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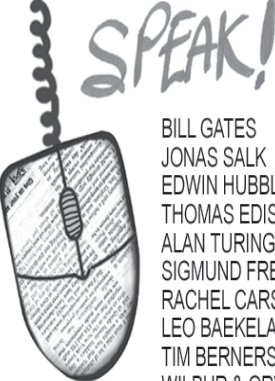
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PRAIRIE FARE

BY JULIE GARDEN-ROBINSON

Egg prices may prompt cooking, baking changes for a while

I pushed my grocery cart into the dairy aisle as I read my shopping list. I did a double take when I reached the stacks of egg cartons in a large cooler. The current price was \$7.89 for 18 eggs and 5.89 for 12. I blinked and looked again. Eggs are at record-setting high prices. According to the U.S. Department of Agriculture, egg prices in late December 2022 were 267% higher than prices at the start of 2022. Are the hens on strike? Are they demanding spa treatments and fancier food? Avian flu is the main reason for increased egg prices. This disease resulted in at least 50 million birds culled from their flocks by November 2022 according to the Centers for Disease Control and Prevention. Fewer chickens means lower egg inventories. Chickens, at their peak, lay one egg a day. Low inventory usually translates to higher prices at the grocery store. Consumers tend to use more eggs during the holiday season as we bake holiday goodies and have larger gatherings of family and friends. According to economists, we might see a leveling of egg prices as demand decreases in post-holiday months. Hens are busy restoring the egg inventory. The price might surprise you at the grocery store. However, according to my calculation, the current pricing equates to 44 to 49 cents per egg. I picked up a carton of 18 eggs after checking for cracks and broken eggs. Although I paid more than usual, I still consider eggs a nutritional bargain. These laying hens do good work. At just 70 calories each, an egg provides 13 vitamins and minerals. The protein in eggs is very digestible.

Eggs also provide lutein and zeaxanthin, which are pigments (natural colorants) found in eggs. These pigments reduce our risk for age-related macular degeneration, which is a leading cause of blindness. Eggs provide vitamin D, which we need to maintain our bone health. Vitamin D plays a role in immune function. Eggs have many useful properties in recipes. Eggs provide flavor, structure, binding and thickening properties in recipes. They serve as leavening agents. For example, eggs’ leavening properties cause angel food cakes to have a fluffy, tender texture. Eggs also can be a “wash” brushed over the top of baked goods for browning and glossiness. You might coat chicken tenders in an egg wash before rolling in crumbs so the crumbs remain on the food during cooking. What if egg prices stretch your budget too much? In this case, you might find recipes that use fewer eggs. For example, homemade angel food cakes that call for 12 egg whites might not be on your menu. I have only made a “scratch” angel food cake a couple times in my life, so this is not a hardship. You also might explore recipes developed for people with egg allergies, which need to be egg-free. Many substitutions are available to help you make your favorite recipes without eggs. The following ingredients may be substituted for one egg, but you will need to experiment with your recipes. Muffins and quick breads may work better with some of these substitutions.

1/4 cup applesauce

1/4 cup mashed banana

1/4 cup vegetable oil

1/4 cup of yogurt or

buttermilk

3 tablespoons aquafaba (the liquid found in canned chickpeas or beans)

The following are common substitutions for binders, equivalent to one egg;

1 tablespoon ground flax seed plus 3 tablespoons water

2 tablespoons water plus 1 teaspoon oil plus 2 teaspoons baking powder

Commercial egg replacers are available in some stores. These products are made from various types of starch and leavening ingredients.

Here’s an egg-free cookie recipe with yogurt as the substitute for eggs. These tender cookies were a hit with our taste-testers.

