

Use Farmers Press Want Ads

How to treat muscle cramps and prevent their reoccurrence



Rare is the athlete who has not had the misfortune of suffering a muscle cramp. Muscle cramps can range from the relatively minor nuisances that can be worked out in a matter of minutes to the more severe cramps that can sideline athletes for an indeterminate period of time.

According to the US National Library of Medicine, muscle cramps are often the byproduct of an overused or injured muscle. When a muscle cramps, that muscle is involuntarily contracting, and that contraction can be very painful. Because athletes tend to repeat their motions when performing exercises, it's not uncommon for athletes to cramp up from time to time. But even men and women who live sedentary lifestyles can suffer from muscle cramps, which the NLM notes could be triggered by alcoholism, hypothyroidism or kidney failure. Women may suffer muscle cramps when they are pregnant or menstruating.

Certain medications may also cause muscle cramps. Men and women concerned about muscle cramps should read the potential side effects of their medications carefully or speak directly with their physicians before taking any medicines that may cause muscle cramps. The online medical resource WebMD notes that medications such as Lasix, a diuretic used to remove fluid from the body, and Crestor, a statin prescribed to adults with high cholesterol, can cause muscle cramps.

While dehydration and electrolyte depletion has long been linked to exercise-associated muscle cramps, researchers have been questioning, if not disputing, that link for many

years. A 2008 study from South African researchers published in the British Journal of Sports Medicine did not support a link between exercise-associated muscle cramps and dehydration or electrolyte depletion.

Muscle cramps tend to be painful and can occur in the legs, hands, arms, or abdomen or along the rib cage. When cramps occur below the waist, such as in the calf muscle, it can be difficult to stand up.

Treating muscle cramps
Muscle cramps require immediate treatment so sufferers can alleviate the pain and/or discomfort cramps can cause. Massaging the cramped muscle or applying ice or heat can alleviate the cramp and its associated pain.

Calf or hamstring cramps may be alleviated by putting weight on the affected leg and bending the knee slightly. Such cramps may also be treated by sitting or lying down with the affected leg straight out and pulling the foot toward the head.

To treat quadriceps cramps (those that occur in the front of the thigh), hold onto to something steady and pull the foot of the affected leg back toward the buttock.

Preventing future cramps
One of the most effective ways to prevent future cramps is to listen to your body when it's sending you signals that it is fatigued. Overused muscles are vulnerable to cramps, so remember to include rest in your exercise regimen so muscles have time to recover. If your body feels over-taxed or fatigued before or during a workout, skip the workout or stop it immediately to reduce your risk of cramps or injury.

Deficiencies in certain vitamins can directly or indirectly lead to muscle cramps. While the reasons behind the link between thiamine, pantothenic acid and pyridoxine deficiencies and muscle cramps is unknown, speak with your physician about how to include these vitamins in your diet if you have been experiencing muscle cramps.

-metrocreativeconnection

HELP WANTED

TOWNER COUNTY MEDICAL Center in Cando, ND has the following employment opportunities available: Flexible scheduling available for most positions! RN or LPN -- skilled nursing, RN -- acute care, certified nursing assistant, dietary aide, housekeeping, daycare worker. Applications available at www.tcmcdcenter.org. EOE. 7tn

NOW HIRING: VETERINARIAN (DVM), Ashland Area Veterinary Clinic. PT/FT/relief in Ashland, Wisc. Relocation assistance available. Four-day work weeks. Competitive pay + benefits. Apply today: www.ashlandareavet.com. (N)20p

SEEKING APPLICANTS FOR jobs? Advertise openings on the Farmers Press classified page. The per-week cost for a classified ad is \$5 for the first 25 words, .10 for each word above 25. Call 473-5436 or email farmerspress@gondtc.com.

