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Max Park Fundraiser Free Will Offering BREAKFAST Sunday, April 2<sup>nd</sup> Max City Hall 9 a.m.-1 p.m.





To place a classified ad call 462.8126 or fill out the form online



# 

# CALENDAR

#### 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.

ADRIENE MILLER'S 80TH BIRTHDAY, 2 p.m., Benedict City Hall

TASTE OF WASHBURN, 4-7 p.m., Memorial Hall

THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.

Sunday, March 26

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

**THE SUPER SUNDAY SUPPER**, 4:00-6:00 p.m, First Luthern Church (709 5th Ave.) Everyone is welcome to Attend. There will be a free will offering. If you have any questions or would like to schedule a meal delivery, please call Judy at 701-220-4410

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

Monday, March 27 YOGA, FIRST CONGREGATIONAL CHURCH, Garrison, 8 a.m

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

Wednesday, March 29 YOGA, FIRST CONGREGATIONAL CHURCH, Garrison, 8 a.m

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

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.

Sunday, April 2

MAX PARK BREAKFAST FUNDRAISER, 9 a.m. - 1 p.m., Max City Hall

Thursday, April 6

**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 to food. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

#### Thursday, April 13

**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.

**LORD'S PANTRY FOOD DISTRIBUTION** is held at Trinity Lutheran Church in Turtle Lake from 2 pm -4 pm. No referrals or preregistration required. All in need are welcome to recieved food at no cost.

#### Library Hours:

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

**Underwood Public Library -** Monday, Wednesday and Friday 10 a.m. to 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



Upholstery, Repair, Leather Wear, Tack & Gifts

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Xtra | 3.27.23 | **3** 



# Rough Rider Gun Repair

CHUCK HAYES 701-463-7155 216 Hancock Way, Garrison, ND roughridergunrepair@gmail.com



Grass Seeding and Weed Spraying • Snow Removal

Adults - \$7 Under 13 - \$5 14 Main Street E Where popcorn is still only 50¢ Hazen, ND 58545 Movies start @ 7:30 pm 701-748-2261 Plane, R Pilot Brodie Torrance saves passengers from a lightning strike by making a risky landing on a war-torn island -- only to find that surviving the landing was just the beginning. When dangerous rebels take most of the passengers hostage, the only person Torrance can count on for help is Louis Gaspare, an accused murderer who was being transported by the FBI. 1 hr, 47m. Action/Thriller 2023 March 24 & 25 .....7:30 pm

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F-M Symphony Orchestra

On this date in 1951, The Fargo Forum ran a big spread titled, "Orchestra Success Regarded by Outsiders as Astounding." The story, written by Roy P. Johnson, celebrated the symphony's upcoming 20th anniversary.

"Had there been no public appreciation and support, the orchestra may have fallen by the wayside long ago," Johnson wrote. "It has never had an angel, nor an endowment. That a symphony orchestra could exist in communities as small, that it could play great music skillfully, that its unsalaried players would make such a sacrifice of effort and time for their fellow men and particularly that it would thrive year after year - has been regarded by outlanders as nothing short of phenomenal."

The seeds for the F-M Symphony were planted in 1930, when the State Music Federation held its annual convention in Fargo. Harry M. Rudd put together an allstate orchestra to entertain the delegates, and the response was so enthusiastic that Rudd and two Fargo women decided to form a permanent "Civic Orchestra."

In the beginning, Mrs. John Alexander Jardine, of the North Dakota Federation of Music Clubs, was the driving

force, but when in May 1933 she was elected President of the National Federation, she had to withdraw from the committee. She suggested Hildur Shaw take her place; Shaw came from Minneapolis, where she attended the symphony from a young age. She was also trained in voice, piano and music theory at the MacPhail School of Music.

Twenty-eight musicians were on hand for the orchestra's first rehearsal, held on the second floor of the Fargo Chamber of Commerce. Johnson writes, "Many of the musicians can recall the kindly ways of the musically-wise Mr. Rudd as he gently coaxed the players along."

The symphony's premiere event was on April 28, 1931, and pronounced a smash hit. Forum critic William Ballou was not only impressed by the performance, but also the size of the audience and the thundering applause. "Anyone who thinks music is going to pot locally should have been there to note the resourcefulness shown in their symphonic work," he wrote. "To contain the willing audience, an amphitheater would have been needed, rather than the meager 1,000 seats that the auditorium offers... Fargo takes to symphony as a duck to water"

### Mission Bell/Uranium

March 27, 2023 — On this date in 1908, a young group called the Literary Society held a basket social to raise money to buy a bell for their schoolhouse belfry near Lankin, North Dakota. The bell arrived from the foundry embossed with the initials R.G.L.S., for Ramsey Grove Literary Society, and its pealing became a popular sound throughout the valley.

