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Take precautions when using heat lamps for newborn livestock

As spring approaches, many ranchers are preparing a clean, dry and warm place for newborn animals. Frigid temperatures in the Upper Midwest make it a challenge for producers to keep our newborn livestock warm and protected from the harsh, winter elements.

One option for keeping newborn livestock warm is to provide supplemental heat by installing heat lamps. However, severe risks can accompany the use of heat lamps inside a barn.

“As livestock producers, we want to do everything in our power to establish the best outcome for our newborn stock,” says Travis Hoffman, North Dakota State University and University of Minnesota Extension sheep specialist. “Sometimes we need to help our newborn livestock by providing supplemental heat to prevent hypothermia.”

The lower critical temperature for newborn lambs and kids is 50 degrees Fahrenheit. Providing additional heat in the form of heat lamps for newborn lambs, kids and calves inside a “hot box” can aid in newborn survivability.

Unfortunately, the use of heat lamps also adds increased fire risk to barns, especially when heat lamps are placed over deep, bedded straw.

“The risk of barn fires increases anytime you add a heating system to your barn,

especially the use of heat lamps,” says Angie Johnson, NDSU Extension farm and ranch safety coordinator. “Ranchers must use extreme caution and preventative measures when using heat sources for your barn, especially heat lamps.”

If ranchers decide that using heat lamps is their best option to provide a supplemental heat source for newborn livestock, Johnson and Hoffman provide the following tips to help reduce the risk of fire:

Secure all heat lamps with a non-flammable hanger. The best option is to use a chain and a locking chain connector to prevent the heat lamp from falling into the straw. Do not use twine or rope. Heat lamps should be secured as if they are permanent.

Purchase high quality, heavy-duty heat lamps and thick glass bulbs. Utilize a heat lamp that is designed to withstand a fall and lay in a pen without starting a fire. Utilize heat lamp bulbs that won't break if they fall into the pen. Farm and ranch stores that specialize in lambing and kidding equipment have heat lamp and bulb options.

Clean off dust, cobwebs and dead insects before using the heat lamp.

Inspect heat lamps for exposed wiring, loose bulb sockets or broken bulbs stuck in the heat lamp socket before using.

Directly plug your heat lamp

into an outlet, not an extension cord. Outlet receptacles should be both ground fault (GFCI) and arc fault (AFCI). An arc fault is an unintended arc created by a current flowing through an unplanned path that could create a fire, such as a heat lamp sparking when knocked into the pen. Ground fault trips when there is a sudden change in the amount of current going out versus coming back. Together, these two help prevent fire from a spark or electrocution if an animal chews on the wire. Additionally, ensure that you do not overload the circuit.

Place a fire extinguisher near each entrance of the barn. Have a 10-pound, ABC-rated (multipurpose) fire extinguisher ready to use in case of a fire. Check extinguishers periodically to ensure that they have maintained their charge by reading the indicator dial.

Consider investing in a barn temperature monitoring system or fire monitoring system.

“Using heat lamps in your barn means that ranchers must be diligent in checking the heat lamps every day, multiple times a day,” says Johnson. “If one animal bumps the heat lamp or chews on the electrical cord, causing exposed wires, a barn fire could easily occur in a matter of minutes. However, with proper safety considerations, heat lamps can be a viable option for protecting newborn livestock.”

CALENDAR

Saturday, March 11

THRIFT STORE AT COMMUNITY CUPBOARD of Underwood: Open to the public, 10 a.m. - 1 p.m., 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 SHOP, Garrison Area Resource Center, 10 a.m. to 1 p.m.

Sunday, March 12

BENEDICTINE LIVING COMMUNITY GARRISON ST. PATRICK'S DAY BRUNCH AND AUCTION, Garrison City Auditorium, 11 a.m. to 1 p.m.

OPEN DOOR COMMUNITY KITCHEN, 11:30 to 1 p.m. Senior Citizens, Turtle Lake, ND

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

Monday, March 13

YOGA, First Congregational Church, Garrison, 8 a.m.

PRE-REGISTRATION FOR PRE-SCHOOL AND KINDERGARTEN STUDENTS, Bob Callies Elementary School, Garrison, 9 a.m. to 8 p.m.

PRODUCER ASSISTANT MEETING, Cubby Hole, Garrison, 10-11:15 a.m.

BONE BUILDERS, Garrison Senior Center, 10 a.m.

THE WASHBURN CITY COMMISSION will hold its regular scheduled meeting on Monday; March 13, 2023, at the City Hall at 6:30 pm. The public is invited to attend.

Tuesday, March 14

DICKENS VILLAGE FESTIVAL COMMITTEE MEETING, Cubby Hole in Garrison, 5 p.m.

THE WASHBURN AMERICAN LEGION VICTOR B. WALLIN POST #12 AND AUXILIARY WILL BE MEETING Tuesday, March 14, 2023, at the Memorial Building. There will be a 5:00 social, 5:30 catered meal; with meetings to begin at approximately 7:00 pm. There will be entertainment in celebration of the American Legion Birthday as well as a special presentation.

LIBRARY BOARD MEETING, The Washburn Public Library board will be having a special meeting Tuesday, March 14th, at 7 pm.

Wednesday, March 15

YOGA, First Congregational Church, Garrison, 8 a.m.

THE THRIFT SHOP, Garrison Area Resource Center, 10 a.m. to 4 p.m.

ST. PATRICK'S STORY TIME, 10:30 a.m., Underwood Public Library

COUNTY LINE RODEO ASSOCIATION MEETING, Douglas Senior Center, 7 p.m..

Thursday, March 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.

