

Boost your diet with these powerhouse foods

A nutritious diet is a key component of a healthy lifestyle. Avoiding certain ingredients, like saturated fats and added sugars, and choosing foods known for their nutritional benefits is one way individuals can utilize diet to live healthier. Although such foods cannot entirely eliminate risk for certain diseases or make a person invincible, eating more of them certainly can benefit individuals' overall health.

• **Kale:** Kale long has had a place on healthy eating lists. Kale is a good source of vitamins A, C and K, and also contains alpha-linolenic acid, which is an omega-3 fatty acid. According to Britannica, studies show kale can help combat heart disease and cancer, and also boost eye health by reducing risk for cataracts and macular degeneration. Kale is not the only dark, leafy green vegetable that has earned superstar status. Swiss chard, spinach, collard greens, and turnip greens are equally beneficial.

• **Berries:** There is strong antioxidant capacity associated with berries that helps reduce the risk of heart disease and other inflammatory conditions, says Healthline. That's why blueberries, strawberries, blackberries, raspberries, and cranberries are so revered by nutritionists. They're also great sources of fiber, vitamins and minerals.

• **Honey:** This natural sweetener is a powerful ally to animals and insects. Honey is one of the most appreciated and valued natural products, according to the study "Honey and Health: A Review of Recent Clinical Research," published in 2017. Since ancient times, honey has been used therapeutically due to

its antioxidant, antimicrobial, anti-inflammatory, and antiproliferative effects.

• **Walnuts:** Studies have found that those with higher nut consumption have improved cardiovascular risk factors and lower rates of cardiovascular disease. Nuts are an important part of the Mediterranean diet, which has been found to be heart healthy as well, according to Harvard Health. Walnuts are a particularly good choice for lowering LDL cholesterol, triglycerides and apoprotein B (a protein linked to cardiovascular disease).

• **Legumes:** Legumes, also known as pulses, include beans, lentils, peas, peanuts and alfalfa. Legumes are full of nutrients, like minerals, protein, fiber, and B vitamins. Healthline notes legumes also improve feelings of fullness, which may help people eat less at each meal.

• **Teff:** Not too many people have heard of teff, which is a very small grain that is a dietary staple in parts of eastern Africa. Teff is high in the nutrients iron, magnesium, zinc, calcium, and vitamin C. Teff also contains ample protein and fiber. Teff also is gluten-free, so it can be ground and used in place of other flours in cooking, says Britannica.

• **Kefir:** Fermented foods and beverages have garnered increased attention recently because of their effect on helping maintain gut health. Kefir is loaded with vitamins, minerals and nutrients, says the Cleveland Clinic. It is a fermented milk that boasts higher concentrations of probiotics than some other fermented foods, like yogurt. Kefir has approximately 12 active probiotic strains.

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Help pets acclimate to a new home

Welcoming a new pet into a family can be an exciting time. Pets are wonderful companions and can even be beneficial to their owners' overall health. The Centers for Disease Control and Prevention advises that pets may create increased opportunities for exercise. In addition, studies have shown that relationships with pets may help lower blood pressure and cholesterol and reduce triglyceride levels, feelings of loneliness, anxiety, and other ailments.

A new pet requires owners to make various changes to help both humans and companion animals.

It can take a period of transition for everyone involved to determine their new roles. Here are some strategies to help pets and people acclimate to new living situations.

• **Create a safe place.** Any person who has moved understands that relocating can be stressful. Pets may be on edge when moving into a new home because they don't have the capacity to process why a move is taking place - even if the eventual result will be something positive. Establish a quiet spot that is away from high-traffic areas so the new pet can grow accustomed to the sounds, smells and routine of its new environment. Then he or she can retreat there when necessary.

• **Retain some of the pet's items.** Owners may want to buy their pets new toys and supplies,

but they should utilize some of the pet's original and familiar items to make it easier for the animal to adjust. This familiarity can be comforting for the animals.

• **Consider the 3-3-3 rule.** Animal rescue and training organizations, such as Alpha and Omega Dog Training, say the general rule is that pet owners can expect three days of a new dog feeling overwhelmed and nervous; three weeks of settling in; and three months of building trust and bonding with new owners. New pet owners should not feel disappointed if it takes some time for a pet to settle in. Cats and other animals may acclimate differently.

