

NORTHERN VIEW

And then came the news: 'You have cancer'

A day after Thanksgiving, two days after I learned that I have cancer, I thought about going out and buying a pipe and a pouch of the vanilla-scented tobacco

I favored until I quit smoking a pipe eight or nine years ago.

I've said it countless times: If I ever get that word from a doctor, I said, that hard call about test results looking bad and my time maybe short, the first thing I'm going to do is go buy myself a new pipe and some tobacco because ... well, why not?

Yes, I know I'm hedging on the news here. Bear with me.

I smoked cigarettes briefly, but heavily, some 50 years ago. I started in college – fraternities put out bowls loaded with free smokes during rush back then – and I quit in January 1973. It was a difficult time to quit “cold turkey” – I was covering the North Dakota Legislature, long hours and a lot of stress – but I did it.

Years later, though, I took up pipe smoking, probably because I thought it made me look more mature (no, it didn't) but more because it provided just enough company to keep me occupied when I was alone: cleaning and filling it, lighting and relighting it, smoking it as I bobbed alone in a fishing boat or stared into a campfire.

I quit largely to set a better example for my grandchildren. It was the right thing to do for several reasons, but to this day I open a book or start a fire at my favorite campsite in Itasca and immediately miss the pipe. I felt its absence the other day, Thanksgiving eve, after the doctor called.

The chest X-ray they took in the Emergency Room in early October showed no apparent problem with my heart, which was good news. But the pictures went to a radiologist, who noted something “concerning” in my right lung. That led to a CT scan, which brought the call from my doctor, who was sympathetic but direct. “You have cancer.”

My reaction surprised me. I was calm even as he said there could be serious complications. Maybe I was more numb than calm. Or maybe, I thought, it was like when I woke up one morning in 1966 and my father told me my mother had died in the night. She had been in poor health a long time, and I had feared her death for so long I was not startled when death came.

So, after the doctor's call, I sat and thought about this new thing, which like my mother's passing did not come as a complete surprise. Whether or not smoking was a factor, I have not taken very good care of myself. I

HAGA: Page A14

Mayville program receives accreditation

By Ingrid Harbo
Grand Forks Herald

MAYVILLE – Lori Martinson of Rolette, North Dakota, decided to go back to school after nearly 30 years in the nursing industry, but she only plans on changing careers, not fields.

Martinson will be the first graduate of Mayville State University's Master of Science in Nursing program

when she graduates in December, and she plans to use her degree to teach the next generation of nurses.

“I think I have a lot to offer with my background and almost 30 years of nursing experience,” Martinson said. “If I can teach new nurses and help them to be the best nurses they can be, I think that would be great.”

The MSN program,

started in April 2020, gained Commission on Collegiate Nursing Education (CCNE) accreditation on Nov. 12. The CCNE is recognized by the U.S. Secretary of Education as a national accreditation agency, and it helps ensure that baccalaureate, graduate and residency nursing programs teach the skills necessary to be a nurse to the standards required by state nurs-

ing boards.

The maximum number of years of accreditation a program can be awarded by CCNE initially is five years, which Mayville State's program was awarded in full.

Mayville State's MSN program has two tracks: nurse educator and nursing leadership and management. The nurse educator track prepares students to

teach in an academic or practice setting, while the nursing leadership and management track focuses on advanced nursing practice and team management skills. Students in the degree are required to have a registered nursing license and baccalaureate nursing degree.

The program's accreditation comes at a

MAYVILLE: Page A14



Contributed / Devils Lake Tourism
Steve “Zippy” Dahl of the Perch Patrol Guide Service with the kind of jumbo perch for which Devils Lake is famous. The online platform FishingBooker again has ranked Devils Lake among the top eight ice fishing destinations in the country, putting the big lake at No. 3. The Brainerd, Minnesota, area landed honors as the top ice fishing destination.

WINTER FISH PARADISE

Platform ranks Devils Lake among top winter fisheries

By Brad Dokken
Grand Forks Herald

Devils Lake again has been named among the top ice fishing destinations in the U.S. by a digital platform that specializes in booking fishing trips.

In a news release Thursday, Dec. 2, FishingBooker ranked Devils Lake at No. 3 in its list of the “eight best ice fishing destinations” in the country, behind the Brainerd, Minnesota, area and Lake Habeeb in Maryland.

