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Keys to Healthy Living, Nutrition and Lifestyle Tips

into to health

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Health through *gardening, sharing and giving*

By **ALLAN TINKER**

The joy of gardening is part of Shirley Klain's life. "I share all I grow. Some tell me they can't wait for my 'care' packages."

Keeping busy helps Klain with the loss of her husband Leonard recently. He would often chide her for keeping busy late into the night when he was ready to go to sleep.

"I always have something to do," she said. And, she does it. She makes soups to share, knoepla, vegetable, noodle and borscht. She cans jellies and jams. She learned to make wine from a friend Roger Ketterling, who showed up for the lesson with all the equipment she would need, she noted with a grin.

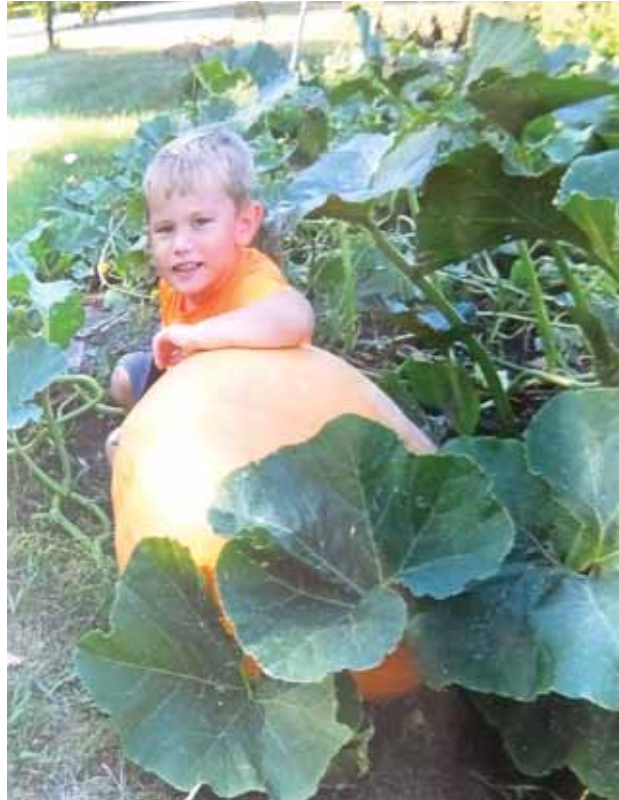
"I make a lot of pickles for the kids and when people stop to visit or to pick up a share of the garden, there is always a cookie and coffee to share, too.

One great-grandson was on a photo she showed of her pumpkin crop in 2016. Bridger Martin, son of Michael and Jessie Martin, and grandson of Klain's daughter Tam and son-in-law Tim Clark. The children, and the grands and greats, show up often to enjoy or help with the garden.

When it is too cold to garden and everything is canned, Klain turns to making quilts from scraps and old clothes. Or, she embroiders cards to give

to people, both for their special occasions or for them to give to someone else. "I suppose I could sell them, but I would rather give them away."

Neighbors in the area share their unwanted or surplus garden fruit with her, also. This expands her canning and freezing



From left: Shirley Klain with her 2016 crop of grapes; great-grandson Bridger Martin with one of Klain's pumpkins; Klain displays four of her embroidered cards she shares with friends and family.

to include apricots, raspberries, apples and plums. This is added to her regular crops of kohlrabi, peas, beans, cabbage, potatoes, tomatoes, cucumbers, grapes cantaloupe and watermelon.

According to a study by

prevent conditions such as heart disease, obesity, high blood pressure, Type 2 diabetes, osteoporosis, stroke, depression and several other conditions.

Gardeners are also more likely to spend more time at

their activity than do others who are running or performing other exercise.

This mental contentment helps bring about a good mood and lowers the stress hormone cortisol.

Another study showed that the effortless

attention of gardening might also help improve symptoms related to depression.

This type of activity, defined as the ability to enjoy an activity or surrounding with a type of focus that freely flows from the mind and body, requires little

thought. It is similar to how ball players or musicians speak of being in the "zone."

Klain already knows the benefits of gardening. The sharing and giving that goes with it, lasts her months after the growing season has ended.

The physical exercise in gardening is also good for general health, more rewarding than counting steps or repetitions in a gym. And, one can burn up to 350 calories with 30 to 45 minutes of gardening.

The whole community can benefit from these shared gardening activities as well. Neighborhood parks and gardens are found to reduce complaints about health concerns for those who work or play in these areas.

More fresh food is consumed increasing health benefits in the diets of gardeners and with whom they share the produce.

More fresh air may help those who suffer from ADHD (Attention Deficit Hyperactivity Disorder) and shared gardens

and green space can positively impact property values for the area.

For families, caring for a garden is good for introducing children to vegetables, and to the responsibility and rewards for doing this work.

Another source noted that those who garden feel productive and purposeful, developing a higher self-esteem through the work. It also helps one's brain to focus, much as meditation does.