Chocolate Chip Cookies (Egg-free)

1/2 cup brown sugar, packed

1/2 cup sugar, granulated

1/4 cup butter

1/2 cup shortening

1/2 cup plain, nonfat yogurt

2 teaspoons vanilla extract

1 3/4 cups all-purpose flour

1/2 teaspoon baking powder

1/2 teaspoon salt

2 cups semisweet chocolate chips

Preheat oven to 375 F. In medium bowl, cream brown sugar, sugar, butter and shortening until light and fluffy. Stir in yogurt and vanilla. Combine flour, baking powder and salt; stir into creamed mixture until incorporated. Mix in chocolate chips. Drop by rounded tablespoon 2 inches apart onto greased cookie sheets. Bake eight to 10 minutes until edges begin to brown. Cool for a minute on cookie sheet before removing to wire rack to cool completely.

Makes 36 servings. Each serving has 150 calories, 8 grams (g) fat, 2 g protein, 19 g carbohydrate, 0 g fiber and 30 milligrams sodium.



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Feb. 17 & 18.....6:30 pm

CALENDAR

Saturday February 11,
THRIFT STORE AT COMMUNITY CUPBOARD OF UNDERWOOD: 10 am - 1 pm Open to the public at 208 Lincoln Avenue. Shop for clothing, household items, toys, books and more. Donations for all items and proceeds go to the food pantry.
THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.
LORRAINE SEIDLER BIRTHDAY OPEN HOUSE, Garrison Senior Center, 1-5 p.m.

Sunday, February 12
OPEN DOOR COMMUNITY KITCHEN, Senior Center, Turtle Lake ND at 11:30 am to 1 pm.
GARRISON AREA RESOURCE CENTER TALENT SHOW, Garrison High School, 2 p.m.

Monday, February 13
YOGA, First Congregational Church, 8 a.m.
SCI PRODUCER MEETING, 10:30 a.m., Lewis & Clark Interpretive Center, Washburn
THE WASHBURN CITY COMMISSION will hold its regular scheduled meeting on Monday; February 13, 2023, at the City Hall at 6:30 pm. The public is invited to attend

Tuesday, February 14
BONE BUILDERS, Garrison Senior Center, 10 a.m.
THE WASHBURN AMERICAN LEGION Victor B. Wallin Post #12 and Auxiliary will be meeting Tuesday, February 14, 2023, at the Memorial Building. There will be a 5:00 social, 5:30 special meal; with meetings to begin at 6:30 pm. Members, please RSVP to washburnpost12@yahoo.com or 701-737-9711 to Bruce Sailer so there is a count to plan for the meal. There will also be a couple special prizes for members and their significant others since it is Valentine’s Day!

Wednesday, February 15
YOGA, First Congregational Church, 8 a.m.

Thursday, February 16
COMMUNITY CLOTHING SHARE-EXCHANGE at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

Saturday, February 18
COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY from 10 a.m. to Noon. McLean County Residents in need are welcome. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

Tuesday February 21
THRIFT STORE AT COMMUNITY CUPBOARD OF UNDERWOOD: 1 pm - 5 pm Open to the public at 208 Lincoln Avenue. Shop for clothing, household items, toys, books and more. Donations for all items and proceeds go to the food pantry.

Thursday, February 23
“NOTHING HIDDEN” and “North Dakota’s Polar Pilot” Author Paulette Bullinger will be at the Underwood Public Library from 1 p.m. to 5 p.m. on February 23 for an author event
COMMUNITY CLOTHING SHARE-EXCHANGE at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

Friday, February 24
KNIGHTS OF COLUMBUS FISH SUPPER, St. Nicholas Church, Garrison, 5 pm to 7 p.m.

Saturday, February 25
THE LORD’S PANTRY, from 10 a.m. to Noon. Trinity Lutheran Church, 515 Kundert St., Turtle Lake ND. No referrals or pre-registration required. All in need are welcome to receive food at no cost.

Sunday, February 26
OPEN DOOR COMMUNITY KITCHEN, Senior Center, Turtle Lake ND at 11:30 am to 1 pm.

