

# Best friend walks all over me

**Dear Annie:** Two years ago, I lost my husband to terminal cancer after 30 years of marriage. I kept him at home during his final days with the help of hospice and our three children.



**ANNIE LANE**  
Dear Annie

Throughout this terrible time of my life, my BFF (best friend forever) was supportive, loving and available to listen to my fears and range of emotions. Being a widow herself, she understood exactly what I was going through. After my husband passed, she spent two weeks with me at my home. She was like an angel, there for me in my time of need.

During this time, I foolishly told her about the large insurance policy that my husband left to me. We have

become even closer and spend time together going out to eat and shop on a weekly basis. In order to thank her, last fall, I invited her on a four-day trip to San Francisco, paying for her airline tickets and lodging. She went even though it meant leaving her second husband and family alone.

I have recently decided to rent a beachfront house in Texas for four months this winter. When I told her that I would love for her to visit,

she immediately became very excited and said yes. It has now become very apparent that she is planning on spending the entire four months with me at my expense.

I have invited other girlfriends at different intervals to visit for three to five days and look forward to hosting them and having a fun getaway. I just found out that she has been inviting her children and grandchildren to visit her, too, but not her husband. I am feeling very taken advantage of and becoming resentful of her assuming the depth of my generosity. I am concerned about this destroying our friendship if I try to discuss it with her or by just giving

in. Either way, I lose. What should I do, Annie? — The Lost Friend

**Dear Lost Friend:** Firstly, I am so sorry for the loss of your husband. I can only imagine how difficult that must have been after a decades-long marriage. I am glad you had the love and support of your children and the friend you mentioned to move through your grief.

Your best friend went above and beyond after your husband's passing, and I imagine she knows just how much you appreciated it since she experienced a spouse's loss herself. But friendship isn't a scorecard. Her overwhelming kindness two years ago does not entitle her to be a part of everything you

have and do now.

Since your husband's death, you've done plenty to thank her for her support. Now it's time to draw a line in the sand. Your BFF may not fully realize she's taking advantage of you, so it'll be your responsibility to communicate to her what is and isn't OK and to stick to it. You have to honor yourself.

Let her know when it works for you for her to visit the Texas beach house this winter. Emphasize that this hiatus is meant for more than just the two of you but also for you and your children, you and your other girlfriends and most importantly, you and yourself.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

## 'Donut' despair: Glazed-doughnut skin care trend is here

**Fargo**  
Hey there, skin care enthusiasts! Are you ready to get your glazed doughnut on?

Got your exfoliating cleanser? Your peptides? Your serum? Your super-hydrating moisturizer?

Oh, and don't forget the magic ingredient: Enough powdered-sugar glaze to give you that shiny, sugary sheen that no Homer Simpson can resist.

You heard me right. Glazed doughnut skin — skin so glossy and luminous it glows like a freshly iced Krispy Kreme — is apparently THE biggest beauty trend of 2022, according to internationally respected dermatological journal, Popsugar.

I know it's true, because these are the



**TAMMY SWIFT**

words spoken by none other than Hailey Rhode Baldwin Bieber, hot model, Instagram influencer and wife of Justin Bieber.

Rhode Baldwin Bieber — who will now be called HRBB to save on trees and keystrokes — recently announced to her 40.9 million Instagram followers that “glazed (doughnut emoji) skin all 2022. Tell a friend.”

A few months earlier, HRBB also highlighted the many moisture-soaked steps to her glowing skin, telling viewers, “My standard

when I go to bed at night is that if I'm not getting into bed looking like a glazed donut, then I'm not doing the right thing.” (HRBB, coincidentally, is also debuting the Rhode skin care line, which hopefully will include cream-puff concealer, eclair eye shadow and cinnamon-roll skin serum.)

There's little doubt that HRBB's “glazed doughnut skin” trend will surely be more popular than Willem DaFoe's ill-fated Beef Jerky Skin Care Line of 2003 or Wilford Brimley's Boiled Chicken Skin Care trend of 1987.

But if I put that much oil on my face — even at the ripe, old age of 56 — I would break out so violently that I would look more like an

everything bagel.

Don't get me wrong. HRBB seems like a decent sort and I even enjoyed watching her skin care regimen — much in the way that I enjoy watching aspirational shows like HGTV's “House Hunters” (“Why Simon, we could NEVER live here! Only five of the six bathrooms have solid-gold bidets!”).

At one point, HRBB really lets her (thick, luxurious) hair down when she shows herself with a teensy amount of mascara smudged on her face. “I look like a psychopath, please bear with me!” she says, laughing fetchingly (because one suspects that she could clip her toenails, wax her mustache or even belch fetchingly).

