



SEPTEMBER/OCTOBER 2017

BEACON

TUNED INTO THE FUTURE

Linton High School students find their voice

WINTER'S KITCHEN

Recipes that help you get to know your roots

CHANGING CHANNELS

BEK Broadcasting expanded through partnerships

NTCA THE RURAL BROADBAND ASSOCIATION
RURAL CONNECTIONS

BY SHIRLEY BLOOMFIELD, CEO
 NTCA-The Rural Broadband Association

Keeping rural in the conversation

A writer for several respected national news websites recently asked this question on Twitter: “There’s a weird amount of focus on ‘rural broadband’ ... Is this really important to people?”

This immediately told me two things. First, rural broadband is getting enough attention to creep into the awareness of urban media outlets. That’s a good thing.

But secondly, this tweet also told me that we still have a lot of work to do in telling our rural success story.

What the writer didn’t understand was that for years, a lack of investment from large nationwide providers, along with geographic challenges, has left many rural residents with inadequate broadband access. Research has shown that a lack of access can cripple a local economy, lower academic achievement and reduce positive health care outcomes.

Telcos like yours believe people shouldn’t face longer odds at a successful life just because of where they live, and they have done great work in extending broadband service to their parts of rural America. It’s encouraging to see this issue gaining national attention.

It didn’t take too long before the writer’s Twitter feed was full of insight from rural advocates. “The overwhelming consensus ... is that rural broadband is, in fact, incredibly important and I’m a moron,” he wrote.

A moron? Certainly not. More likely, he’s someone who hasn’t been to rural America to see the impact of reliable broadband. This was only one exchange on Twitter, but at NTCA, we’re working every day to make sure everyone knows just how important rural broadband really is. 

THE END OF AN ERRAND?

Big changes in grocery shopping ahead



New data shows that a growing number of consumers are avoiding the pains of the weekly grocery-grab by shopping online.



About **25%** of all American households buy some groceries online, according to the Food Marketing Institute and Nielsen’s “The Digitally Engaged Food Shopper” report.



That number is up from previous years thanks to **online delivery sites** like AmazonFresh. Walmart, Kroger and even some local grocers are bringing convenience through their online grocery pickup options.



By 2025, Americans are expected to spend more than **\$100 billion** on online grocery shopping, the report says.

FOOD SHOPPING FACTS

Curious to know how you could be shopping in the future? Check out these stats from the Food Marketing Institute and Nielsen:



Within the next decade, consumer spending on online grocery shopping could equal the gross sales of **3,900** grocery stores.



Mobile devices are used by **60%** of shoppers for deals and coupons.



2/3 of shoppers say mobile devices improve their lives.

HOW SATISFIED ARE WE WITH ONLINE SHOPPING?

More than 80 percent reported satisfaction with their online shopping experience. What makes it so popular?



81%
The ease of checkout



80%
The variety of brands and products offered online



73%
The number of shopping options offered



69%
Free or discounted shipping

Sources: Food Marketing Institute and Nielsen study, “Digitally Engaged Food Shopper,” and invespro.com’s blog, “Online Consumer Shopping Habits and Behavior.”

LISTEN UP, TELEMARKETERS: DO NOT CALL!

You might not know that the Federal Trade Commission and the Federal Communications Commission have established a National Do Not Call Registry. If you join this registry, it can help reduce the number of telemarketing calls you receive.

THE BASICS ABOUT DO NOT CALL:

- The Do Not Call Registry prohibits sales calls. Political calls, charitable calls, debt collection calls, informational calls and telephone survey calls are still allowed.
- You can register up to three nonbusiness phone numbers, including cellphones.
- Your number goes on the list the day after you register. After that, telemarketers have 31 days to stop calling.
- Telephone numbers on the registry do not expire. The number you register is only removed when it's disconnected and reassigned.
- Companies may still call if you've recently done business with them or if you've given the company written



permission to call you. But if you ask a company not to call you again, it must honor your request. .

Strict Federal Trade Commission rules make it illegal for telemarketers to do any of the following, regardless of whether or not your number is listed on the National Do Not Call Registry:

- Call before 8 a.m.
- Call after 9 p.m.
- Misrepresent what is being offered
- Threaten, intimidate or harass you
- Call again after you've asked them not to



ATTENTION LOCAL BUSINESS OWNERS:

You must follow the Do Not Call rules

Local businesses may not think of themselves as typical telemarketers, but the same Federal Trade Commission Do Not Call laws apply to them.

If you are a company, individual or organization that places telemarketing calls, it's important to familiarize yourself with the operations of the National Do Not Call Registry. Unless you fall under one of the established exceptions, such as telemarketing by charitable organizations or for prior business relationships, you may not make telemarketing calls to the numbers included in the National Do Not Call Registry.

For information regarding these regulations, visit the National Do Not Call Registry at www.telemarketing.donotcall.gov. You can find the Federal Communications Commission and Federal Trade Commission rules governing telemarketing and telephone solicitation at 47 C.F.R. Sections 64.1200 and 16 C.F.R. Part 310, respectively.

OFFICIAL NOTIFICATION:

The Do Not Call initiative, regulated by the Federal Trade Commission and the Federal Communications Commission, requires telephone service providers to notify customers of the National Do Not Call rules and regulations.



IT'S EASY!
ADD YOUR NUMBER TO THE
DO NOT CALL REGISTRY

Register up to three nonbusiness numbers online at www.donotcall.gov.

You can also call **888-382-1222** to register the telephone from which you are calling.

For TTY, call 866-290-4236.

Kids at heart

When I was young, being prepared to go back to school meant making sure I had pencils and paper. Today, even the youngest learners stuff their backpacks with tools and technology designed for advanced learning and real-time communication. We are here to help.



