

# Xtra

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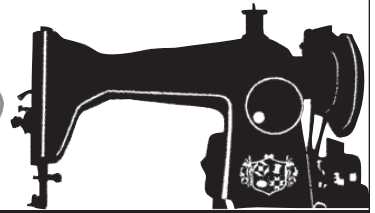
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## Gardening Tips

### Growing spuds

**BY BEV JOHNSON M.G.**  
UNIVERSITY OF MINNESOTA EXTENSION  
MASTER GARDENER

Bunkey got an education in potatoes last week. He went to buy seed spuds and when asked what varieties he wanted, he replied “those red ones.” People used to think there were only three kinds of potatoes, round white ones, oblong “bakers”, and red skinned “boilers”.

Europeans have always preferred the yellow fleshed spuds to white. Even though they taste the same as the white ones, people often say they taste buttery. It just goes to show that we taste our food with our eyes. Some of the colors of spuds available now are blue, purple, pink or even reddish fleshed.

Petunia learned how to make lefse several years ago. One of her friends had given her a sack of blue spuds. The cooked color turned her off, so she decided to make lefse with them. Don't! The lefse comes out a dirty gray color. It may taste the same, but it's hard to get past your eyes.

This year, she has ordered Bukey to plant some fingerling potatoes. These are slender spuds that have a smooth, moist delicious texture, that is perfect for salads and specialty dishes that call for potato slices.

Always buy certified seed spuds to reduce any likelihood of disease. Plant them when the soil temperature is between 55 and 70, usually about 10 to 14 days before the last frost. In Otter Tail County that is about May 15th. If you have had problems with potato scab, your soil is to alkaline. Add peat moss and/or soil sulfur to the soil before planting. Never, never snap off the sprouts. The tuber will just have to make new ones, taking energy and slowing growth. Plant in full sun and preferably, a loose well drained soil.

The recommended way to plant is start by digging a trench 6 to 8 inches deep. Plant the spuds about a foot apart, then cover with an inch of soil. When the stems are about 8 inches tall, hill them about half way to the tops. Repeat twice more at two-week intervals adding just an inch or two each time. Bunkey covers the hills with 4 to 6 layers of damp newspapers.



Bev Johnson M.G.

This helps keep the spuds from getting green shoulders when they invariably pop out of the soil.

Knobby spuds are due to fluctuating moisture levels. This happens if we get heavy rains after a dry spell. They will be better tasting and more nutrient-dense with proper watering.

George taught Bunkey how to “tickle” his spuds. As soon as the plant blooms, George goes out to the garden, sticks his fingers into the soil around the potatoes until he encounters a baby spud. He will take one or two from each hill until he gets enough for a meal. Surprisingly enough, this doesn't seem to reduce the crop and George enjoys “new” potatoes all summer.

Now is the time to remove the dead stems from the flower garden. You did leave them up last fall for the birds to harvest, didn't you? Just be very careful not to step on any lilies that may have sprouted. If you want a bouquet of daffodils, pull them, don't cut the stems until you get them in the house. They will hurt any other flower in the vase with them so display them alone.

We leave Bunkey digging up a corner of the garden for spuds. He plans to grow pink, yellow and white ones along with Petunia's fingerlings this summer.

### Planting grasses

Even though this is not the best time to plant grass this is usually the time of year the Extension office gets calls about what grass seed to plant.

Kentucky bluegrass is the most popular and widely planted turfgrass in the

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## Extension news

### Spring pests of ticks and mosquitoes

**BY CALLA EDWARDS**  
MCLEAN CO. EXTENSION AGENT

I want to start today's column by saying I really love spring. It is a season of renewal as calves are born and follow the cows on shaky legs through greening fields, farmers get this season's crops in the field and plants leaf out or burst into bloom. I love everything about spring, except one teeny, tiny thing..... I really, really don't like when mosquitoes, ticks and those tiny biting flies come out to play. I don't think anyone really likes that particular part of spring and unfortunately, those tiny little pains are already out with a vengeance. With all this talk about the new tick born virus found in Minnesota, along with our normal concerns of Rocky Mountain Fever, West Nile and Lyme disease it seems like we have a cause for concern this summer. With the return of our less than desirable friends, I wanted to take a few minutes to revisit ways to keep them from visiting you this summer.

Unfortunately the ticks are out and about and they are moving with a vengeance. As I talk with friends this spring, as early as a month ago they were already finding ticks after going on walks through pastures or the woods. In North America there are about 14 different species of tick, with three of those being found in North Dakota. Traditionally the black legged tick was not thought to occur naturally in North Dakota, however it appears to be moving west and is considered established in Northeastern North Dakota. Nationwide, Lyme Disease is the fifth most common identifiable disease with just over 300,000 cases reported. Here in North Dakota, last year was a fairly quiet year in terms of Lyme disease cases with only 17 cases reported according to the North Dakota Department of Health which was down from 33 cases in 2015. However, current data is still preliminary and final statistics will be out later this year. Some ways you can prevent those pesky ticks from bothering you this summer around your house is to keep your lawn mowed at 3 inches or less. Ticks need high humidity to survive and they don't do well in lawns or fields where the sun regularly hits. You mostly pick up ticks in non-mowed areas and the best way



Calla Edwards

to prevent them from stealing a ride is to wear long sleeved shirts and long pants, tuck your shirt in to your pants and your pant legs into your boots. Use an insect repellent with DEET on exposed skin and Permethrin on your clothes. Finally be sure you check for ticks after any walk.

