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Vol. 39, No. 43
Monday, Feb. 20, 2023

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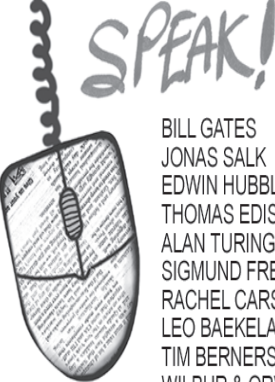
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Max, ND

DAKOTA GARDENER

Technically speaking

BY ZOE ZELEZNIK,
Forester, NDSU Extension

This semester, I’m teaching an on-campus class called River and Stream Resource Management. I’m having a blast with the class, but I’m struggling a little with some of the terminology. I’m a forester and a lot of the material is new to me. If you can explain “entrenchment ratio” to me, I’d appreciate it.

Technical terms can be tricky, but they’re incredibly important as they allow us to communicate very clearly and specifically. If you and I are using a term that has a different meaning for each of us, then we’re not really communicating. In my work with Extension, I often have to translate technical terms into easier-to-understand descriptions. It can be challenging but it’s fun.

That said, here are a few of my favorite technical forestry terms, along with some not-so-technical translations.

Kerf – This is the empty space left in a log or a board by cutting it with a saw. Kerf can also be used to describe the width of that cut. It’s important to know the kerf of a saw cut when processing wood, because this material is lost. When I need a board to be 48 inches long, it better not be 47 7/8 inches or less.

Breast height – The standard

location for measuring the diameter of the tree stem is called “breast height” and is set at 4.5 feet above the ground. That’s in the United States. In many other countries, breast height is standardized at 1.3 meters (4.26 feet), while in other places 1.4 meters (4.59 feet) is used. It’s important to be consistent in our measurements, as they allow us to compare one tree to another.

Why do we even measure the diameter of the stem? Let’s go back to high school geometry for that one. From the diameter of a circle, we can calculate its area. And the area of a tree stem is directly proportional to the area of the crown. When we add up the area of the tree crowns in a given area, we can determine the density of the stand.


What is a stand? What about a crown? Is that the same as canopy?

It can get very confusing, very quickly.

Just so you know, crown and canopy are different, though related, terms. Individual trees have crowns. Groups of trees – stands – in a forest have a canopy. Does that make sense?

The botanical terminology of tree identification can be pretty complicated as well. Shapes are especially challenging.

Inequilaterally ovoid – This



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

CALENDAR

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.
THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.
GARRISON FIRE DEPARTMENT BUFFALO FEED, Garrison City Auditorium, serving from 4:30-8 p.m. with dance to follow at 8:30 p.m.

Monday, February 20
YOGA, First Congregational Church, 8 a.m.

Tuesday February 21
BONE BUILDERS, Garrison Senior Center, 10 a.m.
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.

Wednesday, February 22
YOGA, First Congregational Church, 8 a.m.
THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 4 p.m.

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.

Thursday, March 2
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.
COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY from 4 p.m. to 6 p.m. McLean County Residents in need are welcome. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

Saturday, March 4
TURTLE LAKE WEIGH STATION ANNUAL MEETING will be March 4th at 7pm at Weigh Station.
THE ANNUAL EMERGENCY SERVICES BANQUET will be held on Saturday, March 4, 2020 at the Washburn Memorial Hall. Social hour starts at 5 with the meal served at 6:30. All active, retired or honorary members and spouses/significant other of the Washburn Ambulance, Fire Department, Rescue Squad or their respective Board members, Rural Fire or Ambulance Board members and active duty Sheriff’s Dept. and High way Patrol personnel and spouses are invited to attend.

Thursday, March 9
LORD’S PANTRY FOOD DISTRIBUTION is held at Trinity Lutheran Church in Turtle Lake from 2 pm -4 pm. No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

Sunday, March 12
HAM IT UP BINGO, 4 p.m. food, 4:30 p.m. bingo at Underwood City Hall

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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Every Week

DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

Outdoor Notes:

- Check on ice houses occassionally 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. 18: Light goose conservation season opens.
- Feb. 18: Sakakawea Ducks Unlimited banquet, Washburn Memorial Hall, 5:30 p.m.
- Feb. 18: Garrison Dam Nat’l. Fish Hatchery Winter Fun Day, 10 a.m. to 3 p.m. Free day to hike, cross-country ski, ski-shoe, or snowshoe the hatchery trails

Tournaments:

- Feb. 18: Lake Audubon.

