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Would You Plant a Bee Lawn?

DAKOTA GARDENER

By Esther E. McGinnis, Horticulturist
NDSU Extension

When I was growing up, my father wanted to have the perfect, weed-free lawn. I remember him spending hours mowing, fertilizing and spraying 2,4-D.

The lawn was good enough to win the local newspaper's yard of the week competition. However, my father was never successful in eradicating the white clover in our backyard. I was fascinated by the bumble bees that visited the white blossoms.

Fast forward to 2022. In the years since my childhood, the turf industry has developed more effective lawn herbicides for residential yards. In my neighborhood, I can't think of a single lawn that has white clover. While the lawns are all perfectly green, there is something missing—bees.

We've been conditioned by lawn companies to think that a healthy lawn is synonymous with a solid green carpet. In reality, a green monoculture is like a desert for our pollinators. Pollinators need flowers that produce nectar and pollen to survive. Our bee populations have been shrinking because there are fewer flowers in

lawns, fields and ditches.

What we do in our yard matters by virtue of the large area that lawns occupy. Turfgrass is the single largest irrigated crop in the United States. Collectively, Americans grow enough turfgrass to equal the land area of Texas. This area is just slightly less than U.S. wheat acreage.

Turfgrass researchers are now advocating that homeowners plant special bee lawns to provide pollinator habitat. These are special turfgrass mixtures that contain fine fescues and short-growing flowering species like white clover that will provide nectar and pollen for pollinators. For example, the University of Minnesota is recommending the incorporation of white clover, creeping thyme and self-heal into turfgrass.

The psychological barriers to planting a bee lawn can be daunting even in a horticulturist's household. When I mentioned planting a bee lawn, my husband was hesitant. What will the neighbors think? Will the clover make the lawn look unkempt? Will we still be able to spray herbicide to keep the dandelions under control?

Many individuals will have concerns and questions.

That's why North Dakota State University is trialing bee lawns in the Horticultural Research and Demonstration Garden on campus. Three separate bee lawn mixes were sowed last summer and will be available for the public to visit this summer along with other turfgrass plots.

I am going to trial a small patch of bee lawn in our backyard. If you are hesitant like my husband, the key is to start small. We are going to plant a 100 square foot patch and evaluate how it does.

We like our neighbors and will communicate our objectives to them. If one of our neighbors has a bee allergy, we will be considerate. One of our neighbors really does prize the perfect green lawn. Therefore, it would probably be better to locate our bee lawn on the other side of our yard.

Bee lawns are a major paradigm shift. We'll start small and be respectful of our neighbors.

For more information about gardening, contact your local NDSU Extension agent. Find the Extension office for your county at <https://www.ag.ndsu.edu/extension/directory/counties>.

News Theft

DAKOTA DATEBOOK

Dakota Datebook written by Jayme L. Job

February 10, 2022 — Fargo newsboys were shocked to learn of a betrayal among their own ranks on this day in 1907. A bundle of newspapers had been stolen from the depot of the Great Northern station on this evening, and several of the city's newsboys were under suspicion for the act. The Fargo 'newsies' had "long enjoyed a most enviable reputation for honesty and the theft of [a] bundle of newspapers by

one of their number caused considerable alarm." The newsies were insistent on finding the culprit, and actively sought out leads on the case.

Finally, on February 12, police apprehended a Moorhead youth for the act. The boy claimed that he had sold the stolen papers, but that he had purchased them from another newsboy. As the boy could not "establish the identity" of the mystery-seller, he was held accountable for the act, and the Fargo newsies celebrated

the justice system that cleared the name of their honorable profession.

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



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FROM THE FRONT PAGES

Stories you may have missed in last week's BHG newspapers

'We're living our American dream'

When Ivy Bicknese learned that she was assigned to work in North Dakota, she cried.

Originally from Manila, Philippines, Bicknese was a student in Massachusetts when she learned that through her contract as a nurse, she was destined for the Peace Garden State. During a telephone conversation, her mother told her that if she wasn't happy, she could come home.

However, Bicknese followed through with her contract. And she's glad she did.

"I like the small town," Bicknese said, noting that it makes her feel at home.

McLean County Independent

Residents, officials react to wind project

Plans for a wind project in McLean County came as a surprise for both residents and local officials last week.

"We are on the same page as you guys," McLean County Commission Chairman Barry Suydam said this week. "We found out when you did."

Suydam said the county commissioners, which meet next Tuesday for the first time since the announcement of the Discovery Wind Project planned for McLean County, needed to learn more before making any decision or statement.

"We need to figure out what the details are and what they're planning," Suydam said.

The commissioner did recognize that the project may be facing an uphill battle when it came to putting up wind turbines in the county.

"They're not real popular to have in your backyard," Suydam said.

Central McLean News-Journal

Community weighs in on superintendent search

After a full day of interfacing with classified personnel and students, representatives from Dakota Leadership Solutions met with community members on Jan. 19 in hopes of eliciting their thoughts and preferences pertaining to the hiring of Washburn School District's new superintendent.

On hand to evoke public feedback were a team of former and current superintendents, Dr. Brian DuChscherer, Dr. Nancy Bollingberg and Dr. Mike Bitz, who reported a few of the challenges in finding a qualified pool of applicants to a small crowd inside the old gym.

