

NDSU Extension to host webinar about dry bean nutrients

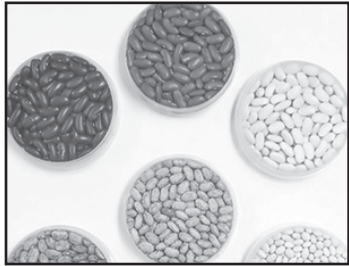
North Dakota State University Extension will host "Bean There, Cooked That: Unpacking the Nutritional Power of Dry Beans," an educational webinar about dry beans and nutrition, on June 2 at 9 a.m.

This second edition of "Bean There, Cooked That," which has been co-developed with the Northarvest Bean Growers Association, will be held via Zoom.

"After the strong response last year, we are excited to go

even deeper into the nutritional value and health benefits of dry beans," says Ana Carcedo, NDSU Extension broadleaf crops agronomist.

The webinar will feature a team of experts covering a range of dry bean topics. Julie Garden-Robinson, NDSU Extension food and nutrition specialist, will discuss how beans can replace allergenic ingredients in recipes. Carcedo will explore how different farming prac-

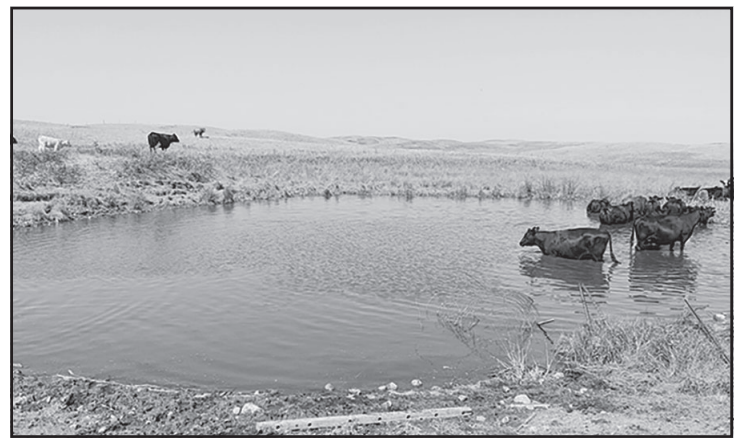


tices influence everyday food. B. Pam Ismail, professor at the University of Minnesota, will examine how dry beans can be

transformed into high-quality protein ingredients and what that means for nutrition and food innovation.

The event will conclude with a live Q&A, allowing participants to ask questions and interact directly with the presenters.

There is no participation fee, but registration is required. For more information and to register, visit ndsug.org/bean-there-26, or contact Carcedo at 701-831-5796 or a.carcedo@ndsug.edu.



Having access to good-quality water is one of the limiting factors for cattle in most grazing systems. (NDSU photo)

MINUTES OF REGULAR MEETING NELSON COUNTY PARK BOARD April 7, 2026 - 8:30 a.m.

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

Moved by Park Board member Mork and seconded by Park Board member Fahey to approve the minutes for the March 17 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.

Donna Rickford, campground manager, joined the meeting to discuss campground and bar and café business.

Moved by Park Board member Swenson and seconded by Park Board member Fahey to advertise for lawn mower bids with trade of older mower. Bid opening will be at the May 5 regular Park Board meeting. On a roll call vote all members voted "yes." Motion carried.

Nathan Parks, auditor, presented information on Starlink satellite internet to bring Wi-Fi services to the pavilion at Stump Lake.

Moved by Park Board member Fahey and seconded by Park Board member Mork to purchase a Starlink Wi-Fi package for internet services to the pavilion. On a roll call vote all members voted "yes." Motion carried.

Nathan Parks, auditor, discussed the walk-in cooler at Stump Lake Bar and Café that was inspected and serviced by Red River Refrigeration.

