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VOLUME II

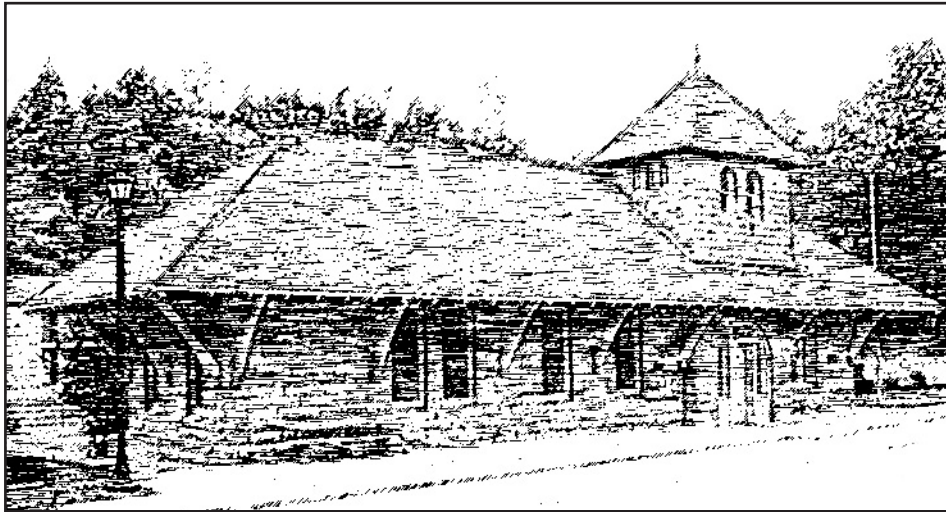
MINNEKAHTA PUBLISHING, LLC

NUMBER 17

SOUTHWESTERN SD.

BRINGING OUR COMMUNITIES TOGETHER

FRIDAY, DEC. 8, 2017



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We're against
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Minnekahta Messenger



VOLUME II
SOUTHWESTERN SD.

MINNEKAHTA PUBLISHING, LLC
BRINGING OUR COMMUNITIES TOGETHER

NUMBER 17
FRIDAY, DEC. 8, 2017

WE SUPPORT OUR FIRST RESPONDERS THANK YOU ALL LIVES MATTER

DON'T MAKE THIS HOLIDAY SAD!

By D.E. Matt
Special Correspondent

Owners are killing their dogs with kindness. That's according to government and veterinary organizations.

It is now cautioned to avoid feeding your dogs fresh, boiled, or rawhide bones. Parts of bones can break off and cause internal injuries, with sometimes fatal consequences. Another possible problem is bacteria from rawhide chews.

Years ago, we nearly lost our little dog Spunky twice. Rawhide chews caused bloody diarrhea so bad a public description is not fitting.

Our contractor working on our house at the time did not give details, but his dog died an unpleasant death from bloody diarrhea.

Let's be careful and keep children and pets happy this holiday.

ON MY BUCKET LIST: MICKELSON TRAIL

By T.L. Matt

My brother Jim is a hard-core bicyclist and, at age 64, is still slim, muscular and focused on staying that way. He would love the riding on the George S. Mickelson Trail. I'm going to send him a brochure and hope he will visit.

I've always wanted to hike, not bike, the entire trail before I move on to other trails in the eternities. When I was younger, I had the goal of visiting all the ghost towns in the Black Hills, with grandchildren in tow. We did visit quite a few.

How long is the Mickelson Trail? Roughly, you are looking at 109 miles. From Edgemont to Deadwood, you will see unique sights—including historic buildings, mines, tunnels, wildlife (but

hopefully not rattlesnakes) and interesting flora and fauna. Just the views of the splendid mountains, canyons, streams and lakes are reward enough.

When we lived in Montana, there was startling beauty in the Mission Mountains, but not the accessibility we find in the Black Hills. That's one reason I wanted to move back here.

The Black Hills via the Mickelson Trail are friendly and you can easily climb the usually slight uphill terrain.

A walk on a trail in the Black Hills could be a walk through some local railroad history, as some of the old railroad artifacts can still be found along the line.

It was pretty crazy back in the old days when trains crossed Rapid Creek more than 100 times in less than 30 miles on the route from Silver City to Mystic.

The trail west from Silver City is now one of the finest hikes in the hills. Flat and level, it's ideal for family outings.

I gain my inspiration from *A Trail Guide for the Mickelson Trail in the Black Hills, SD*, 3rd Ed. by Aleen Golis.

Andy Smithson, born in Bournemouth, England, was 71 years old and a Type 2 diabetic when he walked the trail in August 2010. Andy said, "Walking the trail, one truly learns to appreciate the remoteness of the area, as well as the labors of those who built the Rail Road originally. The sheer engineering effort and monumental labor utilized to build this railroad becomes very real as one traverses the area with a walking speed that is conducive to appreciating the geography.

"I also like being outdoors and am attracted to every facet of nature. Birds were varied and numerous, from meadowlarks to red-tailed hawks. I saw mountain sheep, turkey, white-tail deer and pronghorn antelope in the lower elevations."

(see *Trail on back cover*)

SEVEN OF THE MOST COMMON NUTRIENT DEFICIENCIES AND WHAT CAN BE DONE ABOUT THEM

By Sophia Adamson
Waking Times

Many individuals are not getting enough important nutrients from their diet. For many, it is simply due to the fact their diet does not provide adequate amounts of vitamins and minerals.

