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Christian Science

DAKOTA DATEBOOK

BY MERRY HELM

September 21, 2020 North Dakota's first Christian Science Church was dedicated in Grand Forks on this date in 1905.

The newly found religion of Christian Science had come about through the efforts of Mary Baker Eddy. She was born in New Hampshire in 1821 and was plagued by illness throughout most of her life. Her parents took her to many physicians, and tried many treatments, butnothing kept her healthy. Because of this, she missed much of her formal education as a child. She made up for it by reading, and she wasalso fond of writing prose

The family was deeply religious, and Mary was no exception. However, she rejected their Calvinist beliefs in predestination. Even as ayoung girl, she turned to the Bible and to prayer for understanding and inspiration, especially when she was ill.

Mary Baker married George Glover, a promising contractor, when she was 22. They moved to the Carolinas, but he died the following year,three months before their son was born. Mary moved back home with her mother, who soon died, as well. In 1850, still battling ill health, Mary was destitute and had no choice but to place her child in the care of the family's former nurse.

Three years later, Mary married a dentist, Daniel Patterson, Unfortunately, he turned out to be irresponsible and unfaithful, and he laterdeserted her.

Mary continued search the Bible for answers to her health questions. She had learned to avoid harsh 19thcentury medicine; instead, sheexperimented with diets and studied homeopathy. She became intrigued to learn about placebos being able to change peoples' health itreinforced her notions that belief played a powerful role in

healing processes.

The Civil War was raging when Mary sought help from a popular healer. Phineas Quimby. She improved dramatically under his treatment, which was a combination of mental

suggestion and therapeutic touch. When she suffered a relapse, she returned to Quimby to learn moreabout his approach – she felt that he had maybe rediscovered Jesus' healing method. But, she concluded Quimby's success came more from his forceful personality and hypnosis

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training. Mary suffered a severe fall on an icy sidewalk that left her in critical condition in 1866. She once again turned to her Bible. Then, whilereading about Jesus' healing, she found herself suddenly well. She later said it was the moment she

discovered Christian Science. Mary couldn't explain what had happened, but her convictions about divine healing grew. After nine more years of intensive study, healingactivity, and teaching, she published her landmark book, Science and Health. In it, she explained what she believed was the "science" ofJesus' healing method, which she felt was divinely natural and... repeatable.

Mary once more tried marriage, this time to a man who gave her unflinching

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support. But once again, she suffered great loss when AsaGilbert Eddy died only five years later.

Mary had since been teaching her system of healing to hundreds of people who carried their newfound knowledge out into the world. Disappointed that existing Christian churches didn't embrace her discovery, she started her own in 1879... the Church of Christ, Scientist. Mary Baker Eddy died in 1910, five years after the Grand Forks branch of her church

opened.

("Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities



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CALENDAR

Saturday, September 19
The Community Cupboard of Underwood will be open from 10 a.m. to noon at 208 Lincoln Avenue. All in need are welcome to receive food and household goods at no cost.

Monday, September 21
Turtle Lake-Mercer School board meeting, 7 p.m.
Turtle Lake-Mercer School board meeting at 7 p.m.
McClusky Municipal Court meeting at 7 p.m. at City

Wednesday, September 23 Underwood City Commission meeting at 6 p.m.

Thursday, September 24

Underwood School meeting at 7 p.m. McClusky Merchant's Association meeting at ReUnion Grill at noon.

McClusky Ambulance Service meeting, 7 p.m. AA Meeting every Thursday at 8 p.m. at SACA Lodge, 11 Central Ave. NW, Garrison. 701-720-5724

Submit an event

To announce your free public event in the Xtra Calendar, simply fill out the form below. The form must reach the Washburn office by Wednesday. Mail to the Xtra, PO Box 340, Washburn, ND 58577; email: leadernews@westriv.com; phone: 701-462-8126.