MOVIE NIGHT: "MATILDA", 6 p.m., Free will donation, free popcorn and drinks, big candy for \$1

Saturday, March 18

COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY from 10 a.m. to 12 p.m. McLean County Residents in need are welcome. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

Tuesday, March 21

THRIFT STORE AT COMMUNITY CUPBOARD of Underwood: Open to the public, 1 - 5 p.m., 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, March 23

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, March 25

LORD'S PANTRY FOOD DISTRIBUTION is held at Trinity Lutheran Church in Turtle Lake from 10 am - Noon. No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

Sunday, March 26

OPEN DOOR COMMUNITY KITCHEN, 11:30 to 1 p.m. Senior Citizens, Turtle Lake, ND

Thursday, March 30

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.

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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Ant-Man & the Wasp: Quantumania, PG-13

Ant-Man and the Wasp find themselves exploring the Quantum Realm, interacting with strange new creatures and embarking on an adventure that pushes them beyond the limits of what they thought was possible. 2 hr, 5m. Adventure/Action 2023

March 10 & 11.....7:30 pm

SPECIAL MATINEE: Sanctified, PG-13

An outlaw is rescued from death by a nun who is traveling through 1890 North Dakota. She nurses him back to health in exchange for him guiding her to a Church deep in the Badlands. 1 hr, 29m. Western 2022

March 12.....3:00 pm



Every Week

DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

Outdoor Notes:

•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.

•March 11: Knife River Pheasants Forever banquet, Beulah Civic Center, 4 p.m.

•March 15: Permanent houses must be off area lakes but can be used if removed daily.

•March 15: Mandan Duck Unlimited banquet, Mandan Baymont Inn, 5:30 p.m.

Fishing:

Lake Sakakawea elevation, March 6: 1,825.28 feet above mean sea level; 20,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 8.64 feet.

Missouri River gauge height, Washburn: River stage, 11.5 feet.

•N.D. Game & Fish Dept. game wardens: No Missouri River System reports.

•Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Some nice-sized walleye west of Douglas Bay but no access points other than at Douglas Bay so travel on the ice for about 3 miles is necessary. Spotty walleye success elsewhere on the east end. Work any of the upper ends of back bays for the start of a pike bite. Try deep in about 35 feet on Lake Audubon for walleye but be prepared to keep fish caught that deep.

•Lakes Audubon &

Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: A more consistent pike bite is showing up on the east end of Lake Sakakawea. Focus on larger flats adjacent to deeper water in back bays with smelt or herring. Walleye remain spotty on Lake Sakakawea and Lake Audubon.

•Lake Sakakawea, New Town: Van Hook Arm and midsection remain quiet for walleye.

•Missouri River, Enerbase of Washburn: Limited reports from area lakes with light activity.

•Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River tailrace walleye success remains slow. Weather limiting activity on Lake Sakakawea.

•McLean Co. area lakes, Cenex of Wilton: Some activity continues on Lake Audubon. Try minnows although they're hard for vendors to get.

Downhill skiing

(conditions can vary):

•Big Sky Ski Resort, Big Sky, Mont.: 70- to 71-inch powder, packed powder base with 30 lifts and 311 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 powder, packed powder base. All runs open along with 2 lifts, 1 tow, and Green Lift Terrain Park open. Donut Hole Hiking Area also open.

•Terry Peak, Leads, S.D.: 26- 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 fair 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 and in good condition. Watch for snow piles along approaches and road crossings.

•Missouri Valley (Emmons & Burleigh counties): 10- to 16-inch base. Trails open and

in fair condition with new snow. Watch for snow piles along approaches and road crossings.

•North-central (Benson, McHenry, Pierce, Ramsey, & Towner counties): 6- to 10-inch base. Rush Lake trail closed but all other trails open and in fair condition.

•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 all trails open and in good condition.

•Red River North (Walsh & Pembina counties): 12- to 16-inch base. Trails open and in fair 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): 5- to 9-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 fair condition. Watch for snow piles along approaches and road crossings.

•Sno-trails (Bottineau, McHenry, Renville, & Ward counties): 3- to 12-inch base. Trails open but lost snow depth.

•Southern Valley (Richland County): 10- to 20-inch base. Trails open and in fair 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).

PRAIRIE DOC PERSPECTIVES

BY THE LATE RICHARD P. HOLM, M.D.

Fearing Death Can Cause Suffering

When in life does one come to confront the tough truth that each of us will eventually die? In my years as an internist caring for young and old alike, some people understand this early, and some people never get it. In denying death, we intensify our fear of it. Usually, however, it is sometime during their 50s that people first look into the eyes of death. Put it off as we may, the hard certainty is that we are all aging and one day an end will come. Shakespeare described advanced age in his play *As You Like It*, Act II, Scene VII (All the world's a stage):

"... Last scene of all, That ends this strange eventful history, Is second childishness and mere oblivion, Sans (without) teeth, sans eyes, sans taste, sans everything."

Shakespeare's description of advanced age during the 1600s is rather bleak and scary. I think, with modern medicine and the support of a loving family, we could do better. I clearly believe that advanced age and facing our own death should not fill us with dread. The following is a more hopeful version to end Shakespeare's excerpt:

"... He did not have to end his life alone; If over time he'd

shared his caring, raised the worth of others, fed the love he'd sown. His death would find him kindly prized and praised, While kin sang festive songs of joy, amazed."

Fear comes from the oldest reptilian part of our brain. Fear helps us run from attackers but can also make us run from making important choices about our health. Fear can even bring us to push forward with treatment that may cause significant suffering, even when we are very old and even when treatment is futile and it's time to quit.

