

# Skin needs extra care in the winter weather

"I just love it when it's 20 below!" said no one to me. Ever.

Many people enjoy winter activities such as skiing and snowmobiling. When brisk winds push the perceived temperature even lower, however, even the most enthusiastic outdoor adventurers retreat indoors. Many of my retired neighbors become snowbirds and head south for a few months.

I was thinking about those negative temperatures as I sat in my recliner, wrapped in a blanket, holding a warm dog, sipping tea and reaching for a back scratcher.

Unfortunately, my skin is paying the price for days spent in dry, heated air. We move from heated vehicles into the cold and back into heated buildings, often multiple times a day. Our skin — our body's largest organ — feels the effects of this constant moisture loss.

Skin is our first line of defense, and it consists of several layers that protect us from infection, injury and dehydration.

Most of us know how to dress for winter by wearing layers, hats, scarves and mittens. We also recognize the importance of a winter survival kit in our vehicles. But how often do we think about protecting our skin in other ways?

Your skin may send "I'm here!" reminders, such as sandpaper-like hands and heels or an itchy back begging for attention.

While a long, hot shower may feel comforting, dermatologists recommend shorter showers — about five to 10 minutes — using warm, not hot, water. Choose mild cleansers and apply thicker creams or petroleum jelly to hands and feet. Cotton gloves and socks worn overnight can help seal in moisture.

According to the American Academy of Dermatology, winter is also a good time to minimize products containing glycolic acid or retinol, as



these ingredients can further dry or irritate skin. Apply moisturizer while skin is still damp to help trap moisture. Look for products that contain hyaluronic acid, glycerin, lanolin or shea butter.

Don't forget sunscreen in winter. Exposed skin, such as your nose and cheeks, can still be damaged by the sun's rays, even on cloudy days.

Nourish Skin from the Inside Nutrition also plays a key role in maintaining healthy skin. A variety of foods helps meet nutrient needs and supports the body's protective barrier.

- Enjoy colorful fruits and vegetables daily for vitamins A and C.

- Obtain healthful fats from nuts, seeds, legumes, eggs, and olive, canola or peanut oil.

- Include omega-3-rich foods such as fatty fish, ground flaxseed and walnuts.

- Choose lean meats and other protein-rich foods to build and repair tissues.

- Consume whole grains for fiber and nutrients.

- Include calcium-rich foods such as dairy products.

Most people get more than 80% of their fluids from beverages, but foods also count. Fruits and vegetables are at least 90% water. Drink more water and fewer sweetened beverages. Alcohol can promote dehydration, puffiness, redness and dull-looking skin.

Keep water nearby as a reminder to sip regularly. Coffee counts toward fluid intake, although caffeine-free beverages may be more hydrating. If plain water isn't appealing, add cucumber slices, lemon or berries to a pitcher of water to boost flavor and encourage drinking.

Warm, nourishing meals also help on cold days. This hearty soup is rich in vegetables, fiber and fluids. While it has many ingredients, the results are worth the chopping.

Loaded Minestrone Soup  
1 tablespoon olive oil or your favorite oil

- 1 small onion, diced
- 1 large carrot, chopped
- 2 celery stalks, chopped
- 4 garlic cloves, minced
- ½ medium zucchini, diced
- 1 (14.5-ounce) can fire-roasted tomatoes with juice
- 1 (8-ounce) can tomato sauce
- 1 (15.5-ounce) can kidney beans, drained and rinsed

- 1 tablespoon Italian seasoning
- 1 bay leaf
- 3 cups reduced-sodium vegetable broth (or chicken broth)
- 1 cup water
- 1 cup whole wheat small pasta
- 1½ cups spinach
- Salt and pepper to taste
- Parmesan cheese and fresh basil (optional)

In a large pot, heat oil over medium-high heat. Add onions, carrots and celery. Cook, stirring often for 5-7 minutes or until onions are translucent. Add garlic and cook for 30 seconds. Add all ingredients from through water into pot and cover. Bring to a boil, reduce heat and cover. Simmer for 15 minutes or until vegetables are tender. Add pasta and cook until al dente. Remove from heat and take out bay leaf. Stir in spinach. Serve with Parmesan cheese and fresh basil if desired.

Makes eight servings. Each serving has 150 calories, 2.5 grams (g) fat, 25 g carbohydrate, 5 g fiber and 350 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.)

