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DENISE WESTAD, Publisher
K. L. Glover, Managing Editor

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Legion, Auxiliary to hold district meetings

District 2 to meet in Lakota April 10

Members of the North Dakota American Legion and Auxiliary will meet for their spring District 2 meeting on Friday, April 10, 2026. Both groups will register and enjoy a free buffet meal at the Till House Saloon (116 Main Street) in Lakota at 5 p.m. Separate meetings will follow at 6 p.m., with the Auxiliary meeting in the Lakota Legion Hall (back room). Hosts for the event are Rundell-Holicky Post 21 and Unit 21 of Lakota.

District 2 consists of Pembina, Walsh, Nelson and Grand Forks counties. State officers will be in attendance to share information on yearly project progress of support for veterans, children and youth, and communities. Hope to see you there!

Flexible Transportation Fund grants awarded

The ND Department of Transportation selected 103 local projects totaling \$119 million to fund through its Flexible Transportation Fund (Flex Fund) grant program.

Among these was one project in Nelson County. Project C1005, located in the city of McVile, is a full depth reclamation project with a projected construction year of 2026. The total project cost is \$2,295,000 with a Flex Fund awarded amount of \$395,655.

The 69th Legislative Assembly provided an estimated \$230 million to the Flex Fund for improvements to transportation infrastructure on and off the

state highway system, including within townships, cities and counties.

The Flex Fund was established by the 68th Legislative Assembly to complement the Federal Aid Highway Program and further support an interconnected transportation system in ND. After the success of the first round, the 69th Legislative Assembly expanded the program with additional funding and designated programs within the fund.

The NDDOT received 674 applications for the program totaling more than \$560 million in requested project costs.

For more information, visit www.dot.nd.gov/flexfund.

National Poison Prevention Week is March 15-21

BY SAFE KIDS GRAND FORKS

Young children explore their world through sight, touch and taste. While curiosity is a natural and healthy part of development, it can also put children at risk when dangerous items are within reach.

In recognition of National Poison Prevention Week, observed annually during the third week of March, Safe Kids Grand Forks at Altru Health System is encouraging families to take simple but critical steps to prevent accidental poisoning at home.

Medicines are the leading cause of accidental poisonings involving children. Every minute of every day, a parent or caregiver contacts a poison control center because a child has gotten into medicine or received the wrong dose.

Each year:
• More than 47,000 children under age six are treated in emergency departments for medicine poisoning -- approximately one child every 10 minutes.

• 8,432 children require hospital admission -- about one child every hour.

• Approximately every 12 days, a young child dies after getting into medicine.

While medications are essential for treating conditions such as high blood pressure, infections and pain, they can become dangerous when taken incorrectly or accessed by children without supervision. Medicine can quickly become poison if the wrong dose is administered or if a child ingests it unintentionally.

Common poisoning risks include:

- Prescription medications (pills, insulin, patches, liquids)
- Over-the-counter medications (vitamins, creams, children's liquid medicines, eye/ear drops)
- Household products (lotions, diaper rash creams, make-up, paint)
- Cleaning products (bleach, spray cleaners, furniture polish, laundry pods, soaps)

Prevention tips for families:

- Store all medicines and harmful products up and away, out of sight and reach, preferably in a locked cabinet.
- Always use the original dosing device provided with medication -- never a kitchen spoon.
- Secure caps tightly after each use.
- Keep purses, bags and visitor belongings out of children's reach.
- Check environments outside your home, as they may not be childproofed.
- Choose child-resistant packaging when purchasing cleaning and household products.
- Safely dispose of expired or unused medications at local law enforcement centers or pharmacies that offer drop boxes.

Children are naturally curious and can climb onto counters, reach into purses and explore cabinets. Creating a safer environment is the most effective way to prevent unintentional ingestion. Remember, what your child can reach and access today may be different as their developmental skills expand as they grow. Always think ahead to what they may be able to get their hands on.

