

Help child athletes avoid overuse injuries

Participation in sports can be an ideal way for children to make new friends, get the recommended daily physical activity and learn important lessons they can apply throughout their lives.



occur when a piece of a growing athlete's growth plate separates from the rest of the bone.

Little League elbow or Little League shoulder, which is pain in these areas that develops after an activity like throwing a ball.

Osgood-Schlatter disease, which is painful irritation and swelling from the constant pulling of the patellar tendon on the area below the knee.

Sever's disease, which is heel pain that typically emerges after running or jumping.

Can overuse injuries be prevented? Johns Hopkins Medical says diversification can help prevent overuse injuries.

Parents can limit the number of teams their children are on at any given time, and facilitate and encourage rest between practices and games.

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Make fruits fun for kids

Many parents can attest to the challenges in encouraging children to eat healthily -- including incorporating plenty of fruits and vegetables into their daily diets.



Children tend to become picky eaters for a number of reasons, according to the UCSF Benioff Children's Hospital. Some children are just naturally more sensitive to taste, texture and smell of some foods.

However, there needn't been fussing and feuding over food choices -- particularly produce -- when parents employ a few creative ideas to entice children to dig into healthy foods.

1. Ask for your child's help: Have your child ride along to the grocery store and take an active role into picking out healthy foods that he or she may be willing to try.

2. Understand your child's eating habits: Some children will eat the crown of broccoli but leave aside the stems. There are kids that will eat anything as long as it's dunked in ketchup.

3. Explore new flavor combinations: Oftentimes mixing certain flavor combinations can entice children to eat foods they may have never considered trying.

with yogurt, or giving foods fun names, such as banana bombs, which are just chunks of banana rolled in honey and granola.

5. Be patient with new foods: It can take a few attempts and repeated exposure to get children to try new foods, says the Mayo Clinic.

More information is available by calling 1-800-232-2636 or visiting www.grapplefruits.com and Facebook at http://www.facebook.com/Grapplebrandapples.

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Great spaces to host a graduation party

Graduation season has arrived, and with it plenty of families will be celebrating that special someone who has spent years working toward a diploma or a degree.

Hotel with a private event space: Hotels are great venues for larger parties because they often have all the elements needed (i.e., catering, staff, overnight stays, and audio-visual hookups) in one package.

Activity spaces: Many graduates prefer something less formal than a party with too much pomp and circumstance. An activity-based venue like a boutique bowling alley or an arcade and entertainment complex can enable guests to move around, mingle and play while they celebrate the newly minted grad.

Outdoor park or community area: Towns may have outdoor spaces that can be rented out or even reserved for free. Covered pavilions or picnic areas at a park are budget-friendly spaces to toast the graduate outdoors.

Community centers or halls: Venues like party rooms at firehouses or VFW centers offer rental spaces for reasonable fees and the convenience of not having a mess at home.

Home or backyard location: Graduation parties can be held right at home, enabling a looser time frame and drop-in flexibility. If you have the space, you can rent a tent with flooring and turn the space into a top-notch venue without the constraints of a hall or party room.

Family-style restaurant: Restaurants that are comfortable accommodating crowds ensure guests will feel full and happy while honoring the grad.

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Physical activities kids can engage with each day

Modern children are not getting enough daily physical activity. So says a 2024 report from the Physical Activity Alliance, a coalition that works to promote regular participation in physical activity.



Kids who don't enjoy sports can still get lots of exercise each day. Parents can introduce youngsters to outdoor activities like hiking, kayaking and cycling to ensure they aren't spending all of their free time sitting around.

That four in five children are not getting enough physical activity each day is a red flag for parents. A 2023 study published in the journal Children noted that children who engage in sedentary behaviors are at increased risk for an assortment of negative health outcomes that include obesity, type 2 diabetes, cardiovascular disease, and poor mental health.

Parents can help kids reduce their risk by encouraging daily physical activity, which can be incorporated into youngsters' lives in various ways.

Walking: Walking is an accessible physical activity that children can embrace throughout the day. In lieu of driving to the bus stop each morning, parents can walk their children there and even arrive a little early so kids get a chance to run around with their friends before the bus arrives.