Event:		
Date:	Time:	
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MEALS ON WHEELS

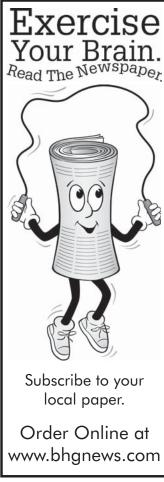
Sept. 21 Parmesan chicken breast over noodles, California blend vegetable, fruit, breadstick, pudding.

Sept. 22 Swedish meatball, mashed potatoes with gravy, Brussels sprouts, blushing pears.

Sept. 23 Fish, seasoned rice, garden mixed veggies, tropical fruit.

Sept. 24 Cheese burger on a bun, tater rounds, corn, fruit cocktail in gelatin.

Sept. 25 Tortellini with meatsauce, Italian vegetable blend, cheesy pea salad, pineapple chunks.





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Try Some Colorful Peppers This Season

PRAIRIE FARE



BY JULIE GARDEN-ROBINSON FOOD AND NUTRITION SPECIALIST - NDSU

"My whips!" I said. "I can't fee my whips!"

I was trying to say, "I can't feel my lips" but my tongue wasn't working well.

My older daughter had purchased a Trinidad Scorpion pepper for \$1.50. She watered and weeded it all summer and was proud of how productive

The previous day I heard my husband and daughter gasping, coughing and laughing as they tried the tiniest snip of the

My daughter decided she should dry the super-hot peppers. I saw the ground-up powder in a granite mortar

(bowl) and pestle (grinder) on the countertop. Curiosity got the best of me. They always tease me about my delicate Scandinavian taste buds. I'll show them, I thought.

I nabbed a tiny amount of the pepper powder to taste, less than the size of a grain of sand.

Soon I was gasping and lost feeling in my lips and tongue. I grabbed a glass of milk, which helped neutralize the burn a little. Drying the peppers concentrates the spiciness.

"The peppers even had mean faces," my daughter commented about the slightly

shriveled green peppers.

The spiciness of peppers is measured in Scoville heat units. Capsaicin is the main compound that gives hot peppers their "heat." American pharmacist Wilbur Scoville created the scale in 1912.

Originally, the relative heat was determined by human taste testers. I feel sorry for

To put this in perspective, a bell pepper has a Scoville heat unit rating of zero, and a jalapeno ranges from 2,500 to more than 10.000 Scoville units. The spiciness of a Trinidad Scorpion pepper is in the 750,000 and higher Scoville

Yes, you read that correctly. I'm lucky my tongue and lips didn't fall off.

I'd like to say I learned my lesson about hot peppers.

We had a major crop of bell peppers and jalapeno peppers. After cleaning and cutting bell peppers, I didn't pause my work to find the plastic gloves with our canning supplies in the basement.

I know better.

Even though jalapeno peppers are relatively mild compared with other hot peppers, I had inflamed hands for a while. Washing dishes with a grease-dissolving detorgent finally removed the detergent finally removed the pepper's oil from my skin. You also can use a baking soda paste to help soothe your skin.

Capsaicin is found primarily in the seeds and membrane of hot peppers. If you want to reduce the spiciness of hot peppers, remove the seeds and membranes, while wearing gloves, of course. Wash the cutting board very carefully after use.

Peppers can be classified as mild, medium or hot. The heat level varies based on the type of pepper and the growing conditions.

a tolerance to hot food and may crave it after awhile. When we eat super-spicy food, the nervous system responds to the pain by releasing endorphins or "feel-good" chemicals.

I prefer sweet bell peppers, which range in color from green to red, orange or yellow. Peppers start out green and mature to the final color associated with their variety.

Preparing bell peppers is a breeze. Rinse, cut and place the pepper strips on sheet pans. After they freeze, place them in freezer bags so they can be used as needed.

Peppers are very low in calories and provide vitamins, such as vitamins A and C, and the B vitamin folate. Red bell

peppers get the gold star for nutrition with more vitamin C than all the other types.