Said Bitz: "it's getting harder and harder to get people to apply for any job, whether it's a bus driver, cook, para, teacher. I often say, the best person for the job is the person who isn't looking for a job right now. We pride ourselves in making some phone calls, twist some arms to get people to apply - and even that's hard."

The Leader-News

CALENDAR

February 7

The Washburn City Commission will hold its regular scheduled meeting on Monday; February 7, 2022 at the City Hall at 6:30 PM. The public is invited to attend.

February 8

WAIA meeting 12 p.m. at Washburn City Hall

February 10

Open-Door Community Kitchen, Turtle Lake Senior Center - 4:30 p.m. to 6:00 p.m.

February 26

Open-Door Community Kitchen, Turtle Lake Senior Center - 11:30 a.m. to 1:00 p.m.

Washburn American Legion & Auxillary will meet Tuesday. Social at 6:30 p.m. and meeting at 7:00p.m.

The Community Clothing Share Exchange will be open each Thursday from noon to 6 p.m. at 221 Main St., Turtle Lake.

The Community Cupboard of Underwood will be open Jan. 22 & Feb. 5 from 10 a.m. - 12 p.m. All in need are welcome to receive. 208 Lincoln Ave, 701-595-0320.

Library Hours:

Washburn Public Library - Monday-Thursday 10 a.m. to 6 p.m., Saturday 10 a.m. to 1 p.m.

Underwood Public Library - Monday, Wednesday and Friday -10 a.m. to 3 p.m. -Tuesday and Thursday 1 p.m. to 6 p.m.

Turtle Lake Public Library - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.

If you have a calendar submission please send to leadernews@westriv.com and label "Calendar Event" in the subject line. Thanks!

MEALS ON WHEELS

Feb. 7: Chicken bacon ranch, green beans, baked sweet potato, peaches.

Feb. 8: Pizza casserole, lettuce salad with dressing, whipped fruit cup, garlic toast.

Feb. 9: Fish, seasoned rice, five way vegetable, mixed fruit, brownie.

Feb. 10: Stuffed pasta shell with meatsauce, vegetable blend, 7 layer salad, pineapple chunks, breadstick.

Feb. 11: Cheese burger deluxe on a bun, lettuce, tomato, onion, corn, tater rounds, fruit cocktail.

HR Bill No. 2593 DAKOTA DATEBOOK

Dakota Datebook written by Christina Campbell

February 11, 2022 — In 1861, Dakota Territory included portions of present-day Montana, Idaho and Wyoming. As each region became separate territories, it appeared that the borders of the three future states failed to join, leaving a triangular section between Montana, Wyoming and Idaho that still belonged to the Territory of Dakota.

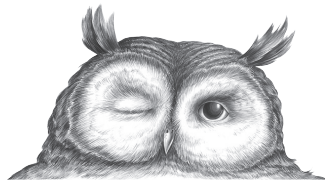
Land office maps from the 1860's marked this area as almost 100 miles wide and 35 miles deep. On this day, February 11, 1873, the United States Senate approved HR Bill No. 2593 adjoining this triangular remnant of Dakota Territory to Montana. President Grant signed the bill

six days later.

Soon after, a partial survey of the area revealed that such an extensive area could not have existed. In the end, Montana acquired an area a mere four miles long and two miles deep where it touches Wyoming's northwest corner. Most of the area lies within the boundaries of Yellowstone National Park.

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

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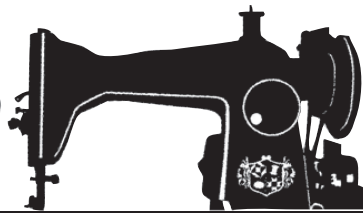
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BY DEAN MEYER



Hello,
I'm a patient man. I'm much more patient than I was 30 or 40 years ago. I used to blow up at the smallest things. Not animals. Well, once in a while. Not people. Well, occasionally. But I'd get mad at inanimate objects.

I could throw a chain saw farther than some people can throw a football. I could take a hammer and beat on a rusty bolt until my hands were raw. I could stub my toe and throw a chair across the living room. I could turn into the Incredible Hulk and destroy a chain that pinched my fingers.

But over the years I've mellowed. I don't often get mad. But when I do... I may get mad at my partner in pinochle. I may get upset at the wire stretcher if that little spring falls off and it won't grab the wire. But I know now to replace the spring, rather than throw the stretcher in the briar patch.

HAT TIPS

Water park

This weekend, for a brief instant I lost it. Only for a brief instant.

We were at the stock show in Rapid City. So was most of the planet. It was crowded with people. I mean shoulder to shoulder. The Cowboy Bar, where I usually meet friends and reminisce about how great we once were was hot and crowded. The music was loud. I suppose thirty or forty years ago, I would have thought it was a heck of a deal. I had one beer with some friends and decided I would rather go sit by the pool at the motel and relax. I could grab a cool drink, enjoy watching the grandkids, and visit with some neighbors and friends. Sounds good doesn't it.

