

PUBLIC NOTICE

Prairie Fare
Julie Garden-Robinson
Food & Nutrition Specialist
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Are seed oils good or bad for health?
Let's go back in time a bit. Oil is the name for liquid fat. Soybean oil originated thousands of years ago in Asian countries such as China and Japan. Olive oil production began about 1,000 years after soybean oil.
Oils have been used widely for many years, and then hydrogenation was invented to extend their shelf life. That process allowed the food industry to convert liquid vegetable oil to solid fat, such as the white shortening sold in cans in the grocery store.
Through research, scientists could see that changing oils from liquid to solid caused the formation of trans fat, which can raise our "bad" cholesterol and lower our "good" cholesterol.
The Dietary Guidelines and the American Heart Association recommend that we reduce our intake of saturated fat and trans fat and focus on unsaturated fat.
To understand all these terms, we have to think a bit about chemistry.
"Saturated" refers to the chemical structure of the building blocks of fat called fatty acids. If the fat is saturated, each of the carbon atoms that make up fat has a hydrogen atom attached. Saturated fat tends to be solid at room temperature.
"Unsaturated" means that the fatty acids have some double bonds in the chain of carbon atoms, so the fat is more "bendy" and flows. Unsaturated fat is liquid at room temperature.
Oils are made up of saturated and unsaturated fats. Some oils, such as olive, canola, peanut and sesame, are more "monounsaturated" (having one double bond). Other oils, such as



Some oils have a distinct flavor, while others are neutral. Pixabay photo.
Moderate your fat intake from all sources. Instead of frying in any kind of oil, consider roasting or grilling.
Keep tabs on the freshness of the oils in your cupboard. Find a cool, dark place to store them. If the oil becomes rancid before you use it, consider purchasing a smaller bottle next time.
Homemade Poppyseed Salad Dressing
2 tablespoons honey
2 tablespoons white vinegar
1 tablespoon yellow mustard
2 tablespoons finely chopped onions
2 teaspoon poppy seeds
1/4 teaspoon salt
1/3 cup canola oil, sunflower oil, vegetable oil, olive oil or your favorite oil
In a tightly covered container, shake all dressing ingredients. Toss dressing with salad ingredients, such as lettuce, spinach and sliced fruit such as strawberries or seedless grapes.
Makes eight servings. Each serving has 100 calories, 9 grams (g) fat, 0 g protein, 5 g carbohydrate, 0 g fiber and 95 milligrams sodium.
(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)

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NOTICE
Wells County Weed Control Board is accepting bids for spraying Wells County State Highway and county highway right of ways for 2025 spring and fall season.
Required equipment will have the capability of a minimum of 35 feet and a smaller ATV/UTV for spot spraying.
All chemical and surfactants provided by the Wells County Weed Control Board.
Bids should be submitted on per hour basis on approximately 300 miles, more or less.
Applicator must be commercially licensed right of way sprayer and insured for a minimum of two million dollars.
If you have any questions, contact Dale Schmitz 701-693-6099.
Bids must be submitted by April 18, 2025 to:
Wells County Weed Control Board
PO Box 2
Fessenden, ND 58438
The Wells County Weed Control Board reserves the right to reject any and all bids.

Treasure Barley Seed Available
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Introducing the recently released Treasure Barley Seed from North Dakota State University (NDSU). This exceptional 6-row barley variety has been specifically developed for the perling process, making it ideal for the pet food market.
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VORLAND LAND COMPANY
New Agent
Someone you will want to meet!
Sara Reese is a new agent with Vorland Land Company. Sara is very knowledgeable in real estate needs. As a family, she has been involved with flipping homes, renovations and owning apartment complexes. Her experience in real estate and construction allows her to guide her clients with expertise. If your interested in buying or selling, she will be there to assist you.
Sara lives on a ranch in rural Eddy County near McHenry, ND with her husband and 5 children, so they are very knowledgeable in rural living as well.
Sara Reese
701-789-1768
rentals@rightdirectionproperties.com
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Public Notice

