

Travel gifts for college grads

Many newly minted graduates are eager to travel the world. Graduates planning such excursions will need essentials to help them make the most of their travels.

Headphones/earbuds

Travelers can enjoy crisp, perfect sound while on the go without the need for wires. Wireless devices can be used on planes, buses and other forms of transportation to listen to music, movies, television shows or podcasts.

Lightweight daypack

Space is a hot commodity while traveling. Many airlines also charge fees for exceeding luggage weight limits or having extra baggage. A lightweight backpack that collapses is easily packed and also can be used for day trips, hikes and sightseeing expeditions.

Instant film camera

How often do people take pictures only for them to remain on a phone or locked in "cloud" limbo? Graduates can have fun with instant-film cameras that produce prints on the fly. They can double as postcards to send home to family eager for news. Options are available from both Polaroid and Fuji.

Scrapbooking supplies

While grads are printing instant photos, they can begin

planning memory books that catalogue their post-graduation adventures. Put together a selection of scrapbooking essentials, including colored papers, stickers, photo holders and stencils, as a great scrapbooking starter.

Tags and holders

Graduates can travel in style with matching luggage tag and passport holder sets. Have them monogrammed for an even more personal touch.

Scratch off map

Every traveler needs a way to document where he or she has been. Gift a scratch-off map of North America or the entire world. Grads can scratch off the top layer of the map to reveal a colorful under layer to highlight places they have been.

Personalized weekender

Not every trip a graduate takes has to be lengthy. An overnight stay or a trip of only a few days doesn't require a lot of luggage. A classic weekender bag monogrammed with the graduate's name will ensure he or she travels in style.

Travel jewelry case

It's easy to misplace jewelry while on the go. A handy zippered pouch can keep earrings, necklaces and rings in one spot so they're easily packed away when needed.

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Why swimming is so good for your body

Engaging in fitness activities that are enjoyable can increase the likelihood that a person will remain committed to routine exercise. In addition to being fun, swimming is an exercise that benefits the entire body. It's also ideal for people of all ages, as the buoyancy of water reduces the strain on muscles and joints.

Healthline reports that an hour of swimming burns almost as many calories as running, without all the impact to the bones and joints. Many people who commit to swimming each week may have no problem getting the recommended 150 minutes of moderate activity or 75 minutes of vigorous activity each week recommended by various health organizations. Here are some of the ways swimming is good for your body.

Engages the entire body: Swimming works just about all the muscles of the body. Various swimming strokes can enable a person to focus on certain muscle groups, if desired.

A thorough cardiovascular workout: Swimming increases heart rate without stressing the body. The fitness level can be customized and gradually built up so that one can increase strength and endurance.

Reduces body fat: Swimming can help many people slim down. According to Harvard Medical school, a 155-pound person can burn about 432 calories swimming versus about 266 calories walking at a moderate pace for the same duration of time. A 2021 study published in BMC Sports Science, Medicine and Rehabilitation revealed that 16 weeks of swimming led to significant reductions in body fat and BMI among those studied.

Improves heart health: Research has linked swimming to a reduction in blood pressure and additional benefits related to improved cardiovascular health.

Enhances lung volume: Swimming involves deeper breathing and can strengthen the muscles involved with respiration, says Everyday Health.

Improves quality of life: Older adults who swim may experience decreased rates of disability and improved quality of life. Swimming helps to improve or maintain bone health, particularly among post-menopausal women. Water-based exercise also is low-impact and builds strength.

Improves mental health: The Centers for Disease Control and Prevention notes that swimming can improve mood in both men and women. Swimming may decrease anxiety, and exercise therapy in warm water can improve symptoms of depression.

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What is country cooking?

Country cuisine can be enjoyed anywhere but is perhaps most synonymous with the southeastern region of the United States.

Rich flavors, familiar foods and large portions are hallmarks of country cooking. However, ingredients may vary by region, and the backgrounds of the people living in these parts of the country also may contribute to some unique recipes on traditional favorites. The following are four types of country cuisine and the foods associated with each tradition.

Creole/Cajun

Creole and Cajun cooking have similar influences but are not entirely the same. Creole originated in Louisiana and uses cooking techniques from Spain and France, but spices and ingredient combinations passed down from African cultures and Native Americans. Gumbos and bread puddings are popular Creole dishes. Cajun cooking originated when French Canadians migrated to Southern Louisiana in the mid-1700s. Popular Cajun dishes incorporate crawfish, alligator and frog.

