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Vol. 40, No. 47

Monday, March 18, 2024

The best circulation for your dollar



Notice of 79th ANNUAL MEETING

of the Members of

CENTRAL DAKOTA FRONTIER COOPERATIVE

Napoleon • North Dakota 58561

NOTICE IS HEREBY GIVEN that the Annual Meeting of the members of Central Dakota Frontier Cooperative of Napoleon with locations in Napoleon, Wishek, Hazelton, New Salem, Steele, South Heart, Hettinger, Regent and Turtle Lake will be held

Tuesday, March 26, 2024

12:00 p.m. Lunch • Meeting to follow at the NEW AGRONOMY CENTER in Napoleon

Presentation of FYE January 2024 cooperative results

During the Annual Meeting Election of 3 Directors

(1) Steele (1) Turtle Lake (1) Hazelton
In addition to the usual business, amendments to the articles of Incorporation and bylaws will be voted on at the annual meeting.

Informational Meetings

Wednesday, March 27th

- Hettinger Ag Center 9:00 am MT
- Regent Ag Center 11:00 am MT

Thursday, March 28th

- New Salem Chemical Bldg. 9:00 am
- South Heart Ag Center 11:00 am MT

Friday, March 29th

- Turtle Lake Ag Center 9:00 am

Dated: February 27, 2024 SIGNED: Ben Kleppe, Secretary

OPEN TO THE PUBLIC

Knights of Columbus BREAKFAST



Serving Pancakes & Scrambled Eggs with Ham

Sunday, March 24th

9:30 a.m. to 1:00 p.m.

St. Nicholas Church

Free Will Offering

Some of the proceeds will support our Seminarians

MULTI-PARTY AUCTION

MINOT, ND: STATE FAIR CENTER THEATER

SUNDAY, MARCH 24, 2024 • 11 A.M. CDT

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www.sundsbakauctions.com

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All items must be paid for the day of sale unless other arrangements have been made with the clerk. All items sold as is, where is. All sales are final. Not responsible for accidents or lost items.

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21
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TO
6PM



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Come on over and spend an evening creating some Easter Baskets. Bring your baskets (or grab something cute in store) and fill them with all the Easter essentials. Java's Lair will have some fun basket for sale and filler to make sure you're ready for the big day.

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CALENDAR

SATURDAY, MARCH 16

- THE THRIFT STORE**, Garrison Area Resource Center, 10 a.m. to 1 p.m.
- THE THRIFT STORE**, 181 Ellsworth St., Makoti, 10 a.m. to 1 p.m.
- SPARTANS WRESTLING TOURNAMENT**, Garrison High School, 10:30 a.m.

SUNDAY, MARCH 17

- ST. PATRICK'S DAY**
- LEPRECHAUN GEOCACHE**, Fort Stevenson State Park, All Day
- BLC ST. PATTY'S DAY PARTY**, Garrison Auditorium, 11 a.m.- 1 p.m.
- PASTA MAKING CLASS WITH SACA**, St. Paul Lutheran Church, 4 p.m.

MONDAY, MARCH 18

- THE WASHBURN PUBLIC LIBRARY** invites you to join us Monday Mornings at 10:30 a.m. for our weekly children's story time Puppy Tales with IChabod.
- YOGA**, First Congregational Church, Garrison, 8 a.m.
- BONE BUILDERS**, Garrison Senior Center, 10 a.m.

TUESDAY, MARCH 19

- CLASSICAL CONVERSATIONS** Classical Christian Community will meet at the Washburn Public Library from 10:30 - 11:30 a.m. For questions or more information, Please contact Katrina Winterberg (CC Washburn Director) at 701-989-2206 or Washburnareacc@gmail.com
- THE THRIFT STORE**, 181 Ellsworth St., Makoti, 3-6 p.m.
- GARRISON HIGH SCHOOL CONCERT**, Garrison High School, 7 p.m.