Even if you try to eat a whole, living foods diet, many foods these days provide fewer nutrients than one might think due to where the food is grown, the quality of the soil, how it is stored and for how long, and how it is processed.

Now, consider that many people are dealing with digestive issues and other health conditions that influence their body's ability to absorb nutrients from food, and you have a recipe for a very unhealthy population.

Because of these factors, there are many common nutrient deficiencies. Supplementation is often necessary, especially if you develop symptoms showing signs of such deficiency. Below is a list of seven of the most popular nutrient deficiencies, and how to address them.

1. Vitamin D

Sensible sun exposure may be one of the best ways to optimize vitamin D levels. Yet, the use of sun block and seasonal weather will limit people's exposure. Our decisions to stay indoors and even eating habits affect our vitamin D levels, as well.

For example, a diet with foods that tend to be loaded with the herbicide glyphosate (such as conventional foods with genetically modified corn or soy), can interfere with enzymes responsible for activating vitamin D in the liver and kidneys.

"Researchers estimate that 50 percent of the general population is at risk of vitamin D deficiency and insufficiency."

(see *Nutrients on back cover*)

WINDMILLS: A CONTRAST By T.L. Matt

On a recent "eight states in seven days" trip, we encountered much wind and many windmills. All the old windmills from the settler's era were gray and weather-beaten, but standing tall. Some blades were still turning and some were not, but inevitably there was a fence around the windmill and sometimes a water tank.

If a small lonely house remained, it was in shambles and almost gone. I wish I knew the story behind each windmill and each family's hopes and dreams and struggles.

In Colorado and Texas, we encountered those enormous white "monster" windmills in wind farms. My husband says that they remind him of whirling scimitar weapons—eerie and intimidating.

Because of the turbine's inaudible, low-frequency sound waves, known as infrasound, some nearby residents complain of headaches, nausea and dizziness. otherwise known as wind turbine syndrome (<http://gazette.com/some-neighbors-claim-el-paso-county-wind-farm-is-making-them-sick/article/1574322>).

The turbines can explode, sending metal up to a mile away and also catch fire, throwing fire balls.

(see *Windmills on back cover*)

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If You Could Change One Thing

Grandpa Marvin

By Andy Skadberg

I am taking the liberty of sharing what was one of the proudest moments of my life. To see my son share, with confidence, about his experiences with and connection to my father. At the memorial for Dad, Devon was the star of the show.

Grandpa Marvin

By Devon Skadberg

I just want to say some things about Grandpa Marvin. I am very blessed to have had the opportunity to come and stay the spring of '06 with him. If I hadn't, I would have never gotten the opportunity to get to know someone as amazingly awesome as he was.

The memories I have of him are very recent but I believe the characteristics I discovered in him were ones he had his entire life. What I respected most was how I could state my opinion and belief on a subject and if he didn't agree he would say something along the lines of "I disagree because..., etc." Then he would go no further. We NEVER got into an argument. He was very willing to accept what someone would believe and still love them for who

they were. He would take me to my church, which he almost completely disagreed with, but he would still let me go and be glad that I was where I felt comfortable. He is an excellent role-model for me. He will not be forgotten.

Friday when we were burying him, I saw the vase sitting there... something was missing. A golf ball! I said to everyone, "You know what grandpa would love to have? A hole-in-one." I knew that he would have at least one golf ball in the trunk of his car. Sure enough, he had a brand new 18-pack of Noodle golf balls. I got one and set it next to his vase. I couldn't help but smile, that was the one thing grandpa would want to be next to for eternity.

I always remember seeing him in his chair reading a book or watching a black and white movie about WWI or WWII on the American Movie Channel. I would usually join him. He and I would always have a root beer float once a week; of course, I would always try and sneak another every now and then.

I might have been a bit of a rebel in my school work but I am very grateful to grandpa for taking the act that he did when I needed a place to stay. He immediately

said yes, he didn't even think twice. He will ALWAYS be a hero in my book.

Two days before he passed away I had been thinking, "Man, I should call grandpa, I haven't called him in a while." I did just that and I am very glad I did because I would have felt much worse if I hadn't called him.

Being in Ames these past few days has felt emptier than before. I really miss him as well as how I miss having someone to guess which elevator will come first. Most of the time, the one he would guess was the one that would show up first. I miss having that root beer float with him. I miss him saying that I listen to "Noise" all the time. Most of all I just miss him. I think we all do. He was an amazingly awesome person. "Grandpa Marvin" is the title of a blog-post by Andy Skadberg. It was published on Oct. 19, 2010 on the author's website, <http://13lightmessages.blogspot.com/2010/10/grandpa-marvin.html>.

Andy Skadberg is a consultant in rural development and innovation in agriculture, with a foundation in environmental protection. He is a proponent of sustainability.

The Sioux Chef's Indigenous Kitchen

Reviewed by Loni Manning

If you want to learn how to make utterly delicious and naturally healthy meals, this is the book for you!

Lakota chef Sean Sherman, who grew up on the Pine Ridge Reservation in South Dakota, masterfully integrates the foundations of an indigenous food system with delectable recipes that are not only mouth-watering and beautiful, but have no processed foods, no sugar, no gluten, no dairy, and no high-cholesterol products.

Sherman, who started a Minneapolis catering company, cleverly named the Sioux Chef, introduces readers to Native American cuisine, focusing on dishes prepared from the natural foods of the Dakota and Minnesota areas.

