



# Swing INTO Spring

## 2016 NORTH DAKOTA SPRING GUIDE



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# Swing INTO Spring



WITH THE NORTHERN SENTRY

The birds are chirping, snow is melting, and flowers are blooming. Spring is almost here!

After a long winter in North Dakota, spring is a welcome sight. It is now time to open those windows and let the cool spring breeze sweep in, go for a walk, jump in puddles with the kids, or do some much needed spring cleaning and maintenance.

This section is all about making the most of this upcoming spring season! There are many stories with some special tips and tricks to get everything in tip-top shape for summer.

We want you to have the best spring ever so we found a bit of everything to appease the husbands, wives, kids, and any one else who picks up this publication!

We also want to thank the won-

derful group of advertisers who helped make this special section possible by advertising in this publication. By supporting us, they also support you! Be sure to tell them thank you for making the Northern Sentry and all of our special sections a possibility when you visit their businesses or use their services!

Also, be sure to look for the Northern Sentry's handyman, Helpful Hugo, all through this section! He wants to share all of his special do-it-yourself secrets with you! He is hiding on almost every page, but don't worry, he is very easy to spot!

Now get out there and prepare yourself for spring and summer! We sincerely hope you have a wonderful spring season and wish you the best in your spring cleaning adventures!

-NORTHERN SENTRY TEAM

# SPRING IN WITH SAFETY

ROD KRAUSE | 5 BW OCCUPATIONAL SAFETY & HEALTH MANAGER

Winter is finally coming to an end here at Air Force Global Strike Command's Minot Air Force Base. With spring-time drawing near, many people will start heading outdoors for activities including walks in the park, trips to local lakes, outdoor grilling and sports, among other activities.

While all of these activities are enjoyable, they can also lead to potential yet preventable mishaps. For this season, the Air Force Safety Center designated its motto as "spring into safety," with the hope of eliminating or preventing these spring-time mishaps.

Being able to enjoy fun outdoor activities for the first time in months can be great, but that's no reason that you can't practice safety at the same time. One of the safety office's top priorities during this time of the year is motorcycle safety. Statistically, April is the most dangerous month for motorcycle fatalities. Airmen in their mid-20s, who operate sport bikes, are the greatest risk.

Younger or inexperienced riders who choose not to follow simple rules, such as wearing required personal protective equipment and failing to attend mandatory motorcycle safety training, are also at a high risk.

Another key factor in preventing motorcycle mishaps is to pay attention to

the conditions of roads after winter months.

It's important for Airmen to simply know their challenges, limitations and the risks involved in our daily lives and activities. Mishaps can be avoided. It's human nature to believe that mishaps won't happen to us. However, if we take a good look around, we never know what could actually happen to or around us.

It's essential to prepare before engaging in recreational activities while on off-duty time; whether it's a family outing or a fishing trip to the local pond, it's important to think before you act. Please believe me, if you fail to prepare, there will be a time when luck is not going to be on your side and certain actions could result in injuries.

A good preventative measure to take is to imagine the worst thing that could possibly go wrong in any situation, within reason. Then take the appropriate actions to ensure they don't.

The bottom line is we have to take care of our families, friends and co-workers as well as be good wingmen. I ask you to take a few moments to do some planning and consider hazards that could arise during any activity.

A good plan with safety in its foundation does not decrease enjoyment, but rather ensures you can continue to engage in many fun activities.

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Hi! I'm Helpful Hugo! Look for me throughout this section for quick and easy tips to get your home in tip-top shape during this upcoming spring season!

If you are having a hard time finding me, I am hard at work on pages 4, 5, 6, 8, 11, 12, 13, and 14!

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# MOTORCYCLE

## Spring PRE-RIDE CHECK



ROD KRAUSE | 5 BW OCCUPATIONAL SAFETY & HEALTH MANAGER

For those of us that live in an area where we have to winterize our bikes and put them up for several months, this article is about getting our bikes dusted off and "ready to ride" for the upcoming riding season.

Before you set out to ride your bike, you should do a quick visual pre-ride motorcycle inspection of the chassis.

Look for cracks, bent or missing spokes, loose nuts and bolts, missing nuts, bolts, clips, or pins, and fluid leaks in hoses, seals, or gaskets.

Do a quick inspection of the throttle and levers. Ensure that all cables are secured and in good condition.

If your motorcycle is chain driven, make sure it is lubricated and not rusted. If your motorcycle is belt driven, make sure there are no cuts or tears in the belt.

Refer to your owner's manual to make sure you are not coming due on any scheduled maintenance for mileage or time. Examples of maintenance could be adjusting brakes, clutch or changing fluids.

Always, check the tire pressure before going out on the road. Ensure that the valve stems are seated correctly and are tight.

Check to ensure the tire pressure matches the recommended manufacturer air pressure for your specific tire. Usually, you can find this information in your motorcycle user manual or the tire manufacturer's website.

Check the tread depth; look for foreign objects, or uneven wear.

Check the fluid levels. Always check the oil and make sure you have a full tank of gasoline. One tip I can pass on is to also go by your miles, rather than the float on the gas tank, because often it can be off by as much as 2 gallons.

Make sure you keep track of your miles, that way you know when it is time to fill up.

If you have a locking tank, take your key with you in case you run out of gas. Don't assume that all tank keys are made the same because they aren't, take this from the voice of ex-

perience.

Check the battery to make sure the terminals are clean and tight fitting. A battery that has discoloration or bulging is a sign of a bad battery needing replacing.

Test your horn, turn signals, headlights, instrument lights, and brake lights to ensure proper operating order. Replace any burnt out bulbs before riding.

Check to make sure your safety features of your motorcycle are working properly. Make sure your engine kill switch works when used. If your motorcycle won't let you put it in gear with the kick stand down, make sure the motor shuts off when you do.

If your motorcycle is equipped with a neutral indicator, check to verify if it indicates when you are in neutral.

Check the mirrors to ensure they are securely bolted and crack free. Adjust the mirrors to the proper position before riding and make sure they are clean and streak free. It isn't easy to adjust your mirrors while riding, nor is it safe.

Do a visual inspection of your exhaust system. Making sure connections are tight and no baffling is loose or missing. You can then start the motorcycle to make sure nothing sounds abnormal. Examples would be a ticking engine, loud exhaust, or something vibrating that could come loose.

Lastly, when you are on your bike and "ready to ride" and you take up the kickstand, check to make sure that the spring in the kickstand has enough tension to hold it in position. There is nothing like everyone getting in line to ride and when they make the left hand turn out of the parking lot, the one motorcycle that either didn't check their kickstand for faulty springs or left it down, goes belly up in front of everyone.

All of this may sound like it will take a long time, but in reality, once you do it a couple of times, it takes about five to ten minutes each ride. The time invested in a pre-ride motorcycle inspection is certainly better than paying for a tow home or being stranded on the side of the road.