Mosquitoes are unfortunately also out. As I was driving around Washburn last weekend, we stopped by the river to see how the fishing is going and we were surrounded by mosquitoes before we even left the car. I have to admit, while I don't like ticks, mosquitoes are my least favorite of insect pests. So how do we control them? The first step is to remove the areas they can breed in your yard. Get rid of any standing water where ever possible. If you have a bird bath, change the water regularly to get rid

of the larva. The easiest way to control mosquitoes is to not give them any locations to bite. If you are outside around dawn and dusk wear light colored loose fitting long sleeves and long pants. Studies have shown that mosquitoes are attracted to dark colors and they can easily bite through tight fitting clothes. That's easy advice to give now when the temperatures aren't hot, but come summer that will be harder to follow. Use an insect repellent that has DEET, Picaridin, Oil of Lemon Eucalyptus, or IR3535. All of those active ingredients have been reviewed and approved. Choose a repellent that fits the activity and weather you will be using it in. Some repellents don't work well when you are sweating or the weather is humid so be sure to read the label to ensure you get the best coverage. There are devices that you can purchase, The Mosquito Magnet from American Biophysics Corp or the Mosquito Deleto from the Coleman Company, however research is unclear if they actually reduce the amount of bites people get.

Biting pests can be a pain to deal with and their bites can leave itchy reminders for days, but with some careful planning on clothing, wearing repellent and some care around the yard you can reduce the amount of meals these pests interrupt outdoors this summer. Get out and enjoy this beautiful weather, before the heat of summer descends on us and use those tips to keep our less desirable friends from paying a visit.

**Don't be Late!**  
The Xtra has strict deadlines.  
We need the following items sent to us by the following deadline time...

**9 a.m. Thursday**  
Advertisements, calendar of events and classified ads

## Notice to the public

### Sealed bids for electric storage heating system in the Sheridan County Courthouse

The Sheridan County Board of Commissioners will receive sealed bids for a 240V 3ph off peak electrical service, and approximately 412 kW of Steffes ETS heaters for the Sheridan County Courthouse. Bids shall include all heaters, labor, switchgear, conduit, wire and related items in order to have a complete and working system. Completion of the heating system project shall be no later than **Oct. 1, 2019**.

A contractor walk through will be held at **1 p.m. May 29**. Interested bidders must attend the walk through unless other arrangements are made.

All bidders are required to have a contractor's license with the State of North Dakota and have liability insurance.

All bids shall be submitted to the Sheridan County Auditor, PO Box 439, McClusky, ND 58463. Any questions call the Auditor's office at 701-363-2205.

Bids will be opened at **8:30 a.m. June 14** in the Commissioner's room of the Sheridan County Courthouse.

The Board reserves the right to accept or reject any or all bids.

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**Saturday, June 1st, 2019 @ 10:00 AM CT**: Gordon Isaak Sr. estate equipment and tool auction. West of Pick City ND. Wolff Auctioneers.  
**Sunday, June 2nd, 2019 @ Noon MT**: Consignment Equipment Auction. Elevator Lot, Main Street, Dodge ND, Wolff Auctioneers.  
**June 8-10:00 am MT**-Michael & Heather Schwartz Family- Richardton- Large Farm Equipment- G & G AUCTIONEERS - 701-878-4001 [www.midwestauctions.com/gandg](http://www.midwestauctions.com/gandg).  
**June 9- 12:00 pm CT**-Betty Moltzen(late LeRoy)-New Salem-Tractors, Guns, Tools, Yd/ Garden, Antiques,Household-G & G AUCTIONEERS - 701-878-4001 [www.midwestauctions.com/gandg](http://www.midwestauctions.com/gandg).  
**Saturday, June 15**-Jerry and Edna Assel antique auction. 6 miles west of Mandan, ND. Wolff Auctioneers.  
**June 22-10:00 am CT**-Bill & Leona Koch Farm Retirement- Raleigh- G & G AUCTIONEERS - 701-878-4001 [www.midwestauctions.com/gandg](http://www.midwestauctions.com/gandg).  
**Saturday, June 22nd @ 10:00 AM CT** - Farm Related Auction Kristi Erdmann and the late Kelly Erdman. Located: From the Garrison, ND exit on Hwy 83; 1 mile North & 1/8 mile West on 17th St North. Equipment, Shop, Tools - Good Clean Auction! Wolff Auctioneers.  
**Tuesday, Sept. 24th, 2019** Dunn County Land Auction. Offering 516 Acres and Farmstead. Legal Description: S 1/2, & NW 1/4 of the NW 1/4 & S 1/2 of the NW 1/4 & S 1/2 of the NE 1/4 of Sec. 26-143-91. Property Located: (From Dodge, ND) 7 mi. S on 81st Av. SW, 1 mi. E on 15th St. SW & 1 mi. S on 80th Av. SW. Seller: Larry Zarr. Wolff Auctioneers

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**Fast Facts about BHGnews.com**

- Roughly 3,500 users and 7,000 sessions per month
- An average of 650 new users in one week
- Roughly 600 e-edition views per week -- and growing.
- 65-70 percent of users are new users, with 30-35 percent being return visitors.

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## Country Kitchen Recipes



### Grilled Salmon

#### Ingredients

- 1 1/2 pounds salmon fillets
- lemon pepper to taste
- garlic powder to taste
- salt to taste
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1/3 cup water
- 1/4 cup vegetable oil

#### Directions

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

### Tasty Spicy Rice Pilaf

#### Ingredients

- 2 tablespoons butter
- 1 onion, diced
- 1 roasted red pepper, diced
- 6 mushrooms, chopped
- 6 cloves garlic, minced
- 2 cups uncooked instant rice
- 3 cups chicken stock
- 2 teaspoons red pepper flakes
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

#### Directions

Melt butter in a large pot over medium heat; cook and stir onion, red pepper, mushrooms, and garlic until tender, about 10 minutes. Stir in rice. Add chicken stock; cover and boil until liquid is absorbed, about 10 minutes. Season with red pepper flakes, salt, and black pepper.

### Grilled Green Beans

#### Ingredients

- 1 pound fresh green beans, trimmed
- 1/4 cup olive oil
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt

#### Directions

1. Combine green beans, olive oil, garlic, and salt in a bowl; toss to coat. Allow green beans to marinate for 30 minutes.
2. Preheat grill for medium heat and lightly oil the grate. Arrange green beans on a grill pan.
3. Place grill pan on preheated grill; cook and stir green beans until lightly charred, about 10 minutes.