UPCOMING EVENTS

MISSOURI RIVER BLUEGRASS Festival, June 14-15, Cross Ranch State Park, via ND 25 NW of Center. Five bands, Friday 6:30-10:30 p.m.; Saturday 10 a.m.-10:30 p.m. 16 and under free. www.bluegrassnd.org. (N)20p

PUBLIC NOTICE

Benson County Housing Authority is inviting the public to comment on its five-year and annual plan. The 45-day comment period will run from 6/13/2024 to 7/29/2024. The comment period is the public's opportunity to provide information or raise an issue regarding the five-year and annual plan. Written and oral comments must be submitted no later than 7/29/2024 and should be directed to: Benson County Housing Authority, 201 Main St W, Box 1C, Minnewaukan, ND 58351. The public meeting to review comments will be held on Aug. 14, 2024, 9 a.m., at the Benson County Housing Authority office. The five-year and annual plan are available for review at the main office. (Publish June 13 & July 11, 2024)

Publisher's Notice

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call North Dakota Fair Housing Council toll-free 1-800-265-0907. HUD toll free 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



Electric Motor Service Repair & Rewind Service • Sales Farm • Industry New Rockford, ND Cell: 302-0541 Home: 947-2017 JOHN GISI, OWNER

DRS. MOEN, ENDERLE & KREIN OPTOMETRISTS Highway 2 East • Devils Lake (Next to Mr. & Mrs. J's) HOURS: 8:30 a.m. to 5 p.m. Mon.-Fri. Phone 662-4085 Open Thursday Evenings until 7 p.m.

NCB ELECTRIC, LLC John Lunde 5945 52nd St. NE Brinsmade, ND 58351 701-351-0507 johnlunde.ncb@gmail.com RESIDENTIAL • COMMERCIAL FARMSTEADS

RICHARD SAGER CROP INSURANCE Richard Sager • Amy Lee PO Box 933, 308 4th Ave NE, Devils Lake, ND 58301 701-662-2299 • 1-888-834-5020 MULTI-PERIL • CROP-HAIL LIVESTOCK RISK PROTECTION EQUAL OPPORTUNITY PROVIDER

THE FEED SHOP Quince Hambek Dog, Cat, Horse & Cattle Feed www.hubbardfeeds.com THE GLASS SHOP Handicap Doors, Shower Doors, Mirrors Auto Glass, Chip Repair, Residential Windows, Commercial Windows & Doors 319 S College Dr. • Devils Lake, ND Bus: 701-662-6276 Cell: 701-351-3342 Email: theglassshop@hotmail.com

HOUSING/APTS. FOR RENT

ASSISTED LIVING APARTMENTS available in Rugby at the Haaland Estates. Laundry services, inside mail, garages, outside plug-ins for vehicles, emergency notification system and other convenient living accommodations for senior citizens. For more information or an explanation on services call 776-5203. 32fn

RENTERS WANTED: ARE you having difficulty paying your rent on time? The Housing Assistance Program (HAP) is now taking applications for residents living in Benson County. For more information on eligibility call 473-5671. Equal Housing Opportunity. TDD 1-800-366-6888. 12fn

HAVE HOUSING AVAILABLE? Your ad could be here! Call 473-5436 by 10 a.m. Monday. \$5 for the first 25 words, .10 for each additional word.

SERVICES

HANSON PAINTING SERVICE: Interior-exterior, residential, commercial, farm buildings, churches. Wallpapering, texturing, etc. Free estimates. 701-662-7153, 701-351-0860, www.hansonpaintingservice.com. 24fn

PEST CONTROL: PROTECT your home from pests safely and affordably. Roaches, bed bugs, rodents, termites, spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 866-892-7677. Have ZIP Code of property ready when calling! (N)20p

BATH AND SHOWER updates in as little as one day! Affordable prices -- no payments for 18 months! Lifetime warranty and professional installs. Senior and military discounts available. Call: 1-877-548-8176. (N)20p

MISCELLANEOUS FOR SALE

YOU CAN PLACE a 25-word classified ad -- like this one -- in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details. (N)20p

NEED NEW FLOORING? Call today; schedule a free in-home estimate on carpeting and flooring. Call today! 1-866-892-5868. (N)20p

TOP CASH PAID for old guitars! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson mandolins / banjos. 1-844-592-3691. (N)20p

PAYING TOP CASH for men's sport watches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-877-548-8415. (N)20p

LOOKING FOR THE most complete listing of ND media? ND Media Guide. Only \$30! Call 701-223-6397, ND Newspaper Association. (N)20p

Farmers Press subscriptions make great gifts! \$52 for one year in-state, \$58 for one year out-of-state.

