

FUN & GAMES

THIS DAY IN... HISTORY
1901 New York becomes the first state to require license plates on cars.
1944 The United Negro College Fund is incorporated.
1990 Violeta Chamorro takes office as president of Nicaragua, becoming the first woman to hold the position.

GET THE PICTURE? Can you guess what the bigger picture is? Answer: Tennis racket.
Get ready! May is Tennis Month.
How they SAY that in... ENGLISH: Ball, SPANISH: Bola, ITALIAN: Palla, FRENCH: Boule, GERMAN: Ball

CROSSWORD PUZZLE
ACROSS: 1. Provokes, 4. Greasy substance, 5. Digit, 7. Beginning tennis play
DOWN: 1. Racket sport, 2. Earn a point, 3. Turning over and over, 6. Unclear, indistinct
Answers on back page

What's the Difference? There are four differences between Picture A and Picture B. Can you find them all?



Answers: 1. Missing tennis ball 2. Ball in back 3. water bottle different color 4. "Water" written on bottle

Did you know? Tennis is believed to have originated in the monastic cloisters in northern France in the 12th Century. The ball was originally struck with the palm of the hand.

ASK DR. UNIVERSE A science column for kids from Washington State University

Dear Dr. Universe: Why are some veggies called fruits because of their seeds? -- Valerie, 10, New Mexico
Dear Valerie,
Every summer I grow peppers in my garden. I always thought they were vegetables. But you're right that my peppers have gobs of seeds like fruits do.
To figure out what's going on, I talked with my friend Jacob Blauer. He's a plant scientist at Washington State University.
He told me that whether something is a vegetable or fruit depends on what part of the plant it comes from.
"Plant products that come from plant parts like roots, leaves or stems are veggies," Blauer said. "If they come from a flower and bear seeds, they're a fruit in botanical and scientific terms."
Botany is the plant science that looks at the structures that make up a plant's body. Like its roots, leaves and stems. When you chow down on a carrot, you're eating the carrot plant's root. When you eat lettuce, you're eating the lettuce plant's leaves. When you chomp on some celery, you're eating the celery plant's stem. These are all vegetables.
But my peppers don't come from the pepper plant's roots, leaves or stem. A pepper forms when my pepper plant reproduces through a flower. That's how it makes seeds that will become baby plants.
After a flower forms, pollinators like the wind or insects come along. They move pollen from one part of the flower to another part of the flower. Or between flowers. Soon, a teeny, tiny pepper full of seeds begins to grow.
The whole point of the pepper is to move those seeds to a new place. In the wild, birds gobble up the peppers and seeds. Then

they fly off and poop out pepper seeds somewhere else. Those pooped-out seeds can grow into new pepper plants. Since peppers come from a flower and have seeds, botanists call them fruits. Even though they're not sweet or tart like most fruits. There are lots of fruits like that -- like tomatoes, squashes, eggplants, cucumbers and avocados.
As a science cat, I think it makes lots of sense to classify plant foods based on botany and plant science. But humans are complicated animals. So, nutrition experts sometimes classify a plant food based on other traits, too. Like how sweet or savory it is. Or how it's usually cooked.
That's why some fruits -- like my peppers -- wind up in the vegetable group. If that seems a little confusing, that's because it is. It can make it challenging for scientists who work with plants that are classified in more than one way. It can also make it harder for food programs to get the most nutritious foods to people -- because there are lots of opinions on how to classify plant foods.
Blauer told me that potatoes have a classification problem like my peppers do. According to science, they're vegetables. They're a plant part that grows underground called a tuber. That's an underground branch that stores vitamins and complex sugars called starches.
But sometimes potatoes get kicked out of the vegetable group and called less nutritious because of those starches. That's a shame because the humble spud is so nutrient-dense that it's fed hungry people throughout history and helped shape the world we know today.
When it comes to nutrition, it's a real peeler of strength.
Sincerely, Dr. Universe

