



Incorrect ticket prices were printed in the 2022 Dickens Village Festival Gazette. NorDak North Publications apologizes for the inconvenience these errors caused. Nov. 25 - The Cropdusters: \$25 for adult, \$10 for kids 12 & under

- Nov. 26 Tigirlily: \$35 for adult, \$10 for kids 12 & under
- Dec. 2 Williams & Ree: \$35 for adults, \$10 kids 12 & under
- Dec. 2 Sounds of Summer: \$55 for all tickets
- Dec. 3 Dance Party Reunion: \$55 for all tickets
- Dec. 9 Hammerhead Steel Drum Band: \$10 for all tickets
- Dec. 9 Arch Allies: \$55 for all tickets
- Dec. 10 Da Lutherlic Ladies: \$25 for adults, \$10 for kids.



To place a classified ad call 462.8126 or fill out the form online at nordaknorth.com



# Garrison Community Chest Fund Drive

Thanks to the generosity of the Garrison area residents and merchants, the Community Chest has been able to support local area and state charities through an earnest city and rural fund drive while keeping the number of charitable drives in the community at a minimum. We would appreciate your consideration for a generous contribution in order to meet these needs.



Below is a list of the charities supported this year. Please indicate which charities your contribution is to support and drop off or mail to:

## Tru Community Bank P.O. Box 339 Garrison, ND 58540

Make your check payable to "Garrison Community Chest," and return by December 31, 2022. We thank you for your past support and request your generous support with the 2022 Fund Drive.

#### Total Donation Name Please complete and return with check made payable to: Garrison Community Chest Garrison Ambulance Benedictine Living Center Activity Fund Garrison Fire Department Garrison Hospital Activity Fund Gifts From the Heart SACA Camp of the Cross Heritage Park Garrison Community Foundation (St. Joseph Fund) Garrison Senior Citizens Garrison Food Pantry (GARC) www.blfagarrison Wilderness Park Meals on Wheels Dolly Parton Imagination Library click on Communit Cub Scouts (local) Garrison School Hot Lunch Program General Distribution Chest tab Little Lunches Back Pack McLean Co.Resource Center Girl Scouts (local) Max Food Pantry

## THANK YOU FOR YOUR DONATION!

Contact Your Bank For An Automatic Monthly Payment From Your Account



Garrison Community Chest is administered by Better Living For Garrison

# **SERVICE DIRECTORY**



## **DAKOTA RECREATION REPORT**

## **BY PATRICIA STOCKDILL**

#### **Outdoor Notes:**

•Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.

•Nov. 30: N.D. Game & Fish Dept. public advisory meeting, Game & Fish Dept. main office 100 N. Bismarck Expressway, Bismarck, 7 p.m.

•Dec. 1: Snowmobile N.D. trails open, weather and snow conditions allowing for grooming. Go to their website, (snowmobilend.org), for trail conditions and other information.

•Dec. 2 & 3 and Dec. 9 & 10: Dickens Festival Ornament Geocache, Fort Stevenson State Park, Garrison. Contact the park for details, (701) 337-5576.

•Dec. 4: Low Plains Unit duck, coot, and merganser seasons close.

•Dec. 10: High Plains Unit

duck, coot, and merganser seasons open.

#### Fishing:

Lake Sakakawea elevation, Nov. 21: 1,832.6 feet above mean sea level; 15,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 6.86 feet.

Missouri River gauge height, Washburn: River stage, 8.38 feet.

•N.D. Game & Fish Dept. game wardens: Limited activity on area lakes using extreme caution if venturing out.

•Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Back bays icing over but no walk-on activity recommended yet on Lake Audubon.

•Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Some walkon activity in the far upper ends of back bays on Lake Audubon but extreme caution is needed and test the ice along the way.

•Lake Sakakawea, New Town: No activity with no safe access around the New Town area and Van Hook Arm yet.

•Missouri River, Enerbase of Washburn: No new fishing reports as area lakes continue icing over. Missouri River open yet around the Washburn

Helping Words

What is God really like?

By Alan L .Hathaway Garrison Church of God area.

•Missouri River System, Scott's Bait & Tackle, Pick City: No activity on the Missouri River.