Fear of dying can prevent us from making plans about end-of-life care and, most importantly, prevent us from talking to our families about those wishes. How do we want to be cared for if we should lose mental capacity from a stroke or dementia? Do we wish to have a feeding tube, resuscitation, antibiotics when there is no quality of life left, when one doesn't recognize family and when the only option will be residing in a bed somewhere "sans everything."

I would rather die and be:

"... kindly prized and praised, While kin sing festive songs of joy, amazed."

Plant Sale Coming May 6th

Get your new plant starts ready. We are hoping to have lots of variety. Any donation will be appreciated. ALL proceeds will be donated to the Nettle Creek Schoolhouse. Any questions call Lori at 462-3539 or Karla 462-3793. Watch for more information to come.



Benedictine - Garrison's

St. Patrick's

Brunch/Auction

Sunday, March 12, 2023

11:00 am - 1:00 pm

Garrison Auditorium

Free Will Offering Brunch

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Live Auction

Just for Kix Dancers

Live Auction starting at 12:15 featuring a Green Mountain Pellet Grill, Blackstone 28" Flat Top gas griddle, ND Golf package, Medora package and much more!



Fishing Hall of Fame seeks nominations

GARRISON – The North Dakota Fishing Hall of Fame is seeking nominations for potential Hall of Fame inductees.

Anyone may nominate an individual or organization they believe has made a significant and lasting contribution to sport fishing in North Dakota.

Nominees will be chosen based upon consideration of the nominee's ethics, leadership and commitment to improving sport fishing in North Dakota, unselfish contributions to the sport, scope of impact on fishing and overall contribution to the sport or to fisheries management in

North Dakota.

Nominations are due by May 1 for this year's inductees. Nomination forms may be found on the Hall of Fame website at www.ndfishinghalloffame.org, or may be obtained by emailing kjwitt78@restel.com or by calling the Garrison CVB at 1-800-799-4242.

NDSU Extension provides outlook for the grazing season

The two factors that will influence forage production in 2023 are April through June precipitation and grazing management in 2022.

As the 2023 grazing season approaches, North Dakota State University Extension specialists provide an outlook for this year's forage production.

"Despite residual impacts of the 2021 drought, we had good forage production in 2022 due to high rainfall in the fall of 2021 and timely spring rainfall," says Miranda Meehan, NDSU Extension livestock environmental stewardship specialist. "However, as we moved into summer and fall, precipitation was below normal across the state, causing drought conditions to return."

As of March 1, 70% of the state is experiencing some level of drought.

The two factors that will influence forage production in 2023 are April through June precipitation and grazing management in 2022.

Fall plant tiller development has a direct impact on plant growth during the subsequent year for all cool-season grasses, which are dominant in our grassland. Cool-season grass tillers, such as western wheatgrass, Kentucky bluegrass, smooth brome grass, green needlegrass and crested wheatgrass, that developed from late August through early October are the first plants to green-up in the spring. If these tillers are eaten or die due to drought, then spring growth must occur from new tillers developed in April and May.

"Unfortunately, the fall drought conditions likely impacted tiller development," says Kevin Sedivec, NDSU Extension rangeland management specialist. "Heavy grazing during the fall that resulted in the removal of the growing point (between the bottom two leaves) from tillers will cause additional stress and tiller mortality. In the event of high fall tiller mortality, grasses will need to develop a new tiller in the spring, delaying growth two to four weeks."

Tillers that develop in the spring come from buds that broke dormancy in the spring, usually when soil temperatures stay about 40 degrees Fahrenheit for three or more days, whereas the tillers established in the fall will grow as soon as temperatures reach 32 degrees for five consecutive days.

A photo of a new western wheatgrass tiller taken in October, the growing point is located between the first two leaves and is elevated as the plant grows. Photo taken by Kevin Sedivec.

Heavy grazing use in the fall not only delays growth but causes reductions in overall plant growth and forage production. Data collected by NDSU Extension found that severe grazing use, greater than 80% removal of available forage, reduces growth of cool-season grasses and forage

production. Forage production was reduced by as much as 57% on sites evaluated as having severe grazing use the previous fall.

2022 forage production in pounds per acre as influenced by grazing use slight-moderate (<40%), full (40%-60%), close (60%-80%) and severe (>80%) in the fall of 2022.

In addition to management, April through June precipitation drives forage production in North Dakota. Due to the dominance of cool-season grasses, rains during this period are responsible for 80% to 90% of forage production in the state.

To help plan for the 2023 grazing season, NDSU Extension developed the following scenarios based on precipitation and management:

If spring precipitation is normal, expect a delay in plant development and lower production due to a loss in tiller development following the dry fall. Further reductions will occur if pastures were grazed heavily in the fall.

If spring precipitation is 130% or more above normal, expect normal to above normal forage production.

If spring precipitation is below normal, expect reduced forage production and a decline in forage quality earlier in the season.

"Regardless of spring precipitation, ranchers should prepare for a one- to two-week delay in growth this spring due to poor tiller development this fall," says Meehan. "This delay will be greater on pastures that were grazed heavily this fall due to increased tiller mortality. Expect pastures that received heavy use in the fall to have reduced forage production this year."

To prevent further reductions in plant health and production, Meehan and Sedivec recommend delaying pasture turn-out until the dominant forage species in a pasture reach grazing readiness. Grazing readiness for most domesticated pasture is at the 3-leaf stage, whereas grazing readiness for most native range grasses is the 3 1/2-leaf stage.

"When production is low due to delayed tiller development, it becomes easy to run out of forage more quickly if you go to full stock too early, leading to over-use," says Sedivec. "This over-use during early green-up leads to reduced plant vigor and reduced leaf area, impacting photosynthesis and reducing food (carbohydrate) stored in roots. In the end, you may sacrifice 45% to 60% of forage production for the year by grazing too early."