DERRICK BULAWA
Chief Executive Officer

Having broadband at school and at home is necessary for students. According to a U.S. Chamber of Commerce study, high school graduates who consider themselves “online-savvy” are twice as likely to go to college as those who do not. And while college attendance isn’t always necessary for success, research points to broadband access and internet use as conduits to higher test scores, better-educated students and lifelong learning. The often-used term “digital divide” is nowhere more apparent than in rural areas where the local telephone cooperative has not invested in fiber-to-the-home. In fact, many countries have recognized the importance of providing high-speed broadband to students in sparsely populated and remote areas:

- A report earlier this year by Engineers Ireland compared the importance of broadband infrastructure to the electrification of rural Ireland in the last century and urged the country to spend more than \$1.5 billion to bring service to nearly 1.9 million rural residents.
 - In 2016, New Zealand completed an 11-year infrastructure build to bring high-speed internet to all state and state-integrated schools. More than \$150 million was spent to extend the initiative.
 - In November 2015, after years of struggling to deliver broadband to rural areas, the UK announced the Universal Service Obligation, which requires providers to connect to rural locations if requested. In December 2016, the Department of Culture, Media and Sport freed more than \$500 million to help provide broadband speeds over 10 Mbps.
- The correlation between broadband access, economic growth, advanced employment and academic success has been confirmed in many countries, including our own:
- A 2009 study from Brazil showed eighth-graders with broadband at home had significantly higher test scores than students without a connection.
 - In 2011, researchers found that South Korean students who used the internet for educational purposes attained higher academic achievement than those who did not.
 - A 2015 U.S. Federal Reserve Board study showed that high-speed internet improved students’ postsecondary outcomes and that students with access to high-speed internet in their junior year of high school had better SAT scores than those without.
 - In a recent U.S. Chamber of Commerce report, 60 percent of surveyed school districts said distance learning over broadband was important to give students access to advanced placement courses.

BEK Communications has worked hard to build a high-speed broadband network. While I’m glad our fiber network allows our youth to stream movies or to play their favorite video games, I’m even more pleased that our service allows teachers to use new and engaging ways to educate students. I’m proud our network allows children and parents to get help with their homework, connect with tutoring services and take advantage of online learning. And I’m proud our network enables students to pursue their passions through research, worldwide collaboration or skills development.

While no one can predict the future for today’s students, we can all agree that technology will play a significant role in their lives. Whether they are farming, building, nursing, teaching, running a business or piloting planes, computer skills and digital tools, provided through a strong communications infrastructure, will be essential.

So, as school bells ring, BEK Communications remains committed to providing the next generation with technologies to excel, succeed and thrive within — and beyond — our communities. 📡



BEACON

SEPTEMBER/OCTOBER 2017

VOL. 59, NO. 5

The BEK Beacon is a bimonthly newsletter published by BEK Communications, ©2017. It is distributed without charge to all customers.



is committed to delivering advanced communications services to the residents of Burleigh, Emmons, Kidder, Barnes, Logan, McIntosh, McLean, Morton and Oliver counties. As a member-owned cooperative, BEK is guided by a board of directors elected by the members.

BEK Communications
1-888-475-2361
200 East Broadway, P.O. Box 230
Steele, ND 58482
415 Winter Show Road
Valley City, ND 58072

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WORDSOUTH
A CONTENT MARKETING COMPANY

On the Cover:



Senior Hannah Schumacher is part of the team that has created North Dakota’s first high school radio station on the internet. See story Page 13.

AVOID THE SPOOF!



If you have a phone, you've probably gotten one of these calls: someone claiming to be an IRS representative, a collection agent or even someone from a local utility.

The calls are scams, made to appear credible by having caller ID show a phone number that seems legitimate, often a local exchange, but the number has been spoofed. The caller may really be hundreds, if not thousands, of miles away.

Answering one of these calls opens the door to a range of scams, including attempts to sell bogus medication, computer services and more.

Your personal information is a frequent

target, and it's a serious problem. In a blog post earlier this year, FCC Chairman Ajit Pai wrote that U.S. consumers receive 2.4 billion robocalls monthly. Many of those calls show spoofed phone numbers, which makes tracking down the culprits difficult for authorities.

Unfortunately, people fall prey to these calls, which can result in identity theft. If you feel you are a victim, one great resource is identitytheft.gov.

And remember, when in doubt, protect your personal information. Even if the call seems to be from a local number, the person on the other end of the line might be up to no good. Be cautious.



Beacon trivia questions

- 1 How many games did BEK Broadcasting televise last year?
- 2 Name one local event broadcast by the KLHS radio class this past year.
- 3 **True or False:** You can access Netflix or Amazon streaming programs with a smart TV.

Entries must be received by Sept. 11, 2017.

NAME _____

PHONE NUMBER _____

Clip and send to the **BEK office at P.O. Box 230, Steele, ND 58482**. You can also email answers to bekcomm@bektel.com. BEK will draw for five winners who will each receive a \$5 credit on their bill. **July/August Beacon Trivia Winners:** Harry Serr – Linton, Helen Garnaas – Linton, Maxine Koth – McKenzie, James Harrison – Napoleon, Yvonne Mehlhaff – Wishek

Mark your calendar!

- ▶ **Sept. 4** — Labor Day (BEK office closed)
- ▶ **Sept. 22** — Fall begins
- ▶ **Sept. 10** — Grandparents' Day
- ▶ **Oct. 9** — Columbus Day
- ▶ **Sept. 11** — Patriot Day
- ▶ **Oct. 31** — Halloween

A special note: BEK bill payments are due on the 20th of each month.

THE 7 COOPERATIVE PRINCIPLES

BEK is a cooperative. But what does that mean? There are **SEVEN PRINCIPLES** that make us different from other telecommunications providers.

1 Voluntary and Open Membership

2 Democratic Member Control

3 Members' Economic Participation

4 Autonomy and Independence

5 Education, Training and Information

6 Cooperation Among Cooperatives

7 Concern for Community



• **October is National Cooperative Month** •

TAKE THE OKTOBERFEST ROAD TRIP

*Great food,
tasty beer and
Bavarian
culture*



Servings at Gasthof Zur Gemutlichkeit are generous and there is an extra charge for sharing, though it's worth every penny. One such offering is a platter-sized pancake stuffed with goulash and served with pickled red cabbage.

Loosen your lederhosen and make room for the brats and brews. It's Oktoberfest season, and no one knows how to observe it better than restaurants that celebrate German culture. It's time for a delicious road trip that will take you on a tour to taste some of the best German fare from Minnesota to North Dakota.

Gasthaus Bavarian Hunter

8390 Lofton Ave., Stillwater, Minnesota

The drive from Minneapolis to Stillwater takes less than 30 minutes, but in no time you go from a busy, metropolitan city into the very heart of Bavaria, or seemingly so.

Karl and Elizabeth Schoene, immigrants from Bavaria, chose the location because the surroundings of stately pines and other natural elements reminded them of their homeland, says daughter-in-law Kim Quade, who now owns and manages the restaurant. They decorated the interior to mimic restaurants in Germany. Every hour on the hour, a choir of cuckoo clocks performs. Steins, nutcrackers and other German-inspired accoutrements line shelves and walls.