Jen called and asked Shirley and I to bring some bottled water to the motel so they could take it up to the room or poolside. I've good kids. They drink water. We stopped at a convenience store and bought a few bottles of water. I could envision my kids floating around the pool, while I sat by an umbrella and sipped on an adult drink. And talked about how great we once were.

I walked into the pool area. My God! There were a thousand screaming kids. There were at least five hundred that looked like my grandkids. The waterfall was roaring. The thousand kids. No, two

thousand kids were screaming. The river was flowing. It was steaming hot. And I had my winter coat on! There was no empty table to sit down and talk about how great I was. People were hollering and waving and climbing stairs and coming down the water slide and frogs were spraying water and the floor was slippery and it was hot and steamy and I started to get claustrophobic and hyperventilating.

Shirley has seen this before. I started to turn green and trembling. There were fat kids and skinny kids. Big kids and little kids. There were at least five hundred that looked like my grandkids. I lost it. I threw my sack with the bottled water down and the bottles skidded across the floor and hit an elderly lady in the ankle. She turned and looked at me and I quickly pointed at this fat little kid that was standing beside me. She just glared at him and didn't hit him. Thank goodness.

Shirley walked over and apologized and picked up the bottles and came back to me. She had that look in her eye. You know. That look.

"Will you ever grow up?"
Damn, I hope not. And I'm not going back to the water park either.

Later, Dean

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The King's Man, R

In the early years of the 20th Century, the Kingsman Agency is formed to stand against a cabal plotting a war to wipe out millions. 2 hrs. 11 min.

Feb. 4 & 5..... 7:30 p.m.

Moonfall, PG-13

A mysterious force knocks the Moon out of its orbit around Earth and sends it hurtling on a collision course that could end life as we know it. 2 hrs. 11 min.

Feb. 25 & 26..... 7:30 p.m.

The King's Daughter, PG

King Louis XIV's quest for immortality leads him to capture and steal a mermaid's life force, a move that is further complicated by his illegitimate daughter's discovery of the creature. 1 hr. 30 min.

March. 4 & 5 7:30 p.m.



Washburn Lions Sized Breakfast and Bake Sale

The Washburn Lions are hosting the Annual Bake Sale Breakfast, Sunday February 6th at the Washburn Memorial Building, upstairs from 10 a.m. until 1 p.m.

The Lion Sized Breakfast Menu is **NEW** to include hand sliced ham, eggs, cowboy fried potatoes, french toast, corn bread, coffee cake juice, coffee and more. The breakfast is a free will offering.

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OUR OUTDOORS

Help From My Friends



BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

A heightened wind gust flapped at the canvas of my flipover shack as my youngest son, Jackson, sat next to me sounding out the longer words in his brother's book which I had tucked into the pocket of my ice fishing jacket and provided to him after our run of fishing had quieted down some and the in between doldrums settled in.

My older son, AJ, had found a spot between my brother and my buddy helping to reel in the last flurry of perch that had rolled through as the northwest wind peaked in the middle of the final Saturday of January. Waiting on one more school to move in, I nervously watched the screen of my sonar hoping that our shortening window of time would provide one more blast of action.

Helping Jackson through longer words like "noticed" and "promised" on the brightly colored pages of the hardcover comic book about a policeman dog and an artist cat and dozens of other animal characters, I listened as he handled most of the other words with relative ease, sounding them out when needed.

Meanwhile, my older boy requested a playlist from his uncle, and soon the biggest pop

hits of the 2010s were playing in the adjacent canvas flipover, just audible over the rushing wind and the whipping fabric. He had found his spot in the neighboring shack, thanks to a solid run of black-striped fish and the urgent call for his help stemming from the suggested inability of the two well-seasoned adult anglers to manage all of the incredible action going on in the house, with bobbers popping and their jigging rods already doubled over.

The sense of his importance in the moment was not lost on him as he shouted his tally and its upward trend as a few singleton perch roamed through the area and he continued to uphold his reeling duties on the bobber rods. The ages of eight and five certainly help build sibling rivalry, and suddenly – in addition to height, speed, distance jumped and how high one can count – the number of fish in a bucket became a brotherly measuring stick.

Traded elbows, near contact (but not actual contact) with index fingers and ratcheted-up namecalling led to competition in the blowing snow outside the shack to see who could move more slush with an ice scoop. All those however changed with an invite of one kid into one shack, and the other joining my team as we hunkered over our holes and set our hooks. That help from my two most regular fishing buddies would have made the day a success in itself, but the fun continued as the zoomed-in side of my Vexilar screen turned red and pink when a new cloud of fish moved in.

"The wall is back," I shouted

as our bobbers disappeared and my jigging rod bent with a none-too-subtle strike. Jackson was bringing up his biggest fish of the day as my float went below the bottom of the ice. I grabbed it and handed it to him as soon as he was done with the first one and he reeled in a matching fish as I landed a slightly smaller one. AJ's shouts of excitement could be heard as well through the wind tunnel between our shacks as a sizeable group of fish settled in.

By the end of it, six jumbos were stacked to my right on the inside of the sled, and we had released at least that many more in the blur of bobbers, rebaiting and shouts of growing totals that rivaled Gimli and Legolas at the Battle of Helm's Deep.