In 2021, 3,809 poison-related deaths were reported nationwide, and more than two million human exposure cases were managed through poison help centers. Many of these cases involved common household and personal care products and could have been prevented with proper storage and awareness.

If you suspect a child has ingested medicine or any harmful substance, call the Poison Control Center at 1-800-222-1222. The service is free, confidential and available 24 hours a day, seven days a week.

Safe Kids Grand Forks offers free safety resources, including sharps disposal containers, medication disposal bags, cabinet locks and poison center magnets. To request supplies or learn more about poison prevention and other safety topics, visit www.safekids.org or call 701-780-1489.

~ Opinion ~

Mid-week smile

By Sue Klemetsrud



It's time to shake off anything negative and de-stress for a minute or two. Here are some of the corniest, eye-rolling jokes I could find. Hopefully at least one will put a smile on your face today!

-- A dumb guy is overweight, so his doctor puts him on a diet. "I want you to eat regularly for two days, then skip a day, and repeat that for two weeks. The next time I see you, you'll have lost at least five pounds." When the guy returns, he's lost nearly 20 pounds. "Wow, that's amazing!" the doctor says. "Did you follow my instructions?" The guy nods. "I'll tell you, I thought I was going to drop dead that third day." "From hunger, you mean?" said the doctor. "No, from skipping," replied the guy.

-- A moth walked into a clinic. The doctor saw him and asked him what the matter was. The moth said that he had a lot of problems. He was not happy with his life, he was not happy with the job he was doing. He was sad and had no motivation. The doctor listened to his problems and told him that he should really visit a therapist instead of a doctor. The moth replied, "I know, I only came in because the light was on."

-- Two crows were in a field when they noticed a figure that looked like a man in the distance. "See that over there? What is that?" asked the first crow. The second crow takes a long look, "That's a scarecrow. Looks authentic, doesn't it." "How can you tell it's a scarecrow and not a person?" asked the first crow. "Look at its hand. No cellphone," says the second crow.

-- Three nurses died and went to heaven, where they were met at the Pearly Gates by St. Peter. To the first, he asked, "What did you do on Earth and why should you go to heaven?" "I was a nurse in an inner-city hospital," she replied. "Very noble," said St. Peter. "You may enter." To the next, he asked the same question. "I was a nurse at a missionary hospital in Africa," she replied. "How touching," said St. Peter. "You, too, may enter." He then came to the last nurse, to whom he asked, "So, what did you do back on Earth?" After some hesitation, she explained, "I was

a nurse at an HMO." St. Peter pondered this for a moment, and then said, "Okay, you may enter also." "Whew!" said the nurse. "For a moment there, I thought you weren't going to let me in." "Oh, you can come in," said St. Peter, "but you can only stay for three days."

-- A guy walks into a bar and sits down. After a few seconds, he hears a high-pitched voice say, "I like your shirt!" The guy looks around, but there's no one else at the bar besides him and the bartender. Again, he hears the voice say, "You have beautiful eyes!" The guy asks the bartender, "Is that you?" The bartender replies, "No, it's the peanuts. They're complimentary."

-- Two friends are walking their dogs together. One has a big black lab, while the other has a minuscule chihuahua. They pass a bar, and the lab owner says, "Let's get a drink." The chihuahua walker says, "That would be great, but we can't take our dogs in there." The first responds, "Watch me." The lab owner strolls in with her dog and orders a drink. The bartender says, "Sorry, you can't bring your dog in here." Feigning offense, the woman says, "He's my seeing eye dog!" The bartender quickly apologizes and serves her the drink. The other woman follows, her chihuahua in tow, and orders a drink as well. Again, the bartender says, "No dogs allowed in the bar." The second woman replied, "He's my seeing-eye dog." The bartender makes a face. "A chihuahua? Give me a break." Without missing a beat, the woman replies, "They gave me a chihuahua!"

And now a few shorties --
-- What did the drummer name her twin daughters?
Anna 1, Anna 2.

-- What do you call a shoe made out of a banana?
A slipper

-- What do you call a well-balanced horse?
Stable.