Timely precipitation is critical to forage growth and production, equally critical is the use of management practices that maintain healthy, vigorous plant communities that can withstand disturbances. Regardless of what spring brings we encourage you to have a drought plan in place with well defined trigger dates to reduce risk on your ranch.

PRAIRIE FARE

BY JULIE GARDEN-ROBINSON

Take steps to reduce food waste

I was cleaning out my refrigerator the other day. I felt bad when I found some shredded cheese riddled with mold. The bag of cheese was hiding in a drawer.

I could have saved that cheese by putting it in the freezer.

At times, I have sniffed milk before pouring some on my cereal. Sometimes, the milk has been well-beyond its prime.

Milk can be frozen for use in recipes.

Do you ever find less-than edible food lurking in your refrigerator? How about moldy bread in a bag on your countertop? Most people do.

Food costs more these days, so we need to take steps to use it while it remains safe and of high quality.

Unfortunately, much food is wasted in the U.S. annually. About 30% to 40% of our food supply is wasted, according to national statistics. That amounts to 133 billion pounds of food valued at \$161 billion.

This has effects on American households' pocketbooks. The average family of four loses \$1,500 each year due to uneaten food.

Why does so much food get wasted? Sometimes we do not realize how much food we have on hand, and we might buy extra food. Keeping an inventory of what you have on hand may seem tedious, but it might also help save you money.

The U.S. Department of Agriculture and Environmental Protection Agency established a food loss and waste reduction goal in 2015. The goal is reduce waste by 50% by 2030. We have a lot of work to do in the next seven years.

Food "loss" occurs before the food ever reaches consumers. It happens during storage, processing and other phases of

moving food to us. Food waste happens in grocery stores, restaurants, schools and at home.

What can you do to reduce food waste? We can take some steps as individuals to help prevent food waste.

Keep a list of what you need to buy on your refrigerator, as a note in your phone or whatever way works for you. That can help eliminate guessing what you need.

Make a meal plan. Try to use the foods you have on hand when writing a plan for the week. Cooking at home or meal-prepping for a few days can prevent the "what's to eat?" dilemma. If you have a plan in place, you are less tempted to stop at a drive-through. Buy what you can use within a reasonable time frame. If a loaf of bread becomes moldy before you can use it, consider freezing the next loaf and taking out what you need.

Use your leftovers or "planned-overs" creatively. If you have chili one night, consider baked potatoes with chili and cheese later in the week. A roast beef can be Sunday dinner and later hot roast beef sandwiches or barbecue beef. If you have leftover vegetables, add them to soup or casseroles.

Consider composting vegetable peelings. Compost is organic material you can add to soil to help plants grow.

According to the EPA, food scraps and yard waste make up 20% to 30% of what we throw away; it could be composted instead. Making compost keeps these materials out of landfills, where they take up space and release methane, a greenhouse gas.

Search online for the "how to compost" guide from North Dakota State University Extension. For questions about food storage, search for the

"food storage guide" and "food freezing guide" from NDSU Extension.

This recipe can help you use foods in your refrigerator, freezer or pantry.

Teriyaki Chicken and Pineapple Fried Rice

- 1 pound chicken (breast or tenderloin)
- 1/3 cup teriyaki sauce, low sodium
- 3 cups brown rice, cooked
- 2 cups pineapple, diced (fresh or canned)
- 1 cup frozen peas and carrots
- 1 cup onion, diced
- 2 tablespoons olive oil
- 2 teaspoons garlic, minced
- 1/4 teaspoon ground ginger

Preheat oven to 400 F. Line the sheet pan with foil for easy cleanup. Create a boat with a second piece of aluminum foil to fit half the pan size. Place the chicken in a single layer in the boat and drizzle with teriyaki sauce. Cook in oven for 15 minutes.

While chicken is cooking, add the remaining ingredients to a bowl and stir to combine. After the chicken is done cooking for 15 minutes, add the rice mixture to the other half of the sheet pan. Spoon teriyaki sauce over chicken as necessary and return the pan to the oven. Cook for an additional 10 minutes or until chicken reaches 165 F.

Makes six servings. Each serving has 310 calories, 6 grams (g) fat, 22 g protein, 42 g carbohydrate, 4 g fiber and 360 milligrams sodium.

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

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Army Corps work plan provides for Garrison Dam

\$17 million penciled in for dam operations and maintenance

WASHINGTON, D.C. – Senator John Hoeven announced Monday that the U.S. Army Corps of Engineers’ Fiscal Year (FY) 2023 work plan includes nearly \$23 million for water resource facilities in North Dakota, including more than \$17 million for operations and maintenance at Garrison Dam.

“We’ve worked at both the federal and state level to prioritize access to Lake Sakakawea and support facilities, such as the Garrison Dam National Fish Hatchery, to help make this lake into

a world-class fishing and outdoor recreation area,” Hoeven said in a press release. “This Army Corps funding builds on our efforts to provide great opportunities for our sportsmen while supporting our state’s tourism industry.”

As a member of the Senate Energy and Water Development Appropriations Committee, Hoeven has worked to secure improvements for recreation areas, including repairs for boat ramps to ensure lake access, around Lake Sakakawea and Lake Oahe. To this end, the senator

included language in the Water Resources Development Act (WRDA) of 2022 requiring the Corps to report to Congress on the investments needed to support recreational activities on Corps lands; provide a plan to pay for deferred maintenance projects at Corps recreational areas; and outline efforts to coordinate with state and local officials to improve recreational areas and facilities.