•McLean Co. area lakes, Cenex of Wilton: Some walkon activity on the far upper end of the back bays on Lake Audubon. A few anglers on Nelson Lake, as well. Wax worms now available.

## Hunting:

•Deer: Lots of movement yet for archery and muzzleloader hunters with the rut underway. •Pheasants: Birds moved

into heavy cover.

•Waterfowl: Fair numbers of Canada geese remain along the east end of Lake Sakakawea on open water of the back bays. Most Canada geese moved out of the midsection region of Lake Sakakawea. Birds moved out of the Devils Lake area with the lake iced over.

#### Numbers to know:

•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (http://gf.nd. gov).

•N.D. Game and Fish Dept., Riverdale office: (701) 654-7475. •Report All Poachers: (800)

472-2121 or (701) 328-9921.

•Friends of Lake Sakakawea, the region's only organization working for quality lake access, weed control and effective partnerships, (www. lakesakakawea.com).

## - CALENDAR

## Saturday, November 26

**THE LORD'S PANTRY**, from 10 to Noon, Trinity Lutheran Church, 515 Kundert St., Turtle Lake ND at 10 a.m. to noon. No referrals or pre-registration required. All in need are welcome to receive food at no cost.

## DICKENS VILLAGE FESTIVAL, Garrison

SMALL BUSINESS SATURDAY, Shop Local this holiday

#### Sunday, November 27

**CHRISTMAS TREE LIGHTING** and caroling, Max Civic Center, starting with a meal at 5 p.m.

#### Monday, November 28

**YOGA**, First Congregational Church, Garrison, 8 a.m. **BONE BUILDERS**, Garrison Senior Center, 10 a.m.

#### Wednesday, November 30

**YOGA**, First Congregational Church, Garrison, 8 a.m. **THE THRIFT STORE**, GARC, Garrison, 10 a.m. to 4 p.m.

#### **Thursday, December 1**

**BONE BUILDERS**, Garrison Senior Center, 10 a.m. **COMMUNITY CUPBOARD OF UNDERWOOD** - Food Pantry from 4 p.m. to 6 p.m. All in need are welcome to receive food, household goods and clothing at no cost. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood. **ALCOHOLICS ANONYMOUS**, Garrison Hospital cafeteria (enter through ER), 8 p.m.

### Saturday, December 3

**WELCA BAZAAR**, from 10 a.m. to 2 p.m. at Grace Lutheran Church in McClusky, ND, food, baked goods, crafts, this and that!

#### **Thursday, December 8**

**THE LORD'S PANTRY**, from 2 to 4 p.m., Trinity Lutheran Church, 515 Kundert St., Turtle Lake ND at 10 a.m. to noon. No referrals or pre-registration required. All in need are welcome to receive food at no cost.

#### 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.

McLean-Mercer Regional Library, Riverdale Open Mon-Fri 8 a.m.-5 p.m.

## This could be YOUR AD!

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N.D. Newspaper Assoc. or your local paper about the 2x2 network: 701-223-6397





Last week on Tuesday, Terry and I went to Bismarck to welcome our son home from deployment with the ND National Guard. I had been thinking about this article for over a week. I had settled on the theme of "relationships", when I saw played out in front of me how important these human relationships are. Parents, like Terry and I, siblings, lovers and more importantly spouses and children cried, hugged and celebrated the renewal of relationships. We are structured for relationships and when these are severed for any reason, we have a profound sense of loss. God built this into every human heart. While sin and selfishness distort and damage our relationships, they are still central to our human experience. Our holidays are structured around 'going home to' or 'getting together with' friends and family. None more than Thanksgiving. Some remind us of relationships that have been lost, like Memorial Dav. But almost all are centered around relationships, even our patriotic holidays. What makes relationships so important in our lives? Even from ancient times humans conceived of God or the gods as relational and also as just or holy. Those who view deities as primarily relational, surrender justice

in that pursuit. Those who view God as primarily just surrender compassion. Yet, in scripture these two aspects of God's nature are clearly taught. We struggle to see these aspects as compatible in practical ways. To be fair, this insight came from G. K. Chesterton. He spoke of the failings of a pagan commitment to relationship over justice. A well, he spoke to the equally disastrous results of a concept of a God of justice who exists in solitary and compassionless isolation. Either view of God is untenable. One view leads to chaos and the other to brutality. For Chesterton and C. S. Lewis, the Christian concept of God as One Being eternally expressing himself in three Persons, allows for God's nature to be both just and compassionate. Chesterton referred to this as a paradox [two things that seem incompatible but exist together]. In 1st John this paradox comes together. John used 'light' as a metaphor for justice and says "God is light and in him is no darkness". And later he affirmed, "God is love" and the love we have for others is a reflection his character.