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 2 p.m. -Tuesday and Thursday 2 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 8:00 – 12:00 & 1:00 – 5:00

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DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

Outdoor Notes:

- Spring turkey applications now available. Go online to (gf.nd.gov) to apply.
- All equipment such as game cameras and tree stands, etc. must be removed from all N. D. Game & Fish Dept. WMAs.
- Check on ice houses occasionally to make certain they haven’t iced in after warming weather.
- Be mindful of parking when accessing area lakes; not blocking roadways or snow removal operations.
- Reminder that it’s illegal to chase, harass, or pursue any wildlife species with motorized vehicle.
- 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.
- Feb. 15: Spring turkey applications due.
- Feb. 18: Dakota Valley Fowlers Delta Waterfowl banquet, Valley City Eagles Club, 5 p.m.

Tournaments:

- Feb. 11: Stump Lake.
- Feb. 18: Jamestown Reservoir, Pelican Point; Devils Lake; Lake Audubon.

Fishing:

- Devils Lake elevation, Jan. 31: 1,449.31 feet above mean sea level (MSL).
- Stump Lake elevation: 1,449.32 MSL.
- Lake Sakakawea elevation: 1,828.01 MSL; 23,600 cubic feet per second average (CFS) Garrison Dam daily releases.
- N.D. Game & Fish Dept. Dist. game wardens: Cold weather limited activity with a few anglers using their permanent houses on Devils Lake but anglers going out found an occasional walleye. Little activity on east-central area lakes. Lake Audubon producing a few walleye but anglers working deep water should plan to keep their catches. Travel on area lakes slowly improving but continues to be rough with lots of snow yet. No reports from Lake Sakakawea.
- Devils Lake, Ed’s Bait Shop, Devils Lake: Nice walleye bite on Wolford’s Bay with good access. No reports from other areas on Devils Lake.
- Devils Lake, Lakeview Lodge, Minnewaukan: Look for a perch bite on sunny days with most anglers working Black Tiger Bay. Locate structure for walleye with an overall fair bite throughout much of the lake.
- Devils Lake, Woodland Resort, Devils Lake: Hit-and-miss walleye success around Creel Bay but generally fair success in areas with good

access and ability to move around on the lake. Lots of slush on the ice.

- Foster County area lakes, Dry Dock, Carrington: Activity remains limited throughout area lakes.
- Jamestown Reservoir, Pioneer Bait & Tackle, Jamestown: Limited activity across area lakes, including Jamestown Reservoir.
- Jamestown Reservoir, Sooper Stop, Jamestown: Cold and windy spell slowed angler numbers but look for scattered walleye activity on area lakes.
- Lake Ashtabula, The Hungry Pelican at the Crossing, Luverne: Lots of activity throughout much of the lake with a mix of perch, walleye, and occasional crappie. Limited pike reports.
- Lake Ashtabula, Bayshore, Valley City: Overall fair perch success with occasional walleye mixed in. Limited activity for other species.
- Lake Sakakawea, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea and Lake Audubon spotty for walleye. Move around on both lakes to locate fish, including from the bays to the main lakes.
- Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Centennial Bay on the east end of Lake Sakakawea producing some nice-sized walleye but generally both Lake Sakakawea and Lake Audubon are spotty for walleye success.
- Lake Sakakawea/Lake Audubon/Missouri River, Scott’s Bait and Tackle, Pick City: Wolf Creek on Lake Sakakawea producing a mix of pike and walleye with best success in the morning and evening in low light hours. Limited activity on the Missouri River tailrace.
- Lonetree WMA area lakes, Harvey: Most area lakes producing success but limited reports with poor access continuing to limit angler numbers.

Downhill skiing (conditions can vary):

- Bottineau Winter Park, Bottineau: 12-to-24 inch base with good conditions, two Magic Carpets and one lift, three runs, and tubing park open.
- Buena Vista Ski Resort, Bemidji, Minn.: 12 runs open with Terrain Park set up on Bear Track. Tubing Park open with passes available online.
- Huff Hills Ski Area, Mandan: 20- to 35-inch machine groomed base with all runs except Coyote and South Face open along with Blue Lift, Bunny Tow, and Green Lift Terrain Park open. Donut Hole Hiking Area open accessing off Pheasant Run gate near the top of Blue Lift area.

