Lakota American

Page B9

A bowl full of flavor

Boost nutrition with a tropical treat

A smooth, fruity smoothie provides a delicious way to start your morning strong, add muchneeded afternoon energy or cap off a successful day as a betterfor-you dessert. The next time you crave a tasty treat, turn to this tropical boba smoothie for a little sip of paradise.

Thicker than traditional boba tea, this tropical-inspired solution features a creamy blend of pineapple, mango, strawberries and coconut served over shiny black boba pearls. With a splash of milk and dollop of plain Greek yogurt, it also boasts the benefits of dairy that are fundamental to good nutrition.

In fact, a balanced diet includes a variety of foods -- like dairy -- to get essential nutrients and is important to maintain healthy gut and immune function and optimize overall wellness

Visit MilkMeansMore.org to find more nutritious recipe ideas. This recipe by Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More

Tropical Boba Smoothie Total time: 10 minutes Servings: 1 1 pack (2.12 ounces) instant brown sugar boba

1-1/2 cups frozen mixed pine-



apple, mango and strawberries 1/2 cup milk (whole or 2%) 1/4 cup plain Greek yogurt

(5%, 2% or fat free)1 tablespoon honey

1/4 teaspoon coconut extract or vanilla

Prepare boba according to package directions.

In blender, combine fruit, milk, yogurt, honey and coconut extract. Cover and blend until nearly smooth.

Place boba in 14-16-ounce glass. Pour fruit mixture over top. Serve.

--Family Features

This crispy side is popular in country kitchens

Country cooking often is associated with southern cooking, at least in the United States. Recipes feature no-nonsense meals made of unassuming ingredients that are often locally sourced.

Various dishes are associated with country cooking, from macaroni and cheese to grits to collard greens. Buttermilk biscuits also are high on the list. Hush puppies are another treat that often are whipped up in country kitchens. Legend states that these crispy bites were tossed to hunting dogs so that the dogs wouldn't bay and scare off the game planned for the evening's meal. Hush puppies can be served in lieu of bread or

muffins alongside grilled and fried fish, or other meats. Try this recipe for "Crispy Hush Puppies" courtesy of Virgil's Barbecue Road Trip Cookbook (St. Martin's Press) by Neal Corman with Chris Peterson.

Crispy Hush Puppies Serves 4-6 1 cup yellow cornmeal

1 cup all-purpose flour

pings and more, it's easy to create the perfect sandwich. For 1 tablespoon white miso example, this croissant chicken 1/4 cup butter salad sandwich is served on a 1-1/2 pounds shrimp, peeled, fluffy, light, mouthwatering croissant and features a hearty

1/4 teaspoon salt

1 cup mushrooms, sliced

1 red bell pepper, diced

To make this quick and easy recipe, prepare the quinoa according to the package directions and set aside.

If you're looking for a din-

ner or lunch combination that

is wholesome, filling and, of

course, easy, you're not alone.

Meal prepping is a popular trend

for many people (and families)

who are working on healthy

eating habits but are constantly

for a healthy family dinner, a

quick lunch at home or an easy

idea to meal prep for the week

ahead, this orange shrimp qui-

noa bowl is perfect for seafood

lovers who also enjoy a hint of

spice. It's fresh, healthy and full

of deliciously prepared shrimp

and veggies, including mush-

rooms, peppers and cucumbers.

sweet yet spicy vibe. Everything

rests over 1 cup of steamy qui-

noa -- a filling base that also

The sauce is light and has a

No matter if you're searching

on the go.

Next, combine orange juice, hot sauce, honey, soy sauce, vegetable oil, lime juice and miso in a medium bowl and whisk

Pour about one-fourth of the liquid into a separate bowl and set aside the smaller portion.

shrimp to marinate for about 15 minutes.

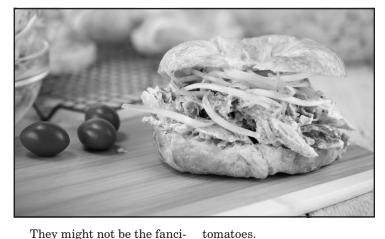
Add butter to a hot skillet, along with the shrimp mixture. Cook shrimp for 2 minutes on each side then add mushrooms

Now it's time to assemble your bowls. Start with quinoa then top with bell peppers, cucumbers, green onions, avocado and the perfectly pink shrimp. Sprinkle with sesame seeds and Drizzle bowls with the remain-

