



A mouse story with a cheesy ending

Mice can fit through openings the size of a pencil eraser

"I saw a mouse run up the steps, into the closet and back downstairs three times," my husband commented casually.

"See? I pay attention to things," he added.

"You didn't tell our friend she had a mouse running around in her house?" I exclaimed.

"We were having a nice time, and I didn't want to ruin the evening," he shrugged.

"I would have screamed," I said, texting our friend. I glared at my husband.

"WHAT?????" she texted back.

She was raised on a farm, so the mouse had no chance. She actually ended up trapping two mice.

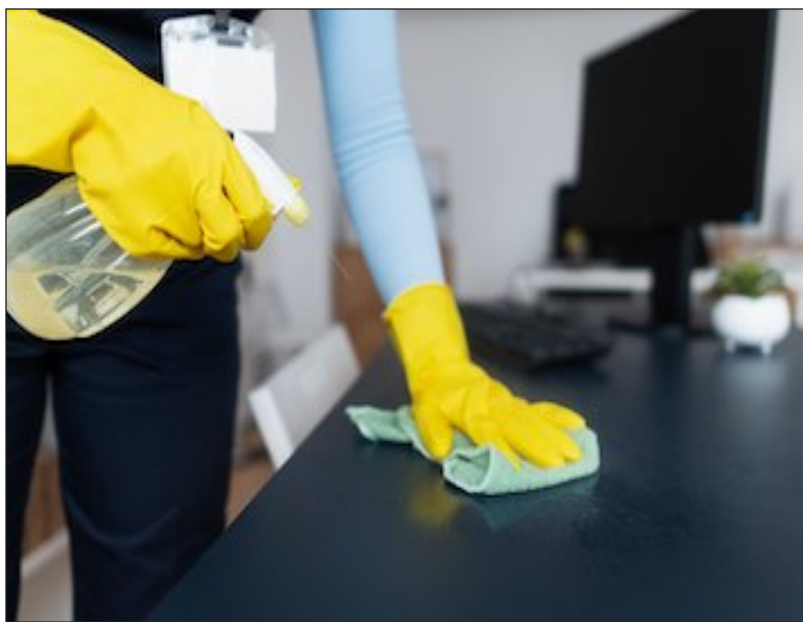
Mice have been in the news lately because they can spread po-

tentially deadly diseases such as hantavirus. Fortunately, hantavirus is rare in our area, but we still need to take precautions.

Rodents can also spread various types of bacteria, including salmonella. Without proper sanitation procedures, the germs can make their way to food from surfaces or our hands. That's why we always spend some time in food safety classes addressing pest control.

Unfortunately, this is a decidedly unappetizing column. I should have added a warning, but I'd like to share some cautions. I hope that you do not encounter mice, but here's what the Centers for Disease Control and Prevention recommends.

Mice and other pests are very



In the event of a mouse presence, wear rubber gloves and use a disinfectant to clean the area and inactive bacteria. (Pixabay photo)

opportunistic, always on the lookout for food and shelter from our cold winters.

As you begin the summer season and clean cabins, garages, boats, cars and sheds, be sure to take care to avoid encountering mice or their waste products. Protective clothing, goggles or masks are often needed for clean-up.

Look for entry points for mice and other rodents, and seal any openings. Be aware that mice can fit through openings the size of a pencil eraser or use their sharp teeth to chew the hole larger. Rats can enter through the size of a

quarter.

Fun fact: Their teeth continue to grow throughout their lifespan. Looking for gnaw marks is another way to spot an infestation.

If you are wondering if mice have been in your property, get a battery-operated black light and turn off any overhead lights. Rodent urine fluoresces, so you can see where they have been.

Avoid sweeping or vacuuming the area because that can spread the germs into the air you breathe.

If you suspect that rodents have been in a building, vehicle or

other property, open the doors and windows and allow the space to ventilate for at least 20 minutes.

Wear rubber gloves and use a disinfectant product to clean the area and inactivate the bacteria. These chemicals are registered by the Environmental Protection Agency, and they have important directions for use on the container, including safety precautions.