Dancing: Dancing is another great physical activity that children, especially those in elementary school, tend to love. The National Institutes of Health note that dancing can improve mood, promote heart health, help to build strong muscles and bones, and create better balance and coordination.

Outdoor activities: Organized sports is not the only way for kids to be physically active.

Immunization clinic information

Immunization clinics by the Nelson-Griggs District Health Unit are held on the following dates each month.

- Lakota Courthouse, 2nd Tuesday, 9:30-10:30 a.m.
McVillie Health Unit, 3rd Tuesday, 9:30-10:30 a.m.
Cooperstown City Hall, 4th Tuesday, 9:30-10:30 a.m.
Vaccines are available for all ages, including adults, children and infants.

Table with 2 columns: Item and Amount. Includes Chem Lab, NAPA, Brager, GF Lab, Unum, Otter Tail, BCSB, Sheriff, MN Lab, F & M Visa, Moore, WSI, GF Lab, Farmers Union Oil, D & M, Catalis, Verizon, NDT, Farmers & Merchants, USDA, Payroll, Old Business, Jeff, Moore Engineering, Main Street Project, State Highway Department Flex Fund, Auditor's Report, Financial Report, NDPCRS, Farmers & Merchants, NDT, Verizon, State Tax, NDLC, County Shop, McVillie Market, lhy, Hawkins, F & M Visa, BCSB, Hoyt Enterprises, Sheriff, County Tax, Menards, F & M Bank, Payroll, F & M Bank, NDPCRS, Sheriff, 701 Tax Solutions, Hawkins, Skip's.

MINUTES OF REGULAR MEETING McVILLE CITY COUNCIL Feb. 9, 2026 - 7 p.m. - City Office Pledge of Allegiance was said. Call to Order -- President Messner called the meeting to order at 7:05 p.m. Present were members Messner, Berg and Altendorf; public works director J. Trostad; Auditor Arneson. Not present were member Joramo and Mayor Stein.

Motion by Berg, seconded by Altendorf, to approve the agenda as presented. All approved. Motion passed.

Motion to approve December regular meeting minutes by Berg, seconded by Altendorf. All approved, motion passed. No minutes for January as the meeting was cancelled for lack of quorum due to illness.

Public Works Report -- Annual report on water usage from Tri-County Water for 2025. A grant was awarded from the EPA for replacement of fluoride pumps in the water plant. The engineers will review this and apply it to the renovation plans in the plant.

Auditor's Report -- Still waiting on Banyon to continue with switching programs. Financial Report -- Motion by Berg, seconded by Altendorf, to approve December and January financials. All agreed, motion passed.

Payments: January and February. Motion by Berg, seconded by Altendorf, to approve. Motion passed.

JANUARY BILLS

MINUTES OF REGULAR MEETING NELSON COUNTY PARK BOARD February 3, 2026 - 8:30 a.m.

The meeting was called to order by Chairman Cody Johnson with the following Park Board members also present: Doug Flaagan, Mike Haugland, Cameron Swenson and Aaron Mork. Moved by Park Board member Swenson and seconded by Park Board member Mork to approve the minutes for the January 20 meeting. All members voted "yes." Motion carried.

Agenda Additions -- None. Moved by Park Board member Mork and seconded by Park Board member Haugland to approve the agenda as presented. All members voted "yes." Motion carried.

Public Comments -- None. Campground business was discussed. Bar and cafe business was discussed.

The end-of-year 2025 budget was discussed. Moved by Park Board member Flaagan and seconded by Park Board member Mork to pay the bills as presented: Lakota American -- \$74.10; Tri-County Water -- \$209.60; ND Telephone Co. -- \$460.97; Nodak Electric Cooperative -- \$1,091.00. On a roll call vote all members voted "yes." Motion carried.

There being no further business, moved by Park Board member Mork and seconded by Park Board member Haugland to adjourn the meeting. All members voted "yes." Meeting adjourned.

Nathan Parks Secretary

MINUTES OF REGULAR MEETING NELSON COUNTY COMMISSION February 3, 2026 - 9 a.m.