SHEYENNE CITY COUNCIL TAX EQUALIZATION MEETING
APRIL 7, 2025
Tax Equalization Director, Kristy O'Connor, reviewed 2025 Equalization Report. Increase of .85% for properties in Sheyenne. Tax Exempt properties and Homestead Property Tax Credit and Homestead Credit were reviewed. No members were present. Motion to accept Hoffner, second Ames, motion carried.
Robert Hanson, Mayor
Published April 14, 2025
SHEYENNE CITY COUNCIL REGULAR COUNCIL MEETING
APRIL 7, 2025
Mayor Hanson called the regular meeting to order with Thumb absent. Minutes of March 3, 2025 meeting were read and approved. Motion Labrensz, second Ames, motion carried.
B. Rieger, Facilities Operator-Chlorine pump was delivered and Bryan will install. Generator at the lift station wasn't on kicking in when the power was off and will need to be serviced. Water/sewer

at old Sinclair station needs to be hooked up.
Ostby Hall leaking drains have been fixed. Motion Hoffner, second Labrensz, motion carried to approve bid from Dean Wallace to fix the old well house across the railroad tracks. Kent Myhre with Sheyenne Rodeo Club was in attendance explaining the route the club would like to go with getting water to the grounds. Estimate from Central Plains water was shared. Park Board needs to decide how they would like to proceed with a share of the water cost. Patti Larson gave an update on the grants. There will be an Open House at the GRIT house April 13th from 1230-130 for any community members who would like to come and see how they could volunteer to help get the house ready. Meeting on April 9th at 5pm at Senior Center regarding tree ideas for new trees around town. ND Rural Water will be testing sewer mains, which includes putting smoke in the lines to see if there are any leaks. On April 16th there will be two representatives from AE2S going around town to people who have not completed the Lead and Copper Survey. Please get this completed for your homes. Wiring on the oven in Ostby needs to be replaced. Motion Hoffner, second Labrensz, motion carried to apply for a credit card through Community Credit Union with a \$500 limit with authorized users Karla Jacobson and Robert Hanson.
Treasurer's Report: Motion to accept Treasurer's Report Ames, second Hoffner, motion carried. Meeting adjourned.
Next regular meeting to be held Monday, May 5th, at 7:00 pm.
GENERAL FUND:
Otter Tail1,533.38
MDU381.16
NDTC42.05
Eddy Co. Auditor2,635.00
Double M Sanitation3,785.00
IRS275.40
Transcript78.40
Sheyenne Fire Dept3,250.00
Cash & Carry Lumber71.39
Jacobson507.93
WATER & SEWER:
Otter Tail1,070.07
MDU190.40

Table with 2 columns: Item, Amount. Rows include NDTC, City of Fargo, USPO, Hawkins, Sweeney, CenDak, Hawkins, Rieger, Jacobson, and Published April 14, 2025.

NOTICE
New Rockford Township Meeting second Tuesday every other month 6 p.m. at Todd Haley shop.
Starting January, Zoning Meeting second Wednesday of the first month of the quarter at 6 p.m. at Todd Haley shop.
Published April 7 & 14, 2025

NOTICE TO CREDITORS
IN THE DISTRICT COURT, SOUTHEAST JUDICIAL DISTRICT, STATE OF NORTH DAKOTA, PROBATE DIVISION, COUNTY OF EDDY
Court File No. 14-2025-PR-00002
In the Matter of the Estate of Frances Rosamond Ousley, a/k/a Frances K. Ousley, Deceased.
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 (3) months after the date of this notice or said claims will be forever barred. Claims must either be presented to Richard C. Helgeson, Jr., Personal Representative of the Estate, at 895 Crest Drive, Eugene, Oregon 97405, or filed with the Court.
Dated this 12th day of March, 2025.
Richard C. Helgeson, Jr.
895 Crest Drive
Eugene, OR 97405
James R. Maring, ND #06712, of SERKLAND LAW FIRM
10 Roberts Street N
 Fargo, North Dakota 58102
Phone: 701-232-8957
jmaring@serklandlaw.com
Attorneys for: Personal Representative
Published April 14, 21 & 28, 2025

RESCHEDULED
EDDY COUNTY 2025 TAX EQUALIZATION MEETINGS
Township Time Date Location
Freeborn Township 5:00 PM 4/22/2025 Hamar Hall, Hamar
Colvin Township 6:00 PM 4/22/2025 County Shop, Colvin Twp
EACH TAXPAYER has the right to appear before such board for a review of his/her assessments as determined by the office of the County Director of Equalization.
RESCHEDULED ANNUAL MEETING
Freeborn Township
4/22/2025 at 6:00 PM
Hamar Hall, Hamar