Snowmobile N.D. (conditions can vary):

- Cattail (Barnes, Cass, Steele, & Traill counties): 16- to 20-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- East Central Valley (Cass & Richland counties): 12- to 16-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- Lake Region (Nelson & Ramsey counties): 10- to 14-inch base. Trails open except South Loop on Trail 5. Watch for snow piles along approaches and road crossings.
- Missouri Valley (Emmons & Burleigh counties): 16- to 22-inch base. Trails open and in fair condition.
- North Central (Benson, McHenry, Pierce, Ramsey, & Towner counties): 8- to 12-inch base. Trails open.
- Northeast (Cavalier, Pembina, & Walsh counties): 8- to 12-inch base with trails open except for Moonlighter Gorge and NESCA trails. Trails in fair condition.
- Peace Garden (Bottineau & Rolette counties): 12- to 16-inch base with trails 1, 1A, 1B, 2, 2C, 3, 4, 4A, 5, 7, 7A, 7B, and 7C open but poor ice conditions on areas where slush is on top of thin ice.
- Red River North (Walsh & Pembina counties): 12- to 16-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- Red River South (Grand Forks & Walsh counties): 8- to 10-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- Sakakawea (McLean & Ward counties): 8- to 12-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- Sargent County (Richland & Sargent counties): 10-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Stutsman counties): 16- to 25-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- Sno-trails (Bottineau, McHenry, Renville, & Ward counties): 8- to 15-inch base. Trails open and in good condition.
- Southern Valley (Richland County): 12- to 20-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.

Numbers to know:

- N.D. Game and Fish Department, Devils Lake: (701) 662-3617.
- N.D. Game & Fish Department, Jamestown: (701) 253-6480.
- Report All Poachers: (701) 328-9921.

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classifies in**

Helping Words

By Pastor Nathan Schieber
St. John’s Lutheran Church, Underwood
St. Valentine

Ah, February. Yep, a vastly misunderstood celebration of St. Valentine is coming. So too is more cold, ice, and our ever present companion – the wind. What do we say to these things except ‘it’ll be better in the summer’? And, it will be. You know this is true, this is how seasons generally work themselves out. Then things will be warm, the wind will still blow, and we will wonder why it has to be so hot. But my friends, this is simply normal. Human nature naturally responds to such adversity with at least a desire to have the opposite! And who out there is patient enough to wait for such good things to come around anyway! Yet we must also consider the patience

the good Lord has had for us. For if He still hasn’t zapped us for our constant bickering, rebellion, and downright orneriness at having yet another regular season... I think we can be patient with Him. As He has ordered the seasons, the years, and even seconds to His satisfaction. He knows when the good and bad times will roll. And He has planned how He will arrange all things – according to His good will. So be patient with the Lord. For He is filled with steadfast love and faithfulness. And He has not let you down. Trust me. And Him too.

Pastor Nathan Schieber is pastor of St. John’s Lutheran Church in Underwood.



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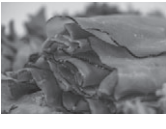



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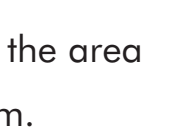


**Sunday, February 12th
from 10 a.m.-1 p.m.**

Washburn Memorial Building

Menu



**French Toast
Ham
Scrambled Eggs
Hash Browns
Carmel Rolls**



**Washburn Lions are supporting the area
Meals on Wheels Program.**

PRAIRIE DOC® PERSPECTIVES

BY JILL KRUSE, D.O.

The Benefits of Sleep: Why You Should be Sleeping More

Most people know that getting enough sleep is important for their health, but many do not realize that there are specific health benefits that come from getting a good night’s sleep. Getting enough sleep can improve your mood, help you maintain a healthy weight, and reduce your risk of chronic health problems like diabetes and heart disease. Sleep can even help boost your immune system and improve memory.