The meeting was called to order by Chairman Cody Johnson with the following commissioners also present: Doug Flaagan, Mike Haugland, Cameron Swenson and Aaron Mork. Moved by Commissioner Haugland and seconded by Commissioner Mork to approve the minutes from the January 20 meetings. All members voted "yes." Motion carried.

Additions to Agenda -- None. Moved by Commissioner Mork and seconded by Commissioner Haugland to approve the agenda as amended. All members voted "yes." Motion carried.

Public Comments -- None. Nathan Parks, auditor, presented the 2025 budget amendments. Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the 2025 budget amendments. All members voted "yes." Motion carried.

Nathan Parks, auditor, presented the December financial statements. Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the December financial statements. All members voted "yes." Motion carried.

Curt Loe, highway superintendent, joined the meeting to discuss road and bridge business. Moved by Commissioner Flaagan and seconded by Commissioner Mork to approve signing the federal aid maintenance agreement. All members voted "yes." Motion carried.

Moved by Commissioner Mork and seconded by Commissioner Haugland to approve a budget of \$13,000 to replace garage doors on the salt shed and the Michigan shop east door. On a roll call vote all members voted "yes." Motion carried.

Kurt Schwind, sheriff, joined the meeting to discuss sheriff business. Cassandra Schock, Nelson-Griggs District Health administrator, joined the meeting to discuss a plan for the use of the county opioid settlement funds.

Moved by Commissioner Mork and seconded by Commissioner Flaagan to approve the plan presented and to submit the necessary requirements to the state of North Dakota. On a roll call vote all members voted "yes." Motion carried.

The commissioners gave updates on their portfolios. Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the bills as presented. On a roll call vote all members voted "yes." Motion carried.

Nathan Parks, auditor, presented

Motion carried.

There being no further business, moved by Commissioner Mork and seconded by Commissioner Haugland to adjourn the meeting. All members voted "yes." Motion carried.

Meeting adjourned.

Nathan Parks Nelson County Auditor

Cody Johnson Chairman

MINUTES OF REGULAR MEETING NELSON COUNTY PARK BOARD February 17, 2026 - 8:30 a.m.

The meeting was called to order by Chairman Cody Johnson with the following Park Board members also present: Harley Eidsness, Cameron Swenson and Aaron Mork.

Moved by Park Board member Mork and seconded by Park Board member Swenson to approve the minutes for the February 3 meeting. All members voted "yes." Motion carried.

Agenda Additions -- None. Moved by Park Board member Mork and seconded by Park Board member Swenson to approve the agenda as presented. All members voted "yes." Motion carried.

Public Comments -- None. Campground business was discussed. Bar and cafe business was discussed.

There being no further business, moved by Park Board member Swenson and seconded by Park Board member Eidsness to adjourn the meeting. All members voted "yes." Meeting adjourned.

Nathan Parks Secretary

MINUTES OF REGULAR MEETING NELSON COUNTY COMMISSION February 17, 2026 - 9 a.m.

The meeting was called to order by Chairman Cody Johnson with the following commissioners also present: Cameron Swenson and Aaron Mork. Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the minutes from the February 3 meeting. All members voted "yes." Motion carried.

Additions to Agenda -- None. Moved by Commissioner Mork and seconded by Commissioner Swenson to approve the agenda as presented. All members voted "yes." Motion carried.

Public Comments -- None. Curt Loe, highway superintendent, and Paul Bjornson, KLJ Engineering, joined the meeting to discuss road and bridge business.

Kurt Schwind, sheriff, joined the meeting to discuss sheriff business. Moved by Commissioner Mork and seconded by Commissioner Swenson to approve a budget of \$2,500 for a toolbox and spray liner for the sheriff's F-150. On a roll call vote all members voted "yes." Motion carried.

Nathan Parks, auditor, presented the January financial statements. Moved by Commissioner Mork and seconded by Commissioner Swenson to approve the January financial statements. All members voted "yes." Motion carried.

Moved by Commissioner Mork and seconded by Commissioner Swenson to accept the bid of \$1,800 per year for the lease of the former landfill quarter (NE 1/4 of Sec. 12, Twp. 151, Rge. 59). All members voted "yes." Motion carried.