This cookbook features ingredients primarily indigenous to North America, in cuisine such as the three sisters (corn, beans,

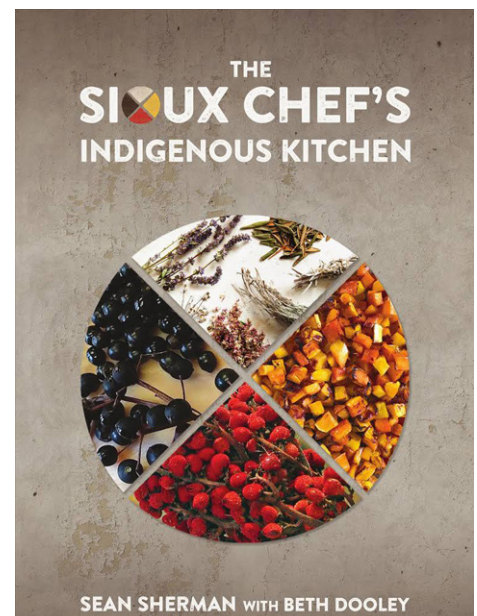
and squash) summertime salad; grilled bison skewers with berry wojape; braised rabbit with apples and mint; smoked turkey and acorn soup; and a sweet-corn sorbet.

His book purposely overlooks foods mistakenly identified as traditional Native dishes, like fry bread, an outgrowth of the unhealthy commodities allotted to Natives made dependent by reservation life.

"I could see that long ago the tribes were sovereign over their food systems... nothing was ever wasted... guided by respect for the food they enjoyed... they were healthy and self-reliant," says Sherman.

Sherman's book and his recipes share food for thought and food for the palate, pleasures you won't have to feel guilty about indulging in for holiday celebrations or every day meals.

The Sioux Chef's Indigenous Kitchen, by Sean Sherman with Beth Dooley. Litho-case. Univ. of Minnesota, \$34.95 (256p) ISBN 978-0-8166-9979-7.



There's Something To Be Said

The Kindred Spirit By Barbara Hauseman

The Sensations of Christmas

The lingering aromas of turkey and all the trimmings have left our homes to be replaced with those of another holiday. Now, the new aromas that permeate the air are of Christmastime.

The air many of us breathe at home has the smells of a recently cut spruce, fir, or pine tree; of candles scented with pine, gingerbread, sugar cookies, peppermint, cinnamon, and clove; of simmering pots of potpourri; and of the warm fragrances of a crackling wood fire.

The sight of a Christmas tree decorated with lights and ornaments can be dazzling to the eye, but I found a three-foot, wire-framed, pine cone tree with a string of tiny lights that I adore. The faint fragrance of pine still lingers in the "tree" and probably delighted its owners from Christmases past.

Each year I decorate my pine cone tree with ornaments that I have collected. This year, I attached an antique angel doll at the top. I also bought a red poinsettia plant and set it next to the tree to add brilliant color and a nice contrast to the pine cone colors.

I feel the contrast of textures of the stiff pine cones and the softness of a few needles left in the cones as I place comic strip paper-wrapped gifts under it. I gently touch each card I receive with love as I set them atop my hearth in festive display.

Outside, my front porch is adorned with two connected garlands with tiny LED lights, and a wreath with a red bow is placed on my wooden front gate.

I love to listen to Christmas music; I play my CDs and tune in to the music channel on my TV. I am looking forward to hearing church choirs and carolers sing the traditional songs of the season.

I will be preparing lots of delicious foods and flavorful drinks to share with friends.

The child in me hopes for a white Christmas. It would be wonderful to frolic in the snow, catch snowflakes on my tongue, make a snowman and snowwoman, and get into a snowball fight with my honey.

The most important gifts of the season are Faith, Hope and Love. I pray that our world will finally come to realize that Peace is the most precious gift we can give to each other. It is priceless!

Savor the holiday this year. And don't forget the mistletoe... *Just in case!*



Lies They Tell Writers, Part 13: Self-published books are just as good as the other kind

By Rod Miller

Let's get this part out of the way first thing: I have read many, many "traditionally" published books that are nothing short of awful. And I have read many, many self-published books that are nothing short of wonderful.

In other words, there's no guarantee of what you're getting either way.

But, lacking any other information about a particular book or author, the odds are in the reader's favor with a traditionally published book.

I say that at the risk of offending many writers of my acquaintance, but I'm not making it up. It's based on years of experience reading more books than is healthy. Most of those books were not of my choosing. They were mine to read and review for a variety of magazines, or mine to read and evaluate as a judge in a variety of awards competitions.

In those assignments I read a few self-published books that were outstanding. And I read many that were well worth the time. But I also read a lot—a whole lot—that were terrible by any measure. Typographical errors. Poor punctuation. Bad grammar. Inept spelling. Incompetent attempts at dialect. Dialogue the like of which you've never heard. Unbelievable incidents. Plots twisted beyond the breaking point. Card-board characters. Stereotypical situations. Ignorance about culture, times, places, people, animals, equipment...

And, again, typographical errors, poor punctuation, bad grammar, inept spelling.

Finally, let me emphasize the fact that many self-published books are marvelous. And there are many terrible traditionally published books.

But if you're a writer, there just might be a reason traditional publishers aren't interested in your book.

And if you're a reader, buying a book is like placing a bet—so unless you're willing to lose your money, it just might be best to play the odds.

"Lies They Tell Writers, Part 13: Self-published books are just as good as the other kind" is the title of a blogpost by Rod Miller. It was published on Apr. 7, 2015 on the author's website, <http://writerrodmillers.blogspot.com/2015/04/lies-they-tell-writers-part-13-self.html>.