After the final round of excitement, I managed one more fish and as AJ came over to confirm his brother's count was accurate, I handed him the perch, requesting that he add it to the bucket. "Okay, but this counts as another one for me," he bargained, explaining that technically he was the one who was putting it in the pail. With a laugh, we began to wrap up our day on the ice, many hands making for lighter work as we packed up and daisy-chained our sled houses and my brother towed us back on his snowmobile to the access point on the prairie lake.

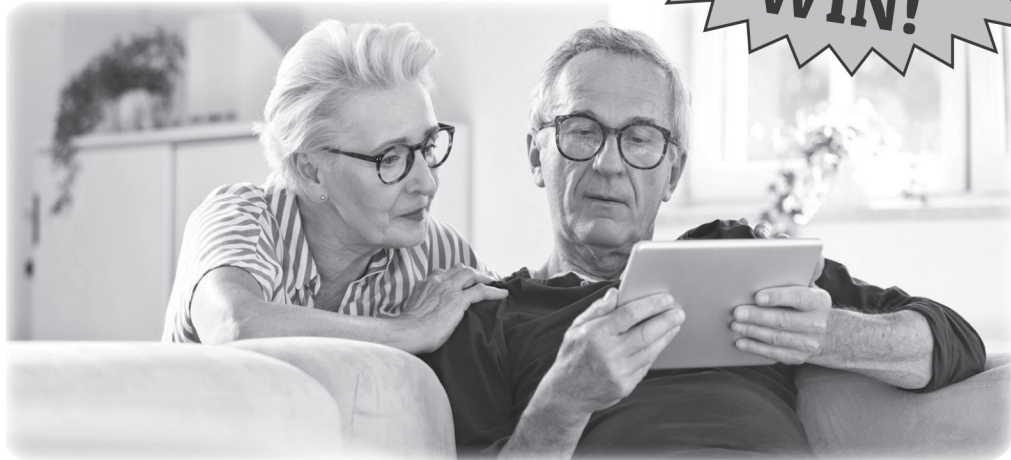
It was a team effort filled with fun fishing, memories made, and ongoing contests that will continue into the future, made possible through the helping hands of good friends ... in our outdoors.

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Country Kitchen Recipes

BROWNIE SNICKERS OVERNIGHT OATS

By Oats Baker

Ingredients

- 1/2 banana (or 40 g yogurt)
- 1/2 c rolled oats
- 1 tbsp maple syrup/ sweetener
- 1 tbsp cocoa powder
- 1 tbsp peanut butter
- pinch salt
- 1/2 c nondairy milk
- 1/2 tbsp peanut butter (topping)
- 1 tbsp chocolate chips

Directions

Combine in a bowl mashed banana (or yogurt) with the oats, maple syrup (or sweetener of choice), cocoa powder, nut butter, pinch of salt. Add nondairy milk and stir to combine.

Refrigerate for at least 3 hours or overnight.

Serve with peanut butter and chocolate chips.

SALTED TAHINI CHOCOLATE CHIP COOKIES

By Vegetarian Ventures

Ingredients

- 1 1/2 cups all-purpose flour
- 3/4 tsp baking soda
- 1/2 tsp fine salt
- 1 stick unsalted butter, at room temperature
- 1/2 cup tahini
- 1 cup packed brown sugar
- 1 egg
- 1/2 tsp vanilla extract
- 1 cup semi-sweet or dark chocolate chunks
- thick sea salt

Directions

Preheat oven to 375 degrees F and line a baking sheet with parchment paper. In a medium bowl, whisk together the flour, baking soda, and fine salt. Set aside.

In the bowl of a stand mixer fitted with a paddle attachment, beat the butter and brown sugar on medium-high speed until pale and fluffy. Add tahini, egg, and vanilla and beat until incorporated. Reduce speed to low and add in the dry ingredients beating until combined. Use a spatula to fold in the chocolate.

Use a 1-inch scoop to scoop out dough into balls onto prepared baking sheet, keeping 2 inches between each cookie. Repeat with the rest of the dough and then sprinkle thick sea salt over the cookies.

If baking right away, transfer to preheated oven and bake for 12 to 15 minutes or until brown around the edges. Let cool on pan for 10 minutes and then serve.

Alternatively, transfer dough balls into the freezer for one hour and then transfer all the dough into a freezer bag, seal, and store in the freezer for up to 3 months. When wanting one, just bake at 375 for 15 to 18 minutes.

HAVE A RECIPE YOU WANT TO SHARE?

E-maileditors@bhgnews.com or give us a call at 701.462.8126 with your ingredient list and directions, and we'll include it in a future recipe column! We would love to share local, homestyle recipes from our readers.



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Try These Tips to Avoid Winter Dehydration

PRAIRIE FARE

By Julie Garden-Robinson, Food and Nutrition Specialist NDSU Extension

I was getting a little worried. I could not hear the grumbling sound of the snow blower.

Our driveway and sidewalks were covered with a mountain of snow that drifted in after the latest blizzard.

I poked my head out the front door to check on my husband. He had been outside for more than two hours clearing snow in subzero temperatures.

"Are you OK?" I asked.

"I am almost done out here," he replied as he leaned on a shovel.

