

## Prairie Fare: A Tough Loss And A Winning Health Lesson

By Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension

"I'm sorry they didn't win, Mom," my son said. "I had fun being here," I replied. "It's more fun when they win, though," he added. "Most of the fans are spending more time getting snacks than watching the game," my husband complained as people obstructed our view.

He had managed the basketball teams at his Indiana high school, where basketball is taken very seriously.

I was attending my first professional basketball game with my husband and two of our young adult children. Our team had a tough day and lost by more than 20 points.

The team was missing three starters due to injuries. At times, the game looked more like football than basketball.

When it became apparent that our team was not going to win, I began observing the players' expressions on the jumbo screen. They looked exhausted and dejected when shots wouldn't fall.

I imagined them as young kids shooting baskets day after day, dreaming of being professional athletes. I thought of the adults who cheered them on from grade school through college, and all the shoes their parents bought along the way.

They were burning a tremendous number of calories as they ran up and down the court. Playing basketball involves constant movement, with professionals making nearly

1,000 rapid changes in movement in a 45-minute game.

On average, very tall basketball players burn up to 7,000 calories per day while training and playing.

To put this in perspective, the Nutrition Facts labels on food products are based on a 2,000-calorie-per-day diet for an average person, although individual needs vary.

We all need a balance of protein, carbohydrate and fat, plus fluids to fuel ourselves.

April is National Move More Month. While the majority of us can never aspire to be professional athletes, getting active offers powerful health benefits.

Regular physical activity reduces our risk for 20 chronic diseases and other conditions. It strengthens our heart, bones and muscles. It improves our flexibility and keeps our weight in check. Physical activity boosts our mood and our energy levels.

Most adults are advised to get at least 150 minutes of moderate activity, such as brisk walking, per week - that's about 30 minutes on most days. We can break that into shorter segments, such as two fifteen-minute walks per day.

We are also advised to work in some muscle-strengthening activities that target the legs, hips, back, shoulders and arms for two days of the week.

Children need more activity, sixty minutes per day.

If you are not active, start with a small goal. Even ten minutes counts. Find a buddy to keep you motivated and check your community for open gyms or walking programs at malls. Try pickleball, swimming, bik-

ing or a dance class. If you have a chronic condition or disability, look for opportunities with accommodations and check in with a health care provider.

This month, I'll start with a simple goal like walking fifteen minutes twice a day. Unlike that basketball game, this is one outcome I can control.

Here's a refreshing snack with just 70 calories, courtesy of the Iowa State University Extension's "Spend Smart Eat Smart" program.

### Apricot (or Peach) Pops

- 1 (15-ounce) can apricots or peaches packed in juice
- 2 (6-ounce) cartons low-fat vanilla yogurt
- 8 small paper cups
- 8 wooden sticks or plastic spoons (for handles)

Drain fruit and combine thoroughly with the yogurt. Blend in a



Probate No. 31-2026-PR-00026  
IN THE DISTRICT COURT OF  
MOUNTRAIL COUNTY,  
STATE OF NORTH DAKOTA  
In the Matter of the Estate of  
Inga Kadrmās, Deceased.  
**NOTICE OF HEARING**  
TO: ALL KNOWN AND UNKNOWN HEIRS OF INGA KADRMAS, DECEASED.  
NOTICE IS HEREBY GIVEN that Petitioners, Rebecca Tiano and Sonja Biele, filed a Petition for Formal Probate of Will and Appointment of a Co-Personal Representative with the District Court of Mountrail County, North Dakota.

A hearing upon said Petition will be held on the 14th day of May 2026, at 10:30 a.m., in the courtroom of the Mountrail County District Court before a District Court Judge, at the Mountrail County Courthouse in Stanley, North Dakota. Any objections to the Petition must be filed with the Court prior to or raised at the hearing. If proper and if no objections are filed or raised, the Petitioner will be appointed with full power to administer the Estate.

Dated April 1, 2026  
PEARCE DURICK PLLC  
/s/ Benjamin W. Keup  
Benjamin W. Keup, ND #07013  
314 East Thayer Avenue  
P.O. Box 400  
Bismarck, ND 58502-0400  
(701) 223-2890  
bwk@pearce-durick.com  
Attorneys for the Applicant  
Apr. 8, 15, 22, 2026

**PUBLIC NOTICE**  
The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, April 27th, 2026 at 8:35 A.M.** via GOTOMEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of receiving comments on a zoning/conditional use request filed by Gravel Products Inc-Applicant in concurrence with Last Round Up Ranch LLLP-Landowner to use agricultural land to mine gravel on a tract of land 80.00 acres, more or less, located in the Original Townsite of the City of Palermo, tract of land in the SW1/4 South of State Highway Right of Way except road to Palermo & less Outlot 1 of the SW1/4SW1/4 in Section 15 & NW1/4 of Section 22, Township 156 North, Range 90 West (**Palermo Township**).

The provision regarding a conditional use is contained within the Mountrail County Zoning Land Development Code. The Land Development Code may be viewed at the Mountrail County Planner's Office during office hours or online at [www.co.mountrail.nd.us](http://www.co.mountrail.nd.us) under the Planning & Zoning section.