Writer Rod Miller writes poetry, fiction, and history about the American West and writes online about writing and reading at writerrodmillers.blogspot.com. Information about Rod and his books and other works is available at writerRodMiller.com, his Amazon Author Page (<https://www.amazon.com/Rod-Miller/e/B001HCTX7G>), and at CowboyPoetry.com.

Special Section

7 Reasons So Many Guys Don't Understand Sexual Consent

By David Wong

The following sentence applies regardless of when you read this:

A famous man has recently been accused of doing sexual things to a woman (or many women) without consent.

At the time of this writing, it was a politician's "groping" scandal but next time it'll be unwanted pics a powerful man sent to an intern, or the spreading of hacked photos of some actress, or a famous athlete getting sued by a woman whose accusations didn't get anywhere with the police. And, in fact, I bet there isn't a single female reading this who hasn't been the victim of that sort of thing.

I've been conducting a 40-year experiment on men's toxic attitudes toward women, mainly by living my life with lots of them swishing around inside my skull.

Well, here's something you should know: I was taught from birth that this behavior is exactly what women want.

We're still teaching boys that, every day. Here's what the lesson plan looks like:

7. "Forcing Yourself On Women Makes Them Love You"

Remember how everyone said it was great that they cast a female star in *The Force Awakens*, because it's good for little girls to have role models?

So we all agree that pop culture heroes do influence young people, right? That's why diversity in casting is so important, all that?

All right, so here's the first lesson I got on sexual consent. I was six years old. My hero and lifelong role model, Han Solo, approaches a woman who has told him at every opportunity that she's not interested. Han comes up from behind and presses his body against hers. She's a strong woman, a fighter, so she physically shoves him off...

Undeterred, Han moves back in, grabs her hands, and starts rubbing them. She says, "Stop that," and looks nervous. When he doesn't stop, she clearly says it again. He still doesn't stop. Romantic music plays...

This exchange follows:

Han: What are you afraid of?

Leia: Afraid?

Han: You're trembling.

Leia: I'm not trembling.

Han: You like me because I'm a scoundrel. There aren't enough scoundrels in your life.

Leia: I happen to like nice men.

Han: I'm a nice man.

Leia: No you're not. You're...

And he kisses her. Note: Her head is pressed up against a metal wall...

...And all of this occurs in a sealed spacecraft floating in the cold vacuum of outer space. Even if she wanted to leave, she couldn't (because of the implications). The result of this encounter is that she falls in love with this man and they spend the rest of their lives together.

I'd estimate that 95 percent of the action movie cool guy role models of my youth molested women into loving them at least once. James Bond did it in... every movie, I think? In *Goldfinger* (1964), he rapes Pussy Galore in a barn, which causes her to abandon her life of crime and join his side. In *The Mask of Zorro* (1998), a woman tries to kill Antonio Banderas, and in response, he strips her naked with his blade and forces a kiss. As a result, they fall in love.

Actually, rather than recount the thousands and thousands of examples of the "Assault Them Until They Love You" seduction method, I'm going to prove how prevalent this is by rattling off a list of examples using only Harrison Ford's filmography:

In *Blade Runner* (1982), he slams a woman (or female replicant) against a wall after she tries to leave, and then forces her to say "Kiss me." She acts terrified, right up until they start having sex.

In *Indiana Jones and the Temple of Doom* (1984), Ford snatches a fleeing woman with his whip and yanks her back to him. They fall in love. (How many previous fleeing women has Indy practiced this on to not leave her torso a bleeding mess?)

In *Indiana Jones and the Last Crusade* (1989), he forces a kiss, the woman pulls away and says, "How dare you kiss me?" and then kisses him back, passionately.

Long before I was old enough to date or even had female friends, it was made more than clear: In any relationship, men are the predators, women are the prey. Their expressions of fear and rejection—including defensive physical attacks—are a coy game to be overcome, like a tricky clasp on a bra.

6. "Asking Permission Is a Sign of Weakness"

If you're wondering, no, I've never in my life groped a woman who didn't grope me first. This is not because I was a gentleman who cared about consent. If you'd cornered me in high school and asked me why I hadn't just grabbed a girl at a party and made her kiss me, I'd have said it was because I wasn't cool enough, or hot enough. "I'd have to lose weight and make the football team to do something like that!" See, I was told that the ones who held back until they had permission were the pussies, the cowards, the nerds.

That was told to me both by people in my life and by lots of the movies and shows I saw back then. Most of them are saying "There's nothing less sexy than a dude asking if he can kiss you." For every "No Means No" PSA I've come across, I'd say I've encountered, oh, about 10,000 messages saying/implying that nothing is sexier than a guy who doesn't wait for consent.

Sure, I get what the female actress voicing the words of some male writers was trying to say there: that girls like guys who are attentive enough to know what she wants before she says it. He shouldn't need to be told why she's mad at him, or what she'd like for her anniversary, or whether or not she's ready for the next step. Emotional intelligence is sexy, and there's nothing sexier than a guy who cares enough to pay attention to the subtle cues.

You know, the way Han Solo knew that Leia secretly wanted him to back her into a corner and force himself on her. The way he was able to detect that all of her many prior rejections and coldness was all a test to find out if he could see past the facade.