Research also indicates that children who garden or play in the dirt have healthier immune systems. Experts think grown-ups get this boost, too.

Sharing produce, and canning, freezing or dehydrating your crops also reduced environmental issue in less waste of good food and the use of vegetable and fruit waste in compost. Klain notes that she saves all her eggshells, peelings and leftovers. "They go back into the garden," she smiled.

The physical exercise in gardening is also good for general health, more rewarding than counting steps or repetitions in a gym. And, one can burn up to 350 calories with 30 to 45 minutes of gardening.

Michigan State University, Klain had embraced all the good health benefits the study showed gardening can do.

The study showed that a few hours a week digging in the dirt may reduce stress and create mental clarity. It also helps to

Find time for exercise

Reexamine your free time.

Look at the ways you are spending your free time may help you uncover some moments for daily exercise. Try waking up 20 to 30 minutes earlier each day, using that time to hit the treadmill or jog around the neighborhood.



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Healthy habits start early

By **EDNA SAILOR**

Any discussion of wellness and health these days includes focus on our public schools and their efforts to assist their students with healthy lifestyles. All of the schools in our readership area include a variety of efforts to assist students with their health goals.

With their population of 200 students in grades 9 through 12 and 506 students in at the elementary, New Town schools are no exception. Principal Dan Anderson recognizes that schools have always played a role but over the years health initiatives have changed in schools.

"I would say that there has been more focus on the overall well-being of a child. We also have a social worker and counselor that help with student mental health," he said.

Some efforts remain the same and are known to have been helpful over time.

Health classes remain a required educational staple according to Assistant Principal Lindsey Thiel.

"More students are passing the required health classes. It is one way to measure our success," she said.

Above and beyond health care classes, the school provides a myriad of physical education opportunities including participate in sports, free breakfasts and lunches to all students and diabetes screenings with the local health unit.

Additionally the schools partner with community resources to broaden health education. Some examples include Tribal Health, the Diabetes Program, and other assemblies.

At the elementary level at New Town Schools, many of the practices continued at middle and high school had beginnings when children were much younger. As that training followed them through their education, some aspects are a bit different for younger students. Jenell Bear, Assistant Elementary Principal and Instructional Coach has some suggestions.

"I think our children need more play time during the school day. Unfortunately with all of the mandates for academics, the recess and physical education time is minimal," she said.

With that said, healthy approaches for children are inclusive at the elementary school.

"I know that our lunch ladies have a program they must follow for healthy meals. We also do have healthy snacks for our after school program. Our grades K to 2 teachers have two recesses a day to help with exercise and our grades 4-5 have an extra 30 minutes a week of physical education class. We have classroom parties and healthy snacks are encouraged," Bear said.

In general principals and staff at New Town Schools

agree that staff are models for students when it comes to health. They do that by modeling healthy eating habits and exercise after the school day in some cases.

Staff cited two challenges in providing health education and experience to students. One is the time to get everything that is needed into the school day. The other is finding a way to counter unhealthy habits students pick up outside of school.

For students and staff at Mandaree Public School, health education is not just a school effort. Activities are open to the community. Principal John Dyer sees that as a benefit.

"Tuesdays and Thursdays we have an open gym and we coordinate with the local public health nurse. The school is encouraged that the parents participate in the open gym," he said.

School children and their families also participate in occasional health challenges in the community.

As with most schools Mandaree

school follows the North Dakota Department of Public Instruction guidelines for foods and snacks.

The school and community health officials have been working on immunizations.

"Immunization rates are up and several children were diagnosed with diabetes early," Dyer said.

In the small community in western North Dakota, Mandaree has about 242 students

"Our remote area is our greatest challenge," Dyer said.

Over in Plaza, there are 54 students in grades 7 to 12 and 92 students K through 6. To assist their students in developing healthy lifestyles, the school has initiated several practices.

"The school has introduced a new salad bar to elementary level students to offer healthier choices," said High School Principal Lori Ostrem.

To combat spread of germs, the school has taken several measures.

"We have positioned hand sanitizers strategically around

the school. Teachers have also requested and received disinfectant wipes for their classrooms. The Upper Missouri Health Unit offers flu shots at our school as well. We also stay on top of student immunizations," Ostrem said.

Staff are involved in weekly "fit bit" challenges to model wellness for the students.

Ostrem sees a couple of challenges for developing and maintaining a healthy lifestyle.

"Busy schedules for families make it difficult for them to focus on health and too many choices of fast foods and processed foods are a problem also," she said.

Success is measured in a couple of ways at Lewis and Clark in Plaza. We have noticed by our attendance that we have fewer incidents of absences due to the flu. We also observe

students making healthy food choices at lunch," Ostrem said.

Parshall School recently completed a project that not only provided exercise for its students but provided a pathway to citizens with heart problems as well. The Hoops for Hearts project required students to work out on the gym floor aiming high at basketball hoops in hopes of garnering money for the American Heart Association. The students raised in excess of \$7,000 to help heart patients.