In 1954, the school was destroyed, and the bell laid unclaimed among the weeds for years. Donald Flaten was the son of one of the Literary Society's members and grew up two miles from the farm. As a missionary, he came up with a new idea for the bell send it to Africa. Back in North Dakota, the local Luther League agreed and raised \$1,500 for crating and shipping. The bell now rings from among palm trees in the village of Balkoosa in Cameroon.

On a different subject-most of us know that coal is mined in North Dakota, but there's another energy source that was once mined in North Dakota. Geological research conducted between the late 1940s and late 1970s revealed more than 40 land deposits with increased radioactivity in Bowman, Slope, Stark, Billings and

Golden Valley counties, where uranium was found embedded in lignite coal. Nobody was allowed to possess uranium except the U.S. Atomic Energy Commission.

In 1956, mining began, but it proved difficult to extract the uranium. The problem was solved in 1962 by burning off the lignite in open-pit mines for 30-60 days to concentrate the uranium. The ash was collected and sent to refining plants to produce "yellow cake," from which pellets were made for nuclear reactors or atomic devices.

Most North Dakota activity took place during the 1950s, but there was a second wave of interest in the 1970s. The 1979 disaster at Three Mile Island brought Uranium mining to a stop, but the old pits weren't filled in until the '80s and early '90s.

"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.

# WE THE PEOPLE

#### **BY DAVID ALDER**

#### "What Were They Thinking?"

In 1965, in the landmark case On April 6, 1967, Baird, of Griswold v. Connecticut, by now a veteran protester, the U.S. Supreme Court, for delivered a lecture in Boston the first time in our nation's about overpopulation and history, invoked the right contraception. Following his to privacy for the purpose remarks, Baird displayed various contraceptives and of upholding the right of personally handed to a woman married couples to access contraceptives. Griswold was a jar of vaginal foam. Police hailed by women, who had officers arrested Baird and he been fighting for the right to was convicted on two counts: exhibiting contraceptives and use contraceptives for well over a century. It granted disseminating contraceptives to an unmarried person. The women control over their own reproductive organs and high court of Massachusetts dismissed the first count provided married couples with the liberty to decide whether on grounds that it violated to procreate, plan families Baird's First Amendment and make decisions associated right of free speech but upheld the second conviction. Griswold v. Connecticut, Contending that the law under which he was convicted rendered at the height of America's sexual revolution, was unconstitutional, Baird appealed to federal district recently prompted a curious reader of this column to ask about the establishment of

with parenthood.

after Griswold.

married couples.

the constitutional right of

unmarried couples' access to

contraceptives. The answer

to her delightful question is

to be found in the Court's

landmark ruling in Eisenstadt

v. Baird (1972)—seven years

decision written by Justice

William Brennan, extended

the protection of the right

of privacy to unmarried

individuals by overturning

a Massachusetts law that

permitted only physicians

to prescribe means of birth

control and then only to

story was a young man,

William Baird, who had made

something of a short career out

of protesting –and violating—

similar state laws. In the

spring of 1965, Baird violated

a New York law by handing out

contraceptives in a Long Island

community. A few months

later, he protested the Catholic

Church's opposition to birth

control on the steps of New

York's St. Patrick's Cathedral.

He was subsequently arrested

in New Jersey for publicly

displaying contraceptives in

violation of a state law.

The protagonist in this

Eisenstadt v. Baird, in a 6-1

court, which dismissed his action. However, the federal appellate court set aside the dismissal and the sheriff of Suffolk County, Eisenstadt, appealed the decision to the U.S. Supreme Court.

Justice Brennan's opinion for the Court struck down the Massachusetts law, vindicating Baird's right to distribute contraceptives. Brennan built upon the Court's ruling in Griswold that upheld a married couple's right to contraceptives and declared that the Massachusetts law violated the Equal Protection Clause of the 14th Amendment. Brennan rejected the state's rationale for banning unmarrieddeterring premarital sex—as an unreasonable justification. The statute failed the rational basis test. The logical effect of a law prohibiting the sale or gift of contraceptives to unmarried women, he explained, was to "prescribe pregnancy and the birth of an unwanted child as punishment for fornication."

While the Court struck down the Massachusetts law as a violation of the Equal Protection Clause, Justice Brennan expanded the right to privacy as set forth in Griswold. "It is true, "Justice Brennan wrote, "that in Griswold, the

right of privacy in question inhered in the marital relationship. Yet the marital couple is not an independent entity with a mind and heart of its own, but an association of two individuals with a separate intellectual and emotional makeup. If the right to privacy means anything, it is the right of an individual, married or single, to be free from unwanted governmental intrusion into matters so fundamentally affecting a person as the decision whether to bear or beget a child.'

Justice Brennan's declaration that the right to privacy is an individual right carved a path for subsequent assertions of privacy rights in various areas of the law, including the identification by the Court in Roe v. Wade of abortion rights.