The menu, too, reflects its founders' heritage, with a bevy of bratwurst and other sausages, schnitzels, spaetzles, dumplings and more. "We've maintained a very traditional style of German and Bavarian food," Quade says.

- **Oktoberfest:** Live music, polka dancing, German food and beer in tents on the lawn. Also, this is the place where the popular German nailing game, hammerschlagen, began in the United States. Fridays are adults only. Saturdays and Sundays are for families, and expect balloons, face painting and other activities.
- **When:** Sept. 15-17 and 22-24.
- **Admission:** \$5 on Fridays and \$3 on Saturdays and Sundays.
- **Phone and hours:** 651-439-7128. Wednesday-Friday, 11 a.m.-9 p.m. Sunday, noon-8 p.m.

Wurst Beer Hall

630 First Ave., Fargo, North Dakota
253 miles from Stillwater

Crowds fill the benches on any given night to enjoy the 41 brews on tap. But visitors are not here to simply raise glasses. It's the food that brings them in droves. Classic German fare, including jaeger schnitzel, flights of traditional German sausages, German potato salad, spaetzle dumplings and Bavarian pretzels can be found alongside Americanized German fare, such as elk, wild boar and rabbit sausage. And there is spaetzle mac.

"Our menu is the essence of German food," says owner Lisa Meyers. "It's German comfort food — the kind that fills you up and makes you want to go home and take a nap."

- **Oktoberfest:** Adult-oriented evenings of fun with stein-hoisting competitions and das boot races, as well as hammerschlagen.
- **When:** Sept. 15, 22, 23 and 30.
- **Phone and hours:** 701-478-2437. Open seven days 11 a.m. to midnight.

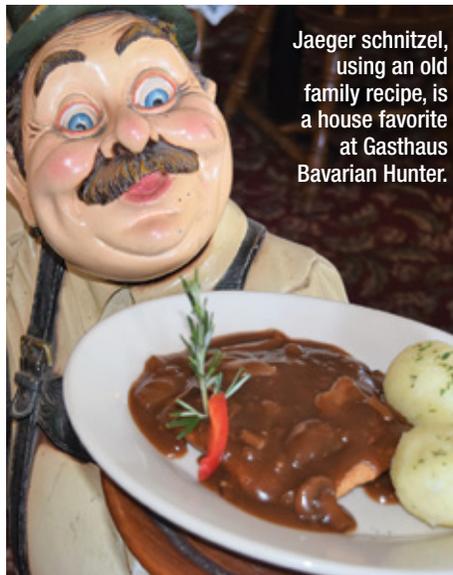
Depot Cafe

1300 Second Ave.
Jamestown, North Dakota
Distance from Fargo: 96 miles

While the Depot features mostly American fare, including full hearty breakfasts, burgers, chicken strips and fried shrimp, Thursdays are the day that fills the glass-topped tables and vinyl booths with German-food lovers.

While knoephla, a creamy potato-based soup, is a house favorite, you'll only find it served on Thursdays. And there are rarely, if ever, any leftovers to serve the next day, says cafe supervisor Bonnie Pope. German entrees, which are always made from scratch, change every Thursday, but you might find sauerkraut and sausage on the menu or a German hot dish with ham, rice and cabbage.

There is one house favorite served daily: fleischkeuchla. Though it's hard to pronounce, it's simple to describe: a beef patty wrapped in dough and fried, then topped with brown gravy. It's served with delicious mashed potatoes, along with



Jaeger schnitzel, using an old family recipe, is a house favorite at Gasthaus Bavarian Hunter.

canned peas and carrots reminiscent of an elementary school cafeteria.

The Depot Cafe is located in the Jamestown Business Center complex.

- **While in Jamestown:** Visit the National Buffalo Museum and Frontier Village to learn about life on the prairie as it was before and after settlers first inhabited the area.
- **Phone and hours:** 701-252-1003. Open seven days a week from 7 a.m. - 8 p.m.

Hans House

116 Central Ave., Elbow Lake, Minnesota
Distance from Jamestown: 178 miles

Sometimes it's the most unexpected places that leave an impression. Such is the case of Hans House, in the charming lakeside town of Elbow Lake, a 10-minute drive off Interstate 94.

Eugen Wittemann, chef and owner, was a chef's apprentice in his home in Germany's Rhine Valley. After receiving his certification, he began a journey that would take him to places such as Munich, where he fed Olympic athletes; England, where he worked in a Swiss hotel; and aboard the Royal Caribbean line of ships, where he was executive chef. He landed in Elbow Lake eight years ago and opened Hans House.

The menu is chock-full of American favorites. "I have to cater to the locals," he says. But there's a nice selection of German favorites too: Bauern Frueh Stueck, which is a German omelet that's

massive and filled with bacon, ham, sausage, hash browns and pickles. Also there are crispy pork schnitzel, jaeger schnitzel and the XXL schnitzel, which is a pound of meat that comes with another pound of fries. "It's the kind of thing people bet other people to finish," Wittemann says.

The chef makes everything from scratch, including his sausages and breads. "I've never seen him cook out of a bag or box," says server Persephone England.

- **Phone and hours:** 218-685-4193. Monday-Saturday, 6 a.m.-2 p.m.; Sunday, 8 a.m.-2 p.m.

Gasthof Zur Gemutlichkeit

2300 University Ave. NE
Minneapolis, Minnesota
Distance from Elbow Lake: 221 miles

Gasthof Zur Gemutlichkeit translates into English as Inn of Coziness, and while the interior is cozy with its old-world charm, the food is big and bold.

Servers walk past with huge platters of schnitzel and steins of beer. This is the first indication you won't leave hungry. In fact, Adam Richman, host of "Man v. Food," barely finished, but did win, the restaurant's famous Meterbratwurst Challenge.

Dinner is a celebration of everything German, from schnitzels and sauerbrauten to specialties such as Hohnchen (breaded chicken in peppercorn sauce) and Kasseler Rippchen (smoked pork chops). An accordion player also strolls among the tables. And a downstairs bar has a stage with live polka. Reservations are encouraged. This place hops to the heartbeat of Germany every night.