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DAKOTA DATEBOOK

Winter Show

BY MERRY HELM,

Today marks the anniversary of the very first Winter Show, which was held in Valley City March 8-11, 1938. A 1938 editorial in the Valley City Times-Record described it as an educational, non-profit event to “bring together the best in the state in livestock, farm crops, manufactured products, Homemakers, 4-H Clubs and Future Farmers of America exhibits combined with high-class entertainment.” It is now the Dakotas’ longest running agricultural show.

The founders chose the month of March, because farmers and ranchers were less busy but were also planning ahead for spring planting. They also had the winter to better prepare the livestock they wanted to exhibit or sell.

A 1937 membership drive gathered together about 125 farmers and businessmen who were urged to buy memberships at \$10 apiece. Storeowner Herman Stern bought five and called on fellow downtown merchants to match whatever came from other sources. His move raised \$4,000.

That was just the first hurdle, though. In 1948, M. J. Connolly, the Show’s first secretary, described what happened that first year: “... there was a time several weeks before the show opening when the directors did not know if they would have any livestock. Several officials threw up their hands at the lack of response by

livestock breeders to the letters of invitation, (but) veteran county agent, T. X. Calnan...got on the long-distance telephone. When Tom finally hung up... Barnes County had a toll bill of more than \$100, but,” he wrote, “Tom had the promise of leading livestock men of the state that they would exhibit.”

The exhibitions included 84 head of cattle from 21 herds, including Holsteins, Guernseys, Brown Swiss, Jerseys, Hereford, Angus, Shorthorns and Milking Shorthorns. There were also 30 horses and 35 hogs exhibited. In the ring, 31 bulls, 18 breeder sows and 12 sheep sold for about \$5,000.

By the time the show was over, it boasted a net profit of \$1,500. One of the expenses was \$100 for liability insurance, which turned out to be well worth the cost... during one event, a bull got loose and jumped into the bleachers – and those bleachers didn’t turn out to be too sturdy.

Entertainment turned out to be top notch, including the likes of Minnie Pearl, the Hoosier Hotshots, Grandpa Jones and Guy Lombardo. Peggy Lee, one of the state’s most successful musicians, came home to perform in 1950, and despite the cold March weather, a parade took place down Central Avenue, with Peggy waving to friends and fans from an open convertible. She also awarded the purple ribbons to the junior futurity winners, telling them that

when she was in 4-H as a child, her project was a Guernsey calf.

Governor Langer officially opened that first Winter Show by saying, “(This) is something which belongs not only to Valley City and this county, but to North Dakota as a whole, and the people throughout the state will become increasingly proud of this event.”

He was right. Because the decision was made to grow slowly and carefully, the Winter Show has ended up a hugely successful annual event. The only year that had less than usual activity was 1945, when restrictions due to World War II caused the planners to cancel all exhibits except the livestock sales. But the Show itself isn’t the only thing to improve over the years; in 1956, Nelson Crow, publisher of livestock journals in Los Angeles and Denver, wrote, “The North Dakota Winter Show has become one of the nation’s widely recognized livestock events, because... the state’s breeders and stockmen continually come out with better and better animals.”

“*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.

DAKOTA GARDENER

The importance of green spaces

BY ESTHER E. MCGINNIS
Horticulturist, NDSU Extension

Gazing across the white landscape of the Northern Plains, I long for green spaces. I daydream about hiking in forests, visiting botanical gardens and strolling in tree-lined parks. This longing is more than just a defense mechanism against our winter blizzards. Our longing reflects a biological need.

We instinctively know this. During the height of the pandemic, the general public flocked to city parks, gardens, arboreta and national parks. At first, these visits were prompted by the COVID-19 virus limiting our indoor recreational activities. However, many individuals continued visiting a wide variety of green spaces because they started realizing physical and mental health benefits.

Outdoor walks in natural settings lower blood pressure in all age groups. Heart rate is also affected. A recent study showed that adults had significantly lower heart rates when walking past landscaped areas compared to non-landscaped vacant lots. The stress hormone, cortisol, is also reduced in green spaces.

Physical benefits are not limited to adults. Children with access to tree-lined city parks and landscaped schoolyards are more likely to be physically active. Anything that can lure children away from screens is a good thing.

In addition to physical benefits, green spaces can result in improved mental health. Many studies show a correlation between close proximity to nature and reduced anxiety and depression.

Two related studies further illuminate the restorative power of nature. University of Michigan researchers were studying recently-diagnosed breast cancer patients. These patients were in emotional distress and then compelled to make a series of treatment decisions.

Overwhelmed patients commonly reported a significant decrease in their cognitive capacity and their ability to pay attention even before surgery. The researchers studied this phenomenon in 150 newly-diagnosed patients and divided the group in two. Half were instructed to spend 120 minutes per week in green spaces and were offered free admission to botanical gardens. The other half was

the control group. Green space activities could be active (walking in the garden) or passive (taking a scenic drive) as their physical conditions allowed. The patients were evaluated before and after surgery for their ability to take tests that required focus and attention.

The two studies found that spending time in green spaces before and after surgery allowed the women to overcome their mental fatigue and to restore their ability to pay attention.

Society invests large amounts in health products but our connection to nature may be equally important. How can you reap the benefits of green space? First, support research in this area.

Currently, the benefits of different types of green space are not well understood. Is there a difference between visiting a natural landscape such as a state forest versus a well-designed garden? We don’t definitively know at this time. However, that shouldn’t deter you.

Visit green spaces that you find attractive and make you feel relaxed. Take a walk in the local park, have a picnic at a state park or add more greenery to your yard.