WEDNESDAY, MARCH 20

- TURTLE LAKE CITY HALL SENIOR CENTER** will hold a Pinochle Tournament starting at 1 pm. Everyone welcome.
- YOGA**, First Congregational Church, Garrison, 8 a.m.
- THE THRIFT STORE**, Garrison Area Resource Center, 10 - 6 p.m.
- STORY TIME**, Garrison Public Library, 11:15 a.m.
- ALCOHOLICS ANONYMOUS**, First Congregational Church-UCC, 7 p.m.

THURSDAY, MARCH 21

- COMMUNITY CLOTHING SHARE-EXCHANGE** at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.
- BONE BUILDERS**, Garrison Senior Center, 10 a.m.
- ALCOHOLICS ANONYMOUS**, Garrison Hospital cafeteria (enter through ER), 8 p.m.

FRIDAY, MARCH 22

- TURTLE LAKE SENIOR CENTER** 1:30 p.m. at Turtle Lake City hall.

SATURDAY, MARCH 23

- COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY** 9:30 am - Noon ; Easter Meal food will be available for shoppers. McLean County Residents in need are welcome. No referrals or pre-registration required.
- THE WASHBURN PUBLIC LIBRARY** is excited to offer a writing workshop for adults hosted by Kristi Pfliger-Keller on Saturday, March 23rd, 2024, at 1:15 pm, at the Washburn Public Library. Write to Heal is a workshop that uses writing and self-healing tools to help you process stress or trauma. This workshop is free and will take about 2.5 hours.

MONDAY, MARCH 25

- THE WASHBURN PUBLIC LIBRARY** invites you to join us Monday Mornings at 10:30 a.m. for our weekly children's story time Puppy Tales with IChabod.

THURSDAY, MARCH 28

- COMMUNITY CLOTHING SHARE-EXCHANGE** at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

FRIDAY, MARCH 29


- TURTLE LAKE SENIOR CENTER** 1:30 p.m. at Turtle Lake City hall.

MONDAY, APRIL 1

- WASHBURN LIONS CLUB** meets at 6:30 p.m. in the senior center. Meal will be served before the meeting. All are welcome to join!

LIBRARY HOURS:

- WASHBURN PUBLIC LIBRARY** - Monday-Thursday 10 a.m. to 6 p.m., Saturday 10 a.m. to 1 p.m.
- UNDERWOOD PUBLIC LIBRARY** - Monday, Wednesday and Friday 10 a.m. to 2 p.m. -Tuesday and Thursday 2 p.m. to 6 p.m.
- TURTLE LAKE PUBLIC LIBRARY** - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.
- MCLEAN-MERCER REGIONAL LIBRARY** - Riverdale Open Mon-Fri 8:00 – 12:00 & 1:00 – 5:00
- GARRISON LIBRARY** - open Mondays from 10 a.m. to 5 p.m., Tuesdays-Thursdays 10 a.m. to 6 p.m., and Fridays 9 a.m. to 1 p.m.



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Wednesdays 10-6
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SHOW HOURS: FRI. 5-8 p.m.
SAT. 9 a.m.-5 p.m., SUN. 9 a.m.-3 p.m.
Daily Admission - \$5.00
Children under 12 Free w/Parent
Call for Table Reservations - Al Hanson:
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BUY - SELL - SWAP - TRADE

FOR SALE BY SILENT AUCTION

Government surplus equipment located at the Sheridan County Shop consisting of:

- | | |
|-----------------------------------|-----------------------------|
| Haulmark enclosed trailer -16 ft. | Caulking and calking guns |
| Roto-zip | Carpenter tools |
| Heat gun | Used tires |
| Toolbelts | Many misc. items too numer- |
| Screws & nails | ous to mention |

Unless specified, all items are in fair condition. Items may be viewed at the Sheridan County shop, 531 5th Ave NE, McClusky, ND during regular business hours from 8:30 a.m. to 4:00 p.m. except for larger shop equipment listed above is lined up outside by the Sheridan County Shop ½ mile north of McClusky.