- **Oktoberfest:** The parking lot is tented, live music plays, beer and bratwurst are served and the restaurant is packed inside and out.
- **When:** Sept. 22-23 and 29-30; Oct. 6-7 and 13-14.
- **Phone and hours:** 612-781-3860. Tuesday-Wednesday, 3-10 p.m.; Thursday-Friday, 3 p.m.-2 a.m.; Saturday, 11 a.m.-2 p.m.; Sunday, 11 a.m.-10 p.m. ☞



THE BIG GAME

From the dugout to the penalty box, BEK Broadcasting has you covered for regional high school sports.

BEK Broadcasting's rise to the top of local sports

BY MELISSA SMITH

Jordan Hassler helped turn the BEK Broadcasting Network into a leader of local sports coverage across North Dakota as broadcast operations manager, but in 2006, the start of his career with the network hinged on trading one job for another.

At the time, he was attending the University of Mary. He learned from one of his professors that BEK Communications wanted to produce local sports coverage to stand out from the pack.

He also knew that new CEO Derrick Bulawa was staying at a local hotel and eating at Texas Roadhouse every night until he and his family relocated. "At the time, I was working at Applebee's, so I quit my job there and took a job at Texas Roadhouse," Hassler says. "I knew that was the only way I

was going to be able to get in front of this guy."

The switch paid off. Over the course of a couple of weeks, Bulawa conducted a casual job interview, giving Hassler a few new questions to ponder each night. Once the CEO was convinced he had the man for the job, the cooperative's board of directors approved the project, and BEK Broadcasting was up and running.

"Initially, we wanted to offer something that would distinguish BEK from competitors like Midcontinental Communications," Bulawa says. "Now it's become one of the top reasons members say they sign up for and keep our service."

To Hassler, that's no surprise. After all, local sports has the three elements he looks for in any great story: emotion, intimacy and excitement. "As a

co-op, we needed to do something that was the lifeblood of rural North Dakota," he says. "As anyone who is from here understands, high school sports are the talk of the town."

A LEAP OF FAITH

Perhaps the defining factor of BEK Broadcasting's success has been its ability to do more with less. Over the last year, the network reached an impressive milestone, televising 350 games in a little more than 200 days — all with a staff of just eight. "Our ability to broadcast that many games in that short a period of time makes us the greatest producer of high school and collegiate content in the state," Hassler says.

In its early years, the network ran much like any traditional sports broadcast. With their Winnebago Brave, the broad-

casting team would roll into town with cameras, production equipment and commentators, ready to run the show on-site.

But in 2013, it became clear a new approach was needed. BEK Broadcasting was already partnered with 12 other cooperatives, sending its coverage across their fiber networks to 55 cities statewide. That year, partnerships with new station owners in metropolitan areas like Bismarck, Minot and Fargo expanded the network's reach more than 10 times to roughly 350,000 households.

"We took a leap of faith and decided to follow a model where commentators and a lot of the technology stays in a studio at the University of Mary," Hassler says. As a result, the network can now cover an event with two people and the equipment in the back of a

Because of fiber optics, Jordan Lowrey can produce live broadcasts from all over the state inside the BEK Broadcasting production studio.



BEK 247 FALL BROADCASTING SCHEDULE

Visit www.bektel.com/bbn for a complete schedule and statewide channel assignment.

DATE	SPORT	GAME
Aug. 29HSVB	South Borden at Eureka
HSVB	Des Lacs-Burlington at Kenmare
Aug. 31HSVB	Napoleon-GS at LaMoure-LM
Sept. 1HSFB	Oakes vs Kidder County
HSFB	Watford City at Jamestown
Sept. 5HSVB	Harvey-Wells County vs Kidder County
HSVB	Milnor/North Sargent at Oakes
Sept. 7HSVB	Milnor/North Sargent vs Sargent Central
Sept. 8HSFB	Kenmare-Bowbells-Burke Central at Stanley
HSFB	Milnor/North Sargent at Ellendale-Edgeley-Kulm
Sept. 12HSVB	Wilton-Wing vs Shiloh Christian at Bismarck, ND
Sept. 14HSVB	Strasburg-Zeeland at Ellendale
HSVB	Garrison-Max at Wilton-Wing
Sept. 15HSFB	Ellendale-Edgeley-Kulm at Lisbon
HSFB	Thompson at Hankinson
Sept. 18HSVB	Sargent Central at Wyndmere-Lidgerwood
HSVB	Parshall at Max
Sept. 19HSVB	Ellendale at Oakes
HSVB	Linton-HMB at Strasburg-Zeeland
Sept. 21HSVB	Kidder County at Edgeley-Kulm-Montpelier
HSVB	Tioga at Kenmare
Sept. 22HSFB	Hankinson at Wyndmere-Lidgerwood
HSFB	Rugby at Carrington
Sept. 26HSVB	Kidder County at Napoleon-GS
HSVB	Stanley at Watford City
Sept. 29HSFB	Strasburg-Zeeland at Herreid-Selby
Oct. 3HSVB	Edgeley-Kulm-Montpelier at LaMoure-LM
HSVB	Napoleon-GS at Medina-Pingree-Buchanan
Oct. 5HSVB	Hankinson vs Richland
HSVB	Sargent Central at Lisbon
Oct. 6HSFB	Napoleon-GS vs Richland
HSFB	LaMoure-LM at Linton-HMB
Oct. 10HSVB	South Border vs Kidder County
HSVB	Napoleon-GS vs Linton-HMB
Oct. 12HSVB	Lisbon at Wyndmere-Lidgerwood
Oct. 13HSFB	Park River-FL at Langdon
Oct. 16HSVB	New Town at Parshall
Oct. 17HSVB	Midkota vs Kidder County
Oct. 23HSVB	Medina-Pingree-Buchanan at Carrington
HSVB	Rolette-Wolford at Bottineau
Oct. 26HSVB	Central Cass at Hankinson
Oct. 30HSVB	North Star at Langdon
Oct. 31CVB	Dickinson State University at University of Jamestown

pickup, allowing them to produce as many as three games at the same time.

As TV has matured, the standard sports viewer's habits have emphasized quantity, Hassler says. Everyone is trying to do more with less, but providing as much content as possible that viewers want leads to success.

THE HOME OF LOCAL SPORTS

Even with the incredible amount of content BEK Broadcasting produces, viewers would be hard-pressed to find higher-quality coverage of local high school sports. And as the network continues to grow, Hassler aims to give that same treatment to college sports and more. "Our ultimate goal, as with any organization, is to own everything," he says. "We want to be the home of high school and college sports in North Dakota."