Of immediate importance, of course, was the fact that the right of married couples to access contraceptives required, under the principle of equal protection, an equal right of access for unmarried individuals. There was no rational basis for distinguishing between two classes of people-married and unmarried. In subsequent years, the logic of this reasoning proved compelling in protecting other intimate activities and associations including, for example, samesex marriage.

The right to privacy, an unenumerated right, was described by commentators shortly after Griswold was delivered, as a "fixed star in our constitutional firmament." This star, however, might not be as "fixed" as most citizens hope it to be. The right to contraceptives, to the extent that it is grounded in the right to privacy, is under threat. No less a figure than Justice Clarence Thomas has questioned the constitutional status of unenumerated liberties, including the right to privacy.

#### nordaknorth.com





The Washburn Park Board is looking to hire summer positions. We are looking for a swimming pool manager, pool operator and a Parks & Rec. summer program manager.

For a starting wage of \$15, for lifeguards and coaches for Little League, pee-wee, T-ball and softball.

**For a starting wage of \$12,** for office personnel at the swimming pool.

Please send a letter of interest to the Park Board and you will be contacted with interview dates and times. Application letters will be accepted until April 10, **2023.** Interested individuals should send a letter of application and resume to: Washburn Park Board , PO Box 551, Washburn ND 58577

# **PRAIRIE FARE**

#### Xtra | 3.27.23 | **5**

# County commissioners pass snow emergency declaration

### **BY JULIE GARDEN-ROBINSON** Spring greens will be welcome sight

WASHBURN – In preparation for potential funding, the McLean County Board of Commissioners have passed a snow emergency for 2023.

At the commissioners meeting on Tuesday morning, Director of Disaster Emergency Services Noelle Kroll presented a draft of a declaration for the county, which "experienced snow fall amounts since November 2022, accumulating snow depth, with high winds creating snow drifting and is forecast to continue for the foreseeable future."

Kroll said the purpose of passing the declaration could lead to funding for the county, provided that the state passes a similar statewide declaration.

As noted in the declaration, the snowfall caused "significant consequences" in regard to agriculture, caused an excess of available county resources and funds in regard to snow removal operation equipment repairs and expense, as well as severely disrupting the mobility of emergency responders thus causing "serious disruptions in health, safety and welfare" within the county.

Also discussed at the county commission meeting:

#### Snow rental

The commissioners authorized the county highway department to rent a loader to assist in moving snow. "I've been looking, but nobody's got anything, department manager Jim Gray said, adding he is going to continue the search. "Hopefully, I'll find something."

#### CDL licenses

An advertisement placed by the McLean County Highway Department to fill two Equipment Operator II positions has only received one application.

1

In order to be an EO II, a commercial drivers license (CDL) is required. At the meeting, commissioner Barry Suydam suggested that the CDL license requirement may be a hindrance for applicants. "We need the CDL guys for

sure," Gray said.

A proposal was accepted to re-advertise the position, but instead of seeking Equipment Operator II's, they would find Equipment Operators I, which do not require a CDL. However, there is a provision that the county would assist the applicant in securing a CDL within the next year.

"I think we need to get some flexibility here," Lee said. "What we're doing isn't working."

"The CDL thing, that's what's killing us," Gray added.

#### Shooter exercise

The county commissioners approved an estimate for \$7,100 from Heartland Consulting to conduct a full scale active shooter exercise at the Max School later this fall.

Heartland Consulting, based in Bismarck, recently conducted a similar exercise at the White Shield School earlier this month.

#### Planning and Zoning

Two plat subdivisions located in St. Mary's Township were approved by the county commission following the McLean County Planning and Zoning Commission's suggestion to approve.

Schlichting's Second Subdivision, proposed by Richard and Betty Schlichting, would include 12 lots while Schlichting's Third Subdivision, proposed by George and Bernice Schlichting, would include 22 lots.

The two subdivisions, which are located next to each other, are located east of Camp of the Cross.

GET IN GEAR PLACE AN AD HERE "My daffodils are coming up!" one of the people said.

We were talking about what we like about springtime on a recent video call. We were from cities throughout the U.S.

"I have a bunch of crocuses blooming," another person commented.

"We had 13 inches of snow, with more on the way," I said.

That certainly put a dark cloud over the conversation. Yes, I wanted some pity after numerous blizzards. Some of my colleagues were reporting temperatures in the 60s.

"But I am looking forward to flowers at some point," I quickly added.

I think we in the upper Midwest need some green in our environment. I would even settle for a weed poking up through the snow.

We have almost made it to spring, which makes me think of gardening. We want to plant a "victory over winter" garden. I do, anyway.

Victory gardens were first promoted in World War I, when people were encouraged to plant gardens to help feed themselves to help in the war efforts. People were encouraged to live simply and grow more food for their families.

Gardens popped up in all sorts of spaces besides front yards and backyards. Any space could become a gardening space, including parks and playgrounds.