Moved by Park Board member Fahey and seconded by Park Board member Haugland to approve the replacement of a motor and additional repairs to the walk-in cooler at the Stump Lake Bar and Café. On a roll call vote all members voted "yes." Motion carried.

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

Nathan Parks
Secretary

MINUTES OF REGULAR MEETING NELSON COUNTY COMMISSION April 7, 2026 - 9 a.m.

The meeting was called to order by Chairman Cody Johnson with the following commissioners also present: Mike Haugland, Cameron Swenson and Aaron Mork. Nathan Parks, auditor, was also present.

Moved by Commissioner Mork and seconded by Commissioner Haugland to approve the minutes from the March 11, 17 and 23 meetings. All members voted "yes." Motion carried.

Agenda Additions -- None.

Moved by Commissioner Mork and seconded by Commissioner Swenson to approve the agenda as amended. All members voted "yes." Motion carried.

Public Comments -- None.

Curt Loe, highway superintendent, joined the meeting to discuss road and bridge business.

At 9:10 a.m., bids for gravel and culverts were opened and discussed.

Moved by Commissioner Mork and seconded by Commissioner Swenson to accept all bids received for gravel and culverts. On a roll call vote all members voted "yes." Motion carried.

Moved by Commissioner Mork and seconded by Commissioner Haugland to sign and approve the Clara Bartlett 2026 snag and clear project. On a roll call vote all members voted "yes." Motion carried.

Discussion was had on a load restriction permit for Wild Prairie Pork hog barn.

Moved by Commissioner Haugland and seconded by Commissioner Mork to approve the load restriction permit for Wild Prairie Pork. All members voted "yes." Motion carried.

David Steffan, Nelson County Township Officers Association, joined the meeting to discuss the township cost share in the Nelson County Road and Bridge Policy and relay concerns he has heard at annual township

meetings.

At 10 a.m., bids for construction in the offices of Eastern Plains Human Services were opened and discussed.

Moved by Commissioner Swenson and seconded by Commissioner Mork to accept the bid received from Troy Brandvold Construction for work in the Human Service offices. On a roll call vote all members voted "yes." Motion carried.

Michelle Linstad, tax director, submitted an abatement for approval.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve the abatement for parcel 15-8000-00121-000. All members voted "yes." Motion carried.

Angela Herda, emergency manager, joined the meeting to discuss the dispatching contract from the State Emergency Communications Center and the current burn restriction declaration.

Moved by Commissioner Mork and seconded by Commissioner Swenson to approve signing the contract for dispatching services with the State Emergency Communications Center. On a roll call vote all members voted "yes." Motion carried.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve updating the date on the Nelson County burn restriction declaration with no policy change. All members voted "yes." Motion carried.

Amber Fahey, clerk of court, joined the meeting to discuss state funding and grants.

Moved by Commissioner Mork and seconded by Commissioner Haugland to approve signing the funding agreement for clerk of district court services. All members voted "yes." Motion carried.

The commissioners gave updates on their portfolios.

Moved by Commissioner Mork and seconded by Commissioner Haugland to approve the bills as presented. On a roll call vote all members voted "yes." Motion carried.

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

Nathan Parks
Nelson County Auditor

MINUTES OF SPECIAL MEETING NELSON COUNTY COMMISSION April 7, 2026 - 1 p.m.

The Nelson County Commission joined the Nelson County Township Officers Association for their annual meeting in the community room of the Nelson County Courthouse. Discussion was had recapping the previous year, upcoming township and county business, and the 2026 Road and Bridge Policy. No action was taken.

Nathan Parks
Nelson County Auditor

MINUTES OF SPECIAL MEETING NELSON COUNTY COMMISSION April 7, 2026 - 3 p.m.

The Nelson County Commission attended the public hearing for the Clara Bartlett 2026 snag and clear at the Lakota Community Center. Nelson County commissioners present: Cody Johnson, Aaron Mork and Mike Haugland. Also present: Nathan Parks, auditor, and Josh Frey, state's attorney.