# SPRING

## car care

# CLEANING TIPS

ROD KRAUSE | 5 BW OCCUPATIONAL SAFETY & HEALTH MANAGER

You can prepare the interior and exterior of your car for warmer weather by following some simple spring cleaning tips.

The changing seasons mean many different things for your vehicle. The following spring car cleaning tips can help you protect yourself and your investment.

### THE INTERIOR

Do you carry a sandbag or other heavy object in your trunk to improve how your rear-wheel-drive vehicle handles in the snow? If so, when the snow and ice melt, it's time to clean out your trunk. Doing so will improve your gas mileage because you lighten your car's load and this can mean considerable savings at the gas station.

You might also want to prepare the interior surfaces and upholstery of your car for more sun exposure. If you have leather seats, use a good leather protector to avoid any cracking and if you have cloth interiors invest in a product that will help avoid fading from sun exposure.

### THE EXTERIOR

The exterior of your car is exposed to different elements during different seasons. During the winter, it can be easy to let washing your car fall by the wayside. Your paint job and windshield may accumulate debris from the snow, as well as

from the salt used on the streets to melt the snow. This could cause your car to have a cloudy appearance which is not only unattractive, but could also impair your vision. Take your car in for a professional wash so that you can rid your car's exterior of any residue left over from the winter months and pay close attention to your tires, which can also suffer from buildup during the snowy season.

Also remember that spring is allergy season. This means that your car will probably be covered in pollen at some point. Pollen build up on your car can not only worsen your allergy symptoms, but impair your vision on the road, so be vigilant about keeping your car washed.

### GIVE YOUR CAR AN INSPECTION

This means taking a good look at the underside of your car and inspecting it for any rust or other corrosion caused by the winter months. Winter's salt and snow can wreak havoc on the seldom seen parts of your car, and the longer they go undiscovered, the more dangerous and expensive they get. Also pay close attention to your fluid levels. See if you need to change or refill your oil, wiper fluid, coolant and other lubricants to help prepare your car for the warmer months.

If you are not comfortable evaluating the condition of your car by yourself, just take it in to a mechanic that you trust.



Do you have plans to revamp your wall decor? Any artwork, pictures, or shelving should be hung at least 60 inches from the floor to balance the room.

Leave a 3" to 6" gap between the top of your living room furniture and bottom of the picture frame to make your wall art pleasing to the eye!





# SPRING CLEAN your laundry routine

MARY MARLOWE LEVERETTE | LAUNDRY & LAUNDRY ROOMS EXPERT

Spring cleaning is the traditional top to bottom cleaning in our homes. Just a few steps can make laundry easier throughout the year.

**CLEAN YOUR LAUNDRY APPLIANCES**

Every laundry appliance needs routine cleaning to keep it performing at its best. Start with your iron. Even if used infrequently, performance can be hindered if not cleaned properly.

If that seldom used iron needs cleaning, imagine how much your frequently used washer and dryer need it. Cleaning your washer prevents re-depositing dirt on loads of clothing and odors. Cleaning the dryer improves efficiency and prevents fire hazards.

**INSPECT APPLIANCES FOR PROBLEMS**

If you noticed mysterious holes or stains on your clothing, it's time to address and possibly solve the problem by thoroughly checking your washer and dryer. The problem is most likely a malfunctioning seal or a rough spot that is catching clothing. Carefully inspect every nook and cranny of the appliances for potential problems.

**SORT & CLEAN OUT LAUNDRY PRODUCTS**

While most detergents and stain removers don't lose their cleaning power,

it is a good idea to periodically clean out your laundry shelves or cabinets.

When you have completed your cleaning, take a look at your detergent caps and measuring cups. Can you clearly see the measuring lines for each size load? Take time to use a permanent marker and draw a clearly visible line for a regular load.

**BOOST YOUR LAUNDRY ROOM MORALE**

Cleaning the laundry area can be done in just few minutes. After you finish cleaning out and rearranging, you may find that you have some room for some practical conveniences that will make laundry time more simple. Add some wire shelves or clothesline or a table for folding and sorting.

Even if your laundry area is in a dark corner of the basement, just a few touches will make the space more enjoyable to use. Make sure lighting is sufficient, add art or apply feng shui.

**SET A FAMILY LAUNDRY ROUTINE**

Take some time to review how you do laundry. Can it be more efficient? Can different members of the household take responsibility? Children as young as three can help with sorting, folding and putting away laundry.

Begin by streamlining laundry.

Place two hampers in each bedroom or bathroom and teach family members to sort clothing by light and dark.

Clear away clothing that no longer fits or items that need repair, you will lighten your laundry routine.

One, clothing will last longer and need less attention if it is stored in an uncrowded space. You'll prevent wear by excessive rubbing and the iron will be needed less often.

Two, by eliminating unwearable clothing there will be no more "extra laundry" of those clothes that get tried on and then thrown in the floor.



Cracks or holes in your plaster? You can fill a deep crack with rolled newspaper, which makes a good base for filler.

For larger holes, you might need to build up several thin coats rather than one thick one, making sure to let each coat dry before adding the next!



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## POWER UP YOUR DIET

There's a food movement afoot: Eating well to look, feel, and perform our very best is hot. And as Jamie Oliver and Michelle Obama alike are showing us, this isn't a matter of choking down foods because they're good for you. It's about filling your plate with delicious fare.

"Food, if it's chosen well, can reshape our medical destinies for the better," says David Katz, MD, director of the Yale Prevention Research Center. It can also improve our mood, focus, energy, skin, and metabolism. Here's how to graze your way to a supercharged you.

### WALNUTS

#### GOOD FOR: MOOD

Walnuts are packed with tryptophan, an amino acid your body needs to create the feel-great chemical serotonin. (In fact, Spanish researchers found that walnut eaters have higher levels of this natural mood-regulator.) Another perk: "They're digested slowly," Dr. Katz says. "This contributes to mood stability and can help you tolerate stress."

### ASPARAGUS

#### GOOD FOR: MOOD

These spears are one of the best veggie sources of folate, a B vitamin that could help keep you out of a slump. "Folate is important for the synthesis of the neurotransmitters dopamine, serotonin, and norepinephrine," says David Mischoulon, MD, a psychiatrist at Harvard Medical School. All of these are crucial for mood.

A cup of cooked asparagus has 268 micrograms (mcg)—two-thirds of the 400 mcg RDA for women. Add a cup of enriched pasta—which is fortified with folic acid, the synthetic form of folate—and you'll have a feel-good meal indeed.

### SPRING GARLIC

#### GOOD FOR: WEIGHT LOSS

The slim-you benefit of this seasonal treat lies in a compound called allicin, which gives garlic its pungent smell. "Allicin may keep you from overeating by stimulating satiety in the brain," says Tara Gidus, RD, a dietitian in Orlando, Florida.

Spring garlic has a milder, sweeter taste than the dried white bulbs you buy later in the season. Enjoy it diced on salad for a fat-fighting side or lunch.