Enjoy bell peppers fresh in salads or with a vegetable dip. Try sauteeing peppers and using in fajitas, or grill them. To grill, cut peppers lengthwise, brush with oil and grill for about 10 minutes or until they reach the desired state of doneness. Enjoy them stuffed with your favorite mixture such as this recipe.

Blazin' Stuffed Bell Peppers 2 medium red bell peppers 2 medium green bell peppers 1/2 medium onion, chopped 2 small tomatoes, chopped

2 c. corn (fresh or frozen) 215-ounce cans black beans, drained and rinsed

2 tsp. olive oil

1 tsp. cumin

1/4 to 1/2 tsp. cayenne pepper (or to taste)
1 garlic clove, minced

2 tsp. cilantro, finely

chopped 1/4 c. shredded cheese (try pepperjack for more of a kick)

Rinse peppers under cold water. Cut them in half lengthwise and remove the seeds. Place peppers in a large pot and cover with water. Bring the water to a boil, reduce the heat, cover and simmer for five minutes. Drain the peppers and set aside. Preheat oven to 350 F. Saute the chopped onion until tender. In a large bowl, mix together onions, tomatoes, corn and black beans. In a separate bowl, combine the rest of the ingredients, except the cheese and peppers. Add the oil mixture to the vegetables; mix until spread throughout. Place bell pepper halves on a greased baking sheet. Fill with the mixture and sprinkle each one with cheese. Bake for eight to 10 minutes or until cheese is completely melted.

Makes eight servings. Each serving has about 130 calories, 2 grams (g) fat, 26 g carbohydrate, 7 g protein, 7 g fiber and 240 milligrams

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences. Follow her on Twitter @jgardenrobinson)



leadernews@westriv.com Xtra | 09.21.20 | **5**

OUR OUTDOORS

The Shot Not Taken



BY NICK SIMONSON DAKOTA EDGE OUTDOORS

The eastern bank of clouds meant that my friends on the far side of the state likely would not see much hunting action as my dog and I traversed the gravel roads south and west of town away from the shadow of the frontal boundary. The sun slowly climbed over the gray bank and dawn was delayed by the extended horizon, but we would be spared the downpours that cancelled their grouse openers. Here and there on the blacktop and dirt, stretches of dampness marked those places where light rains had fallen before the start of the first day of the upland season, but it wasn't enough to hinder our efforts.

Pulling into the quarter section of PLOTS I lamented the recent baling of latesummer grasses that often held the gurgling gray birds we planned on pursuing, but the rolling hillsides rising steeply from the western edge of the ancient river valley were still well covered and looked to be worth a walk as I recalled fond memories of recent seasons. With light winds slowly shifting to the west, I pulled into the approach and planned the usual loop through the public access parcel that often held sharping and the often held sharpies and the occasional pheasant. Ole rose from his back seat slumber and issued a whimper of excitement as he seemed to recall the same adventures from last season on the quarter section.

As my dog rumbled out of the

back seat of the F150 and into the roadside grass, I donned my well-worn blaze orange Winchester vest, a simple model with overstretched elastic shell holders that had seen more than ten years in the field after replacing a more complicated version with ammo tubes and all sorts of excessive accoutrements that made grabbing a shell in the moment feel more like work than fun. The simplicity had stuck with me and with the orange fading, I hoped that I could hold onto it for a few more seasons - in part due to comfort and in part to how it tied me to times in the field with friends, with family, and my late father and previous dog. It served as a seasonal reminder that the hunt should be as easy as throwing it on over my shoulders, as natural as a bird taking to the wing, and hold not only my quarry but also previous memories

close to my chest.

