

OBITUARIES CTD.

Louise Vigness
Oct. 21, 1937 – Feb. 2, 2026



Louise Vigness, age 88, went home to heaven on Feb. 2. She was born on Oct. 21, 1937, in Yakima, Wash., to Bjarne and Rose Borgen. She was raised on the family farm in Landa, N.D., with her younger sister, Barbara. Her parents also owned the grocery store in Landa. Summers were spent at the family lake cabin on Lake Metigoshe. Louise graduated from Landa High School and the Bottineau School of Forestry. In 1955, Louise met Lloyd Vigness. They married in 1957 and had three children, Lonnie, Troy, and Tracy, who they raised together in Westhope and Minnot, N.D. Lloyd and Louise were married 59 years until Lloyd's passing in 2016. Louise spent her professional career in banking and mortgage lending. In 1983, she and Lloyd decided no more cold North Dakota winters, and they moved to

Mesa, Ariz., where they lived for the next 39 years. When Louise's health declined in 2022, her children brought her home to North Dakota where she lived her remaining years at Missouri Slope Lutheran Care Center in Bismarck. True to mom's spirit and despite significant health challenges, she maintained her pleasant stubbornness, feistiness, and wry smile and wit. Mom loved her family deeply. We will miss her. We are especially grateful for the compassionate and dignified care that was given to our mom by all the Missouri Slope caregivers. Louise is survived by her twins Troy and Tracy (Mike); her sister Barbara Persson; her daughter in law Debby Vigness; six grandchildren (Tiffany (Jason), Christopher (Emily), Dalton (Brandie), Andrew, McKayla (Tjaden), Robbie), and five great grandchildren (Rebekah, Caleb, Asher, Brodie, Lily), along with many cousins, nieces, and nephews. Louise was predeceased by her husband Lloyd; her son Lonnie, and her parents Bjarne and Rose. Louise will be laid to rest with Lloyd at the North Dakota Veterans Cemetery in Mandan, N.D.

UPHAM NEWS

By Diana Brandt

On Sunday, Brian and Donna Tranby, Debbie Brandt and John Brandt, were callers at the Diana Brandt home, Debbie was a supper guest. Mary Boehnke was among those that attended the basketball games held at Towner on Saturday. Alan Vormestrand was a recent caller at the Shirley Vormestrand home. Mary Boehnke was a Bottineau caller on Tuesday. Steve Nelson was a forenoon caller at the Diana Brandt home, Debbie Brandt and John Brandt were afternoon callers. Members of the Upham Legion, and women of the auxiliary gathered on Monday evening for their monthly meetings. Wesley Goodman and Mary Boehnke were among those that attended. Rhonda Wickman was a Wednesday caller at the Diana Brandt home, worked on some house plants, and brought dinner too. Nice. Happy birthday to Jessica Fitzpatrick, Kim Brandt of Illinois, Eric Voremstrand, Junior Brandt, and Brickson Burckhard. You show someone you care just by being there.

Love your heart, love your food: Four steps to better heart health

By Erin Berentson
NDSU Extension, Bottineau Co.