he made humanity, he placed within us a yearning for both these aspects of his nature. The reason we value relationships and all the messy things that accompany them is because God at the center of his being is relational. The reason we get angry when we see injustice is because God at the center of his nature is just.

So, this Thanksgiving as you gather around your table value those messy relationships and revel in the intense discussions over right and wrong. Understand that God because of his love and justice entered this chaotic world in a manger to provide both mercy



For Christians, God is eternally in relationship [Father, Son and Spirit] and eternally just [holy]. When and righteousness. No wonder we use Thanksgiving to kick off the Christmas season.

1 John 1:5-6 This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. [ESV]

1 John 4:7-8 Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love. [ESV]

Pastor Alan L. Hathaway is pastor of Garrison Church of God.

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# Local organizations to be 'Twice Blessed'

GARRISON – Several nonprofits in the region are due to benefit from the sixth year of the St. Joseph's Community Health Foundation's Twice Blessed program.

The program, which launched Nov. 15, is a fundraising mechanism which matches donations made by outside donors. In addition to the Benedictine Living Center, Camp of the Cross Ministries and the Triangle YMCA Camp, food pantries in Garrison, Max and Ryder are also potential beneficiaries in the matching program.

Local organizations and their causes include: Benedictine Living Community-Garrison: A \$2,000 maximum match to purchase four blanket warmers to improve the quality of life for their neighbors (residents).

Camp of the Cross Ministries: A \$2,500 maximum match with funds going toward

GARRISON – Several assistance for children to approfits in the region are due attend the camp.

Triangle YMCA Camp: A \$2,500 maximum match with funds helping to support the camp by allowing children to attend.

Food pantries: A \$25,000 maximum match for food pantries in an eleven-county service area, including the Garrison Area Resource Center, The Lord's Food Pantry in Max and the Ryder Food Pantry. Funds raised will help provide these pantries with resources needed to help residents in their communities.

Twice Blessed is one such program done by St. Joseph's Community Health Foundation to help impact the mental, physical and spiritual well-being of residents in an eleven - county region including McLean County.

Donations can be made online up to Dec. 31 at twiceblessednd.com

#### BY DR. STEVE HOFFBECK MSU Moorhead History Department

The most important animal in North America in the 1700s was not the mighty grizzly bear, nor was it the stampeding buffalo. Instead, the mostimportant animal in colonial America was the lowly beaver.

Beaver pelts were profitably used to make felt hats in Europe. The pursuit of beaver furs led to a decimation of the beaver population in Dakota and elsewhere, bringing an end to the fur-trading era by the mid-1800s.

Laws of Dakota Territory in 1887 prohibited killing or trapping beavers because cattle ranchers wanted beavers to make dams on streams as convenient watering places for cattle, saving stockmen the expense of building dams. The protection continued after North Dakota became a state two years later. Violators of the

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## Beavers as pests, 1916 DAKOTA DATEBOOK

state game laws were subject to a one-hundred-dollar fine and imprisonment.

Some trappers defied the law, but the beaver population along the state's streams and rivers eventually recovered, with the busy beavers making dams.

Unfortunately, protection of beavers worked too well and beavers proliferated, becoming a serious "pest in the Missouri Valley." It became a choice ... having beavers or having trees along waterways. Farmers became furious when beavers chewed-down groves of trees and beaver-dams flooded fields in the bottomlands. They demanded that lawmakers change beaver protection laws. And stockmen found windmill pumps to be more reliable than beaver-ponds, especially considering that cattle would sometimes drown amid beaverdam debris.

Accordingly, on this date in 1916, the Bismarck Tribune reported on efforts to control the beaver population. The state Game and Fish Commission hired professional trappers to eradicate these so-called "evil ... varmints" along the Missouri Slope and allowed additional trappers to buy licenses to harvest beaver pelts.