Up and down the hills we went until Ole caught the scent of an unseen bird on the move through a little draw between two rises. His speed and frenetic motion signaled a pheasant, but I tensed up just in case his nose had caught the pocket of scent generated by a covey of sharpies. He paused hard, a blonde granite rock on point at an unseen target. I released him with a "Go!" and a full-colored rooster took to the sky, curling against the slight breeze as my lab's jaws snapped a few feet behind the elongated tail feather. My gun dropped and remained silent as the bird

was spared by the calendar.

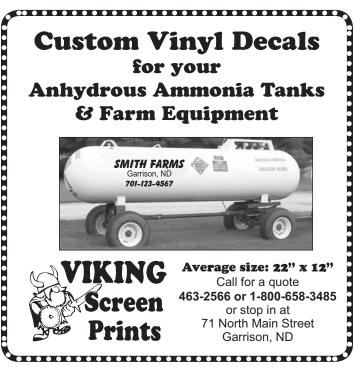
As we reached the edge of the harvested wheat field and meandered along the fenceline that connected to a small grassy strip that split the now gone crop in two. I watched a gray bird take off in the distance on the nearby private land and lifted my gun from my shoulder, just in case

one were to rise at a closer distance. Moving down into the tall cane, then the stillgreen cattails, and finally the knee-high field grass, I paused as I let Ole make his way into the more grouse-like habitat. As the first rays of the late sunrise came over the gray bank to our east, the gurgle of a sharptail grouse erupted from my feet and the bird took to the wing, going low over the golden wheat stubble. Behind it, my dog bounced a few times as the sharptail refrained from gaining altitude and positioned itself conveniently just above the golden ears of my lab. I steadied for a shot that wouldn't come and my dog scuttled after it, and despite the growing distance between the two, the altitude never increased. I clicked the safety back into place on the tang of the small scattergun and called the dog back as the bird disappeared over the slight rise in the field.

"That one knew what he was doing," I said with a laugh as my dog turned to try and find his target.

It would be the only grouse that would get up within range, and one of three we would see on our opening day adventure which filled a quick two hours with all sorts of other wild sights: a group of young pheasants on the walk back to the truck, a pronghorn buck standing along the field edge as we pulled out, and a skunk that seemed to be content to wander in circles at the turn toward the parcel, as he was there when we arrived and when we departed. As the heat built and I cranked down the backseat windows for my dog to hang his head out. I reached back and patted his oversized melon and recalled that sometimes the most memorable shots – and the best ones in the grand scheme of things – can be the ones we don't take...in our outdoors.







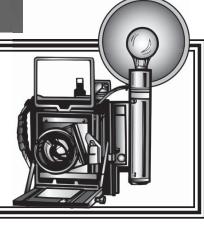
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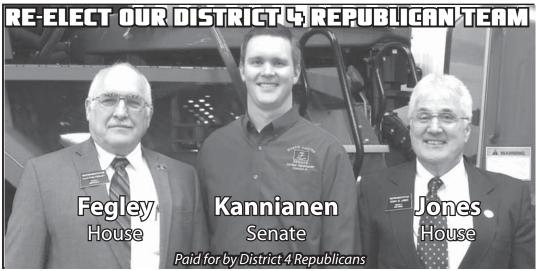
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- **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800 658-3485 when you want to report problems.

ANNOUNCEMENTS

WANT TO SAVE some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call 701-463-2201.

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 5pm. CT at St. Paul Lutheran Church 794-3381; in Garrison, Thursdays at 8 pm at SACA Lodge, 11 Central Ave NW (1 block west of auditorium); in Washburn Sundays at 7 pm. First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 pm at Sacred Heart Church (734-6533). Open meeting Butte, call 626-7402 or write Box 244, Butte, ND 58723; in McClusky at Grace Lutheran Church, 402 4th St. W, Sundays at 8 pm. Positive Changes NA, Fridays at 7 pm, Washburn United Methodist Church 701-460-0663.

