

## A creamy recipe created for families



A lazy Sunday afternoon cuddled up with family, playing with your kids and tasting a perfect, sweet treat can be some of the simplest yet best parts of life.

Recipes that can be made with clean, fresh ingredients in a matter of minutes make some of the best-tasting dishes, snacks and treats. Sometimes keeping it simple is the best route to take as opposed to confusing prep that takes too much time.

This strawberry mousse, which is made with families in mind, is a perfect recipe to make with your little ones or for a date night dessert. It's great to take for an outing at the park, a neighborhood party or just to snack on throughout the week.

It's sweet, fluffy and smooth all at the same time. Made to serve a handful of people, it only takes a few moments to complete. Moms love it and kids enjoy the taste and texture.

To start, puree 1 cup of strawberries in blender until smooth.

In a mixing bowl, combine whipping cream and powdered sugar until smooth.

In a different bowl, beat cream cheese until smooth then add the pureed strawberries.

Finally, add the whipped

cream mixture to the cream cheese and strawberries. Stir all the components together until they reach the desired consistency before serving with fresh fruit.

It's easy, fresh and delicious. Your kids can help you combine all the ingredients and excitedly try the sweet result.

Find more sweet recipes at Culinary.net.

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

### Strawberry Mousse

Servings: 6-8

- 1 cup strawberries, halved
- 2 cups heavy cream
- 1 cup powdered sugar
- 1 package (8 ounces) cream cheese, softened
- Assorted fruit, for serving

In blender, puree strawberries until smooth. Set aside.

In mixing bowl, whip heavy cream and powdered sugar until fluffy.

In separate mixing bowl, beat cream cheese until smooth. Add strawberry puree to cream cheese and mix until combined. Add whipped cream and stir until combined.

Serve in bowl with fruit.  
--Family Features/  
Culinary.net

## A better way to begin the day



Starting a journey toward better health and wellness can begin the same way you can (and should) start each day: with a nutritious breakfast. A morning meal loaded with nutrient-boosting flavor provides the foundation you need not only for the day at hand, but for a sustainable long-term eating plan, as well.

Consider this sweetpotato breakfast bake as a budget-friendly way to feed your family with plenty of leftovers for days to follow. Full of eggs, bell peppers and turkey sausage, it's a surefire crowd-pleaser that's also loaded with shredded sweetpotatoes. According to the American Diabetes Association, sweetpotatoes are a "diabetes superfood" because they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease.

Plus, they offer both a natural sweetener and "sweet" flavor without added sugar to give homemade dishes a perfect touch of deliciousness. Ideal as a key ingredient in both simple and elevated recipes, sweetpotatoes can be prepared in several ways, ranging from cooked on the stove to baked, microwaved, grilled or even slow-cooked.

At your next breakfast or brunch get-together, share this fun fact: the North Carolina Sweetpotato Commission deliberately spells sweetpotato as one word after the one-word spelling was officially adopted by the National Sweetpotato

Collaborators in 1989 to help avoid confusion between sweetpotatoes and equally unique, distinctive white potatoes in the minds of shippers, distributors, warehouse workers and consumers.

Visit NCSweetpotatoes.com to find more nutritious breakfast ideas to support your wellness goals.

### Sweetpotato Breakfast Bake

Recipe courtesy of Tessa Nguyen, RD, LDN, on behalf of the North Carolina Sweetpotato Commission

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 12

Nonstick cooking spray  
1 cup sweetpotatoes, shredded

1/2 cup cooked turkey sausage crumbles or cooked turkey bacon

1/4 cup green onions, sliced  
1/2 cup bell pepper, diced  
9 eggs, beaten

1/2 cup cheddar cheese, shredded  
1/2 teaspoon black pepper

Heat oven to 400 F. Spray 13x9-inch baking dish with nonstick cooking spray.

Evenly spread sweetpotatoes, sausage or bacon, green onions and bell peppers in dish. Pour eggs carefully into baking dish. Sprinkle shredded cheese and black pepper over eggs.

Bake 15 minutes.  
Slice into 12 pieces and serve hot.

--Family Features

## A flatbread for the family



When dining outside with your loved ones, there are few things better than a tasty dish the whole family can enjoy. This chipotle chicken flatbread makes for a perfect al fresco meal.

Prepared along with a fresh salad or simply enjoyed by itself, this flatbread is simple to make and even kids will love adding the toppings and sauce. It's colorful and fresh, making it a perfect addition to get-togethers on the patio.

Plus, the cooking time is only 16 minutes, which makes this a quick and delicious solution to defeat.