-- What do you call an angry carrot?
A steamed veggie.

-- Why do cows wear bells?
Because their horns don't work.

-- Why can't you hear a pterodactyl going to the bathroom?
Because the "P" is silent.



By Jim Miller



Medicare Can Help Older Smokers Kick the Habit

Dear Savvy Senior,

Does Medicare offer any coverage that helps beneficiaries quit smoking?

New Beneficiary

Dear New,

If you're ready to quit smoking, Medicare can indeed help! Medicare Part B covers up to eight face-to-face counseling sessions per year to help you kick the habit, and if you have a Medicare Part D prescription drug plan, certain smoking-cessation medications are covered as well. Here's a guide to help you get started.

It's never too late: According to the Centers for Disease Control and Prevention (CDC), 8.3 percent of Americans age 65 and older still smoke. Many older smokers indicate that they would like to quit, but because of the nicotine, which is extremely addictive, it's very difficult to do.

Tobacco use is the leading cause of preventable illness, responsible for an estimated one-fifth of deaths in the United States each year. But research shows that quitting, even after age 65, greatly reduces your risk of heart disease, stroke, cancer, osteoporosis and many other diseases. It also helps you breathe easier, smell and taste better, and can save you money. A \$8 pack-a-day smoker, for example, saves about \$240 after one month without cigarettes, and nearly \$2,880 after one year.

How to quit: The first step you need to take is to set a "quit date," but give yourself a few weeks to get ready. During that time, you may want to start by reducing the number or the strength of cigarettes you smoke to begin weaning yourself.

Also check out over-the-counter nicotine replacement products -- patches, gum and lozenges -- to help curb your cravings (these are not covered by Medicare). And just prior to your quit day, get rid of all cigarettes and ashtrays in your home, car and place of work, and try to clean up and even spray air freshener. The smell of smoke can be a powerful trigger.

Get help: Studies have shown that you have a much better chance of quitting if you

have help. So, tell your friends, family and coworkers of your plan to quit. Others knowing can be a helpful reminder and motivator.

Then get some counseling. Don't go it alone. Start by contacting your doctor about smoking cessation counseling covered by Medicare and find out about the prescription antismoking drugs (bupropion and varenicline) that can help reduce your nicotine craving.

You can also get free one-on-one telephone counseling and referrals to local smoking cessation programs through your state quit line at 800-QUIT-NOW or call the National Cancer Institute free smoking quit line at 877-44U-QUIT.

It's also important to identify and write down the times and situations you're most likely to smoke and make a list of things you can do to replace it or distract yourself. Some helpful suggestions when the smoking urge arises are to call a friend or one of the free quit lines, keep your mouth occupied with some sugar-free gum, sunflower seeds, carrots, fruit or hard candy, go for a walk, read a magazine, listen to music or take a hot bath. The intense urge to smoke lasts about three to five minutes, so do what you can to wait it out. It's also wise to avoid drinking alcohol and steer clear of other smokers while you're trying to quit. Both can trigger powerful urges to smoke.

For more tips on managing your cravings, withdrawal symptoms and what to do if you relapse, visit 60plus.SmokeFree.gov. There are also a variety of helpful quit smoking apps you can download like EasyQuit, QuitNow and Quit Genius.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, PO Box 5443, Norman, OK 73070.

Donations for Sigdal Cemetery

Those wishing to make donations to help with the cost of tree replacement, upkeep, and general maintenance at Sigdal Cemetery are asked to send them to: Sigdal Cemetery Fund, 9343 24th St NE, Tolna, ND 58380.

ND Dollars for Scholars applications due April 1

ND Dollars for Scholars is accepting scholarship applications from North Dakota high school seniors and current college students starting Jan. 1, 2026.

Approximately \$290,000 in scholarships will be awarded, ranging from \$600 to \$2,500 each for the 2026-27 academic year. Every student who graduated from or will graduate this year from a North Dakota high school or home education program can apply, even if their high school doesn't have a local chapter.