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The Leader-News has an immediate opening for a front desk office associate. Duties include helping customers, answering phones, placing orders, general billing, proofreading and other office duties. Flexible position for anyone detail oriented, minimum of 20 hours per week with a full-time opportunity for the right candidate. To learn more, contact Alyssa at news@bhgnews.com or call 701-462-8126 office at 607 Main Avenue, Washburn, ND 58577

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NDGF News

Upland Bird Numbers Improving

North Dakota's roadside surveys conducted in late July and August indicate pheasant, sharp-tailed grouse and gray partridge numbers are up from last year.

State Game and Fish Department upland game biologist RJ Gross said results of the annual upland late summer counts brought some good news. "We had good residual cover to start the year, and good weather for nesting and brood-rearing," he said. "There were some areas that experienced abnormally dry periods throughout the summer, but nesting appeared to be successful."

Total pheasants observed per 100 miles are up 38% from last year, but 14% below the 10-year average. Broods per 100 miles are up 30% from last year and 16% below the 10-year average. Average brood size is up 10% from 2019 and 5% below the 10-year average. The final summary is based on 275 survey runs made along 100 brood routes across North Dakota.

"While these numbers are encouraging, it's important to remember that bird numbers in the last five years have been lower than what upland game hunters have been used to for many years, due to changing habitat conditions and the drought of 2017," Gross said. "For context, these numbers put us about half-way back to where we were prior to the 2017 drought. Local populations are building back up, but they are not at the point yet of spreading out into new territories. Hunters will need to find localized hotspots of pheasants."

Observers in the northwest counted 12 broods and 91 pheasants per 100 miles, up from five broods and 39 pheasants in 2019. Average brood size was six.

Results from the southeast showed five broods and 41 pheasants per 100 miles, down from six broods and 51 pheasants in 2019. Average brood size was five.

Statistics from southwestern North Dakota indicated eight broods and 70 pheasants per 100 miles, up from six broods and 41 pheasants in 2019. Average brood size was six chicks.

The northeast district, generally containing secondary pheasant habitat with lower pheasant numbers compared to the rest of the state, showed three broods and 22 pheasants per 100 miles, compared to three broods and 15 pheasants last year. Average brood size was six.

Sharptails observed per 100 miles are up 54% statewide, and partridge are up 45%.

Brood survey results show statewide increases in number of grouse and broods observed per 100 miles. Observers recorded two sharptail broods and 21 sharptails per 100 miles. Average brood size was six.

Although partridge numbers have shown a slight increase, Gross said most of the partridge harvest is incidental while hunters pursue grouse or pheasants. Partridge densities in general, he said, are too low to target. Observers recorded one partridge brood and 10 partridge per 100 miles. Average brood size was 10.

The pheasant season opens Oct. 10 and continues through Jan. 3, 2021. The two-day youth pheasant hunting weekend, when legally licensed residents and nonresidents ages 15 and younger can hunt statewide, is set for Oct. 3-4.

The grouse and partridge seasons opened Sept. 12 and continues through Jan. 3, 2021.

Water Recreationists, Property Owners Asked to Help Search for ANS

The North Dakota Game and Fish Department is asking water recreationists and property owners to check for zebra mussels and other aquatic nuisance species when removing boat lifts, docks and other equipment from state waters.

ANS coordinator Ben Holen said zebra mussels attach to hard surfaces that are left in the water for long periods of time, first settling in tight spaces and areas that are protected from sunlight. He said this is a great opportunity for members of the public to assist in ANS detection efforts because the earlier a new ANS infestation is detected, the better the chance to contain the spread.

"It makes it easier to do a thorough search on equipment when it's taken out of the water in fall," Holen said. "Pay special attention to wheel wells, right angles on frames, and areas otherwise protected from sunlight. Feel for attached organisms that have small hair-like structures holding them in place. Small mussels can feel like rough sandpaper, and adults can be as large as 2 inches long."

Holen said if you think you've found a zebra mussel, take pictures, write down any relevant information, such as how many were found and where, and report it online at the Game and Fish website gf.nd.gov/ans, or email Holen at bholen@nd.gov.