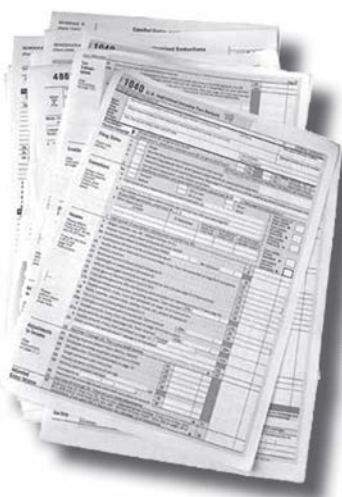


Heart disease is the leading cause of death in America and many of these deaths are preventable. Only a few risk factors, such as age, gender and family history, cannot be controlled. Talk to your doctor to find out if you are at high risk for heart disease. Even if you fall into an at-risk category, food choices have a big impact on your heart's health. You can help prevent and control many risk factors of heart disease — such as high blood cholesterol and high blood pressure — with lifestyle changes and medicines. Healthy food choices and an active lifestyle can have a big impact on your heart's health. If you are at high risk for heart disease or already have heart disease, meet with a registered dietitian nutritionist. Together with your health care provider, your RDN can develop a personalized eating and lifestyle plan to help you lower your risk or improve your existing condition. Just a few steps and you can be on your way to a healthier heart, Step 1: Make healthy food choices: Making healthy food choices starts by eating a variety of nutrient-dense foods. Eat more fruits, vegetables, whole grains, legumes, and fatty fish. Aim to fill half your plate with

fruits and vegetables. Legumes such as beans and lentils are a great source of dietary fiber and protein. They are heart-healthy and very affordable, too. When selecting grains, choose whole-grain foods most often and minimize refined grain foods. Eat less foods that have added salt, sugars, and fats. Reduce salt intake by preparing foods at home so you can control the amount of sodium in your meals. As you shop, select reduced-sodium or no-salt-added canned soups and vegetables. Steer clear of trans fats and limit your intake of saturated fat. Step 2: Be active: Regular,

moderate physical activity lowers blood pressure and helps your body control stress and weight. Be physically active in your own way. Start by doing what you can, for at least 10 minutes at a time. Always check with your Physician or area Physical Therapist before beginning a new workout regimen. Step 3: Manage stress: Yoga, walking, jogging, meditation, journaling, dancing wildly to the oldies — whatever works for you, figure out a way to reduce life's stresses in a healthy way. Step 4: Don't smoke: Smoking increases your risk for heart disease. If you smoke, quit.

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By Michael Achterling
North Dakota Monitor

North Dakota's statewide office-holders up for reelection in 2026 are all running, though some haven't made formal campaign announcements. North Dakota voters will cast ballots for the offices of U.S. House, secretary of state, attorney general, agriculture commissioner, tax commissioner and two seats on the Public Service Commission, all positions held by Republicans. The nonpartisan positions of superintendent of public instruction and two seats on the North Dakota Supreme Court are also on the ballot. Incumbent Julie Fedorchak is running for reelection to North Dakota's sole seat in Congress. Republican Alex Balazs seeks to challenge her in the primary. Democrats Trygve Hammer, Vern Thompson and Helene Neville also have announced campaigns. Secretary of State Michael Howe said he views his job as incomplete with changes still in the works to update the state's online business filing portal. "The work's not done," Howe said. "There's just so much opportunity to make real change, and I think anyone who has interacted with our office noticed some very positive changes." He touted the new secretary of state website, campaign finance and statement of interest user portals as successes over the last few years. Howe was elected secretary of state in 2022, defeating Democratic-NPL candidate Jeffrey Powell and independent candi-

date Charles Tuttle with 63% of the statewide vote. Previously, Howe represented the Casselton area in the North Dakota House of Representatives from 2017 to 2022. Attorney General Drew Wrigley has been meeting with Republican voters at NDGOP district conventions. He was appointed North Dakota attorney general by former Gov. Doug Burgum in 2022 after the death of former Attorney General Wayne Stenehjem. Wrigley was elected attorney general that fall, defeating Democratic-NPL candidate Timothy Lamb with 71% of the statewide vote. "I've worked hard to continue to maintain that support," Wrigley said. He said some of his successes as attorney general have been increasing transparency and accountability for the office, and reducing the backlog of tests at the state's crime lab while adding firearms examiners to the forensic staff. Wrigley previously served as U.S. attorney for North Dakota from 2001 to 2009 before becoming lieutenant governor of the state from 2010 to 2016. He again served as North Dakota's U.S. attorney from 2019-2021. Tax Commissioner Brian Kroshus announced his reelection campaign last month. Kroshus touted the new primary residence credit online application portal as one of his office's achievements over the past four years.

