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Vol. 39, No. 50
Monday, April 10, 2023

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April 14 & 15.....7:30 pm

The Super Mario Bros. Movie, PG
With help from Princess Peach, Mario gets ready to square off against the all-powerful Bowser to stop his plans from conquering the world. 1 hr, 23m. Adventure/Comedy 2023
April 21 & 22.....7:30 pm

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CALENDAR

Saturday, April 8

THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.
LUNCH WITH THE EASTER BUNNY, Cubby Hole, 11:30 a.m. to 1 p.m.
EASTER EGG HUNT, KOTA Theater, registration in the theater lobby at 1:15 p.m.

Sunday, April 9

FAITH EVANGELICAL CHURCH AND UNDERWOOD ASSEMBLY OF GOD CHURCH will have breakfast at 8:30 a.m. with a combined Easter Service at 10:00 a.m. The service is at Faith Evangelical Church.

WASHBURN BAPTIST CHURCH will have Easter service on Sunday, April 9th at 10:30 a.m.
OPEN DOOR COMMUNITY KITCHEN, Closed Easter Sunday

Monday, April 10

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

THE WASHBURN CITY COMMISSION will hold its regular scheduled meeting on Monday; April 10, 2023, at the City Hall immediately following the Board of Equalization Meeting. The public is invited to attend.

Tuesday, April 11

DICKENS VILLAGE FESTIVAL PLANNING COMMITTEE MEETING, Cubby Hole, 5 p.m.
THE WASHBURN AMERICAN LEGION VICTOR B. WALLIN POST #12 AND AUXILIARY will be meeting Tuesday, April 11, 2023, at the Memorial Building. There will be a 5:00 social, 6:00 pizza supper followed by high school scholarship presentations, with meetings to begin after the presentations.

Wednesday, April 12

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

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 pre-registration required. All in need are welcome to received food at no cost.

Saturday, April 15

THRIFT STORE AT COMMUNITY CUPBOARD of Underwood, 10 a.m. - 1 p.m., Open to the public at 208 Lincoln Avenue. Shop for clothing, household items, toys, books and more. Donations for all items and proceeds go to the food pantry.

Tuesday, April 18

THRIFT STORE AT COMMUNITY CUPBOARD of Underwood, 1 - 5 p.m., Open to the public at 208 Lincoln Avenue. Shop for clothing, household items, toys, books and more. Donations for all items and proceeds go to the food pantry.

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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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

WE THE PEOPLE

BY DAVID ALDER

“U. of Wyoming Transgender Lawsuit: Who is a Woman?”

A federal lawsuit reflective of the nationwide culture wars is challenging the right of a University of Wyoming sorority to induct a transgendered woman, raising questions of central importance to the First Amendment Right of Freedom of Association and Title VII of the 1964 Civil Rights Act. The issues in the suit are likely to be replicated across the nation as the judicial system wrestles with legislative efforts to regulate, distinguish and deny opportunities and rights of the LG-BTQ community.

Seven past and present members have filed suit in federal court in Wyoming, asserting that the University of Wyoming chapter of Kappa Kappa Gamma and the national office violated the sorority’s mission, purpose and bylaws when it inducted Artemis Langford, who identifies as a woman.

Resolution of the lawsuit should hinge on the question of who, precisely, has the authority to determine whether a transgendered woman has satisfied the criteria for membership in Kappa Kappa Gamma. The local chapter, backed by the parent organization, has concluded that Langford meets the criteria for membership, a decision grounded in its First Amendment right of Freedom of Association.

Freedom of Association is not enumerated in the Constitution, but it was initially recognized by the Supreme Court in 1876, in *United States v. Cruikshank* as an implied right, derived from the First Amendment’s guarantee of the “right of the people peaceably to assemble.” The existence of the right of freedom of association is non-controversial, though its scope and contours have inspired debate over the years. In a raft of decisions, the Court has also grounded it in the right to petition government, the right of free speech and privileges and immunities of citizenship. Like all other rights pro-

tected by the Constitution—enumerated and implied alike—freedom of association is not absolute but is subject to reasonable limitations required by substantial public interests.

