

Logan County Family & Community Wellness Agent

NDSU EXTENSION LOGAN COUNTY

By Dustin Hammond



Milk and Kids: Which label color is best?

Growing up on a farm/ranch vs. growing up in town used to mean you had a lot of differences in your life. I will never forget the first time I drank chlorinated water. It was not a feeling of coolness and refreshment. Farm kids drank milk from either the cow or the red carton. City kids drank milk from the blue or pink carton. My first exposure to 2% milk was in school. I thought someone had added water to it. You may have seen in the media that we should all be drinking whole-fat dairy. What do nutrition experts say? Let's look at the differences and the current recommendations.

When you're in the dairy aisle deciding between nonfat, 2%, low-fat, or whole milk, it can be challenging to know which option is right for you. Milk is not a one-size-fits-all food category, and with conflicting statements about which option is better, you might be trying to decide what's best for you or your family.

What are the different types of dairy milk options? The nutritional differences between milk types are limited to fat content, which has the biggest impact on total calories. Micronutrients such as vitamins and minerals do not vary significantly and, in many cases, are fortified with vitamins D and A. Whole milk is sometimes thought of as mostly fat, but that is not the case. A standard 8-ounce serving has 150 calories, with 8 grams of to-

tal fat and 5 grams of saturated fat. It remains a nutrient-rich dairy choice, just with a higher fat content than reduced-fat, low-fat, or nonfat milk. Reduced-fat milk, or 2% milk, comes next at 120 calories, with 5 grams of total fat and 3 grams of saturated fat. Low-fat milk, or 1% milk, provides 100 calories, 2 grams of total fat, and 1 gram of saturated fat. Nonfat milk has the fewest calories and no fat, at 80 calories per serving.

Guidelines from the Academy of Nutrition and Dietetics emphasize that milk recommendations depend on a child's age and developmental stage. For infants under 12 months, only breastmilk and/or infant formula are recommended because cow's milk is not suitable due to its high protein and mineral content and the risk of digestive and other health issues.

At about 12 months, whole (full-fat) milk can be safely introduced to support growth and provide adequate calories. If full-fat milk is not appropriate, fortified alternatives may be used. By 24 months, most toddlers can transition to low-fat or nonfat milk, though some children who need additional calories may benefit from continuing whole milk under a health care provider's guidance.

Milk is not the only dairy source recommended for children. For children ages 2 to 12, about 1 to 2 cups of dairy per day are advised, including yogurt, cheese, fortified soy bev-

erages, and soy-based yogurts. Among plant-based options, fortified soy beverages are the only alternatives considered nutritionally comparable to dairy milk for children. Because nutrient content can vary between products, be sure to check nutrition labels when choosing dairy alternatives.

Nutritional recommendations from credible sources are grounded in strong evidence on children's growth and development. The first two years of life are especially critical for physical, cognitive, and motor development, and poor nutrition during this period can lead to issues such as stunted growth, low weight, or developmental delays.

For children ages 12-23 months, milk is an important source of calories and nutrients. After this stage, as diets become more varied with solid foods, children typically need fewer calories, so recommendations shift from whole milk to low-fat or nonfat options while still providing essential nutrients.

When choosing milk, it's best to follow guidance from trusted sources such as the Academy of Nutrition and Dietetics or the American Academy of Pediatrics. For specific concerns — especially for children under 12 — consult a health care provider. Overall, milk remains a valuable part of many diets, and choosing the right option doesn't have to be complicated.

(Adapted from an article by Katherine Perrier, Intern – NDSU Extension, Reviewed by Julie Garden-Robinson, Food and Nutrition Specialist)

Minutes of
Napoleon City Council

**City Council Monthly Meeting
Monday, June 1st, 2026
Napoleon City Hall 7:30 p.m.
(Subject to council review and approval)**

Mayor Moos called the regular meeting to order. Alderman present: Rod Kleppe, Rich Bjerklie, Bob Humann, John Wald, Mike Heying and Clark Haas.