Right?
(see *Consent on page 5*)

Consent (cont. from page 4)

5. “Women Like To Be Pursued, And Thus Always Play ‘Hard To Get’”

If you went back and found me at the age when I realized I knew absolutely everything—20—and asked me to explain gender roles, here’s what I’d have told you:

In this modern world, the quality of a woman’s life is overwhelmingly dependent on what kind of man she can attract—a woman married to a capable man is simply going to have a higher standard of living, period. Her self-worth is thus based largely on how desirable she is to men, and on how many men are pursuing her at any given moment. The need for more suitors is due to the law of supply and demand. It is to her advantage to create competition by tempting as many men as possible, then making it difficult for any single one to gain her attention.

Thus, women gain power through rejecting men, and those rejections have nothing to do with how they truly feel.

“Hmm, you’re right. My disinterest in you emotionally, physically, and mentally has been an excuse. Make sex to me. Make sex to me right now!”

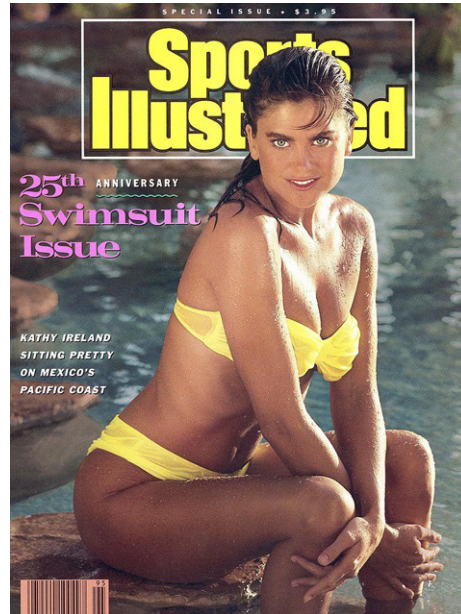
This, I’d have said, is also the reason most “slut shaming” comes from other women. If a female hops in bed with any guy who comes along, it lowers the value of female attention/sex for all women. The price of gasoline would drop pretty fast if one supplier started giving it away. So, much like OPEC, women culturally collude to keep the value of sex and female companionship high by making it artificially difficult to acquire it. This is why Princess Leia’s wealthy, royal peers would disapprove of her spreading her legs for a “scoundrel.”

Conversely, Han Solo is a hero precisely because he sees through this artifice, and knows exactly how to confidently stride past those barriers. The primary attractive traits in males are physical strength and aggressiveness, and he knows that Leia’s feigned resistance is a test of those attributes. The female fights, the male demonstrates his physical superiority, and the female acknowledges his suitability as a mate and willingly gives in. “You have proven you are strong enough to have me.”

And dammit, this is how it really worked back in the good old days, when men were men and women were women! Like in that famous photo from V-E day, in which the heroic fighting man celebrates the end of the war by kissing the first beautiful broad he sees!

4. “Everything Women Do Is Intended To Stoke Male Hunger”

Here’s the first porn magazine I ever owned:



It was that exact issue. That’s Kathy Ireland. Geez, those eyes.

There was no internet in the 1980s, and actual porn was risky to own if you were a kid in the Midwest. That was the genius of the Sports Illustrated Swimsuit Issue: It gave Middle America something to she-bop to under the cover of reading about sports. Everybody knew what was going on, obviously. In many of the photos, at least part of the swimsuit was missing, the woman cupping her naked breasts with her hands, pouting coyly at the camera. Maybe a thumb hooked around her bikini bottom, like she’s about to pull it off.

Likewise, when women in bikinis turned up in movies, they existed purely as titillating material for the teenage boys in the audience. Literally every single image of a woman in a bikini I saw outside of a swimwear catalog was presented in this way, as something for us to drool over.

Something we couldn’t have.

Stoking our appetites, advertising a product.

And by now, you know what the product is, right?

So after having lived my entire life with the clear understanding that this is an outfit women wear to make men want to, ahem, what thoughts do you think went through my dumb young mind when I went to the beach and saw real women wearing the same? Do you think I was able to see them as humans instead of coy manipulators?

The completely rational reaction from any of those women at the beach would be, “I’m not wearing it for you, perv, I’m wearing it because I’m swimming, and this is swimwear! What do you want me to wear, a burka?”

There is no good answer. Everyone should be able to wear what they want, but acting confused by the ravenous thoughts that pound through the brains of nearby males is to ignore the cultural context they grew up in. She says her outfit makes one statement, while virtually 100 percent of posters, magazines, movies, TV shows, songs, music videos, billboards, video games, poems, novels, etc., say it makes another.

Sure, the guys can control how they act at the sight of the outfit, but they cannot control how they feel—it’s been programmed in as an involuntary physical reaction, a hormonal trigger. Thanks to a lifetime of cultural training, a bikini is the bell that makes the dog salivate.

Now tie this in to the pervasive belief that women are always simultaneously attracting us while pretending they don’t want us. Wouldn’t it stand to reason that the “I’m only wearing this as swimwear” line is nothing but one more bit of strategic playacting?

Now realize that it’s not just bikinis that have been turned into a fetish. There’s an entire porn subreddit that’s nothing but girls in yoga pants. Or one that’s girls with glasses. Go do a Google image search for the word “schoolgirl”—you’ll be looking at a bunch of fetish pics and, sprinkled throughout, photos of actual children.

This is why no statistic about the prevalence of sexual assault could ever surprise me. And note that I’m using the definition of the term that includes things like groping. But when I was growing up, I was told...