And so, the story of beavers went full circle, from abundance to near-extinction, followed by a revival that threatened farming and ranching. Today, beaver remain fair game in North Dakota for properly licensed hunters and trappers.

"Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from Humanities North Dakota. 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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## **PRAIRIE DOC PERSPECTIVES** BY JOANIE HOLM, R.N., C.N.P

Gratitude for Grandparents

A three-pound baby entered the world in recent days. This precious child was born after his Mom spent seven weeks in the hospital on bedrest. At home, Dad and two siblings were working, going to school, and worrying. Surrounding the family were two sets of grandparents who ensured that the pieces all fell into place. From meals and lawn care, to virtual school, from evening shifts and overnights to early mornings, these grandparents were there every step of the way. They will continue to offer support while the baby remains hospitalized and growing, and after he comes home, because that is what grandparents do, if they are able.

Grandparenting can be an awesome stage in life, benefitting the grandchildren, the parents, and of course the grandparents in significant ways. Grandparents are known to influence values and behaviors and provide valuable life experiences. A child who has a connection with grandparents may have increased self-esteem, with better emotional and social skills. A relationship with a grandparent can give a child strength and comfort into adulthood.

In an article titled "Why Grandparents are VIPs," social researcher, educator and author, Susan V. Bosak writes,

"The special kind of love you get from a grandparent is a love you can't get anywhere else. It is an important kind of love – in fact, a very important kind of love. Parents have to worry about who children will become in the future; their role is to be providers and disciplinarians. Grandparents can just enjoy children for who they are in the moment. The love of a grandparent is often freer, more unconditional, and far less psychologically complex than a parent's love. The love of a parent and the love of a grandparent are different, second in emotional importance only to the parent/ child relationship."

In a world of many dualcareer families, the benefits

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of active grandparents can be lifesaving for parents. Often grandparents fill in the gap between school and the time parents get off work, driving kids to different events or helping them with homework.

Lastly, active grandparents report less depression and a higher degree of life satisfaction and a hopeful feeling for the future.

Margaret Mead, a wellknown American cultural anthropologist, said the connection between generations was "essential for the mental health and stability of a nation.'

This Thanksgiving, may we celebrate the grandparentgrandchild relationship with gratitude.

place a

## Holiday concerts set

Area students will put on their 2022 Christmas concerts for the public.

Elementary and high school concerts are set to take place in December for both Washburn and Wilton Schools, with both choir and band groups performing.

Washburn's elementary concert will take place Dec. 1 at 7 p.m. in the new gym.

Wilton's elementary concert will be a week after, on Dec. 8 at 7 p.m.

Also on Dec. 8 will be Washburn's junior high and high school concert, set to start at 7:30 p.m.

On Dec. 15, Wilton will host its high school music concert at 7 p.m





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- CLASSIFIED DISPLAY RATE: \$9.50 per column inch.
- CONTACT INFORMATION: Phone: 462-8126 Fax: 462-8128 Email: leadernews@nordaknorth.com • Website: www.nordaknorth.com Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- DELIVERY PROBLEMS: If you're having any problems getting your Xtra when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800 658-3485 when you want to report problems.

## ANNOUNCEMENTS

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

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

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

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

make sure you do.

24-TFNP

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58540

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## LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday November 28th, and Monday December 12th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions. Thanks, Darin Miller 701-315-0144 58577 43-TFN-E-X

HORSE BUYER at Stockmans Livestock, East barn, Dickinson, Wednesday, November 30 and Rugby on Thursday, December 1. Buying all horses good, bad, ugly or pretty! Top dollar paid on the spot! Licensed and bonded buyer. Special interest in rid-

ing horses. 612-839-9568. 1-3-LN-CM-IN-X1 58577 WANTED

WANTED: Chrysler Town & Country Minivan with 65,000 miles or less. Please call 701-460-6713 or 701-861-6466. 27-5TPDGRXT 58540

## **WORK WANTED**

THIS NEWSPAPER offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv. com. 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. EEOC compliant. 1-E-TFN-NC 58577

## **HELP WANTED**

SEASONAL HELP WANTED for 2023: The Turtle Lake Cemetery Bd has an opening for a seasonal groundskeeper at the local cemetery. Spring-Fall. Equipment provided. Responsible for mowing, trimming and maintaining an overall neat appearance of the property. Wage based on experience. For further info, contact Tim Larson. 701-737-9903.