From one end of our readership area to the other, it is safe to observe that the public schools play a significant daily role in not only educating the minds of our children, but focus on improving the healthy lifestyles of them as well.

EARLY
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Under the knife for a new life

Weight loss surgery popular, with support

By **ALYSSA ADAM**

Bariatric (weight loss) surgeries are continuing to grow in popularity and success. Also growing in popularity is the support people have for one another who had the surgery or are thinking about it.

“Bariatrics is the branch of medicine dealing with obesity and the health problems associated with it,” Jessica Miller, bariatric coordinator with CHI St. Alexius Health, explained.

According to Miller, since 2004, bariatric surgeries have been performed laparoscopically at St. Alexius. To date, options include Sleeve Gastrectomy, Gastric Bypass and Adjustable Gastric Banding.

“Bariatric surgery is intended to assist with weight loss by reducing the food-holding space of the stomach, making an individual sense fullness after eating smaller amounts of food,” Miller said. “Some operations like gastric bypass go beyond that and help even more by reducing the amount of calories that get absorbed from food.”

Miller said as the weight comes off after surgery, health problems associated with obesity are reduced and symptoms greatly improved.

“Most notable; diabetes, high blood pressure, elevated cholesterol,” Miller listed, “and infertility.”

Other side-effects of extra weight that are relieved can be chronic fatigue, back and joint pain and even lowering the risk of cancer.

“It’s a really cool process to be a part of,” Miller said.

This is not a process that has to be done alone.

CHI St. Alexius offers seven support groups for those who had the surgery and are thinking about it. One of those groups began in Garrison in 2015.

“The highest number of people we have had involved in this group are eight so it’s not that people walk into a crowded room,” Miller said. “It’s a nice comfortable gathering. Its not intimidating.”

The service is provided through a network called Tella Health, so participants are able to receive support from their community members and members of other meetings.



Jessica Miller, bariatric coordinator with CHI St. Alexius Health.

“They are able to meet at the table with community members who have had weight loss surgery or are thinking about having it,” Miller said. “People from Garrison can pose a question and someone from Dickinson or Minot can pose a response.”

Miller said the group is an important asset to the people who are involved in the decision for surgery.

“Bariatric surgery requires a lifestyle change,” she said. “It’s important that people continue to talk and network about how they can make these changes in their life.”

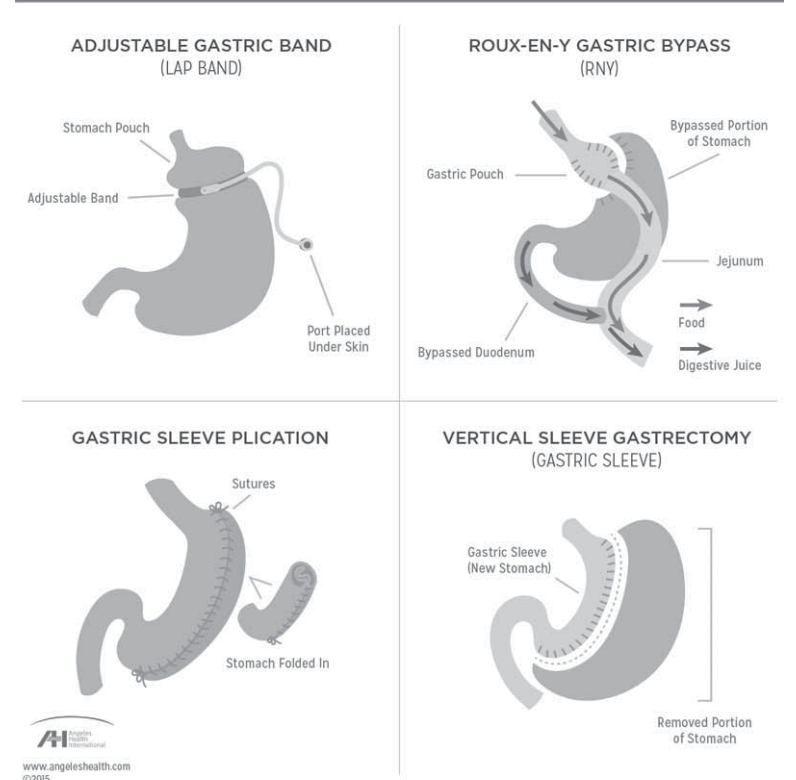
When in a support group, these members can reconnect with goals, Miller said, and if they are struggling others can motivate them.

Facilitating the meetings,

Meetings are the first Tuesday of every month from 6-7:30 p.m. No meeting in July.

Anyone interested in learning about bariatric surgery options can call Paula Lubale at 701-530-6330.

4 MOST COMMON BARIATRIC SURGERY PROCEDURES



Miller has a drive for the work she does.