Students from a wide range of backgrounds are encouraged to apply. Scholarship offerings cover a variety of categories including vocational and technical schools, military family, community service and continuing college students.

Schools with local chapters also offer scholarships for their specific schools.

The application deadline for all ND Dollars for Scholars scholarships is April 1, 2026. Scholarship details and the online application are available at northdakota.dollarsforscholars.org.

TOPS meetings in McVile

TOPS (Take Off Pounds Sensibly), a weight-loss group, meets every Monday at the Cedar Ridge Apartments in McVile. Weigh-in time is 6 p.m. and meetings start at 6:15 p.m. Meetings take place on Hamlin Street North, just south of the school. A meeting sign will be posted on the door to use, on the west side of the apartments.

Attendees' first meeting is free.

Chapter fees go to purchase TOPS supplies and awards for members. For more information, call Artha at 322-4341 or Gayle at 322-5136.

Heating system for St. Mary's

St. Mary of the Assumption Catholic Church of Lakota needs to replace its hydronic, oil-fed heating system, most of which is original to the building. The total cost of this project far exceeds the funds available. The church is asking for donations to proceed with installation of a new system in summer 2026.

All donations are tax-deductible and will be used exclusively for this project and other crucial facility needs.

• Pledge cards are available, allowing you to pledge any amount for a period up to three years. Payments can be made monthly, quarterly or annually, and we accept cash, check, credit card or debit card.

• Pledge cards and donations may be mailed to: PO Box 509, Lakota, ND 58344.

For questions or more information, please contact Father Troy Simonsen at 701-247-2584.

NOTICE OF ANNUAL TOWNSHIP MEETINGS

"Nelson County Township Annual Meetings for 2026 will be held at the following locations and times. The electors of each township annually shall assemble and hold a township meeting in the month of March at the place in the township or in an adjacent township designated by the board of township supervisors. Pursuant to Section 58-04-01 of the North Dakota Century Code."

TOWNSHIP	DATE	TIME	LOCATION
Adler	March 26	5:00 p.m.	Petersburg Community Center
Bergen	March 17	6:00 p.m.	Jeff Iverson Residence
Central	March 20	4:30 p.m.	McVile Senior Center
Clara	March 17	5:00 p.m.	Courthouse Community Room
Dahlen	March 17	4:30 p.m.	Dahlen Fire Hall
Dayton	March 11	11:00 a.m.	Tolna Fire Hall.
Dodds	March 17	4:00 p.m.	Courthouse Community Room
Enterprise	March 10	1:00 p.m.	Kevin Matejcek Residence
Field	March 17	2:00 p.m.	Our Savior's Church
Forde	March 17	1:00 p.m.	Tolna Fire Hall
Hamlin	March 17	5:00 p.m.	McVile Senior Center
Illinois	March 24	1:30 p.m.	Bonnie Gillett Residence
Lakota	March 13	7:00 p.m.	Courthouse Community Room
Lee	March 10	10:00 a.m.	Sissy's Bakery McVile
Leval	March 18	1:00 p.m.	Tolna Fire Hall
Melvin	March 24	3:00 p.m.	Melvin Township Hall
Michigan	March 10	4:00 p.m.	Horseshoe Saloon & Grill Michigan
Nash	March 10	7:00 p.m.	Petersburg Community Center
Nesheim	March 17	5:00 p.m.	McVile American Legion Cafe
Ora	March 17	7:00 p.m.	Aneta Fire Hall
Osago	March 17	2:00 p.m.	Pekin Community Center
Petersburg	March 10	9:00 a.m.	Petersburg Lutheran Church Classroom
Rubin	March 10	7:00 p.m.	Nathan Steffan Residence
Rugh	March 17	6:00 p.m.	Aneta Community Center
Sarnia	March 19	7:00 p.m.	Ken Shirek Farm
Wamuduska	March 17	9:00 a.m.	Kent Swenson Residence
Williams	March 9	9:00 a.m.	Courthouse Community Room