The network has already secured contracts for North

Dakota State athletics, the Bismarck Bucks indoor football team and the Minot Minotaurus NAHL junior hockey club. Hassler even hopes the network can expand beyond sports coverage. "I used to joke that we'd broadcast your kid's birthday party for the right price, but it's true that if you have a piece of content with value, we'll televise it," he says. "We'd like to not only be a high school and college sports network, but also an outlet for folks with good ideas."

As the network continues to expand, Hassler is not losing sight of whom the network ultimately serves. "Our members are the owners of this company, and this is a unique opportunity for them to see their kids, their grandkids, their cousins and their friends on TV," he says. "They see value in that and believe in what we're doing, so we're not going to rest on our laurels." 📺

Back-to-School GADGET GUIDE

BY LUIS CARRASCO

It's back-to-school time in 2017, and while we still don't have self-driving cars that will handle that early morning drop-off, robot dogs that come with homework-shredding attachments, or even lockers that won't jam, several services and gadgets will make the life of any student (and parent) a little easier. Here are a few of them along with suggested age ranges.

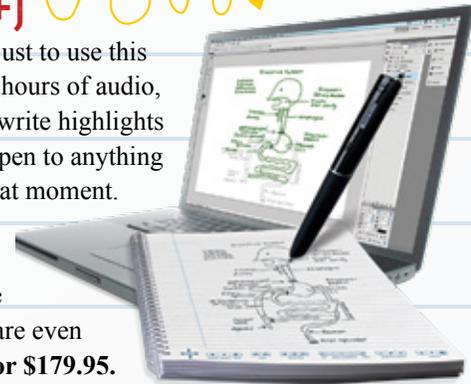


BITSBOX (6-14)

If we're ever going to get closer to that fantastic future, we are going to need more people going into science, technology, engineering and mathematics. STEM box subscription services, which range from programming projects to the more traditional chemistry sets and electronics-building, give students the chance to tinker, create and put theoretical concepts to practical use. Bitsbox (www.bitsbox.com) focuses on coding, with kids as young as 6 learning the basics of programming and producing fun apps. Technology moves very quickly, but having coding knowledge — understanding the basic way that computers do what they do — is invaluable. ... but if you must put a price on it, **Bitsbox starts at \$20 per month.**

LIVESCRIBE ECHO SMARTPEN (18+)

It would almost be worth going back to college just to use this pen in class. The device records as much as 200 hours of audio, which is synchronized to your notes. You could write highlights during a presentation and then simply touch the pen to anything you wrote, and it will play the recording from that moment. With the included software, all notes and drawings are transferred to your computer along with the attached audio. You can share any piece you want as an interactive PDF, and your notes are even searchable. **Available at store.livescribe.com for \$179.95.**

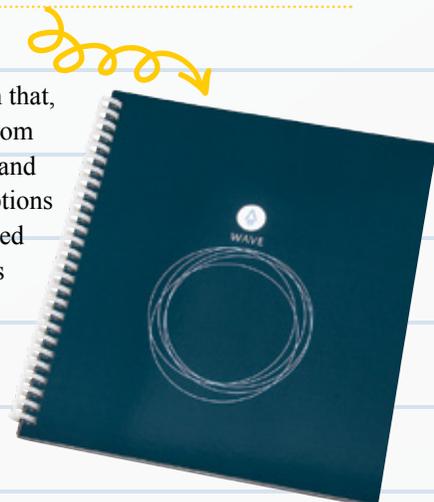


XYZPRINTING DA VINCI MINI (10+)

Having a 3D printer at home would have been unthinkable only a few years ago, but consumer models like the da Vinci Mini have made it an affordable investment. The educational use of a 3D printer is only limited by the imagination or by the included access to an online STEM and arts curriculum for grades K-12. The printer includes 3D modeling software for beginners and uses filaments derived from cornstarch, making them biodegradable and nontoxic. If dads are still not convinced, it also makes neat toy soldiers. **Available at us.xyzprinting.com for \$289.95.**

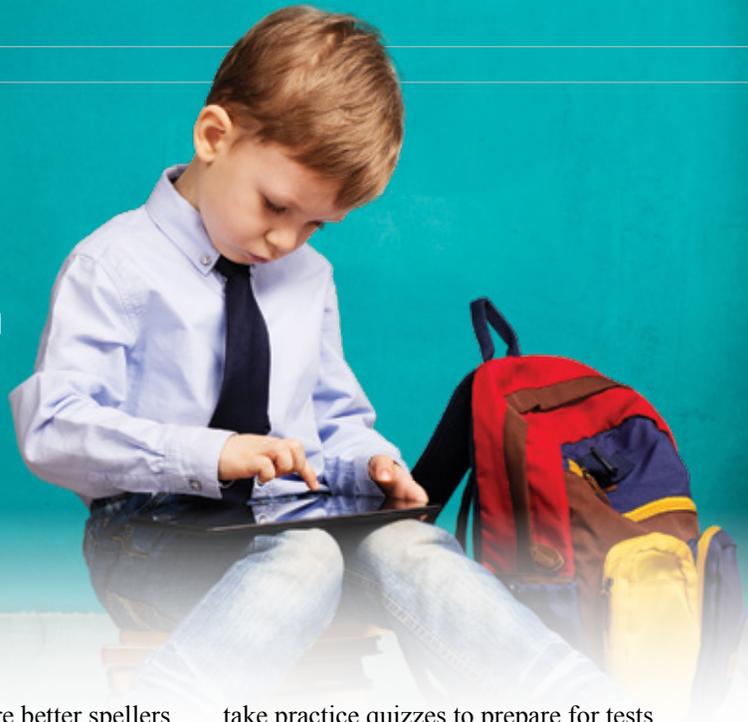
ROCKETBOOK WAVE SMART NOTEBOOK (13+)

Each page of the notebook has a series of symbols at the bottom that, when used with the Rocketbook Wave app, allows everything from notes to doodles to be stored digitally. The app scans, enhances and sends the notebook page to a chosen cloud service, including options like Evernote, Dropbox and Google Drive. If you use the included FriXion pen — made by Pilot and available at most office stores and online — you can pop the notebook in the microwave and completely erase it once it's full. The only caveat is that if you don't upload your pages regularly, the disappearing ink feature is just a mean prank waiting to happen. **Available at www.getrocketbook.com, erasable models start at \$27.**



Defeat the BACK-TO-SCHOOL BLUES

Apps and sites to help your student



The kids are back to school! Whew! As a mom who works from a home office and lives with a couple of rambunctious boys, I must admit that life is just a little bit simpler when they are back in school.