“I just love this, I am a nurse so I have a passion for people in general,” she said. “I love teaching so being able to support people as they go through the journey of better health is just a

passion of mine.”

Miller said some of the most rewarding parts of her job is to hearing the success stories. For example she said some of her patients were able to conceive

KNIFE
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Games, cards and pool add to senior social wellness

By **ALLAN TINKER**

The McClusky Senior Center, on the corner at 202 C Avenue West is usually filled with seniors who know how to have fun while keeping healthy and enjoying companionship of others their age.

Their weekly schedule includes (Monday through Friday) games that start about noon.

The favorite things to do are playing cards and board games, assembling jigsaw puzzles, using Wi-Fi or perhaps a game of pool.

The group has coffee breaks at 3 pm with one of the women hosting a choice of snack with coffee, tea, water. Those who want soda have to bring their own.

To cover expenses, each person donates \$1 when attending these gatherings.

The men take charge of building maintenance and the group has potluck every second Thursday at noon. Two women

take turns hosting and decorations and tablecloths follow the seasons and holidays (Christmas, New Year's, etc.).

At special times, there is form of entertainment: skits, "words of wisdom," presented as the hosts decide and door prizes.

Supper of leftovers is served about 5 p.m. on these days.

Each one donates \$5 at this time.

The group meets often for birthdays, anniversaries, or other special events.

On the business side of things, a quarterly meeting is held at the 3 p.m. coffee break. Current president of the group is Marilyn Schneider.

The building can be also reserved and rented by members or locals for private parties. The building is the former Masonic Lodge building and inside the large meeting room there are pictures of the building and its changes over the years.



Gathered at the McClusky Senior Citizens Center are, from left: Luanne Knudson, Marsha Bauer, Helen Hollenbeck, Laura Schindler, Melvin Schindler, Darvin Engel, Janice Lauer, Clifford Neff, Virginia Pol-lak, Dale Hollenbeck, Mildred Kisse, Marie Engel, Clarence Knudson, Marilyn Schneider, Lloyd Lauer, Marvin Kisse and Armin Erdmann.

According to several sources, being social may be able to influence how long you live. There is also research conducted at Brigham-Young University that supports it. Loneliness and isolation can have a bigger impact on your life span than obesity, they found. Another BYU and University of Chapel Hill North Carolina study found that people who had fewer social connections had a 50% higher risk of dying within the seven-year study follow up period. Research has shown that friendships, whether those friends are near or far, increase chances for a long, healthy life more so than children or other relatives.

Other studies show playing cards (bridge, specifically) helps reduce the risk of developing cognitive disorders and boosts immunity. One bridge player stated, "You have to use your mind; I'd have to be led around

if I didn't play bridge."

The National Institute on Aging supports this belief, saying strategic card games that exercise memory and concentration help maintain intellectual power.

A 2003 study published in the New England Journal of Medicine, showed 469 senior citizens observed during a five-year span and those who participated in mental activities were found to have a reduced risk of dementia.

A 2003 study published in the New England Journal of Medicine, showed 469 senior citizens observed during a five-year span and those who participated in mental activities were found to have a reduced risk of dementia.

A study by biologist Marian Diamond found playing bridge can also boost players' immunity. Diamond noted that playing bridge stimulates the thymus

gland, which produces white blood cells.

Then we have jigsaw puzzles, a picture, usually pasted on a thin sheet of cardboard or wood and then cut into multiple pieces. When the pieces are

mixed up and strewn about, the puzzle is rearranging the piece to reproduce the original picture.

Jigsaw puzzles provide something

for helping one's brain exercise and train. When one solves a jigsaw puzzle, they are engaging the brain to retain information about shapes and colors in order to choose pieces that will fit together. The hunt for pieces requires the brain to memorize what each piece looks like or should look like. Then one has to remember what kinds of pieces one is searching for in order to complete the picture. Doing this type of activity repeatedly reinforces short-term memory.

Then, while the McClusky Senior Center doesn't serve beer, another study found that billiards and beer are also good for seniors.

Science suggests a pint of beer and a pool table are two essentials for healthy aging, according to a study from the University of Copenhagen, Denmark. They found that drinking beer while playing a game of billiards with friends can help keep men active and combat the aging process.

For now, the Senior Citizens in McClusky can enjoy their puzzles, pool and cards; they are doing some of the very best things to stay active while enjoying the company of friends.

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Advanced cancer screening at new Hazen hospital

By DANIEL ARENS

For people in rural North Dakota, west of the Missouri River, it is often necessary to travel to larger cities like Bismarck or Minot in order to find treatment or have procedures that are simply too extensive for smaller rural clinics and hospitals to provide themselves.

However, one such rural community is seeing an upgrade in its services with the construction of a new hospital facility. Among the new services this hospital will provide is the installation of new state-of-the-art breast cancer screening technology.