In a case that lies at the heart of the pervasive cultural wars afflicting our nation, the Supreme Court, in *Boy Scouts of America v. Dale* (2000), invoked freedom of association to uphold the right of the Boy Scouts to revoke the membership of an assistant scoutmaster after he publicly announced his sexual orientation by leading a gay group at Rutgers University. The Court, in a 5-4 opinion written by Chief Justice William Rehnquist, held that freedom of association gave the Boy Scouts the right to bar “homosexuals” from serving as troop leaders. The Court left to the Boy Scouts the right to determine the criteria that should govern its membership.

The Supreme Court’s ruling in *Boy Scouts of America* should guide the federal court’s decision in the Wyoming case involving the right of Kappa Kappa Gamma to determine its membership. Judicial deference to the conclusion of both the local chapter and the parent organization, grounded on the rational basis test, that Langford meets the criteria for induction in the sorority, avoids the need for the court to determine whether Langford qualifies as a transgendered woman and whether her admission perverts the organizational mission of Kappa Kappa Gamma.

In *Boy Scouts of America*, the four dissenters failed in their effort to persuade the majority to engage in a searching analysis of whether the membership of a gay scoutmaster truly compromised the mission, spirit and principles of organization. Chief Justice Rehnquist’s opinion for the Court deferred to the Boy Scouts’ own deter-

mination of that question. Otherwise, Rehnquist wrote, the presence of a “homosexual” scoutmaster “would, at the very least, force the organization to send a message, both to the young members and the world, that the Boy Scouts accepts homosexual conduct as a legitimate form of behavior.”

By parity of reasoning, the institution of Kappa Kappa Gamma, rather than disappointed individual members, should be able to determine, on principles of freedom of association, whether induction of a transgendered woman is consistent with its organizational principles and message.

Another Supreme Court precedent has a bearing on the sorority case. In *Bostock v. Clayton County*, in 2022, Justice Neil Gorsuch held for a 6-3 majority that the Title VII of the 1964 Civil Rights Act prohibits employers from discriminating against any person because of that person’s “race, color, religion, sex, or national origin.” He wrote: “Discrimination on the basis of homosexuality or transgender status” violates the landmark statute.

The Court’s ruling in *Bostock* repudiates the plaintiff’s argument in the Wyoming case. While sororities and fraternities retain on freedom of association grounds the right to remain single-sex organizations, they may not, under the reasoning of *Bostock*, deny admission to a student for reasons of identity. To do that, as Justice Gorsuch held, would violate Title VII’s prohibition against sex discrimination.

The Wyoming sorority case embodies issues that will be raised in lawsuits throughout the nation. The immediate issue before the federal court, the one inflaming the culture wars and one certain to generate controversy grounded in emotions and politics, is clear: Who decides if a transgendered inductee qualifies as a woman?

DAKOTA DATEBOOK

BY SARAH WALKER

Titanic Impact

April 13, 2023 — In 1912, on this date, passengers aboard the doomed ship Titanic were unaware of what fate waited for them. One day more, and the ship would sink, taking with it approximately 1,500 lives.

The disaster impacted people the world over. Even North Dakota, far removed from the perils of the ocean, was deeply affected. E.W. Chaffee, a businessman and farmer of Aneta, was returning from a European vacation with his wife, Carrie, onboard the Titanic. Although his wife survived, he did not, and his body was never found or identified. Oskar Hedman, from Beach, had third-class passage aboard the ship, and managed to survive.

There were other stories, though—such as the near miss case of Dr. and Mrs. McCannel from Minot. They had been away from home for a long time, visiting Vienna and other parts of Europe in 1911 and 1912, so when it was finally time to depart, they made arrangements to hurry their voyage home. They planned to travel on the Titanic, but the ship’s schedule changed, and they were forced to book passage on the *Carmenia*, instead. They were disappointed to miss travelling aboard the ship they had heard so much about, but they were anxious to get home.