## GARDENING

continued from page 3

upper Midwest. It spreads by underground runners called rhizomes. A healthy stand of bluegrass can form a long lived dense lawn. This grass doesn't do well in shade. It is best suited to sites that are sunny for most of the day. Two that have some shade tolerance are 'Glade' and 'Nugget'. For a lightly shaded area look for mix of Bluegrass and fescues. Fine leaved fescues, like creeping red fescue and chewings fescue are a bit more drought tolerant than the blue. The shadier the site the more fescue should be in the mix.

Bluegrass lawns need water in hot dry weather or they wilt and go into summer dormancy to conserve water. They will usually bounce back as soon as it rains or you get the sprinklers going. That being said, if the drought is severe and watering is not permitted, the grass on south facing slopes or sandy soils may be permanently damaged to the point of needed to be reseeded.

If you are planting grass in a high traffic area, perennial ryegrass may be just what you are looking for. It is able to withstand quite a bit of wear and tear, think kids and dogs. It is commonly used in parks and athletic fields. This is a dark green grass with narrow blades. It will thrive in full sun or light shade. Like perennial ryegrass, annual ryegrass germinates rapidly, however the annual grass dies at the end of summer. Both type can be used as 'nurse maids' for the slower sprouting Kentucky bluegrass seed.

Fine leaved fescues provide more shade tolerance than either bluegrass or perennial ryegrass. You may be tempted to plant only fescues in your shady areas, but a solid stand of fine fescue flops over making it almost impossible to mow. Creeping red fescue spreads just like bluegrass, that is by rhizomes. Chewing fescue is a bunch grass, doesn't spread as well but has the best shade tolerance. Turf-type tall fescues aren't reliable in our climate even though you may find the seed available here.

One grass you should avoid at all costs is Zoysiagrass is a warm weather grass. It stays nice and green when our Kentucky bluegrass goes into heat or drought induced summer dormancy. However, it doesn't turn green until the temps are consistently above freezing, about mid May. Unlike what the ads for it say, it spreads very slowly in our climate. It sticks out in a typical lawn because of it's stiff wiry stems and course wide blades. It is not for the barefooted.

Other grasses to ignore are St. Augustine, Bermudagrass, bahiagrass, and cenipedegrass. You can plant them in your winter home in Atlanta or Miami.

To keep your lawn looking its best, mow high, 2 1/2 to 3 inches and let the cut grass lay unless it is very thick. The cut grass adds nutrients to the soil as it decomposes. If you have 'dog spots' in your lawn, treat with a mix of 1 part vinegar to 10 parts water then flush well. Vinegar works because dog urine is very alkaline. You may need to dig up the area before you re-plant. Do check for dropping before you get on your knees to replant that area. you'll know if you didn't.



# Calendar

## Saturday, May 18

Goodrich School Graduation, 2 p.m.  
 Spring Clean-up Day, Garrison City Landfill, 8 a.m. to noon and 1-5 p.m.  
 Piecemakers Quilt Guild Meeting, SACA Lodge, 9 a.m.  
 Max High School Graduation, MHS Gym, 2 p.m.  
 Nona Olson is celebrating her 90th birthday from 1:30-3 p.m. at Underwood City Hall. No gifts please.

## Sunday, May 19

Free community meal, 5-6:30 p.m., First Lutheran Church, Washburn.  
 Wilton Rosehill Cemetery cleanup week May 19-25. Annual board meeting is set for 6:30 p.m. May 31 at Bonnie Holden home, 1321 North 35th Street, Unit 5, Bismarck.  
 Turtle Lake-Mercer School Graduation, 2 p.m.  
 Free community meal, 5-6:30 p.m., First Lutheran Church, Washburn.  
 Wilton Rosehill cemetery cleanup week, May 19-25. Annual board meeting is set for 6.30 p.m., Friday, May 31, at the Bonnie Holden home, 1321 North 35th Street Unit 5, Bismarck.

## Monday, May 20

Turtle Lake-Mercer School Board meeting, 7 p.m.  
 McClusky Municipal Court, 7 p.m., city hall.  
 Yoga, First Congregational Church, Garrison, 8 a.m.  
 Max Food Pantry, Max Senior Center, 1-3 p.m. and 5-7 p.m.  
 American Legion & American Legion Auxiliary meeting, Garrison City Park, 7 p.m.  
 City of McClusky clean-up week May 20-25. 363-2345

## Tuesday, May 21

McLean County Commission meeting, 8:30 a.m.  
 McClusky Park Board meeting.  
 McClusky Job Development Authority meeting, 7 p.m.  
 Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.

## Wednesday, May 22

Underwood School Board meeting, 7:30 p.m.  
 Adult Health Services and Foot Care Clinic available at the Public Health office, Garrison. Please call 463-2641 to schedule an appointment.  
 Yoga, First Congregational Church, Garrison, 8 a.m.  
 Garrison City Landfill, 1-5 p.m.  
 Health and wellness meeting, 6:30 p.m. Underwood Clinic.  
 Discussing CBD, PRP and weight loss options.  
 Free informational seminar on simplifying pre-planning your funeral, 1 p.m., at the Meadows, Garrison.

## Thursday, May 23

McClusky Merchant's Association meeting, noon, Union Grill.  
 McClusky Ambulance Service District meeting, 7 p.m.  
 The Community Clothing Share-Exchange will be open from 10 a.m. to 6 p.m., 221 Main St., Turtle Lake.  
 Harvey Ambulance District board meeting, 7:30 p.m., Harvey Eagles Club.  
 Bone Builders exercise, Garrison Senior Center, 10 a.m.  
 Pickleball, elementary gym, 7 p.m., beginners welcome  
 Garrison Sportsman range open, indoor range, 7 p.m

## Friday, May 24

White Shield School Graduation, 5 p.m.  
 Yoga, First Congregational Church, Garrison, 8 a.m.  
 Garrison City Landfill, 1-5 p.m.  
 EMS Kid Strong Event, Fort Stevenson Marina Lot, 5 p.m.-9 p.m.