• **Be patient with behavior.** Pets who have moved to new places may temporarily forget their training. This means engaging in undesirable behavior, such as having indoor accidents (or those outside a litter box), jumping up on people, howling, barking or meowing, and more. It will take some time for pets to feel safe, so reinforce training with patience.

• **Stick to a routine.** Animals prefer knowing what is coming next and are creatures of habit, says the American Kennel Club. Individuals should establish and stick to daily routines where feedings, play time, walks, and other activities occur at roughly the same time. This will help pets feel more relaxed.

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North Dakota Game & Fish

2023 sheep, moose, elk harvests

Harvest statistics released by the ND Game and Fish Department show overall hunter success during the 2023 season for bighorn sheep was 100%, 89% for moose and 71% for elk.

The department issued five bighorn sheep licenses and auctioned one. All six hunters harvested a bighorn ram.

The department issued 253 moose licenses last year. Of that total, 246 hunters harvested 219 animals -- 132 bulls and 87 cows/calves. Harvest for each unit follows:

Unit	Hunters	Bulls	Cow/Calf	Success Rate
M5	8	6	1	88
M6	10	6	1	70
M8	15	15	0	100
M9	84	33	43	90
M10	77	45	27	94
M11	52	27	15	81

The department issued 649 elk licenses last year. Of that total, 589 hunters harvested 418 elk -- 190 bulls and 228 cows/calves. Harvest for each unit follows:

Unit	Hunters	Bulls	Cow/Calf	Success Rate
E1E	128	36	54	70
E1W	104	21	45	63
E2	130	38	43	62
E3	194	73	81	79
E4	21	18	0	86
E6	12	4	5	75

ND Game & Fish tentative 2024 season opening dates

The ND Game and Fish Department annually provides its best estimate for opening dates to help hunters prepare for hunting seasons. Dates become official when approved by governor's proclamation. Tentative opening dates for 2024 include:

Spring turkey -- April 13
Deer and pronghorn bow, mountain lion -- August 30
Dove -- September 1
Youth deer -- September 13
Sharptail, hun, ruffed grouse, squirrel, youth waterfowl -- September 14
Early resident waterfowl -- September 21
Regular waterfowl -- September 28
Pronghorn gun -- October 4
Youth pheasant -- October 5
Pheasant, fral turkey -- October 12
Mink, muskrat, weasel trapping -- October 26
Deer gun -- November 8
Deer muzzleloader -- November 29

Grant supports high school trap league

Local clubs or communities interested in receiving a grant to support a high school trap shooting team must have the application in before April 1. Existing teams that have received a grant in the past are not eligible.

The ND Game and Fish Department offers a grant of up to \$1,000, with funds designed to purchase gear such as eye and hearing protection, vests, shell bags and magnetic barrel rests. Interested applicants can

print out the high school trap league grant application online at the Game and Fish website, gf.nd.gov.

For more information, contact Game and Fish education section leader Marty Egeland at 328-6612, or email megeland@nd.gov.

Weather report

PEKIN

Reports from the NDSU ND Agricultural Weather Network station at Pekin for the 24-hour period each day.

Date	High	Low	Rain
March 4	16	6	
March 5	20	2	.02
March 6	34	10	
March 7	18	4	
March 8	29	12	
March 9	39	7	
March 10	51	25	

Weather report

MICHIGAN

Reports from the NDSU ND Agricultural Weather Network station at Michigan for the 24-hour period each day.

Date	High	Low	Rain
March 4	15	3	
March 5	20	-2	
March 6	34	8	
March 7	17	3	
March 8	29	10	
March 9	37	5	
March 10	52	22	

NOTICE OF HEARING

The City Council and the Mayor of the City of Lakota, North Dakota, on its own motion and as the Lakota Planning and Zoning Commission and as its Board of Adjustment under Chapter 17 of the City of Lakota Ordinances, hereby gives notice that it proposes to consider vacating all easements in Block 3 of the Sundeen's Addition of Lakota.

A public hearing concerning vacating the easements is scheduled to be held at 6 p.m., April 1, 2024 in the Lakota City Hall, 108 E B Avenue, Lakota, ND.

The nature of the request is to replat Block 3 in the Sundeen's Addition.

The proposed variance is available for viewing and copying at the office of the city auditor at 108 E B Avenue, Lakota, ND.