Sakakawea Medical Center (SMC) will soon move into a new hospital facility, which was under construction throughout 2016 and early 2017. The larger building not only provides greater space and efficiency in providing care, but also comes with new equipment and new services.

As part of a loan program from the United States Department of Agriculture (USDA), SMC received a \$1 million zero-percent financing loan through West River Telecom (WRT) for three new pieces of diagnostic and screening equipment.

The new equipment includes an X-ray room with new radiology equipment and a state-of-the-art computed tomography (CT) scanner. This scanner produced cross-sectional images of the scanned object, without needing to open the patient in order to view the object.

For SMC CEO Darrold Bertsch, however, the most

exciting of the three purchases through the USDA grant was the third item.

"The most exciting thing for us is the mammography, because we're going to get 3D mammography," Bertsch said. 3D mammography is the process of generating 3D images of the breast in order to create a more precise screening procedure and more certainty in identifying breast cancer in a patient.

Although SMC already offers mammography services, the use of 3D screening technology offers a more efficient way of identifying breast cancer. There are only seven facilities in North Dakota which hold this advanced form of screening, and all the other hospitals are located in the state's largest cities.

This advanced form of generating three dimensional images in breast cancer screening has only existed for the last couple years. The Food and Drug Administration (FDA) first approved 3D mammography in April of 2014.

"Basically what it's doing, it's called breast tomosynthesis. It's taking multiple breast pictures in seconds," Lora Wahl, chief of radiology at SMC, said.

For the mammography procedure, accuracy is key. Five-year survival is almost 100 percent with early detection. 3D mammography detects 41 percent more invasive breast cancers and reduces false positives (the mistaken analysis that



Photo credit of Daniel Arens
Darrold Bertsch, CEO of Sakakawea Medical Center and Coal Country Community Health Centers, stands in the Galleria of the nearly completed new hospital in Hazen.

Photo credit of Daniel Arens
This new hospital facility, seen here from outside the future main entrance, is designed to upgrade the services which are offered in Hazen, including the installation of 3D mammography technology.

a cancerous tumor is present when it is not) by up to 40 percent, according to information which Wahl presented from Genius 3D Mammography.

The same source notes that one out of every eight women develop breast cancer in their lifetimes, and of these, eight out of nine have no family history. Annual mammograms are rec-

ommended for women beginning at age 40.

The process of screening is almost entirely the same as it had been with the previous equipment, and is only a few seconds longer. The only difference is that the X-ray arm taking photographs sweeps in a slight arc over the breast, taking multiple images, which the doctor


views in one millimeter layers.

There is no additional compression with 3D mammography. Because low X-ray energy is used, radiation is well below the minimum guidelines established by the FDA.

Wahl explained that 3D mammography was not a new way to get images, but simply took more photos with more detail.

The 3D image allows doctors to examine breast tissue

CANCER SCREENING
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The *history* of mammography

By **DANIEL ARENS**

The origins of mammography extend back to the 1950s, as a development of X-ray technology used for screening for possible breast cancer. In fact, the history is even longer, to 1913, when Albert Salomon, a German surgeon, first demonstrated that new X-ray technology could be used to demonstrate how tumors spread.

In the early 1950s, Raul Leborgne of Uruguay brought about renewed interest in the use of X-rays for identifying breast cancer with a series of expanded studies linking dots found in X-ray photography with potential cancerous growths, setting the stage for the use of screening in breast cancer identification.

However, it was only with Robert Egan in 1960 that mammography officially became a mainstream pursuit in medical technology. Egan, an American physician, discovered that the film used in mammogram

screenings was in fact easily reproducible in images. His findings also showed that the majority of the time these images were accurate in identifying potential breast cancer.

Following Egan's discoveries, the American College of Radiology (ACR) took the lead in developing and training physicians in the use of the mammography procedure. However, before the 1970s, slow hand-processed machines were used to produce the images.

In 1973, the Dupont Company became the first organization to market a dedicated screening system, which greatly enhanced both the quality and speed of the image-generating process. Four years later, a report was published on the value of magnifying images in order to better distinguish between benign and malignant tumors.

During the 1990s, the growing use of mammograms for cancer screenings led to more regulation, and Congress

passed the Mammography Quality Standards Act of 1992.

Then, in the early 2000s, the first digital mammogram procedures were developed. Rather than using old filming or analog processes, the digital procedure produces images on a computer rather than in X-ray films. Digital technology produces far clearer images, allowing physicians to better identify the location of tumors and reduce radiation dosages to patients.

It was not until 2014 that the first 3D mammography unit, also called digital breast tomosynthesis, was approved. The process improves the detection rate of invasive cancers while also reducing false positive findings.

Information on the history of mammography in this article comes from www.rsna.org, with RSNA the acronym for the Radiological Society of North America, and from <http://radiology.ucsf.edu>.



Submitted photo

A new hospital in Hazen will provide new 3D mammography services through the use of 3D technology like this Selenia Dimensions mammography system.