## Saturday, May 25

The Lord's Pantry is open from 10 a.m. to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.  
 The Community Cupboard of Underwood will be open to all from 10 a.m. to 1 p.m. at 208 Lincoln Avenue to shop for clothing (newborn-adult). Non-perishable food items, canned goods and freewill donations accepted to help fill the shelves for the food pantry.  
 McClusky School Graduation, 2 p.m.  
 Garrison City Landfill, 8 a.m. to noon and 1-5 p.m.  
 City of Max spring clean up day, landfill will be open from 9 a.m. to 4 p.m.  
 Sky Fest Kite Festival, Fort Stevenson Guard house, 10 a.m. to 4 p.m. skyfestnd.com  
 Community Food Pantry, Ryder Community Center, 10 a.m. to 2 p.m., free lunch provided  
 Hatchery Fun Day, 9 a.m. to 1 p.m. Free event. Fun for the whole family. Garrison Dam National Fish Hatchery, 530 Hatchery Road, Riverdale. 701-654-7451  
 Washburn's Victor B. Wallin Post #12 American Legion and Auxiliary members will be meeting at Riverview Cemetery to decorate the veterans' graves with white crosses and small American flags, 9 a.m.

## Sunday, May 26

Garrison School Graduation, 2 p.m.  
 Washburn School Graduation, 2 p.m.  
 Wilton School Graduation, 2 p.m.  
 Underwood School Graduation, 2:30 p.m.  
 Memorial Day Legion breakfast 9 a.m. to 1 p.m.  
 Garrison High Graduation, GHS Gym, 2 p.m.  
 Sky Fest Kite Festival, Fort Stevenson Guard house, 10 a.m. to 4 p.m. skyfestnd.com

## Monday, May 27

An 80th birthday card shower is being held for Cecil Schuh. Send greetings to: 1481 22nd St. NE, Anamoose, ND 58710.  
 Memorial Day Services, City Auditorium, 10 a.m.  
 Sky Fest Kite Festival, Fort Stevenson Guard house, 10 a.m.-4 p.m. skyfestnd.com

# Prairie Fare

Protect your skin when playing in the sun

**BY JULIE GARDEN-ROBINSON**  
 FOOD AND NUTRITION SPECIALIST  
 NDSU EXTENSION

Several years ago, I had a couple of program assistants who loved to enter radio contests. One day they walked into my office to discuss the day's activities.

I was a little surprised when I looked up, but I think I maintained a poker face.

"How are you doing today?" I asked.

"Well, we won free spray tans," one of them said sheepishly.

Her fair skin was almost as orange as a bottle of Tide detergent. She looked embarrassed.

"Don't worry. It will wear off in a few days," I said.

Fortunately, spray tans and sunless tanning lotions are not hazardous to your health. Dihydroxyacetone (DHA) is the active ingredient in most sunless tanning lotions. Fortunately, the products have improved through the years.

I was glad my program assistants hadn't won a bunch of tanning bed sessions. According to the Food and Drug Administration (FDA), tanning beds can increase your risk of skin cancer, including melanoma. Tanning beds also can cause eye damage.

Further, the FDA reported that about 3,000 emergency room visits occur annually because of injuries associated with tanning beds.

We have reached the time of year when shorts and tank tops appear, and many fair-skinned people want to have a "healthy tan." Unfortunately, being tan indicates that your skin has produced melanin to shield against sun damage. We are entering the season when we spend more time outdoors and expose more skin for longer amounts of time, which can lead to damage and increase our risk for skin cancer.

More people get a skin cancer diagnosis than all of the other types of cancer combined, according to the Skin Cancer Foundation.

Skin cancer is the uncontrolled growth of skin cells



This grilled chicken with raspberry glaze makes for a colorful, tasty meal. (NDSU Photo)

due to DNA damage. Melanoma is the most deadly form of skin cancer, while basal cell and squamous cell carcinoma are more common and highly curable.

Think about your own skin. Do you have any spots on your skin that:

- 1) have changed in color, size or texture
- 2) are bigger than 1/4 inch (the diameter of a pencil eraser)
- 3) appeared after age 21
- 4) appear pearly, translucent, tan, brown, black or multicolored
- 5) itch, hurt, crust over or scab, erode, bleed or haven't healed within 3 weeks?

Be sure to let your healthcare provider know about any suspicious spots so you can get the proper follow-up, if needed, with a specialist.

If you have had a sunburn, you are at risk for skin cancer. If you have used a tanning bed, you also are at greater risk for skin cancer.

Remember, too, that 90 percent of skin aging is caused by sun exposure, according to an article in a dermatology scientific journal.

Fortunately, we all have some steps that we can take to reduce our risk for skin cancer, which also will protect our skin from aging.

\* Be sure to wear sunscreen. Most sources recommend a sunscreen with a sun protection factor (SPF) of 30 or higher.

\* Apply plenty of sunscreen. One ounce is the typical recommendation. Be sure to reapply sunscreen every two hours or more often if you are swimming or perspiring.

\* Look for an expiration date on sunscreen. If it does not have a date listed on the bottle, label the bottle with the date of purchase and use within three years.

\* Seek shade during the hours from 10 a.m. to 4 p.m.

\* If you need to be outside, experts recommend wearing long-sleeved clothes and pants made with tightly woven fabric.

\* Don't forget to protect your eyes. Wear high-quality sunglasses that protect your eyes from ultraviolet (UV)-A and UV-B rays. Sun exposure can increase the risk of both macular degeneration and cataracts.

Visit [www.ag.ndsu.edu/](http://www.ag.ndsu.edu/)

**nourishyourbody** for more information about nourishing and protecting your skin. The site includes links to interactive games and apps.

Keep your skin nourished by eating a variety of healthful foods, especially plenty of colorful fruits and vegetables.

Grilling season has arrived, so here's a tasty recipe that makes use of fresh or frozen raspberries.

