

## Signs of sports injury in young athletes

Youth sports attract scores of participants each year. The National Council of Youth Sports estimates that around 60 million children are registered to play youth sports in the United States. Solutions Research Group Consultants estimates that more than four million Canadian youths participate in one or more organized sports and activities.



The benefits to sports play are numerous, but the advantages to being active and competitive should not overshadow the need to be safe during sports play. According to the Centers for Disease Control and Prevention, nearly 2.7 million young people are treated in the emergency room every year for sports-related injuries.

Parents, coaches and other adults working and volunteering in youth sports must learn to recognize signs that a player has become injured and address those injuries as soon as possible. It can be hard to spot certain sports injuries. The following are some sports injuries and their symptoms.

• **ACL tears:** Anterior cruciate ligament injuries occur when the ligament connecting the thigh bone and the shin bone tears after an athlete suddenly turns and changes direction, which is common in many sports. Pain is often immediate when suffering a torn ACL, and swelling can occur within several hours of being injured. The child may express that they heard or felt a pop in the knee area and are having trouble supporting their weight.

• **Internal abdominal injuries:** Internal injuries are less common than other sports injuries, but Stanford Medicine Children's Health says some studies suggest they are on the rise. Injuries to the kidneys, spleen and liver can occur. These injuries can produce pain in the abdomen. The spleen is in the upper left side of the abdomen. The liver is in the upper right side. The kidneys are on the flanks of the body. Blood in urine may be a sign of internal abdominal injury and needs to be addressed promptly.

• **Ankle sprain:** When the ankle twists or the foot rolls on its side, the ligaments that sup-

port the ankle joint can stretch and tear. Swelling and pain usually occur on the outside of the ankle within minutes to a few hours of the injury, depending on injury severity. Because it may be impossible to differentiate an ankle sprain from an ankle fracture without an x-ray, particularly if the pain in the ankle makes putting weight on it unlikely, a visit to an orthopedic doctor may be necessary.

• **Broken bones:** Bone fractures often happen during collisions with other players or from falls. Sometimes a fracture is obvious, but not always. A snap or grinding sound at the time of injury often signals a fracture, says VCU Health. If there's a break in the skin and the bone is showing, or the athlete cannot bear weight or use the extremity after 15 minutes, an X-ray is likely.

• **Concussion:** Any activity that can cause an injury to the head may lead to a concussion. A concussion is a mild traumatic brain injury that occurs when the brain is shaken or hit. It can cause temporary changes in brain function. The American Academy of Pediatrics says signs of a concussion can include an athlete who appears dazed or stunned. There may be confusion and the youth could move clumsily and answer questions slowly. An inability to recall events before or after the head trauma, or losing consciousness even briefly, are additional signs of concussion. In older children and teens, nausea, vomiting, balance problems, light sensitivity, and headache also can occur.

• **Growth plate injuries:** Growth plates are soft cartilage at the end of bones like the arms, legs and fingers that are replaced by strong bones as children get older and stop growing. Growth plates are more susceptible to injury than the rest of the bone. A fracture may not be readily visible in a growth plate, but doctors can look for other signs. The Mayo Clinic says pain and tenderness and an inability to move the affected area or put weight or pressure on the limb are signs of a growth plate injury. It's important to note that growth plate fractures occasionally can be caused by overuse from repetitive throwing or during sports training.

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## Commissioners --

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money coming through Benson County. Commissioner Horner questioned whether the county had the staff to participate. Sheriff Rode said that deputies weren't required to participate; it was optional. He reviewed the other counties that were part of Operation Stonegarden. He indicated that it was "a hard program to get into." The board approved a motion to participate.

Sheriff Rode requested that reimbursement to the BCEC for vehicle storage be added to the agenda of the next Civil Asset Forfeiture Fund board. He reviewed a memorandum received from State's Attorney Wang regarding the hiring of additional deputies. He indicated that he didn't want to jeopardize the department's exemption from paying overtime. Commissioner Kuk asked about the accumulation of vacation time. Sheriff Rode said that it was hard for sheriff's office employees to take vacations. State's Attorney Wang indicated that temporary employees hired for transports were considered administrative and were not counted against the overtime exemption.

Sheriff Rode provided his February calls for service and reported on a law enforcement effort the prior weekend with several nearby counties and

other agencies. He provided a breakdown of traffic stops, citations, arrests and other actions to counteract illegal activities.

Sheriff Rode provided an envelope for Nicole Steinhaus containing her written report and a flash drive with video of her interview. He said he bought the flash drive on his own, without using taxpayer funds. Steinhaus reviewed her contacts with the sheriff and complained about a lack of transparency. She expressed concern about others being treated as she said she was. Steinhaus clarified that she wasn't anti-police; "I just don't want people to suffer." The size of the video file presented problems in getting it to Steinhaus. Sheriff Rode explained that he needed to find a large enough flash drive and reported on an app that could be used to send large files.