Bids should include the name and bid price on each sheet provided at the Sheridan County Shop. Bids will be accepted beginning Tuesday, March 19th, 2024 at 8:30 a.m. and end at 1:00 p.m. Friday, March 22nd, 2024. Phone in bids by an agent are allowed. The person with the highest bid on each item will have first choice if there are more than one of that item.

Payment will need to be made to the County Treasurer before picking up County surplus equipment. County surplus equipment must be picked up no later than end of the day Thursday, March 28th, 2024. If you have any questions or need to schedule to pick up items call the County shop at #701-363-2396.



BLC's St. Patrick's Day

BRUNCH and AUCTION

Sunday, March 17th
11 a.m. to 1 p.m.
Garrison City Auditorium



Free Will Offering for meal
Breakfast Casserole, Caramel Rolls,
Fresh Fruit & more!

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- **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128
Email: leadernews@nordaknorth.com • Website: www.nordaknorth.com
Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

ANNOUNCEMENTS

NEW IN the area? Get better acquainted with the Garrison Community. Welcome Wagon booklets are available at City Hall, the Firefighter's Museum/CVB or by calling 463-2600 or 463-2345.
36-TFNCCI 58540

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6544.
15-TFNPI 58540

DELIVERY PROBLEMS? If you're having any problems getting your XTRA - when and where you want it, we want to know. Call 1-800-229-5028 to report problems.
52-TFNPI 58540

"WANT TO Save some Money?" Check out the specials in this week's XTRA. If you're not receiving the XTRA, call this newspaper and we'll make sure you do.
24-TFNPI 58540

FARM RELATED

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39-TFNXTCHG 58540

GIVEAWAY

23"x35" WHITE SHEETS of tracing paper. Good for packing sheets when moving, kids drawing sheets, wrapping glassware, gift wrapping, etc. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.
21-TFNCCG 58540

HELP WANTED

GENERAL CONSTRUCTION LABORERS, no experience needed. Pay based on experience. Most work is in Garrison & surrounding area. Contact Kevin Katt @ 701-898-0544 Katt's Construction & General Contracting LLC
12-TFN-CH,XT 58540

CAMP OF THE CROSS is seeking a Full Time Food Service Manager. Competitive salary and full benefits with housing provided. Interested applicants should send their resume to deaconjanie@campofthecross.com or call 701-301-9917.
44-4TCHGXT 58540

CAMP OF THE CROSS is seeking a Part Time Assistant Cook. Hourly wage is \$18/hour. Interested applicants should send their resume to deaconjanie@campofthecross.com or call 701-301-9917.
44-4TCHGXT 58540

HORSE BUYER at Rugby Livestock, Thursday, March 21st 8am-4pm. And Stockmen's Livestock Dickinson, West barn, Friday, March 22nd 8am-4pm. Buying all horses good, bad, ugly or pretty! Top dollar paid on the spot! Licensed and bonded buyer. 612-839-9568.
47-1TXTRAPD 58540

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NOTICES

HAVE YOU BEEN in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant.
1-e-tfn-nc 58577

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34-9-e-pd 58577

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BY DAVID ADLER

The Supreme Court's First Big Decision on State Powers

The adage that the Supreme Court follows the election returns certainly did not apply to the Four Horsemen -- Willis Van Devanter, George Sutherland, James McReynolds and Pierce Butler. President Franklin D. Roosevelt had earned landslide victories in the 1932 and 1936 presidential elections, but that was not discernible in the behavior of the four conservative Justices who were in control of the Supreme Court. As he faced the most dire economic circumstances in United States history and the grim challenge of dispensing hope to a nation caught in the clutches of despair, Roosevelt intended through dramatic policies and programs to lift the country from the depths of the Great Depression by taking the federal government into the relief business. But not if the Four Horsemen had anything to say about it.