HRBB also points out her “breakouts,” which are completely imperceptible to the human eye. In fact, after she's removed her makeup and is bare-faced on camera, she looks absolutely flawless. (Whereas, when I recently appeared sans makeup in a Zoom meeting while fighting a sinus infection, no fewer than two of the three other participants private-messaged me and asked if they could drive me to the emergency room.)

Then again, it is a lot easier to look great on camera when you are very young and blessed with the genes of Stephen Baldwin, who is rumored to have flashed a pouty duck lip three minutes after he was born, and his beautiful

Brazilian-Italian-Portuguese wife.

I suppose anyone can shine like a luminous angel in their 20s. This is the time in life before one's beauty routine devolves into a complex, all-hands-on-deck hydrating/plumping/microneedling/waxing/freezing/sandblasting/extracting/spackling/illuminating/toning/color-correcting/contouring routine akin to what needs to be done to restore land after extensive strip-mining.

Even so, I've considered inventing a similar skin care routine for my own demographic.

Move over, HRBB. It's time for “glazed cruller skin.”

Tammy Swift is a business reporter and columnist at The Forum. She can be reached at [tswift@forumcomm.com](mailto:tswift@forumcomm.com).

## Notes and cards can help people living with dementia remember visits

**Dear Carol:** My father moved into assisted living several years ago because of his rheumatoid arthritis. A few months back, he was diagnosed with Alzheimer's so now he's been moved into their memory care wing. Both of Dad's parents developed Alzheimer's, so he's become depressed thinking he'll follow the same path they did. Unfortunately, he seems to be losing ground with his memory very quickly so even though I drive into town every weekend to see him, he forgets my visits.

He can still read, though he can't remember well enough to read books or articles. Do you think it would be helpful if I left a note after a visit, so



**CAROL BRADLEY BURSACK**  
Minding Our Elders

he'd remember me by that? To me, that seems like a good idea, but a friend of mine said that it might make him more depressed if he saw the note but couldn't remember that I had been there. What's your opinion? — NK.

**Dear NK:** For dementia caregivers, nearly everything has the potential to backfire since what the person needs can vary drastically by the day or even the moment. For

that reason, your friend's thoughts have some validity, yet I feel that the benefits of leaving a note far outweigh the possibility that they would make him feel worse.

First, I must ask if your dad's depression is being treated. While medications don't always help older people, sometimes a low dose can make a difference. I'm assuming that the assisted living facility is involving him in activities that he may enjoy but if not, discuss the options with them. Music and art are two activities that benefit many adults with dementia.

When it comes to leaving him with a note, consider that you could even expand on this idea by picking up a

variety of simple note cards or interesting stationery and mailing him something midweek just to remind him that you will be by on the weekend to see him as usual. Then, as you are leaving you could say, “I found this notepaper that's fun to use so I brought a message to leave with you.” Keep your message short but loving, simply telling him that you'll see him next week. It may help to write the day and date on it.

Years back during a bad flu outbreak, I wasn't allowed to visit my loved ones in the nursing home for two weeks, so I dropped off a printed note daily for my dad who had dementia (I could call

Mom). I kept the messages simple and printed them out in a large, bold font because of his poor vision. These served the same purpose that you propose, only in those I said that I'd visit as soon as I was allowed. The staff told me that they made a big difference to him.

You're being a superb caregiver just by trying to determine how you can help your dad live the best life he can at this time. That's really all you can do.

Carol Bradley Bursack is a veteran caregiver and an established columnist. She is also a blogger, and the author of “Minding Our Elders: Caregivers Share Their Personal Stories.” Bradley Bursack hosts a website supporting caregivers and elders at [www.mindingourelders.com](http://www.mindingourelders.com). She can be reached through the contact form on her website.

## 'CBS Sunday Morning' story on Peggy Lee airs this weekend

By John Lamb  
The Forum

WIMBLEDON, N.D. — “CBS Sunday Morning” plans to finally air an interview with Peggy Lee's granddaughter filmed in the Midland Continental Railroad Transportation Museum in Wimbledon.

The section, featuring correspondent Mo Rocca, was shot on March 20, 2021. The segment will air Sunday morning, Feb. 6, between 8 and 9:30 a.m.

It was initially planned as part of celebrations marking the 100th anniversary of Lee's birth on May 26, 1920, but COVID-19 travel restrictions prompted postponing the interview with the late singer's heir, Holly Foster Wells. She insisted the talk take place in what was the Midland Continental Depot, where the singer, born Norma Delores Egstrom, lived in the 1930s with her father, the depot's agent.

The building has been restored and is now a museum to the singer's life and music.



Mo Rocca interviews Holly Foster Wells about her grandmother, Peggy Lee, in the Midland Continental Railroad Transportation Museum in Wimbledon, North Dakota.

Contributed / Mary Beth Olombel

Readers can reach Forum reporter John Lamb at [jlamb@forumcomm.com](mailto:jlamb@forumcomm.com).

# This bland is our bland

You've heard the old joke: How do you know a Norwegian couple has been married a long time?