Moved by Commissioner Mork and seconded by Commissioner Haugland to sign and approve the Clara Bartlett 2026 snag and clear project. On a roll call vote all members voted "yes." Motion carried.

Nathan Parks
Nelson County Auditor

MINUTES OF REGULAR MEETING NELSON COUNTY PARK BOARD April 21, 2026 - 8:30 a.m.

The meeting was called to order at 8:30 a.m. by Chairman Cody Johnson with the following Park Board members also present: Doug Flaagan, Harley Eidsness, Cameron Swenson, Aaron Mork, and present via phone was Mike Haugland. Also present was Nathan Parks, auditor.

Moved by Park Board member

Mork and seconded by Park Board member Flaagan to approve the minutes for the April 7 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.

Donna Rickford, campground manager, joined the meeting to discuss campground and bar and café business.

Bud Pittenger, maintenance manager, joined the meeting to discuss campground business and to request a load of gravel for the campground.

Moved by Park Board member Swenson and seconded by Park Board member Mork to pay the bills as presented: Lakota American -- \$63.96; Lakota Sanitation Service -- \$9,240.00; ND Telephone Company -- \$463.74; Tri-County Water -- \$206.00; Nodak Electric Cooperative -- \$916.00; Red River Refrigeration -- \$1,470.00. 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 Flaagan to adjourn the meeting at 8:52 a.m. All members voted "yes." Motion carried.

Nathan Parks
Secretary

MINUTES OF REGULAR MEETING NELSON COUNTY COMMISSION April 21, 2026 - 9 a.m.

The meeting was called to order at 9 a.m. by Chairman Cody Johnson with the following commissioners also present: Doug Flaagan, Cameron Swenson, Aaron Mork, and via phone Mike Haugland. Nathan Parks, auditor, was also present. The commission and visitors recited the Pledge of Allegiance.

Moved by Commissioner Mork and seconded by Commissioner Flaagan to approve the minutes from the March 18 and April 7 meetings. All members voted "yes." Motion carried.

Agenda Additions -- None.

Moved by Commissioner Mork and seconded by Commissioner Swenson to approve the agenda as amended. All members voted "yes." Motion carried.

Public Comments -- None.

Curt Loe, highway superintendent, joined the meeting to discuss road and bridge business.

Paul Bjornson, KLLJ, joined the meeting to provide an engineering update.

Angela Herda, emergency manager, joined the meeting to discuss the 911 coordinator position. Directive was given for Angela and Nathan Parks, auditor, to put together a budget outline for 2027.

Nathan Parks, auditor, presented an updated funding agreement for clerk of district court services.

Moved by Commissioner Mork and seconded by Commissioner Flaagan to approve signing the funding agreement for clerk of district services. All members voted "yes." Motion carried.

Nathan Parks, auditor, presented a letter to the North Dakota Department of Water Resources supporting the continued operation of the state-run West End and East End Devils Lake Outlets in 2026.

Moved by Commissioner Swenson and seconded by Commissioner Mork to approve signing and sending the letter to the North Dakota Department of Water Resources. All members voted "yes." Motion carried.

The commissioners gave updates on their portfolios.

Moved by Commissioner Flaagan and seconded by Commissioner Swenson to approve the bills as presented. On a roll call vote all members voted "yes." Motion carried.