Despite knowing that sleep is important, according to the CDC, one in three adults do not get enough sleep. The National Sleep Foundation found that almost half of all Americans say they feel sleepy during the day between three and seven days each week. Many untreated health conditions can interrupt or affect sleep. Issues from an enlarged prostate, hot flashes from menopause, sleep apnea, acid reflux, and restless legs are just some of the conditions that can keep us from a good night’s rest. A lack of sleep can also affect or worsen depression and anxiety. Unfortunately depression and anxiety can make falling asleep much

harder causing a cycle of worsening mood and sleep difficulties.

Weight can also be affected by the lack of sleep due to the hormones that help regulate your appetite and sense of fullness. Lack of sleep increases the hormone ghrelin, which increases appetite. Even partial sleep deprivation can increase the body’s resistance to insulin. This can increase blood sugar levels and contribute to the development of diabetes.

Loss of sleep affects the risk of heart attacks and high blood pressure. This is related to the hormone, cortisol which is on a circadian rhythm and increases in the morning hours. Increased cortisol helps to awaken you and peaks about thirty to forty-five minutes after awakening. One study found that there was a 24% increase in heart attacks on the Monday after Daylight Savings Time. This increase is thought to be related to the hour of sleep lost and increased cortisol levels.

Certain immune components work more while you are sleeping to help repair the body and fight infections.

Good sleep helps consolidate memories, improves creativity, and can even improve sports performance.

Getting a good night’s rest is not just nice, it is imperative to your body’s health. If you are having trouble sleeping, it is important to talk with your health care provider to see what can be done to help your sleep improve. He or she can also help rule out any underlying health conditions that could be impacting your ability to get the rest your body needs. Count some sheep and get some extra ZZZ’s so you can “stay healthy out there!”

— DAKOTA GARDENER —

Give gardening a try

BY KELSEY DECKERT,
Horticulture agent, NDSU Extension – Burleigh and Morton Counties

It is hard to believe we are a whole month into the new year already. How are your New Year’s resolutions going so far? Statistically speaking, many of us do not even make it to the end of January sticking to the resolutions we set.

I have a secret for you if your resolutions included anything along the lines of losing weight, exercising more, eating better, saving money or trying something new. You can accomplish any of those with gardening!

Gardening is a great way to get in more physical activity along with growing nutritious foods to incorporate into your daily diet. Studies show that by gardening you are more likely to eat more fruits and vegetables.

Gardening can be done at any age, and you can make a garden any size that is manageable for you. Sounds like a win-win to me.

Gardening has become more popular the past few years as people like to know where their food comes from and whether pesticides were used. Many people feel a sense of accomplishment by gardening and being sustainable on their own.

If space is an issue, consider raised beds or container gardening. If you live in an

apartment setting, as long as you have a light source (sun or artificial) you can use small containers to grow a garden.

Gardening can save you money, depending on the input costs. Select vegetables that you and your family like to eat so you are not wasting money. Look at growing vegetables that may be more expensive in the store, like tomatoes. Maximize your garden space by intercropping or companion planting.

Grow vegetables that store well, such as potatoes or carrots. Consider different preservation methods for extending the shelf life.

North Dakota is an agricultural state where many people garden. If you already garden, check the “trying something new” off your New Year’s resolution list by growing a new variety or entirely new vegetable you have not tried in the past. You could also try a new gardening method such as no-till or square-foot gardening.

Give gardening a try and keep the resolutions you have set for 2023. I wish you a belated Happy New Year and good luck with your garden!