Punchline: When they have to buy their second bottle of Tabasco sauce.

That's the closest I can come to explaining our region's relationship with spicy food, which hit the international spotlight this week after a tweet from a patron at a local Thai restaurant went viral. Twin Cities visitor Jason Wittenberg's tweet included a photo of a sign posted at every booth in Fargo's Leela Thai, which read: "Spice level warning: Level 0-5. We will no longer issue refunds when you order your food spicy and can't handle it."

Not since Olivegardengate of 2012 has our state's dining culture received so much buzz.

Some replies on this spicy thread mentioned that cashiers at Thai restaurants across the world will sometimes note "white people" on food orders so the cooks know to dial back the peppers and ginger.

I would go so far as to suggest that they go one further and make note of "North Dakota spicy." You see, while the rest of the world may operate according to the Scoville scale to measure the pungency of chili peppers, many of us North Dakotans (this writer included) operate according to a whole new scale that I like to call the "Tollefsrud unit." This ranges from a mild "uffda" for when Ole Tollefsrud gets heartburn after wife Phyllis slips a bell pepper into her sloppy Joe mix to a passionate "Fyda!" when she tries to spice up things with a teaspoon of Sriracha in the hotdish.

You see, to most others, spicy might be an authentic Phaal curry or a blistering Carolina Reaper mac and cheese. But for generations of North Dakotans, with our preponderance of Scandinavian (38 percent) and German (43 percent) ancestors, our palates are accustomed to the safe, the easy-to-digest and the bland.

While we've certainly grown more diverse in recent years, the majority of North Dakotans descended from stout, stalwart folks who didn't want their taste buds to work as hard as they did. They wanted cheap, reliable, filling food, which would sustain them as they prepared the bottomland by pulling tree trunks out of the earth with their bare hands or walked 11 miles uphill to school



TAMMY SWIFT

every morning while carrying their sisters.

Today, we still rely on plain, hearty food to sustain us. After all, we need three solid squares to fuel us as we clear 6 feet of snow off our 20-foot-long driveway or jump a car in 40-below weather.

Our ancestors survived off milk, flour, butter, potatoes, cabbage and cream. Germans from Russia managed to feed their families of 17 by adding great dollops of white dough to everything. Like knoephla soup, kase knoephla, fleischkuchle and kuchen.

And then we have the Scandihooovians, known for their love of rice pudding, lefse, klubb, rommegrot, kransekake and other white foods. Heck, even their sausage is non-spicy. Have you ever had potato sausage? It has nutmeg in it. Nutmeg. The Ed Flanders of spices.

I can remember eating Thanksgiving in a Norwegian/Swedish household as they raved about the potato sausage that had been given to them by their neighbor Lars. They offered it to me as if serving the rarest beluga caviar, then gazed on expectantly as I tried it.

With my outside voice, I murmured the ultimate Norwegian compliment — "Hmm, that's not too bad then," even as my inside voice said: "Who is this Lars and why is he making his potato sausage from spackle?" Of course, in more recent years, our whole population's palate has grown more adventurous — partly because we have greater diversity in dining options locally, people travel more so are exposed to different cuisines, and the phenomenon I call "The Taste-tosterone Factor."

The latter is the ability to tolerate blistering mouth pain — especially if you are male — as if one's ability to swallow the food equivalent to a flaming porcupine is proof positive of one's masculinity.

But if ghost-pepper chili isn't your bag, don't get down about it.

If, deep down, your idea of "hot" is pad thai seasoned with Mrs. Dash, just own it. Go ahead and order that spice Level 1.

This bland is your bland.

Tammy Swift is a business reporter and columnist at The Forum. She can be reached at [tswift@forumcomm.com](mailto:tswift@forumcomm.com).

# Will our kids know the quiet?

On a recent trip to a Minnesota town, I took a walk along a path by the river that wound through the city. I kept my headphones out and listened to the sound of slow-moving traffic, wind moving through the changing leaves, dogs barking, a mom and dad chatting, strolling their



JESSIE VEEDER  
Coming Home

newborn down the sidewalk on a sunny evening, the sound of my own thoughts...

In the quiet neighborhood I noticed a little girl swinging, alone on the playground behind her apartment complex, her mom sitting on a bench at the corner of the sandbox while the child sang to herself, pumping her legs up to the sky, lost in thoughts of her own, only the way a child can do it when left to herself. What might it be like to be a bird? She closes her eyes and imagines she's flying, imagines she has wings and a place to be. She sings to herself and the world she's created in that slow and steady moment she was given to play alone.

I used to be that girl. I hope we all have been a version of her at some point in our childhoods,

whether we grew up between these sidewalks or, like me, with miles of road and trees and creeks separating me from parks like these. With years between my sisters and me, I spent plenty of time alone as a kid, using my imagination to occupy me, to come up with a project or a song or a place I needed to be that day — checking on the wild raspberries, trying my hand at catching a frog or pushing logs up along a fallen tree and calling it a fort. I didn't know it then, but it was the best gift I could have been given, the time to learn how to be with myself.