Ret. System \$158,522.51
Internal Revenue
Service 58,189.00

Lakota American 206.70
Advanced Business 700.75
Methods 4,750.00
Alec & Ashley Reinhart 274.50
Amber Fahey 1,384.75
Angela Herda 215.83
Axon Enterprise, Inc. 105.22
DL Joint Water 10,230.00
Resource District 52.64
Election Systems 110.00
& Software 2,947.66
Everspring Suites 4,756.74
Farmers & Merchants 168.21
Bank 74.97
Farmers Union Oil 652.29
Co.-DL 157.47
Galls, an Aramark Co. ...
Gerrells
Gwyneth Wieler
Hamster Oil, LLC
Information Technology
Dept. 1,324.25
LR Law Enforcement 5,692.84
Center 117.00
Lakota Car Wash 728.23
Lakota Municipal 1,556.94
Utilities 33.27
Midstates Wireless 15,994.57
NAPA Auto--Michigan ...
ND Fraternal Order of 135.00
Police--W. Fargo 30.00
ND Fraternal Order of 200.00
Police--GF
Nelson Electrical 1,576.00
Solutions 114.75
Office of Attorney 8,000.00
General-1250 688.91
Pitney Bowes Reserve 182.72
Acct. 1,176.79
Polar Communications ..
Premium Waters 596.02
Townor Co. Auditor 351.08
Verizon Wireless 329.83
Vestis 16,994.57
Auto Value--Larimore ...
Butler Machinery 195.72
City of McVillie 73.25
City of Michigan 56.40
D & M Service 358.95
Fire Bug Services 483.03
Forks Freightliner--GF ..
Forx Radiator 1,439.96
Griggs Co. Auditor 11,933.36
ND Dept. of Emergency 1,808.72
Services 207.42
ND Telephone Co. 2,429.16
Oter Tail Power Co. 144.16
Quill Corporation 360.38
Skips NAPA Auto Parts .
Tolna Plumbing 893.75
& Heating 166.56
Valley Truck Parts 181.33
& Service 121.84
Verizon Connect 82.98
Arctic Blast--GF 7,000.00
Lakota Hardware
TCB Construction
Golden Valley Vet 197.92
Clinic 1,450.00
H. A. Thompson
& Sons 120.00
ND State Radio 400.00
Communications 6,545.45
NDSAA 243.25
NDSU Extension 235.00
Nelson County 50.00
Nodak Electric Co-op ...
NDSU 299.88
Elite K-9, Inc.
ND Dept. of 2,546.95
Transportation 12.45
Farmers Union Oil 828.76
Co.--Tolna \$324,194.07
East Dakota Steam
Clean \$76,258.95
Total
County General Net
Salary 57,531.25
Road & Bridge Net
Salary 71,422.98
Human Services Net
Salary & Expenses 4,556.52
Weed Control Net \$209,769.70
Salary & Expenses \$533,963.77
Total
Grand Total
There being no further business, moved by Commissioner Mork and seconded by Commissioner Swenson to adjourn the meeting at 10:22 a.m. All members voted "yes." Motion carried.

Nathan Parks
Nelson County Auditor

PLEASE NOTE!

In observation of **Memorial Day**, garbage pick up IN LAKOTA will be **TUESDAY, May 26** instead of Monday, May 25. Thank You! Lakota Sanitation

Mon. - Fri.: 9 a.m. - 8 p.m.
Sat.: 10 a.m. - 5 p.m.
Sun.: 1 - 4 p.m.

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Open House May 29 & 30
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Collect Green Bucks!
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Devils Lake, ND
701-662-2223 | 800-858-7049
Chris Plummer - owner & manager

- **Sun., May 17: 1 p.m. - Heuchert's Willow Creek Angus Bull & Female Sale**
 - 70 bulls
 - 50 2nd calf pairs/bred
 - 50 older pairs/bred cows
 - 75 open replacement heifers
- **Tue., May 19: Regular Sale & Feeder Cattle Special**
- **Tue., May 26: No Sale**

REMEMBER, SHOTS DO MAKE A DIFFERENCE

★ Call ahead if interested in marketing any bred cattle to ensure proper advertising. ★

For market information, a farm appraisal, to consign livestock or for trucking arrangements call **Chris Plummer @ 701-256-0878**

Check out www.lakeregionlivestockinc.com or for current & past sale results.

Livestock Risk Protection

(LRP) protects your calves against a decline in the market price.

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