### Grilled chicken with raspberry glaze

4 boneless, skinless chicken tenderloins (about 1 pound)

Marinade:

- 1 garlic clove, minced
- 1/4 c. fresh cilantro, finely chopped
- 1/4 c. fresh basil, finely chopped
- 1 Tbsp. fresh lime juice
- 2 Tbsp. canola oil (or your favorite oil)
- 1/4 tsp. ground pepper
- 1 Tbsp. low-sodium soy sauce
- 1 Tbsp. oyster sauce

Raspberry Glaze:

- 1 c. raspberries, divided
- 2 Tbsp. rice wine vinegar
- 1/2 tsp. honey
- 2 Tbsp. red onion, finely chopped

1 tsp. serrano pepper, minced  
 Place chicken into a zip-top bag or a resealable container. Combine all the ingredients for the marinade in a large bowl, add to chicken and refrigerate for about one hour. Before cooking the chicken, assemble the spicy raspberry glaze by combining half of the raspberries (1/2 cup), vinegar and honey in a small pan. Bring the mixture to a boil, then let simmer for 10 minutes. While the glaze is simmering, use a utensil to crush the raspberries so the glaze has no visible lumps. Let the glaze cool; meanwhile, chop the remaining raspberries, red onion and serrano pepper. Add these ingredients to the glaze and mix. Grill the chicken to an internal temperature of 165 F, then top with glaze. Serve on a bed of mixed greens if desired.

Makes four servings. Each serving has 210 calories, 8 grams (g) fat, 27 g protein, 7 g carbohydrate, 0 g fiber and 340 milligrams sodium.



Julie Garden-Robinson



## DIAL THE HELP LINE

FirstLink's 2-1-1 helpline is a free phone service available 24/7 to the public. Call specialists offer support, non-judgmental listening ears and information about community programs statewide. To reach the helpline dial 2-1-1 or (701) 235-7335.

**If you or someone you know is thinking of suicide, dial 1-800-273-8255 (TALK) (Available 24 hours a day)**



# THE CLASSIFIEDS

• **DEADLINE:** 9 a.m. Thursday.  
 • **CLASSIFIED WORD ADS:** Terms – Cash, Check, Visa or Mastercard.  
 • **COST:** \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are FREE one week only.  
 • **CLASSIFIED DISPLAY RATE:** \$9.50 per column inch.  
 • **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128  
 Email: leadernews@westriv.com • Website: bhgnews.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

THE McLEAN COUNTY FAIR is seeking vendors for the Fair, June 14-16, 2019. Call Diane Schell 701-220-3841 or go to mcleanfair.com for more information and entry form.  
 1-4-E-X 58577

THE McLEAN COUNTY FAIR is seeking parade entries for June 15, 2019. Call Diane Schell 701-220-3841 or check out the website mcleanfair.com for an entry form.  
 1-4-E-X 58577

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. 701-463-2201  
 1-E-TFN-NC 58540

SUPPORT GROUPS: Alcoholics Anonymous Hotline, 888-680-0651. AA meetings in Center on Sundays at 5 p.m. CT at St. Paul's Lutheran Church (794-3381); in Garrison, Garrison Memorial Hospital Cafeteria, Thursday at 8 p.m.; in Washburn on Sundays at 7 p.m. at First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6533. Open meeting, Butte, Call 626-7402 or write Box 244, Butte, ND 58723; in McClusky, Grace Lutheran Church, 402 4th St. W, Sundays at 8 p.m. Positive Changes NA, Fridays at 7 p.m., Washburn United Methodist Church, 701-460-0663.  
 1-E-TFN-NC 58540

## Farm Related

### SEED FOR SALE

#### Yellow Peas

Agassiz Carver  
 Amarillo Saffron

#### Chickpeas

Orion

#### HRSW

Barracuda Rebel  
 Camaro Breakaway

ND VitPro

#### Durum

ND Grano

#### Oats

CS Camden

#### Soybean

ND17009GT

RR1 - Save **BIG** now  
 Keep your own seed

Full line Legacy Corn,  
 Soybeans, Alfalfa

Custom conditioning,  
 treating, inoculating



**FARMS & SEEDS**

701-529-4421 Bob  
 651-792-5920 Chris  
 finkenfarmsandseeds.com

## Farm Related

ROUNDUP READY SOYBEAN Seed. ND17009GT. Aggressive Quantity Discounts available. Chris Hoffman 701-571-9838.  
 50-6TPALL 58540

## Giveaway

FREE KITTENS - Black & White, Calico, Tabbys. 14 to choose from. 337-6989 or 337-5615 leave message.  
 2-3FPIIX 58540

## Help Wanted

WASHBURN SCHOOL employment opportunity: The Washburn School District is seeking applicants for the following position for the 2019-2020 school year: School Bus Route Driver. Duties include a morning and afternoon route, along with school activity trips. Must have or be able to obtain a Class B Commercial Driver's License with passenger & school bus endorsement. DOT physical, defensive driving, and random drug/alcohol screening are all required. Salary range is \$1100 to \$1500 per month, depending on experience. Full single health insurance benefit is available. To apply, submit a letter of application and a Washburn School "Classified Staff" application form to Brad Rinas; Washburn Public School; PO Box 280; Washburn, ND 58577, or email to brad.rinas@k12.nd.us. Application form is available in the high school office or on the school district website at <https://sites.google.com/site/washburnk12/>. To inquire further, call 701-462-3221. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws.  
 2-5-E-X 58577

CAMP COOK ASSISTANT WANTED: 4-H summer camp in Washburn. 40 hours per week, Monday-Thursday. Hours are somewhat flexible. Starting May 28 to Aug. 8. \$13 per hour. Free meals, and lodging provided. If interested, email lindsey.leker@ndsu.edu or call 701-866-9477.  
 52-2-E-PD 58577



A BNI ENERGY COMPANY

## Information Technology Positions

BNI Coal, Ltd., a subsidiary of ALLETE, Inc., owns and operates the Center Mine near Center, ND. BNI Coal is seeking Information Technology professionals to work at the Center Mine. If you like variety in an IT position and supporting field operations as well as business functions, BNI is the right place for you! Additional details are available at [www.bnicoal.com](http://www.bnicoal.com) and [www.allete.com/careers](http://www.allete.com/careers).