It's served me well now as an adult in a career that's sent me traveling thousands and thousands of miles along lonesome stretches of highway, navigating it alone. Dining alone. On a mission to wander.

To be quiet with myself has never been a thing that's scared me, and now, as a parent to two young children in a world that feels noisier every day, the thing that scares me about the quiet is that our children won't have a chance to know it. And without the quiet moments, I worry they won't get to truly know themselves.

Last weekend my husband was digging in a water tank for the cattle behind my parents' house, along the creek that used to be my old



Jessie Veeder / The Forum

Exploring with Dad.

stomping grounds. My 5-year-old suggested we take him a picnic and so we packed up juice boxes in lunchboxes and ducked through the fences behind dad's garden, past where the tire swing used to hang and along the beaver dam where a tin-can telephone used to connect my fort with my little sister's across the creek.

We found a log to sit on and dug into our treats, talking about how I used to float sticks and watch the water bugs row across the clear water, and pretty soon I was leading them along that creek bank, making crowns out of reeds, picking riverbank grapes, jumping after frogs and digging in the sand. I

was transported and they were transfixed the way wild places work on children. Let's go farther, stay longer, look for more frogs, please.

Do you know we can still feel this way if we allow it? The magic — it still works on us too. I forget sometimes, but I was reminded.

There's magic in nature. Magic. Magic in reaching for the sky, in the pumping of our legs to the rhythm of the songs we sing to ourselves. What's it like to be a bird? Close your eyes, let the quiet in and grow yourself wings...

Jessie Veeder is a musician and writer living with her husband and daughters on a ranch near Watford City, N.D. She blogs at <https://veederranch.com>. Readers can reach her at [jessieveeder@gmail.com](mailto:jessieveeder@gmail.com).

## YARD

From Page D1

prairie in a recent interview.

**Q:** What prompted you to turn your yard into a prairie landscape?

**A:** We constructed the only LEED Platinum-certified house in the Dakotas, Montana or Wyoming, and there are only a couple in Minnesota. (LEED stands for Leadership in Energy and Environmental Design.) Our house meets all the highest green building standards, and planting only native vegetation is consistent with LEED goals.

Beyond that, we are nature lovers, and we like yards and gardens that look natural, and where things are not in rows or in structured beds. Why have a turf lawn that needs mowing and other maintenance? Why not have a wild yard that requires less work?

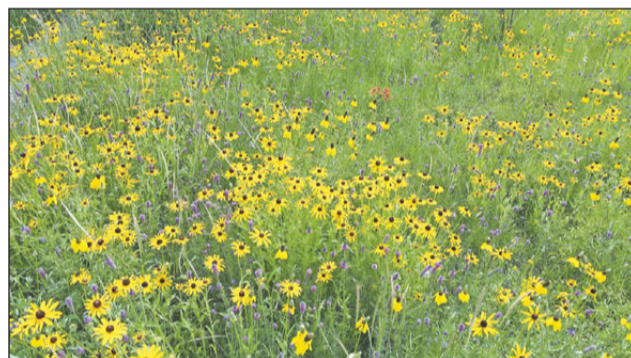
**Q:** Did you install the prairie yard yourself?

**A:** Most of the original work was done by Prairie Restoration Co., which has since become part of Minnesota Native Landscapes. After the initial work, we have done all that is needed.

**Q:** How did you choose the plant material?

**A:** We looked at the Minnesota Wildflowers website, which has great information and photos. We made a long list of things we wanted and in total put in about 140 plant species. We have seen 110-120 flowering so far. Whenever we look hard, we find new ones that we did not notice previously. Not everything needs to be seeded; plugs are better for some plants, seeds for others.

**Q:** How long did your



Contributed / Dexter Perkins / Special to The Forum  
Black-eyed Susans and purple clover in the backyard.

prairie landscape take to develop?

**A:** Planting was done in midsummer and not much happened that first season. The next year saw many different flowers but with limited diversity. It really began to look like something after two growing seasons, but there were few grasses until the third season. And it evolved further in the fourth season with new flowers and grasses showing up.

**Q:** What are some of the challenges?

**A:** This project was surprisingly simple. The big challenge for me was that it required several years of patience. We also needed to decide whether we cared about getting rid of all weeds.

We have not done a great deal of weeding, except at the beginning, and the

prairie sort of takes care of that for itself.

The literature told us that the prairie vegetation would take over and out-compete the weeds if we were patient. But we were not. The first year, dandelions and black medic were plentiful. We could not stand it, and cut the dandelions at ground level and put one eyedropper of glyphosate Roundup on every stem. We also pulled plantains and thistles, but if I had to do it again, I would give them the drop-of-Roundup treatment. We really have not weeded much at all this year.

