atlanta.

## Get the PICTURE?



Can you guess what the bigger picture is?

Answer: A person stretching



## How they SAY that in...

**ENGLISH:** Exercise

**SPANISH:** Ejercicio

**ITALIAN:** Moto

**FRENCH:** Exercice

**GERMAN:** Sport

## FAMILY WELLNESS WORD FIND

Find the hidden words in the puzzle.

CALORIES	DOCTOR	HEALTH
CHANGES	EXERCISE	MEAL
CHECKUP	FAMILY	PHYSICAL
DIET	FITNESS	TOGETHER

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



The new year is a popular time for people to begin eating right and exercising more often.



## What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?



Answers: 1. Elastic exercise band 2. Left dumbbell is bigger 3. Blueberries in bowl 4. Cucumber instead of broccoli in salad

## Scholarship opportunities from NCHS Foundation

The Nelson County Health Services Foundation has three scholarship opportunities for students pursuing higher education. All have a deadline of April 3. Submit applications to NCHS Foundation, PO Box 506, McVie, ND 58254-0506. Contact Kenzie Engen, NCHS Foundation director, at 701-322-2225 with questions.

### Melissa Gillett Women's Memorial Scholarship

The Melissa Gillett Women's Memorial Scholarship seeks to honor Melissa and her legacy by supporting young women who aspire to pursue a post-secondary education. This scholarship will provide support for women enrolled as a full-time student in an accredited college, university or technical school program based on merit. To apply for the scholarship, applicants will need to complete an essay which will enable NCHS Foundation to determine their eligibility to receive funds (\$1,000). The funds are provided specifically to help young women who are planning to further their education. One \$1,000 scholarship will

be awarded per academic year.

Applicants are required to be a graduating female student from Dakota Prairie High School and they must want to pursue a post-secondary education. The scholarship award will be paid upon successful completion of at least 12 semester hours with a 2.0 GPA or higher. The school must send the recipient's grades to Nelson County Health Services Foundation upon completion.

Applicants should submit a one-page typed essay, 250 words or less, describing why they want to pursue a post-secondary education, their future goals, and why they want to receive the Melissa Gillett Women's Memorial Scholarship. Applicants should also provide a current transcript of grades and two letters of recommendation.

### Nancy Sigette Memorial Healthcare Scholarship

The Nancy Sigette Memorial Healthcare Scholarship is open to:

- Individuals who will be furthering their education in the health care field
- Post-secondary seniors and other individuals who are pursuing a career in health care

The \$500 scholarship will be paid upon successful completion of 12 semester hours with a 2.0 GPA or better. The school must send the recipient's grades to Nelson County Health Services Foundation.

Applicants must be residents of Nelson County. The applicant may be returning to school to complete their degree or have completed their degree in a health-related field in the last 60 days. Applicants must submit a one-page typed essay, 250 words or less, describing why

they want to pursue a career in health care, future goals, and why they want to receive the Nancy Sigette Memorial Healthcare Scholarship. Applicant should also provide a current transcript of grades and two letters of recommendation.

**Cathy Swenson Memorial Scholarship**  
The Nelson County Health Services Foundation is proud to announce the establishment of the Cathy Swenson Memorial Scholarship, created to honor the memory and legacy of Cathy Swenson and her dedication to caring for others.

This scholarship is open to Dakota Prairie High School seniors who plan to pursue post-secondary education in the field of health care or animal health. The scholarship was created to support students who share Cathy's compassion, commitment to service, and interest in improving the health and well-being of people and animals.

Two scholarships of \$1,000 each will be awarded. Applicants must submit a one-page essay describing their future career goals and why they would like to be considered for the Cathy Swenson Memorial Scholarship, along with a current transcript and two letters of recommendation.

Scholarship funds will be awarded upon the student's successful completion of at least 12 semester credits at an accredited post-secondary institution with a minimum cumulative GPA of 2.0. Upon completion of the required coursework, the student's school must submit official grades to the Nelson County Health Services Foundation to verify eligibility for payment.



