

Classified Ads

Classified ads are 25 words for \$5 and 10¢ for each word over 25. Call 701-473-5436 and ask about our 13-week special.

HELP WANTED

HELP WANTED: GRANT County, ND sheriff's office is hiring for patrol deputies. Salary will start at \$49,000. Must be licensable by North Dakota POST Board. 701-622-3331, tl Dillon@nd.gov. (N)10p

ELEMENTARY TEACHERS wanted: Christian Crossroads Academy, Stanley, ND. Opening fall 2026. Opportunity to integrate skills and faith. Learn more at CCAND.com or call 701-621-2341. (N)10p

SERVICES

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

REAL ESTATE FOR SALE

FARMLAND FOR SALE: Elms Twp., Bottineau County. Deadline February 12 @ 2 p.m. Submit bids to waindskate@live.com. Call Tom at 701-871-0310. (N)10p

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

HEALTH/MEDICAL

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

AUTOS WANTED

DONATE YOUR VEHICLE to help find missing children and prevent abduction. Fast, free pickup, running or not, 24-hour response. No emission test required, maximum tax deduction. Support Find the Children, call: 1-833-545-0694. (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

**BUY
SELL
TRADE!**

Call **473-5436**
or email:
lamerican@polarcomm.com

Business & Service Directory

OPTOMETRISTS

DRS. MOEN, ENDERLE & JOHNSTON OPTOMETRISTS
Highway 2 East, Devils Lake, ND
Between Lake Toyota & Mr. & Mrs. J's
PHONE: 662-4085
HOURS: 8:30 a.m. to 5 p.m.
Monday, Tuesday, Wednesday, Friday
Thursday 8:30 a.m. to 7 p.m.

Dr. Tom Dunham
Optometrist
"Complete Visual Care"
OPEN MONDAYS ONLY
Located in the
Nelson-Griggs District
Health Unit Office
in **McVille, ND**
APPOINTMENTS CAN BE MADE
MONDAY THROUGH FRIDAY
BY CALLING 322-5111

LAND/REAL ESTATE

Because Every Home - and Every Acre - Matters
Assistance with buying or selling homes and land
 Vorland Land Company
(O) 701-947-5626
(C) 701-789-1768
102 8th St. N, New Rockford
www.vorlandlandcompany.com

AGRICULTURE


Devils Lake
701-662-5051

Lakota
701-247-2917

BRING MORE CUSTOMERS TO YOUR DOOR

Consistent advertising keeps your name handy for your customers. Call today for details.



Lakota American

PO Box 98
Minnewaukan, ND 58351
701-473-5436
email: lamerican@polarcomm.com

Call to advertise:
701-473-5436

CONSTRUCTION

T. H. RENOVATIONS
TOM HESS
PO Box 24
Lakota, ND 58344
~ Licensed & Insured ~
Schedule your next project now!
Call-Text-Email for Estimate
701-247-3567 or tomhess1234@gmail.com

HEALTHCARE

First Care Health Center
115 Vivian St., Park River, ND
Phone 701-284-7555
First Care Rural Health Clinic
Family Practice Medicine
Mon.-Fri. 8 a.m. to 5 p.m.
Sat. 8:30 a.m. to 12 noon

INSURANCE

**Lakota Farm Services**
Serving the area since 1946
Mark Huso
and
Beau & Taylor Schaley
210 Main St. -/- P.O. Box 546
Lakota ND 58344
Phone 701-247-2468
www.lakotafarmservice.com

NELSON COUNTY PUBLIC HOUSING
Nelson County has 2 or 3 bedroom townhouses located in Aneta, Lakota, McVille, Michigan, Petersburg and Tolna. Rent is based on 30% of adjusted gross income.
Please send in application to be placed on waiting list.
For more information, please call Nelson County Public Housing at 701-746-2745. Ask for Brenda.