**Q:** What advice would you give to others wishing to create a prairie yard?

**A:** First, just do it. It's easy and you will have no regrets. To start, kill everything

with chemicals or a tarp or mat. This is recommended by many, but we did not do it. That's probably why dandelions and other weeds were such a nuisance at the beginning.

Second, create mini-ecosystems. Develop very low spots where water collects and higher spots where water drains quickly. Create some sandy areas. Finally, plant as many varieties of plants as you can; you don't know what will thrive and what will not.

**Q:** Any other comments?

**A:** Each year things are different. Not only does the prairie change year to year, but different plants thrive at different times. We keep records of when all the different types bloom and it's cool to chronicle the changes.

Our prairie had no problem with dryness and heat this summer, and there was no need to water at all! I think it's safe to say we have the prettiest prairie in the region, and I would encourage others to go native with their yards as well.

Don Kinzler, a lifelong gardener, is the horticulturist with North Dakota State University Extension for Cass County. Readers can reach him at [donald.kinzler@ndsu.edu](mailto:donald.kinzler@ndsu.edu).

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# ND gospel singer's life and career were chronicled in movie

Prior to becoming a highly acclaimed gospel singer, Tony Fontane, who grew up in Cando and Grand



**CURT ERIKSMOEN**  
*Did You Know That?*

Forks, N.D., had been a popular recording artist with a hit song on the Billboard chart. He also acted on stage, television and in motion pictures and "he performed for four U.S. presidents — Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson, and Richard M. Nixon." During the latter 1940s, Tony Fontane got started on a road that was leading to stardom as a popular American singer. He, and a quartet featuring Frank Sinatra, were the only singers to be granted encores on the popular radio program "Major Bowes Original Amateur Hour." Fontane then starred on his own radio program in Chicago, "The Tony Fontane Show," and was a guest singer on nationally aired radio and television programs. In 1950, Fontane became

a client of the William Morris Agency that negotiated a contract for him with Mercury Records. Mercury was a major record company, based in Chicago, that already had popular singers like Frankie Laine, Vic Damone and Patti Page recording under their label. Fontane often socialized with other rising stars in the entertainment industry and, on May 2, 1950, married the popular movie starlet Kerry Vaughn, who had appeared in nine motion pictures and was contracted to play a major role in an upcoming movie, "Prehistoric Women." In 1945, Vaughn was one of "seven starlets selected as the best bets for screen stardom" and was later labeled as "a second Marilyn Monroe."

On June 29, 1951, Fontane made a television appearance on the popular "Ed Sullivan Show" along with Yul Brynner, Cab Calloway, Professor Backwards, Pinky Lee and Rose Marie. Then, in August, he recorded his first hit song, "Cold, Cold, Heart," which was recorded and released earlier in the

year by the composer Hank Williams, a major country artist. Not only was it a hit for Williams, it also helped launch the national singing careers of Fontane and Tony Bennett.

The orchestration for Fontane's recording was provided by Lew Douglas, the head arranger and producer for Mercury Records. Other songs Fontane recorded for Mercury were "Ol' Man River," "Why Do I Love You," "The Love of a Gypsy," "I Still Suits Me," "No One But You" and "A Love Like Yours."

On Jan. 12, 1952, Kerry gave birth to Char "Kaci" Fontane, the only child born to the Fontanes. Kaci would grow up to have a successful acting and singing career in movies, television and on Broadway.

On Sept. 16, Fontane, along with Bob Sweeney and Ruth Olney, debuted their own weekly musical television program, "The Jerry Fielding Show." Fielding was a musical conductor who hosted the show.

After her marriage to Fontane, but before the birth of Char, Kerry appeared in a couple more motion pictures. Then, in 1953, she began

singing and performing onstage with her husband at different nightclubs close to their home in Canoga Park, Calif. In 1954, Tony and Kerry were offered two of the lead roles in the theatrical production of "Zip Goes a Million" in Australia.

"Zip" was a musical adaptation of the classic novel and stage play "Brewster's Millions." It opened at the Tivoli Theater in Sydney on April 17 and, after a six-month run, then moved over to the Tivoli Theater in Melbourne on Oct. 30. The Fontanes were very popular in Australia.

When the Fontanes returned to the U.S., many offers came in for them to perform as a duo, as well as individual engagements for Tony. On Sept. 3, 1957, after Tony finished a rehearsal for a television special at NBC, he was driving to his home in Canoga Park "when another motorist ran a red light and plowed into the driver's side of Fontane's sports car." When rescue workers arrived, it took

them more than two and a half hours to free Fontane from his vehicle.