## ASK DR. UNIVERSE

A science column for kids from Washington State University

Dear Dr. Universe: How do scientists know the mass and size of planets? -- Lucy, 10, Illinois

Dear Lucy,  
When I go to the veterinarian, they measure how big I am. They use a scale to check my weight. They find my length and height with a measuring tape.

But nobody can put a planet on a scale. Or wrap a measuring tape around it.

I asked my friend Katie Cooper about it. She's a geologist at Washington State University. She studies our planet and other planets, too.

She told me we send satellites to orbit our solar system. When a satellite swoops around a planet, it snaps pics and takes measurements. Those images and measurements help scientists estimate the planet's size and shape.

Scientists also measure how strongly the planet pulls on the satellite. That pull relates to the planet's mass. They also calculate how much space the planet takes up.

Then scientists can figure out what the planet's made of.

Scientists on Earth use seismometers to get a more detailed picture of what the inside of the Earth is made of. Those seismometers record vibrations from earthquakes. The vibrations change depending on the material they travel through. Then scientists can map inside the Earth.

Scientists have even set up seismometers on the Moon and Mars to "see" if they have simi-

lar interiors to Earth.

But what about exoplanets? They're outside our solar system, orbiting stars trillions of miles away. It's way too far to send satellites or put seismometers on them.

That's why astronomers watch how exoplanets move through the sky every night. The motion is sometimes smooth. But sometimes it has a little wobble.

The wobble depends on the planet's mass and shape. It's also affected by the gravity of nearby objects. Sometimes the planet pulls on its star's orbit, too.

"When you throw a football, it may wobble," Cooper said. "It wobbles based on the ball's mass distribution as well as its shape and its size. It's similar with planets."

As an exoplanet orbits, it passes in front of its star. That

blocks some light. So, it appears dimmer to astronomers on Earth at regular intervals. The dimming pattern is called a transit.

Astronomers track an exoplanet's wobble and transit. They use math equations to calculate mass and size. Some astronomers use public telescope data to find transits. Like the data from NASA's space telescope named TESS. It records dimming patterns. Then astronomers comb through the data for clues about unknown exoplanets.

"Now we have computers that can search through these data systematically," Cooper said. "That's how we've gone from knowing about a handful of exoplanets to thousands."

It's not that different from how ancient people learned about planets in our solar system. They combined observation and math to estimate size and mass -- long before satellites.

It turns out humans are amazing at finding patterns and asking out-of-this-world questions. Just like yours.

Sincerely,  
Dr. Universe

## Earth Day patch contest

The ND Game and Fish Department's annual Earth Day patch contest is an effort to heighten awareness about the environment.

Students who participate will develop a patch design using five colors incorporating an aspect of Earth Day such as environmental awareness, respecting Earth, water quality, wildlife or habitat conservation in North Dakota.

The contest is open to students in grades K-12. Winners

are chosen from four grade categories (K-3, 4-6, 7-9 and 10-12).

Each winner will receive an outdoor kit which includes a pair of binoculars and field guides. The grand prize patch design winner is chosen from one of the four winning age categories.

The entry deadline is March 1.

Refer to the department's website (<https://gf.nd.gov/education/earth-day-patch>) for more information about the contest.

## Livestock Risk Protection

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## District 29 Democratic-NPL to Hold Meetings



### Planning Meetings Ahead of Nominating Convention

- **January 24th at 1:00 p.m.**  
Carrington Pizza Ranch
- **January 25th at 1:00 p.m.**  
Cooperstown Pizza Ranch

Discuss and plan the legislative campaigns for 2026

### District Nominating Convention

- **February 1st at 2:00 p.m.**  
Pekin Community Center

Delegates will be selected for the State Convention & endorse candidates for the N.D. House of Representatives & N.D. Senate, serving legislative sessions in 2027 and 2029

### State Convention Bismarck State College

- **March 7th-8th**

Nominate candidates for Attorney General, Agriculture, Public Service Commission, Tax Commissioner, Secretary of State and U.S. Congress

Any questions, reach out to District Chair Ben Vig of Sharon, 701-789-0605

Legislative District 29 is made up of Griggs, Nelson, Steele, Foster and rural Stutsman Counties. The cities include Lakota, Finley, Cooperstown, Carrington, Medina

Paid for by District 29 Dem-NPL



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