Fishing:

Lake Sakakawea elevation, Feb. 13: 1,826.79 feet above mean sea level; 22,500 cubic feet per second (CFS) Garrison Dam average daily releases. Missouri River gauge height, Stanton: River stage, 9.28 feet. Missouri River gauge height, Washburn: River stage, 11.75 feet.

- N.D. Game & Fish Dept. game wardens: Travel on area lakes improved somewhat with warmer weather settling snow but not much activity other than anglers continue working Lake Audubon with some scattered walleye success. No reports from Lake Sakakawea.
- Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Hit-and-miss walleye success on Lake Audubon. Try working a variety of depths. Steinke and Centennial bays also hit-and-miss for walleye on the east end of Lake Sakakawea with some perch activity.
- Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Slow to fair walleye bite from Centennial and Steinke bays on the east end of Lake Sakakawea. Try 15 to 20 feet. Look for some pike spearing activity. Lake Audubon remains hit-and-miss for walleye with best success in deeper water. Just remember to keep those fish because they won’t survive coming up from deep water.
- Lake Sakakawea, New Town: Walleye activity remains

slow in the midsection of Lake Sakakawea.

- Missouri River, Enerbase of Washburn: Anglers continue heading to Lake Audubon with OK walleye success.
- Missouri River System, Scott’s Bait & Tackle, Pick City: Better weather brought more anglers onto the Missouri River with improving walleye success. Beware with slumping shoreline conditions on Lake Sakakawea in some areas with dropping elevation.
- McLean Co. area lakes, Cenex of Wilton: Some activity on West Park Lake, New Johns Lake, and Lake Audubon with most success with minnows for walleye and wax worms for perch.

Downhill skiing (conditions can vary):

- Big Sky Ski Resort, Big Sky, Mont.: 56- to 60-inch packed powder, machine groomed base with 30 lifts and 308 runs open.
- Bottineau Winter Park, Bottineau:36- to 40-inch base with good conditions. 2 Magic Carpets and 1 lift, 7 runs, and tubing and terrain parks open.
- Huff Hills Ski Area, Mandan: 20- to 35-inch loose granular, spring condition base. Antelope, Badger, & Cougar runs closed but all other runs open along with 1 lift, 2 tows, and Terrain Park open. Donut Hole Hiking Area open but beware of areas with thin ice. Access off Pheasant Run gate near the top of Blue Lift area.
- Terry Peak, Leads, S.D.: 24- to 36-inch base. 30 trails and 5 lifts open.

Snowmobile ND (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. Watch for snow piles along approaches and road crossings.
- Missouri Valley (Emmons & Burleigh counties): 16- to 22-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.
- North-central (Benson, McHenry, Pierce, Ramsey, & Towner counties): 8- to 12-inch base. Rush Lake trail closed but all other trails open.
- Northeast (Cavalier, Pembina, & Walsh counties): 8- to 12-inch base with trails open and in fair condition.
- Peace Garden (Bottineau & Rolette counties):12- to 16-inch base with trails 2A and 2B closed. Other trails 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 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).

— DAKOTA DATEBOOK — Pierre Bottineau

BY LANE SUNWALL

Farmer, settler, hunter, voyageur and founding father of many cities, Pierre Bottineau was born this month in 1817, 12 miles west of present-day Grand Forks. Pierre Bottineau was born to French-Canadian Charles Bottineau and his Native American wife, Margaret Ahdik Songab. Pierre’s parental lineage made him an outsider in both white and American Indian communities; which makes his successes all the more remarkable.

Pierre was born into the rough life of voyageurs, who were professional guides, trappers, fur transporters, and diplomats in the employ of companies such as the North West Company and the Hudson Bay Company. Although his father died when Pierre was only seven, he seemed to have left a mark on the young boy, and Pierre followed in his footsteps. The younger Bottineau made his living hunting and trapping, and at the tender age of 13 was employed by the Hudson Bay Company to carry messages from Winnipeg to Wisconsin.

In 1837 Pierre and his family moved from their prairie settlement to Fort Snelling, near present-day Minneapolis. At the fort, Bottineau was hired by General Henry Silbey, who was in need of his considerable abilities. Bottineau had an extensive knowledge of the land, especially around the Red River Valley, and was fluent in seven languages: English, French, Sioux, Chippewa, Cree, Mandan, and Winnebago.