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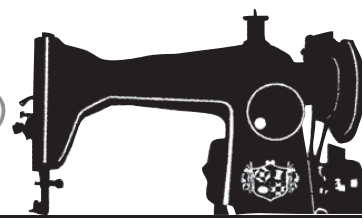
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WE THE PEOPLE

BY DAVID ALDER

Supreme Court in Nebbia: “An Ominous Fork in the Road”

The immense pressures inflicted on the United States by the Great Depression of the 1930s forced the Supreme Court on several occasions to confront the scope of a state's police power to regulate economic activity in the name of the general welfare.

In the landmark case of *Nebbia v. New York* (1934), the Court, in a sharply divided 5-4 decision, saved the American dairy industry when it upheld the state's milk-control law that created a board to establish minimum retail prices.

The dairy industry, like the rest of the agricultural sector, was in crisis. In Wisconsin, dairy farmers had dumped milk in the streets rather than selling it for less than the cost of production. The New York assembly, fearing a similar reaction, which would lead to the collapse of the dairy market and widespread chaos, empowered a board to set reasonable prices — nine cents a quart, as it happened.

The state fined a Rochester grocer, Leon Nebbia, five dollars for undercutting the market when he sold two quarts of milk and a loaf of bread for eighteen cents. The state courts upheld his conviction under the milk-control act, and Nebbia, who said he had intentionally violated the statute as a test of his “liberty” under the 14th Amendment Due Process Clause, appealed to the U.S. Supreme Court.

The Court faced what Arthur Krock, the legendary columnist for the *New York Times*, called an “ominous fork in the road.” The Justices might strike down the law as a violation of Nebbia's

property rights under the 14th Amendment and thus promote the principle of laissez-faire, but such a decision would likely destroy the dairy industry as desperate farmers either dumped their milk or sold it for mere pennies. Or the Court could uphold the milk-control statute as a reasonable exercise of the state's police power, perhaps following the precedent in *Munn v. Illinois* (1873), that empowered a state to regulate a business “affected with a public interest,” with the aim of saving the industry.

Justice Owen Roberts who had previously embraced the “public interest” test, wrote the opinion for the Court in *Nebbia* and proceeded to obliterate it. Roberts, it has been said, agonized over the prospect of abandoning the “public interest” standard so soon after upholding it, and paced the floor late into the night, before deciding that it was too restrictive. Roberts's opinion broadened the police power to make it equal to the needs of the general welfare. Roberts stated: “Neither property rights nor contract rights are absolute.” The Constitution, moreover, “does not secure to any one liberty to conduct his business in such fashion as to inflict injury upon the public at large.”

Nebbia exposed a deep chasm within the Court. The five-man majority, led by Justice Roberts, did not believe the Justices should consider the wisdom of the milk-control act. “With the wisdom of the policy adopted,” Roberts wrote, “with the adequacy or the practicability of the law enacted to forward it, the

courts are both incompetent and unauthorized to deal.” This position reflected the Court's historical tradition, one greatly influenced by Chief Justice John Marshall who, in *McCulloch v. Maryland* (1819), wrote that “the relative wisdom of a measure” is beyond the Court's inquiry.

Justice James McReynolds, who wrote for the four dissenters, disagreed. “I think,” he observed, “this Court must have regard to the wisdom of the enactment.” That is, the Court, under the 14th Amendment, must act as a super-legislature. In McReynolds' view, *Nebbia* enjoyed a fundamental right to set his own price, a right that could not be curbed by the state's police power. “Facile disregard of the Constitution,” he wrote, “will inevitably lead to its destruction.”

Justice Roberts transformed the Court's attitude toward the legality of price regulation by eliminating the category of a “business affected with a public interest,” upon which price-fixing had been grounded. As Justice Felix Frankfurter observed, “Roberts had written the epitaph on the misconception, which had gained respect through repetition, that legislative price-fixing as such was at least presumptively unconstitutional.” In the days since *Nebbia*, price-regulation would be upheld when the Court finds a reasonable relationship between it and the social interests that may be vindicated by the exercise of the police power.

NDSU sunflower production update set for March 21

Topics during the meeting will include hybrid selection, the importance of getting an optimum plant population, plant nutrient and soil management, and updates for weed, disease and insect management.

Sunflower producers, crop advisers and others interested in sunflower production management updates are encouraged to participate in the 2023 Getting-it-Right in Sunflower Production Conference on Tuesday, March 21 from 8:30 a.m. to noon. This online-only conference will be hosted on Zoom.

The program will be conducted by North Dakota State University (NDSU) Extension and is supported by the National Sunflower Association.

The conference is free to attend, but pre-registration is required at <https://www.ndsu.edu/agriculture/ag-hub/getting-it-right>, this site also has video links to the previous sunflower production meeting. Those who preregister will

receive instructions via email on how to connect to the Zoom meeting.

“The 2022 sunflower cropping season resulted in record yields for both the oil and confection sunflower,” says Hans Kandel, NDSU Extension agronomist and co-organizer of the conference. “Sunflower is a deep-rooting crop and although part of the 2022 season was dry, the sunflower plants were able to tap into the stored soil moisture, resulting in the record farm yields.”

Topics during the sunflower production meeting will include hybrid selection, the importance of getting an optimum plant population, plant nutrient and soil management, updates for weed, disease and insect management, combine fire prevention and sunflower marketing. Participants are encouraged to ask questions via the Q&A Zoom function and speakers will answer these questions.

Attendees will receive a list

of several pertinent Extension sunflower production resources as reference materials supplemental to the presentations. The presentations will be recorded and archived.

“During the fall of 2023, researchers, Extension staff and consultants will again conduct an intensive survey of North Dakota sunflower fields in order to evaluate agronomics, weeds, diseases, and insect and bird damage as part of the National Sunflower Survey,” says Greg Endres, Extension agronomist and co-organizer of the conference. “Trends based on previous field surveys will be woven into several of the presentations.”