For more al fresco recipe ideas, visit Culinary.net.

### Chipotle Chicken Flatbread

Adapted from

butteryourbiscuit.com

2 flatbreads  
2 cups shredded mozzarella cheese

1 clove garlic, diced  
4 chicken tenders, cooked and cubed

1 pint cherry tomatoes, quartered

Salt, to taste

Pepper, to taste

1/2 cup ranch dressing

1-1/2 teaspoons chipotle seasoning

2 tablespoons cilantro leaves, chopped

Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbread and sprinkle with cilantro leaves.

--Family Features/  
Culinary.net

## Fish challenge open through Aug. 15

North Dakota is home to a wide variety of fish species and the state Game and Fish Department fisheries division works hard to stock waters across the state for angler enjoyment.

To encourage exploration of the state's fisheries, anglers fishing in North Dakota are invited to complete the third annual Fish Challenge.

New this year, anglers can choose to complete the Rough Fish Challenge by catching a bullhead, carp and sucker.

In addition, anglers can complete last year's Sportfish Challenge by catching a bluegill, walleye, bass and trout, or the inaugural Classic Challenge requiring a northern pike, yellow perch, smallmouth bass and channel catfish.

Either way, the process is simple -- snap a photo of each and submit your entry on the ND Game and Fish website, gf.nd.gov, now through August 15.

Anglers who complete a challenge will receive a decal and certificate.

### MINUTES OF REGULAR MEETING NELSON COUNTY PARK BOARD April 2, 2024 - 8:30 a.m.

The meeting was called to order by Chairman Cody Johnson with the following Park Board members also present: Aaron Mork, Mike Haugland, Harley Eidsness, Cameron Swenson and Steve Forde.

Moved by Park Board member Swenson and seconded by Park Board member Forde to approve the minutes of the March 5 and 19 meetings as presented. All members voted "yes." Motion carried.

Additions to the Agenda -- Shop building.

Moved by Park Board member Swenson and seconded by Park Board member Haugland to approve the agenda as amended. All members voted "yes." Motion carried.

There were no public comments.

Nathan Jutila, Leading Edge Equipment, and Bud Pittenger, campground maintenance manager, both joined the meeting for discussion on replacing a lawn mower and replacing the skid steer with a tractor.

Moved by Park Board Member Swenson and seconded by Park Board Member Mork to advertise for bids on the purchase and/or trade of a 50-80hp tractor with loader, blower and cab with the bid opening at the May 7 Park Board meeting. On a roll call vote all members voted "yes." Motion carried.

Moved by Park Board Member Mork and seconded by Park Board Member Forde to advertise for bids on a zero-turn mower for the park with the bid opening at the May 7 Park Board meeting. On a roll call vote all members voted "yes." Motion carried.

Nathan Parks, auditor, gave an update on how many seasonal camper agreements have been returned. Also presented was the current waiting list for seasonal camping spots.

Nathan Parks also gave an update on the progress of the work done at the café and bar.

Electrical needs for the new park shop building were discussed.

Moved by Park Board Member Swenson and seconded by Park Board Member Haugland to advertise for bids on the electrical for the park shop building with bid opening at the May 7 Park Board meeting. On a roll call vote all members voted "yes." Motion carried.

Discussion was had on painting lines on the tennis court for pickleball. Discussion was had on adding on two AEDs to the campground. Directive was given to Nathan to reach out to the ambulance on cost and availability.

Moved by Park Board Member Haugland and seconded by Park Board Member Mork to pay the bills as presented: TCB Construction -- \$58,000.00; Nelson Electrical Solutions -- \$590.07; Rysavy Plumbing -- \$154.36; Tri-County Water -- \$88.00; ND Telephone Co. -- \$177.45; Farmers & Merchants -- \$2,252.99; Lakota Hardware -- \$503.84; Nodak Electric -- \$717.00; Deb Anderson -- \$1,106.98; Lauri Rysavy -- \$1,113.98; LakotaAmerican -- \$76.50. On a roll call vote all members voted "yes." Motion carried.

There being no further business, moved by Park Board Member Eidsness and seconded by Park Board Member Mork to adjourn the meeting. All members voted "yes." Meeting adjourned.

Nathan Parks  
Secretary

### MINUTES OF REGULAR MEETING NELSON COUNTY COMMISSION April 2, 2024 - 9 a.m.

The meeting was called to order by Chairman Cody Johnson. Roll call was taken and the following members were also present: Commissioners Aaron Mork, Mike Haugland, Cameron Swenson and Steve Forde.