APARTMENTS FOR RENT One bedroom with utilities included. Rental assistance available to those who qualify. Moeller Home Inc. 701-473-5671 This institution is an equal opportunity provider and employer.

NICOLAI CHIROPRACTIC CENTER Dr. Michael K. Nicolai 207 1st Ave South New Rockford, ND Office: 701-947-2121 Toll-Free: 800-808-9478

MICRO-LOAN FUND 0% INTEREST LOANS For NEW or EXISTING Business Activity in Benson County Real Estate-Equipment-Inventory Working Capital CONTACT North Central Planning Council, Admin. Agent for BCJDA 701-662-8131 www.northcentralplanningcouncil.com/benson-county-jda

Farmers Union INSURANCE Farm - Homeowners - Dwelling Business - Auto - Liability Umbrellas - Misc. Bonds - Life Multi-Peril Crop - Crop Hail Long Term Care Arnston Agency 105 Central Ave - PO Box 129 Maddock, ND 58348 701-438-2263, Fax 438-2217 email: chris.arnston@FUMIC.com

HEALTH/MEDICAL

STOP OVERPAYING FOR health insurance! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call now for a no-obligation quote: 877-727-7420. You will need to have your ZIP Code to connect to the right provider! (N)20p

VIAGRA AND CIALIS users! 50 pills special \$99! 100% guaranteed. Call now! 1-866-481-0920. (N)20p

REAL ESTATE FOR SALE

ND FARM LAND values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer, 701-371-8538. Kevin Pifer, 701-238-5810. Free valuation. (N)20p

ADVERTISE JOB OPENINGS by calling 473-5436 or emailing farmerspress@gondtc.com!

MINUTES OF REGULAR MEETING MINNEWAUKAN CITY COUNCIL May 14, 2024

A regular meeting of the Minnewaukan City Council was called to order Tuesday, May 14, 2024 at 6 p.m. by Mayor Matt Seufert. Present were council members Niles Short, Mitch Weed and Allan Nord; City Auditor Sherri Thompson; John Anderson, Jamie Aabrekke and Todd Keena.

A motion was made by Weed to approve the agenda with the addition of ND Sewage and Pump. Second by Short. The motion carried.

A motion was made by Nord to approve the April 9, 2024 minutes. Second by Weed. The motion carried.

A motion was made by Nord to approve the building permit for Don Trnka. Second by Weed. The motion carried.

A motion was made by Nord to approve the building permit for Todd Keena and to sell him lots 19, 20, and 21, Block 4, Streifel subdivision. Second by Short. The motion carried.

A motion was made by Nord to give Lommen until May 22, 2024 to clean up his rock and dirt or the city will hire Sally Ebach to remove it. Second by Weed. The motion carried.

A motion was made by Weed to approve the gaming site authorization for Dakota Spirits. Second by Nord. The motion carried.

A motion was made by Nord to approve the purchase agreement with NDTCT for a zoom camera. Second by Weed. The motion carried.

A motion was made by Nord to approve the wastewater pumping station service agreement with ND Sewage and Pump. Second by Short. The motion carried.

