

Tips to find a job in the modern market

Professionals know that standing out in a crowded field of applicants has long been a challenge when seeking a new job. But that challenge grew significantly more difficult in the internet era, when it became vastly easier and quicker to apply for a new opportunity but simultaneously more difficult to stand out from the many other applicants who could apply in a few minutes or less.

The modern job market certainly requires a different approach to finding a job than in years past. However, some useful points can help talented professionals find their next job.

• **Home your networking skills.** Networking is a vital skill for modern professionals, including those looking for a new job. Though internet reports suggest as much as 85 percent of job openings are now filled through networking, that data has been debunked and characterized as a myth. Still, networking can help professionals learn about openings before they're listed (if they're even listed at all) and also provide insight into a company's culture.

• **Create a visible online profile.** LinkedIn was long considered the go-to platform for professionals to establish an online profile, and that's largely still the case. Though some LinkedIn users complain that jobs advertised on the site are not removed even weeks after they've been filled and others feel the site has become a more traditional social networking site and less a professional networking platform in recent years, it's still a go-to platform among human resources professionals and recruiters. In fact, a recent report from Jobvite found that 87 percent of recruiters



utilize LinkedIn to identify candidates. So while some may view LinkedIn as less useful than it used to be, HR professionals continue to value it.

• **Create an informative online profile.** It's important to have an online profile in the modern professional world and equally vital to make that profile as informative as possible. Avoid lengthy sentences that HR professionals and others are unlikely to read in favor of bullet points of relevant experiences and skills. It's possible to be both concise and informative, and professionals should aspire to be both when crafting their online profile.

• **Keep looking.** Though it's hard to confirm various online claims regarding how many applications the average job seeker submits before landing a new job, various sources indicate a person can expect to apply for as many as 200 jobs before successfully finding new work. That's a lot of leg work and frustration, but it's vital that professionals avoid waving the white flag. A new opportunity will eventually arise, particularly for those who fully commit to finding a new job.

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Tips to manage a family schedule with greater efficiency

Create routines

Consistent daily or weekly routines can help a family understand what is expected and when. Providing structure can reduce decision-making fatigue, according to *Becoming Minimalist*. Dinner can occur at the same time each day, and homework time may be scheduled so kids know when they are expected to hit the books.

Use reminders

Reminder apps on phones or other devices can be very handy for keeping everyone in check. Alarms and reminders will alert the person as to when they are expected to be somewhere. Letting children set their own reminders can set them up for success by being responsible individuals.

Get kids involved

Again, looping children into the process of establishing schedules and an organizational system helps teach them responsibility. Plus, if they are more invested in the process, they may be more apt to follow along. Families can hold weekly chats or meetings about upcoming events and discuss how to delegate or who might be able to attend what and when. Children can weigh in on what is important to them and what can be passed up, such as if school is offering a special bonus extracurricular that is not mandatory to attend. All Pro Dad, a program of the national nonprofit educational and charitable organization Family First, says it is all right to say "no" to extra commitments and prioritize what's important to the family.

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Make fruits fun for kids

Many parents can attest to the challenges in encouraging children to eat healthily -- including incorporating plenty of fruits and vegetables into their daily diets.

Children tend to become picky eaters for a number of reasons, according to the UCSF Benioff Children's Hospital. Some children are just naturally more sensitive to taste, texture and smell of some foods. Others may learn their picky eating from parents who pick and choose among their meals. Still other children learn to be selective through bribes and punishments around mealtime.

However, there needn't be fussing and feuding over food choices -- particularly produce -- when parents employ a few creative ideas to entice children to dig into healthy foods.

1. **Ask for your child's help:** Have your child ride along to the grocery store and take an active role into picking out healthy foods that he or she may be willing to try. Most nutrition experts find that if children take an interest in what they will be eating, and are instrumental in making some choices, they will have a higher rate of eating those meals and foods.

