

Prairie Fare: Wintry Days And The Vitamin D Dilemma

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

We were seated at a sunny table in a restaurant recently. Brightness on a cold winter day always boosts people's moods.

When I sat in the booth, unfortunately, the sun was lasering my eyes. All the tables were full, so we could not move to a different spot. The window had no shade. I could barely see my husband across the table.

My husband noticed me moving my head from side to side as I tried to use him as a sun shield. I moved closer to the window on the side of our booth, but the wall was ice cold. "Do you want to switch places?" he asked gallantly.

"No, I should be OK," I said as I put on my coat and slid next to the wall.

"The sun will move out of the way soon," he reassured me.

On a positive side, I wondered if my skin was making any vitamin D, also called "the sunshine vitamin."

Unfortunately, sunlight through windows or windshields is not a reliable way to get vitamin D in the winter.

When my scrambled eggs and toast arrived, the glare from the sun was gone. Eggs, by the way, are a good source of vitamin D. Even if my skin wasn't making very much vitamin D, at least my breakfast was providing some.

In the 1930s, E.V. McCollum, a faculty member at the institution that would become Johns Hopkins Bloomberg School of Public Health, discovered vitamin D. At the time, a severe bone-softening disease was common among children, especially in the northern U.S. Rickets can lead to the bowing of legs and disability.

Adding vitamin D to milk became a public health measure that helped eradicate rickets. Having a spoonful of cod liver oil was another, probably less palatable, method for earlier generations to get their vitamin D and protect their growing bones.

People with dark skin, those with conditions that limit fat absorption (celiac disease, Crohn's disease), exclusively breastfed infants and those who have undergone gastric bypass surgery may be at risk of low vita-

min D.

We all need vitamin D. Vitamin D plays several other roles in our body. It helps the immune system fend off bacteria and viruses, and it helps nerves fire and muscles contract.

It works with calcium and other nutrients to keep our bones strong throughout life, plus it serves numerous other functions. It may reduce our risk for certain types of cancer. It may reduce cognitive decline and multiple sclerosis, but studies are ongoing.

In some studies, low levels of vitamin D have been linked to depression and diabetes; however, the study results are conflicting. In other words, taking vitamin D is not a treatment for these diseases.

Read Nutrition Facts labels because vitamin D levels are listed on many products. Unfortunately, most foods have no vitamin D unless it is added. Besides fortified milk, fortified breakfast cereals can be a good source.

Some foods naturally contain vitamin D, including egg yolks, and fatty fish such as salmon, sardines and mackerel.

Be sure to visit with your health care provider, who might order tests to determine vitamin D levels. Most of us in the upper Midwest probably need a vitamin D supplement at the level suggested by our health care provider.

However, too much vitamin D through supplements can be harmful and result in muscle weakness, heart rhythm issues, kidney stones and other issues.

As we briskly walked through the parking lot to our car on that cold, sunny day, I was happy we had

added a vitamin D supplement to our daily regimen.

This vitamin D-rich recipe and nutrition analysis is courtesy of the Iowa State University's "Spend Smart. Eat Smart." program. Rinsing canned fish in a colander can reduce the sodium content. Complete your meal with sliced fruit and a glass of vitamin D-fortified milk.

Salmon Wraps

4 ounces low-fat cream cheese (Neufchatel)

1 (14.75-ounce) can salmon (or tuna)

3 tablespoons light Italian dressing

¼ teaspoon ground black pepper

6 (8-inch) whole-wheat tortillas

1 tomato

1 cucumber

1 ½ cups romaine lettuce or spinach leaves, rinsed

Soften cream cheese at room temperature or microwave for 10 seconds. Wipe top of can before opening. Drain salmon in a colander and rinse with water. Add salmon, dressing and pepper to cream cheese. Stir to blend. Spread 1/3 cup filling on each tortilla. Spread to the edges. Slice tomato into thin slices, then slice in half. Cut cucumbers in half lengthwise. Scoop out seeds. Lay on flat side and cut into narrow strips. Place lettuce or spinach leaves on top of filling in center of tortilla. Top with tomato and cucumber. Roll up tightly. Serve immediately or refrigerate.

