

# Use Farmers Press Want Ads

## Safety and smarts necessary when exercising with arthritis



Physical activity is a vital component of a healthy lifestyle. While the recommendations for exercise may vary for each individual, general guidelines from public health agencies typically suggest most people should get around 30 minutes of moderate-intensity aerobic exercise per day.

People with arthritis may be hesitant to head to the gym or engage in home workouts because the instinct to rest is strong when joints feel stiff or painful. However, health care advocates note that movement is one of the most effective treatments for arthritis.

Recent data from the Centers for Disease Control and Prevention says arthritis remains a leading cause of disability in 2026. Roughly one in four adults in the United States have been diagnosed with some form of arthritis. The Arthritis Foundation says exercise is not just a lifestyle choice, but an essential component of joint health. People who engage in physical activity report a 40 percent reduction in pain on average. Here is a prescription for safely navigating physical activity while managing arthritis.

• **Emphasize exercise that improves flexibility.** The Better Health Channel says people with arthritis should focus on exercises that reduce stiffness and keep joints moving through their full range-of-motion. Examples include gentle neck rotations, shoulder rolls and finger stretches daily, especially in the morning during flare-ups.

• **Incorporate low-impact aerobic movements.** Cardiovascular exercises improve heart health and help with weight management, which is essential for people with arthritis. The Arthritis Foundation says losing just one pound of body weight can remove four pounds of pressure from the knees. Walking, cycling and water exercises are low-impact ways to get the cardio a body needs, says the Mayo Clinic.

• **Make resistance training part of your routine.** Building strong muscles can help protect the joints by acting as shock absorbers. People can use bodyweight exercises like chair squats, resistance bands or light dumbbells to build muscle. The Arthritis Foundation recommends focusing on the muscles surrounding joints experiencing the most pain, such as quadriceps for knee arthritis or abdominals to protect the hips and spine.

• **Assess pain.** Experts suggest using something called the "two-hour rule" to determine if exercise added to or diminished arthritis pain. If joint pain is higher two hours after exercising, then it's important to reduce the duration or intensity of exercise the next time. During a flare-up, do not stop moving entirely, but shift to gentle range-of-motion stretching only, suggests the Mayo Clinic.

-metrocreativeconnection

### HELP WANTED

**McLEAN COUNTY IS** hiring one (1) park manager for the county park located near Garrison, ND. For more information, visit [www.mcleancountynd.gov/employment/](http://www.mcleancountynd.gov/employment/). (N)10p

**YOUR HELP WANTED AD** could be here! Per-week cost for a classified: \$5 for the first 25 words, .10 for each word above 25. Call 473-5436 or email [farmerspress@gondtc.com](mailto:farmerspress@gondtc.com).

### SERVICES

**HANSON PAINTING SERVICE:** Interior-exterior, residential, commercial, farm buildings, churches. Wallpapering, texturing, etc. Free estimates. 701-662-7153, 701-351-0860, [www.hansonpaintingservice.com](http://www.hansonpaintingservice.com). 24tn

**NEED NEW WINDOWS?** Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation and FREE quote today. 1-877-200-2734. (N)10p

**ELECTRICAL SERVICES:** Reliable and experienced. Competitive rates. From simple household problems to installing a brand new electrical system, we can take care of it all! Call now and have the ZIP Code of the service location when you call! 1-877-403-0282. (N)10p

**STRUGGLING WITH DEBT?** If you have over \$15,000 in debt, we help you be debt-free in as little as 24-48 months. Pay nothing to enroll. Call now: 1-877-688-0872. (N)10p

### AUTOS WANTED

**HELP FIND MISSING** kids and keep kids safe by donating your car, truck, van or SUV to Find the Children. Running or not, no emission test required. Fast, free pickup, 24-hour response, may qualify for tax donation. Call 1-833-545-0694. (N)10p

### HOUSING/APTS. FOR RENT

**ASSISTED LIVING APARTMENTS** available in Rugby at the Haaland Estates. Laundry services, inside mail, garages, outside plug-ins for vehicles, emergency notification system and other convenient living accommodations for senior citizens. For more information or an explanation on services call 776-5203. 32tn

**RENTERS WANTED: ARE** you having difficulty paying your rent on time? The Housing Assistance Program (HAP) is now taking applications for residents living in Benson County. For more information on eligibility call 473-5671. Equal Housing Opportunity. TDD 1-800-366-6888. 12tn

**HAVE HOUSING AVAILABLE?** Your ad could be here! Call 473-5436 by 10 a.m. Monday. \$5 for the first 25 words, .10 for each additional word.