The board and visitors present recited the Pledge of Allegiance.

Moved by Commissioner Mork and seconded by Commissioner Forde to approve the minutes from the March 19 meeting as amended. All members voted "yes." Motion carried.

Additions to the Agenda -- Burn restrictions and courthouse parking lot.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the agenda as amended. All members voted "yes." Motion carried.

Public Comments -- None. Curt Loe, highway superintendent, joined the meeting to discuss road and bridge business.

Bids on gravel were received from Dvorak Gravel, Gowen Construction, Close Construction and Lakeside Construction. Gravel bids were opened and reviewed.

Moved by Commissioner Swenson and seconded by Commissioner Forde to accept all of the gravel bids. On a roll call vote all members voted "yes." Motion carried.

No culvert bids were received. Moved by Commissioner Forde and seconded by Commissioner Swenson to extend the bids for culverts to the May 7 regular commission meeting. All members voted "yes." Motion carried.

Discussion was had on the cost of running a motor grader on an hourly basis and the hourly rate at which work would be charged out.

Moved by Commissioner Mork and seconded by Commissioner Forde to raise the hourly motor grader rate from \$95 per hour to \$105 per hour. On a roll call vote all members voted "yes." Motion carried.

Discussion was had on the condition of the courthouse parking lot. Directive was given to Curt Loe to look at it.

An update on the Michigan Daycare was given. Directive was given to Jayme Tenneson, state's attorney, to write a letter.

Discussion was had on the County Road 19 drain project that is on hold. A land use agreement between the parties involved was presented.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the land use agreement between Jay and Margaret Estvold, the Nelson County Water Board and Nelson County. On a roll call vote all members voted "yes." Motion carried.

The county and township cost share agreement was discussed.

Moved by Commissioner Forde and seconded by Commissioner Haugland to approve the Nelson County Road and Bridge Policy. All members voted "yes." Motion carried.

An update was given on the Lake Region Law Enforcement Center cost share agreement.

Michelle Linstad, tax director, joined the meeting for abatements and to discuss tax director business.

Moved by Commissioner Forde and seconded by Commissioner Swenson to approve the abatements presented on parcels 21-0001-46102-000 and 21-0001-46238-000. All members voted "yes." Motion carried.

Jayme Tenneson, state's attorney, joined the meeting to give an update on the search for an assistant state's attorney. Discussions have been had with Jack Yunker of Devils Lake and he will be starting with the county on April 15.

Angela Herda, emergency

manager, joined the meeting to discuss the burn restrictions for the county. After discussion, it will be required to call all controlled burns to the Law Enforcement Center. No other restrictions, outside of state mandates on Extreme or Red Flag, were added.

Moved by Commissioner Mork and seconded by Commissioner Swenson to approve the Nelson County burn restrictions. On a roll call vote all members voted "yes." Motion carried.

Traci Lagein, NDSU Extension, joined the meeting to discuss extension motor pool information.

Portfolio Updates -- Commissioner Swenson gave an update on construction of the Stump Lake shop.

Commissioner Johnson gave an update on building and grounds.

Commissioner Mork gave an update on the highway department work and an extension agent update.

Commissioner Haugland gave an update on the sheriff department. Commissioner Forde gave an update on the Human Service Zone and that they are seeking a satellite office in McVillage.

Moved by Commissioner Swenson and seconded by Commissioner Haugland to approve the bills as presented. On a roll call vote all members voted "yes." Motion carried.

There being no further business, moved by Commissioner Mork and seconded by Commissioner Swenson to adjourn the meeting. All members voted "yes." Motion carried.

Meeting adjourned.

Nathan Parks  
Nelson County Auditor

### MINUTES OF REGULAR MEETING NELSON COUNTY COMMISSION April 16, 2024 - 8:30 a.m.

The meeting was called to order by Chairman Cody Johnson. Roll call was taken and the following members were also present: Commissioners Aaron Mork, Cameron Swenson and Steve Forde. Also present via Microsoft Teams was Mike Haugland.

The board and visitors present recited the Pledge of Allegiance.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the minutes from the April 2 meeting as presented. All members voted "yes." Motion carried.

Additions to the Agenda -- Building permit.

Moved by Commissioner Forde and seconded by Commissioner Swenson to approve the agenda as amended. All members voted "yes." Motion carried.

Public Comments -- None. The land use agreement was discussed for the County Road 19 drain. The agreement was awaiting the Nelson County Water Board approval.

The Lake Region Law Enforcement Center joint powers agreement was discussed. Discussion was tabled until after the regular LEC meeting.

