

Arbor Day Foundation Names Valley City a 2023 Tree City USA®

Courtesy of Arbor Day Foundation

LINCOLN, Nebraska - Valley City was named a 2023 Tree City USA by the Arbor Day Foundation to honor its commitment to effective urban forest management.

The community also received a Tree City USA Growth Award for demonstrating environmental improvement and an outstanding level of tree care.

Valley City achieved Tree City USA recognition by meeting the program's four requirements: maintaining a tree board or department, having a tree care ordinance, dedicating an annual community forestry budget of at least \$2 per capita, and hosting an Arbor Day observance and proclamation.

The Tree City USA program is sponsored by the Arbor Day Foundation, in partnership with the U.S. Forest Service and the National Association of State Foresters.

"Tree City USA communities see the positive effects of an urban forest firsthand," said Dan Lambe, chief executive of the Arbor Day Foundation. "The trees being planted and cared for by Valley City are ensuring that generations to come will enjoy to a better

quality of life. Additionally, participation in this program brings residents together and creates a sense of civic pride, whether it's through volunteer engagement or public education."

If ever there was a time for trees, now is that time. Communities worldwide are facing issues with air quality, water resources, personal health and well-being, energy use, and extreme heat and flooding. Valley City is doing its part to address these challenges for residents both now and in the future.

Local Arbor Day Celebration Event

In celebration of Arbor Day, April 26th, The City Forester will be planting tree at 2 p.m. on Friday, April 26, 2024, on the west side of the Rosebud Visitor Center. Following the tree planting a speaker, from ND Forest Service, will be sharing information about Arbor Day.

Arbor Day enthusiasts are welcome to bring a chair and come on out for an enjoyable afternoon.

About the Arbor Day Foundation

Founded in 1972, the Arbor Day Foundation has grown to become the



largest nonprofit membership organization dedicated to planting trees, with more than one million members, supporters and valued partners. Since 1972, almost 500 million Arbor Day Foundation trees have been planted in neighborhoods, communities, cities and forests throughout the world. Our vision is to lead toward a world where trees are used to solve issues critical

to survival.

As one of the world's largest operating conservation foundations, the Arbor Day Foundation, through its members, partners and programs, educates and engages stakeholders and communities across the globe to involve themselves in its mission of planting, nurturing and celebrating trees. Visit arborday.org for more information.

Prairie Fare: What you eat may be affecting your vision



Vegetables contain a variety of health-promoting phytochemicals with health-promoting properties. (Pixabay photo)

*By Julie Garden-Robinson
VCTR Correspondent*

I noticed our backyard was starting to sprout green grass after some April showers. Some of my perennial plants are beginning to peek through the mulch in my flowerbed. I look forward to the pink, red and yellow tulips of spring.

Springtime is a favorite season for many as the colorful blossoming bulbs begin to appear. Of course, growing grass means mowing, but that activity promotes physical activity.

I am thankful about being able to enjoy the colors of spring and our upcoming summer. Unfortunately, not everyone has the ability to see well. As we grow older, we have greater risk of developing age-related vision issues. Regu-

lar vision screening can help prevent vision loss.

"Three of my friends have macular degeneration," I overheard someone say the other day.

My ears always perk when I hear about diseases with potential nutrition connections.

Macular degeneration, also called age-related macular degeneration or AMD, is a potential cause of blindness if untreated.

The macula or "yellow spot" is contained within the retina of the eye. It gives us the ability to have central vision and see color, and it allows our eyes and brain to translate light into images.

The macula is about the size of the letter O in 12-point font used com-

monly in newspapers or magazines. Despite its small size, the macula plays an all-important role.

If the macula is damaged, we may lose our ability to do many tasks of daily life that require sharp vision. Those activities include driving, seeing faces in front of us and reading smaller print.

The macula is made up of lutein and zeaxanthin, which are two natural colorants, or pigments. They are in the carotenoid family of pigments.

We need to "feed" the macula by eating colorful fruits, vegetables and egg yolks.

Although you may think of carrots as being good for your eyes, other foods have larger

amounts of these pigments to nourish the macula.

Corn, orange bell peppers, kale, collard greens and spinach are among the best sources of zeaxanthin. Egg yolks, dark leafy greens, corn and peas are among the best sources of lutein.

Remember that fresh, frozen, and canned vegetables and fruits are all good sources of these nutrients and provide abundant carotenoids.

Are you eating these foods and other colorful fruits and vegetables regularly? Most adults need about 4 to 5 cups of fruits and vegetables daily.

What about carrots and our eyes? Keep eating carrots, too, for lots of reasons. Carrots are rich in carotenoid pigments, and they help protect our night vision, but they do not contain the pigments in the macula.

Green vegetables such as broccoli, orange and red fruits, and vegetables such as pumpkin and tomatoes are all good sources of healthful carotenoids.

Dietary supplements are another option, but think of food first. Fruits and vegetables contain a variety of health-pro-

moting phytochemicals (plant chemicals) with health-promoting properties.

As the sun grows brighter and the weather warms, protect your eyes. Wear high-quality sun glasses and a wide-brimmed hat during outdoor activities such as picnics, gardening, walking and golf.

Be sure to have regular vision screening with your eye care professional. Many eye health professionals recommend a vision exam with dilated eyes for everyone over 50 years, or as recommended by your eye care professional.

Enjoy the colors of nature outdoors and on your plate.

Have you tried making ranch dressing from scratch? You might have all the makings in your cupboard and refrigerator. This can be used as a dip for colorful veggies or a dressing for your favorite salad greens to help nourish your eyes and your body.

Ranch Dressing Master Mix

- 2 tablespoons dried parsley flakes
- 5 tablespoons dried minced onions
- 1 tablespoon salt
- 1 teaspoon garlic powder

Mix together and store in an airtight container until ready to use. Label, date and store in a cool, dry place. Use within three months.

To prepare ranch salad dressing, mix together:

- 1 cup low-fat mayonnaise
- 1 cup low-fat buttermilk
- 3 tablespoons dry ranch mix

Chill salad dressing for a couple of hours in the refrigerator before serving to blend flavors. Shake and serve.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)

PUBLIC NOTICE

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Court File No. 02-2024-PR-00017

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

In the Matter of the Estate of Dale E. Nelson, Deceased.

NOTICE TO CREDITORS

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 months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be presented to Jonathan Aase, personal representative of the estate, c/o Keith J. Trader, Attorney at Law, P.O. Box 9373, Fargo, ND 58106-9373, or filed with the Court. Dated this 11th day of April, 2024.

Jonathan Aase
Personal Representative

(April 17, 24 & May 1, 2024)

The Barnes County Weed Board and Highway Department will be accepting written proposals and plans for the construction of a new storage facility. The County reserves the right to accept, reject, or modify any plan or proposal submitted. The proposed new building will be approximately 152 ft x 60 ft with 16 ft side walls. Email Jamen Windish at jwindish@barnescounty.us to obtain a digital copy of preliminary blue prints. Along with a more detailed list about the building. Call Jamen Windish at 701-845-0240 for any questions. Bids will be accepted until May 16th at 5 PM. Please mail or deliver proposals to Jamen Windish 1525 12th ST NW Valley City ND 58072

(April 17, 24 & May 1 & 8, 2024)

The Dazey Fire Department will be accepting written proposals and plans for construction of a building in Dazey ND. The Department reserves the right to accept, reject, or modify any plan or proposal submitted. The building will be approximately 60ft X 90ft with 18ft side walls.

Call Fire Chief Daryl Kunze 701-490-1492 for more info. Bids Accepted until May 24th 5 PM.

(April 19, 23, 24, 25 & 26, 2024)

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