A motion was made by Weed to pay bills. Second by Nord. The motion carried. The following bills were paid:

| | |
|----------------------|----------|
| Dakota Fire | \$141.25 |
| Minnewaukan School | 172.00 |
| Payroll | 6,064.07 |
| Flood water | 1,162.79 |
| BC Sheriff | 300.00 |
| J. Anderson | 40.00 |
| ND Telephone Co. | 259.95 |
| S. Thompson | 40.00 |
| GF Billing | 26.00 |
| BC Hwy | 526.24 |
| Otter Tail Power Co. | 3,032.82 |
| NPEC | 444.73 |
| One Call | 3.00 |
| L. Eckert | 100.00 |
| Double M | 4,649.00 |
| CenDak | 214.80 |
| BC Farmers Press | 148.50 |
| ABM | 80.28 |
| Sweeney | 2,924.72 |
| Transcript | 600.00 |

A motion was made by Nord to have John Anderson purchase a battery-powered DeWalt trimmer. Second by Weed. The motion carried.

A motion was made by Short to have Real Estate 7 advertise to sell the city lots for sale that are located next to the post office. Second by Weed. The motion carried.

A letter will be sent to residents who need a reminder to clean up the property they own so it is not an eyesore.

The next regular meeting will be held Tuesday, June 11, 2024 at 6 p.m. The meeting adjourned at 7 p.m. Sherri Thompson City Auditor

Matt Seufert Mayor

PARK VUE in LEEDS has 1 or 2 bedroom apts. Utilities furnished, rental assistance available. Call 701-466-2445 or TDD 1-800-366-6888. This institution is an equal opportunity provider and employer.

APARTMENTS FOR RENT West Bay Homes, Minnewaukan One bedroom with utilities furnished Benson County Housing Authority 701-473-5671 TDD 1-800-366-6888 Equal Housing Opportunity This institution is an equal opportunity provider and employer.

HAGER EXCAVATING General Excavating • Land Clearing & Tree Removal • Scrap Metal Hauling • Stump Grinding • Demolition • Sewer System Installation Ryan Hager 701-341-0505

Terpening Construction All Types of Concrete Work Kent Neppi Cell: 351-3994 PO Box 249, Maddock, ND 58348 terpeningconst@gondtc.com

PET CARE

WHEN VETERINARY CARE is unavailable or unaffordable, ask for Happy Jack flea/tick, mane dandruff, and allergy control. At Tractor Supply@ (www.happyjackinc.com). (N)20p

AUTOS

DONATE YOUR VEHICLE to fund the search for missing children. Fast, free pickup. 24-hour response. Running or not. Maximum tax deduction and no emission test required! Call 24/7: 1-844-591-9132. (N)20p

MISCELLANEOUS

INJURED IN AN accident? Don't accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1,000s. Get a free evaluation to see what your case is really worth. 100% free evaluation. Call now: 701-505-8373. (N)20p

HAVE A NEWS release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397. (N)20p

Classified Ads WORK Call 473-5436 to set yours up today!

2 Bedroom Apartment For Rent Sunrise Apartments New windows, new AC unit, heat & water paid, off-street parking, laundry in building \$600/month Contact Dave 701-351-5070

2024 Benson County Weed Board COST SHARE PROGRAM Spring Individual
The Benson County Weed Board will cost share for the purchase of chemicals for the use of spraying leafy spurge in Benson County. Certain policies and procedures must be followed to receive the 80 percent cost share.

1. Chemical can be purchased from area dealers in Benson County, Devils Lake and Rugby, North Dakota.
2. The landowner or renter may purchase chemical from the dealer of his choice starting Friday, May 10, 2024. The landowner/renter must have a restricted chemical use certification to pick up Tordon chemical.
3. The landowner/renter must submit a FSA map, with the area to be sprayed marked on the map, the estimated acres to be sprayed, along with a copy of the receipt for chemical purchased. The weed to be sprayed along with the approximate acres is also to be on the map. The dealer WILL NOT distribute chemical for the Benson County cost share program without a FSA map. Receipts and maps can be mailed to: Benson County Weed Board, PO Box 39, Maddock, ND 58348.
4. The cost share program will run until June 25, 2024, or until Weed Board funds are exhausted, whichever comes first.
5. The Benson County Weed Board will cost share 80 percent on a maximum of \$900.00 per landowner or renter. (Ex. Spend \$900 and the Weed Board will reimburse a maximum of \$720.)
6. A check will be issued to the landowner, upon receipt of map and chemical receipt. The landowner should endorse as soon as possible.

