

Height: How do we measure up?

Height is typically a predestined characteristic in most people. According to Medical News Today, up to 80% of someone's height is based on their DNA. If you come from a tall or short family, you are more likely to be taller or shorter. Yet despite baseline genetics, there are a variety of actions to take during childhood and teen years to ensure that your reach your maximum potential height according to your DNA.

Basically, it's the health advice you've likely heard several times before but not everyone follows. Obey a nutritious diet by eating lots of fruits and veggies every day. Make sure you have enough calcium to grow healthy bones as well as plenty of protein. Get adequate exercise to strengthen bones and muscles.

One of the biggest things teens need to reach optimal height is sleep. A growth hormone is released while you're in certain sleep stages (via Verywell Health). If sleep is insufficient, a body won't likely reach maximum growth.

This is when a man stops growing

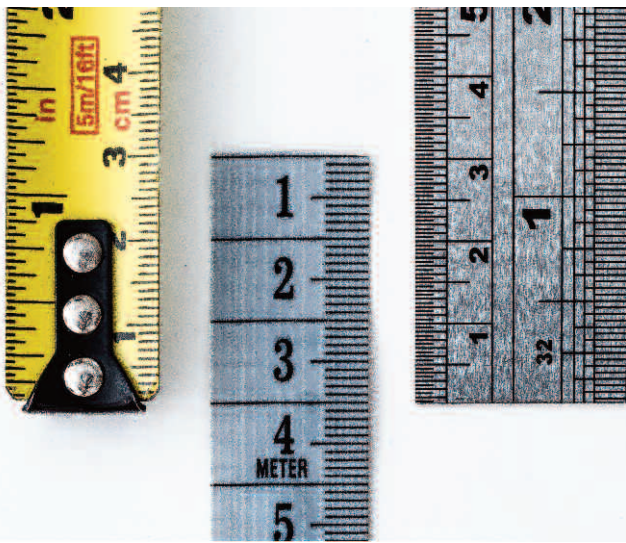
There are numerous

ways to predict how tall a boy will be as he grows. The Mayo Clinic outlines two different techniques. In the first prediction, add the mother's height to the father's height and then add 5 inches for boys. (Subtract 5 inches for girls). Then just divide by two. The second way to estimate height is to find a boy's height at age 2 and then double it. (For girls, do the same at age of 18 months.)

As a general rule, men stop growing when they're 18. There is a slight possibility that if a teen boy began puberty late, he may grow a bit in his early 20s, but that is unusual. The reason is simple and it has to do with growth plates (via Healthline). That's the area of the bone made of cartilage that continues to grow. However, they meld together right after puberty, meaning there is no more potential to grow once they have fused.

This is the average height for men in the United States

Over the years the average height of men has grown and that's because men are now getting better nutrition, exercise, and sleep — both as children and teens. In the



Over the years the average height of men has grown and that's because men are now getting better nutrition

early 1900s, men were averaging 5 feet, 8 inches tall (via A Hundred Years Ago). Currently, in the United States, the average height for men is approximately 5 feet, 9 inches tall, according to the Centers for Disease Control and Prevention (CDC) while the average weight for men rests at 197.9 pounds.

Oddly enough, there are certain states where heights differ. According to the World Population Review, the U.S. states with the

tallest men, averaging 5 feet, 10.8 inches or more, are Alabama, Iowa, Kentucky, Montana, Nebraska, North Dakota, South Dakota, Tennessee, Utah, West Virginia, and Wyoming. The states with the shortest average male heights, averaging below 5 feet, 10 inches, are New York, New Jersey, California, Nevada, New Mexico, Hawaii, and Texas. All the remaining states lie somewhere in between.

PUBLIC NOTICE

Hauck Estate

Clark J. Bormann
(ID# 04655)
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Bismarck, ND 58502-0995
(701) 250-8968
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Attorneys for Administrator. Probate
No. 26-2022-PR-00014

In the matter of the Estate of Leo
Hauck, Deceased.

NOTICE TO CREDITORS IN THE DISTRICT COURT OF MCINTOSH COUNTY, STATE OF NORTH DAKOTA

NOTICE IS HEREBY GIVEN that the undersigned has been appointed Administrator of the above estate. Pursuant to N.D.C.C. § 30.1-19-01, all persons having claims against the said deceased are required to present their claims within three (3) months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be presented to Randall Hauck, Administrator, 3820 Powder Ridge Dr., Bismarck, ND 58503; Bormann, Myerchin, Espeseth & Edison, LLP, Attorneys for Administrator, P.O. Box 995, Bismarck, ND 58502-0995; or filed with the Clerk of District Court, P.O. Box 179, Ashley, ND 58413-0179. Dated 5/11/2022

/s/ Randall Hauck

Randall Hauck

Mann Estate

UNIFORM PROBATE CODE FORM 50

NOTICE TO CREDITORS (NDCC 30.1-19-01) Name, Address and Telephone No. of

Attorney
Sidney A. Gross
P.O. Box 154
Ashley, ND 58413
Phone (701)288-3618
Fax (701)288-3508
Bar ID #04168
grosslo@drtel.net

Attorney for Estate
Space below for use of District Clerk only
Probate No. 26-2022-PR-00015

IN THE DISTRICT COURT OF
McIntosh COUNTY, STATE OF NORTH
DAKOTA In the Matter of the Estate of
Daniel Mann, Deceased.