Makes six servings (1 wrap each). Each serving has 280 calories, 11 grams (g) fat, 20 g protein, 26 g carbohydrate, 4 g fiber and 740 milligrams sodium. It also has about 60 percent of the recommended daily value for vitamin D.



NOTICE OF BIDS - MOUNTRAIL COUNTY CULVERTS, CUTTING EDGES, LOADING & HAULING OF GRAVEL, CRUSHING & STOCKPILING OF AGGREGATE, SUB-GRADE REPAIRS, & APPLICATION OF DUST CONTROL PRODUCT

Notice is hereby given that sealed bids will be received until 10:00 A.M., **Thursday, February 26, 2026** at the office of the Mountrail County Road and Bridge Department, 8103 61st Street NW, PO Box 275, Stanley, ND 58784 for (1) culverts, (2) cutting edges, (3) loading & hauling of gravel, crushing & stockpiling of aggregate, (4) subgrade repairs and (5) supply and application of calcium chloride, magnesium chloride or other approved dust control product; to be available to Mountrail County for a period of one year from the date of bid acceptance or until new bids are accepted.

The bid opening will be at **10:00 A.M. on Thursday, February 26, 2026** in the Conference Room, Mountrail County South Complex. Bids will be awarded at **10:00 A.M. on Tuesday, March 3, 2026** by the Board of Mountrail County Commissioners in the County Commissioner's Emergency Room, Mountrail County Justice Center.

Awards of bids shall be made throughout the year on the basis of need as dictated by the requirements of the Mountrail County Road and Bridge Department projects, both anticipated and unanticipated.

Bids will be accepted only on bidder's proposal forms and may be obtained from the Office of the Mountrail County Road & Bridge Department, phone (701) 628-2390 or via website at: <http://www.co.mountrail.nd.us/pages/road-and-bridge>

Bidders may bid on any or all bid categories. Bidders must enclose their proposals in separate envelopes for each category bid. Bidders must enclose their proposals in sealed envelopes and have endorsed thereon the item bid on the front of the envelope. For example, "BID FOR CUTTING EDGES". For bid categories requiring additional documents (ie Contractors License or Insurance Certificate), documents must be in a separate sealed envelope, and attached to submitted bid, in accordance with ND Century Code 48-01.2-5.

Bid Submission Requirements for Cutting Edges and Culverts is a fully completed and executed sealed Bid, received on specified Bid Form. All items to be received PRIOR to bid opening.

Bid Submission Requirements for Gravel Hauling and Subgrade Repairs are (1) a fully completed and executed sealed Bid, received on specified Bid Form; (2) Copy of current North Dakota Contractors License; and (3) Copy of current Liability Insurance, Contractor's License and Insurance Certificate in a separate sealed envelope. All items to be received PRIOR to bid opening.

Bid Submission Requirements for Gravel Crushing are (1) a fully completed and executed sealed Bid, received on specified Bid Form; (2) Copy of current North Dakota Contractors License; (3) Copy of current Liability Insurance; and (4) Certified Check in the amount of \$500. Contractor's License, Insurance Certificate, and Certified check in a separate sealed envelope. All items to be received PRIOR to bid opening.

Bid Submission Requirements for Dust Control are (1) a fully completed and executed sealed Bid, received on specified Bid Form; (2) Copy of current North Dakota Contractors License; (3) Copy of current Liability Insurance; and (4) Certified Check in the amount of \$500. Contractor's License, Insurance Certificate, and Certified check in a separate sealed envelope. All items to be received PRIOR to bid opening.

The Board of Mountrail County Commissioners reserves the right to reject any or all bids, to waive technicalities and to accept that bid or those bids which appear to be in the best interest of Mountrail County. The County reserves the right to hold all bids until the next regularly scheduled County Commission meeting to permit sufficient time to review all bids prior to acceptance or rejection. **Bid award will be at the Mountrail County Justice Center, County Commissioner's / Emergency Room on Tuesday, March 3, 2026 at 10:00 A.M.**, located at 101 North Main Street, Stanley, ND 58784.