3. “Sexual Assault = Guy in An Alley With A Knife”

Let’s be clear: During my formative years, I was absolutely taught that rape was wrong, many times. But “rape” was defined as a man with a ski mask in an alley forcing himself on a stranger under the threat of violence. “Date rape” was a term I’d heard, sure, but it was either when a guy drugged a woman or got rough with her—situations wherein she’s left with a bloody lip and torn clothes. If you’d asked me to define date rape at the time, I’d have said, “It’s like what James Bond did to Pussy Galore, only if the guy wasn’t handsome.”

(see *Consent* on page 6)

Special Section

Consent (cont. from page 5)

If someone had come in and told teenage me that “groping” a woman or forcing kisses was a form of sexual assault, I’d have been very, very confused. You just called most of the action heroes of my childhood serial rapists! “And what if it makes her fall in love with him?”

I never, in any of my public school years, had a lesson saying you needed to wait for verbal consent before touching a woman. I saw the quarterback of the football team slap girls on the butt, I saw guys reach around and grab girls’ boobs as a prank, I saw mistletoe hung over doorways and was told if you and a girl stood under it, she had to kiss you. One time when we were playing volleyball at the beach, Dr. Dre ran up and unhooked a girl’s bikini top.

Again, I never did any of those things. Not because I thought they were wrong, but because I was too nervous.

And I friggin’ hated myself for it.

Have I mentioned that yet? How much shame I felt at the time for not being a “real man”?

2. “All Sex Outside Of (Heterosexual) Marriage Is Wrong”

Wait, what does this one have to do with groping or consent? Glad you asked, because I think everyone misses this.

Talk radio show host Rush Limbaugh made headlines after the infamous Donald Trump groping accusations by saying this:

“You know what the magic word, the only thing that matters in American sexual mores today is? One thing. You can do anything, the left will promote and understand and tolerate anything, as long as there is one element. Do you know what it is? Consent. If there is consent on both or all three or all four; however many are involved in the sex act, it’s perfectly fine. Whatever it is. But if the left ever senses and smells that there’s no consent in part of the equation, then here come the rape police.”

I’m curious to know how many of you kind of agree with him, versus how many of you got a chill down your spine. I switched from the former to the latter exactly half way through my life. To a large part of the nation’s Christian population, what he’s saying still makes perfect sense.

See, it wasn’t up to Hollywood or public schools to teach me morality. For me—and virtually everyone I knew—that came on

Sundays at church. And I never got one sermon or Sunday School lesson on sexual consent.

“What, so they taught the congregation to be rapists?”

No! They taught that all sexual activity outside of heterosexual marriage was equally wrong. So yes, rape was punishable by eternal hellfire. But you know what the punishment was for having consensual intercourse before marriage? Also eternal hellfire. Premarital handjob in the back of a car? Eternal hellfire. Oral sex at any time? Eternal hellfire. Homosexual sex? Eternal hellfire. Masturbation? Eternal hellfire. There was no gradient to the sins or punishments—everything was black and white, and virtually everything in the black category was totally consensual. Two people “consenting” to perform a sinful sexual act was no different from two people conspiring to rob a bank.

Either the act was pure in the eyes of God or it wasn’t, and the only pure sex act was married intercourse (and note that many of the married women in the Bible had been bought like livestock). Thus, there was no reason to talk about anything else. If they taught a lesson about how forcing a woman to kiss you is wrong, that’d have been implying that consensual kissing was okay (and premarital kissing = eternal hellfire).

This is why so many of you are confused by the Christian criticism of gay marriage, the “They’ll be marrying children and animals next” bit. They genuinely don’t understand the difference—that a homosexual partner can consent, but animals and children cannot—because to them, all of those acts are equally impure.

Remember when people implied it was hypocritical for Jennifer Lawrence to complain about stolen nude photos while also posing nude for a magazine? Same deal—if you grew up hearing that all naked photos are sinful, what difference does it make if the woman consented to the sin?

1. “Boys Will Be Boys”

Explaining someone’s actions is obviously not the same as excusing them. Saying that the behavior is shockingly common doesn’t excuse it either. The point of this isn’t to defend [insert subject of most recent scandal here], but to prevent people from insisting that guys like him are rare, incomprehensible monsters.

They’re not. Lots of guys grope. Lots of guys who don’t do that still see James Bond movies as wish fulfillment. Lots of guys who don’t, still didn’t see any problem with that Han Solo scene until I pointed it out.

The writers of all these movies and ad campaigns would say they didn’t invent a damned thing... that males have testosterone and will have certain urges at a certain age, even if they are raised on a desert island. And because the urges are natural, anything that appeals to those urges must also be—boys, after all, will be boys. Those boys will then grow up and write movies and ads which portray their sexually frustrated adolescent fantasies as if they are everyday reality.

But what’s the alternative? Censorship? To force women to cover themselves, like in Saudi Arabia?

No, the alternative is to recognize that ridding guys of toxic attitudes toward women is a monumental task. I’ve spent two solid decades trying to deprogram myself, to get on board with something that, in retrospect, should be patently obvious to any decent person. Changing actions is the easy part; changing urges takes years and years. It’s the difference between going on a diet and training your body to not get hungry at all.

In the meantime, to act like it’s crazy that a particular guy doesn’t see the clear line between consent and assault is misguided. The culture has intentionally blurred those lines and trained that man to feel shame for erring on either side. You have to start teaching kids that consent matters from Day One.

Now let’s put this depressing subject aside and think about the scene from the 2007 Disney movie, *Ratatouille*. In it, the hero forces a kiss with a girl, she pulls out pepper spray to fight him off, then realizes that she loves it.