### LEGUMES

#### GOOD FOR: WEIGHT LOSS

Beans are one of your best bets if you're trying to drop pounds, says

Joseph Colella, MD, a bariatric surgeon at Magee-Womens Hospital in Pittsburgh. "Your body has to work to break down the bean to get through the fiber," he explains, "so you're actually expending energy to digest it."

Even better, Dr. Colella says, the protein in legumes activates an "I'm satisfied" message in the hunger center of your brain.

### SPINACH

#### GOOD FOR: ENERGY

These tasty leaves are a great source of iron (especially if you don't eat meat), which is a key component in red blood cells that fuel our muscles with oxygen for energy.

Researchers in Sweden recently identified another way in which these greens might keep you charged: Compounds found in spinach actually increase the efficiency of our mitochondria, the energy-producing factories inside our cells. That means eating a cup of cooked spinach a day may give you more lasting power on the elliptical machine (or in your daily sprint to catch the bus)

### ARTICHOKES

#### GOOD FOR: ENERGY

If you've been huffing and puffing up the stairs, try these spiky-leaved vegetables. They're loaded with magnesium, a mineral vital for more than 300 biochemical reactions in the body—including generating energy, says Forrest Nielsen, PhD, a U.S. Department of Agriculture research nutritionist. "If you're not getting enough magnesium, your muscles have to work harder to react and you tire more quickly."

About 68% of us aren't getting enough of this mineral. For women, the goal is 320 milligrams (mg) per day. One medium artichoke provides 77 mg of magnesium (and just 60 calories!). Other top sources include nuts, legumes, and whole grains.

### SALMON

#### GOOD FOR: SKIN

There's wrinkle prevention on your plate: "Salmon is rich in a fatty acid called eicosapentaenoic acid (EPA), a type of omega-3 that naturally helps block the release of UV-induced enzymes that diminish collagen, causing lines and sagging skin," says Ariel Ostad, MD, a dermatologist in New York City.

Bonus: Omega-3s also regulate oil production in the skin and boost hydration, which helps keep your complexion dewy and acne-free.

### STRAWBERRIES

#### GOOD FOR: SKIN

They may not have the smoothest complexion themselves, but strawberries can get you one. They're loaded with antioxidants that help your skin repair damage caused by environmental factors like pollution and UV rays. Plus, they're packed with vitamin C (less than a cup gets you your entire 75 mg RDA)—the vitamin associated with fewer wrinkles and less dryness, per research in the American Journal of Clinical Nutrition.

Try them in a homemade facial, too. "Direct application of the antioxidants in strawberries—as well as the natural exfoliant they contain, alpha-hydroxy acid—will give you great results," Dr. Ostad says.

### EGGS

#### GOOD FOR: MEMORY

Have your over-easies before you hit the Easter egg hunt. The yolks are chock-full of choline, a key nutrient for recall. "Your body needs choline to make a brain chemical called acetylcholine, crucial for storing memories," says Steven Zeisel, MD, director of the Nutrition Research Institute at the University of North Carolina at Chapel Hill. The recommended dietary allowance (RDA) for choline is 425 mg. There are 147 mg in a large egg; other good options are nuts and red meat.

### BLUEBERRIES

#### GOOD FOR: MEMORY

Eat them regularly and you may reap big brain benefits. In a recent study, people with age-related memory decline who drank roughly two and a half cups of blueberry juice per day for 12 weeks (the equivalent of eating a cup of blueberries) made significant improvements on memory and learning tests compared with those who drank a placebo juice.

The secret component? A type of antioxidant called anthocyanins, says study co-author Robert Krikorian, PhD, a psychologist at the University of Cincinnati: "Anthocyanins have been shown in animal studies to increase signals among brain cells and improve their resilience, enhancing learning and memory."

Leftover sawdust from a recent D.I.Y. project? Mix it with some manure or a nitrogen supplement then put it in your potted plant or garden soil to keep plants healthy and moist too!







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# Advice from the **EXPERTS**

BETH DUCHSHERER | NORTHERN SENTRY

TC NURSERY 9050 PROJECT RD S | BURLINGTON, ND

Much like a living room is for public entertaining and a bedroom is your quiet and private domain, your front and backyard will often serve different purposes with outdoor landscaping. You want passers-by to stop, roll down their windows, and say to themselves, "That's the house I want."

Chris Tisi, owner of TC Nursery in Burlington, ND believes that the outside of your home reflects the inside. The more time you spend in maintaining a beautiful yard will show others that you maintain that same standard on the inside as well. But landscaping is not only just important on the visual aspect but it also helps with maintaining energy efficient homes. The shade that is given from trees is helpful in heat retention with insulation. In the past, owners planted shrubs or trees next to their houses because it would help block the weather from penetrating into the siding. Now, we have insulation that is made to prevent the brutal winters in North Dakota.

General landscaping care and maintenance can be more about getting the most for your money. For homeowners who are interested in landscaping but don't know where to get started, Chris has given several helpful answers to those questions.

**What is the best time of the year to get started on landscaping?**

"It's a hard call, but usually by the end of April, first part of May we could start planting what we call bare root trees. They do not have leaves so the chilly evenings do not bother those types of tree." He recommends May 10th as the best day to start because before that, usually you run the chance of cold and snow that can do a lot of damage. "But the homeowner has to keep an eye on the weather and clean up your yard as the weather permits."

**Does TC Nursery provide design and layout advice for homeowners interested in landscaping?**

They will provide a concept de-

sign and best layout arrangement using current design programs such as PRO Landscape®. The program uses a photo of the homeowners property and Chris will arrange shrubs and trees that will work the best with the houses design, the proper foliage for that area, as well as keeping the ideas of the homeowners in mind.

**After planting a new tree, is there a noticeable time frame whether the tree will be successful or not?**

"Usually the odds of a new tree dying is a very slim chance - under 1%, unless it's not watered. If it's gets too much water the plant will slowly decline and will be noticeable by the foliage and the way the growth is on the tree. The winter is always hit or miss and in early spring the tree will show what damage it has taken over the winter. About a year or two for most trees is about average."

**How do you recommend caring for a new tree?**

"A very slow trickle from the garden hose is usually recommended. Trees drink best with slow watering that will allow more absorption of nutrients. Trees hydrate themselves by the water dripping off their leaves and slowly absorbing by their drip line. Five gallons per week is usually recommended the best to start with." And for owners to measure that, they can take a five gallon bucket and time out how long for the hose on a slow trickle to fill that bucket. So if it takes 20 minutes to fill, you should be able to judge that every 20 minutes you should move the garden hose to another tree.

**How many different types of trees & shrubs does TC Nursery offer?**

TC Nursery offers 30 to 40 varieties of trees and carries almost 200 varieties of shrubs & bushes on location. They are also available to order in any special request homeowners would be interested in.