### REAL ESTATE FOR SALE

**ND FARM LAND** values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer, 701-371-8538. Kevin Pifer, 701-238-5810. Free evaluation. (N)10p

### MISCELLANEOUS FOR SALE

**YOU CAN PLACE** a 25-word classified ad -- like this one -- in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details. (N)10p

**CASH PAID FOR** high-end men's sport watches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. These brands only! Call 1-833-641-6634. (N)10p

**LOOKING FOR THE** most complete listing of ND media? ND Media Guide. Call 701-223-6397, ND Newspaper Association. (N)10p

### MISCELLANEOUS

**WE BUY VINTAGE** guitars! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson mandolins / banjos. 1-833-641-7066. (N)10p

**WE BUY HOUSES** for cash AS-IS! No repairs. No fuss. Any condition. Easy process: Call, get cash offer and get paid. Call today for your fair cash offer: 1-701-498-1853. (N)10p

**WATER AND FIRE** damage restoration. Our trusted professionals will restore your home to protect your family and your home's value! Call 24/7: 1-877-936-0513. Mold remediation services are also available! (N)10p

**HAVE A NEWS** release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397. (N)10p

Express your gratitude with a card of thanks in the Farmers Press! Only 10 cents per word.

### HEALTH/MEDICAL

**IF YOU OR** a loved one suffered injury/death because of a Boston Scientific PACEMAKER, you may be entitled to compensation. Call Attorney Charles Johnson, 800-535-5727. (N)10p

**VIAGRA AND CIALIS** users! 50 pills SPECIAL \$99! 100% guaranteed. CALL NOW! 1-833-641-3417. (N)10p

### CITY OF WARWICK NOTICE OF FILING DEADLINE CORRECTION

The notice of filing deadline published March 19, 2026 by the city of Warwick in the Farmers Press incorrectly stated that two positions were up for election this year. In fact, only one position will be voted on. Qualified voters of said city will vote upon and choose the following: **City Council:** 1 position, 2-year unexpired term

Lottie Caldwell  
City Auditor  
(Publish April 9, 2026)

**CALL TO ADVERTISE 473-5436**

### Isabel Township NOTICE

Isabel Township's tax equalization meeting will be held **Tuesday, April 14 at 7:00 p.m.** at the Jeff Hagen farm shop.

Robert Engkvist  
Clerk

### Beaver Township NOTICE

The annual meeting, election of supervisors and business meeting will be held **Thursday, April 16 at 1 p.m.** at the Beaver Township Hall.

David Erie  
Clerk

### NOTICE OF CANDIDATE FILING DEADLINE

Notice is hereby given that the deadline for filing to have a candidate's name printed on the ballot for Warwick Public School is April 20, 2026 by 4 p.m. The following offices are up for election:

Jean Wallace: Southern half of Wood Lake and Hillsdale (3-year term)

Kelly Gannon: At-large (3-year term)

A candidate for a school district office must prepare and sign a document stating the candidate's name and the position for which the individual is a candidate, and a SFN 10172 Statement of Interests form. Both documents must be filed with the school district business manager for Warwick Public School by the above deadline date and time. All forms are available from either the school district business manager for Warwick Public School or may be obtained online at <https://vip.sos.nd.gov/Portal/ListDetails.aspx?ptlPKID=30&ptlPKID=3#content-start>.