On the heels of his second landslide victory, as he prepared for his second inaugural address in January of 1937, President Roosevelt's New Deal program had been shattered by the Supreme Court. On "Black Monday"-- May 27, 1935 -- the Court struck down the heart of his efforts. In declaring the National Recovery Administration (NRA) unconstitutional, the Court by a 9-0 ruling, smashed the system of minimum wages, maximum hours and workers' rights. In rapid succession, the Court struck down the Roosevelt Administration's farm policy, manufacturing program, and a minimum wage law, which aimed to put a floor underneath the citizens whose economy had cratered. From 1933 to 1936, the Court was knocking down statutes at a historic rate. Justice Harlan Fiske Stone, who filed strong dissents from the Court's rulings, complained that the Court was creating "new doctrine faster than he could absorb it."

The Court's new doctrines were resurrections of old doctrines, into which the Four Horsemen breathed life. The Court believed it was holding

the line against radical efforts by Roosevelt to reorder the nation. The Horsemen sought to preserve the old regime -- limited federal government, the sanctity of private property and economic laissez-faire. Thoroughly frustrated by the Court's dismantling of New Deal programs, Roosevelt denounced the Justices and their "horse and buggy jurisprudence," as "judicial tyranny." If Roosevelt sought a dynamic interpretation of the Constitution adequate to the crisis of the times, the Horsemen viewed the Constitution as an unchanging document, worthy of preservation in the storm of change brought by the popular president.

The first of the Four Horsemen appointed to the Court was James McReynolds, whom President Woodrow Wilson elevated from his post as U.S. Attorney General to the High Tribunal in 1914. Wilson's appointment of McReynolds reflected both his political aim of winning the Tennessee's native state in the 1916 presidential election and the compelling need to remove him from the cabinet because of his offensive behavior. Wilson could not afford to dismiss McReynolds from the cabinet without alienating Tennessee voters, so he gave him a "promotion" to solve political and personal challenges. Once McReynolds arrived at the Court, he swiftly alienated fellow Justices because of his anti-semitism and nasty habit of spitting tobacco about, without concern to locate a spittoon.

Three of the Four Horsemen were brought to the Court by William Howard Taft, through his power of appointment as president and his power of persuasion, as a Republican titan and Chief Justice. President Taft named Van Devanter, Chief Justice of Wyoming, a prominent railroad attorney, advocate of conservative political ideology and well-connected to powerful U.S. Senators, to the Court. He was the second of the Four Horsemen. As a Westerner, Van Devanter fulfilled Taft's goal of geographical balance on the nation's High Tribunal. Van

Devanter's work as a judge on the Eighth Circuit Court of Appeals reflected Taft's interest in a Justice who exalted property rights.

Taft spoke to President Warren G. Harding in 1922 about appointing George Sutherland, a U.S. Senator from Utah, whose reputation as a conservative intellectual, particularly as a theorist on law and the judiciary, placed him atop the list of potential nominees. Harding had relied on Sutherland for close counsel during his 1920 presidential campaign and was pleased to have Taft's support. Sutherland's brand of conservatism reflected suspicion of majoritarian government and resistance to legislative solutions to social problems, as well as assertions of civil rights and liberties against the government, views that had been developed while reading the work of leading intellectual conservatives in the 1890s. Taft had written Sutherland that "our views are very much alike."

While Sutherland was well-known, Harding's next appointment, with the encouragement of Taft, was Pierce Butler of Minnesota. Butler's three chief qualifications for a seat on the Court, at least as far as Taft was concerned, were his Catholicism and standing as a Democrat, which would enhance the representative nature of the Court, and his friendship with Taft. Butler had made no intellectual contributions to the world of law and had argued just one case before the Court. The two had become fast friends while working on an arbitration proceeding involving the acquisition of a railroad. They stayed at the same hotel and dined frequently together. Later, Taft wrote Butler to say he hoped one day to welcome him to the Court.

We turn next week to the Horsemen's approach to interpreting the Constitution.