Chris Tisi is a Burlington, ND resident, who started TC Nursery in 2008. He bought it from the previous owners of Des Lac Nursery who managed for 30 to 40 years. He has over 22 years of experience in landscaping design and installation. TC Nursery is located at 9050 Project Road South in Burlington, ND, 15 minutes west of Minot. Chris and his staff can be reached by phone at (701)839-5217 or at their website at [www.tcnurseryinc.com](http://www.tcnurseryinc.com) for more information.

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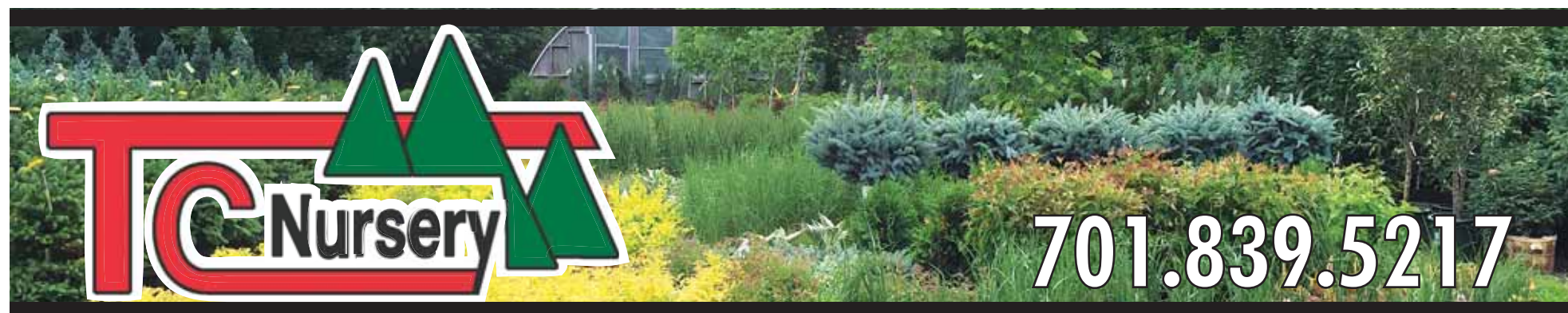
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**LEMON-LAVENDER BLACKBERRY & RICOTTA GRILLED CHEESE**



**INGREDIENTS**


- 2 cups fresh or frozen blackberries
- 1 tablespoon water
- 1 tablespoon fresh lemon juice
- 1 tablespoon agave syrup
- 1 tablespoon cornstarch or arrowroot powder
- 1 teaspoon dried lavender
- 1/2 teaspoon lemon zest
- 1/4 teaspoon salt
- 8 slices of bread
- vegan butter
- macadamia ricotta

**INSTRUCTIONS**

- Combine the blackberries, water, lemon juice, agave syrup, cornstarch or arrowroot powder, lavender, lemon zest, and salt in a small pot and bring to a boil over high heat.
- Once, boiling, reduce to a simmer and let it simmer, stirring occasionally, for 5 to 7 minutes or until thickened. Remove from the heat.
- Take 2 slices of bread and on the sides that will be facing outwards, spread a thin layer of vegan butter.
- On the sides that will be facing the inside of the sandwich: spread a layer of macadamia ricotta on one slice and some of the blackberry sauce on the other. Put the two slices together to form a sandwich. Repeat with the remaining slices of bread and ingredients.
- Heat a large frying pan over medium heat. Place 1 to 2 sandwiches in the pan (however many will fit) and cook for a couple minutes on each side or until each side is golden and toasted. Repeat with the remaining sandwiches.
- Serve immediately. Leftover sauce and cheese can be refrigerated in an airtight container for 4 to 5 days.

**Notes**

- If you make a fresh batch of macadamia ricotta for this recipe, you will have some leftover. You may have enough leftover blackberry sauce for 1 to 2 more sandwiches as well- you'll just need more bread. Alternatively, you can use the cheese on salads, pizzas, or other sandwiches, and the blackberry sauce is great on top of waffles or pancakes or even swirled into a smoothie.







# SPRING *into the* BOATING SEASON

THE BOATERS LOG | YAMAHA MARINE GROUP

Brian Rice is a charter fishing captain who plies the inshore and offshore waters off northern New Jersey with his 2006 31-foot Contender® center console. The boat is powered by the original 2006 Yamaha F250 outboards, and the hull and motors have over 2,200 hours of use on them without a major repair.

Below is Captain Rice's detailed spring checklist for his boat.

#### ENGINE AND FUEL SYSTEM CHECKLIST

- Replace all engine fuel and oil filter (if this wasn't done previously before storage).
- Inspect and clean spark plugs. Replace when your manufacturer says it's time.
- Inspect grease fittings, replace if necessary, then add grease as needed.
- Remove props and check the lower unit seal.
- Grease the prop shaft, replace the cotter pin when reinstalling.
- Drop the lower unit, inspect the water pumps, replace if necessary (Rice replaces his annually).
- Inspect engine zincs and replace as needed.
- Inspect grounding cables on the engine mounting bracket. These can break or become corroded. Clean or replace as needed.
- Inspect battery cable connection to engine, wire brush clean and coat with dielectric grease.
- Inspect hydraulic steering ram end caps, replace seals if leaking. Replace caps if corrosion is present.
- Inspect power trim and tilt ram end caps. Service if needed, coat with waterproof grease when done.
- Replace external canister fuel filters.
- Carefully inspect all fuel line hoses and priming balls for leaks, wear or weathering. This is particularly important with older boats as ethanol-blended fuels can cause a breakdown of pre-ethanol rated fuel lines.
- Inspect all connections in the fuel delivery system for any signs of leaks.
- Inspect fuel vent and fill tube to the tank if accessible.

#### TRIM TABS

- Inspect the trim tabs, screws, bolts and rams. If you keep the boat in the water the trim tabs should be treated with an antifouling coating seasonally.

- Check the hydraulic cylinders for any sign of leakage.
- Inspect the hydraulic lines, the pump and fluid reservoir. Top off with the recommended fluid if needed.

#### STEERING SYSTEM

- Non-power assisted systems have a small fill cap on the pump body behind the steering wheel. Power assist systems are checked at the pump reservoir. Check fluid level and top off as needed.
- Inspect all hydraulic hose connections to be sure they are tight and there are no leaks.
- If it was necessary to remove any steering lines or replace the ram end caps at the engine, the system will have to be bled.

#### ELECTRICAL SYSTEMS

- Inspect the batteries. If corrosion is evident, remove and clean terminals with baking soda solution, clean cable ends and reconnect.
- Load test all batteries.
- Check the battery switches to be sure they are functional. Older models can wear out.
- Inspect battery cable connections to each switch.
- Check breakers and/or fuse panels.
- Inspect bus bars for corrosion. Wire brush clean if needed.
- Check all helm switches including trim tabs, power trim and tilt to be sure they are operational.
- Check all lights. If you've planned on switching over to LEDs, this is a good time
- Check all navigational, sonar and communications electronics to be sure they are operational. Pay specific attention to connections to be sure they are tight. Radio antenna connections are notorious for corroding. Inspect all wires and cables.