Robert Lawrence  
Business Manager  
(Publish April 2 & 9, 2026)

### APARTMENTS FOR RENT

One bedroom with utilities included. Rental assistance available to those who qualify.

**Moeller Home Inc.**  
701-473-5671  
This institution is an equal opportunity provider and employer.

### APARTMENTS FOR RENT

West Bay Homes, Minnewaukan  
**One bedroom with utilities furnished**  
Benson County Housing Authority

**701-473-5671**  
TDD 1-800-366-6888  
Equal Housing Opportunity  
This institution is an equal opportunity provider and employer.

### HAGER EXCAVATING

General Excavating  
• Land Clearing & Tree Removal  
• Scrap Metal Hauling  
• Stump Grinding  
• Demolition  
• Sewer System Installation

**Ryan Hager**  
**701-341-0505**

Kent Neppel  
**TERPENING CONSTRUCTION**  
ALL TYPES OF CONCRETE WORK SINCE 1972  
Cell: 351-3994  
PO Box 312, Maddock, ND 58348  
[terpeningconst@gondtc.com](mailto:terpeningconst@gondtc.com)

### Publisher's Notice

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18.

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call North Dakota Fair Housing Council toll-free 1-800-265-0907. HUD toll free 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



### PARK VUE in LEEDS

has 1 or 2 bedroom apts. Utilities furnished, rental assistance available. Call 701-466-2445 or TDD 1-800-366-6888.

This institution is an equal opportunity provider and employer.

### DRS. Moen, Enderle & Johnston OPTOMETRISTS

Highway 2 East • Devils Lake (Next to Mr. & Mrs. J's)  
HOURS: 8:30 a.m. to 5 p.m. Mon.-Fri.  
**Phone 662-4085**  
Open Thursday Evenings until 7 p.m.

### NICOLAI CHIROPRACTIC CENTER

**Dr. Michael K. Nicolai**  
207 1st Ave South  
New Rockford, ND  
**Office: 701-947-2121**  
Toll-Free: 800-808-9478

### MICRO-LOAN BENSON COUNTY FUND

**0% INTEREST LOANS**  
For NEW or EXISTING Business Activity in Benson County  
Real Estate ~ Equipment ~ Inventory ~ Working Capital  
CONTACT North Central Planning Council, Admin. Agent for BCJDA  
**701-662-8131**  
[www.northcentralplanningcouncil.com/benson-county-jda](http://www.northcentralplanningcouncil.com/benson-county-jda)

**Arnston Agency**  
105 Central Ave - PO Box 129  
Maddock, ND 58348  
701-438-2263, Fax 438-2217  
email: [chris.arnston@FUMIC.com](mailto:chris.arnston@FUMIC.com)

Farm • Homeowners - Dwelling  
Business - Auto - Liability  
Umbrellas - Misc. Bonds - Life  
Multi-Peril Crop - Crop Hail  
Long Term Care

**Farmers Union INSURANCE**

*Don't be late!*  
**ADVERTISING DEADLINE Friday 12 noon**

**BENSON COUNTY FARMERS PRESS**  
PO Box 98  
Minnewaukan, ND  
[farmerspress@gondtc.com](mailto:farmerspress@gondtc.com)  
**701-473-5436**  
[bensoncountynews.com](http://bensoncountynews.com)

**Electric Motor Service**  
Repair & Rewind Service • Sales  
Farm • Industry  
New Rockford, ND  
Cell: 302-0541  
Home: 947-2017  
JOHN GISI, OWNER

**Mark Fornshell**  
Precision Products & Seed  
701-652-5061  
[markfornshell3@gmail.com](mailto:markfornshell3@gmail.com)

**NCB ELECTRIC, LLC**  
**John Lunde**  
5945 52nd St. NE  
Brinsmade, ND 58351  
701-351-0507  
[johnlunde.ncb@gmail.com](mailto:johnlunde.ncb@gmail.com)  
RESIDENTIAL • COMMERCIAL FARMSTEADS