During World War II, limits were set on high-demand items. People were given books of stamps and different foods had different numbers of "ration points" to buy them. Tires, shoes, meat, sugar, canned fish and meat were among the foods rationed.

In fact, boxes of macaroni and cheese first became popular during World War II rationing, because it was inexpensive and easy to prepare.

Fortunately, we are not in an era of food rationing. However, we have seen increases in prices at the grocery store for a variety of reasons. That may make us rethink our food purchases to stretch our dollars.

Gardening, even in small spaces, can provide delicious, fresh food for your table. Large flower pots can become miniature gardens with and menu tips. As I paged through the books, I came upon some recommendations for "wild spring greens."

The "spring greens" being recommended as "Cinderella foods" were dandelions and lamb's quarters. Yes, both are edible, but you want to be sure they haven't been sprayed with herbicides. Be sure you rinse all fresh vegetables and fruits with cool water.

Dandelion greens are best when gathered before they blossom. They can be saut¤ed in a small amount of oil and added to eggs or served in salads.

Lamb's quarters have light green leaves and "frosty" undersides. As with dandelions, pick them when they are young, before they blossom. The 1944 cookbook recommended serving them in a mixed green salad.

If you are not adventurous enough to try some weeds this spring, be sure you are including a variety of fruits and vegetables in your food selections. "Spring greens" often are available in ready-toeat salad mixes.

Fresh, frozen, canned and dried fruits and vegetables all count toward our daily fruit and vegetable recommendation of at least 4 S cups daily. Fruits and vegetables, as part of an overall balanced, healthful diet, provide vitamins, minerals and fiber without a lot of calories.

Eating plenty of fruits and vegetables can protect against cancer, heart disease and many other conditions. They also add color and beauty to our plates.

If you want to be inspired to grow things, check out the archives of the "Field to Fork" webinars hosted by NDSU Extension. This year we have featured experts in horticulture, food safety, nutrition and more. You can learn about planning a flower bed, choosing vegetable varieties and preserving food safely. See www.ag.ndsu.edu/ fieldtofork to learn more. Explore the variety of recipes and resources on the site.

Add some green to your plate. You may have tasted a similar recipe to this recipe for coleslaw. People tend to clip, save and share recipes they like.

This recipe was published in 1944 by the Home Economics Institute at Western Reserve University. Families throughout the U.S. tested the "Health for Victory" recipes before they were published.

Snappy Coleslaw (from 1944)

- 1/2 cup vinegar
- 1 tablespoon butter
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon celery seed
- 1/8 teaspoon black pepper
- 1/8 teaspoon paprika

1/2 head green cabbage, shredded

Bring the vinegar and butter to a boil. Remove from heat and add all the other ingredients except the cabbage. Allow to cool and pour over the cabbage. Stir well.

Makes six servings. Each serving has about 70 calories, 2 grams (g) fat, 1 g protein, 12 g carbohydrate, 1.5 g fiber and 221 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)





tomatoes and peppers.

I was rearranging some things in my office, and I came upon my set of 1940s World War II "Health for Victory" recipes

ANNUAL MEETING THURSDAY, APRIL 4, 2023 MAX CIVIC CENTER LUNCH SERVED @ NOON BUSINESS WILL INCLUDE THE

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ELECTION OF 2 DIRECTORS.

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# **Concern with the Library Board Situation**

My concern is Keith Happip Jr. has just started his term for 4 years and I need the public's opinion as he told me to look at interviews and his website myself, I encourage you to as well. You can not serve the public when you have hate in your heart for a whole section of the public.

#### My Findings:

- Facebook: https://www.facebook.com/protectNDkids
- Instagram: https://www.instagram.com/protectndkids/

#### Newspaper Article 1

https://hpr1.com/index.php/feature/culture/keith-hapip-jr.-and-his-war-against-sinners/ This particular article bugs me because what if it was your kid or a child you know? All I can think is what if it was my child up there on his social media or websites. My heart would be broken.

#### News Article 2

https://www.minotdailynews.com/news/local-news/2022/07/admin-of-controversial-page-speaks/ Website: https://protectndkids.org/

Here is the deal no one should be told how to raise their children or be told what we can and can't do as humans.

Is this the right person sit as a City Commissioner? Let's talk about it. Help me understand maybe what I do not see.

If you can not type the links then just google Keith Hapip JR.

Paid for by Rashel Crowell

# PRAIRIE DOC PERSPECTIVES

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

What do you say?

Before my junior year in high school, I returned from a Boy Scout canoeing trip to discover my sister had been killed in a car crash. I will never forget the sadness of the moment when I walked into the house that was filled with what seemed like half the caring and wonderful town of De Smet to find my mom and dad there grieving. It was near the end of that summer, but the beginning of a long period of mourning for my family and me.