I love them to pieces, but they can be a distraction! Even if my days are a little less crazy during the school year, it picks right back up when school is over at the end of the day.

They are always starving — who knew boys could eat so much? They have practices and activities to get to and of course HOMEWORK. I didn't like homework as a kid and don't like it as a parent, especially as my boys continue to grow older and the homework gets a bit harder.

Their frustration increases, and my patience decreases. I'm already dreading the day they bring home geometry homework, and don't even get me started on spelling! I'm sure spellcheck has already corrected me at least a dozen times as I write this article.

However, I'm resourceful, and we have super-high-speed internet at home, so there are tools that will make these homework stresses easier. I will do my

best to ensure my kids are better spellers than I am, and I want to give them their best chance at good grades in all their subjects. Here are a couple of sites and apps I recommend:

KHAN ACADEMY

Khan Academy is well-known in the education world, but a lot of parents are unaware of it. The academy has great, free educational videos on math, science, politics and lots of other topics with content for students from kindergarten to graduate studies. If your child is struggling with a topic, and content is available, I strongly encourage you to check it out.

<http://www.khanacademy.org>

VOCABULARY SPELLING CITY

This is a great website and app to help your kids prepare for their spelling tests. Many schools implement it districtwide. If your school doesn't, you can always set up a parent account.

Reviewing spelling words is free, and with a premium account, you can also access lessons on vocabulary and writing. I love that I can enter my sons' spelling words and then they can play games and

take practice quizzes to prepare for tests.

<http://www.spellingcity.com>

ADDITIONAL SITES

If you are looking for a specific subject or topic your child needs help with in school, take a look at the list of suggested apps at Common Sense Media. They break down the apps based on age and topic. You may just find something that makes evening homework a little more manageable.

<https://www.commonsensemedia.org/lists/homework-help-apps>

Raising kids isn't easy, and parents today face a different set of challenges than previous generations. Technology is a huge part of that. Take advantage of the help that's out there to make your after-school routines a little more bearable. ☺



CARISSA SWENSON

IS A TRAINING AND EDUCATION CONSULTANT FOR CONSORTIA CONSULTING.

Parenting
Tip

The pace of school is picking up, and that's great. But there can be challenges, too. Cyberbullying is never OK. If your child faces a cyberbully, ask the bully to stop, unfriend them and report them to proper authorities if necessary.

Get front-row quality at home with 4K

Staring at the giant wall of TVs in an electronics store can confuse even the most tech-savvy among us, especially if you're trying to keep up with cutting-edge technology.

Is your high-definition TV really outdated? What is 4K? Which screens offer the best picture? What brands are reliable? If you're feeling lost, there's still plenty of time to find the best TV for the big game next weekend. Keep these factors in mind when deciding which one is right for you:

•4K TVS (ULTRA-HD):

What exactly does 4K mean? If you've been impressed with the sharpness of a 1080p resolution screen, you'll love that 4K is four times better. And while all content is not yet available at 4K quality, your viewing options are growing. A 4K experience is the closest you can get to theater quality in your home, but if you aren't ready to make the leap, at least go for the HD 1080p TV over a 720p model.

•**SMART TVS:** If you use a streaming service like Netflix or Hulu, a smart TV makes them simple to access without a set-top box, such as a Roku or Apple TV.

•LED, LCD, PLASMA:

Which one's for you probably depends on your budget. LED (light-emitting diode) provides the brightest and best picture quality, but it's also the most expensive. LCD (liquid-crystal display) technology has



been around for years and still offers great picture quality at a more modest price. Plasma is the least expensive, but you get the picture quality that matches the price.

•CURVED SCREENS:

It might seem like a gimmick, but curved screens do have their advantages. They can offer a wider field of view and better picture quality. They may also require a larger model to truly appreciate the curve.

•INTERLACED OR PROGRESSIVE:

Simply put, progressive is better. A progressive-scan TV displays all lines in a frame of video at once, while interlaced only displays every other line at one time. If your goal is to get the best picture, go for the TV with the 1080p description over 1080i.

•**REFRESH RATE:** Do you ever notice that movement seems jumpy while playing

games or watching sports? If so, your TV probably has a low refresh rate, such as 60 hertz (cycles per second). The higher the number, the better, so look for a TV with a refresh rate of 120 hertz or 240 hertz for the smoothest video.

•**BRAND:** When it comes to TVs, quality and reliability are worth the extra money. Go with a well-known brand and be willing to pay a little more if necessary.

•**SIZE:** Consider how much space you have and how far away from the screen you'll be sitting. An 80-inch TV sounds like a great idea, but you'll need room to enjoy it comfortably. Most studies indicate that you should take the size of the TV and multiply it by about 1.5 to get the optimal distance you should sit from the screen. For an 80-inch screen, that's about 10 feet. ☺



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HI, I'M MATT OHLHAUSER!

In this column, in each issue, you'll learn about technology and read simple tips to get the most out of your electronics. For more tips or help with your devices, please come see me at the store. I'm always happy to help!

”

DEVICE OF THE MONTH

LG 55-INCH 4K ULTRA HD SMART LED TV (Model Number UF6800)

Movie-theater quality comes home at an affordable price with the LG 55-inch 4K TV. With built-in smart TV technology and LED picture clarity, this television is perfect for watching sports and playing games. Offering four times the resolution of full HD, a 120 hertz refresh rate and three HDMI inputs, the LG 55-inch 4K TV lets you confidently make the jump to ultra-HD 4K and enjoy countless hours of entertainment.

Students learn radio broadcasting live on KLHS

BY DREW WOOLLEY

Junior Kailee Horner is part of the team that has created North Dakota's first high school radio station on the internet.



Each weekday morning this summer, Linton residents were able to tune into KLHS Radio for the kind of local news, weather and music previously unavailable in their area.

But instead of coming to them over the airwaves from a traditional radio station, KLHS is broadcast over the internet by students enrolled in the radio journalism class at Linton High School.

Jay Schmaltz is both the school's radio broadcasting instructor and KLHS station manager. With 30 years of experience in

the radio business, he recognized there was something missing in the local radio landscape.