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one layer at a time. Digital images are stacked into "slices", which allows doctors to see at which layer of the image potential problem spots are located.

"With 2D, it's like a flat image," Wahl explained. "With 3D, you'll be able to see through the tissue."

There is additional cost with the process, but this cost should be covered by all major insurance companies.

"What we want to have here is to provide the most up-to-date technology available for our patients," Bertsch said.

"We went full-field digital in 2009," Wahl said. She explained that the hospital had first made a transition from the old analog system to a half-digital format earlier. In this after the old system went down. The half-digital format still used simple X-ray procedures in the actual mammography, but a machine then converted the X-ray scans to digital images.

"You still had the digital image, but you would use the analog equipment to obtain that image," Wahl explained.

Bertsch said that the hospital had not initially given thought to 3D mammography when considering the building of the new hospital.

"The timing was right as for us the typical length of time for a piece of equipment was running out," he said. The hospital staff began getting more information about the new development in mammography technology, and decided the rebuild would offer a perfect opportunity to get 3D equipment to Hazen.

The \$1 million grant does not meet the entirety of the purchase of the three equipment pieces, but does cover the vast majority of the cost.

In order to be operational, annual inspections are required. Inspections are held by both the federal American College of Radiology (ACR) and the state health department under the Mammography Quality Standards Act.

"Because you have to be ACR-credited, you have to do a series of testing before you can do 3D," Wahl said. Once the new equipment is installed, SMC must first receive accreditation for 2D mammography. After that, there is a period of training on use of 3D before final accreditation approval is given. Wahl predicted the total length of time for this process between a month and a month-and-a-half.

For Wahl, the biggest bonus of the upgraded mammogram technology is early detection. Identifying cancer earlier, and knowing exactly where the problem area is on a breast, is key to helping patients find treatment that can help control the disease as long as possible.

Even as Wahl awaits the new mammography equipment, progress on the actual construction of the new hospital continues. However, it will still be some time before the hospital is fully operational. Final certifica-

tion is required from the North Dakota Department of Health.

At that point, the hospital receives a provisional license for its initial operation. The hospital must demonstrate that it is in compliance with all the department's requirements before a full regular license is granted.

Once the new hospital is operational, and all equipment and staff have been moved from the existing hospital into the new facility, then it will be time to tear down the old structure. This area will then be used to build a much expanded parking lot for the hospital. After the parking lot, some exterior landscaping work is planned.

Bertsch said that he hopes to see the final completion of all these elements by July or August.

Among the key elements in

the hospital's design are: a new connection to Senior Suites, a senior citizen living center adjoining the hospital site; new locations within the context of the hospital for staff and services that promotes a more efficient model of care; and the presence of the clinic, currently located in a facility across the street, within the hospital building.

Ultimately, Bertsch hopes that the completion of this expanded hospital facility, and the presence of state-of-the-art medical technology like 3D mammography, will allow people in Hazen and the greater Lake Sakakawea area the opportunity to find the most up-to-date model of health care service available. And this service can be found in a rural community right in their own region.

after losing weight and others were able to enjoy carnival rides at the fair with their children.

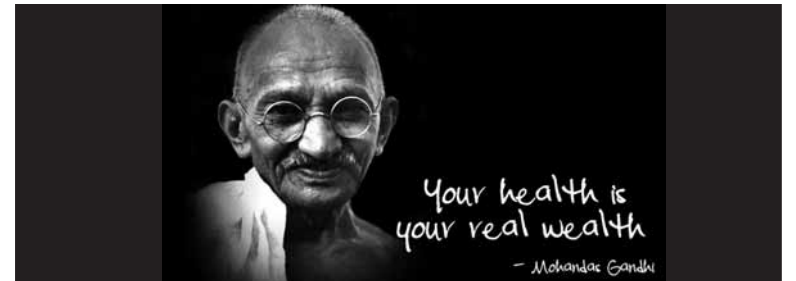
"It's a really exciting process. There are a lot of success stories," she said. "There is real life too. Weight is always going

to be an up and down, even 20 years after someone has the surgery."

Miller said "absolutely, without a doubt," her job is rewarding.

From sports to physical education classes, health education, special projects, community partnerships, improved lunch and snack programs and faculty

and staff that model healthy lifestyles, schools are on the job every day to make good health happen for their young students.



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Ways to *stay healthy* this *holiday season*

With the holiday season upon us, many people's schedules are hectic once again. There are social events and family gatherings to attend, shopping ventures to make, and decorating to be done. While fun, the holiday season can be a time of added pressure, which leads to stress and other unhealthy situations.

At a time when you want to be at your best, stress can affect your physical well-being. The American Psychological Association says the hustle and bustle of the holidays has psychological consequences for some people. More people are inclined to feel that their stress increases, rather than decreases, around the holidays. The National Institute of Mental Health says chronic stress can lower immunity and cause excretory, digestive and reproductive systems to stop working properly. Stress also may cause you to eat unhealthy snacks to cope, and that can lead to unwanted weight gain.