His scarf, stocking hat and hair were frozen, and his clothes were covered in snow. He looked like a snow man, or maybe an ice man.

"The driveway and sidewalk are good enough," I announced. "Come inside and warm up."

When I saw my frozen

husband, I felt guilty about basking in the warmth of our home. I should have "suited up" in all my winter gear and helped.

I was making soup and bread, so that provided a little comfort, anyway. My husband was thirsty after working outside in the cold so long.

Our North Dakota winter has been more challenging this year than the past few years. We may not realize how cold temperatures and exertion can affect the hydration status of our body. We tend to be more aware of our thirst and need for liquids in the summer when the weather is warm.

Depending on our age and other factors, our bodies are made up of about 60% water regardless of the season.

During the winter, our bodies work to retain the heat in our body's core, where our vital organs such as heart and lungs are, instead of our feet

and hands.

We bundle ourselves in layers of heavier clothes, including sweaters, coats and perhaps, heavy boots. We may not even realize that we are perspiring.

We go from one heated area to another heated area for survival. We travel with our vehicle heaters blowing hot air at us. All that dry air tends to dehydrate our skin.

In the winter, we are losing a lot of water as we breathe in the cold outdoor air and exhale. When you see your breath, that is a signal that water is leaving your body, forming a vapor.

Our level of hydration affects our ability to think and make decisions. We might feel irritable, tired and/or have headaches even with mild dehydration. Our skin may be flaky and itchy.

What's a person to do?

Let's start with our skin. Remember to wear a

moisturizing broad-spectrum sunscreen on your face, nose and other exposed skin because sun can damage your skin even in the winter.

After coming inside from the cold, you may be tempted to take a long, hot shower, but that may not be particularly helpful. A shorter shower followed by applying lotion to damp skin can help keep your skin healthy.

Next, hydrate your body from the inside. Our body needs an ongoing supply of liquid in order to flush wastes from our body, carry nutrients throughout the body and to regulate our body temperature and many other functions.

Even if you do not feel thirsty, drink more fluids and enjoy water-rich nourishing foods such as fruits and vegetables in the winter. Keep a water bottle with you and sip all day. We need at least two quarts of water a day from beverages and foods.

Remember that you have a "personal hydration meter" available every time you visit the bathroom. Check out the color of your urine. It should be a pale, straw-like color if you are fully hydrated. However, some foods (such as beets and berries) and medications can affect the color of urine.

Warm beverages may be more appealing in the winter than cold beverages, but both will hydrate you.

Caffeinated beverages such as coffee are slightly dehydrating, so you might want to switch to herbal teas or decaffeinated coffee in the afternoon if you need a caffeinated pick-me-up in the morning.

Alcohol-containing beverages are not hydrating and can have a "diuretic" (or water-losing) effect. Be sure to counterbalance caffeinated and

alcohol-containing beverages, if you consume them, with extra glasses of water.

Here's a simple recipe that you can modify to suit your taste for sweetness. The basic ingredients may have some health benefits in addition to hydrating your body.

Honey is rich in natural disease-fighting antioxidants, and darker honey provides more antioxidants than light. Honey has been used as a cough suppressant, and it may have some immune-boosting effects.

Lemon juice is rich in the antioxidant vitamin C, which may help fight colds through its effect on boosting the immune system.

Ginger root adds flavor to your beverage and is rich in antioxidants with potential disease-fighting benefits.

Honey, Lemon and Ginger Tea
 1 cup hot water
 1 tablespoon fresh lemon juice
 1 tablespoon honey
 1 small slice peeled ginger root (about 1 teaspoon)

Heat water. Add lemon juice, honey and ginger root, if desired. Stir well to dissolve the honey. Allow to stand a couple minutes to blend flavors. Remove ginger and savor the warming effect.

Makes one serving with 70 calories, 0 grams (g) fat, 0 g protein, 19 g carbohydrate, 0 g fiber and 10 milligrams sodium.



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

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Helping words



BY FR. BASIL ATWELL

Words matter. That's why the name of this weekly column is "Helping Words;" and the following should be just that. Words really do matter. Are we spiritual persons? Or are we religious persons? Is our religion solidly Christian? Has it been watered down by secularism? Does it really matter to my heaven, and yours? I believe so.

In his timeless words to all believers in the Lord Jesus Christ, Saint Paul once wrote the following: No one lives for oneself, and no one dies for oneself.

For if we live, we live for the Lord, and if we die, we die for the Lord; so then, whether we live or die, we are the Lord's. and that we "shall all stand before the judgment seat of God." In this passage to converts in Rome, Saint Paul also reminds us who claim to believe in Jesus that we will one day all stand before the Lord and "each of us shall give an accounting of himself to God."

These words should not frighten us. What should give us pause, however, is the prospect of not preparing for that imminent meeting with God. A sure way of not finding our way to Heaven is to trip up over obstacles that the evil one throws down in front of us. Most might think I am talking about those obvious sins that cause one to stumble. No. I am not speaking about sins of the flesh, stealing, lying, murder, and all that.

I am speaking about something much more subtle, something which most people are rather blind to in our world today; something that really could cause us to miss out on the world to come. Christians of old were perhaps much more aware of this than they are today, so blinded have most of us become.