“As the ‘Perch Capital of the World,’ Devils Lake made the list of Best Ice Fishing Destinations in the U.S. last year as well and for good reason,” FishingBooker said. “It’s the largest natural body of water in North Dakota and therefore features a wide range of fishing spots along the shoreline and on the ice.”

Lake Sakakawea, of course, is larger, but as a reservoir is considered man-made rather than a natural body of water.

In its ranking, FishingBooker cited Devils Lake's perch, walleye, northern pike and white bass fishing, along with the occasional crappie, as attractions for wintertime anglers. The ranking incorrectly stated that anglers can also find striped and kelp bass in Devils Lake.

Striped bass once upon a time, yes, but kelp bass are a marine species native to the eastern North Pacific Ocean, according to Wikipedia.

As for striped bass, here's the story: According to Herald archives, the North Dakota Game and Fish Department stocked 13,000 striped bass fingerlings in Devils Lake in 1977 as part of a one-time stocking

FISH: Page A14

New newspaper planned in Cavalier County

Herald staff
LANGDON, N.D. – While it may not bear the same name, Langdon may still have a newspaper after all.

Following news earlier this week that the Cavalier County Republican was ceasing publication, Simmons Multimedia, a Langdon-based company, has announced its hope to launch a weekly paper, The Borderland Press, in the near future.

The company made the announcement in a press release on Thurs-

day, Dec. 2. It hopes to have expanded coverage to nearby markets already served with the Simmons Radio and Digital Products group, the release said.

The Cavalier County Republican, which is based in Langdon and has been the official newspaper of the county, said it would print its last issue on Dec. 6, leaving the county without a place to post public and legal notices and other items like obitu-

aries, sports and local news.

Country Media, which is based in Oregon, owns the Cavalier County Republican, as well as other papers in California and Oregon. The company previously owned multiple newspapers in North Dakota, including the Adams Country Record in Hettinger, Dunn County Herald in Killdeer and The Herald in New England. Those papers closed in 2019.

“I've had many recent

conversations about the newspaper that's been a part of the fabric of our community for the past 133 years,” Bob Simmons, president of Simmons Multimedia and owner of the new Borderland Press, said. “We believe the loss of this weekly newspaper would be detrimental to our great communities.”

Simmons and his wife, Diane, will run the newspaper, with help from area writers and designers, the release said. Simmons has not

able to acquire the Cavalier County Republican name or the newspaper's subscriber list, according to the release.

“We've had an outpouring of support as word has gotten out about our new adventure,” Simmons said in the release. “There are many people who want to help our publication, so the people of Cavalier County and the people of Walhalla, N.D., can once again enjoy newspaper coverage.”

FISH

From Page A13

effort. The last reported catch occurred in 1993, when a Grand Forks angler landed a 20-pound, 12-ounce striped bass that stands as the North Dakota state record.

Only two other records of striped bass are documented in the Game and Fish Department's Whopper Club listings:

an 18-pound striper caught in May 1989 and a 16-pound, 7-ounce striped bass caught in May 1988.

FishingBooker also had this to say about Devils Lake:

"The ice is usually stable enough for ice fishing starting in mid-late December and lasts until March. The highlight of the season is the annual (Devils Lake Volunteer Fire Department) Ice Fishing Tournament, which will

be held on Jan. 27-29.

"Once you've had enough of the fishing, the area also offers plenty of activities to get you warmed up again. Whether you're into outdoor activities like cross-country skiing at Grahams Island State Park, or prefer to go for a hot drink in downtown Devils Lake, you're sure to find something that suits your idea of a winter fishing trip." In ranking Brainerd

as the top ice fishing destination in the U.S., FishingBooker said it was only a matter of time before the community rose to the top of the list.

"Over 460 lakes within 25 miles of the city make it a perfect location for angling enthusiasts," FishingBooker said of Brainerd. "The fishing is great any day of the year and even in winter that doesn't change. "Whether you're

going for an ice fishing trip on Round Lake, trying your luck at Lake Hubert, or joining in the activities on Gull Lake, you're in the right place. Bluegills, walleye, largemouth bass, yellow perch, northern pike and many others inhabit the waters around Brainerd."