Stress is not the only potential health hazard that can arise around the holidays. A greater number of parties expose you to an abundance of foods and drinks you may not consume on a regular basis, and that can lead to a lot of mindless eating. Weight gained during this time of year can be difficult to shed come January, when colder temperatures challenge many peoples' motivation to exercise.

Also, social settings put you in close contact with a greater number of people, potentially



Do your best to avoid stress or illness around the holidays.

increasing your exposure to germs.

You can still feel your best during the holidays. Follow these tips for maintaining a healthy mind and body.

- Get the flu vaccine. The flu vaccine can protect you against various strains of the flu. Get a flu shot before the holidays so you are ready for cold and flu season.

- Carry disinfecting wipes. Germs can linger on surfaces long after an infected person has come and gone. Studies from researchers at the University of Arizona in Tucson have found the flu virus - and even the antibiotic-resistant bacteria MRSA - on airline tray tables.

Buses, trains and doors all may be harboring germs. Wipe down surfaces with disinfecting wipes and allow them to air-dry before touching them. This can help you avoid coming into contact with germs.

- Balance your activities. It can be tempting to overbook your schedule with a ton of activities, but this may ultimately prove stressful. Leave days open to relax and do things you want to do, such as viewing Christmas light displays or even just unwinding at home with a good book. Try delegating some tasks to others in the household so you don't take on too much responsibility.

- Keep up an exercise

routine. Don't stray too far from your exercise schedule. You may have to move workout times to free up other time later in the day for shopping or parties. Early morning is a good time to exercise because it gets you moving first thing in the morning and might even encourage you to hit the sack a little earlier each night, ensuring you get all the sleep you need. Exercise also can improve energy levels and relieve stress.

- Don't focus on food. Focus

more on enjoyable activities that keep you moving rather than always being seated around the table for a big meal. Save indulgences for one or two treats on the holidays and eat sensibly otherwise.

- Talk to someone. If the holidays have you feeling blue, talk to a friend or family member. If you need more professional support, find a social worker or psychologist that can help you work through stress and other feelings.

Find time for exercise

Get creative.

Many people associate daily exercise with private gyms, and while gyms can serve as excellent motivators and great places to get full-body workouts, time involved in driving to and from the gym can make it difficult to commit to gym memberships. But you don't need a gym membership to live a healthy lifestyle. When possible, take the stairs instead of an elevator and park further away from your office door so you get a small cardiovascular workout on your way into and out of the office. Rather than retiring to the couch after dinner, walk or bike around your neighborhood. Such simple gestures may seem insignificant, but the more creative ways you find to exercise each day, the more beneficial such efforts become.



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Straightening backs and bending barriers

An out-of-the-box perspective on chiropractic care

By COURTNEY DUKE GRAVES

Dr. Sara Klein first opened her Velve chiropractic office in 2012. When she saw the same patients come in with the same problems again and again, she tried something a little different.

"People are individuals, and everyone's body acts differently. People with common problems like heartburn and sinus issues often get put into a box: 'Ok, you have heartburn. This is the one way we have to solve it.' When the most common method doesn't work for an individual, they need to look for other solutions," said Klein.

When she started her practice, Klein focused on what all chiropractors do. She performed spinal adjustments for back and neck pain. She used physical therapy to help people recover from injuries. She used the Graston technique, a soft tissue treatment method, to alleviate pain from repetitive motions.

She still does all those things today, but now she has continued her education and expanded her practice to incorporate nutrition and wellness into her work, as well.

"The patients I see are sick

and tired of being sick and tired. What they've been trying hasn't been working, so we try to get to the root of the problem," said Klein.

The most common wellness practices she does now are gut and liver detoxing, digestion treatments and heartburn relief. She also sells nutritional supplements for a wide range of issues from various suppliers, and has "Super Tuesday" discounts on the first Tuesday of every month to make them more affordable.

"I want people to take these supplements if they need them, and these discounts are nice to give back to them that way," said Klein.

Her wellness treatments are designed to work with any other treatments or medications a patient might be using at the time.

"I would never take anyone off of their current medication. I would never tell anyone to go against their primary provider's instructions. We just supplement that," she said. "For example, instead of giving you blood pressure medication, I want to know why you have high blood pressure. There could be an issue we can solve so that eventually your primary physician will say you don't need that medica-

tion anymore."

Laurinda Roloson of Ruso is a patient of Dr. Klein's who has seen improvement in her health and hopes to be taken off a prescription soon.

"I was having anxiety and some neck pain, but heartburn was the biggest thing for me. My medication was like a band aid, but it wasn't solving the problem," said Roloson. "Dr. Klein fixed the H. Pylori bacteria in my stomach, and that got rid of my anxiety and neck pain. We're working on my gallbladder right now. We still have a ways to go, but I absolutely think it's working."