Onboard their ship, the

McCannels ran into the field of icebergs that would later sink the Titanic. Dr. McCannel took a photo of one of the larger ones—it was tall, with a point rising some 200 feet above the surface of the water. The ship cut its engines until they drifted clear of the hazard. They heard no more about the icebergs or the famous ship until April 15, when they read about the tragedy in the newspapers.

For years afterward, Dr. McCannel wondered if the fatal iceberg that sank the Titanic, described as having a “spire like a cathedral,” was the same one he had taken a picture of, which hung thereafter on his office wall.

The stories and the feelings survive, evident in the scholarship, the history and the memories. Even today, we can understand the relief the McCannels must have felt when, after they arrived at home, a Scottish friend said to them, “Your time had na come.”

“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.

NOTICE

6 ton per axle not to exceed 65,000 pounds load restrictions are imposed on all McLean County asphalt roads in McLean County except CR#18 to Great River Energy Plant.

6 ton per axle not to exceed 65,000 pounds load restrictions are imposed on all other McLean County roads except McLean County Highway #16 extending 7 miles south of Riverdale to the Fischer Industries (Sand and Gravel) Plant.

Restrictions shall begin Friday, April 7, 2023 at 7:00 AM and shall continue until removed by the Board.

By the Board of McLean County Commissioners

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DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

Park, Garrison, 10 a.m.

*April 8: Spring turkey season opens.

Fishing:

Lake Sakakawea elevation, April 3: 1,824.74 feet above mean sea level; 15,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 7.69 feet.

Missouri River gauge height, Washburn: River stage, 8.56 feet.

*N.D. Game & Fish Dept. game wardens: Little activity on the east end of Lake Sakakawea. No reports from area lakes.

*Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Somewhat improving walleye activity around Steinke Bay on the east end of Lake Sakakawea. Lake Audubon remains slow.

*Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Look for pike activity around back bays on the east end of Lake Sakakawea. Try 6 to 12 feet around Steinke, Centennial, Garrison, Douglas bays. No walleye reports.

*Lake Sakakawea, New Town: Van Hook Arm and riv-

er portion of Lake Sakakawea around New Town remain quiet. Look for pike activity to start once the creeks start running into the back bays.

*Missouri River, Enerbase of Washburn: Some activity on Nelson Lake and Lake Sakakawea.

*Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River and Lake Sakakawea remain quiet with little activity.

*McLean Co. area lakes, Cenex of Wilton: Some activity on Hofer Lake and Lake Sakakawea as well as the open water of Nelson Lake using minnows.

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.lake-sakakawea.com).

PRAIRIE DOC PERSPECTIVES

By Andrew Ellsworth, MD

Hindered by pain in your heel?

If you have pain on the bottom of your foot at the heel, especially when you take your first steps of the day, you likely have plantar fasciitis. One of the most common causes of foot pain, plantar fasciitis pain can subside with time, but sometimes the pain keeps people from doing what they love, whether that be running, walking, or other pleasures of life. I once saw a young woman suffering from plantar fasciitis who got some relief from an injection. A few years later she returned wanting another injection so she could dance pain-free at her own wedding.

The bottom of the foot has thick, white fibers called the plantar fascia. On one end it connects to the heel bone, and on the other the fibers connect to each of the toes. This helps support the foot, tightening as we walk and keeping the arch of the foot elevated like the bowstring maintaining the curve of the bow.

Pain can arise from stress on the plantar fascia where it connects to the heel bone, the tuberosity of the calcaneus. This spot, right by the heel on the underside of the foot, can be quite tender to touch when plantar fasciitis is active. It often is most painful when first walking in the morning or after periods of rest. The pain can linger for months or years.

Sometimes referred to as heel spurs, on x-ray this spot may show calcifications in the fascia that have formed from years of stress or inflammation. The presence of these heel spurs does not necessar-

ily mean someone will have pain. Some have pain from plantar fasciitis without heel spurs, and some with heel spurs do not have pain.

Causes of plantar fasciitis include poor fitting shoes, starting a new exercise routine such as running, obesity, prolonged running or standing, flat feet, and more. The exact cause remains unclear.