**Information Technology Specialist** requires an associate's degree in a computer related field and relevant experience. Experience with Microsoft Windows, Windows Server, Office, wired, and wireless networking is desired. Windows server support and administration experience is required. Desired applicant must be a self-starter and possess strong analytical, problem solving, and leadership skills.

**Senior Information Technology Specialist** requires a bachelor's degree in computer science or related discipline and five years relevant work experience. Experience with current Windows and other operating systems, Microsoft Office Suite, wired and wireless networking is required. Technology certifications and MS Project or Project Management Office skills are preferred. Desired applicant must be a self-starter and possess strong analytical, problem solving, and leadership skills.

For more information on these exciting career opportunities, please visit [www.allete.com/careers](http://www.allete.com/careers). Deadline to apply is May 27, 2019. Employer will not sponsor Visas for position. EEO/AA/F/M/Vet/Disabled.

## Help Wanted - Equipment Operator II

McLean County will accept applications until 4:00 P.M. on **Wednesday, May 22, 2019**, filling one or more positions as a full-time **Equipment Operator II**. The successful applicant must reside within 30 minutes travel time of the Garrison Highway Shop. Duties include performing semi-skilled work and operating motorized equipment in road construction and maintenance/repair projects under supervision along with performing highway maintenance work ranging from manual labor to operating tractors and mowers on highway right of ways. Candidates should be able to operate medium and light equipment including single and tandem axle dump truck; single and tandem axle trucks with snow removal equipment for purpose of snow removal; motor graders with v-plow and wing for snow removal purposes on as needed basis; semi type truck with belly and side dump trailer; front end loader; backhoe; broom/sweeper; excavator; dozer and loader as needed; and power mowing equipment in a variety of road construction, snow removal, maintenance and repair projects.

Preference will be given to applicants with prior experience in road construction/ maintenance projects and vehicle/heavy equipment maintenance. High school diploma and class A North Dakota Driver's License with tanker and air brake endorsement is **REQUIRED** on the first day of work. A full benefit package is offered including fully paid health insurance and retirement. **Underfilling the position may be considered depending on applicant pool with a requirement to complete hiring requirements within the six-month probation period.**

For further information on position or to obtain a McLean County job application form, individuals may contact the McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577; call (701) 462-8541; or visit [www.mcleancountynd.gov/employment](http://www.mcleancountynd.gov/employment). **Only official McLean County application forms submitted to the Auditor's office will be accepted.**



**We are hiring an Associate Chemist at Coal Creek Station located in Underwood, ND.**

### Responsibilities and requirements:

- Collect and analyze process samples
- Safely operate the chemical injection, water treatment, and demineralizer systems for maximum efficiency and output.
- Bachelor's degree in Chemistry or a science field

If you're ready to work in an environment that's rewarding, challenging and exciting apply at [www.greatriverenergy.com](http://www.greatriverenergy.com) under the Careers tab by May 24, 2019.

GRE is an EEO/AA/Minority/Female/Disabled/Vets Employer.



## Seeking roofing/siding laborer

The right individual needs to be competent, motivated and have a current driver's license. Experience preferred but not necessary. Wages depending on experience. For more information, contact Darren Lester at 701-460-0001.

## HELP WANTED AT



### Full-time Administrative Assistant

Contact Jessie at 448-2331 ext 206 or Kathy at 448-2331 ext 238.

This institution is an equal opportunity provider and employer.

## HELP WANTED



### is looking for COOKS

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83 337-2070

## WANTED! Loving, Caring, Foster Parents

Licensed to... Inspire Love Uplift Cherish Protect Comfort Foster Teach Nourish Guide Strengthen Encourage Heal

Contact **Dakota Central Social Services 701-462-3581**

## HELP WANTED

CHI St. Alexius Health Garrison has the following positions available:

### Part Time

Day Cook / Dietary Aide  
 \*Eligible for Benefits\*

For more information call 701-463-6503

Pick up application in Administration or online at [CHiStAlexiusHealth.org](http://CHiStAlexiusHealth.org)




The institution is an equal opportunity provider and employer



# Help Wanted Concrete Workers

Contact Jeff: 701-720-0996



## Health Information Manager


Full time position available at  
The Benedictine Living Center of Garrison.

**We are looking for someone who wants to join our strong team and has the following skill set:**


- Knowledge of information systems and health application with state and federal regulations.
- Strong organizational skills with the ability to analyze data and recall multiple policies/procedures.
- The ability to audit medical records and evaluate systems and be able to handle multiple priorities.

*We offer great benefit package, and competitive wages.*

Contact Scott Foss, Administrator/CEO, Benedictine Living Center. 701-463-2226 or send resume to 609 4th Ave NE, Garrison 58540...Check us out on Facebook or our web page at [www.BLCgarrison.com](http://www.BLCgarrison.com)



**BENEDICTINE LIVING CENTER OF GARRISON**  
Benedictine Health System



At Basin Electric, our employees are the heart of our organization. Together with our subsidiary Dakota Gasification Company, we employ more than 1,800 people across multiple Midwestern states. In addition to competitive salaries, we offer an incredible benefits package.


Please check our website for the closing dates of these job openings.

**Basin Electric Power Cooperative**

- Alarm Monitor/Service Dispatcher (DOT-FMCSA) - Bismarck, ND

For job details, go to [jobs.basinelectric.com](http://jobs.basinelectric.com)  
Questions? Call 701-557-5603

*Equal Employment Opportunity Employer of Minorities, Females, Protected Veterans, and Individuals with Disabilities.*



## Help Wanted Jailer/911 Dispatcher

McLean County will accept applications until 4:00 P.M. on Wednesday, May 29, 2019, filling one (1) or more positions as full-time Jailer/E-911 Dispatchers. Flexible hours, GREAT benefits! Starting salary is \$36,279 annually; the full salary range for the position is \$36,279 - \$54,420 annually. A full benefit package is offered including paid health insurance (family and single), paid retirement, annual leave and sick leave.