Making youth sports safer for athletes

According to Stanford Medicine Children's Health, more than 3.5 million children ages 14 and younger get hurt each year while playing sports or participating in recreational activities. The Centers for Disease Control and Prevention reports high school athletes account for an estimated two million injuries, half a million doctor visits and 30,000 hospitalizations each year. A 2011 study of Canadian youth published in Science Direct found that 66 percent of injuries among young people between the ages of 12 and 19 were sports-related. In the face of such data, parents may be left wondering what can be done to reduce injuries.
Cross train for overuse injury prevention
The Canadian Strength & Conditioning Association says overtraining may be one contributor to these injuries. Overuse injuries involve repetitive strain placed on bones, tendons and ligaments, which differ from acute injuries that occur during a traumatic event. A 2009 study from the American College of Sports Medicine found the number of anterior cruciate ligament (ACL) reconstructions performed on children between the ages of three and 20 in New York increased by 100 percent between 1990 and 2009. The Children's Hospital of Philadelphia says ACL tears in children are not typically common compared to all injuries they suffer. However, they are more prevalent among youths who participate in organized sports that involve a lot of running, jumping, twisting, and pivoting. Children need to take breaks from sports to allow their bodies to recover and to incorporate variety into their activities through cross training to avoid repetitive strain on one area of the body. In addition, muscles that have had the chance to warm up are less vulnerable to overuse injuries.
Use proper technique
It is essential that young ath-

letes be schooled in the proper techniques when engaging in physical activity. Coaches should make sure that athletes are employing the proper techniques before sending them into games.
Get the proper equipment
Protective equipment, such

as helmets, pads, shoes, and more, are vital for injury prevention and should never be overlooked.
Listen to your body
Young athletes should not be advised to play through pain. Doing so can exacerbate any in-

juries and lead to more damage that may sideline an athlete for a long time, says Johns Hopkins Medicine. Less focus on being the best at all costs from coaches and parents may remove the pressure to play no matter what.
-metrocreativeconnection

REQUEST FOR PROPOSALS TO PERFORM CONSTRUCTION ENGINEERING SERVICES FOR NELSON COUNTY

SC-3200(051) PCN 24009

Nelson County will engage the services of a prequalified engineering firm to perform Construction Engineering on the following project in Nelson County scheduled to be completed in 2024.

SC-3200(051), PCN 24009; Bituminous Seal Coat and Fog Seal Nelson Co Hwy. 23 and 4A and Stump Lake Park. The Project is listed under the April 12, 2024 bid opening, Job 24009. Plans can be viewed on the NDDOT website at the following location: https://www.dot.nd.gov/dot/eplans/

- Work to be performed by Consultant includes:
Construction Services: Perform Project Management, Project Administration, Construction Observation, Surveying, and Material Testing. Additional services, if required, may be negotiated and supplemental agreements issued based on the consultant's performance, the consultant's proposal and available funding.
Firms are invited to submit a proposal for the project listed above. The Proposals shall provide the following information:
- Past performance
- Ability of professional personnel
- Willingness to meet time and budget requirements
- Location
- Recent, current, and projected workloads of the persons and/or firms
- Related experience on similar projects
- Recent and current work for the County
- Project understanding, issues & approach

The proposal pages shall be numbered and must be limited to 5 pages in length. Proposals that exceed the 5 page length requirement will not be considered. The cover letter will not be counted as one of the 5 pages. The proposal should list the personnel who will be assigned to work on the project, including titles, education, and work experience. Nelson County will only consider proposals received prior to 1 p.m. CT on May 10, 2024. Late proposals will be deemed unresponsive.

The consultant's proposal may include an appendix. Resumes, references, a statement of qualifications and other materials outlining experience may be included in an appendix. The appendix will not be considered as part of the 5 page proposal. Each proposal will be evaluated by a selection committee.

Nelson County will conduct interviews. The County plans to interview up to three (3) of the most qualified engineering firms based on whose proposals most clearly meet the RFP requirements. Interviews are anticipated to take place within two weeks of the proposal due date. Firms not selected to be interviewed will be notified in writing.

Fees shall be negotiated with the successful firm. If the fee cannot be agreed upon, the County reserves the right to terminate negotiations, and then negotiate with the second and third ranked firms in order, if necessary, until a satisfactory contract has been negotiated.

All costs associated with the proposal shall be borne by the proposer. The County reserves the right to reject any and/or all proposals and to not award contracts for any and/or all projects.

Engineering firms interested in performing the work shall submit seven (7) hard bound copies and an electronic .PDF file of their proposal to:
Nelson County Auditor 210 B Ave W, Suite 201
Lakota, ND 58344
SC-3200(051), PCN 24009
701-247-2463
naparks@nd.gov

Title VI assures that no person or group of persons may, on the grounds of race, color, national origin, sex, age, or handicap or disability, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any and all programs or activities administered by the Department. For information regarding the Title VI Program see the NDDOT website at: https://www.dot.nd.gov/about-nddot/civil-rights/title-vinondiscrimination-and-ada

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