#### GENERAL VESSEL SYSTEMS

- Inspect all thru-hull fittings from inside and outside the boat.
- Check all thru-hull shut-off valves to be sure they are working. Lubricate if necessary, replace if frozen.
- Inspect all hoses from thru-hull fittings. Be sure they are all double-clamped and that the clamps are not corroded.
- Check bilge pumps and auto-

matic bilge pump switches.

- Check additional pumps (washdown; macerator; etc.).
- Inspect your anchor line for wear around the thimble linking it to the chain or anchor. Check the shackles to be sure the screw is not rusted tight. Remove the line from the anchor locker and inspect. Clean anchor locker while empty.
- Inspect outer hull for chips, dings, gelcoat blisters. Repair as needed.
- Inspect hardtop/t-top pipes as welds can break with age and hard vessel use.
- Inspect where wires enter and exit the piping in case grommets are bad or missing, which can cause chafing.
- Inspect the sanitation system (head and holding tanks) where applicable to be sure they are working. Remove antifreeze if it was winterized.
- Remove antifreeze from the freshwater system where applicable, flush with clean, fresh water and refill.

#### SAFETY EQUIPMENT

- Inspect all PFDs and throwable life rings aboard for mildew. For inflatable

PFDs, check charging system.

- Inspect all flares, paying attention to expiration dates. If expired, purchase replacements.
- Inspect the life raft, checking for required inspection date. Bring it in to a certified service facility if needed.
- Check to see if fire extinguishers are fully charged and take a look at their physical condition.
- Conduct a safety check of all EPIRB and PLB units to be sure they are operational and to check the battery integrity. Review the literature to see when battery replacement is recommended by the manufacturer.
- Conduct a safety check of the emergency S.O.S. system on the VHF radio if applicable.

"After I've gone through the list and checked off each item as completed, the boat is thoroughly washed and waxed inside and out, topped off with fresh fuel and splashed for another year of fishing. Take good care of your boat. It's important for boating safety and it's too big an investment to ignore."

Always make sure to consult your outboard and boat owner's manuals for additional information about getting your boat ready for spring.

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**Beth Duchsherer**  
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# Advice from the ? EXPERTS

BETH DUCHSHERER | NORTHERN SENTRY

## INSPIRED INTERIORS 119 MAIN ST S | MINOT, ND

It takes a lot of time, thought, effort and money to re-decorate your home. When thinking about interior design, try and see your house as the total package rather than trying to decorate each room with unique themes and colors. Julie Filler, owner and designer at Inspired Interiors in downtown Minot shared her knowledge about interior design and decorating tips for beginners. She believes that we each have our own tastes and styles and she can help clients pull their style and creativity together as one and their home when finished will reflect them and not the designer. Homes should not only just be a relaxing and calming space but an area that owners should feel comfortable in.

### Where would you recommend someone start when they decide to decorate their home?

"I always say to start with the space that drives a person the craziest. From there base things around picking one

item that pulls everything together and inspires the space. Whether it be a piece of art or an area rug, inspiration can come from just about anything."

### What are some of your best tips for a beginner to get the most for their design budget?

For a small budget Julie recommends starting with adding an area rug. Inspired Interiors offers higher end area rugs as well as cotton area rugs that will still suffice in a room that doesn't have the big price point. Rather than having a multiple items on the wall, maybe try to keep it minimal with one key item that is the focal point for the room. If you fill in the space with an item such as a piece of art that is size appropriate with the wall it will inspire your design for the rest of the room. And not only just area rugs that can make a big difference but the right placement of a mirror in a room can reflect all the dimensions of the room and make the space feel larger.



With a background in furniture sales, Julie Filler, a Minot, ND resident decided to start "inspiring the world, one room at a time". She loves helping clients with interior design and inspires them to bring out their creativity and their own unique styles.

Julie started in interior design with real estate staging and re-design. She decided to focus her talents into the re-design of a client's personal space. She can work with what a homeowner has by pulling everything out of a space and then bringing the items back in to that same space and create the space that the homeowner wants. She likes to add her own designer's special touch by adding something unique that they didn't have before.

Julie has over 10 years of interior decorating and design and her store reflects her phenomenal talent. Inspired Interiors is located at 119 Main Street South in Downtown Minot.

Julie and her friendly and knowledgeable staff can be reached Monday through Friday from 9:30am to 5:30pm as well as Saturdays from 10am to 3pm. Check out their website at [www.inspiredbyjulie.com](http://www.inspiredbyjulie.com) or give Julie a call at (701)838-3636 to discuss your opportunities and start unlocking your inspirations for style & design.

# 7 SPEEDY TIPS for spring cleaning

BRYNN MANNINO | WOMEN'S DAY

If you don't have time for the big, top-to-bottom seasonal ritual we call spring cleaning, you can still get the job done by tackling tasks that, when completed, send cleanliness vibes reverberating throughout the whole house. We spoke with trusted cleaning experts to find out which items on your to-do list will have the most effect on the overall appearance of your home. Read on for time-saving suggestions.

### LIVING ROOM: MEDIA CENTER

As the focal point of the living room, the media center easily becomes the catchall for stray magazines, books, video games, remote controls, etc. If not contained, the pileup can spread throughout the house—not to mention become a huge eyesore. Solve the problem by introducing like-colored boxes and baskets to contain the clutter, recommends cleaning blogger Beth Alcazar at The Neat Get Neater. "A box of old DVDs is much neater than a random pile," she says. Plus, stylish baskets will add texture and depth to your living room decor, says Angelo Surmelis, cohost of TLC's Clean Sweep.

### BATHROOM: FLOOR

Hair, toothpaste, styling gels, perfume, dust, makeup—thanks to gravity, all these products find their way to the floor, so focus your cleaning efforts there. Not only will scrubbing the tiles and shaking out (or replacing) the rugs prevent you and your family from dragging grime throughout the house, it will instantly freshen the air. In other words, a clean floor allows you to both feel (on your feet!) and smell the cleanliness. That's one cleaning job that does double duty!

### KITCHEN: REFRIGERATOR

When your fridge, the hub of the kitchen, is out of order, it becomes much more difficult to find things, plan meals and figure out what you need to replace, which creates unnecessary chaos and clutter—not to mention waste! Alcazar suggests emptying the fridge, using antibacterial spray to wipe down the shelves, trays and borders (Surmelis likes to use white vinegar to zap odors, too), and restocking in an organized fashion that makes sense for you. For an even shorter shortcut, Maeve Richmond, founder of OrganizeMyHouse.com, suggests simply tossing half-used condiments, old juices or soda jugs, and takeout containers to make the difference.