If you are unable to attend the public hearing, written comments can be mailed to Mountrail County Planning & Zoning, PO Box 248, Stanley ND 58784-0248 and will be accepted until **Noon** on Friday, April 17th, 2026. Phone: 701-628-2909 or Email: [melissav@co.mountrail.nd.us](mailto:melissav@co.mountrail.nd.us).  
Mountrail County complies with Title VI Nondiscrimination Standards and the Americans with Disabilities Act. These policies can be viewed at the Mountrail County Human Resources Office. If any special accommodations are required, please contact: Mountrail County Title VI Compliance & ADA Coordinator, Randi Schumaier, P.O. Box 69, Stanley, ND 58784-0069, phone: 701-628-8980, Fax: 701-628-2276, email: [rschumaier@co.mountrail.nd.us](mailto:rschumaier@co.mountrail.nd.us).  
April 27th, 2026 P&Z meeting  
Monday, April 27th, 2026 8:30 AM - 11:00 AM (America/Chicago)  
**Please join my meeting from your computer, tablet or smartphone.**  
<https://meet.goto.com/185873885>  
**You can also dial in using your phone.**  
United States: +1 (408) 650-3123  
**Access Code:** 185-873-885  
Get the app now and be ready when your first meeting starts: <https://meet.goto.com/install>  
Dated at Stanley, North Dakota this 1st day of April, 2026.  
Charlie Sorenson, Chairman  
Planning & Zoning Commission

ATTEST:  
Melissa Vachal  
Planning & Zoning Administrator  
Apr. 8, 15, 2026

**PUBLIC NOTICE**  
The Mountrail County Planning & Zoning Board will hold a Public Hearing on **Monday, April 27th, 2026 at 8:41 A.M.** via GOTOMEETING or in the Commissioners room in the Mountrail County Courthouse located at 101 North Main Street, Stanley, North Dakota, for the purpose of discussing a conditional use request filed by Basin Electric Power Cooperative-Applciant/Landowner, for the purpose of constructing 190' communication tower in an agricultural zone on a tract of land 40.86 acres, more or less, described as Outlot 1 of the W½SW¼ of Section 26, Township 153 North, Range 91 West (**Crane Creek Township**).

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food processor or blender. Pour into paper cups and place in the freezer. After about 30 minutes, when the mixture begins freezing, stand a wooden stick or spoon in the cup, then freeze for 3 hours. Dip in warm water to pop out of the cup.  
Makes eight servings. Each serv-



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ing has 70 calories, no fat, 2 g protein, 27 grams (g) carbohydrate, 1 g fiber and 20 milligrams sodium.



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**FOCUS: Newspaper Reader Profile**

**Newspaper Readers Are Far From Typical**

- Under the age of 65 **76%**
- Earn \$50k+ annually **52%**
- Lived in community 5+ years **76%**

COMMUNITY NEWS North Dakota Newspapers  
Reliable · Relevant · Real

For more information, contact your local newspaper representative.  
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**Austin Township Equalization Meeting**

The Tax Equalization Meeting of Austin Township will be held on **Wednesday, April 22, 2026 at 4:30 p.m.** at the home of the Austin Township Clerk, 7791 54th St. NW, Palermo, ND 58769. Other township business to be discussed after the Tax Equalization meeting.  
Heather Nelson, Township Clerk

**Bicker Township Equalization Meeting**

The Bicker Township Tax Equalization Meeting will be held on **Tuesday, April 14, 2026 at 4:00 p.m.** at the home of the Clerk.  
Patty Jensen, Township Clerk

**Brookbank Township Equalization Meeting**

The Tax Equalization Meeting of Brookbank Township will be held on **Monday, April 20, 2026 at 9:00 a.m.** in the EOC Room at the Mountrail County Courthouse.  
Nixie Anderson, Township Clerk

**Clearwater Township Annual and Equalization Meeting**

The Clearwater Township Annual and Tax Equalization meetings will be held on **Tuesday, April 21, 2026 at 7:00 p.m.** at the home of the Clerk, 7430 66th St. NW. The meeting will include election of officers and any other business to come before the Board.  
Warren Bogert, Township Clerk

**Crane Creek Township Equalization Meeting**

The Crane Creek Township Tax Equalization Meeting will be held on **Wednesday, April 22, 2026 at 6:00 p.m.** at the Fladeland shop on 43rd St.  
Brooks Annala, Township Clerk

**Crowfoot Township Equalization Meeting**

The Crowfoot Township Tax Equalization Meeting will be held on **Monday, April 20, 2026 at 7:30 p.m.** at the home of the Clerk.  
Ellen Johnson, Township Clerk

**Fertile Township Equalization Meeting**

The Fertile Township Tax Equalization Meeting will be held on **Wednesday, April 15, 2026 at 2:00 p.m.** at the Parshall Ambulance Building.  
Jim Waldock, Township Clerk

**Minutes Of White Earth City Council**

**CITY OF WHITE EARTH MEETING MINUTES MARCH 10, 2026**

The regular meeting of the City of White Earth was called to order at 7:07 p.m.  
Present: Mayor Gunderson; Aldermen LaBar, Fladeland, and Ogden; Dubose (via phone)  
The Pledge of Allegiance was recited.  
**Approval of Consent Agenda**  
A motion was made by Ogden, seconded by Fladeland, to approve the consent agenda. Motion carried.  
**Old Business:**  
**Floodplain Ordinance**  
Discussion was held regarding options for a local administrator and the establishment of an appeal board. It was noted that two special meetings will be required prior to the end of the month.  
**Street Light Survey**  
The Mayor provided an update regarding communication with Mountrail-Williams Electric Cooperative (MWEC) to correct issues with street lighting. It was agreed to keep this item under Old Business until the situation is resolved to the Board's satisfaction.  
**New Business:**  
**Dwellings on Street/Boulevard - Front Street**  
A motion was made by Fladeland, seconded by Ogden, to send the proposed letter to the property owner regarding the issue. Motion carried.  
**Dust Control (County)**  
Discussion was held regarding participation in the county dust control program. The Board elected not to proceed with dust control for the current year.  
**Adjourn**