WHITE SHIELD School is seeking head and assistant coaching positions for all sports in elementary, Jr. High and High School. Head positions for football and wrestling are already filled.

13-TFNCHCMLNGRXT 58540

GENERAL CONSTRUCTION LA-BORERS, no experience needed. Pay based on experience. Most work is in Garrison & surrounding area. Contact Kevin Katt @ 701-898-0544 Katt's Construction & General Contacting LLC

12-TFN-CH,XT

WHITE SHIELD Elementary School has 2 teachers positions, 5-8 Math/ General Education Teacher & 5-8 ELA/Librarian Teacher. Interested applicants can send cover letter, resume, certification/ability to obtain certification; to wayne.fox@k12.nd.us or more information call White Shield School @ 701-743-4350. Visit our Employment link @ https://www.whiteshield. k12.nd.us/page/employment 58540 9-TFNCHGGCMW



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COMEJOIN OUR TEAM The Sheridan **Memorial Home is** now hiring for PT or FT position(s) providing housekeeping and ╏ dietary services. Hours are 6:00 am to 2:30 pm. Great opportunity for cross training. Contact Missy Axt at 363-2203 for more information. **HELP WANTED** White Shield School Elementary Principal School Business Manager 2 Elementary Teacher • 1 Title One Teacher • 1 Gifted/Talented Teacher Basketball Coaches
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mium Clear #2 fuel, \$4.88/gallon; Premium Dyed #2 fuel, \$4.40/gallon; Unleaded Gas, \$3.30/gallon. Call for current pricing. Call Jason, 701-870-0415. 58540

21-1TCHG

## SERVICES

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## GIVEAWAY

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## **MISC FOR SALE**

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parties, etc. We have a fantastic Life Enrichment team and we are looking for an individual that enjoys busy days. We offer competitive wages, 401-k, and health benefits. Please apply online www.blcgarrison.com or contact Deb Foss for questions 701-463-2226.



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# Phones, tablets may spread germs **PRAIRIE FARE**

## BY JULIE GARDEN-ROBINSON,

FOOD AND NUTRITION SPECIALIST, NDSU EXTENSION

"You can take the new phone," my husband said to me. We were on the way to the airport.

I put the palm-sized phone in my purse along with the charging cords.

I really had no idea how to use this little phone. I wasn't exactly an "early adopter."

On Sept. 10, 2001, my plane landed in Dallas, Texas. Our conference began the next morning.

The beginning of our conference was cut short when we were advised to go to our rooms and turn on the news. We all remember that day.

On the way to the elevator, a phone began ringing.

"Are you going to answer your phone?" someone asked.

I didn't recognize the ring. I dug the phone from the bottom of my purse and looked at it. I wasn't sure how to answer it.

Someone cracked it open for me. My family was checking on me. I was glad to have instant access to home.

I really did not want to get on a plane when I flew home almost a week later. I had my trusty phone, though.

I have had several phones since that time. My phone accompanies me all the time.

As my husband and I were having breakfast at a restaurant the other day, he made an observation.

"No one is talking with each other," he said.

Many couples and families were seated at tables eating, but they were not conversing. They were intent on their phones.

Cell phones bring us the world of information and communication potential at our fingertips.

Can cell phones and other devices carry germs?

Yes, they can. However,

research on foodborne illnesses linked to mobile devices is limited.

In a study published in 2020, researchers examined microbiological data from 56 studies conducted in 24 countries. Of those 56 studies, 54 identified bacteria on phones including staph, E. coli and bacillus species. They also noted fungus.

Some bacteria and viruses can survive for many days on surfaces. If you use your phone while eating a sandwich or other food containing protein and moisture, the germs may have the food they need to survive and grow. Your phone also is a warm environment.

Our hands certainly are in contact with phones, and when people talk on them, phones may encounter our faces. That puts germs in the proximity of our mouth and nose, where germs could enter our bodies.

Another researcher noted that 72% of people had never cleaned their cell phones.

According to the Food and Drug Administration, about half of people in their 2018 published study used phones or tablets when preparing food. Of those, only 37% washed their hands with soap after touching the device.