Amie Vasichек
City Auditor
(Publish March 14 & 21, 2024)

PUBLIC NOTICE

The Petersburg City biennial election will be held on June 11, 2024. The four-year term of mayor, 2 four-year terms of city council, and 3 four-year terms of park commissioner positions will expire.

Candidates wishing to have their names appear on the ballot must file petitions by 4 p.m. April 8, 2024 with the city auditor office of Petersburg, ND.

Tricia Johnson
City Auditor
(Publish March 7 & 14, 2024)

NOTICE

The Board of County Commissioners of Nelson County will accept sealed bids for Culverts (Riveted and Spiral) for the current year.

Bids will be opened and publicly read at 9:30 am April 2, 2024.

Bid forms and specifications are available at the Nelson County Auditors Office, Lakota, ND or the Nelson County Highway Department, McVille, ND.

Nathan Parks,
Nelson County Auditor

NOTICE TO CREDITORS

IN THE DISTRICT COURT OF NELSON COUNTY, STATE OF NORTH DAKOTA

In the Matter of the Estate of Donovan E. Pic, Deceased.

Probate No. 32-2024-PR-00007

NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative of the above estate. All persons having claims against the said deceased are required to present their claims within three (3) months after the date of the first publication of this notice or said claim will be forever barred. Claims must be presented to Rachel A. Pich, personal representative of the estate, at PO Box 72, Crystal, ND 58222, or to Wes R. Welch, PC, Attorney at Law, PO Box 107, Park River, ND 58270, or be filed with the Court.

Dated this 5th day of March, 2024.
/s/ Rachel A. Pich
Rachel A. Pich
Personal Representative

Wes R. Welch, PC
PO Box 107
201 Briggs Ave. S.
Park River, ND 58270
701-284-7833
Attorney #05022
wesw@polarcomm.com
Attorney for Personal Representative

First Publication on the 14th day of March, 2024

Second Publication on the 21st day of March, 2024

Third Publication on the 28th day of March, 2024

(Publish March 14, 21 & 28, 2024)

NOTICE TO CREDITORS

IN THE DISTRICT COURT OF THE NORTHEAST CENTRAL JUDICIAL DISTRICT, NELSON COUNTY, NORTH DAKOTA

In the Matter of the Estate of ELVIN B. JOHNSON, Deceased.

Probate No. 32-2024-PR-00005

NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representatives of the above Estate. All persons having claims against the deceased are required to present their claims within three months after the date of the first publication or mailing of this notice, or the claims will be forever barred. Claims must either be presented to Denise Johnson Sundeen as Personal Representative of the Estate or filed with the Court.

Dated: Feb. 19, 2024
/s/ Denise Johnson Sundeen
Denise Johnson Sundeen, PR
Address: 116 McKenzie Ave.,
Lakota, ND 58344

Kelly Jane Swenseth
Swenseth Law Office, PLLC
PO Box 393
418 Fourth Avenue NE
Devils Lake, North Dakota 58301
Attorney for Personal Representative

First Publication on the 29th day of February, 2024.

(Publish Feb. 29 & March 7 & 14, 2024)

NOTICE OF HEARING ON PETITION TO VACATE ALLEY IN BLOCK 15 SOUTH ADDITION, IN LAKOTA, NELSON COUNTY, NORTH DAKOTA

Notice is hereby given that the city council of Lakota, North Dakota, upon petition of Farmers Union Oil-Cenex, will on the day of April 1, 2024 at 6 p.m. in the City Council Chambers at 108 E. B Ave., Lakota, North Dakota, consider and determine whether the city will vacate the alley described below:

To vacate entire alley of Block 15 located in the South Addition of Lakota, North Dakota commencing at the southeast corner of Lot 13, thence due north and ending on the northeast corner of Lot 24, thence due east a distance of 20.00' at the northwest corner of Lot 1, thence due south ending on the southwest corner of Lot 12, thence due west a distance of 20.00' to the point of the beginning.

Dated: February 8, 2024
City of Lakota
By: /s/ Brad Hooey
Brad Hooey, Mayor

Attest
By: /s/ Amie Vasichек
Amie Vasichек, Auditor
(Publish March 7 & 14, 2024)

MINUTES OF REGULAR MEETING ANETA CITY COUNCIL

March 4, 2024

The Aneta City Council met on March 4, 2024 at 5 p.m. at the Aneta Community Center. Present at the meeting were Jaima Curry, Manley Hegna, Kelly Kueber and Todd Whitman. Absent was Wally Borah.