There were lessons that came to me after my sister's death. I realized how important support from a community could be. Consolation came from our friends, neighbors, church community, as well as people we barely knew. It seemed more about their presence and not their words. I noticed there were people who had trouble themselves dealing with such loss, and they sort of disappeared.

Also, I realized that a funeral is not exactly a time of closure for a family, but really just the beginning of a time to accept reality and forge ahead with the difficult changes that life can and does deal out. It took me years to think about my sister and relish in her memory rather than cringe from the pain of the loss. In that sense, I know I will never

have closure and that's good. Some 14 years after her death, while I was on the faculty of a medical school in Georgia, I found myself having to advise medical students how to talk to patients or family about sad news. I reviewed the medical literature on the subject at the time and concluded that there is no right way to do it except to be 100 percent honest and to say whatever is needed with compassion.

Through the years those guidelines have sustained me while I have had the burden of sharing awful news.

Bottom line, it is being there, more than words that consoles. Never worry about what to say, just show up, be honest, and care.

Richard P. Holm, MD, passed away in March of 2020 after a battle with pancreatic cancer. *He was founder of The Prairie* Doc® and author of "Life's Final Season, A Guide for Aging and Dying with Grace" available on Amazon. Dr. Holm's legacy lives on through his Prairie Doc® organization. For free and easy access to the entire Prairie Doc® library, visit www.prairiedoc. org and follow Prairie Doc® on Facebook, featuring On Call with the Prairie Doc® a medical Q&A show streaming on Facebook most Thursdays at 7 p.m. Central.





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**Questions?** 

Email: kara.jones900@commonspirit.org or call 701-530-7178





**BY PATRICIA STOCKDILL** Outdoor Notes:

\*Permanent ice houses can't be left unattended on lakes.

\*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 25: Ducks Unlimited Crawfish Boil, Watford City Eagles Club, 5 p.m.

\*March 29: Elk, moose, & bighorn sheep applications due.

\*April 1: New 2023 fishing licenses due.

\*April 1: Painted Woods Pheasants Forever banquet, Wilton Memorial Hall, 5:30 p.m.

Fishing:

Lake Sakakawea elevation, March 20: 1,824.85 feet above mean sea level; 15,800 cubic feet per second (CFS)

#### Garrison Dam average daily releases. Missouri River gauge height, Stanton: River stage, 7.73 feet.

Missouri River gauge height, Washburn: River stage, 9.31 feet.

\*N.D. Game & Fish Dept. game wardens: Access remains difficult throughout area lakes.

\*Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Limited activity on the east end of Lake Sakakawea but look for some pike activity when anglers can get on the ice. No reports from Lake Audubon.

\*Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Little activity on Lake Sakakawea but look for increasing pike activity if anglers can get on and around on the ice on the east end.

\*Lake Sakakawea, New Town: Access to and mobility around the midsection of Lake Sakakawea difficult with little to no activity.

\*Missouri River, Enerbase of Washburn: Activity throughout area lakes remains quiet.

\*Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River tailrace and east end of Lake Sakakawea remain quiet.

\*McLean Co. area lakes, Cenex of Wilton: The anglers getting out on area lakes continue using minnows.

Downhill skiing:

\*Big Sky Ski Resort, Big Sky, Mont.: 70- to 75-inch packed powder, machine groomed base with 30 lifts and 310 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: 30- 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 36inch base. 30 trails and 5 lifts open.

Snowmobile ND:

\*Cattail (Barnes, Cass, Steele, & Traill counties): 16- to 20-inch base. All 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): 16- to 20-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.

\*Missouri Valley (Emmons & Burleigh counties): 16-inch base. Trails open and in good condition with new snow. Watch for snow piles along approaches and road crossings.

\*North-central (Benson, McHenry, Pierce, Ramsey, & Towner counties):106to 14-inch base. All trails open and in fair to good condition.

\*Northeast (Cavalier, Pembina, & Walsh counties): 8- to 12-inch base with trails open and in fair to good condition.

\*Peace Garden (Bottineau & Rolette counties):16- to 20-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 to 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 fair to good condition. Watch for snow piles along approaches and road crossings.

\*Sakakawea (McLean & Ward counties): 6- to 12-inch base. Trails open. Watch for snow piles along approaches and road crossings.

\*Sargent County (Richland & Sargent counties): 18-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.

\*Southern Valley (Richland County): 22-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).

DAKOTA GARDENER BY CARRIE KNUTSON, Horticulture agent, NDSU Extension – Grand Forks County

# Carnivorous plants

My daughter received a Venus fly trap plant for her birthday. I won't say who gave it to her, but you can probably guess. Right away we had to research how to care for the plant. The gift giver really should have done her homework first. Work will be needed to ensure the plant survives in our indoor environment.

Venus fly trap plants are carnivorous plants. Carnivorous plants are unique because they can trap and kill insects. Usually, carnivorous plants grow in acidic soil lacking nutrients. The plants use the extra nutrients from the insects to supplement their nutritional needs.