Low country

The low country is the South

Carolina coast. Low country cuisine utilizes seafood taken fresh from the coastal waters to make savory dishes that are similar to Creole and Cajun dishes. Rice, shrimp, grits and okra are popular ingredients in low country cooking.

Appalachia

Those in the central Appalachian mountains have a cuisine all their own that spans several different states. As farms are prevalent in these areas, farm-fresh foods that are homegrown are quite common. Chicken and dumplings, chili beans, cobbles, biscuits and gravy and wild game all are part of Appalachian cooking.

Soul food

Soul food gained steam during the 1960s when Black Americans aspired to honor their ties to country cooking as well as their heritage. Comforting and familiar dishes include collard greens, candied yams, fried chicken, sweet potato pie and macaroni and cheese. These dishes are universally enjoyed by people of all races and cultures. And as Black individuals moved out of the South, they brought their meals and cooking styles with them.

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MINUTES OF REGULAR MEETING DAKOTA PRAIRIE SCHOOL BOARD

May 8, 2024 - 8 p.m. - High School

The meeting was called to order by Chairperson Todd Jorde with members Dave Blasey, Sarah Anderson, Penny Lippert and Chanda Arneson present. Also present were Superintendent Jay Slade, Principals Jackie Bye and Clay Johnson, and Lori Dahl business manager. Guests: Mr. Sheggerud.

The bills for payment, minutes for approval and financial reports were presented.

Motion by Dave Blasey, second by Sarah Anderson, to approve the bills for payment, the minutes as printed and the financial reports for the month. All in favor, motion carried. ACT \$52.00

Table with columns for item name and amount. Includes items like Advanced Business, Methods, Avdend, Hailey, Beckstrom, Kelsey, Bina, Stephanie, etc.

Table with columns for item name and amount. Includes items like Lippert, Brandi, Loe, Leeann, Menards, etc.

Elementary Principal Report -- Ms. Bye reported on: Summer school, bus changes, teacher updates, retirement plans, testing, activities, class sizes and staffing for 2024-25. Board agreed to work on language for bus changes for the handbook. Also 2024-25 concerts, events and programs. Ms. Bye reviewed the state testing results, which were very good!

High School Principal Report -- Mr. Johnson reported on the state testing scores; the interventions we have put in place have paid off. September 29 in Petersburg is Doris Forde Day; next year we are going to have a 5k here in town, with a DJ and all the trimmings. Mr. Slade presented the first rough draft of a cybersecurity plan. All schools are required to have a board-approved plan. The elementary and high school have some plans in place. Mr. Sheggerud addressed what will happen at the high school (9-12), classes that would be available. There are curriculums in place, and needs to be general and have a challenge and engage them. Mr. Slade would like the board to give their recommendations on the current plan and ask for final approval at the June board meeting.

A tuition waiver has been requested for two Lakota students to attend Dakota Prairie. Motion by Chanda Arneson Second by Penny Lippert to approve the tuition waiver for the Lakota students. All in favor, motion carried. Mr. Slade presented NDSBA policies for updating and first reading: FDD, ABDA, FF, FF-E, FFA, GABAA, GABDB, ABDA-BR1, ABDA-E1.

Motion by Penny Lippert, second by Chanda Arneson, to have first reading of the recommended policies. All in favor, motion carried. Next meeting is June 17, 2024, at 7 p.m.: this will be the regular meeting and to canvass election results. Motion by Penny Lippert to adjourn. Lori Dahl Business Manager Todd Jorde Chairperson

MINUTES OF REGULAR MEETING LAKOTA SCHOOL BOARD

April 10, 2024

Chairman Sorlien called the regular school board meeting to order at 7 p.m. with one addition: resignation of Laura Lindell, 2nd grade. Board members Trent Matejcek, Travis Schmidt, Kris Rainsberry and Derrick Marquart were present.

A motion by Kris Rainsberry, seconded by Travis Schmidt, to approve the March 12 regular meeting minutes as presented. The motion carried unanimously.

Audience: Brody Rainsberry, Tommy Ulland, Landon Sundeen, Sophia Beck, Beau Snyder, Sam Preble.

FBLA students spoke to the board about their first-place finishes at the State FBLA Convention in Bismarck. They will be fundraising for this event that will take place in Orlando, Fla. on June 29-July 2, 2024.