For more information about gardening, contact your local NDSU Extension agent. Find the Extension office for your county at www.ndsu.edu/agriculture/extension/county-extension-offices

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Accepting sealed bids until February 13, 2023 at Noon CDT, we reserve the right to reject any and all bids submitted. All bids will be opened Feb. 14th at 9:00 a.m. at Soil Conservation office in Turtle Lake. For more info or pictures call 701-448-2377. Mail sealed bids to: **SOUTH MCLEAN COUNTY SCD,**
Attn: Charlie-Sealed Bid, PO BOX 537, Turtle Lake, ND 58575

2023 PRODUCER MEETING

Monday, February 13, 2023
Lewis & Clark Interpretive Center, Washburn
10:30 am / Lunch to follow

Curt Christofferson – NAU

2023 UPDATES

- SCO - Supplement Coverage Option
- ECO - Enhanced Coverage Option
- Farm Program - ARC/PLC
- Prevent Plant
- ERP Phase II/PARP

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The Montana Stranglers in Dakota Territory

BY: CAMMIE WRIGHT
Cammie@nordaknorth.com

If the rolling hills and Missouri River cliffs of central North Dakota could talk, they would tell the tales that Ron Berget writes of in *The Montana Stranglers in Dakota Territory*.

And there are so many stories.

Berget’s methodical and robust research about life in Dakota Territory in the 1880’s is obvious in the *Montana Stranglers*. The author does a masterful job of leading readers through the mountain of anecdotes, articles and evidence included in the book. Often broken into short blurbs to add context to larger themes and motifs, the content is digestible. Although there are dozens of characters, settings, and storylines, I never felt overwhelmed. It was perhaps one of the first true history books I have been able to put down and pick up without needing to quickly scan the previous pages for a recap.

But I didn’t put the book down often. Not only are the true stories of life in the Wild West exciting, but the settings are locations I know. They are in my backyard, and yours as well.

Perhaps none is more striking than the story of Hangman’s Point on Crooked Lake. I have been to Crooked Lake many times, and I can

close my eyes and picture the scenery with first-hand experience. Three bodies were discovered by anglers floating beneath the melting ice in the spring of 1886. They turned out to be alleged horse thieves, including Francis Guardipee, a main character throughout the book. *The Montana Stranglers*, led by “Flopping” Bill Cantrell (you can’t even make up a better Wild West name if you tried), were the obvious suspects because they were last seen bringing the alleged horse thieves to Washburn to stand trial. Guardipee knew the Sheriff in Washburn. He would give him a fair trial. But the group never made it to Washburn.

Berget, who is from Crooked Lake, wisely begins the book by outlining three main characters. Each represent a different aspect of life in Dakota Territory: the outlaws, the vigilantes, and the corruption that comes along with a burgeoning boom area. When I started the book, I didn’t understand why the author focused on people instead of chronological stories right away. After finishing the book, I understand his mindset. There are so many characters, stories, and settings that weave together throughout the book, it would be hard to put it all in context without an introduction to the main actors and how they are part of a larger theme: the morality

and consequences of violence and vigilante justice in the old West.

Reading the *Montana Stranglers* was an immersive experience. I can picture myself in the places where men were murdered, horse thieves struck farmsteads in the dead of night, and vigilante justice diminished the moral compass of many of the region’s first settlers.

Small anecdotes like vigilantes meeting Libby Custer at the train station when she first arrived at her new home at Fort Lincoln are the kind of sticky stories that add color to the expectingly dreadful content. Local lore says Mrs. Custer still lives at her Fort Lincoln home.

Then there is the story of the Staley family, who built a homestead near Coleharbor in the early 1880’s. On May 6, 1884, a group of horse thieves wiped out John Staley’s stock. He sent his teenage son and four other young men to look for the thieves. They followed the thieves’ trail for 100 miles before camping out. While exploring the camp area, they discovered a shallow grave with the tip of a boot sticking out. A makeshift headstone read “The sun shine down on him.” The boys realized the danger in their mission and headed back to McLean County.

