

Dakota Gardener: Croton, the rain-bow plant



These spinach and cheese egg muffins are a delicious way to make sure you are getting enough vitamin D, especially if you pair them with a glass of vitamin D-fortified milk. (Pixabay)

"I am thinking about writing a column about vitamin D. What do you know about vitamin D?" I asked my husband.

We were sitting at a window in a restaurant looking out at the darkness of early evening.

I could almost hear his thoughts: "Oh no, I'm going to be in a column," I said.

"Why don't you interview these people?" he asked as he looked at the room full of restaurant guests.

"I'd probably be kicked out of the restaurant for disturbing the patrons," I said.

"Vitamin D supplements take the place of sunlight in the winter," he noted.

That was a good summary of vitamin D. I turned off my annoying "inner writer" at that point, and we enjoyed our meal.

Vitamin D is made in our bodies by the action of sunlight on our skin. About five or 10 minutes of sunlight two or three times a week on exposed skin, such as our arms

or legs, does a good job of nudging our bodies to make vitamin D.

In the cold winter months, not many people are standing outside exposing any skin to the sun.

The Centers for Disease Control and Prevention has reported that nearly one in 10 people has a severe vitamin D deficiency. Black people have the highest prevalence of vitamin D deficiency.

Those of us in the northern part of the U.S. do not make enough vitamin D from sun exposure during our cold months.

Vitamin D serves a wide range of functions. It allows our bodies to absorb calcium and maintain bone strength throughout life. Without adequate vitamin D, children may develop rickets with characteristic bowed legs and joint deformities.

Our muscles, heart and immune system need vitamin D for proper functioning. Some studies have shown relationships between too little vitamin D and greater risk for cancer, diabetes, depression and

other mental illnesses. Studies are ongoing.

Meeting vitamin D needs is important throughout life. The daily recommendation is 600 International Units for everyone up to 70 years old. People older than 70 need 800 International Units.

Many scientists think that recommendation is too low. You probably want to have a discussion with your provider.

Besides sun's action on our skin, we get vitamin D from food and from vitamin supplements. However, we have somewhat limited options for foods high in vitamin D. Salmon, vitamin D-fortified milk, some types of ready-to-eat cereal, sardines, eggs, beef liver and tuna are among the best sources.

Cod liver oil is among the best sources with 170% of the Daily Value (the amount needed per day) per tablespoon. Salmon is a more appetizing source of vitamin D with 71% of the daily value in three ounces, while one cup of

milk has about 15% of the Daily Value. Some types of ready-to-eat cereal have about 10% of the Daily Value.

Be sure to read Nutrition Facts labels to learn more about your food choices, because vitamin D is now included on nutrition labels.

Here's a tasty recipe featuring vitamin D-containing eggs. Enjoy the muffins with a large glass of vitamin D-fortified milk or orange juice.

Spinach and Cheese Egg Muffins

- 6 to 8 strips of pork or turkey bacon, chopped
- ½ large yellow onion, chopped
- 1 ½ cups cottage cheese
- 2 cups raw spinach
- 12 large eggs

Preheat oven to 350 F and spray cooking spray in a muffin pan. Set aside. In a large bowl, use a whisk to beat the eggs. Add the cottage cheese and stir to combine. In a frying pan, cook the onion and bacon over medium heat for about 10 minutes. Drain most of the bacon fat, then add spinach and stir to combine. Cook for about 3 minutes or until spinach is wilted. Remove from heat and let cool for five minutes. Add spinach mixture to the egg mixture and stir until thoroughly combined. Place the egg mixture into a muffin pan, being careful to not overflow the muffin cups. Place a sheet pan under the muffin pan to avoid dripping in the oven. Cook for 15 to 25 minutes, until the eggs are set. Remove from the oven and let cool for 5 minutes. To remove the muffins from the pan, use a knife and glide around each muffin until you can gently remove them.

Makes 18 egg muffins. Each egg muffin has 120 calories, 8 grams (g) fat, 8 g protein, 2 g carbohydrate, 0 g fiber and 200 milligrams sodium.

Cooper's Corner

by Martha MacLeod



Judy's here

Last week my sister, Judy, came back to spend another month. I was just ready to leave home at 7 am to drive to Fargo airport to pick her up when I got a phone call. "My flight was canceled," she said. "I won't get in until 5 now." In my mind I quickly tried to rearrange my schedule before going back to bed. This was a real "UffDa!"

When I woke up I started the day over with coffee and then made plans to put Cooper in boarding at Milnor. He was delighted to go play with his friends and spend the night.

I met Judy's plane at 5, we went to Panera's for soup and sandwich and then drove home to Oakes with the full moon following us. It was a beautiful evening. The next day I spent getting an infusion for rheumatoid arthritis at the hospital and Judy slept in catching up from lost sleep the day before.