Certified crop adviser continuing education credits will be available for meeting participants.

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- **CLASSIFIED WORD ADS:** Terms – Cash, Check, Visa or Mastercard.
- **COST:** \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are free one week only.
- **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-TFNCCI

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 \$505 delivered; Map \$715 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-TFNCCI

58540

FARM RELATED

SEED FOR SALE

Yellow Peas:

CDC Inca

HRSW:

LCS Buster, MS Charger, MS Barracuda, MS Ranchero

Oats: CS Camden

Flax: AAC Marvelous

Soybeans:

Legacy LS-0239N RR2X

Yield Powerhouse ND21008GT20

Keep your own seed

Custom conditioning, treating, inoculating.

DISCOUNTS FOR EARLY ORDER/PAY



FARMS & SEEDS

Chris 651-792-5920

Dylan 701-500-7227

Bob 701-720-1808

finkenfarmsandseeds.com

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday March 20th. 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

REAL ESTATE FOR RENT

\$ 850.00 per month. 3 Bedroom mobile home in Washburn. No Pets. Application required. \$1100.00 per month. 2 bedroom house with attached garage. NO Pets. Application required. Both properties include water, sewer and garbage. 701-315-0034

37-TFNCHGXT

58540

1 Bedroom & Studio Apartments for rent. Call Larry 701-463-2320, 701-421-5002

1-TFNCHGX

58540

HELP WANTED

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

Advertise today!

363 Eatery

is looking for a part-time

Cook & Waitress

Flexible hours, nights off.

McClusky, ND

Call 701-363-9902

and ask for Patty.



is seeking part time

TRUCK DRIVERS

Wanted for Spring

- Flexible schedule
- Fertilizer tender
- Chemical deliveries
- many more opportunities

CALL DURAN AT 701-509-2922

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

HELP WANTED

EMPLOYMENT OPPORTUNITY

Washburn Public School District #4 is seeking an elementary educator.

Final teaching assignment will be decided on applicant strengths and faculty reassignments. Upper elementary is departmentalized for grades 5 & 6 with four teachers. Grades K-4 have two sections for each grade.

This position is for the 2023-2024 school year. Salary will be determined off of the 2023 Negotiated agreement and depending on applicant's education and teaching experience.

Interested applicants should apply on the WPSD#4 website at: <https://tinyurl.com/WPSTeaching> Please submit application, cover letter, resume, and references. Or contact Dr. Penny Veit-Hetletved, Superintendent, at penny.hetletved@k12.nd.us or 701-462-3221.

This posting is open until filled.

The Washburn Public School District is committed to maintaining a learning and working environment free from discrimination and harassment in all employment and educational programs, activities, and facilities. The District prohibits discrimination and harassment based on an individual's race, color, religion, sex, gender identity, national origin, ancestry, disability, age, or other status protected by law.



HIRING

Part-Time Summer Apprentice Lineworker

- Located at Turtle Lake Outpost
- CDL required
- Must be able to lift 50 pounds
- Must pass a physical and drug test
- Part-time position (less than 1,000 hours)
- Wage: DOE

Deadline: APRIL 10, 2023

Email or Mail Resume and MEC application to:

Sonja Moe - McLean Electric Cooperative

PO Box 399, Garrison, ND 58540

sonjadm@mcleanelectric.com

Stop by and pick up an application at MEC or go to

www.mcleanelectric.com/careers

Any questions, call Keith at 701-463-6700

HELP WANTED

Are you looking for a rewarding career with an excellent work-life balance, three-day weekends from March to October, overtime opportunities, and room for advancement? If your answer is an enthusiastic yes, please keep reading!

Our McLean County Highway Department team is seeking to fill two (2) or more positions as full-time

EQUIPMENT OPERATOR II(S)

in Garrison. Applications will be accepted until 4:00 P.M. on Friday, March 17, 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:

- competitive starting salary starting at \$44,232.36 annually with a full salary range of \$44,232.36 - \$64,563.20 (adjustments may be given for verifiable and applicable previous experience);
- 100% employer-funded participation in ND Public Employees Retirement System defined benefit (pension) retirement program;
- 100% employer-funded low deductible, health insurance for either single or family coverage;
- 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.

McLean County is an Equal Opportunity Employer.

HELP WANTED

**JANITORIAL POSITION
CITY OF WASHBURN, ND**

The City of Washburn, ND is accepting applications for a part-time janitorial position who can work approximately 20 hours a week. Salary range between \$18-20/hour.

A complete job description can be obtained by contacting the City of Washburn

Auditor's Office at PO Box 467, Washburn, ND 58577; by calling 701-462-8558; or

Emailing washaud@westriv.com.

Application can be obtained by calling the City Office. This position will remain open until filled.

The City of Washburn is an Equal Opportunity Employer.



\$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

**SEASONAL PUBLIC WORKS
CITY OF WASHBURN, ND**

The City of Washburn is accepting applications for a seasonal public works position. All applicants must be 18 years of age at the date of beginning employment. The positions will be approximately 40 hours per week. Day to day activities, as directed by the supervisor, include, but not limited to; mowing, weed control, garbage collection, patching, crack sealing, tree trimming, etc. Candidates must have a valid driver's license and be qualified to operate city equipment, including pickups, mowers, sprayers, trimmers, etc. as needed. Salary ranges between \$18-\$20/hour.

Applications and a complete job description can be picked up at 907 Main Avenue, Washburn or www.washburnnd.com, or by contacting the City Office at (701) 462-8558. Applications will be accepted until the position is filled.



is seeking a seasonal

Custom Applicator & Seasonal Drivers

for the upcoming spring planting season, with potential opportunity to become fulltime. Agronomy experience preferred but not required. A commercial driver license or the ability to obtain one is required. Must be able to work extended hours May-June, salary is based on experience.