For further information on the position or to obtain a McLean County job application form, interested individuals may contact the McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577 or call (701) 462-8541. Only official McLean County application forms will be accepted. An application form can be accessed from the county's website: [www.mcleancountynd.gov/employment](http://www.mcleancountynd.gov/employment). Resumes may be included with the application but will not be accepted in place of an approved application form. To be considered, all applications and related items must be submitted to the McLean County Auditor.

## HELP WANTED



is looking for  
**SALES ASSOCIATES**  
Full Time or Part Time

Stop in for an application  
200 5th Ave SE, Garrison

## HELP WANTED



**OF GARRISON**  
is accepting applications for  
**Bait Shop**  
Must be able to work  
nights & weekends.



**Stop in for an application.**

## Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out May 20, June 3 and June 17. Have them there by 11 a.m. Call Darin, 701-315-0144.  
43-TFN-E-X 58577

## Lost and Found

LOST IN THE Garrison area - Key Fob for a Jeep, black in color. Contact 701-527-8824.  
52-NC 58540

## Misc. for Sale

HUTTERITE CHICKENS for sale. Call to place your order. Delivered to 512 McKinley Ave., Underwood, 10 a.m. Wednesday, May 15, 701-989-0022.  
51-2-E-PD 58577

USED ALUMINUM PRESS Plates. 23 x 35, two for \$1 available at the McLean County Independent, Garrison. 463-2201.  
1-E-TFN-NC 58577

## Notices

ORDER QUALITY REPRINTS of pictures from area newspapers at your local newspaper office. Pictures of area events and people published in area newspapers. Affordable prices. Speedy delivery.  
1-E-TFN-NC 58577

## 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.  
1-E-TFN-NC 58577

## Real Estate for Rent

### NOW RENTING

Heritage Heights Apartments  
1040 Custer Dr., Washburn  
New management, remodeled rooms, lower rates. 1 or 2 bdrm. apts. All utilities paid including cable.  
701-527-4739 or Manager 701-220-8145

## Economy Homes in Max

is accepting applications for 1 & 2 Bedroom Apartments.  
Rental assistance available to low income families. Accessible interviewing will be made available.  
Call 1-701-679-2535  
TDD 1-800-366-6888  
This institution is an equal opportunity provider.

## Reminder

Classified Deadline  
9 a.m. Thursday

## Real Estate for Sale

McLEAN COUNTY FARMSTEAD for Rent or Sale. 701-460-7153.  
2-6TPGRNTPRCMLNCRMCXT 58540

OPEN HOUSE and reduced price. 4 bed, 2 bath, 2 garage plus outbuildings, Ranch style with finished basement. Stop by Saturday, May 18th from 9:30 until Noon. 607 Ave B East, McClusky, \$115,000. Also for sale 404 Ave B East, McClusky and 212 & 216 1st St. E, Goodrich. Roxinne A. McPhail, Broker. 701-989-4117  
2-1TPDBHGXDLSLNCRMCCM 58540

ALL REAL ESTATE advertising in this newspaper is subject to the Fair Housing Act that makes it illegal to advertise "any preference limitations of discrimination based on race, color, religion, sex, handicap, familial status or national origin or any intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians; pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

## Recreation

### JB Repair, Inc.

Golf Car Sales & Service

- Trojan Batteries Available



~ NEW & USED ~  
Gas & Electric Cars & Utility Vehicles In Stock

Garrison  
Call 701-463-2054 or 701-337-6000  
[www.jbrepairinc.com](http://www.jbrepairinc.com)

## Rummage Sales

LARSON SPRING CLEANING SALE, Saturday, May 25, 9 a.m. to 3 p.m. Garrison Senior Center. Brand name Junior Plus, Women's Plus and mens clothing. Misc. household items.  
2-2TCGRXT 58540

RUMMAGE SALE at Stiefel's - 255 2nd St. NW, Garrison, Saturday, May 25 & Sunday, May 26, 10 a.m. to 5 p.m., household, gooseblind, decor, baked goods, variety of things.  
2-2TPDXTGR 58540

ST. PAUL'S CHURCH is having their annual rummage and bake sale Saturday, May 25, from 9 a.m. to 4 p.m., in Riverdale, by the Post Office. Lunch available.  
1-2-E-PD 58577

## Services

SHELTERBELT SOLUTIONS, Cost share farmstead tree removal and replanting. No sticks to pick. No dirt in the burn pile. Call or text Vince 701-270-8717, call or text Jay 701-367-1424. Check us out online or Facebook.  
50-C6TALL 58540

I HAUL away broken vehicles and scrap metals for FREE! Ca\$h for \$ome. 833-2884. U call, I Haul.  
44-TFNALL 58540

PRAIRIE CARPET Services, Air duct & ventilation cleaning, carpet shampoo/cleaning, debris removal, janitorial services, upholstery shampoo/cleaning, wall and ceiling cleaning, water damage cleanup.  
833-2884/448-2883.  
44-TFNALL 58540

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free

## Services

consultation! Charlene Binsfeld, Washburn, 701-220-5831.  
35-8-E-PD 58577

## Vehicles

FOR SALE: 1997 Dodge Dakota pickup. Please contact Mike Youngs at the Garrison State Bank & Trust, 463-2262 for further details.  
1-2TCGRXT 58540

## Statewides

HELP WANTED ENGLISH/COMMUNICATIONS/ THEATER INSTRUCTOR, Lake Region State College - Devils Lake. This position is primarily on-campus with the possibility of some online instruction. Minimum of a Master's degree in English, Communications, and/or Theater is required. Must be willing to become faculty qualified (earn 18 graduate credits) in the second content area. Go to [lrscc.edu](http://lrscc.edu) for more information.

THE CITY OF ANAMOOSE, in North Dakota, is currently looking for a qualified person/or team, that is interested in leasing and running a Steakhouse. Currently the historical bank building in Anamoose is under construction to be completely renovated into a Steakhouse; construction should be completed in the summer/fall of 2019. If interested, please contact our City Auditor, Cheryl Linardon at 701-889-3522 or via email at [cheryllinardon@yahoo.com](mailto:cheryllinardon@yahoo.com).