### BEDROOM: CLOSET

"Organizing your closet is an indirect way of organizing your bedroom," says Alcazar. "If items have a specific place to live, they're much less likely to end up on your bed, floor or flung over furniture." Shoes crowding the floor space? Try a hanging organizer or under-the-bed bin. Dirty gym clothes piling up faster than you can keep up with? Get as many hampers as you need.

Taking a systematic approach to storing each type of item keeps your closet in line, which will help the rest of your room reap the rewards. When you're done, "follow the rule of one-thing-in, one-thing-out to maintain some balance," says Surmelis.

### BASEMENT, ATTIC AND GARAGE: CLUTTER

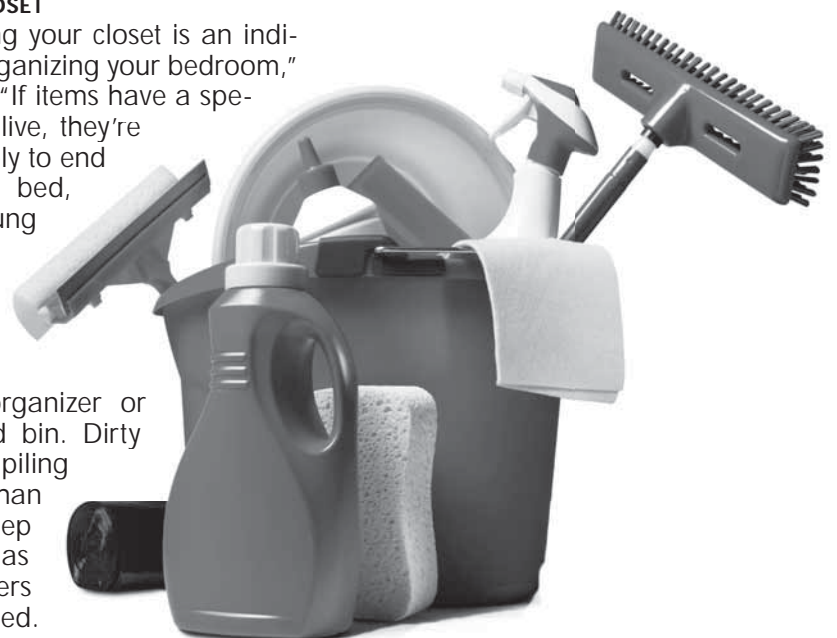
Household storage spaces are inevitably where the extra furniture, sports equipment, clothes and other miscellany end up when they've been replaced by newer items, which makes clutter buildup the biggest setback to keeping them clean. "Attack those zones with these goals in mind: regift, give away, donate, throw out," says Richmond. For everything else, line up see-through bins or crates and begin sorting, suggests Alcazar. The transparency will prevent you from having to unstack and dig through storage containers every time you're looking for something specific, which will help keep the space tidy longer.

### PATIO: FURNITURE

Because it's an outdoor space, you may be able to get away with leaving the ground alone. But you're less likely to achieve a clean look if you don't wipe down tables, seats and upholstery. Besides, nothing deters people from spending time on the patio like furnishings caked with grime. Alcazar recommends tackling iron or plastic pieces with a damp paper towel; glass surfaces with window cleaner; wood pieces with furniture cleaner and an old rag; and upholstery with a heavy-duty upholstery cleaner, like Turtle Wax's Power Out, which comes with a brush on the spray end. "But you don't need to scrub very hard—just let the foam penetrate and leave in the sun to dry," she says.

### DINING ROOM: DUST

Since the dining room is often the least-used room in the house, it tends to collect the most dust. If you have the time, take everything off your tables, shelves and collection hutches and clear out debris using a traditional feather duster or furniture polish. If you don't have time, do what Alcazar does: "Leave everything in place, get out the hair dryer and blow everything clean. With a little patience and some good aim, it does the trick," she says. And remember to always start from the top of the room (don't forget the top side of ceiling fan blades) and work your way down.



As you probably know, water-based paint is better for the environment than a solvent or oil-based products; but whatever you use, NEVER pour unused paint down the drain as it can pollute waterways.

Do you have old paints lying around collecting dust? Get in touch with your local authority to see if there are paint recycling schemes in your area.





# Advice from the **EXPERTS**

BETH DUCHSHERER | NORTHERN SENTRY

**LOWES FLORAL & GARDEN CENTER**  
1640 4TH AVE NE | MINOT, ND

No matter what your level of experience with planting, with Lowe's Floral and Garden you can have beautiful flowers and abundant vegetables with ease. But for your flowers to do their best, it helps to understand a few basics about how flowers work and what they need. And who better to speak with than Lowe's Floral and Garden Center who has been serving the Minot, ND community with fresh flowers, green and blooming plants, trees, shrubs, and locally grown vegetable plants for over 80 years. James L. Lowe, AIFD, CFD, & Certified Judge/Evaluator who manages the floral division of Lowe's was born and raised with the 4 generation family flower shop. James is currently one of only two certified floral designers and accredited in floral design in North Dakota. He is proud to be the fourth generation of the Lowe family and has graciously shared his knowledge on preparing the soil and planting tips.

**When is the best time to get started on planting?**

"So planting outdoors in North Dakota always depends on the weather, so watch the weather report. And in general Mother's Day weekend is when a lot of people choose to start planting, around May 10th. Many people will choose to plant after. Grandpa's concept was "When the crab apples bloom, your probably safe.

**"How do I prepare the soil for spring planting?"**

"If you working with an in ground garden, what I would love to see a person do is to refresh and renew the soil by adding some well com-

posted manure or organic matter like peat moss. Probably one to two inches layer over the square footage of the bed and Rototill or mix it with the soil really good. Some gardeners will choose to add a balanced garden food. On all fertilizers there is a 3 number code that means that all 3 numbers are equal (ie. 10-10-10 or 15-15-15). Scatter by hand lightly and mix that in as well and that will prepare the soil."

**Does Lowe's provide planting arrangement advice on the best layout design?**

"We do for container gardens. Container gardens are anything designed in pottery. Which we can actually custom plant for you and deliver here in town and the large service area around the Minot community."

**What is your best advice for a new gardener or homeowner?**

"For a first time gardener, I would advise them to start small first. Start small and manageable. Don't be afraid to fail your first time out. There are some things that anyone can be successful at such as tomatoes in a patio planter, but if you wind up with deer or the dog knocks it over, don't get frustrated and quit. Keep at it. Start with the easy surefire things, such as in a flower bed you could start with some of the old fashioned varieties such as Geraniums, marigolds, petunias then maybe little a later and try different things. And definitely don't be afraid to ask questions. Lowe's has many employees and anyone in blue or the public sales areas should absolutely be able to help you."



James L. Lowe, AIFD, CFD was born and raised with the family flower shop Lowe's Floral and Garden Center in Minot, ND. His design education started on the job and was rounded out by classes with some of the world's best teachers in Western and European floral design.