In 1840 the U.S. Army forcibly removed the white settlers from Fort Snelling, including Pierre’s family, due to conflicts with local Native Americans. Bottineau continued to work intermittently for the Army, but followed the settlers downriver to the present site of St. Paul, where he built St. Paul’s first church, and farmed a quarter section of land. After five years Bottineau sold his property in St. Paul, some accounts claim in exchange for a dog and a cow, and re-settled his growing family in St. Anthony, now the north-eastern corner of Minneapolis. In St. Anthony, Bottineau became a community leader as a local land developer.

However successful Pierre was at developing the real estate around the Minneapolis-St. Paul area, he never tired of trekking and continued guiding expeditions through the Dakotas, Idaho and Montana, becoming a celebrity in the process. Furthermore, his efforts in the rapidly opening west resulted in the founding of not only Minneapolis/St. Paul, but also Osseo, Maple Grove, and Breckenridge Minnesota, as well as Wahpeton North Dakota. Pierre Bottineau, a true frontier adventurer was born this month, 1817 near present-day Grand Forks.

“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.



Two McLean Electric Cooperative
Director Seats Up for Election

ARE YOU INTERESTED IN BEING A DIRECTOR?

This year, the two districts up for election are:

District 2, which is a three-year term, includes the townships of Douglas, Blue Hill, Gate, Roseglen, 149-86, 149-85, Saint Mary, 148-86, Blackwater, 147-88, 147-87, 147-86. District 2 is currently served by Clarence Behles.

District 7, which is a three-year term, includes the townships of Mercer, 146-80, 145-80, 145-84, 145-79, 144-80, 144-81, 144-82, 144-83, 144-84, 143-81, 143-80. District 7 is currently served by Larry Gessele.

Pick up a petition at the McLean Electric Cooperative headquarters in Garrison and secure 15 signatures of members from within your district. You can start circulating the petition right away, but it must be filed not less than 60 days before the annual meeting.

Petitions for the 2023 director elections must be filed with McLean Electric Cooperative by April 20, 2023.

According to the bylaws, any member of McLean Electric Cooperative who is a member of this cooperative as a bona fide resident of the district he/she represents and is in no way employed by or financially interested in a competing enterprise can become a candidate for the board of directors. Directors shall be elected by the members at large at the MEC annual meeting on June 20, 2023, in Garrison.

Directors have a fiduciary responsibility to the cooperative. They exercise care, time, and responsibility in reviewing cooperative matters. Directors treat cooperative business as if it were their own. Directors devote a certain amount of time to the cooperative. At a minimum, a director attends each monthly board meeting. Directors learn about the industry as a whole by reading other materials and by attending state and national meetings. An understanding of the issues facing the industry is vital. To help directors with their responsibilities, training is offered through the electric cooperative’s statewide organization. Courses cover director duties and liabilities, understanding the electric business, board roles and relationships, strategic planning, and financial decision-making. Directors currently serving the cooperative find the duty extremely rewarding.

PRAIRIE DOC® PERSPECTIVES

BY DEBRA JOHNSTON, M.D.

Hidden in Plain Sight

If I asked you to name a chronic disease, you would probably think of conditions like high blood pressure, diabetes, cancer, or dementia. The odds are, one of the most common chronic diseases would never cross your mind.

World wide, this condition affects over 3 billion people, and causes significant physical and emotional suffering. Annually it costs the American economy upwards of 45 billion dollars in productivity. Our children miss nearly 35 million hours of school. Our emergency rooms field nearly 2 million visits.

So what is it? Dental disease.

Those of us whose experiences with dental disease have been limited to the occasional cavity, or perhaps wearing braces for a year or two, may be tempted to dismiss it as an inconvenience or annoyance, not a threat. No doubt this impression is reinforced by the artificial distinction the insurance industry draws between our teeth and our bodies.

However, an unhealthy mouth can lead to what we all understand to be a serious medical illness: pneumonia, bloodstream infections, and malnutrition, to name a few. It is linked to heart disease and preterm birth. It can worsen other underlying diseases,

such as diabetes. And many conditions, or their treatments, can in turn worsen oral health.

In addition to the physical suffering, dental disease can cause significant social consequences. How often do we say, without even thinking, “They have a nice smile?” Consciously or not, we assess people by their teeth. Those with visible dental disease are acutely aware of this judgement. I almost never saw my wonderful mother in law with a full smile on her face, no matter how happy she was. She was just too aware of her discolored and crooked front teeth. The consequences are more severe for many others: lost job or educational opportunities, lost social standing, relationships that don’t move forward. Dental diseases can affect not just the appearance but the function of

the mouth, impacting speech and communication, and even the fundamental daily activity of eating.