**RICHARD SAGER**  
CROP INSURANCE

Richard Sager • Amy Lee  
PO Box 933, 308 4th Ave NE,  
Devils Lake, ND 58301  
701-662-2299 • 1-888-834-5020  
MULTI-PERIL • CROP-HAIL  
LIVESTOCK RISK PROTECTION  
EQUAL OPPORTUNITY PROVIDER

**THE GLASS SHOP INC.**  
Quince Hambek  
Handicap Doors, Shower Doors, Mirrors  
Auto Glass, Chip Repair, Residential  
Windows, Commercial Windows & Doors

**The Feed Shop**  
Dog, Cat, Horse & Cattle Feed  
HUBBARD [www.hubbardfeeds.com](http://www.hubbardfeeds.com)

319 S College Dr. • Devils Lake, ND  
Bus: 701-662-8276 Cell: 701-351-3342  
Email: [the1glassshop@hotmail.com](mailto:the1glassshop@hotmail.com)

### NOTICE OF ANNUAL MEETING Benson County Township Officers Association

The annual meeting of the Benson County Township Officers Association will be held on **Thursday, April 23, 2026 at the Leeds Community Center in Leeds, ND.** The meal will start at 6 p.m. with meeting to follow.

### Oberon School District ACCEPTING APPLICATIONS For a full or part time Business Manager

Job duties include:

- Handling payroll
- Reimbursement from federal programs
- Accounts receivable and payable
- Other duties assigned by the school board

Experience:  
• A background with finance and/or a working knowledge of the educational finance software program Software Unlimited is preferred but willing to train the right person.

Interested applicants should send a letter of interest, résumé, two letters of recommendation and any applicable college transcripts that apply to:

**Oberon School District**  
P.O. Box 2  
Oberon, ND 58357  
Oberon Elementary School | 315 A St. | Oberon, ND

## ADVERTISEMENT FOR BIDS

Project CP-0300(026)  
Benson County, North Dakota

**NOTICE IS HEREBY GIVEN** that the County Commissioners of the County of Benson, North Dakota, will received sealed bids for **Benson County Project: CP-0300(026) - Chip Seal Coat on various paved County Roads in Benson County** at the office of the County Auditor of said County until **8:00 A.M., CDT on April 21, 2026**, at which time said proposals will be opened and read aloud.

Complete digital project bidding documents are available at [www.woldengr.com](http://www.woldengr.com) or [www.questcdn.com](http://www.questcdn.com). You may download the digital plan documents for \$30.00 by inputting Quest project #10122646 on the website's Project Search Page. Please contact QuestCDN.com at 952-233-1632 or [info@questcdn.com](mailto:info@questcdn.com) for assistance in free membership registration, downloading, and working with this digital project information. An optional paper set of project documents is also available for Non-Refundable price of \$30.00 per set.

**Please make your check payable to:**  
Wold Engineering, P.C., 915 East 11th St., PO Box 237, Bottineau, North Dakota, 58318. Please contact Wold Engineering, P.C. at 701-228-2292 if you have any questions.

The improvements consist of the following approximate quantities of materials:  
Seal Coat 168,720 SY  
Incidentals

Each bid is to be submitted on the basis of cash payment for the work and is to be enclosed in a sealed envelope addressed to the undersigned County Auditor. Each bid is to be accompanied by a Bidder's Bond in the amount of five (5) percent of the bid, as specified by the North Dakota Century Code Par. 11-11-28, to be forfeited to Benson County should the bidder fail to effect a contract within ten (10) days after notice of an award. Bidder will execute and effect a contract in the amount of the bid and a Contractor's Bond as required by law and regulation and determination of Benson County.

The work on said project shall be started on a date set by the County Commissioners, and shall be completed by **September 1, 2026**, from such date liquidated damages shall be paid.

*The right is reserved to reject all proposals, and to waive any informality in any bid, and to hold the bids for a period not to exceed thirty (30) days from the date of opening bids.*

SIGNED: **Bonnie Erickson**  
Benson County Auditor  
PO Box 206  
Minnewaukan, ND 58351

DATED: **March 17, 2026**