# CLASSIFIEDS

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MayPort-CG School hiring: Full-time Agricultural Ed Teacher starting August 2026. Apply to Supt. Michael Bradner: 900 Main St W, Mayville, ND; 701-788-2281; Michael.bradner@may-portcg.com

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## Notice

The North Dakota Game & Fish Department announces the following summary of regulations from amendment No. 1 of the 2025-2026 small game, waterfowl, and furbearer proclamation.

The 2026 spring light goose conservation order will be in effect Feb. 21 - May 10, 2026. Only light geese may be taken. Light geese include snow geese, blue geese, and Ross's geese. There will be no daily or possession limit on light geese during the conservation order.

Apply online at gf.nd.gov. A complete proclamation along with amendment No. 1 that contains regulations for the 2026 spring light goose conservation order is available from the NDGF Department, 100 N Bismarck Expy Bismarck, ND 58501-5095, Ph: (701) 328-6300, or online at gf.nd.gov.

February 21, 2026

## Notice to Contractors

The North Dakota Department of Transportation (NDDOT) will receive bids for the construction of the following project(s):

**Job No.: 24753**  
**Project No(s): H-3-017(039)008**  
**Length: 38.476**  
**Type:**  
**County(s): TOWNER & PIERCE Cos**  
**Location: ND 17, JCT ND 3 E TO JCT US 281 (CANDO)**

Bids will be received via the Bid Express on-line bidding exchange at www.bidx.com until 09:30AM, February 27, 2026. Bids will be opened at that time at the NDDOT building on the capitol grounds in Bismarck and the bid results will be distributed and posted online at <https://www.dot.nd.gov/business/bidinfo.htm> approximately 30 minutes after bids are opened.

The proposal forms, plans, and specifications are available on the NDDOT website at <http://www.dot.nd.gov> and may be inspected at the Construction Services Division, 608 East Boulevard Avenue, Bismarck, North Dakota.

All bidders not currently prequalified with NDDOT must submit an online Contractor's Prequalification request to the Department at least ten (10) business days prior to the bid

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opening. The online application can be found on the NDDOT website at <https://www.dot.nd.gov/business/contractors.htm>

NDDOT reserves the right to reject any and all proposals, waive technicalities, or to accept such as may be determined in the best interests of the state.

For disability/language assistance, call 701-328-2978.

Requested by: Ronald J. Henke, P.E., Director North Dakota Department of Transportation

February 7, 2026

## Notice

### FEDERAL / STATE NOTICE OF PROPOSED MERGER

Notice is hereby given that First United Bank, Park River, North Dakota has made application to the Federal Deposit Insurance Corporation and the Commissioner of the North Dakota Department of Financial Institutions for written consent to merge with First State Bank of Cando, Cando, North Dakota. It is contemplated that all offices of First United Bank and First State Bank of Cando will be operating as First United Bank.

Any person wishing to comment on this application may file his or her comments in writing with the Regional Director of the Federal Deposit Insurance Corporation at its regional office at 1100 Walnut St, Suite 2100, Kansas City, Missouri 64106. Comments by interested parties must be received by not later than February 23, 2026. The nonconfidential portions of the application are on file in the regional office of the FDIC and are available for public inspection during regular business hours. Photocopies of the nonconfidential portion of the application file will be made available upon request.

You are further notified that Section 13-02-13-03.1, North Dakota Administrative Code provides that any bank or party may submit to the Commissioner or the North Dakota State Banking Board written comments concerning the application or a written request for an opportunity to be heard before the board, or both. Comments must be mailed to or received by the Commissioner or State Banking Board, Department of Financial Institutions, 1200 Memorial Highway, Bismarck, ND 58504 not later than February 23, 2026. You may also request a copy of the application at the above address. You are also advised that per Section 13-02-13-04, North Dakota Administrative Code, the State Banking Board or Commissioner shall examine and consider all relevant factors including: 1) whether proper notification has been given to all shareholders; 2) whether at least two-thirds of the shareholders have ratified the plan of reorganization or merger; 3) whether the resultant bank has adequate capital; 4) whether the needs of the community to be served will still be met; and 5) the adequacy and competence of management.

Eide Bailly LLP, Bismarck, ND  
January 24, February 7 and 14, 2026

# Recipe Corner

## Super Bowl Recipes

### Smoked Mac N Cheese

- Smoker your preference
- 2 cups shredded cheddar
- 2 cups shredded Monterey
- 2 cups Shredded Parmesan
- 2 cups of milk
- 1lb pasta shells (your preference)

• 12oz bacon  
• 1/2 stick of butter  
• Measure your seasoning with your heart, garlic powder, pepper

Instructions  
Preheat your Traeger to 300°F, if you like a really smoky flavor you could also use a smoking tube.