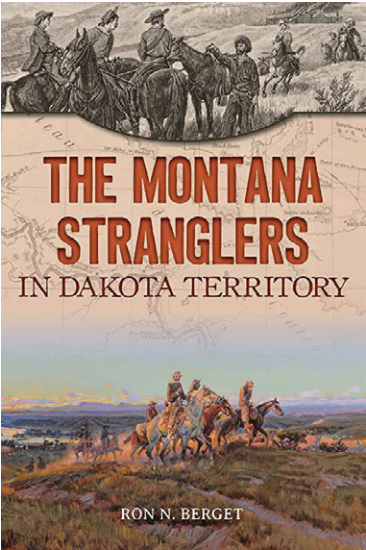
Berget tells readers “This story does not have many good

guys.” He is right. Stealing horses is wrong, going outside the law and ignoring one’s right to a trial is against the core of American ideals, and greed, no matter what Gordon Gecko said, is not good.

I spoke with Berget about what lessons he hopes readers walk away with after reading the book.

“I do try to draw out some lessons, like the rule of law,” Berget said. “Why we are not vigilantes. It is current because people are taking on vigilante roles and it causes a mess when they do. I mean, maybe you really do have a bad guy. Maybe the bad guy really needs to be shot. But any time that we do an end run around rule of law and take the law into our own hands, whether you’re a right-wing vigilante or a left-wing Antifa or whatever, it’s always bad.”

He added: “Human beings are capable of great evil. I think human beings have



The *Montana Stranglers in Dakota Territory* by McLean County native Ron Berget brings local history to life through the lens of the Wild West.

demonstrated that over and over again given the right circumstances. That’s not the way to put a society together and we should learn lessons from the past.”



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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.

15-TFNPI 58540

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52-TFNPI 58540

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21-1TCHG 58540

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43-TFN-E-X 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

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42-4TXTNC 58540

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

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12-TFN-CH,XT 58540

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

9-TFNCHGGCMWX 58540

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*For additional information please contact
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Our McLean County Highway Department team is seeking to fill one (1) or more positions as full-time

EQUIPMENT OPERATOR II(S)
in Garrison. Applications will be accepted until 4:00 P.M. on Friday, February 10, 2023.

New team members must reside within 40 minutes travel time of the Garrison Highway Shop. Under supervision, you will perform a variety of skilled and semi-skilled work in the operation of heavy equipment (primarily motor graders) utilized in road construction, snow removal, bridge projects, maintenance, and other repair projects. To view the complete job description, visit our website, www.mcleancountynd.gov/employment.

- Rewards of working for McLean County government:**
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 - Access to employee funded dental, vision, disability, deferred compensation, and flexible medical spending accounts; and,
 - 10-12 paid holidays per year along with annual and sick leave.

Preference will be given to applicants with prior experience in operation and routine maintenance of construction equipment. High school diploma and Class A North Dakota Driver's License with tanker and air brake endorsement is REQUIRED on first day of work.

For further information or to obtain a McLean County job application, interested individuals may contact Lori by phone at (701) 462-8541; via email at lfoss@nd.gov; or visit www.mcleancountynd.gov/employment. Résumés may be included with the application but will not be accepted in place of an official application.

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Vacancy Announcement closes on February 22, 2023.

If interested, apply online at <https://www.usajobs.gov/job/704453000>.

For additional information please contact David Beck at (701)654-7754.

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www.BLCgarrison.com

For more information, call Scott Foss 463-2226



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1-E-TFN-NC

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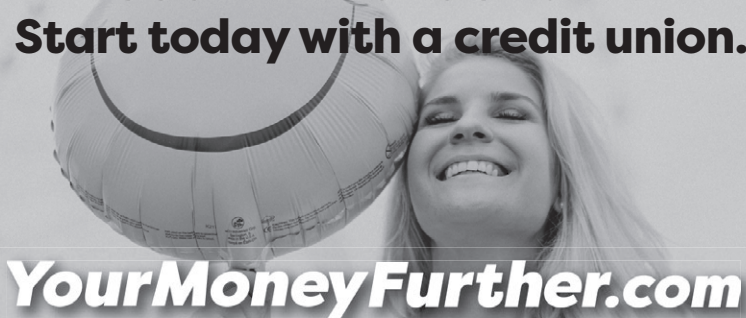
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