You might use a phone or a tablet when trying out a recipe. Sometimes phones go to "sleep" in the middle of reading a story or recipe, and you might need to tap the phone to wake it. Most phones allow you to change the settings to extend the amount of time the phone is "awake" so you do not need to touch the screen.

Avoid cross-contamination in your kitchen, whether you are using a cutting board, knife, phone or tablet.

How do you clean a phone? These are some tips I paraphrased from Verizon. Be sure to check the recommendations of your phone manufacturer and carrier.

Before cleaning your device, turn it off and unplug it.

Wash your hands before and after you clean your device. That means 20 seconds of scrubbing with soap and water.

Find the ports on your phone. Avoid getting any moisture in the ports.

Do not use soap and water on your phone.

Do not use paper towels to wipe your phone. The paper may scratch your phone.

Use an antibacterial alcoholbased wipe to clean your phone. Wring out the wipe if it is too damp. Or, spray a soft cloth with a disinfectant cleaner with 70% isopropyl alcohol.

Don't forget to clean the phone case and other accessories.

Don't share your technology with other people. That includes your phone, ear buds and other accessories.

Try to sanitize your phone daily. Make it part of your routine, like brushing your teeth before bed.

I need help from all of you readers on an online survey about pulses, a major crop in the Midwest. If you are 18 or older and eat food on a regular basis, you are eligible to complete this online survey. You can complete it on a cell phone, tablet or a desktop computer.

As a thank you, you could win a prize, including gift cards and a variety of recipes, in a random drawing. Visit https://bit.ly/ndsupulsesurvey to complete the survey. We appreciate your help. Feel free to send it on to friends and family.

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).

## 

## BY TOM KALB, Horticulturist,

NDSU Extension

Have you ever drank amug of farm-fresh cider? It's absolutely delicious! Homegrown apple cider is much richer and more flavorful than what you can buy at the grocery store.

I was raised on an apple farm in Minnesota. Every fall we would crush our small apples in a cider press to make jugs of cider to share with friends. Our arms would be weary after cranking the machine for hours, but it was worth it.

Nothing tasted better on a cold day in winter.

After sliding down snowy hills or shoveling snow as a boy, I can recall the aroma of hot cider in the kitchen. The warm mug would comfort my frozen fingers.

Add a cinnamon stick to your mug, and you are in heaven!

You can grow your own cider (sweet or hard). It's one of the most popular trends in fruit-growing today.

Cider apple trees may be ordered now from fruit nurseries. You buy them as bareroot trees that will be shipped next spring. A sampling of nurseries includes Cummins, Fedco, Grandpa's Orchard, Maple Valley, Raintree, Stark Bros. and St. Lawrence.

Now is the time to take action. Cider trees are in great demand and some varieties have already sold out for planting next spring.

Know your Hardiness Zone (3 or 4). The northern quarter of our state is in Zone 3. This includes land north of Williston, Minot and Grafton. The remainder of the state is in "balmy" Zone 4.

Almost any variety of apple will make delicious apple cider, but some varieties will make an exceptional beverage.

Russet varieties are famous for making the finest cider. These rough-skinned apples have sweet and intense flavors. The hardiest russet is Minnesota 1734.

Other good cidermakers for Zone 3 include Whitney crabapple, Chestnut crabapple and Frostbite apple. Frostbite is a grandfather of Honeycrisp.

Gardeners in Zone 4 have additional options. Golden Russet has been called the "champagne" of ciders. Redfield has red flesh that will make your cider turn blood red. Wow!

Ashmead's Kernel is famous for its pear-like flavor and rich aroma. Liberty resists diseases and is easy to grow. Cortland, Yarlington Mill and Fameuse will make great cider.

Besides selecting the variety, you need to consider the rootstock your tree will grow on. "Standard" rootstocks are usually used in Zone 3. These trees are very hardy, grow vigorously and will require lots of pruning to keep at a manageable height.

Semi-dwarf rootstocks are often used in Zone 4 because they bear crops earlier, grow shorter, and are easier to manage.

Small-scale fruit grinders and presses are available to process the apples.

If you have room for a cider tree in your back yard, I encourage you to plant one. It will fill your home with warmth and wonderful memories.





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