Cook pasta to al dente in salted water, as per package directions then, drain and rinse with cold water.

Place the butter in saucepan and melt over medium heat, then add the flour and whisk until it is totally smooth then very slowly add the milk and whisk until totally mixed in.

Turn your heat down to low and add the garlic powder, salt, pepper and 1/2 of cheese and stir until the cheese is totally melted.

Fry the bacon and when it reaches your desired texture remove from the pan and chop up. Add half the bacon to the cheese mixture. Reverse the rest of the bacon to top.

Place the cooked pasta and cheese mixture into the cooking pan your using. Top with the remaining bacon and rest of the cheese.

Place in the smoker for 45 mins uncovered and cook until the top is browned and bubbly.

### Oreo Football Truffles

Ingredients  
1 (14.3 ounce) package of Oreo cookies (33 cookies) not Thins or Double Stuffed

8 ounces brick-style full-fat cream cheese softened  
16 ounces chocolate almond bark or chocolate melting wafers

1/4 cup white chocolate or white candy melts

### Instructions

Use a food processor to blend the Oreos into fine crumbs. If you don't have a food processor, place the cookies in a zip-top bag and crush them with a rolling pin. In a large bowl, mix the Oreo crumbs and softened cream cheese with an electric mixer until fully blended.

The mixture should be smooth and easy to roll. Scoop 1-tablespoon portions of the mixture and roll them into ovals, then gently pinch the ends to shape them into footballs. Place them on a parchment-lined baking sheet. Freeze the shaped truffles for 20-30 minutes to firm up before dipping. Melt the almond bark according to the package instructions. Dip each truffle in the melted chocolate, letting the excess drip off, then place them back on the parchment-lined sheet. Melt the white chocolate or candy melts and transfer them to a piping bag or a small zip-top bag with the corner snipped off. Pipe lines onto each truffle to complete the football look. Let the truffles sit until the chocolate is fully set. To speed this up, place them in the fridge for 10-15 minutes. Once firm, they're ready to serve.

## Montana

(Continued from Page 3)

take, but said Westby wouldn't be given back to Montana until 1967 when a new base map was made.

When State Travel Director, James Hawley, was asked about the seizure of the poor little town, he said, "We think Montana people are fine individuals. We'd like to add them to our population since we're such a sparsely settled state, but we intend to give the town back to Montana next year."

The town actually did begin as a North Dakota town — on July 1, 1910, to be precise. But then the railroad came along in 1913 and ran the rail

line two miles outside of town. That didn't make sense, so almost everybody moved closer to the tracks, and suddenly Westby was in Montana. Now, one needs to remember that the town was named Westby... West because it was so far west in the state. By all rights, if Montana intended to keep the town, they should have done the proper thing and renamed it Eastby. But Westby kept its name, and the old townsite became known as Old Westby.

As it turns out, the town actually belongs to both states. Some folks build their homes on the right side of

the tracks — that would be the North Dakota side — and those residents are actually North Dakotans. But the post office is on the wrong side of the tracks, so everybody's official address is Montana.

"Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at [prairiepublic.org](http://prairiepublic.org), subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at [shopprairiepublic.org](http://shopprairiepublic.org).

## Sole survivors: How to give your feet the support they need

Our feet support us all day, but often get overlooked until they start hurting. When every step hurts, it becomes clear how important our feet are. There can be many causes of foot pain. There are many things that can cause foot pain. A common cause is problems with the arches in the feet.

There are three arches in the foot. They are created by ligaments and tendons in the foot along the metatarsal and tarsal bones. The transverse arch is just behind the toes and goes across the front of the foot. The lateral longitudinal arch is on the foot's outside. It helps keep your foot stable while walking. The medial longitudinal arch is the one that we are most familiar with. It is what most people refer to when they describe having high arches or flat feet.

These three arches form a triangle in your foot from the heel to the base of the toes. The foot's arches are key for balance and shock absorption while walking. Problems with the arches can cause issues with the ankles, knees, and even cause issues in the back. It is important to address issues with the arches to prevent problems elsewhere.

"Flat feet" is when the medial transverse arch falls. This makes the ankle roll inward. We call this condition "pronation." Some people do not have any pain with this condition. In some people, this pronation can lead to pain. You might feel it in the arch of your foot, your ankle, or your knees. This happens because ligaments and tendons get stretched too much.