"I just saw a hole in this community," he says. "There was no real area station to serve this city, and I thought that was something the school could provide."

The class started with four students in the spring semester of this year. Each day, they spent half of the 50-minute period taking an online journalism course and the other half working on the radio broadcast.

On Feb. 13, they began broadcasting live for a half-hour each morning. At first, managing the technology and speaking at the same time proved challenging, but the students grew into the job over the course of the semester. "It's multitasking at its

finest," says Tiffany Smith, a senior who re-enrolled in the class this year.

She and her three classmates even volunteered to alternate hosting two-hour windows each morning throughout the summer. They also covered and promoted local events like the Dairy and Ag Day Celebration and the Beaver Valley Horse Club Rodeo.

The spring course taught students the basics of journalism, radio history, proper diction and more. But Schmaltz believes its biggest impact was in teaching kids who have grown up with texting and social media how to be better communicators.

"I had a girl who came into this class who was very shy and very unsure of herself," he says. "Now she is just phenomenal at this, and she'll tell you this course opened her up. She would not get involved with anything. Now she's trying to start a debate team at school."

This year, the four original students will move on to an advanced radio broadcasting course in which they will learn to run the station themselves in roles like operations manager, program director and media director. Another 13 students have already signed up for the beginning radio broadcast course.

And while it may not lead to a career in radio for most students, Schmaltz is confident the course will have lasting benefits for all of them.

"The most important thing to me is getting these kids comfortable with communication," he says. "We need people like state senators, mayors and fire chiefs who talk to others. If we don't teach kids how to do that, they're not going to get anywhere." 📻

➔ *KLHS programming is also available on BEK TV channel 22.*

HEARTLAND CUISINE

Diverse and deserving greater appreciation

Beth Dooley understands the divided nature of regional cuisines. They all begin with local foods and then branch in different directions.

“The temperate regions of our country — California, the Hudson River Valley, Vermont, Oregon — are considered culinary centers. Yet, the stunning variety of our bounty in the heartland reflects a place that is simply unparalleled in its diversity and too often ignored,” says the resident of Minneapolis and author of six cookbooks.

Dooley, too, knew little about the cuisine of the heartland — an area encompassing Minnesota, Iowa, Wisconsin, eastern North Dakota and the Upper Peninsula of Michigan — before moving to Minneapolis from New Jersey in 1979.

She details the move in her latest cookbook, “In Winter’s Kitchen: Growing Roots and Breaking Bread in the Northern Heartland.” It’s not a traditional cookbook but rather a delicious account of her finding her path in the foodways of the Midwest heartland. Recipes are near the end of the book.

“I was sad to leave my family but was weary of the New York area and the pace of the East Coast,” she says. “I love being outside, no matter the cold. Perhaps it’s the wide-open skies here that cultivate

an openness in our culture.”

It’s this closeness to the land and the welcome she received after her move that led to a strong connection with farmers, producers and chefs. She also joined her local Community Supported Agriculture program, finding the heartland’s dramatic change of seasons ideal for growing a cornucopia of fruits and vegetables. She also realized the ethnic heritage of its people — including Scandinavian, Eastern European, African, South American and Asian — created a remarkable melting pot of culinary diversity.

“It’s by getting to know the people who grow my food that I’ve come to truly respect both them and the bounty they produce,” Dooley says.

Some of Dooley’s earliest memories go back to times spent in the kitchen.

“In my grandmother’s beloved kitchen, ... I’d learned to knead dough until it was soft as a baby’s bottom and simmer raspberries into jam thick enough to coat the back of a spoon,” she writes in her new book.

“As a young home cook, I could devote an entire Saturday to crafting beautiful meals straight out of ‘Gourmet’ for friends who came and lingered at the table well past midnight,” she recalls.

The meals she now serves



An East Coast native, Beth Dooley learned to love the foods of Midwest chefs. She tells her story with “In Winter’s Kitchen: Growing Roots and Breaking Bread in the Northern Heartland.”

reflect the rustic simplicity that defines heartland cuisine: wholesome grain breads, comforting stews, thick pork chops braised in hard cider, wild game and plenty of flaky fruit pies — primarily rhubarb, blueberry and apple.

“I’ve become a more responsive, spontaneous cook, working with whatever is in season,” she says. Foods of the heartland aren’t much different from those she could get back East, only better and fresher, she says.

“The vegetables from our farmers markets here remind me of heading to the shore with my grandmother where we’d pick up Jersey tomatoes, sweet corn and tiny blueberries at farm stands along the way,” she says. “But as the farms were sold off and converted to shopping malls and condos for New York City commuters,

our food was shipped in from California. When we moved here, I was delighted to find a farmers market in this metro area so close to its producing farms.”

Now, if she were to leave Minnesota, she would have an even longer list of misses: freshly ground flour for her breads, whitefish and fried whitefish livers, “real” wild rice, rhubarb pie, fried smelt and smoked duck.

Heartland cuisine, she has learned, is simply “the way people have always eaten,” she says.



FOOD EDITOR **ANNE P. BRALY** IS A NATIVE OF CHATTANOOGA, TENNESSEE.

PICKLED GINGER CARROTS

- 1 pound carrots, cut into 4 1/2-inch sticks
- 1 1/4 cups water
- 1 cup white wine vinegar
- 1/4 cup sugar
- 3 cloves garlic, crushed
- 1/4 cup thinly sliced ginger
- 2 tablespoons kosher salt

Bring a pot of water to a boil and blanch the carrots until they're bright orange, about one minute. Drain and refresh carrots under cold running water. Transfer the carrots to clean canning jars or a glass container with a lid.

In a medium saucepan, bring the water, vinegar, sugar, garlic, ginger and salt to a boil. Reduce the heat and simmer for 2 minutes. Pour the hot liquid over the carrots and let cool, uncovered. Then cover and chill before serving. Makes about 2 pints.



FALL FRUIT TART

Rich tart pastry:

- 1 cup unbleached all-purpose flour
- 1/2 cup unsalted butter, chilled and cut into small pieces
- 1 tablespoon sugar
- Pinch of salt
- 2-3 tablespoons ice water

Filling:

- 5 medium tart apples, peeled and cored
- 1/2 cup fresh cranberries, rinsed and sorted
- 4 tablespoons unsalted butter, chilled and cut into small pieces
- 1 tablespoon brandy or applejack, optional
- 2 tablespoons sugar mixed with 1/2 teaspoon cinnamon

Glaze:

- 1/3 cup apple or apricot jam or jelly
- 2 tablespoons brandy or applejack, optional

Pastry: Put the flour, butter, sugar and salt in a large bowl and cut in the butter with a pastry cutter, two knives or your fingertips until it resembles coarse meal.