Have you ever noticed that the word "religion" has taken on a negative connotation? Men and women who claim to be "pastors" will use terms like "institutional church" and "established

religion" as if it were a kind of spiritual leprosy. And the word "spiritual" all by itself has become something of a praiseworthy notion.

We should reflect on what has happened as a result of the playing down of one over another today, and what it has done to western society in general. This reflection could matter to your heaven.

Religious and Secular. These are two different words with entirely different meanings, yet inextricably connected; two words that we must unpack because the minions of Satan use them a lot.

The term religious has the connotation of living out that which I believe to be true. I mean, even a self-professed atheist can be a religious zealot! The radical atheist will do anything to bring other people into his godless belief and convince unwitting victims to live out that belief in their life: the belief that there is no God.

So, how are you religious? How do you live out in your body that which you believe? It is very important that you and I answer that question before God.

Some people will tell me with a straight face that they are "spiritual but not religious." Over the past forty years of my life, I have been trying to get folks who say such things like this to understand how absolutely ignorant they sound when they say, "I'm spiritual but not religious."

Spiritual but not Religious? That's like saying I prefer summer but I despise warmth, or I love winter, but I despise cold. I'm telling you folks, summer's heat and winter's cold go together, and unless you live on the equator, there's nothing you can do about that!

There is no such thing as being spiritual without being religious. Just because you avoid going to a building with people in it singing and offering themselves to God, you are not avoiding being religious. In fact, by doing that, you are religiously acting out what you unfortunately believe about "religion." And thus, your spirit may well be in trouble. And if your own spirit is in trouble, so, too, is your body and soul.

The term secular has the connotation of "worldly." A Secular man worries more about his 401k than he does

about his own soul. He might, too, avoid a church full of people singing and offering themselves to God in worship. Why? Because he doesn't realize that all he has is a gift from God; and in a matter of one second, he could be separated from all of it... forever. And if he persists in living out his idolatry to money and things, he could lose even his loved ones...for all eternity.

A religious man, who happens to have a healthy 401k, knows that all he is and all he has is a gift from God and belongs to God's poor ones; and ultimately even he himself belongs to God whom he serves. So, in his spirit, formed by a solid faith, a man who is both spiritual and religious moves about in a secular world and religiously gives thanks to God and shares what he has as a sign of his belief in Jesus Christ.

Words definitely matter. Are we spiritual persons? Or are we religious persons? Is our religious spirituality solidly Christian and lived out religiously? Or Has it been watered down by secularism?

The Secular world seeks always and everywhere to defeat the religious world of Christ and it seeks to crush the Kingdom of God. Pope Pius IX noticed what I have also come to notice over the years. He said, "Secularism is the direct denial of the Kingship of Christ. By organizing social life as if God did not exist, Secularism leads to apostasy of the Masses and the ruining of society."

If we understand the need to be truly religious, then we understand that our spirituality matters to the way God-given grace helps us avoid all those other pesky tricks of Satan and thereby avoid sins that hurt souls and harden hearts along the way.

We might want to reflect on this and be convinced that it is a very good thing to be souls formed both religiously and spiritually in Christ, awaiting the Kingdom of Heaven.

Truly, words do matter. Are we religious persons? Or are we only spiritual persons? The answer we give truly matters.

Fr. Basil Atwell serves the community at St. Nicholas Catholic Church in Garrison, Immaculate Conception Catholic Church in Max and Sacred Heart Catholic Church in White Shield.

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Application Deadline: Friday, February 18th.

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THE BOARD OF SHERIDAN COUNTY COMMISSIONERS will be accepting applications for a Road Foreman. Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 PH# 701-363-2205 or at the County website: www.co.sheridan.nd.us Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. March 4, 2022.

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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.

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1-e-tfn-nc 58540

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46-TFNP 58540

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38-TFN 58540

LIVESTOCK

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43-TFN-E-X 58577

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- **Laundry Aide**
- **Housekeeper**

\$3000 SIGN-ON BONUS

Apply at www.blcgarrison.com

Call Jill Borth at (701)463-2226
"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

CHI St. Alexis Health Turtle Lake has the following positions available:

Radiology Technologist

Experience preferred but not required. Contact Brenda 701-448-2331 ext 207.

This institution is an equal opportunity provider and employer.

CHI St. Alexis Health
Imagine better health.™

HELP WANTED

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

RN/LPN - Nursing Facility \$5,000.00 Employment Incentive

For more information call 701-463-6503
Apply online at www.commonspirit.careers

CHI St. Alexis Health
Garrison Hospital
The institution is an equal opportunity provider and employer

GSSC SECURITY OFFICERS

Washburn & Center, ND
Qualified applicants must be professional, punctual, engaged persons with an excellent work ethic. Employment contingent on passing a criminal background check. Please call (218-726-1606) or email Bill (Bill@GSSC.net) for more information.
EOE/AA/Disability/Veterans/M/F Employer
Immediate full-time & part-time openings!

HELP WANTED

CHI St. Alexis Health Garrison Hospital & Nursing Facility

Lab Tech (MT/MLT)
Radiology Tech • Cook • Dietary Aide
Dietary Helper • Housekeeping
CNA • Nurse Aide

Now offering higher starting wages!