Hovering near death, Fontane was rushed to the hospital, and doctors discovered "two broken legs, numerous head injuries, a number of broken ribs, cracked vertebrae, and severe internal injuries." Because of his broken ribs, Fontane's heart and lungs were barely functioning, and he was in a coma for a month. While in that state, he claimed he "had a vision that God came to him and offered him one more chance." Because of this vision, "Fontane gave up being an atheist and converted to Christianity." He also made a vow to be more selective on the songs that he would sing.

Once Fontane left the hospital and recovered enough to resume his singing career, he made the announcement that, in the future, he would only be singing gospel songs at his performances. This was in violation of the contract he held with the William Morris

Agency, and they sued him for nearly everything he had. Also, all of his future bookings were canceled by William Morris, and once again, Fontane found himself "living in extreme poverty."

To support his family, "Fontane made the rounds of churches asking to sing for them." After about a year of singing to smaller church gatherings, Fontane was contacted by the noted musical evangelist Phil Kerr, who asked him to perform at Pasadena Civic Auditorium for his "Monday Night Musical." The performance was a huge success, and Kerr, who had composed and published over 3,000 songs and choruses, made an arrangement with RCA Victor for Fontane to record an album, "The Touch of His Hand," containing songs that Kerr had composed.

"Did You Know That" is written by Curt Eriksmoen and edited by Jan Eriksmoen of Fargo. Send your comments, corrections, or suggestions for columns to the Eriksmoens at cjeriksmoen@gmail.com.

## Searching for story behind abandoned Butterball on I-94

After a lifetime of traveling Interstate 94, I've spotted many strange items abandoned on its mighty shoulders. Like mufflers, a couch, a high chair and a mattress.



**TAMMY SWIFT**

But on Thanksgiving Day, my partner and I spotted the oddest roadside spectacle yet. It was a turkey. Not simply a wild turkey gobbler strutting across the interstate with his harem of hens. A fully roasted turkey, upside down on the pavement, without so much as a kale leaf to keep him warm. Odd sights like these can really get the imagination going. Who did Tom Turkey belong to and how did he get there? Who can afford to throw away a turkey, what with food prices these days? Who would go through the trouble of stuffing, basting and roasting a turkey, only to fling it so callously out the window? I posted about it on

my Facebook, eliciting lots of theories, puns and one-liners about what happened. "What mile marker is it at?" one person responded. "Just asking for a friend."

"Someone decided to quit cold turkey," another quipped.

Based loosely on some of these Facebook suggestions, I've devised three possible scenarios for the Fable of the Forsaken Fowl.

**Option 1:** Some bold scallywag shoplifts a whole turkey by sliding the entire carcass beneath his parka. As he roars off in his Ford Focus while tearing off turkey legs with a Henry VIII-style gusto, he realizes he doesn't even like white meat. Also concerned that the bird could leave a trail of grease and croutons that would lead law enforcement straight to him, he merges onto the nearby freeway, rolls down the passenger window and chucks the evidence onto the side of the road.

**Option 2:** A family — I like to think of them as the McYankersons — hits the road to have Thanksgiving

dinner with the parents and siblings of Mr. McYankerson (I like to think of him as Chad).

Wife, Pam, is already feeling resentful because she made the turkey, the stuffing and the pie — even though her diva sister-in-law, Yvonne, only offered to bring a veggie tray.

As Pam sits there, carefully balancing the beautifully glazed bird in a roaster on her lap, she is appalled to hear Chad praise Yvonne's veggie trays: "She does such a good job with those. Remember the year she made a turkey out of produce, using whole carrots for the turkey's feathers?"

Pam thinks how she got up at 3 a.m. to chop vegetables for the stuffing and put the turkey in the oven. She smolders as she thinks of rushing home from work the previous evening to roast a sugar pumpkin so she could make real pie filling from Chad's mother's recipe. She nearly boils over as she thinks how she spent a half hour cutting out little pastry leaves to decorate the border of the pie.

**SWIFT:** Page D4

### The Forum seeks new members for its Readers Board.

The Readers Board is a sounding board of public opinion. Members meet monthly to discuss news issues and newspaper policies, suggest story ideas and debate ethical situations involving the newsroom.

**In December, The Readers Board will select six new members.**

The board members come from different communities, range in age from high school student to senior citizen, and have varied life experiences.

**Interested?** Send a letter about yourself that includes your name, age, city of residence, occupation and any other personal information you would like to share. Also, please include a paragraph about why you are interested in serving on the board to: **The Forum, Attn: Angie Wieck, PO Box 2020, Fargo, N.D. 58107, or email awieck@forumcomm.com. If you have any questions, call Angie at (701) 241-5501.**

**The deadline to apply is December 5.**

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## TAX STATEMENTS

The 2021 Real Estate taxes for Cass County will be mailed on Friday, December 3, 2021. These taxes can be paid through February 15, 2022 with the discount allowed. Tax payments can be made in person at the Finance Office, by check through the mail or dropped off in the secure drop box in front of the Courthouse at 211 9th Street South in Fargo. The drop box is checked several times a day. If you want a receipt for your payment, please note that on your check; make sure your check and payment stub is in an envelope.