Brad from Moore Engineering discussed how the water/sewer line project is going. Everything is going as planned. The bidding process will start mid-March. Michelle and Todd will sign documents from the attorney for the bond and mail them back.

Todd called the regular council meeting to order.

Minutes from the previous meeting were read and approved.

Old Business -- Jaima hasn't talked to the residents to get current meter readings.

New Business -- Jaima stated the city tax assessment meeting will need to be held in April. It was planned for April 16 at 7 p.m.

Todd stated that there are three terms of council members up this year and it is Todd, Wally and Jaima. Michelle will post in the Lakota American.

Increase in water base rate and sewer were discussed. It was decided to raise the water base rate by \$10 and the sewer rate by \$5. A motion was made by Jaima and seconded by Kelly. Vote was taken and all approved.

Finances were discussed and approved.

Bills were presented:

Todd Whitman	\$401.25
Michelle Middlestead	321.00
Karen Retzlaff	220.68
Jody Kleven	138.06
Polar	248.64
Otter Tail	3,680.45
Grand Forks Utility	26.00
One Call	0.75
Nelson Co. Sheriff	1,170.00
Brager Disposal	1,500.00
Kelly Kueber	300.00
Manley Hegna	300.00
Jaima Curry	300.00
Todd Whitman	300.00
Wally Borah	175.00
Bill Miller	514.20
Farmers Union Oil	1,557.03
Lakota American	73.50
Dakota Rural Water	2,666.28

ND State Tax
Commissioner 300.99 || lhry Insurance | 137.00 |
Nilson Brand Law	147.50
Aneta Park District	351.79
WSI	413.29

Delinquent bills were discussed. Todd will talk to these residents.

A motion to adjourn was made by Jaima and seconded by Kelly. Meeting adjourned.

Submitted by:
Michelle Middlestead
City Auditor

NOTICE OF HEARING

IN DISTRICT COURT, NELSON COUNTY, NORTH DAKOTA

In the Matter of The Estate of Scott Allen Rusten, Deceased

Probate No. 32-2024-PR-00006

NOTICE IS HEREBY GIVEN, that Angela Gullicks and Timothy Rusten have filed a Petition for Adjudication of Intestacy and Formal Appointment of Co-Personal Representatives in the above Estate.

Hearing has been set upon said Petition on March 22, 2024 at 4 p.m., local time, at the Courtroom of the above-named Court in the City of Lakota, County of Nelson, State of North Dakota.

Interested parties making an appearance or objection should contact the undersigned attorney prior to the hearing.

Dated this 20th day of February, 2024.

/s/Shannon P. Uglem
Shannon P. Uglem No. 05911
Attorney for Applicants
UGLEM LAW, P.C.
PO Box 589
Northwood, ND 58267
701-587-6121
shannon@uglemlaw.com
(Publish Feb. 29 & March 7 & 14, 2024)

UNAPPROVED MINUTES OF REGULAR MEETING LAKOTA CITY COUNCIL

March 4, 2024

The Lakota City Council held its regular meeting on March 4, 2024 at the city hall. Mayor Brad Hooey called the meeting to order at 6 p.m. All council members were present.

Member Mattern made a motion to approve the Feb. 5, 2024 regular meeting and Feb. 9, 2024 special meeting minutes, seconded by Member Solberg. Motion carried.

Member Vasichек made a motion to approve installing additional cameras at the community center utilizing the shared maintenance fund with the school, pending school board approval, seconded by Member Mattern. On a roll call vote, all members voting in favor. Motion carried.

Member Solberg made a motion to approve the petition to vacate the current utility easements on Block 3, Sundeen's Addition, seconded by Member Nelson. On a roll call vote, all members voting in favor. Motion carried.

Member Mattern made a motion to trade in the 2017 John Deere Z930M and purchase Z930R Ztrak, seconded by Member Nelson. All voting in favor, except Member Vasichек who abstained. Motion carried.

Member Solberg made a motion to approve an eight-month government lease agreement with Leading Edge Equipment for a John Deere tractor, seconded by Member Fahey. On a roll call vote, all members voting in favor except Members Mattern and Nelson who opposed and Member Vasichек who abstained. Motion carried.

Member Vasichек made a motion to allow up to a \$6,000 budget to replace the aeration system for the golf course fountain, seconded by Member Mattern. On a roll call vote, all members voting in favor. Motion carried.