77879 ABSTRACT OF STATEMENT FOR THE YEAR ENDING **DECEMBER 31, 2023** of the 5 Star Life Insurance Company

ABSTRACT OF STATEMENT FOR THE YEAR ENDING **DECEMBER 31, 2023** of the 4 Ever Life Insurance Company In the state of Illinois 184,230,748 102,979,754 Total Assets Total Liabilities Aggregate write-ins for special surplus funds Common Capital Stock 2,500,000 Preferred Capital Stock Aggregate write-ins for other than special surplus funds Surplus notes 0 Gross paid in and contributed surplus 1,126,255 Unassigned funds 77,624,739 Total capital and surplus 81,250,994 Total Liabilities, Capital 184,230,748 and Surplus NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023 Total Life and Annuity **Premiums Written** 68.986 Total Life and Annuity 180,128 Direct Losses Paid

An elevated sandwich for any occasion



tomatoes. est of foods, but when you eat

a filling, protein-packed sand-

wich, you are usually left satis-

fied and full of energy. From

ham and turkey to mayo and

mustard, the possibilities are

nearly endless when sandwiches

options for bread, meats, top-

mixture of chicken, bacon and

veggies to give you that boost

six slices of bacon in a skillet.

Cook until slightly crispy. Drain

over a paper towel and crush

ry tomatoes in half and chop

chicken, mayonnaise, chopped

green onions, pepper, bacon

crumbles and halved cherry

Those wishing to make do-

nations to help with the cost of

general maintenance and up-

keep of Nelson County Sheriff's

Office K-9 program are asked

to send them to the NCSO-K9 $\,$

Fund. This is a tax deductible

donation and a receipt letter will

be mailed to donors. Please send

210 B Ave West Suite 102

81213 ABSTRACT OF STATEMENT FOR THE YEAR ENDING

DECEMBER 31, 2023

of the

donations to:

NCSO-K9 Fund

c/o Sheriff Schwind

Lakota, ND 58344

Donations for

K-9 program

Nelson County

On a cutting board, cut cher-

In a mixing bowl, combine

To make the sandwich, line

you have been craving.

into pieces.

green onions.

With so many customizable

are on the menu.

Cut croissants in half and scoop a generous amount of chicken salad onto the bottom of the croissant. Top with sprouts and replace top croissant.

The chicken is creamy, the bacon crumbles are crispy and the green onions give it crunch, making this sandwich perfect for nearly any occasion. Whether it's a bridal shower, picnic at the park with family or just lunch on a weekend afternoon, it can give you the energy to go forward and finish your day strong.

Find more recipes at Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

Croissant Chicken Salad Sandwich with Sprouts Servings: 6

6 strips bacon

1 rotisserie chicken, shredded

1/2 cup mayonnaise

1/4 cup green onions, chopped 1/2 teaspoon pepper

1/2 cup cherry tomatoes, quartered

Sprouts

In skillet, arrange bacon and cook until slightly crispy. Drain bacon over paper towel; allow to dry. Crush into pieces.

In large bowl, stir chicken, mayonnaise, green onions and pepper until combined. Add bacon and tomatoes; stir until combined.

Cut croissants in half. Spoon generous portion of chicken salad over bottom croissant. Top with sprouts. Replace top croissant.

--Family Features/ Culinary.net

MINUTES OF REGULAR MEETING

ANETA CITY COUNCIL May 6, 2024 The Aneta City Council met on May 6, 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 from the meeting was Wally Borah.



1/3 cup minced yellow onion 1/4 cup fresh corn kernels 1/2 tablespoon granulated

- sugar 2 teaspoons onion powder 1 teaspoon baking powder
- 1-1/2 teaspoons kosher salt 1 cup buttermilk
- 1 extra-large egg

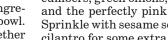
4 cups canola oil

Combine the first eight ingredients in a medium mixing bowl. In a separate bowl, mix together the egg and buttermilk.

Add the buttermilk mixture to the dry mixture and blend. Refrigerate for 2 hours. Cook in hot oil until crisp.

-metrocreative connection

78700



together. In the medium bowl, add

and cook until tender.

cilantro for some extra texture.

ing sauce.

Find more wholesome recipes at Culinary.net. Orange Shrimp

Quinoa Bowls Serves 2 1 cup quinoa

1 cup orange juice 1 tablespoon hot sauce

1 tablespoon honey

1 tablespoon soy sauce

4 tablespoons vegetable oil 1 tablespoon lime juice

eveined and tails removed

1/8 teaspoon pepper

1 avocado, sliced 1 teaspoon sesame seeds

1 cucumber, sliced into half moons 5 green onions, sliced

serves as an easy way to add some healthy grains to your diet. 2 tablespoons cilantro, chopped

Cook quinoa according to package instructions. Set aside. In medium bowl, whisk or-

ange juice, hot sauce, honey, soy sauce, vegetable oil, lime juice and miso until combined. Pour one-quarter of liquid into separate bowl. Set aside.