Preventing dental disease begins very early in life, and continues indefinitely. Most people know brushing, flossing, and seeing a dentist regularly are important. They may know that sugar and tobacco are bad for their teeth, and athletes probably know they should wear mouth guards. Many people do not know that cavities are contagious: the bacteria that contributes is often spread from person to person, especially parent to child. They may not know that their sports drink or diet soda is acidic enough to damage the enamel protecting their teeth.

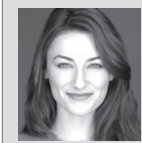
A healthy mouth is fundamental to health. When was your last trip to the dentist?

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701-223-6397



Your name
and contact info



Date set for Wilton 125th

Ideas brought forward for city’s Quasquicentennial

Wilton’s Quasquicentennial celebration has been set for the second weekend in July of 2024, with event details coming together as planning begins.

The Wilton 125th anniversary celebration is set for July 12-14, 2024, with volunteer community members getting to work on making the event a splash.

Volunteers are in the initial planning stages that include brainstorming a wide variety of options for the celebration.

Initial ideas for the event include a 5K/10K, parade, community church service and alumni banquet.

Potential entertainment included a street dance, a fashion show of fashion through the years, movies

in the park and evening fireworks.

Several athletic tournaments are also being discussed in cluding corn hole, horse shoe, pickleball, softball, volleyball and basketball.

Options for family-friendly afternoon activities include in flatables, paddle boat races, face painting, old time photos at the senior center and a dunk tank.

Details for the event have not been set and planning will take place over the next year. Any one interested in taking part in helping with the event is invited to attend the next planning meeting on April 12 at 7 p.m. at the Wilton Ambulance bay

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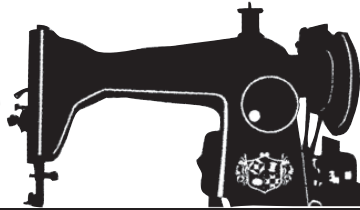
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- **CLASSIFIED DISPLAY RATE:** \$9.50 per column inch.
- **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128
Email: leadernews@nordaknorth.com • Website: www.nordaknorth.com
Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- **DELIVERY 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.

15-TFNPi

58540

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.

52-TFNPi

58540

"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-TFNPi

58540

FARM RELATED

HEATED SHOP FOR RENT by the day, week or month. 50x100, has welder, torches and lots of tools. Call Jason, 701-870-0415.

TRAILER FOR RENT: Hopper bottom flatbed with hay racks, goose necks with or without racks. Call for prices. Call Jason, 701-870-0415.

21-1TCHG

58540

EQUIPMENT FOR RENT: Hay Hiker, self-loads, 14 bales; portable diesel welder on trailer. Call Jason, 701-870-0415.

21-1TCHG

58540

BULK FUEL sale and delivery. Premium Clear #2 fuel, \$3.68/gallon; Premium Dyed #2 fuel, \$3.20/gallon; Unleaded Gas, \$2.90/gallon. Call for current pricing. Call Jason, 701-870-0415.

21-1TCHG

58540

FERTILIZER FOR SALE: Urhea \$500 delivered; Map \$725 delivered; Anhydrous \$870 (not delivered). 25 percent down and balance paid by March 15 for April-May delivery. Call Jason, 701-870-0415.

36-1TCHG

58540

GIVEAWAY

Border Collie/Sheltie Cross 9 puppies, 4 males/5 females. Good working class, good with children, Loveable, medium sized friends. Please call Kim Vincent 701-462-1838

23"x35" WHITE SHEETS of tracing paper. Good for packing sheets when moving, kids drawing sheets, wrapping glassware, gift wrapping, etc. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.

21-TFNNCG

58540

FARM RELATED

SEED FOR SALE

Yellow Peas:
CDC Inca
HRSW:
LCS Buster, MS Charger,
MS Barracuda,
MS Ranchero

Oats: CS Camden
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LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday March 6th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions, also follow us on Facebook.

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

SERVICES

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831.

34-9-E-PD

58577

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37-TFNCHGXT

58540

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1-TFNCHGX

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MARV'S BAR FOR SALE in Turtle Lake

Price Reduced to
\$150,000.00
Call Kim Sundquist,
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SERVICES:

DO YOU or a loved one need help getting stuff done? Will do yard work, painting, cleaning, etc...No job too big or small. Reasonable rates. Call Marla 701-340-3275.