After reviewing the bills and vouchers, a motion was made by Member Mattern to pay all the bills presented for payment and those bills paid prior to the meeting. Member Vasichек seconded the motion. Motion carried on roll call vote of 6-0.

Advanced Business

Methods \$239.84

MINUTES OF REGULAR MEETING PETERSBURG CITY COUNCIL

March 4, 2024

Petersburg City Council met March 4, 2024 at 7 p.m. at the community center. Members present were James Schmidt, Susan Dahl, Brian Johnson and Tricia Johnson. Amber Vickaryous and Kevin Sundre were not present.

James called the meeting to order at 7 p.m.

Feb. 5, 2024 meeting was canceled.

Motion by Susan, second by Brian, to approve the Jan. 8, 2024 minutes. Motion carried.

Motion by Brian, second by Susan, to approve the current financial report and bills to be paid. Motion carried.

Otter Tail Power \$958.47
Tri-County \$54.70
David Galloway \$221.64
Tricia Johnson \$507.92
Lakota American \$45.00
WSI \$250.00
Erwin Schmidt \$249.34

Office of the State

Auditor \$315.00
Otter Tail Power \$817.86
Tri-County \$54.70
David Galloway \$221.64
Tricia Johnson \$507.92
Amber Vickaryous \$138.52
Kevin Sundre \$83.11
James Schmidt \$83.11
Susan Dahl \$83.11
Brian Johnson \$83.11
Polar Communications \$47.83
Nelson Co. Sheriff's

Department \$810.00
Otter Tail Power \$54.11
Polar Communications \$47.83
Nelson Co. Sheriff's

Department \$810.00
Otter Tail Power \$49.41
BND \$7,050.00

The following terms will expire; four-year mayor term of Amber Vickaryous, four-year council terms

Aramark 79.29
BCBS 7,878.55
Computer Express 6,488.95
Dept. of Environmental 190.60
EFTPS 2,145.14
EFTPS 2,284.97
Eian 2,405.92
Farmers Union Oil 1,204.91
Ferguson Waterworks 3,190.22
GF Utility 101.00
Hawkins 602.76
Krabbenhoff 138.48
Lakota Hardware 283.80
Lakota Municipal

Utilities 450.00
Lakota Municipal

Utilities 547.77
Lakota Municipal

Utilities 7,868.86
Lakota Sanitation

Service 11,602.35
Land Surveying

Services 840.00
Leach, Rick 2,540.00
Leading Edge Equip. 3,000.00
Mailfinance 600.00
Mead & Hunt 13,400.00
MRES 83,272.18
Nationwide 290.00
NDPERS 3,619.46
NC Sheriff 3,415.00
Nelson Electrical 786.12
Neonlink 41.20
Nodak 1,035.37
ND Telephone 49.24
Ohnstad Electric 188.16
Quill 68.47
Renewed State 1,501.99
Rough Rider Industries 62.60
Till House 2,500.00
Ulland, Josh 187.60
Verizon 180.12
Willert, Paul 250.00
Witzel Construction 1,396.00
WSI 2,930.87
Zions Bank 94,560.02
City Salaries 11,981.62
City Salaries 12,751.86
Total \$289,151.29

Next regular meeting is scheduled for Monday, April 1, 2024 at 6 p.m. and the tax equalization will be held prior at 5:30 p.m. the same day.

Member Mattern made a motion to adjourn the meeting, seconded by Member Nelson. Meeting adjourned at 7:32 p.m.

Amie Vasichек
Auditor

Brad Hooey
Mayor

of James Schmidt and Susan Dahl, four-year terms of park board commissioners Janet Sonderland, Courtney Molstad and Josh Dahl. The filing deadline is 4 p.m. April 8, 2024. The city election will be held on June 11, 2024.

The board of tax equalization meeting will be held April 15, 2024 in the community center building.

2024 wastewater sample receipt schedule was sent to the city and will be given to David Galloway.

The Petersburg Fire Department will be submitting an application for a raffle at the council's next meeting.

The city received a letter from the state: Water Development Plan 2025-27 Biennium and beyond -- upcoming projects; it was determined this does not pertain to the city.

The council contacted the fire department to request the burn permit be utilized in the given period at the landfill.

The council discussed if there has been any LEPC committee activity and will inquire.

The city received Ning's Thai Cuisine deposit of \$800 plus \$20