Pledge of Allegiance was recited by all.

Public comments received were from a resident concerned about a house and yard in their neighborhood. Council thanked the resident for coming in and informed them that they are looking into this matter and others and will keep her informed on the matter.

Haas motioned to approve the minutes from May 4th, 2026, meeting, Wald seconded, motion carried.

Kleppe motioned to approve the financial report as presented, Haas seconded, motion carried.

Eric Hoberg, LCEDC, was a guest and asked the council for a Resolution of Support so he can submit an EDA application for funding of the Industrial Park Expansion. Kleppe motioned to approve the Resolution of Support for the funding application for the expansion, Bjerklie seconded, all hands raised in favor, motion passed.

Grant Dockter from Moore Engineering presented the Engineer's Report. All contract work for the 4th St. Water Main Extension Project is complete. Dockter asked for approval of the Final Balancing Change Order for \$-4,393.75. Bjerklie made a motion to approve the change order, Wald seconded, all hands raised in favor, motion carried. Dockter asked for approval on Cofell pay application 5 for \$103,257.75. Wald motioned to approve pay application 5, Haas seconded, all hands raised in favor, motion carried. The patching project that needs to be done before the City-wide Chip Sealing project will be done in June and the Chip Sealing project will be done in July.

City Sales Tax Requests: Lucas and Jessica Wald, \$40,000 at 1% interest from the Economic Development Fund for purchase of a storage building for their Main Street Hardware Store. City of Napoleon on behalf of Andy Hilzender, Napoleon Fire Department for \$2,820 from the Capital Improvement fund for painting the fire hydrants in the city. Kleppe motioned to approve both requests, Bjerklie seconded, all hands raised in favor, motion carried.

Kleppe motioned to pay all bills as presented Humann seconded, motion carried.

ZONING PERMITS: Roger Kristiansen-shingles, house maintenance; Terry Kroll-tin roof and side 2 sheds & insulate; Dennis Schulz-reseal existing asphalt driveway; Brian Jangula-maintenance free deck, basement windows & exterior doors; Gross Properties-construct new commercial building; Barry Wentz- shingles; Darrell Hottman-lay patio pavers and fence; Thomas Hannon-fence, tree and brush removal, water and sewer hookup. Kleppe motioned to approve all building permits, Wald seconded, motion carried. Donny Gross was present and asked the council that when approving a commercial building permit that they make sure that the resident gets a survey done of the property to make sure they are building within their boundaries. Haas motioned that the fee on the building permit for non-residential use of the land fill be doubled, from \$50 to \$100 per pickup load, Heying seconded, motion carried. It was discussed and decided that when adding a sprinkler system to your yard a building permit is needed.

Haas motioned to approve Liquor Licenses for American Legion, Imperial Lanes, Locals, and White Maid, Bjerklie seconded, motion carried.

Kleppe motioned to approve the resolution of the Bond for the City Auditor for \$1,000,000, Haas seconded, all hands raised in favor, motion carried.

City Hall and Shop will be closed on Friday, July 3rd for 4th of July Holiday.

City Hall office will be closed July 8-10.

Kleppe made a motion to sponsor ten kids for the Napoleon FFA Community safety net program, Haas seconded, motion carried.