Then Saturday morning we drove to Milnor to pick up Cooper and surprise him. When he came out of boarding and got in the car he was overwhelmed. He pounced on Jude who was sitting in the passenger seat and kissed her over and over. It was an enjoyable time. As soon as I started driving he moved to the back seat. Every now and then he came up front to snuggle with Jude and give her another kiss. It was a joyful reunion.

The weather was still pleasant and we used that time to sit outside with Cooper. He entertained us as he ran around zooming in wide circles around the yard. Then he would jump on us and sit with us to catch his breath.

Then he wanted to go inside. So we all three went into the living room. But it wasn't long before Cooper wanted to go out again. He picked up a chew stick to take outside with him. It's a little game that he plays taking a chew stick outside and bringing it back when we go inside.

The leaves are off the apple tree now. We watched a squirrel pick one of the last remaining apples and eat it. He sat in the tree holding it in his paws and ate the whole thing. Cooper sat at the foot of the tree and watched. When the squirrel finished eating and started to move up in the tree Cooper began to bark and the squirrel chattered back at him.

There are two pumpkins in the rock garden. The squirrel has eaten a whole in them and taken out the seeds. Charnell came and got the pumpkins in my north yard for his cows. Several of them were also chewed on by the squirrel. That squirrel is now very chubby and ready to hibernate.

Oh yes, I solved the dilemma with the extension cord to my outdoor lights. Jim suggested that I put in a couple of nails and run the cord about four feet above the ground along the garage and over to the fence. Good idea. Cooper doesn't even know it's there. The snow came and when Cooper went out on the deck he pranced and frolicked kicking up the snow and playing with it.

It's amazing how two old women can have so much fun watching one little Shih Tzu with a fluffy white tail perched on his rump.

Happy Thanksgiving!!

Thanksgiving Safety Tips: Deep Fryer Safety

Thanksgiving is coming up and that means family gatherings and delicious home cooked dishes, like turkey, gravy and stuffing, just to name a few. There are many ways to cook your turkey, but one of the more popular ways is deep frying. If you choose to deep fry your turkey this year, please keep these simple safety tips in mind:

Make sure the turkey is thawed and dry before cooking. Ice or water that mixes into the

hot oil can cause flare ups.

Turn off the burner before lowering the turkey into the oil. Once the turkey is submerged, turn the burner on.

Leave two feet between the tank and the burner when using a propane-powered fryer.

Keep outdoor fryers off decks, out of garages and a safe distance away from trees and other structures.

Skip the stuffing when frying turkey, and avoid water-based

marinades.

Once finished, carefully remove the pot from the burner, place it on a level surface and cover to let the oil cool overnight before disposing.

Make sure to have a three-foot kid- and pet-free zone around your turkey fryer to protect against burn injuries.

Follow the manufacturer's instructions to avoid overfilling. Oil can ignite when it makes contact with the burner.

Choose a smaller turkey for frying. A bird that's eight to ten pounds is best; pass on turkeys over twelve pounds.

Never leave fryers unattended.

For more tips on safely preparing your Thanksgiving dinner, go to www.ndsc.org to download our Turkey Fryer Safety Tip Sheet.

When two heads aren't better

Days before my wife and I got married, I was invited to my future in-laws for Thanksgiving dinner. We all brought something, and I volunteered to bring a Caesar salad. I called a restaurant, and they actually gave me their recipe. It called for 5 cloves of garlic but, at the time, I didn't know the difference between a clove of garlic and the entire head. I'll never forget the look on my future father-in-law's face when he tried to eat that "thing" I created. "Wow...that's tart!" he said. —Submitted by John Certuse of Attleboro, Massachusetts.

Off the table

On Thanksgiving one year, I was racing home from work because I had several guests coming over for dinner. The only thing I still needed was a centerpiece for the table. I wanted a decorative squash, so I rushed to my local store and hunted for them until I saw the store manager. Flustered and out of breath, I yelled, "Are you out of your gourds?" to which he replied, "Why, what did we do this time?!" —Submitted by Jill Brooks of Bountiful, Utah. By the way, this is the worst day to shop for your Thanksgiving groceries.

Public Notices

www.ndpublicnotices.com

REQUEST FOR BIDS

Notice is hereby given that the City Council of the City of Oakes, North Dakota will receive sealed bids for Lots 6 & 7 Block 9 Original Plat. Property located at 411 Main Avenue. Bids must be a minimum of \$7,000.00 and include a business plan to be considered.

Sealed bids are to be submitted to the City Auditor at City Hall, 124 S 5th St

by 4:00 pm December 9th, 2024. Bids will be opened December 10th, 2024 at 6:00pm and all bidders present will have a chance to raise their bid one time after opening. The City reserves the right to reject any or all bids.
Zasha Johnson
City Auditor
(November 21, 28, 2024)

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- Be signed and include your address. Unsigned letters will not be considered. Letters may not be used to thank specific people or organizations.
- The Oakes Times reserves the right to edit for length, taste and libel considerations. Letters must be 250 words or less and deal with only one topic.
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- Preference will be given to letters from the Dickey County area. Letters from outside the area will be considered if they are of sufficient interest.

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