CHI St. Alexis Health
Garrison Hospital

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For more information call 701-463-6503.
Apply online at www.commonspirit.careers



Newspaper Editor Wanted

BHG Inc is looking for a skilled and determined individual ready to take on local news for the Central McLean News-Journal. This is a challenging and rewarding position for someone looking to play a big role in an award-winning publication. Paper content ranges from personal features, meeting coverage, local events, sports and more, with something new to cover each week. Duties include covering events, writing content, taking photos, general editing, customer contact and overseeing design of the final paper each week. This local paper has maintained a steady circulation and a loyal readership and is looking for an editor to continue that legacy. Benefits include health insurance, paid mileage for travel, free admission to events and more. Vision and dental are also available. Interested? Contact us at news@bhgnews.com



White Shield School

HELP WANTED



is looking for
ASSISTANT MANAGER
 Full Time
SALES ASSOCIATES
 Full Time or Part Time
 Stop in for an application
 200 5th Ave SE, Garrison

HELP WANTED

Senior Staff Accountant
 Covers both Garrison Hospital and Turtle Lake Hospital financials. Full-time.
 For more information call
701-463-6503 Apply online at
www.commonspirit.careers



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 Garrison Hospital
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CARDS OF THANKS
 \$10 for 50 words or less, 10¢ per word for each additional word.
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 462-8126 • leadernews@westriv.com

HELP WANTED

HOUSEKEEPER
 for the North Shore Inn & Suites Motel.
 Starting at \$13.00/hr.
 Apply within at the



North Shore Inn & Suites
 430 5th Ave SW, Garrison, ND

McLean Electric Cooperative
 -Items For Sale on Sealed Bids-
 We reserve the right to refuse any or all bids.
 Items Are Sold As Is - No Warranty
SEALED BIDS MUST BE RECEIVED BY
FEBRUARY 15 AT 4:00 P.M.
 See photos on www.mcleanelectric.com
 Contact Kelly at 463-6700 if you would like to look at the items. Please mail sealed bids to the following address:
 McLean Electric Cooperative, Attn: Kelly
 PO Box 399, Garrison ND 58540
 Misc Dewalt tools (no batteries); Misc electrical supplies, Pickup Tool Box; Bedslide for pickup box (39.5"W X 58"L, 39.75"H)

HELP WANTED

CHI St. Alexius Health Garrison has the following position available:
Administrative Assistant
 For more information call
701-463-6503 Apply online at
www.commonspirit.careers



CHI St. Alexius Health
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Garrison School District

HELP WANTED

Substitute Bus, Partial Route Drivers & Activity Drivers Needed
\$25.00/hr. Sub & Route
\$16.50/hr. Activities
 For more information call
 701-463-2818 or visit
www.garrison.k12.nd.us
 for an application.

HELP WANTED



Totter Trail BAR & GRILL
 is looking for
SERVERS
 Apply in person or call 701-337-2070
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To place a classified ad call 462.8126 or fill out the form online at bhgnews.com


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 THE MEADOWS
Neighbor Assistant /CNA
Full time with great benefits.
 If you enjoy working with people we have a great team. If you are not certified we will help you get certified!
 Apply online at
www.blcgarrison.com
 Call Jenni Bakken for more information.
(701)463-2226
 "EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

Garrison Public Schools
 is accepting applications for
Full-Time Custodian
 We are seeking applications for a full-time custodian. Starting pay is \$15/hour plus full benefits and leave time. The hours are 2-10 p.m. with duties in both buildings. Training will be provided and must be able to lift 50 pounds. To apply, please submit an application on our website to Dr. Klemisch at
Nick.Klemisch@k12.nd.us
 or fill out an application at the high school.

Coaching Positions Available at GHS
 We are currently seeking applicants for the following coaching areas. Head coaching starts @ \$5,500 for tier I activities with sub-varsity coaches receiving a percentage. Contact Dr. Klemisch or Mr. Ermer at Garrison High School 463-2818 for more info.
Head Track Coach for 2022 Spring Season
Asst. Track Coach for 2022 Spring Season

HELP WANTED



CENEX OF GARRISON
Part Time C-STORE & BAIT SHOP
Days/Nights/Weekends
Stop in for an application.
 Hwy 37 • Garrison, ND

HELP WANTED

CHI St. Alexius Health Garrison has the following positions available:
RN - Acute/ER
\$5,000.00 Employment Incentive
 For more information call
701-463-6503
 Apply online at
www.commonspirit.careers



CHI St. Alexius Health
 Garrison Hospital
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Yellow Peas
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 Inca Spectrum
HRSW
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 ND VitPro
Durum
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 BHG Inc. is looking for a reliable part time employee to fill out its bindery/ mailing/press staff. Work requires standing to sort, insert, package and bundle. Ability to lift 25-30 pounds helpful. Day hours, usually Tuesday, Wednesday, Thursday.
 Apply in person at
BHG, Inc.
 91 N. Main Street
 Garrison

POSITION AVAILABLE

Duties within this position include general knowledge in framing, roofing and siding installation. The right individual needs to be reliable, motivated and **HAVE A VALID DRIVER'S LICENSE**. Wages depend on experience. For more information and to complete an application, contact Darren Lester at 701-460-0001.