Nutritious egg breakfasts that save time

When planning meals, particularly breakfasts, there are a few critical factors many families consider: taste, simplicity and nutrition. Eating healthier doesn't have to be complicated or out of reach. With the right inspiration, healthy food can be delicious, nutritious and convenient.

By choosing ingredients like eggs, which are easy to use and versatile, you can make healthy living fit into your life at the breakfast table as part of a balanced diet. For example, these egg-inspired recipes are part of the American Heart Association's Healthy for Good Eat Smart initiative, nationally supported by Eggland's Best.

In addition to the social and emotional benefits of dining together, shared family meals can help promote healthier choices at the table. Backed by expert nutrition guidance, recipes such as turkey bacon and spinach quiche with sweet potato crust are wholesome, flavorful and fast, perfect for busy weekdays or anytime you need a nutritious boost. The sweet potato crust offers a better-for-you twist on ready-made or traditional crusts made with butter, and it can be served with slices of honeydew or berries for an added touch of sweetness.

For a protein-rich dish any day of the week, broccoli and cheese egg white scramble on whole-wheat English muffins can help you solve the morning rush. Or for a true timesaver, these egg "muffin" cups with turkey sausage and mushrooms can be made over the weekend and frozen or refrigerated for quick, go-to meals throughout the week.

Remember, healthy eating isn't just about one food -- it's about a combination of wholesome ingredients to make well-rounded meals. For example, eggs can be included as part of a heart-healthy diet that emphasizes vegetables, fruits, beans, nuts and seeds, whole grains, lean protein and fish, according to the American Heart Association. Eating eggs alongside foods high in saturated fat (like bacon) is different than eggs eaten with steamed veggies, whole grains or a side of fruit.

To find more healthy eating tips and recipes that help you eat smart, move more and live healthier, visit Heart.org. These recipes are courtesy of



the American Heart Association with support from Eggland's Best.

Turkey Bacon and Spinach Quiche with Sweet Potato Crust

Servings: 5

Nonstick cooking spray
1 medium sweet potato, peeled
1 teaspoon canola or corn oil
1 medium yellow onion, diced
6 slices uncured, nitrate-free turkey bacon, thinly sliced
10 ounces frozen chopped spinach, thawed
3/4 teaspoon dried dillweed, crumbled
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
4 large egg whites
2 large eggs
1/4 cup fat-free milk
1-1/2 tablespoons fat-free feta cheese
Preheat oven to 400 F. Lightly spray 9-inch pie pan with nonstick cooking spray.
In medium bowl, using box grater, grate sweet potato. Measure out 2 cups. Gently press sweet potato on bottom and

up sides of pan, forming crust. Sweet potato will be loose but will hold together once cooked.

Bake 20 minutes, or until crust is cooked. Remove from oven. Let stand to cool. Reduce oven temperature to 350 F.

In medium skillet, heat oil over medium-high heat, swirling to coat bottom. Cook onion 6 minutes, or until almost translucent, stirring frequently. Add turkey bacon. Cook 3-4 minutes, or until onion and bacon begin to brown, stirring frequently. Add spinach, dillweed, salt and pepper. Cook 1-2 minutes, or until water from spinach is released. Remove from heat. Transfer mixture into sweet potato crust.

In medium bowl, whisk egg whites, eggs and milk. Pour over mixture in crust. Sprinkle feta over top.

Bake 35-40 minutes, or until knife inserted into center comes out clean. Transfer to cooling rack. Let cool 10 minutes before cutting into wedges.

Broccoli-Cheese Egg White Scramble on Whole-Wheat English Muffins

Servings: 4

Nonstick cooking spray
1-1/2 cups finely chopped fresh or frozen broccoli florets,

thawed if frozen
1/4 cup water
8 extra-large egg whites
1/2 cup fat-free milk
1/4 teaspoon freshly ground pepper

1/4 cup shredded fat-free cheddar cheese
2 whole-wheat, low-sodium English muffins

Lightly spray large skillet with nonstick cooking spray. Heat over medium-high heat. Cook broccoli and water 4-5 minutes, or until broccoli is tender. Remove from heat. Transfer broccoli to dish. Using paper towels, wipe skillet clean.