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

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

9-TFNCHGGCMWX

58540

HELP WANTED



- Elementary Principal
- School Business Manager
- 2 Elementary Teacher
- 1 Title One Teacher
- 1 Gifted/Talented Teacher
- Basketball Coaches
- Volleyball Coaches
- Football Coaches
- Wrestling Coaches
- Golf Coaches
- Track Coaches
- Cross Country Coaches
- Elementary Teachers
- Bus Drivers

Applications and Background check forms can be found on our school website <https://www.white-shield.k12.nd.us/>

*Any questions please
contact the business office
at 701-743-2201.*

HELP WANTED

place an ad today!

HELP WANTED

CORPS OF ENGINEERS
is recruiting for the following summer positions to be located at Riverdale, ND.

- Student Trainee - Electrical Engineering**
- Student Trainee – Mechanical Engineering**
- Student Trainee – Civil Engineering**

To apply email resume and transcript to David Beck at: david.d.beck@usace.army.mil

Closing date is February 24, 2023.

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



\$2,500 sign on bonus

Operations Assistant

- Full Benefits/PTO/Insurance
- Unload chemical trucks with forklifts
- Keep warehouse inventory organized
- Dump fertilizer trucks
- Assist in light mechanical work in the shop

For questions call Duran @701-509-2922



**Mechanic/Operator
Position Open**



The Board of Sheridan County Commissioners will be accepting applications for a Mechanic/Operator position. Qualifications are to have experience in repairing and performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Wages \$18.00-\$22.00 per hr. plus benefits - negotiable upon experience. Up to a 45-hour week. Starting date of hire is as soon as can be.-

Application forms are available at the office of the
Sheridan County Auditor
PO Box 439, McClusky, ND 58463
PH# 701-363-2205
or County website: www.co.sheridan.nd.us

**Applications must be returned to the Sheridan
County Auditor's Office by 4:00 p.m. March 6th, 2023.**

Shirley A. Murray
Sheridan County Auditor



**GARRISON
PARKS & REC**

Summer Employment

Garrison Parks & Rec is now accepting applications for the following positions:

- **Lifeguards**
- **Maintenance Personnel**
(Lawn care & more)
- **Coaching Positions**

We will pay to certify lifeguards, some restrictions apply. Competitive pay. Send resume to: P.O. Box 850, Garrison, ND 58540 or email to: garrisonparksandrec@gmail.com

Application deadline: Monday, March 6th

HELP WANTED

HELP WANTED



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701-509-2922

HELP WANTED

Garrison Public School

is accepting applications for

Paraprofessional

position at our elementary school.

For more information call 701-463-2818 or visit www.garrison.k12.nd.us for an application, and email to Dr. Klemisch at Nick.Klemisch@k12.nd.us

Housing Manager at The Meadows

Assisted Living located in Garrison, ND. Full-time.

Duties include: Oversight of 18 Apartments; Organize, supervise, and direct the work of staff; lead the management of health care needs; manage vendor or campus-wide services received by the site. Create and maintain a high level of tenant, staff, and family satisfaction. Develop and implement marketing and strategic plans, budgets, and quality improvement initiatives. This position also has fiscal accountability for the site.

Apply online at www.BLCgarrison.com

For more information, call Scott Foss 463-2226

 **Benedictine**

THE MEADOWS

EEO/AA.VET FRIENDLY

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Call Jill Borth at (701)463-2226

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HELP WANTED

CORPS OF ENGINEERS

is seeking one

Full-Time - Permanent

ENVIRONMENTAL ENGINEER

at Riverdale, ND.

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.



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 (BillL@GSSC.net) for more information. EOE/AA/Disability/Veterans/M/F Employer Immediate full-time & part-time openings!

 **Benedictine**

LIVING COMMUNITY | GARRISON

HELP WANTED

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Full-time Days/ M-F

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Apply at www.blcgarrison.com

Call Julie Snyder at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

Wagon wheel Lumber and Dakota Custom Homes, employee -owned companies, are looking for both a

commercial delivery driver and a yardman.

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Must be 18 years old

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Washburn Editor Leader-News

NorDak Publications seeks a full-time Editor in Washburn, ND.

The ideal candidate will have strong communication skills and excel in writing news, feature, and sports stories, along with editing and proofing copy and planning coverage for the week. The right candidate will also be willing to become part of the local community. Most of all, the ideal candidate will have a passion for telling stories that engage and educate readers. This position offers an opportunity to become part of a growing newspaper group throughout North & South Dakota.

To apply, email your cover letter, resume, clips and three professional references to kelsey@nordaknorth.com

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1-E-TFN-NC 58577



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HELP WANTED

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ISO ELECTRIC MOTOR SHOP REPAIR TECH in Mandan ND. \$18-25/hr depending on experience. Contact Joe at 701-891-8480 for inquiries.