Add shrimp to remaining mixture and marinate 15 minutes.

Heat large skillet over medium heat with butter. Add shrimp, salt and pepper. Cook 2 minutes on each side until pink. Add mushrooms and cook until tender.

In two serving bowls, divide quinoa, bell pepper, cucumber, onions, avocado and shrimp. Sprinkle sesame seeds and cilantro over both bowls.

ing.

Drizzle with reserved dress---Family Features/ Culinary.net

80985

ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2023

72052

of the		
Aetna Health Insurance Company		
In the state of Pennsylvania		
Total Assets 242,743,776		
Total Liabilities 118,229,528		
Aggregate write-ins for		
special surplus funds 0		
Common Capital Stock 2,501,000		
Preferred Capital Stock 0		
Aggregate write-ins for		
other than special		
surplus funds 0 Surplus notes 0		
Gross paid in and		
contributed surplus 522,516,449		
Unassigned funds -400,503,201		
Total capital and		
surplus 124,514,248		
Total Liabilities, Capital and Surplus 242,743,776		
NORTH DAKOTA BUSINESS		
ONLY FOR THE YEAR 2023 ACCIDENT AND HEALTH		
Total Premiums Earned 15,331		
Total Amount Incurred 31,204		
STATE OF NORTH DAKOTA		
OFFICE OF THE COMMISSIONER		
OF INSURANCE		

I, Jon Godfread, Commissioner of Insurance of the State of North Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the Company in this office. IN TESTIMONY WHEREOF,

I have hereunto set my hand and affixed the seal of this office at Bismarck, the first day of May, A.D. 2024. (SEAL)

JON GODFREAD

Commissioner of Insurance STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE

COMPANY'S CERTIFICATE OF

AUTHORITY WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the business of insurance and

WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law aforesaid,

NOW THEREFORE, I, JON GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws, do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025. **IN TESTIMONY WHEREOF**, I have

hereunto set my hand and seal at Bismarck this first day of May, A.D., 2024 (SEAL)

JON GODFREAD

Commissioner of Insurance (Publish May 2, 9 & 16, 2024)

ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2023

of the Aetna Health and Life Insurance Company In the state of Connecticut 489 564 469 Total Assets 266.102.892 Total Liabilities Aggregate write-ins for special surplus funds 0 Common Capital Stock 2,500,000 Preferred Capital Stock Aggregate write-ins for other than special surplus funds 0 Surplus notes 0 Gross paid in and contributed surplus 214,010,000 Unassigned funds 6,951,577 Total capital and 223,461,577 surplus Total Liabilities, Capital 489,564,469 and Surplus NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023 ACCIDENT AND HEALTH 28,246 21,759 Total Premiums Earned Total Amount Incurred STATE OF NORTH DAKOTA

OFFICE OF THE COMMISSIONER OF INSURANCE

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JON GODFREAD

Commissioner of Insurance STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE

COMPANY'S CERTIFICATE OF AUTHORITY

WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the

business of insurance and **WHEREAS**, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law aforesaid.

NOW THEREFORE, I, JON GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws, do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025. IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at Bismarck this first day of May, A.D., 2024. (SEAL)

JON GODFREAD

Commissioner of Insurance (Publish May 2, 9 & 16, 2024)

In the state of Nebraska 321,119,661 281,997,422 Total Assets Total Liabilities Aggregate write-ins for special surplus funds Common Capital Stock 2,500,050 Preferred Capital Stock 0 Aggregate write-ins for other than special surplus funds 0 Surplus notes 0 Gross paid in and contributed surplus 44,221,049 Unassigned funds -7,598,860 Total capital and 39,122,239 surplus Total Liabilities, Capital 321,119,661 and Surplus NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023 Total Life and Annuity Premiums Written 231,231 Total Life and Annuity Direct Losses Paid 36,772,711 Total Accident & Health Direct Premiums Written 3 Total Accident & Health Direct 31,776 STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE

I, Jon Godfread, Commissioner of Insurance of the State of North Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the

Company in this office. IN TESTIMONY WHEREOF I have hereunto set my hand and affixed the seal of this office at Bismarck, the first day of May, A.D. 2024. (SEAL) JON GODFREAD

Commissioner of Insurance STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE COMPANY'S CERTIFICATE OF

AUTHORITY

WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the business of insurance and

WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law

aforesaid, NOW THEREFORE, I, JON **GODFREAD**, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws. do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025.

IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at Bismarck this first day of May, A.D., (SEAL) JON GODFREAD

Commissioner of Insurance

(Publish May 2, 9 & 16, 2024)

Total Accident & Health Direct Premiums Written Total Accident & Health Direct 4,087 Losses Paid STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER

OF INSURANCE

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JON GODFREAD

Commissioner of Insurance STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE COMPANY'S CERTIFICATE OF

AUTHORITY

WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the business of insurance and

copy of its charter with certificate of organization in compliance with the requirements of insurance law aforesaid,

NOW THEREFORE, I, JON **GODFREAD**, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws. do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025.

hereunto set my hand and seal at Bismarck this first day of May, A.D., JON GODFREAD

Commissioner of Insurance (Publish May 2, 9 & 16, 2024)

American Maturity Life Insurance Company In the state of Connecticut 30,745,995 Company Total Liabilities 14,285,743 Aggregate write-ins for special surplus funds 248,378 Common Capital Stock 2,500,000 Preferred Capital Stock Aggregate write-ins for other than special surplus funds Surplus notes 0 Gross paid in and 21,481,154 -7,769,280 contributed surplus Unassigned funds Total capital and surplus Total Liabilities, Capital 16,460,252

and Surplus 30,745,995 NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023

0

0

0

- Total Life and Annuity
- Premiums Written Total Life and Annuity Direct Losses Paid
- Total Accident & Health Direct Premiums Written Total Accident & Health Direct
- Losses Paid STATE OF NORTH DAKOTA 0

OFFICE OF THE COMMISSIONER OF INSURANCE

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have hereunto set my hand and affixed the seal of this office at Bismarck, the first day of May, A.D. 2024. (SÉAL)

JON GODFREAD

Commissioner of Insurance STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE

COMPANY'S CERTIFICATE OF

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business of insurance and WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law aforesaid, NOW THEREFORE, I, JON

GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws, do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025. IN TESTIMONY WHEREOF, I have

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JON GODFREAD

Commissioner of Insurance (Publish May 2, 9 & 16, 2024)

Brad from Moore Engineering joined the meeting to discuss the water/sewer line project. The bid the city received was discussed. A motion was made by Kelly to award the bid to KPH, seconded by Jaima. A roll call vote was taken; all voted yes. Todd called the regular council

meeting to order. Minutes from the previous meeting

were read and approved. Financials were read and approved.

Old business was discussed It was brought up that Lon should receive something for all the work he has done on water tower repairs and putting the new lights up in the community center.

New business was discussed. Heidi Lemaire joined the meeting to discuss the basketball and tennis court. She is hoping to find someone to replace the lights. She said she is willing to look for funding and grants to help with costs of lights and fixing up the courts. Everyone from the council agreed to Heidi seeking out what kind of funding is available.

The 2021 and 2022 audits came back and were discussed. Michelle is going to check on a couple of the suggestions that were made.

Kelly asked about getting a dumpster for city cleanup week. Manley will call Zaun Roll-Off about getting a dumpster as soon as possible. Michelle will type up the poster stating what cannot be put in the dumpster.

Todd mentioned that the white elevator may get taken down next year.

Kelly stated that Paul Retzlaff would like to move the American Legion sign by the auditorium. Todd stated that the city does not want it by the auditorium.

The old lawn mower has been advertised for sale. Mandy has posted it on Bis-Man and Facebook Marketplace.

Bills were discussed

Moore Engineering\$		
Todd Whitman	401.25	
Michelle Middlestead	321.00	
Otter Tail Power	1,884.27	
Dakota Rural Water		
District	3,049.00	
Polar Communications	258.13	
Brager Disposal	1,500.00	
Nelson Co. Sheriff	1,170.00	
Aneta Park District	170.09	
Lakota American	326.25	
Farmers Union Oil	24.65	
GF Utility Billing	26.00	
Karen Retzlaff	220.68	
Nilson Brand Law	118.00	
One Call	2.25	
Bill Miller	469.46	
Ihry Insurance	3,192.00	
Jaima Curry	350.00	
Office of State Auditor	1,570.00	
Manlov made a motion to nov the		

Manley made a motion to pay the bills; it was seconded by Kelly. All approved.

Todd is going to talk to the delinquent account holders.

Motion to adjourn was made by Manley; it was seconded by Kelly.

Next meeting will be June 3 at 5 p.m. at the Aneta Community Center. Submitted by Michelle Middlestead

City of Aneta Auditor

IN TESTIMONY WHEREOF, I have

2024 (SEAL)

WHEREAS, the said company has filed in this office a duly certified