

wtr & sewer license, \$25.00  
-Mikkelsen Aggregates, fire hall work & gravel by pet rock, \$661.00  
-NAPA, parts-mower, \$15.49  
-ND Dept. of Env. Quality, wtr samples-testing fees, \$183.52  
-ND Dept. of Wtr. Resourc-es, NAWS water purchased, \$36,751.59  
-ND League of Cities, membership dues, \$2,281.00  
-ND One Call, digging/locate call, \$66.00  
-ND Rural Water, annual membership dues, \$270.00  
-North Central Electric, electric services, \$1,903.00  
-Nostdahl/Liptack Architects, architect fees-Fire Hall, 10,062.31  
-Otter Tail Power Co, electricity services, \$4,858.16  
-Runnings, misc parts & supplies, \$734.82  
-Sanitation Products, dumpster & grb truck parts, \$4,915.51  
-Terrance Williams, refund on wtr bill-had a credit, \$2.80  
-Turtle Mt. Communications, phone expenses, \$466.70  
-Tweed County Ag, fire hall rent, \$3,500.00  
-Tyler Olson, 7 used dumpsters, \$2,450.00  
-Verizon Wirelss, Tony's cell phone, \$99.09  
-Wayne Miller, Tree Service, contracted City Forester work, \$2,127.00  
-Western Agency, adjusted value of buildings (insurance), \$676.00  
-Western Agency, 2025property insurance renewal, \$19,121.00  
-Weslite Motor Co., parts, \$26.05  
-Widmer Roel CPAs, audit fees, \$400.000

Total: \$478,333.86

**OTHER/PUBLIC COMMENTS:**  
Seykora moved to adjourn the meeting at 8:40 p.m., seconded by Marsden.

**ATTEST:**

Penny J. Nostdahl, City Auditor  
Perry Schoenborn, Mayor

**Newburg City Council Minutes  
July 7, 2025 - 6:00PM  
Newburg Fire Hall**

Mayor Scott Hunskor called the meeting to order with Dave Heintzleman, Dave Tonneson, Jerad Kersten, Emily Hadden and Evette Bierman present.

The minutes from the June 2, 2025 meeting were read. Dave Heintzleman made a motion to accept the minutes, with the change of meeting location for July to the Fire Hall due to the Community Center being used for the Fire-men’s Prime Rib Dinner, second by Dave Tonneson motion carried. Newburg City Apartment Unit #1 was discussed.

Option #1 for roof replacement is to install steel over the existing for \$14,000.

Option #2 to remove existing and install steel \$18,500.

Both include the cost of materials and labor. Dave Tonneson made a motion to go with option #1, second by Dave Heintzleman, motion carried.

Jerad Kersten made a motion to pay the following Unit #1 bills, second by Dave Heintzleman, motion carried: Otter Tail \$608.49; SRT \$149.85; Emily Hadden \$125; All Season’s Water Users \$216; Curt Marks \$120; Darlene Moos \$35; First State Insurance

Newburg City Apartment Unit #2 was discussed.

Emily Hadden does have interest in an apartment when available. She will get the application filled out and have on file.

Dave Tonneson made a motion to pay the following Unit #2 bills, second by Jerad Kersten, motion carried: Otter Tail \$309.83; Emily Hadden \$125; All Season’s Water Users \$194.13; Bottineau Plumbing \$195.40; First State Insurance \$2,566.

City business was discussed. Auditor Bierman was instructed to mail a letter to Kenny & Gary Priest and thank them for the prompt response in mowing and to ask about

getting the motorhome towed as there are trees and weeds growing up around it.

Mayor Hunskor has talk to Garrett Lutz about the tree trimming and he will get it completed before harvest.

Jerad Kersten made a motion to pay the following City bills, second by Dave Heintzleman, motion carried: Border Ag \$1.98; ND Rural Water Systems Assoc \$135; North-land Electric \$46.59; United State Treasury \$45.90; Curt; Marks \$277.05; Scott Hunskor \$923.50  
Dave Heintzleman \$461.73; Jerad Kersten \$461.73; Dave Tonneson 384.78; Evette Bierman \$2,539.62; First State Insurance \$239; US Postal Service \$154; City of Minot \$90; Curt Marks \$118.50; Curt Marks \$40; Evette Bierman \$41.99; Circle Sanitation \$2,521.25.

Our next meeting will be held August 4, 2025 at 6:00 pm at the Newburg Community Center. Having no further business before the board, Mayor Hunskor adjourned the meeting.

Evette Bierman, Auditor  
Scott Hunskor, Mayor

**Answer Key**

**ON PAGE 14A:** Fourth of July motif added to background wall; "All Sales Final" sign flipped; watch removed; one fewer metal pole on right side; seat cushion color changes

**Rentals**

**FOR RENT:** Warehouse storage space for rent in Bottineau. For more information, contact Jeremi at 701-871-0095. 7-15 7-22 7-29, 8-5

**FOR RENT:** Mini storage, 171 units in six different sizes. D & L Storage, Bottineau. For questions, call 228-

4264.  
tf

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tf

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# Prairie Doc: Motion is lotion; the importance of movement

By Anthony P. Fiegen, MD

Orthopedic medicine is truly a team sport; we have the opportunity to collaborate with nonsurgical professionals, including physical therapists, occupational therapists, athletic trainers, among others, to deliver comprehensive musculoskeletal care. While there are proven surgical options to help our patients where indicated, in many cases, patients are able to achieve pain relief and improved function with nonsurgical treatment options. Much of orthopedic surgical training is appropriately dedicated to the planning and execution of surgery, but it is also important to understand and recognize patients who present with conditions readily addressed without surgery and the accompanying risks of invasive procedures. It is also important to advocate the idea of prevention.