Carnivorous plants will not survive outdoors in North Dakota. Some species can survive mild winters, but most prefer the warmer climates farther south. Some species of Venus fly traps are native to areas in North and South Carolina. The Venus fly trap plant has two shelled-shaped leaves that form the trap. The leaves have tough guard hairs on the edge that kind of look like teeth. When an unlucky insect triggers the small hairs on the inside of the leaves, the leaves close. The leaves trap the insect and release acids to digest the insect. The book "Growing Carnivorous Plants" by Barry A. Rice provides valuable information for growing Venus fly traps as well as other carnivorous plants. Venus fly trap potting media is typically a 1:1 ratio of sand and peat moss and there are commercial mixes available on the market.

To survive indoors, the Venus fly trap plant needs warmth and humidity that imitates the conditions of their native range. For example, warm summers (80 degrees Fahrenheit) and cool winters (60 degrees Fahrenheit) with humidity of 50% to 80%. As a result, Venus fly traps are most often grown in closed terrariums or in a tray with rocks and water. It is recommended to water with purified or distilled water.

In its native environment, the flowers of a Venus fly trap plant are good for pollinators. However, they can be removed from plants grown indoors as they use lots of energy.

While Venus fly trap plants can use photosynthesis to produce food, they rely on trapping insects to supplement their nutrients. This is something that you will have to help the plant with when I find the value of our words is questioned a lot. Do our words really matter? Maybe a harsh word is followed by, "I was only joking." Or our solution to the words we choose is to question the thickness of someone's skin. Maybe we are too "sensitive." Do you find that your words are faster than you are, and they get you into trouble at times? Is your solution to stop caring about what people think because youfeel you are being honest?

The problem is accountability. We usually fail in one of two ways. Either we want to believe that certain rights allow us to say what we want, when we want, with no consequences. Or that we can control what someone else should be allowed to say. I would like to suggest a very unpopular truth. James 3 cautions us about the dangers our voice can create (James calls the words or voice we use our tongue). Strap in because James is brutal. "If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check...Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts

the whole person, sets the whole course of his life on fire, and is itself set on fire by hell. All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, but no man can tame the tongue. It is a restless evil, full of deadly poison." (James 3:2-8 NIV)

Helping Words

Do our words matter?

By Aaron Van Gorkom Associate Pastor at Evangel in Garrison

> James is speaking to how serious our words are. If you could control your words you could become perfect, that's how difficult this is. When you stub your toe, what is the first thing you say? Do you get angry or question a person's intelligence when they let you down? Our voices, our ability to speak, is a gift and we tend to wield it as a weapon against others. If you consider yourself a christian you should not be gossiping, you should not be spewing natred towards others, and you should not be cursing God. You should not be giving a foothold to evil in your life. Jesus is questioned by some religious people (Pharisees and teachers of the law) and they are criticizing Jesus, accusing him of sin. Jesus responds by quoting the Old Testament, "These people honor me with their lips, but their hearts are far from me. They worship me

in vain; their teachings are merely human rules.' (Matthew 15:8-9 NIV)

I am filled with sorrow if you have been hurt by the kind of christians who talk like they are christians but the desires of their hearts are far from God. They're set in their ways and their eyes are on themselves with no care for others. James continues in verses 9-10 saying, "With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be." (James 3:9-10 NIV).

Should we care about the way we speak? Search James 3 and read it for yourself. Be brave and ask God to show you in the next week if it matters. Be willing to change because Jesus didn't call you to stay the same! "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will isis good, pleasing, and perfect will. (Romans 12:2 NIV).



growing it indoors.

Insects for food should be about one-third as long as the trap. Insects can be put in the freezer so that it is easier to place them in in the trap. It is not recommended to feed Venus fly trap plants raw meat as it can cause bacterial issues and harm the plant.

Shockingly, insects are in short supply in winter. So, we are hoping our plant is in good enough health to grow until we can hunt down some insects this spring. Maybe I can catch some fungus gnats at work.

Lesson learned (again), it is helpful to research a plant before you buy it to make sure you have the correct environment for it to grow. So you or I won't have to say, "I tried, but it died." Happy gardening. Aaron Van Gorkom is associate pastor at Evangel's Garrison campus



#### **STATEWIDES**

#### **HELP WANTED**

FIRST DISTRICT HEALTH UNIT is hiring an Executive Officer in Minot to manage a Public Health agency with nine offices in seven counties, a staff of 45+, and a multi-million dollar budget. Master's degree preferred, bachelor's required. 5 years management / administration. See fdhu.org for full description and application information.

VICE PRESIDENT FOR ACA-DEMIC AFFAIRS (VPAA). Williston State College - Williston, ND. This is a 12-month position with full benefits. The VPAA is responsible for advancing student learning by promoting an environment of innovation, entrepreneurship, and customized learning. The VPAA ensures that the education at WSC is of the highest quality. Go to https://willistonstate.edu/about/ Employment/ for more information.