Zebra mussels are native to the Black and Caspian seas and were introduced to the United States in the mid-1980s. Since then, they have caused massive damage to infrastructure, increased costs to electric and water users, and altered the ecosystems into which they were introduced. They were first discovered in North Dakota in the Red River in 2015 as a result of downstream drift from infested Minnesota lakes. Most recently, zebra mussels were discovered in Lake Ashtabula in 2019, and Lake LaMoure earlier this year.

"Water recreationists and property owners play a vital role in ANS prevention," Holen said. "Equipment such as boat lifts and docks are high risk vectors for spreading ANS, especially zebra mussels. When transporting boat lifts or docks, thoroughly inspect, and dry for three weeks before placing in a different waterbody."

Wildlife Photo Contest Deadline

With the October deadline for the North Dakota Game and Fish Department's Watchable Wildlife Photo Contest nearing, photographers are reminded to follow the guidelines for submitting entries.

Photographers who want to submit photos to the contest should go the Game and Fish Department's website, gf.nd.gov/photo-contest. Then it is a matter of providing some pertinent information about the photo and uploading it.

Doing so helps both with ease of submitting photos for the photographer and managing those images for Game and Fish staff.

The contest deadline for submitting photos is Oct. 2. For more information or questions, contact conservation biologist Patrick Isakson at pisakson@nd.gov.

The contest has categories for nongame and game species, as well as plants/insects. An overall winning photograph will be chosen, with the number of place winners in each category determined by the number of qualified entries.

Contestants are limited to no more than five entries. Photos must have been taken in North

By submitting an entry, photographers grant permission to Game and Fish to publish winning photographs in the North Dakota OUTDOORS magazine, and on the Department's website.

The Sheridan Memorial Home is seeking a motivated and determined individual for the Administrator position of the facility. We are a 16-bed basic care facility located in McClusky, ND. Working with the elderly is an extremely rewarding job, and this job allows you to get to know each of your residents on a personal level. Having a background in the medical field and experience with Microsoft Quick Books are both a benefit, but are not required. Please contact Janice Erdmann with questions and for an application at (701) 884-2566. Please mail completed application to Janice Erdmann, 207 1st St., Denhoff, ND 58430. Applications must be received by October 2.



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NOTICE TO LANDOWNERS

Notice is hereby given to all landowners and renters in Sheridan County to cut all weeds and grasses along the shoulder right of way on township roads adjoining their land by October 1, 2020 as provided for in section 63-05-01 and 02 of the North Dakota Century Code. If weeds and grasses are not cut by this time, the Sheridan County Commission will instruct the County Road Crew or Organized Township to cut weeds. The cost of cutting such weeds and grasses in each township will be charged \$125.00 per mile and such charges shall become part of the taxes to be levied against such land for 2020. Notice is also given to all landowners and renters that no electric fencing is allowed along shoulder right of way on township or County roads and removal of bales along road right of way must be removed by November 1, 2020 or bales will be burned. Removal of any equipment along road right of way must be done by November 1, 2020 also or equipment will be towed and cost of towing will be charged to the equipment owner. By order of the Board of Sheridan County Commissioners this 1st day of September, 2020.

> Sheridan County Commissioners MICHAEL AXT, CHAIRMAN SANDRA FELCHLE SHANNON DIETERLE

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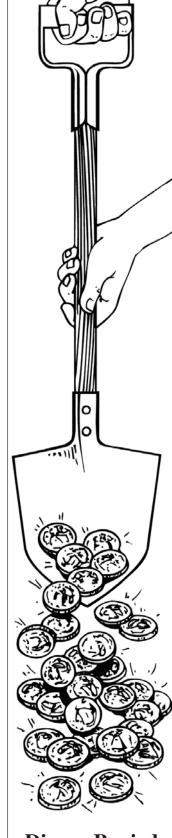
will be postponing the annual meeting until further notice due to Covid 19

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