If you intend to make your payment in person at the Finance Office, please bring your statements and/or parcel numbers with you to ensure efficiency and avoid long wait times. If you do not have your statements or parcel numbers, you may be asked to return with proper documentation.

You may also pay by e-check, debit card, or credit card on our website at [www.casscountynd.gov](http://www.casscountynd.gov). A convenience fee of 2.65 % will apply to credit and debit card payments made on the web. There is no fee for e-checks.

If you do not receive your tax statement, please call the County Finance Office at 241-5600 or e-mail us at [taxes@casscountynd.gov](mailto:taxes@casscountynd.gov).

Under North Dakota law, failure of an owner to receive a statement will not relieve that owner of liability nor extend the discount privilege past the February deadline.

# MILESTONES

## GETTING MARRIED? CELEBRATING AN ANNIVERSARY? SHARE THE NEWS IN THE FORUM

Every Saturday, the Forum's Milestones section shares milestone news with its readers such as engagements, weddings, anniversaries, birthdays, Scout honors, reunions, new babies and more. Publication fees start at \$26.25-\$36.25. To have your

special news included at a discount price, go to [modulist.news](http://modulist.news). For more information, contact our Forum Content Services at (701) 241-5509 or email [milestones@forumcomm.com](mailto:milestones@forumcomm.com). The deadline for a Saturday edition is 12:00 p.m. Wednesdays.

### BIRTHDAY



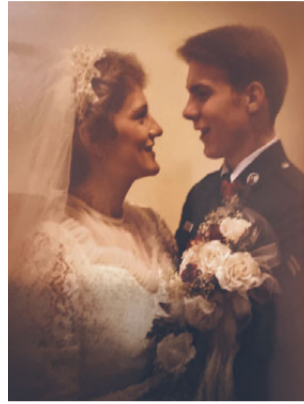
#### Chet Larson turns 90!

Family and friends are invited to help Chet celebrate on December 12th from 10-11:30AM at Atonement Lutheran Church, 4601 S University Drive in Fargo.



#### Rodney & Karin Dahlsad

Rodney and Karin Dahlsad will celebrate their 40th wedding anniversary on December 5th, 2021. Rodney Dahlsad and Karin Heimarck were married on December 5th, 1981, at Good Shepherd Lutheran Church, Moorhead, MN. They have two daughters Heather Dahlsad and Alicia Narum (Tyler), and three precious granddaughters, Rylin Narum, Remi Narum, and Rielle Narum.



#### Rob & Karen Thom "Celebrating 40 Years"

Rob & Karen (Greenwood) Thom were married December 4, 1981 at St. Joseph's Catholic Church in Moorhead, MN. The couple raised their family in Fort Walton Beach, FL. They currently reside in Dilworth, MN.

They have 3 children and 5 grandchildren. Children: Robbie - Phoenix, AZ, Jenna (Andrew) - Greer, SC & Sean (Samantha) - Marietta, GA. Grandchildren: Lucy, Amelia, Gunnar, Addison & Benjamin.

### ANNIVERSARIES

#### Robert and Karen Thom Celebrate 40th Anniversary

Robert and Karen (Greenwood) Thom are celebrating their 40th wedding anniversary. They were married December 4, 1981 at St. Joseph's Church in Moorhead, MN. They have three children: Robert Jr. of Maricopa, AZ, Jenna (Andrew) Sires of Greer, SC, and Sean (Samantha) of Marietta, GA, and five grandchildren. A private celebration with family will take place next summer. Anniversary greetings may be sent to: Robert and Karen Thom - 645 2nd St NW, Dilworth, MN 56529.



#### Publish life moments with Modulist.news

Listings for you or your business. Create your listings for a birthday, new arrival, engagement and wedding announcement, obituary, job posting, and more. Pet milestone options are also available.

- 1) Choose your listing type
- 2) Choose the publications
- 3) Choose the Listing Dates
- 4) Design your listing

## Are your parents receiving the benefits they deserve? Are you?

**Dear readers:** Medicare open enrollment ends Dec. 7, so if you haven't reviewed Medicare options, now is the time.



CAROL BRADLEY BURSACK  
*Minding Our Elders*

#### BenefitsCheckUp

BenefitsCheckUp is a free service from the National Council on Aging (<https://www.benefitscheckup.org/>). Unfortunately, all services for older adults mentioned are not available everywhere, but do check this resource at

least once a year just in case. (More for veterans below).

To use the site, enter the ZIP code of the person you are seeking help for and answer questions from there so that you can receive tailored results. Some are national programs only available to those who qualify financially.