You can also use a household bleach solution at a ratio of 1.5 cups of chlorine bleach per gallon of water. Place the solution in a spray bottle and spray the area with the waste product so it is wet. Next, let it soak for 5 minutes. Use paper towels to wipe up the area and place in a trash bag and dispose.

Next, mop the area with a disinfectant solution according to the directions on the package. Wash your gloved hands, then remove the gloves and wash your hands.

For more detailed advice from the CDC about potentially contaminated carpets, upholstery, books and other property, see <https://www.cdc.gov/healthy-pets/rodent-control/clean-up.html>.

Here's to a healthy mouse-free summer season.

What recipe comes to mind after exploring this topic? I couldn't help but think of cheese, and here's an easy stovetop casserole recipe and nutrition analysis from Iowa State University's "Spend

Smart. Eat Smart." program.

Cheesy Chicken Casserole

- 1 tablespoon oil (canola, olive, vegetable)
- 1 medium onion, diced (about 1 cup)
- 1 clove garlic, minced
- 1 ½ cups reduced-sodium chicken broth
- 1 cup uncooked instant brown rice
- 2 cups frozen vegetables (broccoli, mixed vegetables, etc.)
- 2 cups cooked chicken, shredded or chopped
- ¾ cup cheddar cheese, shredded

Heat oil in a skillet over medium heat. Add onions and garlic. Cook for 2 minutes. Add chicken broth. Heat to boiling, then stir in instant rice and frozen vegetables. Reduce to low. Cover and cook for 10 minutes. Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.

Makes four servings (1 ½ cups each). Each serving has 390 calories, 14 grams (g) fat, 32 g protein, 32 g carbohydrate, 3 g fiber and 490 milligrams sodium.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)

North Dakota Native American Veterans Stand Down Event Will Be Held June 10-11



Services Officers (TVSOs), and entities that serve Native Veterans are encouraged to register and attend.

The event is a partnership with the National Resource Center on Native American Aging (NRCNAA), Standing Rock Sioux Tribe, and the U.S. Department of Veterans Affairs (VA). NRCNAA is housed within the Center for Rural Health (CRH), part of the University of North Dakota School of Medicine & Health Sciences.

Stand Down

Stand Down is a military term used to describe a relaxed status or withdrawal from a state of alert or readiness. Stand Down is designed as an intervention to bring a wide range of essential services to Veterans, while raising their morale and awakening their motivation.

The event focuses on bringing speakers to share information and education, along with a resource fair, which brings in people from the VA and other nonprofits that offer services to Native Veterans. After the first day, a sit-down dinner is held, and the Veterans

will bring their families to hear from keynote and motivational speakers.

The Stand Down has become an annual event and has moved across the state. In 2024, it was held with the Turtle Mountain Band of Chippewa, and in 2025, it was held with the Three Affiliated Tribes, also known as MHA Nation.

"This has been a great opportunity to bring VA representatives to tribal communities and meet them where they are at," said Collette Adamsen, director of NRCNAA and associate director of CRH. "We have had some really successful stories about people who gave up, couldn't navigate the complicated system, especially the Elder Veterans, and ended up getting signed up for benefits and getting the services they earned many years ago. It is a good feeling to hear those stories."

Education and Benefits

During the event, Veterans will learn about VA healthcare/benefits, VA home loans, disability claims, employment assistance, social services, education assistance, and more.

NRCNAA works closely with Tribal Veterans Service Office and the five tribes in North Dakota to ensure all Native Veterans and their families are aware of the resources and opportunities around the event.

"The Native Veterans have earned these benefits through their selfless service and sacrifice," said Jacob Warren, director of CRH and associate dean for rural health. "We are honored to be a part of this event and the connections that are made because of it."

How to Attend

Registration is required to attend one or both days. Visit the NRCNAA website to register. Deadline for registration is June 5.