The Benson County Weed Board is obligated to spot check areas that are marked on the maps. If any chemical purchased on the cost share program in Benson County is used outside the county, or sold, the individual(s) involved will be prosecuted.

The law states that as a landowner, it is your responsibility to control noxious weeds on your land. The following is a list of noxious weeds in Benson County: Absinth Wormwood, Canada Thistle, Field Bindweed, Leafy Spurge, Musk Thistle, Russian Knapweed, Spotted Knapweed, Diffuse Knapweed, Purple Loose Strife, Yellow Star Thistle, Salt Cedar and Dalmation Toadflax.

Individuals interested in applying for flea beetles for leafy spurge may contact Tim Finley of Oberon (798-2776) or County Agent Scott Knoke (473-5363).

Further information is available from members of the Benson County Weed Board:

- TIM FINLEY, CHAIRMAN, OF OBERON (798-2776)
- KORY JORGENSEN OF RUGBY (500-5681)
- TRAVIS ANDERSON OF WARWICK (739-0002)
- OLE NORD OF CHURCHES FERRY (739-9103)
- JUSTIN GREEN OF MADDOCK (350-0633)

SUMMONS STATE OF NORTH DAKOTA COUNTY OF BENSON IN DISTRICT COURT NORTHEAST JUDICIAL DISTRICT Darin D. Engstrom, as Successor Trustee of the Donald J. Erickson Revocable Living Trust, dated September 15, 2017, as amended, Plaintiff,

vs. Charles W. Fine, Christin Fine, the Estate of George Bjugstad, deceased, and all other persons unknown having or claiming any state or interest in, or lien or encumbrance upon, the property described in the Complaint, whether as heirs, devisees, legatees or personal representatives of any deceased person or under any other title or interest, Defendants.

Civil No.: 03-2024-CV-00017 THE STATE OF NORTH DAKOTA TO THE ABOVE-NAMED DEFENDANTS:

You are hereby summoned to answer and defend against the Complaint in this action, which is on file in the office of the District Court in and for the County of Benson and State of North Dakota, and to serve a copy of your answer to said Complaint upon the subscribers within twenty-one (21) days after the service of this Summons upon you, exclusive of the day of such service. If you fail to do so, judgment will be taken against you by default for the relief demanded in the Complaint.

Dated this 2nd day of May, 2024. /s/ Srihari S. Panjini Srihari S. Panjini (ND #06607) PANJINI LAW OFFICES, PLLC 505 N Broadway, Suite 208 Fargo, ND 58103 Phone: 701-205-1687 hari@panjinilaw.com ATTORNEY FOR PLAINTIFF

NOTICE TO THE DEFENDANTS IN THE ABOVE-ENTITLED ACTION: YOU, AND EACH OF YOU, ARE HEREBY NOTIFIED, that the above-entitled action is an action to determine adverse claims, and is brought for the purpose of quieting the title of the plaintiff's in and to the premises hereinafter described, and that no personal claim is made against you, or any of you.

The land to which said action relates is located in Benson County, North Dakota, and is described as follows, to-wit:

A tract of land situated in Government Lot 2 in the Southeast Quarter of Section 34, Township 151 North, Range 66 West of the Fifth Principal Meridian, Rock Township, Benson County, North Dakota, formerly described in Document Number 153988, on file at the Benson County Recorder's Office, more particularly described as follows: The West 553.50 feet of said Government Lot 2. The East boundary of said tract is parallel with the West boundary of said Government Lot 2. Dated this 2nd day of May, 2024. /s/ Srihari S. Panjini Srihari S. Panjini (ND #06607) PANJINI LAW OFFICES, PLLC 505 N Broadway, Suite 208 Fargo, ND 58103 Phone: 701-205-1687 hari@panjinilaw.com ATTORNEY FOR PLAINTIFF (Publish June 6, 13 & 20, 2024)