Jon McLean, maintenance supervisor, joined the meeting to discuss building and grounds business. Michelle Linstad, tax director, joined the meeting to present abatements for approval.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the abatements presented for parcels 18-0003-35512-000, 18-0003-35538-000 and 21-0001-46139-000. All members voted "yes." Motion carried.

Nathan Parks, auditor, presented

a pay scale correction for the Deputy II position in the sheriff's department.

Moved by Commissioner Mork and seconded by Commissioner Swenson to approve the correction for the Sheriff's Deputy II position. All members voted "yes." Motion carried.

The commissioners gave updates on their portfolios. Moved by Commissioner Mork and seconded by Commissioner Swenson to approve the bills as presented. On a roll call vote all members voted "yes." Motion carried.

ND Public Employees Retirement System .. \$144,713.45 Internal Revenue Service ..... 56,275.20 Lakota American ..... 205.14 Advanced Business Methods ..... 1,482.05 Balco Uniforms ..... 94.89 Cenex Fleet Fueling ..... 134.46 Creative Planning ..... 194.76 Farmers & Merchants Bank ..... 2,489.89 Farmers Union Oil Co. --DL ..... 3,221.05 L-Tron ..... 450.00 Lakota Car Wash ..... 105.30 Lakota Municipal Utilities ..... 822.33 Lexipol, LLC ..... 12,759.30 ND Association of Counties ..... 28,166.76 ND Sheriffs & Deputies Assn. .... 400.00 NDACo Resources Group ..... 45,056.85 NDEMA ..... 50.00 Office of Attorney General-1250 ..... 910.00 Polar Communications .. 842.03 Rysavy Plumbing & Heating ..... 439.30 Safe Life Defense ..... 3,033.40 Verizon Wireless ..... 630.17 Farmers Union Oil Co. --Tolna ..... 91.92 Galls, An Aramark Co. .... 189.74 Haugland Trucking ..... 6,266.32 ND Fraternal Order of Police--West Fargo .... 135.00 ND Fraternal Order of Police--GF ..... 30.00 Otter Tail Power Co. .... 1,215.01 Skip's NAPA Auto Parts ..... 784.24 Townor Co. Auditor ..... 1,176.79 Tyler Technologies ..... 2,520.00 Nelson County ..... 2,555.10 D & M Service ..... 270.25 Dacotah Paper Co. .... 33.53 Hamster Oil, LLC ..... 133.97 Information Technology Dept. .... 1,311.05 LR Law Enforcement Center ..... 8,005.88 Lakota Hardware ..... 72.87 Nelson Co. Treasurer .... 3,754.80 Kelly Swenseth ..... 67.87 Casey Korb ..... 140.00 Amber Fahey ..... 108.25 Docu Shred ..... 60.08 Dollar General ..... 21.60 Gwyneth Wieler ..... 37.27 Marshall & Swift ..... 688.20 Premium Waters ..... 154.34 Bitty's Bakery ..... 662.50 Butler Machinery ..... 63.08 City of McVillie ..... 220.08 City of Michigan ..... 74.22 Farmers Union Oil Co. --Aneta ..... 5.99 Gilbertson's ..... 3,002.10 Menards ..... 1,065.25 ND Telephone Co. .... 207.42 North Central International, LLC ..... 39.09 Verizon Connect ..... 181.33 Nodak Electric Co-op .... 588.00 Kurt Schwind ..... 565.00 G & R Controls, Inc. .... 7,184.00 Total ..... \$346,158.47 County General Net Salary ..... \$75,537.65 Road & Bridge Net Salary ..... 56,603.55 Human Services Net Salary & Expenses .... 82,387.22 Weed Control Net Salary & Expenses ... 2,803.88 Total ..... \$217,332.30 Grand Total ..... \$563,490.77

There being no further business, moved by Commissioner Swenson and seconded by Commissioner Mork to adjourn the meeting. All members voted "yes." Motion carried.

Meeting adjourned.

Nathan Parks Nelson County Auditor

Cody Johnson Chairman

Nelson County Commissioners