We have a long, long way to go. “7 Reasons So Many Guys Don’t Understand Sexual Consent” is the title of a blog-post by Jason Pargin, writing under the pseudonym David Wong. It was published on Nov. 3, 2016 on the author’s website, <http://www.cracked.com/blog/how-men-are-trained-to-think-sexual-assault-no-big-deal/>.

Well, If You Ask Us

“Baby, It’s Cold Outside” and Consent Sunrise, Sunset

By Grits McMorrow

The song, *Baby, It’s Cold Outside*, was written by Frank Loesser in 1944, when America was still fighting in WWII. “It is a call and response duet in which a host (usually performed by a male voice) attempts to convince a guest (usually performed by a female voice) that they should stay together for a romantic evening because the weather is cold and the trip home would be difficult” (https://en.wikipedia.org/wiki/Baby,_It%27s_Cold_Outside).

Loesser and his wife, Lynn, sang it at parties they hosted at home. In 1948, Loesser sold the song rights to MGM for use in the film comedy, *Neptune’s Daughter* (1949). The song is sung by Ricardo Montalban and Esther Williams and, in a role reversal, by Betty Garrett and Red Skelton (<http://www.tcm.com/mediaroom/video/969093/Neptune-s-Daughter-Movie-Clip-Baby-It-s-Cold-Outside.html>). In 1950, it won an Oscar for Best Original Song.

Baby, It’s Cold Outside has been sung by many duets, including 1949 versions by Buddy Clark/Dinah Shore, Johnny Mercer/Margaret Whiting, and Louis Jordan/Ella Fitzgerald. The 1959 version by Dean Martin/Martina McBride is very popular, usually piped into stores from Wal-Mart to Saks Fifth Avenue. Contemporary artists from Rod Stewart/Dolly Parton to Willie Nelson/Norah Jones to Lady Gaga/Joseph Gordon-Levitt (another role reversal) to Michael Bublé/Idina Menzel have also covered it.

But with examples of the “epidemic of sexual assault and violence against women” often in the news, people are questioning the original lyrics and saying they “paint a problematic picture of consent.” Last year, Minnesota singer-songwriters Lydia Liza and Josiah Lemanski “changed the song’s lyrics to emphasize the importance of consent” (<http://www.cnn.com/2016/12/02/us/baby-its-cold-outside-cover-trnd/index.html>).

Frank Loesser’s son, John Loesser, says “They’re really equal roles. No one is really the aggressor... It was never anything other than a sweet couple’s number for him and his spouse... It really wasn’t anything but that” (<https://www.vanityfair.com/culture/2016/12/baby-its-cold-outside-controversy>).

But others disagree. “It’s a song about a society where women aren’t allowed to say yes... which happens to mean it’s also a society where women don’t have a clear and unambiguous way to say no” (<https://www.bustle.com/p/a-tumblr-post-about-baby-its-cold-outside-historical-context-explains-that-the-song-may-have-entirely-different-meaning-6617625>).

By T.L. Matt

While recently in Colorado, I was “wowed” by awesome sunsets and sunrises. But South Dakota is not easily outdone, as we have had some equally spectacular displays.

Why are these natural performances so much better in autumn? That’s because during late autumn, the light from the sun passes through less particles in the air, making those spectacular red, orange and pink lights.

Also, in Colorado, we saw *sundogs* that were amazing. A sundog is created when sunlight reflects off the ice crystals in cirrus clouds. They can be in rainbow colors. There was a large circular cloud rimmed with blue, green, pink, orange and purple.

Another cloud was equally as interesting and it was (I kid you not) in a square shape! A jet went through the circular cloud and the com trail was vibrant blue. For brief moments, we were taken away from the annoying vehicle-packed roads and lifted up, spiritually and emotionally.

As if that wasn’t enough of spectacular scenes from the sky, we saw something else we had never seen before---an airplane pulling a glider! It was such a beautiful day and I wished I were in that glider, seeing the earth from a new perspective and floating my troubles away.

It is important that we take moments away from the mundane to reach for the sublime. I have learned this important principle from my better half, who reaches for my hand and literally pulls me out the door so we can share a few moments enjoying sunsets.

When we first married, it was so, and now that we are retired, even more so. I tend to be a type-A, organized, busy, always-doing-something, personality in contrast to him. I guess we balance each other.

Taking time to reflect can be sought in reading inspirational material as well as on nature hikes. They say that Heaven holds even more beautiful sights than we see on Earth, including vibrant colors we can’t imagine and music we can’t fathom. It will be an amazing adventure to leave this planet... But I want to stick around a bit longer, of course.

Until then, I want to look up occasionally and view the wonders of the skies and feel of the Spirit that created them.

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Trail (cont. from front cover)

Another thing that is nice about these Black Hills is the absence of meandering black bear and grizzly. The few mountain lions are extremely shy in this region.

Smithson enjoyed a wonderful hike, with prior preparation. He walked 4-7 miles every other day for four months in Florida, not always with his pack—which weighed around 25 pounds. (The specifications of the contents of his pack are listed on page 35 of the *Guide*.)

Smithson also stressed good walking shoes one-half size larger than usual with double socks. He walked alone and averaged about 16 miles a day. One great perk from his hiking adventure was the loss of 14 pounds in his weight as he walked the trail.

I thought, if Smithson can do it, so can I! I think I'll wait until the end of August, before the annual renowned Mickelson Trail Trek in September.

If you hike or bike the trail at that time, be careful to avoid those excited but wary grandmothers that lurk along the trail with small backpacks and large hiking shoes! Don't hit them!