COMPUTER SCIENCE IN-STRUCTOR. Williston State College - Williston, ND. This is an on campus, 9-month, tenure track position with full benefits. The Computer Science Instructor is responsible for teaching Computer Science (CSCI) courses and for developing CSCI course offerings at Williston State College (WSC). Successful applicant must demonstrate and maintain competence in CSCI throughout employment at the college. Minimum of a Master's degree in Computer Science or a Master's degree in another discipline and 18 graduate semester hours in Computer Science. Go to https://willistonstate.edu/about/ Employment/ for more information.

PT COMMUNICATION IN-STRUCTOR. Williston State College - Williston, ND. This is an online & on-campus adjunct position teaching 3 credit per semester both fall and spring, online, and in-person. Master's degree in Communication is required or a Master's degree and 18 graduate credits in discipline. Go to https:// willistonstate.edu/about/Employment/ for more information.

WECKERLY FARMS IS looking for a key employee to join our team. This position requires experience in planting, spraying and harvesting crops as well as maintaining and refurbishing agricultural equipment. This is an excellent opportunity for a motivated, reliable individual looking for a long-term, year-round position. Pay and benefits are dependent upon experience. If you are interested in working for a progressive operation with a low turnover rate, contact Chad at 701-793-7382 for more information or to apply.

CUSTODIAN. LAKE REGION STATE COLLEGE – Devils Lake. This is a flexible position working

7:00pm, including rotating weekends. Fully paid family or single health insurance, life insurance, annual leave, sick leave, employee tuition waiver, spouse/dependent tuition discount, retirement, etc. Responsibilities include vacuuming, sweeping, mopping, dusting, removal of trash, cleaning restrooms, classrooms, and offices. Go to www.lrsc.edu/jobopportunities for more information.

YOU CAN PLACE a 25-word classified ad-like this one-in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details.

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#### Job Responsibilities:

Assists the Accounting and Engineering departments with scanning documents, filing, record keeping and general duties.

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**EXTENSION** 

Job Summary: The cook assistant position will require assisting the camp cook with meal preparation. In addition, the cook assistant is responsible for general cleaning and maintenance.

Responsibilities: 1. Assist with meal preparation under the direction of the camp cook 2. Assist with meal planning under the direction of the camp cook 3. Ensure cleanliness of food preparation and delivery areas. 4. Follow state health department regulations pertaining to safe food practice 5. Sanitize kitchen surfaces regularly throughout the day Work Schedule: Work days will be from Sunday afternoon to Thursday morning with two weekend camps. Advertised Pay: Pay is negotiable with experience. Must be at least 16 years old. Room and board are available.

NDSU is an EEO/AA-M/F/Vet/Disability Employer



# THE CLASSIFIEDS

- DEADLINE: 9 a.m. Thursday.
- 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-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 Hos-pital 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.

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. 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-TENPI 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. 58540 21-1TCHG

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. Pre-mium 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: Urea \$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



**HELP WANTED** 

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13-TFNCHCMLNGRXT

GENERAL CONSTRUCTION LABOR-ERS, no experience needed. Pay based on experience. Most work is in Garrison & surrounding area. Contact Kevin Katt @ 701-898-0544 Katt's Construction & General Contacting LLC 12-TFN-CH.XT

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

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

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> **CALL DURAN AT** 701-509-2922

#### **HELP WANTED**

# **Park Board Help Wanted**

Underwood Park Board is accepting applications for Water Safety Instructors, lifeguards, and pt or possible ft assistant manager. Applicants must be at least 15 years old for WSI and Lifeguards and 18 years old for assistant manager. Applications can be picked up at the Underwood City Office.

Deadline April 12, 2023.



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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

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58577

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Washburn. The office hours are 9 a.m.

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GARRISON

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### GARRISON **PARKS & REC**

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(Lawn care & more)

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We will pay to certify lifequards, some restrictions apply. Competitive pay. Send resume to: P.O. Box 850, Garrison, ND 58540 or email to: garrisonparksandrec@gmail.com Application deadline: April 7, 2023



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- odometer 700,000 actual mi., new throw out bearings, new clutch, serviced in Jan. 2023, 60" Sleeper, (Purple) Lot 18: 2004 Kenworth T600 10 spd Semi Truck, C-15 Cat Eng, 20052 hrs, 1,262,356 mi, Day
- 5'x34'x9' (27/8" framed) portable building with steel siding • (4) Stur D double bale feeders
- (5) Stur D single bale feeders
- (8) 4'x24' shop built bottomless bunks
  (2) 30' bottomless bunks- older, wood sided
- Auger Lot 83: Westfield J 208-36 Auger, Elec. 5 HP Motor
- · Lot 82: Westfield MK 100-61 Auger, PTO w. Swing Jacks & Creeper