A phrase that is often loosely spoken within our clinic is, “Motion is Lotion.” What does this mean? This is a simple phrase to express the importance of movement and activity, whether that be independent exercise, supervised or specialized therapy, or simply taking a walk outside. With inactivity, we naturally are at risk for muscle loss, obesity, and the many adverse health conditions associated with obesity. It is important to consider exercise and its many health benefits. More specifically, resistance training and cardiovascular exercise have been shown to have robust benefits to our overall physical and mental health and function.

The National Institute of Health has been studying the effect of strength training for more than 40 years, demonstrating beneficial results in adults including maintained muscle mass, maintenance and improvement of mobility, and increasing healthy years lived. Not all resistance training is the same, however, the effects on improved function largely are the same. Resistance train-

ing promotes muscle strength and growth, simultaneously improving our overall cardiovascular health. Studies have demonstrated that our muscle mass peaks around the age of 35. Naturally, muscle volume and performance decline slowly until we reach the age of approximately 65 where muscle volume loss proceeds faster. However, this decline in muscle volume and strength is substantially slowed by resistance training. Dr. Fielding with Tufts University, an NIH-supported scientist, has studied resistance training at a molecular level. His research has suggested that the best recipe for improving physical function and avoiding disability is a combination of walking and resistance training, whether resistance be against gravity or moving weight. The list of research-proven benefits of resistance training is quite impressive. In addition to improved muscle mass and cardiovascular health, resistance training offers improved metabolism and promotes weight loss of adipose tissue, increased bone density potentially preventing fractures associated with aging and fragility, improved balance and coordination, and natural release of anti-inflammatory mediators. Outside of bone and muscle anatomy, being active and exercising has been proven to reduce stress, improve our mood and cognitive performance, boost our energy and libido, as well as provide a mean of self-confidence.

Now understanding the many benefits of physical activity, where do we start? If you are looking for some help, reach out to your physician, a personal trainer, or other trained professionals such as a physical therapist or athletic trainer for guidance. The health benefits will not be immediately realized, but you will eventually notice an improvement in your mood, and perhaps many years from now, also an improvement in your overall physical health. “Motion is lotion.” Let’s get out and move!

# North Dakota Corrections working on 4 ‘mini prisons’ in order to relieve crowding

By Mary Steurer  
North Dakota Monitor

The North Dakota Department of Corrections and Rehabilitation is working to add as many as 300 additional beds to its overburdened prison system over the next year.

“We’re literally trying to lift up about, as far as I’m concerned, four mini prisons across the state all in the same year,” Department of Corrections and Rehabilitation Director Colby Braun told lawmakers at a committee meeting last month.

The state prison system has had a population more than 200 inmates over capacity on average during the past roughly two years. It was 193 male inmates over capacity on average between July 2023 and May 2025, according to data presented at the meeting. The system averaged 31 female inmates over capacity during that same time frame, the data show.

The Legislature this year approved more than \$37 million for the 2025-2027 budget cycle to provide immediate relief to prison overcrowding, including by building temporary shelters and contracting space from jails. The money will also go toward a new reentry facility in northwest North Dakota.

The agency got a little over \$8 million to purchase man camps to provide overflow housing within the Missouri River Correctional Center. The department anticipates it to house 72 to 96 inmates, said Michele Zander, chief financial officer for the Department of Corrections and Rehabilitation. The \$8 million would cover the housing units, an emergency generator, washers and dryers, technology costs and more.

While the agency is still in the process of procuring the buildings, it expects to have the facility open next summer or fall, according to Zander.

There would be an ongoing



Entrance sign at the gate of the Missouri River Correctional Center in Bismarck on June 6, 2024, (Photo by Michael Achterling / North Dakota Monitor)

cost of about \$1.3 million to cover staff and supplies for the temporary housing, officials said in a presentation to lawmakers earlier this year.

Another \$27.4 million was set aside in the 2025-2027 budget to allow the agency to contract with county and regional jails for additional overflow housing.

This includes an agreement for the Department of Corrections and Rehabilitation to staff and operate a new section of the Grand Forks Jail, which could provide between 60 and 72 beds, according to Zander. She said this change could take effect sometime this fall.

The agency also hopes to enter into a similar agreement with the Burleigh Morton Detention Center. That jail has an unused housing unit that could give the agency another up to 120 beds.

The idea would be for the Department of Corrections and Rehabilitation to provide case management and behavioral health services, while the Burleigh Morton Detention

Center would handle operations. Zander said the agreement is expected to take effect sometime early next year.

Contract negotiations are still in the works for those two projects, she said.

The department also received a \$1.6 million appropriation to establish a 25-bed reentry center somewhere in northwest North Dakota — possibly Minot or Williston. Many incarcerated North Dakotans ultimately hope to return to the area after they wrap up their sentences, but they lack reentry options close to home, Zander said.

“This can cause extra hardship on residents that want to move back home,” she said in an email.

Other funding earmarked for the Department of Corrections and Rehabilitation this budget cycle will go toward building larger prison facilities. \$35.6 million was set aside to finish construction of the Heart River Correctional Center, the state’s first prison designed for women.