Meeting adjourned.
TODD MOOS, MAYOR

ATTEST:
COLLEEN FETTIG,
CITY AUDITOR

RECEIPTS:	AMOUNT
City Auditor, General Property Taxes.....	7,8547.37
City Auditor, Liquor License	650.00
City Auditor, Building Permit	200.00
City Auditor, Franchise.....	382.48
City Auditor, Animal License	30.00
State Treasurer, May State Aid	6,142.54
State Treasurer, Highway Distribution.....	7,069.04
State Treasurer, City Sales Tax – Economic Development	7,409.68
State Treasurer, City Sales Tax – Capital Projects.....	5,988.67
State Treasurer, City Sales Tax – Water Sewer 2008-1	11,977.32
County Auditor, Share Cost of Specials.....	2,387.81
County Auditor, Special Assessment Deficiency...2,	198.65
County Auditor, Emergency Fund	1,937.58
Stock Growers, Interest Earnings	1,349.35
City Auditor, Mosquito Control	138.04
County Auditor, Special Assessments 2008 Project	1,342.27
County Auditor, Special Assessments 2014 Project	1,615.36
County Auditor, Special Assessments 2022 Project	1,048.13
City Auditor, Prairie Dog	687.01
City Auditor, Airport Fund.....	3,031.47
City Auditor, Lodging Tax.....	324.48
City Auditor, Water Fund.....	754.81
City Auditor, Sewer Fund.....	410.99
City Auditor, Garbage Fund	2,233.17
City Auditor, Recycle Fund	59.01
City Auditor, Lagoon Fund.....	54.41
TOTALS	137,969.64

EXPENSES:	AMOUNT
Stock Growers, FICA 5-15-26	1,318.10
Stock Growers, FICA 5-31-26	1,409.07
Colonial Life, Dental	182.18
NDPERS, Retirement	1,713.40
NDPERS, Health / Life Ins	5,871.86
Zoom, Monthly Fee.....	18.63
Advanced Business	81.75
Bob Humann.....	972.69
Dan Pfeifle.....	4,200.00
Central Dakota Frontier	838.70
Information Technology	26.65
City of Bismarck.....	2,725.56
Logan County.....	3,400.00
Main Street Hardware.....	107.96
Napoleon Homestead.....	618.44
BEK	123.45
Napoleon Oil.....	869.00
ND Dept of Health	27.00
Moore Engineering	5,424.00
Napoleon Airport.....	930.00
Valley Plains Equipment.....	4.80
Dels	102.14
Napoleon Park Board May State Aid	869.17
One Call.....	9.00
Fettig Bros	388.88
Strata Corporation	41,297.38
Verizon.....	40.01
Mike Heying.....	96.00
Napoleon FFA.....	500.00
MDU	4,514.98
Column Software	701.73
Payroll, May 15, 2026.....	5,435.49
Payroll, May 31, 2026.....	5,650.35
Total	90,468.37

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**PUBLIC NOTICES
YOUR RIGHT TO KNOW**

IN THE SOUTHEAST JUDICIAL DISTRICT COURT OF LOGAN COUNTY, NORTH DAKOTA IN THE MATTER OF THE ESTATE OF

EDNA MERTZ, DECEASED.
Probate No. 24-2026-PR-00006

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that probate proceedings have been commenced in the above-described estate. All persons having claims against the said deceased are required to present their claims within 90 days after the date of the first publication of this notice or said claims will be forever barred. Claims must be presented to JoAnne Gauper, Personal Representative of the estate, c/o Joseph M. Hanson, PC, 100 4th St. NW, P.O. Box 635, Linton, ND 58552, or be filed with the Court.

Joseph M. Hanson, Attorney for Personal Representative
Joseph M. Hanson
ND BAR ID# 08025
100 4th St. NW
Post Office Box 635
Linton, North Dakota
58552-0635
(701) 254-5774
joseph.hanson@bektel.com
(June 10, 17 & 24)



Cookin' With Ann

Recipes By Ann Moch
Enjoy!

Pot Luck Wieners

- Ingredients:**
Cloverdale hot dogs (red)
Bacon, thin sliced
Brown sugar

Cut hot dogs in three pieces. Cut bacon strips in half and wrap around wieners. Secure with a toothpick. Place in slow cooker. Sprinkle thick layer of brown sugar on top. Cook on med. heat. As brown sugar dissolves, stir wieners to coat. Sprinkle with brown sugar and stir 3-6 times until bacon is done. Do not overcook. Takes about 3-4 hours.

If you would like to share a favorite recipe contact Ann M. Moch at 180 Market St. W, Kintyre, ND 58549 or phone 701-332-6320.