

## Prairie Fare: A New Year's Resolution For An Old Friend

By Julie Garden-Robinson,  
Food and Nutrition Specialist,  
NDSU Extension

I had a conversation with an old friend of mine on Zoom. I have known him since childhood when I'd leave him a couple of spritz cookies and a glass of milk every year.

"Did you find your gift under the tree?" he asked.

"Yes, thank you! You know I collect dachshund figurines. I liked his red suit with white trim," I replied.

"His suit looks a lot like mine, but mine is a bit tattered after that cross-the-world journey," he noted.

That's a long night, and in all those different temperatures.

"I dress in layers, and I always carry a winter-survival kit," he said. "Living in North Dakota, you probably know all about this."

"I certainly do. We've already had a couple of blizzards this year," I reported.

"Unfortunately, my suit is a little snug, actually, it's really tight!" he admitted. "Eating cookies at all those stops almost caused me to get stuck in a couple of chimneys."

I suggested that he eat some carrots left out for the reindeer next year.

"Ho ho ho! I will make a note of that," he said. "Rudy, Comet and Cupid were sneaking cookies, and they could barely prop themselves in the air over France."

"I guess we all need to leave out more veggies for you next year," I remarked.

On a more serious note, he told me his blood pressure has been increasing, and his doctor said he had prediabetes.

"I'm thinking of checking out those weight-loss injections," he said. "What do you think of that?"

I told him that they seem to work well for some people, especially for those with pre-existing conditions like diabetes or heart failure. There can be side effects, including nausea and gastrointestinal symptoms.

Some people experience issues with their pancreas or kidneys. Be sure to have a conversation with your health care provider and do your research.

"If you want to lose some pounds, consider a visit with a registered dietitian or joining a weight loss support group," I suggested.

"That seems like a lot of work," he replied with a grin.

"Slow, steady weight loss of 1/2 pound to 2 pounds a week with long-term lifestyle changes works well for me," I said.

Getting 30 to 60 minutes of physical activity can be a key to strengthening your heart, losing weight and reducing your risk of diseases. In fact, losing just 5 percent to 7 percent of your body weight could reverse a prediabetes diagnosis.

"I want to get serious about this in the new year. You keep up with the research, don't you? What do we know about successful weight loss?" he asked.

The National Weight Control Registry has tracked long-term weight loss in the U.S.

"The researchers have noted that preparing low-calorie meals at home was one of the keys to success. Eating breakfast every day and monitoring your weight were important to their

## Mountrail County Promoter, Inc., Stanley, ND

success," I continued. "I don't like to write things down," he noted.

We can use technology to help track our food and fitness on apps on our phones or other devices.

"Mrs. Claus gave me a new watch that tracks everything, including my heart rate, sleep and food intake," he said. "I guess that was a pretty big hint."

Having a partner in the process is always helpful.

Consider cooking healthy meals together and going cross-country skiing at the North Pole," I said. "I think it's even colder there than the Midwest!"

"Ho ho! That it is! It was minus 40 Fahrenheit last week, but I have a block heater on my sleigh," he said.

"Our Zoom connection has been good today, Santa," I said. "We have some Field to Fork webinars beginning in February about growing and preparing healthy vegetables."

"We also have Nourish modules about healthy eating that groups can participate in. Look up [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) to see our resources. There's even a module called Pets and Health. I guess that would include reindeer."

"Thanks for all the tips, Julie. You be good and have a great year!" he said.

I left him with a recipe from our friends at Iowa State University to enjoy with Mrs. Claus and the elves.

**Veggie Dip**  
2 containers (5.3 ounces) plain Greek yogurt

1 green onion, thinly sliced  
2 teaspoons dried parsley flakes  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon garlic powder  
Assorted vegetables (carrots, broccoli, bell pepper strips, etc.)

(\$60,086.33 each) as per quote from Patriot Fire & Safety.

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the request from the Plaza Rural Fire District for assistance for the purchase of 2 grass fire trucks from the Fire and Ambulance Fund at a cost not exceeding \$242,000. Upon roll call, Hollekim, DeGroot, Ruland, Rice voted yes and Olson abstained. Motion carried.

9:40 A.M.

Rachel Johnson, Benjamin Robertson & Dan Sanchez with Robertson Counseling supplied information to the board concerning the counseling plan for the county.

Moved by Comm. Hollekim, seconded by Comm. DeGroot, to approve to enter into an agreement with Robertson Counseling for counseling within the Correctional Facility, court ordered assessments and Human Service Zone including supplying an office space in the Memorial Building with services beginning January 1, 2026. Upon roll call, Olson, DeGroot, Ruland, Rice and Hollekim voted yes. Motion carried.

10:10 A.M.

Jana Hennessy, Road & Bridge (R&B) Engineer and Mary Omar, R&B Accountant met to discuss Road & Bridge.

1. 40TH ST NW

Engineer Hennessy gave an update on the public meeting held on 40th St NW.

Engineer Hennessy also discussed the temporary construction license with the US Army Corps of Engineers totaling \$1,125.

Moved by Comm. Hollekim, seconded by Comm. DeGroot, to approve the signing of the temporary construction license with the US Corps of Engineers totaling \$1,125 for 40th St NW. Upon roll call, DeGroot, Rice, Olson, Hollekim and Ruland voted yes. Motion carried.

2. CR10 RECONSTRUCTION-WEST PHASE & CR10/CR11 PAVING

Moved by Comm. DeGroot, seconded by Comm. Olson, to approve signing the Construction Agreement between Martin Construction Inc. and Mountrail County for CR10 Reconstruction West Phase & CR10/CR11 Paving. Upon roll call, Rice, Olson, DeGroot, Ruland and Hollekim voted yes. Motion carried.

3. OLD HWY 2/PROJECT NO. 02(64)25

Engineer Hennessy discussed the different design options for Old Highway 2 Project No. 02(64)25, from Palermo to Blaisdell.

Moved by Comm. Olson, seconded by Comm. DeGroot, to approve alternative B: reconstruct the roadway with a new bituminous surface which would include sliver widening, rehabilitation of the centerline culverts and replacement of the approach culverts for Old Highway 2 Project No. 02(64)25. Upon roll call, Olson, Hollekim, Ruland, Rice and DeGroot voted yes. Motion carried.

9:20 A.M.

Laurie Johnson, Correctional Administrator met with the board for approval of the Meat judging team for out of state travel to utilize the suburban January 6-11th to the Denver National Western Stock Show.

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the out of state travel for the meat judging team on January 6-11th to the Denver National Western Stock Show. Upon roll call, Ruland, Rice, Olson, DeGroot and Hollekim voted yes. Motion carried.

Moved by Comm. Hollekim, seconded by Comm. Rice, to approve the regular salary increase form for a promotion with a banding/grading change for Ann Gustafson as a Clerk II with the Auditor/HR from a B22 to a B23 to the amount of \$32.93 per hour/\$68,498 per year. Upon roll call, Rice, Olson, DeGroot and Hollekim voted yes. Motion carried.

Moved by Comm. DeGroot, seconded by Comm. Rice, to approve the regular salary increase form for a promotion with a banding/grading change for Troy Maurer as a Chief Correctional Officer with Corrections from a B31 to a C41 to the amount of \$36.89 per hour/\$76,741 per year. Upon roll call, Olson, Ruland, Hollekim, DeGroot and Rice voted yes. Motion carried.

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