Initial treatments include avoiding activities that make it worse, stretching exercises that may include pointing the toes upward and stretching the calf muscles, avoiding the use of flat shoes, avoiding walking barefoot, heel shoe inserts, a short term trial of NSAIDs like ibuprofen, or possibly a steroid injection. Later, if needed, molded inserts, night splints, immobilization in a boot or cast, or even surgery may be considered. Thankfully, even without treatment, plantar fasciitis may often go away on its own within a year.

Plantar fasciitis may only be a spot on the bottom of the foot, but I do not envy those who are reminded of it with every step.

Andrew Ellsworth, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show celebrating its twentieth season of truthful, tested, and timely medical information, streaming live on Facebook most Thursdays at 7 p.m. central.

The City of Washburn is seeking **three (3) interested individuals to serve on the Special Assessment Committee.**

If you would like to be considered for an appointment to this committee, please send a letter of interest to:

**City of Washburn,
PO Box 467,
Washburn, ND 58577
or email to washaud@westriv.com.**

For more information on this committee position please call the Auditors office at **701-462-8558**.

McLean/Mercer

Regional Library Board

There is one (1) position on the McLean/Mercer Regional Library Board from McLean County with a term expiring on June 30, 2023. The terms are for three (3) years ending June 30, 6 Eligible members must be residents of McLean County. If interested, please send a letter of interest to:

McLean County Auditor

P.O. Box 1108

Washburn ND 58577-1108

Or

Email: baknutson@nd.gov

By June 16, 2023



DAKOTA GARDENER

By Joe Zeleznik, forester

Between the pages

I didn't make any New Year's resolutions this year. So, I haven't broken any resolutions this year!

We are three months into 2023, and I'm bringing up resolutions. Why?

In January, a lot of my friends on Facebook were posting about the books they had read in the previous year. The lists were quite impressive. People were reading about leadership, self-improvement and philosophy. And they read quite a few books.

I didn't want to share my list of adventure stories and shoot-'em-up books. I felt rather shallow and embarrassed.

With some reflection, I realized that I actually have read a number of books in recent years that go beyond the fiction that I sometimes lose myself in. Here are five tree-related books I've read that you might find interesting.

"The Search for the Mother Tree" by Suzanne Simard. Professor Simard reflects about her life, both within her family and professionally as a forest scientist. It's a fascinating journey, linking science and her experiences as a woman in a highly male-dominated profession. Her groundbreaking research over the past 30

years has changed our view of forest ecology and the relationships between individual trees through the underground fungal network of mycorrhizae.

"10,000 Days in the Woods" by Russ Danielson. If you do the math, 10,000 days equates to more than 27 years. Danielson's story is that of a field forester, beginning as a teenager and working throughout the northern United States. It includes a two-year stopover in Bottineau, North Dakota, as he earned his associate degree in forestry. This book is a collection of short essays – two to five pages each – and is much less technical than Professor Simard's book.

"The Wild Trees: A Story of Passion and Daring" by Richard Preston. This is the tale of the search for the world's tallest tree. Northern California's coastal redwoods serve as the backdrop for a storyline that reads like a novel. The journey recounted by Preston mixes the personal history of the scientists and the fascinating ecosystem they find in the forest canopy, well over 300 feet above the forest floor.

"Tree Story: The History of the World Written in Rings" by Valerie Trouet. This is an amazing book. Professor

Trouet describes the science of tree rings, dendrochronology, through stories of the history and ecology that have been uncovered over the years. The book includes a glossary of technical terms and a citations list for those wanting to learn more about this fantastic science. It also includes a "playlist" with songs by Toto, Neil Young and REM, among others. How cool is that!

"The Tree Farm" by Robert Treuer. This is the book that made me become a forester. I re-read it recently and I find it as inspiring today as I did in the mid-1980s. The story follows Treuer's experiences following World War II that led him to a northern Minnesota tree farm in the 1960s. There are challenges to life in the north woods, both personally and ecologically. Nevertheless, life continues and good can come from persisting through hard times.