2. **Understand your child's eating habits:** Some children will eat the crown of broccoli but leave aside the stems. There are kids that will eat anything as long as it's dunked in ketchup. They may enjoy pears as long as they are cut up into pieces with the skin removed. Pay attention to how your child likes to eat the food and present it that way. It could mean fewer arguments at the dinner table.

3. **Explore new flavor combinations:** Oftentimes mixing certain flavor combinations can entice children to eat foods they may have never considered trying. Just think about the popularity of fruit juices mixed with vegetable purees. Some children have an inclination toward favorite flavors or just can benefit from a little variety, which can sometimes prove challenging when



produce is out of season. Try Grapple(R) brand apples, which combine the fresh, familiar flavor of Washington apples with the aroma and taste of concord grapes. Through a patented process, premium Washington State apples are infused with grape flavor to create a product that "Crunches like an Apple, Tastes like a Grape(TM)." The health benefits of Grapples are just the same as other variety of apples and there are no artificial ingredients added or genetic altering.

4. **Try creative presentations:** Simply presenting the foods in a unique way can make them fun to eat. Try making fruit creations, such as "snowmen" out of stacked grapes, or orange and peach skewers. Children may be more inclined to drinking fruit smoothies mixed with yogurt, or giving foods fun names, such as banana bombs, which are just chunks of banana rolled in honey and granola. All it may take is creating a fruit face on a plate with different fruits resembling features. Try kiwi eyes, Grapple slices for a mouth, a blueberry nose or whatever you come up with.

5. **Be patient with new foods:** It can take a few attempts and repeated exposure to get children to try new foods, says the Mayo Clinic. Serve new foods along with children's favorite foods, like Grapple slices added to peanut butter

sandwiches.

More information is available by calling 1-800-232-2636 or visiting www.grapplefruits.com and Facebook at <http://www.facebook.com/Grapplebrandapples>.

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Travel tips for the over-50 crowd

Travel has long been viewed as a positive hobby that can pay short- and long-term dividends. Some of those benefits may surprise even the most devoted jet-setters. For example, a joint study from the Global Commission on Aging and the Transamerica Center for Retirement Studies found that women who vacationed twice a year had a considerably lower risk of heart attack than women who vacationed once every six years. The same study noted men who did not take an annual vacation had a 30 percent greater risk of heart disease than men who did vacation each year.

Traveling after 50 may necessitate a slightly different approach than it did when individuals were younger. Though adults over 50 can reap the same travel-related rewards they did when they were younger, some additional safety measures may be necessary at this point in travelers' lives.

• **Determine vaccination requirements** if you plan to travel overseas. The Health In Aging Foundation urges older travelers hoping to go overseas to identify vaccination requirements in countries they plan to visit. Make this part of your early planning, as the HIAF notes some countries require vaccinations be administered at least six weeks prior to entry.

Information regarding travel-related vaccinations can be found on the Centers for Disease Control and Prevention website at <https://wwwnc.cdc.gov/travel/page/travel-vaccines>.

• **Get a pre-trip medical checkup.** A pre-trip medical checkup can ensure adults over 50 are healthy enough to travel. A doctor visit also can be a great opportunity to update vaccinations and discuss medications.

It can be tricky to manage medications when crossing time zones, and travelers can work out



a schedule with their physicians to ensure they don't miss any doses. This also can be a good time to renew prescriptions to ensure you don't run out while away from home. Work with your physician and pharmacist to create a list of prescription and over-the-counter medications you take, which the HIAF notes will make it easier to get through customs and get replacement medicines should you need them while traveling.

• **Beware of deep-vein thrombosis (DVT)** and how to avoid it. The Mayo Clinic notes DVT occurs when a blood clot forms in one or more of the deep veins in the body, typically in the legs. Lack of movement is a risk factor for DVT, which can affect immobile travelers during long flights, train rides or road trips. DVT risk can be reduced by getting up and walking around when allowed to do so on long flights or train rides.