James has worked at floral shops across the US. He was inducted in to the American Institute of Floral Designers in 2005 and is now one of only two Accredited designers in the state of North Dakota. He has designed and taught classes at state level conventions, garden clubs and community events, and wholesale shows on topics ranging from party work and personal flowers to sympathy and tributes.

For more information on planting and floral arrangements visit James and all of the friendly and helpful staff at Lowe's Floral and Garden Center located at 1640 4th Ave NE, behind the Minot State Fair Center, (701) 839-2000 or online at [www.lowesfloral.com](http://www.lowesfloral.com).

## SPRING HUNTING SEASONS



**WEASEL**  
OCT 24 - MAY 10

**MINK**  
OCT 24 - MAY 10

**MUSKRAT**  
OCT 24 - MAY 10

**SPRING TURKEY**  
APRIL 9 - MAY 15

**BADGER**  
YEAR ROUND

**RED/GRAY FOX**  
YEAR ROUND

**COYOTE**  
YEAR ROUND

**BEAVER**  
YEAR ROUND

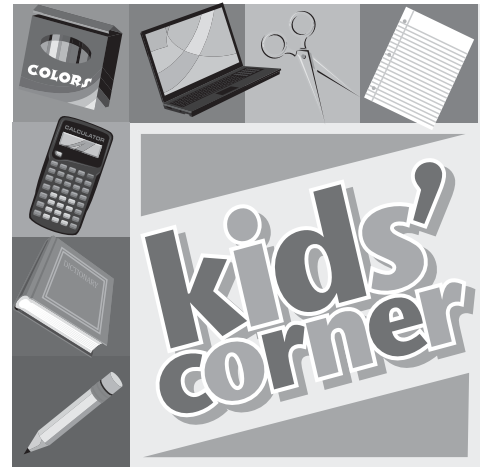
**RACCOON**  
YEAR ROUND

**NON-RESIDENTIAL LICENSE**  
YEAR ROUND

- GROUND SQUIRREL
- RABBIT
- PRAIRIE DOG
- SKUNK
- PORQUINE



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Find the hidden words in the puzzle.

- |        |          |         |
|--------|----------|---------|
| AIRWAY | LUNGS    | SWELLS  |
| COUGH  | MEDICINE | TIGHT   |
| DOCTOR | PAIN     | TROUBLE |
| INHALE | RUNNING  | WHEEZE  |

Y K Z M A Q R W C S G K  
C S G H E U F R O L L B  
U T T L N D O R U L W T  
K Q R N U T I Z G E V R  
E V I P C N D C H W E O  
J N K O E J G K I S Y U  
G F D Q U Z M S T N T B  
A D M X A T E S G I E L  
K Y A W R I A E G U Q E  
I N H A L E R H S I T  
I U N I A P T C S W Y X  
G U B O N U A F K Y Q O



ASTHMA CAN CAUSE SYMPTOMS SUCH AS COUGHING, WHEEZING, SHORTNESS OF BREATH AND TIGHTNESS IN THE CHEST.



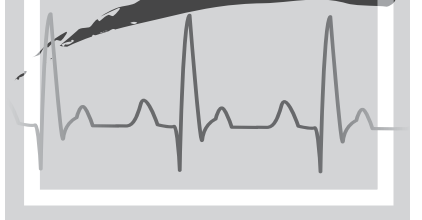
**Get Scrambled**

Unscramble the words to determine the phrase.

ERTBHAE SEYA

Answer: Breathe easy

## BODY FACT:



THIS IS A CONDITION CHARACTERIZED BY DIFFICULTY BREATHING DUE TO A SWELLING AND NARROWING OF THE AIRWAYS.

ANSWER: ASTHMA



If you have small tiles leftover from a wall or back splash don't throw them away! Put felt pads on the bottom of some leftover tiles and you have matching coasters!

If pieces are damaged, take a hammer to them + use the broken tiles for the start of a D.I.Y. Mosaic stepping stone for your garden.



# PREPARE **YOUR CAR** FOR SPRING



ROD KRAUSE | 5 BW OCCUPATIONAL SAFETY & HEALTH MANAGER

When you think about seasonal car care, you rarely think about how to prepare your car for spring. You're much more likely to think about getting things ready for the snow, ice and cold of winter than you are the mildness of the spring season.

Still, if you want to keep your car in tip top shape, protect your investment, and make sure your car is as safe and economical as it can be, you need to know how to prepare your car for spring.

The first thing you should do in order to prepare your car for spring is to check all of your belts and hoses.

During the winter, the cold harsh weather can cause quite a bit of wear on your car's hoses and belts. Look for any cracking on the hoses and belts and for any leaking of the hoses. Catching these problems early can mean the difference between

a quick and inexpensive repair and being broken down alongside the road needing expensive repairs.

You should also check your tires in order to get ready for spring. During the spring, your car needs to be able to pull you through the mud, as well as get you over wet roads.

In addition, it's not uncommon for tires to lose some air over the winter. Check to make sure that your treads on your tires are in good shape, and that your tire pressure is at the levels recommended by the manufacturer.

Spring is a good time to check your spark plugs and spark plug wires, too. If your plugs or plug wires need to be replaced, you'll want to take care of it so you're not stranded.

You'll want to check your battery, too, when you prepare your car for the spring. Your car's battery may have lost capacity during the win-

ter, and spring is a wonderful time to consider replacing this important part of your vehicle.

You should also check your engine coolant in the spring. You want to make sure that your coolant levels are where they should be. You'll also want to make sure that your coolant is nice and clean.

When you're getting ready to prepare your car for spring, you should also get an oil change. Running your car too long in between oil changes can cause a number of problems with your engine, all of which tend to be very expensive to fix. Make sure your engine oil is clean and full.

Ultimately, just following a few simple steps to prepare your car for spring can save you hours of headache and, in many cases, hundreds of dollars, as you go down the road this spring.

When you are choosing dark wall colors, you must also think about all of your lighting options.

Darker walls and finishes significantly make your home seem smaller by absorbing more light than those with lighter finishes.

You can counteract this by installing supplemental lighting like spotlights or task lighting.



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# Spring HOME CHECKLIST



MERY KAUFMAN | BOB VILA

This year, many parts of the country have enjoyed such a mild winter that even in the Northeast, spring weather seems like it's just around the corner—if it hasn't arrived already.

Take advantage of the moderate temperatures to get a head start on what should be an annual spring home maintenance routine.

## EXTERIOR INSPECTION

"It's good to do a walk-around of your property, especially after a storm," says Curtis S. Niles, Sr., owner of Armored Home Inspections, Upper Darby, PA, and president of the National Association of Home Inspectors (NAHI). "Winter is tough on roofs and chimneys." It can also take its toll on windows, walls, foundations, gutters and decks.

**Roof.** You don't need to climb up there yourself; with binoculars and a keen eye, you can probably spot trouble. Do you see any shingle-shift, suggesting that some fasteners may have failed and need replacing? Any cracked or missing shingles? What about nail-pops? "We call them eyebrows," Niles explains. "It's when nails push the tabs of the shingles up, allowing water to get in where those nails are coming through." All will need to be addressed to keep your roof at peak performance.