High arches are the opposite of flat feet. This is where the arch of the foot rises higher than normal. Due to this, the foot does not absorb shock as well when walking and can lead to increased pain in the feet. It can also lead to hammertoes, bunions, and plantar fasciitis. This also affects how weight distributes across the foot, which can impact balance.

While both of these conditions sound like opposites, it is possible to have both at the same time. A person may have a high arch while sitting. However, when they stand and put weight on their feet, the arch can flatten to flat feet. The answer to both of these problems is the correct support



for the foot and arch. Flat feet need help to maintain the normal arch. High arches need extra cushioning and support. This helps spread weight and absorb impact while walking.

No one wants their feet to merely survive the day. If you're worried about your arches or have foot pain, seeing a podiatrist is a great first step.

## Rock Lake Boosters Coyote Hunt & Raffle

<p><b>Friday, Feb. 20, 2026</b></p> <ul style="list-style-type: none"> <li>• Coyote Team Registration: 6-8pm at Rock Lake School</li> <li>• Pulled Pork Sandwiches &amp; Salad: 6 - 8pm</li> <li>• Rules Meeting: 8pm</li> <li>• Gun Awarded: 8pm Before Calcutta opens</li> <li>• Calcutta Auction Opens: 8pm Open to Public</li> <li>• Door Prizes Must be present to win</li> <li>• Gun Boards</li> </ul>	<p><b>Saturday, Feb. 21, 2026</b></p> <ul style="list-style-type: none"> <li>• Steak &amp; Shrimp Fry: 5 - 8pm at Rock Lake School \$30/person &amp; \$5 Kids' Meals</li> <li>• Check In for Coyote Teams: 7pm</li> <li>• Calcutta Tourney Ends: 8pm</li> <li>• Side Contests End: 8pm</li> <li>• Silent / Bucket Auction &amp; Gun Boards</li> <li>• Door Prizes: 8:30pm Must be present to win</li> </ul>	<p><b>Sunday, Feb. 22, 2026</b></p> <ul style="list-style-type: none"> <li>• Coyote Hunt Ends: noon Winners Announced @ 1:30pm</li> <li>• Prize Drawings: 1pm</li> <li>• Lunch Served @ 11am Provided by Rock Lake Fire Dept. Free Will Offering</li> </ul>
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### Coyote Hunt Prizes

**1st: \$1000**  
2nd: 2 - \$300 Scheels Gift Cards  
3rd: 2 Yeti Coolers • 4th: \$400 • 5th: 2 - \$300 A&H Certificates  
6th: 2 Range Finders • 7th: \$150 Redneck Hunting Gift Cards  
8th: 2 Cases 12ga shells • 9th: 2 - AT .223 • 10th: Binoculars  
11th: \$150 • 12th: \$150 • 13th: \$100 • 14th: \$100 • 15th: \$100

**Limited to 1000 sold • Tickets \$25**

For more information, call Jesse @ 370-2408 or Gerald @ 382-9616

*Additional Side Events*

- Big Dog / Little Dog
- Longest Tail
- Closest to Average Weight
- Calcutta: Saturday 6am - 7pm
- Rabbit Hunt: Saturday 6am - Sunday Noon
- Thermal Calcutta: Starts @ Saturday 8pm
- Hardship Prize
- 18 & Under Hunt

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## ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES RELATING TO AUDIOLOGY AND SPEECH-LANGUAGE PATHOLOGY

TAKE NOTICE that the North Dakota State Board of Examiners on Audiology and Speech-Language Pathology will hold a public hearing to address proposed changes to the N.D. Admin. Code at 12:00pm on Friday, March 13, 2026 at <https://zoom.us/j/97332114101?pwd=zReZOG1Ua5rjlihlXL6oRUXoQHDqpt8.1>

A copy of the proposed rules may be obtained by writing the North Dakota State Board of Examiners on Audiology and Speech-Language Pathology at PO Box 1338 Bismarck, ND 58502 or calling 701-775-7165. Also, written comments may be submitted to North Dakota State Board of Examiners on Audiology and Speech-Language Pathology at PO Box 1338 Bismarck, ND 58502 until March 23, 2026. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the North Dakota State Board of Examiners on Audiology and Speech-Language Pathology at the above telephone number or address at least 24 hours prior to the public hearing. Dated this Friday of January 30, 2026 Brian Barrett