Rounding out FishingBooker's top eight ice fishing destinations were:

► Lake Winnebago, Wisconsin.

► Copper Harbor, Michigan.
 ► Castle Lake, California.
 ► Boysen Reservoir, Wyoming.
 ► Moosehead Lake, Maine.
 Last year, FishingBooker ranked Devils Lake as the top ice fishing destination in the U.S., followed by Upper Red Lake, which failed to make this year's ranking.
 The full FishingBooker article is available here.

HAGA

From Page A13

sometimes ranked the top five things most likely to lay me low. Until the doc's call, I would have bet on (or against) my heart.

But I didn't pound on a table and cry "Why me?" Nor did I run out for a pipe. Instead, I washed the day's dishes. I did a load of laundry and took out the garbage. I talked with my son. I made tea and read chapters in a

friend's new book about growing old. He is 83. "Life is more fragile now," he writes.

And I read again a favorite poem, "What The Living Do," by Marie Howe. The poem's narrator is alive and thinking about, talking to, someone who isn't. An excerpt:

For weeks now, driving, or dropping a bag of groceries in the street, the bag breaking, I've been thinking: This is what the living do. And yesterday, hurrying along those wobbly bricks in the Cambridge

sidewalk, spilling my coffee down my wrist and sleeve, I thought it again, and again later, when buying a hairbrush. This is it.

Parking. Slamming the car door shut in the cold. What you called that yearning.

What you finally gave up. We want the spring to come and the winter to pass. We want whoever to call or not call, a letter, a kiss - we want more and more and then more of it.

But there are moments, walking, when I catch a glimpse of myself in the window glass, say, the window of the corner

video store, and I'm gripped by a cherishing so deep

For my own blowing hair, chapped face and unbuttoned coat that I'm speechless:

I am living. I remember you. This past week has been a slow blur, waiting for instructions on what's next: a biopsy, a meeting with an oncologist, some treatment decisions.

For now, I get up each morning, make coffee and check out the news, then go to the university, smiling at the grizzled old guy who smiles back at me in the bus

window. In the classroom, I try once again to persuade young people they have something to say and the world waits to hear them.

"Did you have a good Thanksgiving?" one of them asked Monday.

"Yes," I said, returning her smile. "I did."

Yearning. Cherishing. Living.

Chuck Haga had a long career at the Grand Forks Herald and the Minneapolis Star Tribune before retiring in 2013. He can be contacted at crhaga@gmail.com.

MAYVILLE

From Page A13

time when many hospitals are struggling to keep up with staffing demands. Though the COVID-19 pandemic has accelerated workforce shortages in health care, Collette Christoffers, interim division of nursing chair and associate professor at Mayville State, says the problem predates the COVID-19 pandemic.

"There are a lot of retirees in the nursing profession, and the workforce that's coming behind them is not as populous, so there are more retirees than there are people entering the workforce in the nursing profession," said Christoffers.

An aging workforce coupled with stressful COVID-19 working conditions has led to higher than ever turnover rates in the field.

"Right now there has been a lot of increased

stress for nurses at the bedside and they're kind of just reconsidering some of those options that they have for employment," she said.

Christoffers says programs like Mayville's MSN program could help retain and increase nurses in the field. She says skills taught in the programs, like leadership skills, managerial skills, resilience and conflict management, give nurses the power to improve the workplace

for themselves and their colleagues.

"Nurses are on the front lines and they see what needs to improve in the health care environment, and we can empower nurses through education to make that change or be that change that we need to see in health care," Christoffers said.

According to Christoffers, the program is designed to meet rural nurses where they are. All MSN classes are entirely online, and stu-

dents complete a practicum experience somewhere local to them. Students in the program have a mix of experience levels, from recent BSN program graduates to experienced nurses like Martinson.

While Martinson hopes to use her degree to teach in a college setting, she acknowledges the importance of nurse educators in practice settings as well. In rural areas, it can be challenging for nurses to continue their edu-

cations, but continued learning is an important part of maintaining a high level of care in hospitals.

"There is such a need for educators out there and even in a hospital setting, having educators to help with nurses and competencies, and give them the tools they need to be able to give good patient care is very important," Martinson said.

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