**Chimneys.** If you have a masonry chimney, check the joints between bricks or stones. Have any fallen out? Is there vegetation growing out of them? Each signals water infiltration. Also, look for efflorescence—"a white calcium-like deposit that indicates your masonry joints are no longer repelling water but absorbing it," says Niles. Consider re-sealing masonry with a clear, impermeable or water-resistant barrier material (like Thoroseal products). Brush it on, small areas at a time; let it absorb for 15 minutes, then reapply—it may need a couple of applications.

**Exterior Walls.** Whether you have wood siding, stucco or brick, look for trouble spots, especially under eaves and near gutter downspouts. Water stains normally indicate that your gutters are not adequately containing

roof runoff. If you have wood siding, check for openings, damaged areas or knots that have popped out, making way for carpenter ants, woodpeckers and other critters that may nest in or burrow through.

**Foundations.** When inspecting the exterior of your home, be sure to examine the foundation from top to bottom for masonry cracks. "Routine caulking by homeowners won't do the job," says Niles. "Hire a foundation specialist who can employ a two-part epoxy injection system that will bond cracks chemically," he adds.

**Windows.** Leakage around windows will admit warm summer air and let cooled indoor air escape, so be sure to check that any caulking and weather stripping you have in place has remained intact. "A tight seal is the first line of defense against air and water," says Marty Davis, marketing manager, Simonton Windows, Columbus, OH. If you experienced condensation inside the glass on double- or triple-glazed windows during the winter months, the weather seal has been compromised, and either the glass or the window will need to be replaced.

Spring-clean your windows—inside and out—with a store-bought or homemade window cleaner (one cup rubbing alcohol, one cup water and a tablespoon of white wine vinegar will work just fine) and either a squeegee or a soft cloth. Never use abrasive cleaners or a high-pressure spray washer. You don't want to scratch the glass or crack the caulking around each unit. If screens were on all winter, remove and clean them with mild detergent. Lay them on a dry surface, like a driveway to air-dry before putting them back on. "Never power-wash screens," urges Davis, "it could damage the mesh."

## INTERIOR MAINTENANCE

**General Cleaning.** Spring is a good time to clean areas of the house that often go neglected. Dust or vacuum chair rails, window casings, tops of wall-mounted cabinets and ceiling fans. Launder or dry-clean fabric draperies and use a damp cloth to clean wood and vinyl blinds. Vacuum

upholstered furniture and mattresses and consider renting a carpet cleaner—anything you can do to remove settled dust, mites, and allergens will make for a cleaner, healthier home.

If you detect grease residue in the kitchen, consider washing cabinets, backsplashes and walls with warm water and mild detergent. The same is true in the bathroom, where soap residue and fluctuations in heat and humidity combine to create the perfect breeding ground for mold and mildew. While you're cleaning tile, look for areas of worn or missing grout, as these may lead to more serious water damage if not repaired.

**Air Conditioning.** Just as you readied your furnace for fall, now is the time to make sure that air conditioning units are in good working order for the warmer months ahead. Change the filter, check hose connections for leaks, and make sure the drain pans are draining freely. In addition, vacuum any dust that has settled on the unit and connections; over time it can impact the air conditioner's effectiveness. If you suspected problems with the efficiency or performance of the unit last summer, now is the time to call in a professional to check it out.

**Attics.** Search for signs that indicate insects and critters have colonized. Also, search aggressively for mold, which often takes the form of "gray or black blotches that look like staining," according to Tim Gentry, vice president of technical services, DaVinci Roofscapes, Kansas City, KS. Proper insulation and good ventilation will deter mold growth in the attic, so take action now to prevent the problem from developing in the warmer months ahead.

**Basements.** The basement—prone to dampness and insects—must be part of any seasonal maintenance effort. Dampness suggests higher than normal relative humidity, inadequate ventilation and the need for a dehumidifier. Check the base of poured-concrete walls. "Cracks start from the bottom up, not the top down," Niles points out. "If there's water penetration, it'll show at the bottom of those cracks." And be sure to use a flashlight to examine exposed framing. "If you see even a quarter-inch or so of tunneling on the wood," says Niles, "call a pest control company immediately."

**Leaks.** Spring is a good time to check for leaky faucets, clogged drains and sweaty pipes. Check under the kitchen and bathroom sink to make sure connections on pipes and hoses are properly sealed, and look for any wetness around the dishwasher that could signal an existing or potential problem. The same is true of your laundry room; check washer machine

hoses for cracks, bulges or dampness. The same is true for hot water heaters, which may show sign of corrosion and leaks.

## OUTDOORS

**Lawns.** Rake the lawn to remove any branches, debris and leaves that you might have missed in the fall; if left, they can suffocate the grass beneath. During the winter, soil compaction, along with chemical changes altering your soil's PH, may have left your lawn vulnerable to weed growth. Even if you can't see weeds, they are more than likely waiting for optimum conditions to propagate. If you want to prevent them from germinating, consider an organic herbicide; fertilizers are better suited to the fall.

Make sure outdoor water systems—pipes, faucets, and in-ground sprinkler systems—are in working order. Once the ground thaws completely, start preparing new garden beds for summer plants. And take stock of your garden tools and lawn-maintenance equipment, including lawn mowers, trimmers and hoses.

**Decks and Patios.** Look for warped, loose or splintered boards, and do a good sweep to remove any leaves and debris accumulated in the space between boards. "Whether it's wood, plastic or composite, a deck should be cleaned every year to extend its life," says Chuck Harris, owner, Custom Lumber Manufacturing Co., Dothan, AL. If the finish on your wood deck is faded or worn, now is the time to clean, stain, and reseal it. If you have composite decking, follow manufacturers' recommendations on seasonal care. The same is true for wood and composite fences, pergolas, trellises and other structures. If you have a stone patio, a simple hose down provide be all the maintenance required (unless you detect moss or staining, in which case a more serious cleaning may be necessary).

**Outdoor Furniture.** If you stored your lawn furniture for the winter, bring it outdoors and give it a hose rinse, or wash it with a mild detergent. For metal furniture, check for signs of rust or paint erosion; a simple remedy of spray enamel will prevent further damage from sun, rain and humidity in the months ahead.

**Grills.** If your gas grill has remained idle over the winter months, check burner jets for clogs and obstructions, and be sure that gas hoses and connections are sound and secure. You'll also want to check for propane. For charcoal grill owners, make certain your grill is clean of ash and free of grease residue. It's a good habit to adopt throughout the grilling season, not just in the spring.

Here are a few tips to keep your septic system running smoothly:

- Have the tank pumped + cleaned every 2-5 years.
- Don't pour ANY solvents, chemicals, or oils of any kind into the drain or toilet.
- Only flush toilet paper down the loo.
- Never dispose of grease, coffee grounds, or popcorn in the sink.





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