About the National Resource Center on Native American Aging

The National Resource Center on Native American Aging seeks to identify and increase awareness of evolving Native Elder health and social issues. Through education, training, and technical assistance, they assist in developing community-based solutions to improve the quality of life and delivery of related support services to the Native aging population.

About the Center for Rural Health

Established in 1980 at the Univer-

sity of North Dakota School of Medicine & Health Sciences, the Center for Rural Health is one of the nation's most experienced rural health organizations. It has developed a full complement of programs to assist researchers, educators, policymakers, health-care providers, and most important, rural residents to address changing rural environments by identifying and researching rural health issues, analyzing health policy, strengthening local capabilities, developing community-based alternatives, and advocating for rural concerns. For more information, visit Rural-Health.und.edu.



TURTLE MOUNTAIN HOUSING AUTHORITY T.D.H.E.
A TRIBALLY DESIGNATED HOUSING ENTITY
P.O. BOX 620 • 1/4 mile S. on Hwy. #5 • Belcourt, ND 58316-0620
Telephone 701-477-5673 Administration Office Fax 701-477-3247

Job Announcement

OPENS: May 15, 2026

CLOSES: When FILLED

POSITION: Occupancy (2)

All applications can be picked up at the Turtle Mountain Housing Authority, Main Office. Applications must be fully completed. If not complete, application may be rejected. Completed applications can be submitted at Turtle Mountain Main Office, or mailed to TMHA at PO Box 620, Belcourt, ND 58316.

For more information, please contact Turtle Mountain Housing Authority at (701) 477-5673.

The TURTLE MOUNTAIN HOUSING AUTHORITY is an EQUAL OPPORTUNITY EMPLOYER

TMHA reserves the right to reject any and all applications and to re-advertise. Indian Preference will Apply.

GRAND FORKS, N.D. – The 4th annual statewide North Dakota Native American Veterans Stand Down event will be held June 10-11 at the Prairie Knights Casino and Resort in Fort Yates. This free, two-day event is dedicated to bringing programs and resources together in one location and will connect Native Veterans with the support they may need and have earned through their service. Native Veterans, spouses and surviving spouses, families, tribal leaders, Tribal Veterans



Turtle Mountain Band of Chippewa Indians

P. O. Box 900 - Belcourt, ND 58316

REQUEST FOR BIDS

The Turtle Mountain Band of Chippewa Indians, Drug and Alcohol Department is requesting sealed bids for the following:

New Chevy Suburban:

- Exterior: Black
- Interior: Jet Black
- Transmission: Automatic
- Seats: Leather
- Air Conditioning
- Four (4) Doors
- Four Wheel Drive
- Engine: V8

Bidder is required to include 3% TERO fee to bids of \$10,000 or more. Must specify 3% TERO fee.

All sealed bids should be addressed and mailed to: (Please clearly mark envelope as BID)

Allan Malatterre
Turtle Mountain Property/Supply Department
4180 Highway 281
PO Box 900 Belcourt ND, 58316
Contact No: 701-477-2635

No faxed bids will be accepted.

All tribal and TERO regulations will be applicable, and must be concurred with.

The Turtle Mountain Band of Chippewa Indian reserves the right to accept or reject any or all bids, waive any information or irregularities and re-advertise when it is in the best interest of the Turtle Mountain Tribe.

Closing Date all bids must be received on or before the close of business at 4:30 pm, May 29 2026.

STEP INTO CONFIDENCE!

Join the Stepping On Fall Prevention Program

WHERE:

Rolette County Public Health
114 3rd St NE, Rolla, ND

WHEN:

Monday
June 8, 15, 22, 29
July 6, 13, 20
1:00 PM to 3:00 PM

WHAT YOU'LL LEARN:

- Simple strength and balance exercises
- Home safety tips to reduce fall hazards
- How vision, footwear, and medication can affect balance
- Confidence-building strategies for everyday life

WHO SHOULD ATTEND:

Adults 60 years and older who live independently and want to stay that way!

FREE – NO CHARGE



Rolette County Public Health District
To Register Call 701-477-5646