

North Dakota's Hwy 2 featured in season 13 of "Travels with Darley" on Prairie Public

"Travels with Darley" continues its 13th season on Prairie Public with a new episode, "North Dakota Hwy 2."

The episode followed host Darley Newman on a Highway 2 road trip from Minot to Devils Lake and Greater Grand Forks. Viewers saw local food, art, outdoor recreation and the welcoming communities that define this northern route, including street art, farmers markets, fishing, bison viewing and conversations with local artists and makers.

"North Dakota's Highway 2 is a road trip filled with surprises," Newman said. "From creative communities and local food to wide-open landscapes and unforgettable outdoor experiences, this episode showcases the people and places that make this part of the state so special."

"This partnership with 'Travels with Darley,' along with others

over the years, continues to shine a national spotlight on the authentic experiences North Dakota offers," said North Dakota Tourism Director Sara Otte Coleman. "Highway 2 highlights the culture, communities and adventures that make our state unique, and we are excited to share these stories with viewers across the country."

"Travels with Darley" blends cultural discovery, local cuisine, history and outdoor adventure. The episode aired March 29, at 3:30 p.m. on Prairie Public.

For more information on Travels with Darley and to view previous episodes featuring North Dakota, go to <https://belegendary.link/TravelsWithDarleyND>.

Gardening safety for seniors

Longer hours of daylight and warming temperatures are hallmarks of spring and each of these variables do much to contribute to the reputation of a season that's become synonymous with rejuvenation. After months spent confronting cold temperatures and huddling up indoors, people might find the welcoming conditions of spring irresistible, which compels many to spend more time outdoors.

There's no shortage of things to do outside in spring, and the season marks a perfect time to reestablish one's green thumb and get down and dirty in the garden. Gardening is a rewarding and healthy activity, though some, particularly seniors, may need to approach springtime sessions in the garden with a heightened degree of caution. Seniors can keep these health and safety tips in mind as they celebrate the return of spring and what that means for their gardens.

- Recognize that gardening is exercise. The Centers for Disease Control and Prevention identifies gardening as a good form of exercise, and evidence supports the notion that gardening is a particularly beneficial form of physical activity. A 2024 meta-analysis published in the



Journal of Neurology, Neurosurgery & Psychiatry indicated that individuals who engaged in low levels of leisure time physical activities such as gardening are likely to have a lower risk of stroke than peers who are sedentary. It's important to keep these findings in mind when gardening, which is perhaps more physically demanding than some may recognize. Seniors can approach gardening just like they would other forms of exercise, taking the same precautions, such as stretching before and after each session and making a concerted effort to remain

hydrated, while out in the garden.

- Incorporate rest into your garden routine. Rest is vital for anyone engaged in physical activity, including gardeners. Frequent breaks during gardening sessions can help avoid strains and sprains and provide opportunities to hydrate and get out of the sun. If possible, seniors can identify a shaded spot on their properties and place a bench there so they have somewhere to rest during gardening sessions.

- Utilize ergonomic gardening tools and other specialized products. The Center for Excellence in Disabilities at West Virginia University notes that ergonomics studies movements of a person's body during physical activities in an effort to produce tools that ensure a task has as little physical impact on the body as possible. Ergonomic tools are designed to lower injury risk, improve efficiency and increase satisfaction that stems from performing a particular activity. Before each gardening season, seniors can inspect their existing tools and replace them with ergonomic alternatives, if necessary. In addition, seniors can utilize specialized products, including long-handled gardening tools that reduce the need to bend over or kneel down, to further reduce their risk of injury while working in the garden.

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Flood Warnings issued for Red River area

By Valley News and Views Staff

Flood warnings were issued for the Red River and connecting waterways from Grand Forks north to the Canadian border, according to the National Weather Service.

The warnings were due to ongoing snowmelt and will remain in effect until further notice. Moderate flooding was expected along the Two Rivers River near Hallock, as well as on the Red River near Oslo, beginning Tuesday afternoon.

Closer to home, minor flooding was forecast along the Red River near Drayton beginning tonight, with minor flooding also expected at Pembina starting this afternoon.

Motorists are strongly urged not to drive through flooded roadways or around barricades.

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