Nutrients (cont. from front cover)

Signs of deficiency: obesity, achy bones, feeling blue, head sweating, and poor immune function. You can purchase a vitamin D at-home test to assess your vitamin D levels.

Who's at an increased risk: individuals with very little sun exposure, people over the age of 50, and ones with darker skin.

How to supplement (especially when the weather won't permit sun exposure year-round):

- Eat Vitamin D-rich foods such as sardines, trout, caviar, portabello mushrooms, and maitake mushrooms.

- Find good supplements such as cod liver oil, vitamin D3 or maitake mushroom extract.

- When possible, expose large areas of the body, such as back, chest, upper legs and arms, to the sun for short periods of time around noon when the UVB rays are most intense.

- **Omega-3 Fats**

Some of the nutrients most essential to life longevity are omega-3 fats due to their anti-inflammatory properties. Inflammation in the body has been linked to numerous health problems, such as cancer, cardiovascular disease, depression and diabetes.

Omega-3 fats offset inflammatory omega-6 fats that are present in processed vegetable oil, often used in many packaged foods and in most restaurants, especially to prepare fried foods.

Signs of deficiency: dry and/or flaky skin, "chicken skin" on backs of arms or elbows, dandruff, soft brittle nails, and fatigue.

Who's at an increased risk: people with a diet high in processed foods and/or fried foods.

How to supplement:

- Consume omega-3 rich foods such as sardines, wild Alaskan salmon, hemp seeds and chia seeds.

- Try supplements such as krill oil or other fish oils.

1. **Vitamin K2**

Essential to structural health and an important adjunct to vitamin D, vitamin K2 is also essential for optimal health. Without K2, vitamin D cannot work properly and vice versa.

Vitamin K2 aids in bone strength, healthy tissue renewal, and health of arteries and blood vessels.

How to supplement:

- Eat fermented foods such as sauerkraut and kimchi, made at home or bought at your local farmers market.

- The primary vitamin K2 supplement contains menaquinone-7 extracted from food.

2. **Magnesium**

"Magnesium is the fourth most abundant mineral in your body, yet an estimated 80 percent of Americans are deficient in it."

This important mineral plays a role in the body maintaining proper metabolic function and healthy cardiovascular system.

It assists in the body's cleansing process and elimination of environmental toxins and heavy metals. Various nutrients such as antioxidant glutathione rely on magnesium.

Who's at risk: It is recommended that you look to an expert or a reference, such as *The Magnesium Miracle* by Dr. Carolyn Dean, to assess if you are magnesium deficient.

How to supplement:

- Eat a varied diet of magnesium rich foods such as dark leafy greens, seaweed, pumpkin seeds and sunflower seeds.

- Start juicing your vegetables.

- Take regular Epsom salt baths or foot baths.

- There are two types of magnesium supplements: magnesium glycinate and magnesium threonate.

3. **Vitamin E**

Research on Alzheimer's disease by Maret Traber of Oregon State University showed that vitamin E is needed to prevent a dramatic loss of a critically important molecule in the brain and helps explain why vitamin E is needed for brain health. There's increasingly clear evidence that vitamin E is associated with brain protection.

How to supplement:

- Good dietary sources of vitamin E include nuts, such as hazelnuts, almonds, walnuts, and pecans; seeds such as sunflower seeds; olive oil; legumes; and green vegetables, such as spinach and broccoli.

- Natural supplements should be mixed with tocopherols and tocotrienols. Natural products are listed as "d-" formulations, such as d-alpha-tocopherol, versus the "dl-" form used for synthetic vitamin E.

4. **Vitamin B12**

Vitamin B12 deficiency is essential to vital functions such as energy production, blood formation and DNA synthesis. Vitamin B12 deficiency usual results from an inability to absorb it from food.

Signs of deficiency: mood swings, mental fog, memory problems, fatigue, and muscle weakness.

How to supplement:

- Vitamin B12 is only found in animal foods such as grass-fed beef, snapper, salmon, shrimp, organic poultry and eggs.

- Oral supplements include sprays and sublingual drops.

- Ask your health provider about a B12 test and injectable B12, especially if you follow a non-animal-food vegan diet.

5. **Choline**

"An estimated 90 percent of the US population may be deficient in choline."

Choline is vital to brain development and the health of your cell membranes. Its anti-inflammatory properties affect both muscle control and memory.

Signs of deficiency: memory problems and brain fog.

How to supplement:

- Good dietary sources include Brussels sprouts, broccoli, raw milk, beef liver and wheat germ. Animal foods such as organic eggs and grass-fed meat offer the best source of choline.

Windmills (cont. from front cover)

Transporting the materials for modern windmills is quite amazing. A single blade is over 100 feet long and we saw probably 50 or more being moved down the highway with warning vehicles before and behind. The height of a turbine can be 328 feet from the foundation.

Because the energy from these "creatures" is dependent upon the wind, they are an intermittent power resource. There are arguments for and against them. I view them as ugly, not an uplifting addition to the landscapes of our country.

According to ScienceDaily (www.sciencedaily.com/releases/2016/09/160929143808.htm), "Worldwide, such facilities have been responsible for the deaths of 140,000 to 328,000 birds and 500,000 to 1.6 million bats." These statistics are increasing as more and more wind farms are installed across the country.

Wind is not man-made, of course, and we are reliant on nature for so many things—our plants, our water, our air—our very lives.

The family farm has largely been replaced by corporations and the humble old windmill replaced by turbines. Is "bigger" better? Perhaps. Perhaps not.