A motion by Travis Schmidt, seconded by Derrick Marquart, to approve the financial reports as presented. The motion carried unanimously.

Mr. Snyder, high school principal, reported the current high school enrollment of 66 students, student education engagements and competitions, student testing, staff meetings and professional developments.

Mr. Preble, elementary principal, reported on current elementary enrollment of 116 students, staff meetings, professional development, student testing and student engagements.

Michelle Ostwald, technology coordinator, reported on technology updates, upcoming purchases and student/staff assistance.

Dr. Kelly Peters, superintendent reported on building improvements, boiler update, Edmore dissolution, bullying prevention update, teacher positions and interviews, counselor report and current extracurricular activities updates.

Co-op Committee -- Met to recap the winter sport activities, upcoming spring sports with estimated number of athletes signed up to participate in each sport and a parent concern. Old and Unfinished Business -- None.

New Business -- A motion by Trent Matejcek, seconded by Derrick Marquart, to approve the 2024-25 4th grade teaching contract for Briar Halberg. The motion carried unanimously.

A motion by Kris Rainsberry, seconded by Travis Schmidt, to approve the resignation at the end of the 2023-24 school year for Kaitlyn Amble, math teacher. The motion carried unanimously.

Summer custodian help -- Postponed until May meeting. Summer school -- Postponed until May meeting. Drivers education course -- Postponed until May meeting.

A motion by Trent Matejcek, seconded by Travis Schmidt, to approve Hepper Olson Architects detail review of existing facility for a new elevator system under Amendment #1 in the amount of \$25,000. The motion carried unanimously.

The next school board meeting will be held on Wednesday, May 8, 2024 at 7 a.m. in the SERC room of the Lakota High School.

A motion by Derrick Marquart, seconded by Trent Matejcek, to approve the April bills as presented. The motion carried unanimously.

Table with columns for item name and amount. Includes items like ACT/PLAN, Advanced Business, Methods, Airgas USA, Amazon Capital, etc.

Table with columns for item name and amount. Includes items like Services, Apple, Inc., BuyRolls.com, CadPaperRolls.com, Candlewood Suites, etc.

A motion by Derrick Marquart, seconded by Kris Rainsberry, to adjourn the meeting at 8:20 p.m. The motion carried unanimously. Chairman Sorlien adjourned the meeting.

Tessa Varnson Business Manager

Jason Sorlien Board President

Heuchert's Willow Creek Angus Spring Time Sale Sunday, May 19, 2024 • 1:00 p.m. Lake Region Livestock • Devils Lake, ND



His Sons Sell

Apex Hot Lotto 469 Reg. #19640693



His Sons Sell

Apex Payweight 3999 Reg. #19648106

60 Two Year Old Bulls 70 Bred Heifer/Pairs 50 Open Yearling Heifers 20 Cow/Calf Pairs 20 Fall Bred Young Cows

Selling Sons of:

- Apex Payweight 3999 Reg. #19648106 Apex Hot Lotto 469 Reg. #19640693 Apex Element 027 Reg. #19015627 Ginger Hill Treasure 233 Reg. #17532872 VDAR Yellowstone 3035 Reg. #18234165 VDAR Black Cedar 1509 Reg. #19411389

Heuchert Willow Creek Ranch Nick 701-520-0132 Don & Neil 701-520-0475 nickheuchert@hotmail.com

The North Dakota Game and Fish Department announces the following summary of regulations and changes for the 2024-2025 Deer Hunting Proclamation.

Apply online at gf.nd.gov. The deadline for submitting online applications is June 5, 2024.

Table with columns for SEASON, OPENS, CLOSES, AREAS, RESTRICTIONS. Rows include DEER BOW, DEER GUN, MUZZLELOADER, YOUTH DEER, SPECIAL DEER-BOW HERD REDUCTION.

SUMMARY OF CHANGES FROM LAST YEAR

The 2024 North Dakota deer hunting season is set with 50,100 licenses available, 3,300 less than last year. A total of 956 muzzleloader licenses will be available in 2024, 66 less than last year.

A complete 2024 deer hunting proclamation is available from the North Dakota Game & Fish Department, 100 North Bismarck Expressway, Bismarck, ND 58501-5095, (701) 328-6300 or online at gf.nd.gov.