The board further discussed the possibility of getting video equipment to livestream commission meetings online. Commissioner Griffin said that it would be a large investment for equipment that would quickly become obsolete. Commissioner Horner suggested evaluating who the audience might be for livestreams of meetings.

**Aurora Township NOTICE**  
The annual meeting and election will be held Tues., March 18 at 7:30 p.m. at the home of the clerk.  
Dale Yri Clerk

**Eldon Township NOTICE**  
The annual meeting will be held Monday, March 18 at 9 a.m. at the Ray Buckmier farm shop.  
Tyler Sears Clerk

**Rich Valley Township NOTICE**  
The annual meeting will be held Tuesday, March 18 at 10 a.m. at the Kallenbach farm shop.  
Shelly Kallenbach Clerk

**North Viking Township NOTICE**  
The annual meeting will be held Tuesday, March 18 at 6 p.m. at the Maddock Fire Department.  
Ryan Knatterud Clerk

**Lallie Township NOTICE**  
The annual meeting will be held on Tues., March 18 at 1 p.m. at the Dean Johnson residence.  
Dean Johnson Clerk/Treas.

**Isabel Township NOTICE**  
The annual meeting will be held Tuesday, March 18 at 5:30 p.m. at the Jeff Hagen farm shop.  
Robert Engkvist Clerk

**Impark Township NOTICE**  
The annual meeting and election will be held on Thursday, March 20 at 2 p.m. at the Gerald and Christie Jaeger farm. One supervisor will be elected.  
Christie Jaeger Clerk

**Normania Township NOTICE**  
The Normania Township annual meeting and election will be held March 18 at 2 p.m. at the Michael and Colleen Rohrer farm. One supervisor and clerk/treasurer will be elected.  
Louise Nelson, Clerk

## How to honor local Vietnam vets

March 29 is National Vietnam War Veterans Day

The Department of Veterans Affairs notes that approximately 2.7 million Americans served in the Vietnam War. There was strong domestic opposition to American involvement in the conflict, and many veterans returning from the war were treated poorly and unfairly. That made it difficult for Vietnam veterans to adjust to life at home, a problem compounded by the trauma of the war.

Although it is impossible to reverse time and remedy the poor treatment of Vietnam veterans, there are ways that the public can honor those veterans who sacrificed their safety and health in service of their country. These ideas can help communities express their gratitude to veterans who served in the Vietnam War.

• **Join the Vietnam War Commemoration as a commemorative partner.** Once approved, member organiza-

tions are given a free starter kit of materials for developing and implementing their programs and events.

• **Adopt a care facility.** Individuals or organizations can support a local VA hospital or gathering organization by organizing events that can include visits, food and entertainment.

• **Single out Vietnam veterans in the community.** Spotlight features on veterans who live in the community with write-ups in the newspaper or interviews for a community-wide blog or social media group. Share veterans' stories with as many people as possible.

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**East Fork Township NOTICE**  
The annual meeting will be held Tuesday, March 18 at 7 p.m. at the Jeff Wright residence.  
Valorie Wright Clerk/Treasurer

**Oberon Township NOTICE**  
The annual meeting will be held Tues., March 19 at 7 p.m. at the Ed Gilderhus farm.  
Mitch Poulsen Clerk/Treas.

**South Viking Township NOTICE**  
The annual meeting for South Viking Township will be held on 18 March 2025 at the township hall at 7 p.m. Elections will be held for the clerk and one supervisor.  
James M. Hvinden Clerk

**Leeds Township NOTICE**  
The annual meeting and election of officers will be held Tues., March 18 from 9 to 10 a.m. at the Leeds Community Center.  
Eric Jorgenson Chairman

**Esmond Township NOTICE**  
The annual meeting and election of officers will be held Tues., March 18 at 1 p.m. at the Esmond Fire Hall.  
Raymond Tollerud Clerk

**West Antelope Twp. NOTICE**  
West Antelope Township annual meeting will be held at the Adam Aanderud residence at 9 a.m. on March 18, 2025. There is one supervisor position to be elected currently held by Adam Aanderud.  
Dawn Aanderud Clerk/Treas.

**Rock Township NOTICE**  
The annual meeting and election will be held Tues., March 18 at 5 p.m. at the John Grann home. One officer position is up for election.  
Donna Grann, Clerk/Treas.

**Mission Township NOTICE**  
Mission Township election will be held Tuesday, March 18, 2025 at the home of Louie P. Kraft, St. Michael, ND, to elect one supervisor for a three-year term. Polls open at 5 p.m. and close at 6 p.m.  
Judy Geske Clerk, Mission Township

**Wood Lake Township NOTICE**  
Notice is hereby given that on Tuesday, the 18th day of March, 2025, Wood Lake Township will hold its annual township election meeting. Polls will be open from 4 to 5 p.m. that day and election will be held at the Terry Smith residence. Voters will elect one (1) supervisor and one (1) secretary/treasurer.  
Kristi Black Secretary

### NOTICE TO CREDITORS

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

In the Matter of the Estate of Myron Lambert Sr., deceased.

NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above Estate. All persons having claims against the Deceased are required to present their claims within three (3) months after the date of the first publication or mailing of this notice or the claims will be forever barred. Claims must either be presented to **Myron Lambert Jr.**, Personal Representative of the Estate, c/o **SW&L Attorneys, 4627 44th Ave S, Ste. 108, Fargo, ND 58104**, or filed with the Court.

/s/ Myron Lambert Jr.  
Myron Lambert Jr.

Jesse D. Maier (ND ID #07843)  
SW&L ATTORNEYS  
4627 44th Ave. S, Ste. 108  
Fargo, ND 58104  
Phone: 701-297-2890  
jesse.maier@swlatorneys.com  
(Publish Feb. 27 & March 6 & 13, 2025)

**Broe Township NOTICE**  
The annual meeting and election will be held Tues., March 18 at 5 p.m. at the Randy Gunderson farm.  
Randy Gunderson Chairman

**Albert Township NOTICE**  
The annual meeting will be held Tuesday, March 11 at 7 p.m. at the Curt Kenner residence.  
Brian Maddock Chairman

**Butte Valley Township NOTICE**  
The annual meeting and election will be held Tues., March 18 at 4 p.m. at the Butte Valley Township Hall in Harlow.  
Dawn Hermanson Clerk/Treasurer

## CALL FOR BIDS

### FOUR SETS OF HARDWOOD & IRON GYMNASIUM BLEACHERS

**Bid opening:**  
March 18, 2025 - 8:30 a.m. CDT  
Benson County Courthouse County Commissioners Rm.

The County Auditor of Benson County, Minnewaukan, ND, will receive sealed bids for the removal and purchase of four sets of hardwood & iron gymnasium bleachers currently located at the Benson County Events Center, 809 Railway Ave, Maddock, ND. The sets available are as follows:

- Set 1: 18' wide x 12' high with 7 risers
- Set 2: 11' wide x 12' high with 7 risers
- Set 3: 11' wide x 12' high with 7 risers
- Set 4: 18' wide x 12' high with 7 risers

Photos and other general information can be obtained from the Benson County Auditor's Office, 311 B Ave. S., PO Box 206, Minnewaukan, ND 58351. Bleachers are available for inspection prior to the bid letting.

**Bids shall be submitted in a sealed envelope to Benson County Auditor's Office, PO Box 206, Minnewaukan, ND 58351, which identifies the bidder and the bid contained therein and must be received by the bid opening deadline.**

Benson County reserves the right to evaluate the bids accordingly and make awards according to the discretion of its Board of Commissioners. Benson County also reserves the right to reject any or all bids and to waive any irregularities.

By order of the Board of County Commissioners of Benson County this 18th day of February, 2025.

Bonnie Erickson, County Auditor  
Benson County, North Dakota

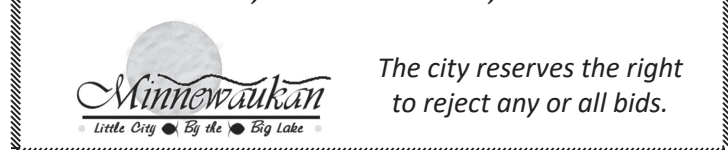
## SEEKING BIDS

### Minnewaukan is seeking sealed bids for fence replacement at the city dump.

- Bid deadline: Monday, April 7 at 4 p.m.
- Include detailed cost estimates and project timelines.

**Questions?**  
Call the City Office at 473-5735.

Send bids to:  
PO Box 192, Minnewaukan, ND 58351.



The city reserves the right to reject any or all bids.

## HELP WANTED

### BUILDING MATERIAL SALES PERSONNEL

Sales Applicants should be able to:

- Interact with customers to develop long-term relationships
- Lift Heavy Objects (100 lbs.)
- Generate sales
- Have a valid drivers license
- Ability to read blueprints
- Do material estimates
- Go into the field to measure projects

Applicants would work with other sales personnel within the organization to achieve the final goal of satisfied customers. Benefits include health and disability insurance, retirement, sick and vacation time. Pay is dependent on experience.

**STOP IN AND APPLY OR**

448 Highway 2 West  
Devils Lake, ND 58301  
701-662-3416

105 4th St. East  
Park River, ND 58270  
701-284-6266

Send resumé to [Kerry@leonsbuildingcenter.com](mailto:Kerry@leonsbuildingcenter.com)

### The City of Esmond is accepting bids for the Sale of the

## ESMOND MEMORIAL HALL

56 Northern Pacific Ave. W. Esmond City Original Subdivision, Block B, Lots 22 & 24, 6,246 sq. ft. building

Bids must contain a letter of intent for the future use of the building.

Bids to be sent to:  
**PO Box 56, Esmond, ND 58332**

Questions to:  
[cityofesmond@gmail.com](mailto:cityofesmond@gmail.com)

**DEADLINE FOR BIDS: APRIL 4, 2025**

The City of Esmond has the right to accept or reject any and all bids.