In addition to these tree-related books, I also read two textbooks about the ecology of rivers and streams, plus one about brain function in bees. Maybe I'm not as shallow as I thought.

What have you been reading?

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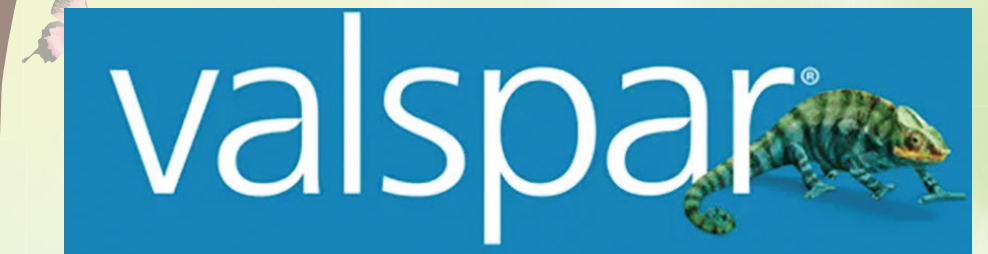
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take the stress out of moving! Speak to a Relocation Specialist, call 844-254-7522.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 877-482-4836.

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 833-946-2482.

FINANCIAL SERVICES
BEHIND ON YOUR MORTGAGE PAYMENTS? Threatened with foreclosure? Denied a loan modification? Let us help! Call the Homeowner Relief Line to speak with a mortgage specialist. 877-242-2596.

LAND WANTED
AG LAND PRICES Skyrocket to All-Time Highs! Thinking of selling? We have buyers! We offer the most competitive commission rate. No hidden fees! Call Nikolaisen Land Company. 844-872-4289.

REAL ESTATE FOR SALE
ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701-371-8538. Kevin Pifer 701.238.5810. Free valuation.

MISCELLANEOUS FOR SALE
DIRECTV SATELLITE SERVICE Starting at \$64.99/mo plus taxes and equipment. 2-Year Price Lock! Free Installation! 165+ Channels Available. Call Now For The Most Sports & Entertainment On TV! 866-530-1662.

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 855-754-3470

DISCOUNT AIR TRAVEL. Call Flight Services for best pricing on domestic & international flights inside and from the US. Serving United, Delta, American & Southwest and many more airlines. Call for free quote now! Have travel dates ready! 866-530-1662.

PROTECT YOUR HOME AND FAMILY with Vivint Smart Home. Call 866-391-9779 today to receive a FREE \$50 GIFTCARD with your purchase. Use promo code: FREE50.

NEVER CLEAN YOUR GUTTERS AGAIN! Affordable, professionally installed gutter guards protect your gut-

ters and home from debris and leaves forever! For a FREE Quote call: 877-354-0572.

LOOKING FOR THE most complete listing of ND Media? ND Media Guide. Only \$25! Call 701-223-6397, ND Newspaper Association.

AUTOS WANTED
DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 701-809-7415.

HEALTH/MEDICAL
VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00! 100% guaranteed. CALL NOW! 855-559-1454.

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-821-2831.

ANNOUNCEMENTS
NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-331-7577.

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

PUBLIC NOTICE

Washburn Park Board Request for bids

The Board of Park Commissioners of the Washburn Parks and Recreation District will receive sealed bids for electric systems for the Washburn Public Swimming Pool construction project.

All bids will be received by the Board of Park Commissioners of the Washburn Parks and Recreation District at PO Box 551, Washburn, ND 58577 at 6:00 p.m. on April 12, 2023, at which time the bids will be closed and opened concurrently.

All bids shall be sealed and endorsed "Washburn Swimming Pool Electrical Bid". Bids must be submitted in accordance with specifications and conditions therein contained. Copies of bid proposal forms and general specifications and conditions may be obtained from the Washburn Parks and Recreation District. For information on bid specifics, contact Washburn Park Board, PO Box 551, Washburn ND

58577 or Park Board Chairman, Mark Lemm @ 701-460-0145.