If you'll be driving long distances, make frequent pit stops to get out of the car and stretch your legs.

• **Stay hydrated.** The Cleveland Clinic notes that dehydration can cause dizziness, elevate a person's heart rate, contribute to swollen feet and muscle cramps, and result in fatigue, among other side effects. Travel is exciting, and it can be easy to forget to hydrate during engaging trips. But the HIAF recommends individuals bring a large bottle of water with them and drink even if they do not feel thirsty.

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Pomp's Tire Service	7,765.98
Spirit Lake Tribe	
Refuse Control	20.00
Wold Engineering	62,486.17
Scott Todahl	1,210.00
LR Residential Re-entry Center	300.00
NDACo Resource Group	9,018.44
ND Co. Auditors & Treasurers Assn.	400.00
Advanced Business Methods	190.96
BC Farmers Press	216.30
BC Farmers Press	28.00
Proforms	185.78
The Sidwell Company	6,311.81
Thomson Reuters	
--West	440.22
Tyler Technologies, Inc.	4,464.75
BC Farmers Press	472.68
ArcaSearch, LLC	1,299.00
Dakota Mailing & Shipping Equip., Inc.	201.67
Geoland Management, LLC	400.00
Information Technology Dept.	1,320.50
Information Technology Dept.	506.25
LR Law Enforcement Center	7,785.37
Bonnie Erickson	1,000.00
James Wang	1,000.00
Laura Winson	155.43
Samantha Sears	421.43
James Wang	854.67
Jayla Smith	150.00
Randy Thompson	1,000.00
NDACo Resource Group	2,800.00
Stones Mobile Radio, Inc.	70.40
Pitney Bowes	
Auto. Withdrawal	2,000.00
Pitney Bowes	
Auto. Withdrawal	2,000.00
Tasc	2,676.05
ND Public Employees Retirement	30,673.36
Nationwide Retirement Solution	732.00
ND Public Employees Retirement	24,443.57
ND State Tax Commissioner	1,338.00
Denise Flood	69.30
Randy Thompson	1,800.00
City of Esmold	25.00
City of Leeds	28.00
City of Maddock	158.35
Dakota Implement	1,636.59
Dennis Weed	119.76
NAPA Auto Parts	160.82
Spirit Lake Tribe	
Refuse Control	20.00
Advanced Business Methods	125.84
City of Maddock	757.21
Floodwater Properties	500.00
Maddock Business & Technology Ctr.	150.00
Matthew Bender & Co., Inc.	174.61
LR Law Enforcement Center	268,416.00
LR E-911 Authority	137,413.00
Minnewaukan City	212.05
Minnewaukan City	132.75
Quill Corporation	80.26
Spirit Lake Tribe	
2,500.00	
The Sidwell Company	15,265.00
Jonathon Rice	550.00
Distribution to Entities	715,389.70
December 2025 NET PAYROLL	
Co. Road	\$58,824.90
General/DEM/Co. Agt.	82,094.92
Steinhaus spoke regarding her battle with Sheriff Rode and Deputy Travis Carlson. She stated no officer still has come forth to take her report regarding Rode and Carlson. She explained the need for victims of violence shelters in the surrounding areas.	
A motion to adjourn was made at 10 a.m.	
Bonnie Erickson	
Ron Stadium Chair	

Benson County Commissioners Meeting

Benson County Courthouse
311 B Avenue South
Minnewaukan, ND 58351

February 17, 2026
8:30 a.m.

The agenda includes a discussion, review and recommendations for the Governor on a proposed land purchase by the U.S. Fish and Wildlife Service of approximately 520 acres in Riggan Township.

Located at:

Township 154 North, Range 67 West of the 5th P.M. in Section 12 (N½NE¼, SW¼NE¼, SE¼NW¼, SE¼NE¼, N½SE¼, NE¼SW¼, and S½SE¼) and Section 13 (N½NE¼ and SE¼NE¼)