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ANNOUNCEMENTS

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MISCELLANEOUS

HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.

PRAIRIE FARE

BY JULIE GARDEN-ROBINSON

New food allergen now listed on affected foods

“Are you ok?” my family asked.

We were in a restaurant, and I began sneezing continually. I couldn’t stop. I had ordered shrimp scampi.

My eyes were watering and my nose was stuffed. I think the other diners were wondering if I had a communicable disease. I practically ran to the restroom to blow my nose and try to stop my sneezing attack.

Fortunately, I got better. Perhaps someone at a nearby table had sprinkled a lot of pepper on the food. Pepper contains “piperine” that irritates the nose and causes sneezing as your body tries to get rid of it. Maybe the shrimp dish had some ground chili peppers, which contain “capsaicin” that can trigger sneezing.

I took my leftovers home. The next day at work, I had another sneezing attack right after finishing my shrimp dish. About 10 minutes later, I was OK.

What was the trigger to my sneezing? Had I developed a seafood allergy? Was a spice aggravating my sinuses? Did I just make it worse by triggering my immune system?

I am somewhat afraid of shrimp right now. Seafood allergies, like many others, can be deadly, but I have never reacted to it previously. I think a spice is the irritant.

Some allergens cause people’s skin to erupt in hives and sufferers may feel a tingling or itchy sensation around their mouth. Difficulty swallowing, breathing, tongue and lip swelling, and closing of the throat are hallmark signs of food allergy issues. Other people may cough or have digestive upset such as vomiting, diarrhea or cramps. Food allergies are very serious.

Anaphylaxis is the name of the worst-case scenario reaction to ingesting food allergens. An EpiPen can be lifesaving in the case of anaphylaxis, followed by a trip to the emergency room.

Unfortunately, food allergies cannot be cured. You need to avoid the foods that contain the allergen.

Let’s see what you know about food allergies.

1. At least how many different foods cause allergic reactions in sensitive individuals?

90
120
160

2. Name as many of the nine allergens required to be listed on food packages as you can.

3. What is the latest food allergen required on labels if it is present?

4. Which color additive must be listed on labels if it is present?

Red No. 5
Blue No. 2
Yellow No. 5

5. Where must allergens appear if they are present?

On the front of the package
Under the ingredient statement
On the Nutrition Facts label

6. Are advisory statements such as “produced in a facility that also processes (allergen)” required?

If you suspect you might have allergies or intolerances to foods, visit with a healthcare provider such as an allergist. You will

need to approach food selection cautiously and read labels thoroughly, as well as asking questions at restaurants. These are the answers to the questions.

C. At least 160 foods cause allergic responses.

The nine food allergens are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame. The first eight items on this list account for 90% of allergenic responses.

As of 2023, sesame is the latest food allergen required on labels.

C. Yellow No. 5 must be listed by name if it is present.

B. The allergen statement “Contains (allergen)” is found directly under the ingredient statement.

No. Advisory statements that caution about other allergenic foods are not required on food labels. However, they alert people to the potential for cross-contact.

Check out the food allergen handouts and recipes available on the NDSU Extension website, along with the provided links for further information. See ndsu.ag/allergens for details. This is an example of a recipe from the series.

7-ingredient Chocolate Granola (Peanut free)

1½ cup unsweetened coconut flakes

½ cup pumpkin seeds

½ cup flaxseeds

1 tablespoon Sunbutter or almond butter

1 tablespoon canola oil

¼ cup dried cranberries

¼ cup semisweet chocolate chips

Mix together coconut flakes,

pumpkin seeds and flaxseeds in a medium bowl; set aside. Heat a large-sized skillet over medium heat and add canola oil and Sunbutter or almond butter. Add the dry coconut flake/seed mixture to the skillet and stir well. Make sure dry ingredients are evenly coated with

the butter mixture. Toast in the skillet for about 10 to 15 minutes on medium-low heat. Pour mixture onto a tray lined with parchment paper, and after a few minutes of cooling, add chocolate chips and dried cranberries and toss to mix. Chips will continue melting to make

the granola creamy and chocolatey. Enjoy with milk, yogurt or by itself.

Makes 12 servings. Each serving has 160 calories, 12 grams (g) fat, 5 g protein, 11 g carbohydrate, 3 g fiber and 5 milligrams sodium.

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Send inquiries or resume to kelsey@mobridgepublishing.com