Given by order of the Board of Commissioners of Mountrail County, North Dakota, under my hand and seal this 20th day of January, 2026.
Trudy Ruland, Chairman
Mountrail County Board of Commission
Feb. 4, 11, 18, 2026



ADVERTISEMENT FOR BIDS MOUNTRAIL COUNTY STANLEY, NORTH DAKOTA COUNTY ROUTE 2 HMA SURFACING

General Notice
MOUNTRAIL COUNTY (Owner) is requesting Bids for the construction of the following Project:

COUNTY ROUTE 2 HMA SURFACING
PROJECT NO. 02(64)25

Bids for the construction of the Project will be received at the **Mountrail County South Complex** located at **8103 61st Street NW, Stanley, ND, until Thursday, February 19, 2026 at 2:00 pm** local time. At that time the Bids received will be publicly opened and read.

The Project includes the following Work:

Sliver widening, aggregate base/resurfacing existing aggregate base, and hot mix asphalt on 6.7 miles of County Route 2 beginning at County Route 3 (74th Avenue NW) and ending at County Route 11. The project will include the following approximate quantities: Borrow-Excavation - 60,000 CY; Aggregate Base Course CL 5 - 25,000 Tons; Superpave FAA 42 - 30,000 Tons; PG58H-34 Asphalt Cement - 1,700 Tons; Pipe Conduit 24IN-Approach - 600 LF; Pipe Conduit Jacked or Bored (multiple sizes) - 200 LF; Cured-In-Place Pipe (multiple sizes) - 2,000 LF.

The project has a date for substantial completion of **October 3, 2026**.

Obtaining the Bidding Documents
Bidding Documents may be viewed and ordered online at www.questcdn.com utilizing Quest project #10028809. QuestCDN can be contacted at (952)233-1632 or info@questcdn.com for assistance in free membership, downloading and working with the digital project information. The cost to download the bidding documents will be \$50.00.

The Issuing Office for the Bidding Documents is:

Sauber Engineering Inc.
2401 46th Avenue SE, Suite 110
Mandan, ND

Prospective Bidders may examine the Bidding Documents at the Issuing Office on Monday through Friday between the hours of 8:00 am and 5:00 pm. Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including addenda, if any, obtained from sources other than the website listed in this advertisement.

Instructions to Bidders
Bid will be submitted on the basis of cash payment for the work and materials. The owner intends to award a single (1) Contract on the basis of the low bid submitted by a responsible and responsive bidder for the aggregate sum of all bid items for the project.

Each bid must be accompanied by a separate envelope containing the contractor's license and bid security. The bid security must be a sum equal to five (5) percent of the full amount of the bid and must be in the form of a bidder's bond. The bond must be executed by the bidder as principal and a surety, conditioned that if the principal's bid is accepted and the contract awarded to the principal, the principal, within 10 days after the notice of award, shall execute a contract in accordance with the terms of the bid and the bid bond and any condition of Mountrail County.

The bidder must be licensed for the full amount of the bid as required by sections 43-07-07 and 43-07-12 of the North Dakota Century Code.

No bid will be read or considered that does not fully comply with requirements pertaining to bid security and contractor's license.

The successful bidder will be required to furnish a performance and payment bond in the full amount of the contract.

Mountrail County reserves the right to reject any and all bids, waive any informality in any bid, rebid the project until a satisfactory bid is received and accept the bid most favorable to the County.

For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.

This Advertisement is issued by:
Owner: Mountrail County
By: Trudy Ruland
Title: Chairman, Board of County Commissioners
Date: January 20, 2026
Jan. 28, Feb. 4, 11, 2026

ND Meetings Cover Proposed Changes For Statewide Ballot Questions

By Mike Moen, Prairie News Service

A series of public meetings continued last week, giving North Dakotans a chance to learn about new efforts to change the rules for statewide ballot measures brought by citizens and policymakers. Groups from across the political spectrum are hosting the February meetings.

Organizers said they are worried about another push by the Republican-led Legislature to add restrictions making it tougher to amend the state constitution. Lawmakers placed questions on the upcoming primary and general election ballots, arguing more safeguards are needed when monumental decisions are put before voters.

Scott Skokos, executive director of the Dakota Resource Council, said current rules allow for direct democracy, where the people of North Dakota have a "check" on legislators' power.

"That's been something that North Dakota's had for over a hundred years," Skokos stressed. "We

don't need to start stripping away that power."