Nathan Parks, auditor, presented the financial statements for March. ARPA funds were discussed but tabled for more information from Jayme Tenneson, state's attorney.

Moved by Commissioner Forde and seconded by Commissioner Swenson to approve the financial statements from March. On a roll call vote all members voted "yes." Motion carried.

Curt Loe, highway superintendent, joined the meeting to discuss road and bridge business.

A county resolution from the North Dakota DOT was presented

for the winning bid on the seal coat construction for SC-3200 (051) chip seal project.

Moved by Commissioner Swenson and seconded by Commissioner Mork to advertise for the engineering RFP for SC-3200 (051) chip seal project. All members voted "yes." Motion carried.

Moved by Commissioner Forde and seconded by Commissioner Swenson to approve the DOT resolution for SC-3200(051) chip seal project. On a roll call vote all members voted "yes." Motion carried.

Discussion was had on allowing the city of Michigan to use the county landfill to bury the school bricks after tear-down. Discussion was tabled for more information from Jayme Tenneson, state's attorney.

Discussion was had on the appraisal valuation for the Twete Bridge replacement which is valued at \$2,676.12 per acre. 2.21 acres are needed for a permanent right-of-way acquisition and .67 acres needed for a temporary easement which would be paid at 10%.

Moved by Commissioner Forde and seconded by Commissioner Swenson to approve the appraisal valuation for the easements for the Twete Bridge replacement as presented. On a roll call vote all members voted "yes." Motion carried.

Moved by Commissioner Mork and seconded by Commissioner Swenson to adopt the minimum payment policy set by the North Dakota DOT on the purchasing of temporary and permanent easements and rights-of-way. On a roll call vote all members voted "yes." Motion carried.

Discussion was had on the balance of rent owed by the daycare in Michigan. Discussion was tabled for more information from Jayme Tenneson, state's attorney.

Michelle Linstad, tax director, joined the meeting to discuss tax director business.

Jayme Tenneson, state's attorney, joined the meeting to discuss the Michigan Daycare and the directive given to write a formal letter. Also discussed was the permission of the city of Michigan to utilize the county dump ground if needed.

Moved by Commissioner Mork and seconded by Commissioner Swenson to allow the city of Michigan to utilize the county landfill contingent they attain the proper permitting. On a roll call vote all members voted "yes." Motion carried.

Also discussed was the use of ARPA funds. Jayme said more research is needed before a decision can be made.

A building permit for an addition to the pig farm was discussed. Discussion was tabled until the next meeting for more information.

Amber Fahey, clerk of court and recorder, joined the meeting to discuss providing an internship position in her office.

Moved by Commissioner Forde and seconded by Commissioner Mork to open and advertise for a paid internship position in the Nelson County Courthouse. On a roll call vote all members voted "yes." Motion carried.

Kurt Schwind, sheriff, joined the meeting to discuss sheriff business.

Portfolio Updates -- Commissioner Swenson discussed upcoming bid openings for the park.

Commissioner Johnson gave an update on the LEC joint powers and clerk of court and recorder's office.

Commissioner Mork gave an update on the highway department schedule of work.

Commissioner Forde gave an

update on the Human Service Zone and that they are seeking a satellite office in McVillage and upcoming NDAcO meetings.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the bills as presented. On a roll call vote all members voted "yes." Motion carried.