DML CUSTOM
 BUILDING & REMODELING
 Washburn, ND
 Darren Lester (701) 460-0001



Customer Sales and Service Representative

WRT (West River Telecom) – a growing telecommunications company

- Is hiring a Customer Sales and Service Representative (job description can be found at westriv.com/about/careers/)
- Reporting location is in the new headquarters building in Hazen, North Dakota

WRT - Where Our Employees Are the Core of our Organization - we offer:

- Competitive salaries along with an excellent benefits package
- Free broadband & voice & a performance incentive bonus

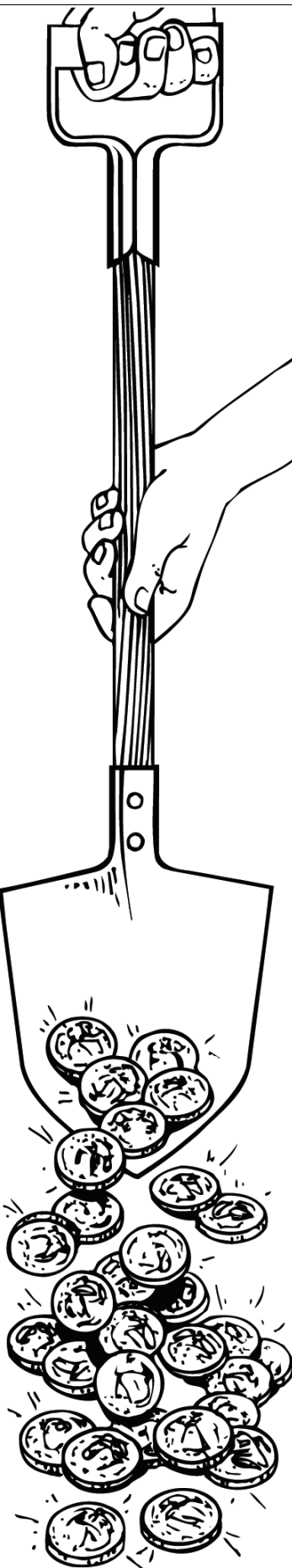
WRT - Is looking for the ideal candidate that:

- Has skill in oral and written communications and can identify problems and prioritize multiple projects.
- Is a self-motivated, passionate about sales, is a problem solver, results orientated, and a team player.
- Is professional, positive, courteous, has good judgement and discretion, and can work independently.

INTERESTED: Complete application online and submit with resume via westriv.com/about/careers/ **QUESTIONS:** Call 701-748-4277

APPLICATION DEADLINE: The first review of qualified candidates will commence on noon on Monday, February 7, 2022. This position will be open until filled.

WRT is an Equal Opportunity Employer



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 Advertise in your local newspaper today!
701.462.8126

South McLean County Soil Conservation District - Seasonal Help Wanted

The South McLean County Soil Conservation District is now taking applications for the 2022 seasonal work.
 If interested please call Charlie or Wyatt at 701-448-2474 for an application or stop into the district office in Turtle Lake.
 Must be 16 years old or older and be available to work full days, some weekends possible.
 Job would start mid to end of April and run through June/July.
 Minimum starting pay \$15.00/hour with an increase mid-season.



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Our past, present & future!

We have more than 90 years of combined expertise in breeding Simmental cattle that will have a positive impact on your herds now and into the future!



March-born

LOT 18 • PB SM • Reg# 3976226
X-T RED ZONE 55E X IPU REDSKIN 105X



April-born

LOT 20 • PB SM • Reg# 3976139
X-T RED ZONE 55E X KUNTZ SHERIFF 8A



April-born

LOT 97 • 3/4 SM 1/4 AN • Reg# (3978272)
TJ HICKOK 491G X BCLR WILD CARD B906



April-born

LOT 43 • 3/4 SM 1/4 AR • Reg# (3978281)
TNT WHISKY RIVER B298 X DKSR END ZONE A432



March-born

LOT 54 • 1/2 SM 1/2 AR • Reg# 3976110
BB BRIGADE 8018 X IPU REDNECK 92B

Annual Production Sale
Friday, Feb. 18, 2022
Kist Livestock, Mandan, ND • 1 p.m.
130 Bulls and 50 Bred Heifers

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April-born

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February-born

LOT 61 • PB SM • Reg# (3978338)
HOOK'S EAGLE 6E X JBS MR CASINO 207E



March-born

LOT 118 • 1/2 SM 1/2 AN • Reg# 3976364
WCF NEXT STEP 7106 X SSR BULL U45



March-born

LOT 110 • 5/8 SM 3/8 AN • Reg# 3976106
HSR POWER GLIDE D204 X BSF MR ABERDEEN Y1



April-born

LOT 158 • PB SM • Reg# 3823650
HSR POWER GLIDE D204 X DCR MR BLACK SHOCK Y87
Bred to: Full Figures • Due 3/16/2022



March-born

LOT 127 • PB SM • Reg# 3776192
CDI PERCEPTION 254E X STAV BIG TIMBER 45D
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Wade Staigle Family (701) 226-6464 • Kevin Hansen family (701) 720-6551
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