Roloson was one tip for anyone considering seeing Dr. Klein.

"She will give her all for you. The important thing is following through with what she recommends. Don't give up too soon if you don't think it's working," said Roloson.

Chiropractic care and wellness are both areas of medicine which are commonly misconceived by the general public. This is one of the biggest challenges to Klein's work.

"I think it's hard for people to think outside the box and recognize that chiropractors can



Sara Klein at her clinic off of Highway 52 in Velva.

do more than simply adjust a back. They think we're either not interested in or don't know enough about other parts of the body," she said.

"The people with the biggest misconceptions are those who don't understand chiropractic care to begin with," she explained. "The average age a person goes out of alignment

is at birth; that's a traumatic experience. The average age a person first goes to a chiropractor is 42. For people who have never grown up seeing a chiropractor, it's very different. Things that are different often seem scary."

STRAIGHTENING
continued on page 2B



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10 tips for a *happier, healthier* life

There's no secret – the simplest things are often the best, says nutritionist
Dr John Briffa, if we want to feel good all year round



By Psychologies

1 Eat 'primally' Common sense dictates that the best diet is one based on foods we've been eating the longest in terms of our time on this planet. These are the foods that we've evolved to eat and are best adapted to. Studies show that a 'primal' diet made up of fruits, vegetables, nuts and seeds, as well as meat, fish and eggs, is best for weight control and improvement in risk markers for illnesses, such as heart disease and diabetes. This 'go primal' food philosophy will enable you to cut through the marketing hype and dietary misinformation, and allow you to make healthy food choices quickly and confidently.

2 Keep hydrated

Water makes up two-thirds of the body and performs a plethora of functions, including acting as a solvent, carrier of nutrients, temperature regulator and body detoxifier. Maintaining hydration can have a profound influence on our vitality and energy levels, including mental alertness. Aim to drink enough water to keep your urine a pale yellow colour throughout the course of the day.

3 Eat mindfully In our fast-paced world, there can be a tendency to eat while distracted and shovel in more food than we need and, at the same time, miss out on culinary pleasure. Many of us will benefit from eating mindfully. Some things to think about here are avoiding eating when distracted, eating

more slowly, and taking time to taste food properly. One particular thing to focus on is chewing your food thoroughly – not only does this help us savour food, it also assists the digestive process.

4 Get plenty of sunlight in the summer...

Sunlight, and the vitamin D this can make in the skin, is associated with a wide spectrum of benefits for the body including a reduced risk of several forms of cancer, heart disease, multiple sclerosis and osteoporosis, as well as improved immune function. As a rule of thumb, vitamin D is made when our shadow is shorter than our body length, ie when the sun is high in the sky. While burning is to be avoided, get as much sunlight exposure as possible for optimal health.

5... and in the winter

Low levels of sunlight in the winter can cause our mood to darken. Even when it's cold outside, it pays to get some external light exposure in the winter, say during lunchtime. Another option is to invest in a sunlight-simulating device and use this daily from October through to March.

6 Get enough sleep

Sleep has the ability to optimise mental and physical energy, and optimal levels of sleep (about eight hours a night) are linked with reduced risk of chronic disease and improved longevity. One simple strategy that can help ensure you get optimal amounts of sleep is to go to bed earlier. Getting into bed by 10pm or 10.30pm is a potentially useful investment in terms of your short- and long-term health and wellbeing. Shutting down the computer or turning off the TV early in the evening is often all it takes to create the time and space for earlier sleep.

7 Walk regularly

Aerobic exercise, including something as uncomplicated and low-impact as walking, is associated with a variety of benefits for the body and the brain, including a reduced risk of chronic diseases, anti-anxiety and mood-enhancing effects. Aim for a total of about 30 minutes of brisk walking every day.

8 Engage in some resistance exercise

Resistance exercise helps to maintain muscle mass and strengthens the body. This has particular relevance as we age, as it reduces the risk of disability and falls. Many highly useful exercises can be done at home, such as press-ups, sit-ups and squats. Invest in a Dyna-Band

10 TIPS

continued on page 7B

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Keely grew up in Mandan, the youngest in a family of eight. Throughout high school she was active in hockey, softball, and tennis. Keely also enjoys playing the piano and the bassoon. She graduated from Mandan High School in 2008, going on to the University of North Dakota where she graduated in 2012 with a Bachelor of Arts in Spanish. She then attended the University of Minnesota School of Dentistry, graduating in 2016.

Keely has been married for almost three years to her better half, Michael. They have identical twin daughters, Eleanor and Christina, who are one and a half years old. They also have a pet hamster named Hammy. As a family they enjoy going on walks and spending time together playing with the girls and visiting grandparents, aunts, and uncles.

Keely is looking forward to taking care of your family's dental needs and is very excited about starting a dental care program at Knife River Care Center to help them with their on-site dental services.

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