Using a fork to toss, drizzle in the water a little at a time, adding just enough to create a stiff dough. Gather the dough, shape it into a ball and flatten slightly, wrap it in waxed paper, and chill in the refrigerator for at least an hour but preferably overnight. Roll out the dough on a lightly floured surface, forming a 12-inch circle. Line a 9-to-10-inch tart pan with the dough. Trim and crimp the edges and prick the bottom of the dough with a fork. Heat the oven to 400 degrees. **Filling:** Slice the apples thinly and arrange in concentric circles around the dough. Toss the cranberries over the apples, and then place dots of butter over the fruit. Brush with the brandy, if using, and sprinkle with the cinnamon-sugar. Set the tart on a baking sheet and bake until the apples are caramelized and the crust is well browned, 50 minutes to one hour.

Glaze: While the tart is baking, put the jam and brandy, if using, in a saucepan over medium heat, cooking until the mixture is melted and smooth. Spoon the glaze over the warm tart and allow to cool a little before slicing into wedges to serve. Makes 8-10 servings.

OLD-FASHIONED MAPLE SWEETS

A great dish as a side — or dessert!

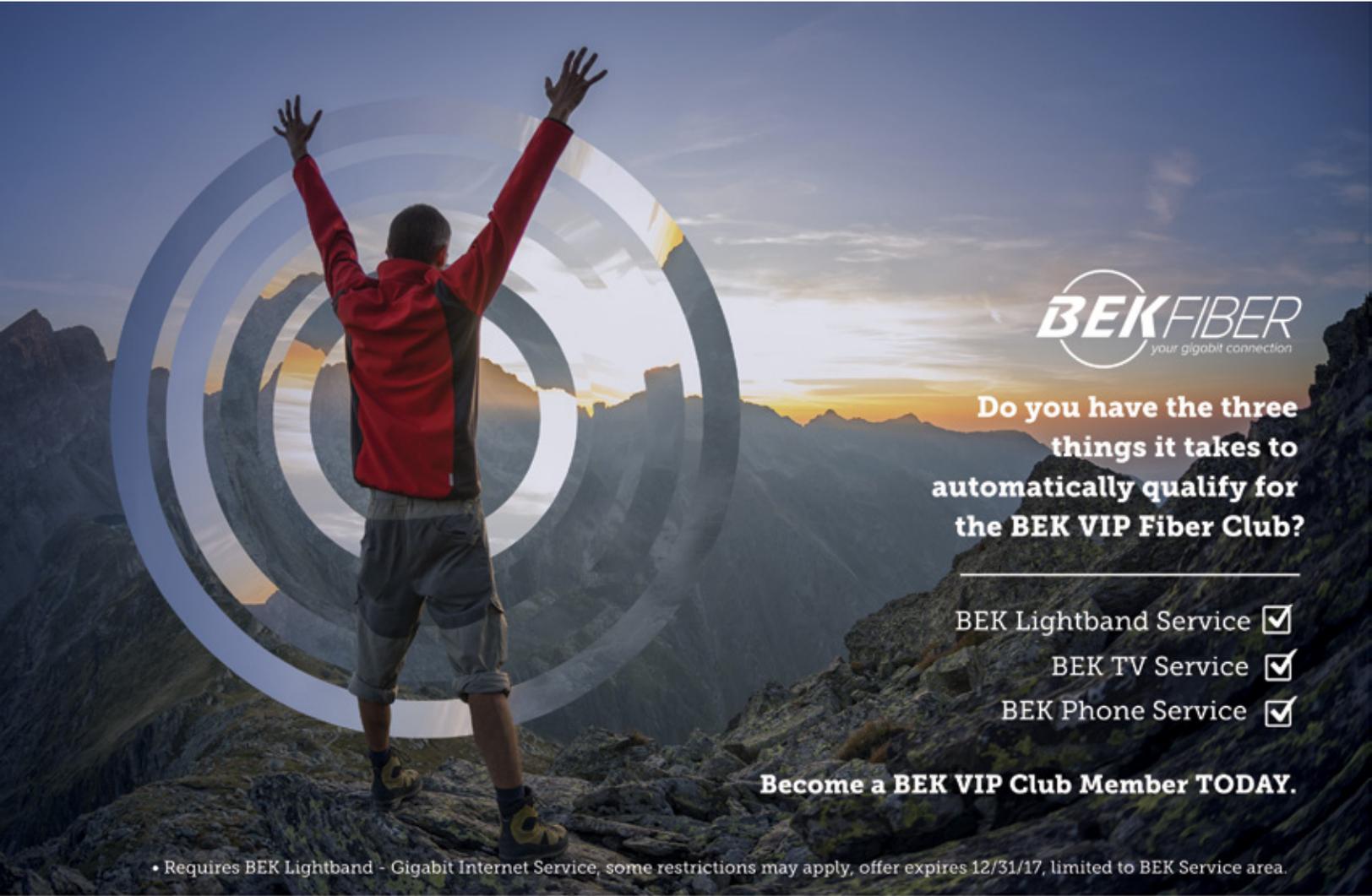
- 3 pounds (6 to 8) sweet potatoes
- 1/4 cup maple syrup
- 2 tablespoons unsalted butter
- 1 teaspoon ground cinnamon
- Pinch freshly grated nutmeg
- Splash of whiskey, optional
- Salt and pepper, to taste

Heat oven to 400 degrees. Wash the sweet potatoes, poke lightly with a fork and roast in the oven until the skins are shriveled and potatoes are very tender, 45-50 minutes. Remove from oven and allow to cool enough to handle. Peel and set aside. Lightly butter a medium baking dish. Reduce the heat to 300 degrees. In a small saucepan, heat the maple syrup with the butter and stir in the cinnamon and nutmeg. Season with optional whiskey, salt and pepper, to taste. Slice the potatoes and layer, brushing the maple syrup mixture between the layers. Pour any remaining syrup over the potatoes. Bake until the potatoes are glazed and hot, about 20 minutes. 📖



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