  - Dickey John Moisture Tester



- Schumacher Farm & Ranch Battery Charger
- (2) DeWalt Chop Saws
- Misc. Power Tools (Impacts, Drills, Grinders)

#### Cab,(Red/White)

- Lot 19: 1986 Kenworth 13 spd Semi Truck, Man. Trans., 3,384,376 mi, 3406 Cat Eng, Day Cab,(Red) Lot 20: 1997 Chevy C7500 Grain Truck, 167,368 mi., Gas, 5 Spd Trans., Tandem Ax, Hyd. Hoist, Man. Roll Tarp.
- Lot 21: 1979 C70 Chevy Grain Truck, Man. Trans, Single Ax, Gas, (Cream Colored) • Lot 22: 1980 International Truck, 428,185 mi., Potato Box w. Hyd. Driven Belt, Diesel. Lot 23: 1973 Chevy C60 Tandem Grain Truck, 66,314 mi., Gas, Man. Trans. (Orange) Lot 24: 2004 Chevy Club Cab 2500 Duramax diesel 4x4 Pickup- 8' box, 300,000 miles, Auto Trans., w/150 gal. fuel tank & tool box

TRAILERS • Lot 25: 2014 Alum. Featherlite gooseneck stock trailer 6'x 16', tandem ax. Lot 26: 2007 Alum. Featherlite gooseneck stock trailer 7'X20', tandem ax. Lot 27: 2014 Fuel Mate 990 fuel trailer w/80-gal. new oil tank, Honda GX160 motor & Black Diamond air compressor Lot 28: 2012 Merrit 40' Dual Hopper Bottom Semi Trailer w. Elec. Roll Tarp, Air Ride • Lot 29: 2006 Merrit 42' Dual Hopper Bottom Semi Trailer w. Elec. Roll Tarp, Air Ride Lot 30: 1999 Timpte Alum. Hopper Bottom Semi Trailer w. Roll Tarp, GVWR 77,000, Spring Ride

• (4) Apache creep feeders-GOOD

#### **SPRAYER, HAYING & HARVESTING** EQUIP.

- Lot 10A: 2016 Apache AS1220 Plus II Sprayer-120' alum. booms, 1200-gal. tank, Raven display & GPS, 5 spd trans., 20" nozzle, 9' section control
- Lot 47: 2013 JD S680 rotary combine, 2324 eng. hrs., 1599 sep. hrs. 540 hp, 400 bu.
- Lot 48: 2012 JD S670 combine eng. hrs.-3791 sep. hrs., 425 hp, 300 bu. • Lot 49: 2004 Premier 29511 Macdon windrower
- 1644 hrs- 922 14' hay head, wired with Green Start 1644 hrs
- Lot 50: 2000 30' Macdon grain head 972 mod. • Lot 51: NH 1475 18' hay bine, 540 pto Lot 52: Sitrex Magnum MKE- 12-wheel rake

#### **HEADERS**

- Lot 53: JD 640 FD 40' Hydra Flex Lot 54: JD 640 FD 40' Hydra Flex • Lot 53A & 54A: (2) FW Mfg. 42' Transport Trailers Lot 55: JD 1293 30' 12-row Corn Head
   Lot 56: Windstorm 40' Sunflower Pan Header · Lot 57: JD 930 F 30' Straight Head w. Blower Tubes Lot 58 & 59: (2) JD 914 14' Pick Up Platform • Lot 60: JD 893 19' Corn Head • Lot 61: JD 843 19' Corn Head Lot 62: JD 930 30' Ridid Header w/Lucke Sunflower Pans
- · Lot 63: JD 3975 3 row corn chopper

- Lot 84: Westfield J 208-36 Auger, Honda 390 Gas
- Engine Lot 80: Westfield TFX2 100-36 Auger, Kohler Pro 200 Engine elec. Start
- Lot 81: Westfield TFX 100-31 Auger, Elec. Motor
   Lot 85: Westfield J207-36 Auger, Gas Eng.

Motor

- TANKS Lot 86: 1500 gal & 1000 gal Anhydrous tanks w/ trailer
- · Lot 87: (2) 1000 gal Anhydrous tanks w/ trailer, new paint
- Lot 88:(2) 1500 gal Anhydrous tanks w/trailer
- Lot: 89A: (2) 1500 gal anhydrous tanks w/trailer
   Lot 89B: (2) 1500 gal Anhydrous tanks w/trailer
- · Lot 90: 1000 gal Anhydrous tank w/trailer Mult. Misc. Water, Fuel, Propane & Poly Tanks

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 America 140R hyd. 14' angle blade
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- (2) 70 gal. Oil Totes
- Thermal Arc Welding Generator
- Titan 7500 Diesel Generator w. Elec. Start
- Elite Briggs & Straton Generator, 3250 Watt
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- Jiffy Ice Auger
  Poly Dome Calf Warmer
  (2) ATV Weed Sprayers
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