He was appointed tax commissioner in 2021 by Burgum and ran unopposed during the 2022 general election. Kroshus previously served on the Public Service Commission, winning elections in 2018 and 2020. Agriculture Commissioner Doug Goehring said he is running for reelection to the position he has held since 2009. Most recently, he defeated Democratic-NPL candidate Fintan Dooley in 2022 with 76% of the statewide vote. Three Republicans, incumbents Sheri Haugen-Hoffart and Jill Kringstad, and challenger Deven Styczynski of Enderlin, are running for two seats on the North Dakota Public Service Commission. One position is a six-year term and the other is an unexpired two-year term. Other than the U.S. House race, no Democratic-NPL Party candidates have formally announced challenges to statewide office.

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ASK THE MOTOR MEDICS®
From the Hosts of the Under The Hood radio show



Dear Motor Medics,
I've got a power steering leak on my Mazda Protege that's been getting worse over the past year. When it started it was just a small drip but as it has become worse it is now to the point where I must add fluid to it every time I drive the car. I only drive about 100 miles a week for work and if I don't fill it the car makes an embarrassing noise. Due to the cost can I just let it run out and drive it with no power steering? It doesn't seem that hard to turn when it's empty.
Thank you, Mark in Bowling Green, Kentucky

Dear Mark,
Power steering leaks are common as cars age and should be repaired quickly for many reasons. When oils leak, they can cause the car to become hard to turn, become a fire hazard, and also cause other components to fail due to oil intrusion which are all safety concerns. We have seen folks let their systems run dry and it is not good. The car is not only hard to steer but the lack of lubrication in the pump can cause it to overheat and even melt the shaft which can lead to belt loss and the engine being damaged. See what your local mechanic can do for you. They may be able to find a used part to make the repair which can save you a ton of your money.

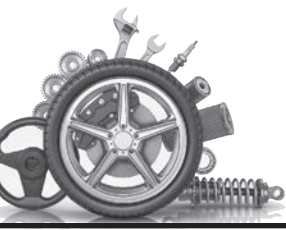
Take care, the Motor Medics

Dear Motor Medics,
What are sway bar end links? I have had a knock under my Dodge caravan for over a year, and I have had multiple parts replaced under the vehicle including struts, tie rod ends and more. Now they say I need these sway bar links. I'm just a little apprehensive after spending all this cash and still having a noise.

Thank you, Brenda in Watertown, South Dakota

Dear Brenda,
That's why we're here, to help folks understand how their vehicle works so that they are more comfortable when things need attention. Hopefully that will help them save a little on repairs also. The sway bar end links connect the end of the vehicles anti-roll or sway bar to the vehicle's suspension. The ends look like a trailer hitch ball and if it becomes worn the joint will make a considerable amount of noise as it is transferred to the body. This sound is a clunk which can best be heard when driving across a parking lot or in town over very small bumps where the body shifts a lot. These parts are not usually real expensive but can be labor intensive if they are rusted in place. It sounds like you have had a lot of suspension work done looking for a noise. The sway bar links are one of the first things we look at in our shop and cheap compared to struts. Talk with your shop about why they weren't noticed.

Take care, the Motor Medics



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New superintendent of Public Instruction Levi Bachmeier is running for election to the position this year after being appointed by Gov. Kelly Armstrong to the role in October. Bachmeier succeeded Kirsten Baesler after she became an assistant secretary with the U.S. Department of Education. The position is nonpartisan but candidates can seek letters of support from a political party. Previously, Bachmeier served as the business manager of the West Fargo school district and was policy director and education policy adviser for Burgum from 2016 to 2019. North Dakota Supreme Court Justices Jerod Tufta and Douglas Bahr both confirmed they are seeking reelection. Tufta is seeking a 10-year term on the state's highest court while Bahr is running for an unexpired eight-year term after being appointed to the Supreme Court in 2023 following the retirement of Justice Gerald VandeWalle. The state's primary election is June 9 and the general election is Nov. 3.

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