In large bowl, whisk egg whites, milk and pepper until combined.

Lightly spray skillet with cooking spray. Heat over medium-high heat. Pour in egg white mixture. Cook 2-3 minutes, or until almost firm, stirring constantly with spatula. Stir in broccoli and cheddar cheese. Remove from heat.

Just before serving, split and toast English muffins. Transfer to plates. Spoon egg mixture onto muffins.

Egg "Muffin" Cups with Turkey Sausage and Mushrooms

Servings: 6

Nonstick cooking spray
1/2 tablespoon canola or corn oil

1 yellow onion, finely chopped
1 package (8 ounces) sliced white mushrooms
1 package (6.4 ounces) frozen, cooked, nitrate-free turkey sausage links, thawed

7 large eggs
1/4 cup fat-free milk
1/4 teaspoon pepper
1 cup shredded fat-free cheddar cheese

Preheat oven to 350 F. Lightly spray 12-cup muffin pan with nonstick cooking spray.

In medium nonstick pan, heat oil over medium-high heat. Cook onions and mushrooms 10 minutes, or until soft, stirring occasionally. Warm turkey sausage according to package directions. Chop turkey into bite-size pieces. Stir into onion mixture until well blended. Spoon into muffin cups. In small bowl, whisk eggs, milk and pepper. Pour egg mixture into muffin cups. Top with cheddar cheese.

Bake 25 minutes, or until eggs are set. Remove from oven. Let cool slightly. To easily remove muffins from pan, run knife around edges of each muffin.

--Family Features

Sudoku answers

6	9	8	2	3	5	7	1	4
3	4	7	6	1	8	2	9	5
1	5	2	7	4	9	8	6	3
2	6	3	9	7	1	4	5	8
4	1	6	8	5	3	6	2	7
7	8	5	4	2	6	1	3	9
8	3	1	6	2	4	5	8	7
2	9	5	1	3	6	7	4	8
9	6	2	8	3	4	5	7	1
5	7	4	1	9	2	3	8	6

T	D	R	T	C	T	P	P	M	T	W	V	O	J	P	K	T	N	C	X
L	F	A	C	A	L	E	H	X	I	E	L	T	J	R	G	L	A	D	E
S	S	U	V	S	L	A	K	U	V	C	H	A	I	R	I	L	K	P	N
C	L	O	N	A	B	U	C	C	P	C	G	N	I	V	R	A	C	N	A
L	O	O	I	T	L	D	Y	I	A	O	A	H	E	R	W	P	W	P	L
M	P	B	G	R	R	A	D	I	T	J	L	D	L	I	F	T	R	L	O
G	E	T	M	O	J	N	N	Y	C	R	G	E	Y	B	E	E	V	R	D
N	D	S	P	W	S	X	G	C	D	E	E	N	S	J	S	J	E	F	N
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F	E	N	J	K	I	T	I	E	I	K	R	G	W	Y	W	C	A	S	Y
K	L	I	O	Y	E	A	C	Y	F	W	D	O	X	N	E	S	T	L	H
P	M	B	V	R	S	E	K	A	P	X	N	I	O	C	Y	I	R	S	F
F	E	J	R	F	E	P	E	L	W	S	M	A	A	X	N	E	R	L	G
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NOTICE

ANNUAL MEETING

Greater Ramsey Water District (GRWD)
will hold the
annual meeting for all members on
Tuesday, February 3, 2026 at
7 p.m. at GRWD's office located at
113 Shamrock Ln. SE,
Devils Lake, ND.

Nelson County Health System Home Care

Qualified Service Provider

Contact:
Lynette Smaage
@ 701-322-4328
Ext. 214



Nelson County Health System