#### Getting paid as a caregiver

This is the second important site you will want to visit for caregiver and care receiver assistance: The Eldercare Locator (<https://eldercare.acl.gov/>). The Eldercare Locator phone number is 800-677-1116. As above, you can find your local Area Agency on Aging simply by typing in the ZIP code of the person needing help.

The Area Agencies on Aging

can help you find services for your older adult, but they can also help you find services for caregiving help like respite care, caregiver training classes, counseling and support groups. They can be useful in helping you understand what is and what is not covered by Medicare and/or Medicaid, as well.

If the person you are caring for is on Medicaid, you might qualify for a certain number of paid hours depending on their needs. There are also Medicare waivers that can help as well as other government programs, so check out the National Council on Aging (<https://www.ncoa.org/>) site to start digging.

If the person you are caring for is a veteran, see the Program of Comprehensive Assistance for Family

Caregivers below.

Most older adults want to stay in their homes, yet many struggle to afford it. There are programs to help. You can find links through this agency.

#### Veteran benefits

Most veteran services are based on income, though some may be tied to a disability rating. Check your Veterans Affairs office for more.

► **Veterans Pension:** This is needs-based with a number of rules regarding service.

► **Aid and Attendance:** This program is designed for older veterans who need assistance with daily activities or are housebound.

► **Housebound program:** The Housebound program is similar to Aid and Attendance, but with a little different focus.

► **Your VA medical center:** You need to meet military requirements to qualify, so like many of these, you'd need to contact the closest VA.

► **The Program of Comprehensive Assistance for Family Caregivers (PCAFC):** This caregiver benefit is designated for family caregivers of veterans who live with them full time.

Readers, I don't have the space to develop these topics, but if you use these sites (get help with navigation if you need it), you will become much better informed. Good luck.

Carol Bradley Bursack is a veteran caregiver and an established columnist. She is also a blogger, and the author of "Minding Our Elders: Caregivers Share Their Personal Stories." Bradley Bursack hosts a website supporting caregivers and elders at [www.mindingourelders.com](http://www.mindingourelders.com). She can be reached through the contact form on her website.

### SWIFT

From Page D2

Just about then, her daughter, who became a vegetarian two days earlier because of something she saw on TikTok, pipes up from the back seat that she is grateful for Yvonne's vegetable tray, as anyone who eats meat is barbaric.

Pam loses it. "You want barbaric?" she hollers. "I'll show you barbaric!" And with that, she hurls the bird out the window. "NOW ENJOY YOUR VEGETABLE TRAY!"

**Option 3:** The simplest explanation could involve something that all of us have done at one time or another: leaving something important on top of the car.

I envision a frenzied family hauling out bags and food in their quest to get to Nanna Jean's on time for Thanksgiving dinner.

In between yelling at the kids to remember the dog's food and telling their daughter to change into jeans that contained more denim than holes ("It's a holiday meal, for Pete's sake!"), the McYankersons

finally manage to cram everything — the casseroles, the kids, the luggage and Rover — into the car.

Save for one plump Tom Turkey, suitably basted, roasted and dressed. He's been forgotten on the rooftop of their Subaru.

Just imagine it: Tom and his roasting pan booster seat probably manage to cling to the roof as long as the car is

driving slowly through town.

Then Chad takes the freeway entrance, accelerating as he reaches the interstate. The speed and velocity are too much for Tom, who can't even hang onto the sides of the roasting pan because he has those frilly turkey booties on his drumsticks.

In that moment, Tom slides right off the

rooftop, is catapulted out of his pan, and experiences just a few seconds of rare Meleagris gallopavo flight before skidding, breast-side down, on the pavement.

In short, he flew the coop.

Or maybe, more accurately, the coupe.

Tammy Swift is a business reporter and columnist at The Forum. She can be reached at [tswift@forumcomm.com](mailto:tswift@forumcomm.com).



November 29  
— THROUGH —  
December 13

FM Area Foundation  
Connecting people and purpose.

Give to **local nonprofits** this holiday season through the FM Area Foundation Caring Catalog.

**This online, giving platform** connects you to many local charities through just one link.

[areafoundation.org/caringcatalog](http://areafoundation.org/caringcatalog)

**NO CREDIT CARD FEES • 100% OF DONATION GOES TO PARTICIPATING CHARITIES • GIVING INCENTIVES AVAILABLE!**

Celebrate the holidays with two festive books about North Dakota — *North Dakota Days* and *North Dakota Travels* — by local artist Bro Halff.



These *Pride of Dakota* books are available in Fargo at Gallery 4, Ferguson Books, NDSU Bookstore, and Barnes and Noble, or online at [amazon.com](http://amazon.com), [barnesandnoble.com](http://barnesandnoble.com), and [simplergifts.com](http://simplergifts.com). Enjoy an interview with the artist, at [youtube.com](http://youtube.com). Enter *Prairie Pulse 1808* in the search bar.