This column is supported by Humanities North Dakota, a nonprofit dedicated lifelong learning, and the North Dakota Newspaper Association.

PRAIRIE DOC PERSPECTIVES

By Elizabeth A. Milton, LPCC, LPC-MH, MS

This Isn't the Baby Blues

Transitioning to become a parent can be one of the most pivotal changes in a person's life. Rarely are the hard moments of this change talked about enough. For example, did you know 1 in 5 women and 1 in 10 men suffer from postpartum depression? Parents of any culture, race, age, or income level can be affected. We commonly hear and get confused about postpartum depression being the "baby blues". This is a common misconception. The baby blues are very common and happen to 80% of women in postpartum. This occurs within the first few days and lasts a few weeks. The baby blues will usually go away with rest and time.

Postpartum depression and postpartum anxiety are much more serious and will not get better without some sort of treatment. Postpartum depression and postpartum anxiety usually last weeks to months or sometimes years after childbirth, if not treated. Some of the red flags or symptoms one can look out for include: frequent shame, guilt, and sadness; feelings of rage, irritability; scary unwanted thoughts; lack of interest in caring for baby; difficulty in bonding with baby; loss of interest, joy, or pleasure in things you used to enjoy; disturbances in sleep and appetite; constant worry; racing thoughts; feelings of dread; physical symptoms like nausea, dizziness, and hot flashes; and possible thoughts of harming yourself or your baby. If you identify with any of these symptoms, please reach out to your doctor or mental health professional in your area. You know you best and if you don't feel like yourself, there is no shame in asking for help.

Becoming well and mentally healthy again are possible with treatment. Some of the common treatments for a person struggling with postpartum depression or anxiety can be seeing a counselor, medication management, bright

light therapy, cognitive behavioral therapy, couples therapy, support from others, exercise, adequate sleep, healthy diet, yoga, and relaxation strategies. A healthy support network of friends/family can be so helpful for new moms and/or parents. Here are some tips on supporting your loved ones throughout this transition: Reassure her, this is not her fault, she will get better; Encourage her to talk about feelings; Help with housework without being asked; Encourage her to take some time for herself; Be realistic about what time you will be home, and come home at that time; Help her reach out to others for support; Schedule some dates with her and work together to find a babysitter; Offer simple affection and physical comfort.

There are so many resources available especially at postpartum.net or by dialing 988. Please know this is a transition and transitions are temporary. With help, you can be well. Take care of yourself.

Elizabeth provides counseling for individuals and families -- primarily adolescents and adults in an outpatient setting at Avera Behavioral Health in Brookings, SD. She is a certified perinatal mental health therapist and works with depression, anxiety, stress management, trauma, interpersonal conflict, adolescent issues and women's issues. She is also certified to teach Bringing Baby Home workshops through the Gottman Institute. Her practice includes trauma-informed counseling, individual dialectical behavior therapy, cognitive behavioral therapy, emotion freedom technique, and solution-focused and mindfulness strategies. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.

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Madame Web, PG-13

Cassandra Webb is a New York City paramedic who starts to show signs of clairvoyance. Forced to confront revelations about her past, she must protect three young women from a mysterious adversary who wants them dead. 1h, 54m, Action/Sci-Fi 2024

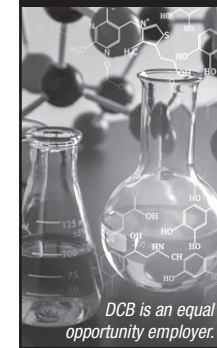
March 15 & 16 7:30 pm

Kung Fu Panda 4, PG

Po must train a new warrior when he's chosen to become the spiritual leader of the Valley of Peace. However, when a powerful shape-shifting sorceress sets her eyes on his Staff of Wisdom, he suddenly realizes he's going to need some help. Teaming up with a quick-witted corsac fox, Po soon discovers that heroes can be found in the most unexpected places. 1h, 34m, Comedy/Adventure 2024

March 29 & 30 7:30 pm

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