One of the proposed changes calls for raising the approval threshold for ballot questions to sixty percent but Skokos pointed to other states with a supermajority rule, saying those voters are now hamstrung. Florida's higher threshold is often cited by researchers for preventing high-profile measures from succeeding. The last weeks meetings were held Thursday evening at the Fargo Public Library and Friday at the Fargo Sons of Norway.

North Dakota voters also will be asked this year whether future ballot initiatives should be limited to a "single subject." Republican lawmakers say voters might be misled if there's too much language in a ballot question.

Skokos feels it is just a way of suppressing a person's ability to think for themselves.

"The argument that the legislators make is that the voters don't know what they're voting on," Skokos observed. "My response to that is, I think the voters are smarter



PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, February 23rd, 2026 at 8:35 A.M.** over via GOTOMEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, the public meeting is being held due to previous concerns from surrounding landowners. Regarding a temporary fresh water industrial use point of diversion application filed by Schenk LLC in concurrence with Brent & Kayla Wollschlaeger-Landowner. For a tract of land 155.43 acres more or less located in the SE¼ Section 36, Township 152 North, Range 91 West (**Van Hook Township**).

The provision regarding a temporary fresh water industrial use point of diversion is contained within the Mountrail County Zoning Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at www.co.mountrail.nd.us under the Planning & Zoning section.

If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until **Noon** on Friday, February 13th, 2025. Phone: 701-628-2909 or Email: melissav@co.mountrail.nd.us

Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Human Resources Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, Randi Schumaier, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: rschumaier@co.mountrail.nd.us.

Feb. 23rd, 2026 P&Z meeting
Monday, February 23rd, 2026 8:30 AM - 11:00 AM (America/Chicago)

Please join my meeting from your computer, tablet or smartphone.

<https://meet.goto.com/437022397>

You can also dial in using your phone.

United States: +1 (571) 317-3122

Access Code: 437-022-397

Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>

Dated at Stanley, North Dakota this 30th day of January, 2026.

Charlie Sorenson, Chairman

Planning & Zoning Commission

ATTEST:
Melissa Vachal
Planning & Zoning Administrator
Feb. 4, 11, 2026

PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, February 23rd, 2026 at 8:38 A.M.** via GOTOMEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of receiving comments on a zoning/conditional use request filed by Sundre Sand & Gravel Inc-Applciant in concurrence with Jerome Harstad & Jay Harstad-Landowners to use agricultural land to mine gravel on a tract of land 80.00 acres, more or less, located in the NE¼ of Section 23, Township 154 North, Range 89 West (**Oakland Township**).

The provision regarding a zoning/conditional use is contained within the Mountrail County Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at www.co.mountrail.nd.us under the Planning & Zoning section.

If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until **Noon** on Friday, February 13th, 2026. Phone: 701-628-2909 or Email: melissav@co.mountrail.nd.us

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Planning & Zoning Commission

ATTEST:
Melissa Vachal
Planning & Zoning Administrator
Feb. 4, 11, 2026



PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, February 23rd, 2026 at 8:41 A.M.** via GOTOMEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of receiving comments on a zoning/conditional use request filed by Sundre Sand & Gravel Inc-Applciant in concurrence with Blue Water Farms LLP-Landowner to use agricultural land to mine gravel on a tract of land 40.00 acres, more or less, located in the SW¼SE¼ of Section 33, Township 158 North, Range 90 West (**Sidonia Township**).

The provision regarding a zoning/conditional use is contained within the Mountrail County Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at www.co.mountrail.nd.us under the Planning & Zoning section.

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ATTEST:
Melissa Vachal
Planning & Zoning Administrator
Feb. 4, 11, 2026

PUBLIC NOTICE

The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, February 23rd, 2026 at 8:44 A.M.** via GOTOMEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of receiving comments on a zoning/conditional use request filed by Sundre Sand & Gravel Inc-Applciant in concurrence with John Dhuyvetter & Kevin Dhuyvetter-Landowners to use agricultural land to mine gravel on a tract of land 80.00 acres, more or less, located in the E¼SW¼ of Section 33, Township 158 North, Range 90 West (**Sidonia Township**).

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than the legislators think they are."

Separate from ballot measure rules, another statewide question asks voters to revisit the thorny issue of term limits for legislators. The plan was approved in 2022, although it has resulted in a court battle, as current lawmakers seek to restructure how those term limits should work.