CHS Inc. is a leading global agribusiness owned by farmers, ranchers and cooperatives across the United States. Diversified in energy, grains and foods, CHS is committed to helping its customers, farmer-owners and other stakeholders grow their businesses through its domestic and global operations. CHS supplies energy, crop nutrients, grain marketing services, animal feed, food and food ingredients, along with insurance, financial and risk management services. The company operates petroleum refineries/pipelines and manufactures, markets and distributes Cenex® brand refined fuels, lubricants, propane and renewable energy products.

Mail your resume to:

CHS Garrison, PO Box 97, Garrison ND 58540
or stop by the office at 205 2nd St. SW to complete an online application.



GENERAL SECURITY SERVICES CORPORATION™

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!



is seeking dependable, self-motivated, experienced
CDL DRIVERS

A commercial drivers license is required. This position is at least 40+ hours per week. Hours may vary, so flexibility is a must. Wage based on experience. CHS Inc. is an equal opportunity employer and offers a competitive benefit package, which includes health, dental, vision, and 401(k).

Mail your resume to:

CHS Garrison, PO Box 97, Garrison ND 58540
or stop by the office at 205 2nd Street SW to pick up an application.



LIVING COMMUNITY | GARRISON

HELP WANTED

RESTORATIVE SERVICES CNA

Full-time Days/ M-F

The Benedictine Living Community | Garrison is seeking a Restorative Services CNA. This person serves as the liaison between Therapy Services and Nursing, and is responsible for implementing and maintaining resident restorative programs while assuring resident safety and care. We are willing to train & pay for CNA certification.

Apply at www.blcgarrison.com
Call Julie Snyder at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"



HIRING

Summer Warehouse/Grounds Position

- Warehouse and grounds duties
- Operate skid steer, service truck, lawn mower
- Must be at least 18 years of age
- Clean driving record
- Must be able to lift 50 pounds
- Must pass a physical and drug test
- Part-time position (less than 1,000 hours)
- Wage: DOE

Deadline: APRIL 10, 2023

Email or Mail MEC application to: Sonja Moe -
McLean Electric Cooperative PO Box 399, Garrison ND 58540
sonjadm@mcleanelectric.com
Stop by and pick up an application at MEC or
www.mcleanelectric.com/careers
Any questions, call Kelly at 701-897-0016

LATEST NEWS



Come Join Our Team!!

CNA Full-Time

Not a CNA? We Can Help!

SIGN-ON BONUS

Apply at www.blcgarrison.com

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

HELP WANTED



is looking for

Servers & Kitchen Staff

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83 337-2070

West River Head Start

-
- Immediate openings:**
- Teacher Assistant in Hazen
 - Support Service in Hazen

2023-2024 school year:

- Teacher in Hazen
 - Teacher in New Salem
- Openings for teaching positions require a degree in Early Childhood or Elementary Education, Child Development, or related field.

Positions are full-time
Benefits offered

APPLY TODAY!

www.hitcareers.org

Interviews will be held ASAP.

Any questions, call 663-9507 X 0

HELP WANTED

White Shield School



- 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.

Celebrating 75 Years

							
Steve Huber Dealer 45 Years	Rod Koenig Salesman 37 Years	Barb Finneman BS/Accounting Office 42 Years	Kim Grinsteiner Parts/Service Maanger 41 Years	Hannah Wolff Parts/Service Assist. 2 Years	Bobby Harris Auto Tech 42 Years	Cory Baker Auto Tech 19 Years	Zach Grinsteiner Auto Tech 11 Years

						
Jack Jensen Jr. Auto Tech 3 Years	Andy Rude Auto Tech 1 Year	Curtis Fix Body Shop Manager 20 years	Nick Meissner Body Shop Tech 14 Years	Layton Sailer Detailer	Jerry Finneman Implement Manager 40 Years	Mike Herdt Diesel Tech 33 Years

<p>2015 Chevy Cruze 4 DR Turbo Diesel Forest green, sunroof, heated seats, leather • 100,300 miles • \$9,995</p> <p>2019 Toyota 4Runner SR5 4WD V6 White • 72,200 miles • \$33,995</p> <p>2020 Chevy Tahoe LT 4x4 Silver, leather • 72,000 miles • \$43,995</p> <p>2015 Chevy Trax LTZ AWD Silver • 85,000 miles • \$14,995</p> <p>2013 Chevy Equinox LT FWD Sandstone • 94,000 miles. • \$12,995</p> <p>2015 Chevy 2500 HD Crew Cab Diesel 4WD Lt. Brown • 79,900 miles • \$39,995</p> <p>2021 Chevy 1500 Crew Cab 4x4 LTZ w/Z71 Dark Blue, 6.2L V8 • 61,000 miles • \$49,995</p> <p>2013 Ford Explorer Limited V6 FWD White • 118,000 miles • \$13,995</p> <p>2018 Chevy 1500 LTZ Crew Cab 4x4 Blue • 68,000 miles • \$39,995</p>	<p>Tuesday, Wednesday and Thursday March 14-16</p> <p><i>Join us for coffee and kuchen</i></p> <p><i>Register for door prizes</i></p> <p>Friday, March 17</p> <p>SERVING LUNCH Beginning at 11:30am Until Gone Sauerkraut, sausage, knoephla, salad bar</p>
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CELEBRATING 75 YEARS OF SERVICE

HAZEN, ND
(701) 748-2750
www.hazenmotors.com

HAZEN MOTOR CO.