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative of the above estate. All persons having claims against the said deceased are required to present their claims within three months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be presented to Mary Hoots, personal representative of the estate, at 2780 Hwyl 1, Zeeland, North Dakota 58581 or filed with the Court. Dated this *Zifydav of Sidney A. Gross P.O. Box 154 Ashley, ND 58413 Attorney for Estate First publication on the m, 2022. 2780 Hwyl 1, Zeeland North Dakota 58581 Address day of _____, 2022.

Address day of _____, 2022.

Miller Estate

MAHONEY & MAHONEY
Attorneys at Law
P.O. Box 355
Center, North Dakota 58530
PROBATE NO. 26-2022-PR-00013
(701) 794-8769
service@mahoney-legal.com

John Mahoney
Attorney for Personal Representative
SOUTH EAST JUDICIAL DISTRICT, STATE
OF NORTH DAKOTA
IN THE DISTRICT COURT OF MCINTOSH
COUNTY

In the Matter of the ESTATE OF
BERNETTA C. MILLER, Deceased.
(aka Bernetta C. Erhardt)

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that the undersigned has been appointed Personal Representative of the above estate. All persons having claims against the said deceased are required to present their claims within three months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be presented to Larry R. Erhardt at 2274 Hwy 25, Center ND 58530, Personal Representative of the Estate, or filed with the Court. Dated this 25th day of May, 2022. /s/Larry R. Erhardt

Larry R. Erhardt
2274 Hwy 25
Center ND 58530
.....46,47,48

OUR BACK PAGES

From the Files of the Ashley Tribune

50 Years ago

• **July 13 1972**, Work on the Ashley Motel was right on schedule in the summer of 1972. Floors had already been laid, and builder Carl Huether expected construction on the walls to bring the following week. Six men worked on the construction of the motel, with the project completion date originally planned for January 1, 1973.
• **August 3, 1972** ROTC Cadet Murray L Franz, son of Mr. and Mrs. Erie G. Franz of Fredonia was enrolled as a graduate student in the army's reserve officers' training corps program at Kansas State College in Pittsburg, where he received a bachelor of science degree. The course which trains the students in the duties of paratrooper consists of rigorous physical training, and classes in the theory of parachuting. The second week consisted of tests of the student's abilities through jumps from 34 and 250-foot towers.

30 Years ago

This Week

• **May 6, 1992**, Ann Marie Kranzler, daughter of James and Ardella was selected as the 1992 Lehr Salutatorian. Kranzler participated in choir, yearbook, newspaper staff, drama, student council, teen institute, and science fair. Other Class members included Graciela, Jeffery Entzi, Jerry Entzi, Joel Entzi, and Nikki Klein.
• **June 3, 1992**, The Zeeland Softball team took third place in the Borderline League Softball tournament held in Pollock in 1992. All eight teams in the league competed. Zeeland posted a 3-2 record during the competition.

10 Years Ago

This Week

• **July 4, 2012**, The third annual Grenade Launcher Car Show was held in July of 2012. 50 cars were entered in the event which was the highest turnout to date. The event included a parade, prizes, and a turkey supper.

CHURCH DIRECTORY

ASHLEY

ASHLEY BAPTIST
Sunday School at 9:45
Worship Service 10:45
a.m.

Wed. 7:00 p.m. youth
group
Rev. Jason Haas

ZION LUTHERAN
9:30 am on Sunday
Deacon Deb Cantrell

**EMMANUEL UNITED
METHODIST**
Pastor Barbara Krumm
Worship Sun. 11 a.m.
Listen on KSJB 600
10:45a.m.

ST. DAVID'S CATHOLIC
Rev. Wenceslaus
Katanga 10:30 am Sunday

SALEM REFORMED
Pastor David Irwin
Worship 9am AM Sun.
7:45 am KSJB
Ashley cable 198 Mon.
3:30pm

UNITED PENTECOSTAL
Pastor Dale Burling
Sunday Worship 10 a.m.

**BETHEL ASSEMBLY
OF GOD**
Rev. Don Hill
Sun Worship, 11 am,

LEHR

SEVENTH DAY

ADVENTIST

Pastor Bob Forbes
Service conducted as
usual

Zion United Methodist
Pastor Barbara Krumm
Worship Sun. 9:30, 95.9
FM or 1220 AM.
Online: newsdakota.com

VENTURIA

Venturia Baptist
Sunday Worship 10:00
a.m

WISHEK
St. Patrick,
7:30 pm Saturday

ZEELAND

St. Andrew, Zeeland
Rev. Wenceslaus
Katanga
8:30 am Sunday

LONG LAKE

**SALEM EMMANUEL
LUTHERAN**
Pastor Jacob Kirschen-
man
Services at 11am

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