ND Public Employees Ret. System ..... \$119,221.87  
Internal Revenue Service ..... 45,094.36  
ND Office of State Tax Commissioner ..... 818.27  
Job Service ND ..... 2,419.85  
Marco Technologies, LLC ..... 1,569.45  
MLGC ..... 184.28  
NDAcO Resources Group ..... 998.49  
Axon Enterprises ..... 280.55  
Cenex Fleet Fueling ..... 219.57  
Dacotah Paper Co. ..... 940.50  
Farmers Union Oil Co. DL ..... 2,516.22  
Fedex ..... 7.32  
Galls, an Aramark Co. .... 101.43  
Guardian Fleet Safety ... 448.39  
Angela Herda ..... 609.70  
Lakota American ..... 878.16  
Lakota Municipal Utilities ..... 963.80  
Kristi Matejcek ..... 23.00  
Kevin McPherson ..... 106.53  
ODP Business Solutions ..... 1,128.40  
Penguin Management ... 30.00  
Pomp's Tire Service ..... 5,946.38  
Radisson ..... 99.80  
Sirchie Products ..... 52.95  
Verizon Wireless ..... 610.49  
Menards ..... 386.41  
Productivity Plus Account ..... 196.75  
Razor Tracking ..... 50.00  
Advanced Business Methods ..... 524.40  
City of McVillage ..... 122.09  
Farmers & Merchants Bank ..... 2,032.80  
Fire Bug Services, LLC . 4,532.86  
LR Law Enforcement Center ..... 11,499.18  
LR E-911 Authority ..... 10,304.49  
ND DOT ..... 1,797.54  
NDSU ..... 843.86  
Nelson Co. Abstract ..... 200.00  
Office of Attorney General-1250 ..... 350.00  
Pharm Chem ..... 95.85  
Premium Waters ..... 237.35  
Quill ..... 52.49  
Elijah Goetz ..... 23.00  
ND Telephone Co. .... 178.11  
Polar Communications .. 689.86  
Aramark ..... 209.82  
Jennifer Bachmeier Agency ..... 1,232.01  
Information Technology Dept. .... 1,135.25  
D & M Service ..... 319.74  
Amber Fahey ..... 107.80  
Hamster Oil, LLC ..... 373.74  
Miller Repair ..... 2,233.06  
ND Recorders Assn. .... 200.00  
ND State Radio Communications ..... 263.00  
Nodak Electric Co-op ..... 225.00  
Office of the State Auditor ..... 8,000.00  
Petersburg Oil Corp. .... 80.00  
Quality Inn ..... 96.30  
The Duke's ..... 16.00  
Tyler Technologies ..... 840.00  
City of Michigan ..... 79.46  
Core & Main ..... 1,450.00  
Fargo Freightliner ..... 1,286.91  
Farmers Union Oil Co. Tolna ..... 107.76  
Kimball Midwest ..... 65.44  
Luehring Repair ..... 200.00  
Nelson International ..... 600.05  
Verizon Connect ..... 174.94  
Johnson Excavating & Salvage ..... 3,677.00  
KLJ Engineering, LLC ... 6,000.00  
Lakota Hardware ..... 144.51

NDSU Ext. Service ..... 6,092.77  
Sign Solutions ..... 6,523.00  
Napa ..... 89.94  
Workforce Safety ..... 250.00  
Total ..... \$257,381.30  
County General Net Salary ..... \$62,728.68  
Road & Bridge Net Salary ..... 42,249.48  
Human Services Net Salary & Exp. .... 104,018.08  
Weed Control Net Salary & Exp. .... 48,984.71  
Total ..... \$257,980.95  
Grand Total ..... \$515,362.25  
There being no further business, moved by Commissioner Forde and seconded by Commissioner Mork to adjourn the meeting. All members voted "yes." Motion carried.

Meeting adjourned.

Nathan Parks  
Nelson County Auditor

### MINUTES OF SPECIAL MEETING NELSON COUNTY PARK BOARD April 29, 2024 - 8:30 a.m.

The meeting was called to order by Chairman Cody Johnson with the following Park Board members also present: Aaron Mork, Harley Eidsness, Mike Haugland and Cameron Swenson. Also present via Microsoft Teams was Steve Forde.

Moved by Park Board member Haugland and seconded by Park Board member Mork to approve the agenda as presented. All members voted "yes." Motion carried.

Jesse Schuh, Stump Lake Bar and Café manager, joined the meeting to present and discuss a quote received from Alberts Custom Woodwork for the construction of the bar.

Moved by Park Board member Mork and seconded by Park Board member Swenson to accept the quote from Alberts Custom Woodwork for the construction of the bar and cabinets in the amount of \$8,361. On a roll call vote all members voted "yes." Motion carried.

Nathan Parks, auditor, presented a quote from NDTC for adding an additional security camera to cover the new bar location. Quote includes a one-time charge of \$228.75 for labor and materials and an increase of the monthly rental charge of \$9.93 per month.

Moved by Park Board member Swenson and seconded by Park Board member Haugland to accept the quote from NDTC for adding a security camera in the bar. On a roll call vote all members voted "yes." Motion carried.

The park shop was discussed. Directive was given to Bud Pittenger, park maintenance manager, to get quotes on concrete work. Directive was also given to see if the highway department can do the ground prep work.

The extra café booths that were removed from the café and bar were discussed. Directive was given to put them up for sale for \$25 apiece.

Moved by Park Board member Mork and seconded by Park Board member Haugland to label the six booths as excess inventory and sell them for \$25 apiece. On a roll call vote all members voted "yes." Motion carried.

There being no further business, moved by Park Board member Mork and seconded by Park Board member Forde to adjourn the meeting. All members voted "yes." Meeting adjourned.