McLEAN COUNTY IS hiring a full-time Jailer/E-911 Dispatchers. For more information regarding this position visit <http://www.mcleancountynd.gov/employment/>

PREVENTATIVE MAINTENANCE/ SYSTEMS Technician: NDSCS has a FT, 12 month position with maintenance/systems technician duties in Wahpeton. Will perform preventative maintenance and repair of mechanical equipment to include various heating plant equipment, air handling equipment, pneumatics, water and steam systems and other aspects of the Heating Plant and campus facilities and infrastructure. Benefits include: Health/Life, Retirement, EAP, Leave, Tuition Waiver Dependent Tuition Discount, etc. Screening begins immediately-applications accepted until filled. Interested candidates must complete online application. For job descriptions, qualifications and application go to: [www.ndscs.edu/career](http://www.ndscs.edu/career) EOE

ASSISTANT WATER OPERATOR needed: Water plant/waste water/street department. Salary DOE. Full benefits, will train. Resume: City Auditor, Box 1079, Lisbon, ND 58054-1079. Deadline 6/5/19.

2019 ND MEDIA GUIDE: Names, addresses, phone numbers, e-mails of all ND newspapers, radio/TV stations, specialty publications. Only \$25. ND Newspaper Association, 701-223-6397.

REAL ESTATE FOR SALE ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701.371.8538. Kevin Pifer 701.238.5810. Free valuation.

LIVESTOCK FOR SALE SMOOTH-FRAMED PUREBRED Charolais bulls, high quality, low birth weights, pheotypically superior, quiet dispositions, age advantaged, priced to sell. "Quality Charolais cattle since 1958". 701-338-2378.

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# GREAT DEALS IN MAY

## 2018 Sell Down!

### 2018 Chevy Silverado 1500 LT Crew Cab

- Stock #CT1882

Save up to \$12,500 off MSRP  
(\$13,250 total value)  
with GM Financing

**NOW \$36,720**



3 in stock,  
see dealer  
for pricing

### 2018 Chevy Silverado 2500HD

Crew Long Box Diesel LT

Stock #CT1880

Over \$11,000 off  
MSRP with  
GM Financing

**NOW \$49,950**



2 in stock,  
see dealer  
for pricing

### 2018 Chevy Malibu LT

Stock #CH1804

20% Off MSRP  
with GM Financing

**NOW \$21,752**



### 2019 Buick Encore AWD

Stock #BT1914

16% Off MSRP  
with GM Financing +  
Extra 3% for Conquest

**As Low as \$23,072**



## GM Program Vehicles

2018 Chevy Tahoe LT white, leather, sunroof	23,000 miles	\$50,995
2018 Buick Enclave Essence AWD slate gray, leather	19,000 miles	\$38,995
2018 Chevy Traverse LT AWD silver, certified	19,000 miles	\$34,995
2018 Chevy Equinox LT AWD cajun red	24,000 miles	\$24,995
2018 Chevy Malibu LT Sedan dk gray, leather	17,000 miles	\$20,995
2018 Chevy Cruze LT Sedan silver	19,500 miles	\$17,995
2017 Chevy Traverse Premier AWD black, sunroof, DVD	27,000 miles	\$34,995
2016 Chevy Impala LTZ Sedan silver, leather	25,000 miles	\$22,495
2016 Chevy Equinox LT AWD SUV blue	27,600 miles	\$19,995

## Used Car Trade-Ins

2018 Chevy Malibu LT white, leather	23,000 miles	\$19,995
2017 KIA Optima LX gray, 4 dr	29,500 miles	\$14,995
2017 Chevy Malibu LT white, certified	5,000 miles	\$17,995
2016 Subaru Outback blue	52,000 miles	\$22,995
2013 Chevy Cruze LT black	90,500 miles	\$7,995
2013 KIA Optima white	148,000 miles	\$6,995
2013 KIA Soul white	66,000 miles	\$9,995
2011 KIA Optima black	77,000 miles	\$8,995

## Used Pickups

2016 Chevy Colorado Crew Z71 black	41,000 miles	\$25,995
2015 Chevy Silverado 1500 Crew LTZ black	77,000 miles	\$29,995
2013 Dodge Ram 3/4 ton Mega Cab SLT maroon	52,000 miles	\$32,995
2011 Chevy Silverado 1500 Ext Cab blue granite	72,000 miles	\$18,995
2008 Chevy Silverado 1500 Ext Cab brown	168,000 miles	\$8,995
2005 Chevy Silverado 1500 Crew pewter	148,500 miles	\$9,995

## Used SUVs

2015 Chevy Equinox LTZ blue, V6, sunroof, AWD	22,000 miles	\$21,995
2015 Buick Enclave silver, leather	85,000 miles	\$18,995
2014 Chevy Equinox LT silver, V6, AWD	67,000 miles	\$15,995
2014 Chevy Suburban LTZ champagne, leather	75,000 miles	\$32,495
2013 Chevy Suburban LTZ pearl white, leather	84,000 miles	\$29,995
2012 Chevy Equinox LTZ maroon, leather, AWD	110,000 miles	\$10,995
2012 Chevy Traverse white, AWD	143,000 miles	\$7,995
2011 Chevy Tahoe LT maroon, leather	111,000 miles	\$16,995
2010 Chevy Equinox LT sandstone, AWD, 4 cyl	70,300 miles	\$9,995
2009 Chevy Tahoe LT silver, leather, sunroof	150,000 miles	\$13,995
2006 Chevy Trailblazer white, sunroof	160,000 miles	\$5,995
2006 Pontiac Torrent black	182,000 miles	\$1,995
2005 Chevy Tahoe LS tan	200,000 miles	\$5,995

## SPECIAL FINANCING IN MAY!!

Financing as low as 2.99% up to 60 months on  
2012 and newer vehicle - hurry ends May 31st

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