The Board of Park Commissioners of Washburn Parks and Recreation District reserves the right to hold all bids for a period of thirty (30) days after the date fixed for the opening thereof and to reject any or all bids and to waive irregularities whenever it is for the best interest of the district.

Right to reject bids. Washburn Park District reserves the right to accept or reject any bid and to annul the bidding process and reject all bids at any time prior to award of contract, without thereby incurring any liability to the affected bidder or bidders the reason for Washburn Park Board's action.

Dated this 23rd day of March 2023. Mark Lemm, Chairman Washburn Parks and Recreation District (03-27-23, 04-03-23, 04-10-23)

LARGE RETIREMENT FARM AUCTION

Friday, April 21, 2023 @ 11 AM MT

Location: 4021 93 Ave SW Taylor, ND 58656 - Sellers: Marcusen Fairview Farm Partnership

Live On-Site & Equipment facts Online Bidding Available

Larry Marcusen (701) 690-7058 & Elroy Marcusen (701) 690-2663



TRACTORS:

- 2014 JD-9560T, 560 HP, 18/6 PowerShift Trans., 2630 Touch GS3 Display, Deluxe Commandview II Cab, Hi-Flow Hyd. sys., (5) Remote Cyl Crl Hi Flow, CAT 5 Wide Swing Drawbar, Front Wts., 5 Hyd., 2525 Hrs., Track 36" Durabuilt 5500, LIGHT PKG, ELEC. MIRRORS, ENG 13.5L IT COMPLIANT, BATT. DISCONNECT SWITCH, QUIK-TATCH WGT SUPT W/26 WGT, IDLER WT MTG + ST, IDLER WTS 4X450, V. Good
- 1998 Case IH-MX120 w/L300 Loader, 11728 Hrs., 3 pt., 105 HP
- 1979 JD-8440, 4X4, 215 HP, PTO, 3 Hyd, 7044 Hrs, Quad-Range Trans, AC-needs recharging, New Fuel Injector & Foam Kit in 2021, 13 ft. Dozer Blade, Duals all around
- JD-4430, CAH, 8866 Hrs, 3 pt, 3 Hyd, Quad Range Trans, w/158 Loader-7 ft. Grapple/Bucket
- JD-3010 Gas Tractor, 3pt, 1Hyd, shows 2547 Hrs, New Rims & Rubber: 15.5.38, w/148 Loader
- Case IH 1494 MFWD, 3pt, 2Hyd, 11,114 Hrs, w/ Case IH 74L Loader & 7ft. grapple bucket
- Sears GT 5000 Garden Tractor, 25 HP, 48" Deck, w/ Bagger & Snow-blower attachment

SKID STEER:

- 2015 JD 333E Track Skid Steer, 2190 Hrs. Foot & EH Controls, Hi-Flo, Cab w/Air, Defrost, Heat, 2spd. Wide Track, REV. Fan., 84" Bucket, High Flow Hyd., Turbo Eng., Power Quik Tatch, Keyless Start, New tracks in 2019

SEEDER & NH3 TANKS:

- 2010 JD-1895, 43 ft. Double shoot, 10" Spacing, Stainless Fertilizer Delivery System, NH3, Hyd. Fill Auger Lift System, Wear Parts & Hoses replaced in 2022, Field Ready! w/ 1910 JD Grain Cart
- (4) 1450 Gal NH3 Tanks w/updated valves & Hoses

SPRAYER:

- 2010 JD-4830 Sprayer, Self-propelled, 2470 Hrs, 100' Booms, 15" Spacing, GPS-Green Star, Hydro, Trans., 275 HP

COMBINES:

- 2014 JD-5680 Rotary Combine, Premium cab, Rotary, Autotrac read/valve & wiring, STS, Both Sets of STS/Rotary Concaves, Command Touch Multispeed Feederhouse, Manual Adj. Vain Tailboard, Grain Loss Monitor, JD Greenstar Yield & Moisture No Display, 7" Command Center, 26' Unloading Auger, Power Folding Hopper Extension, JD Link Mtg. Terminal, 540 HP, 4WD, 1963 Eng. Hrs, 1447 Sep. Hrs, 400 BU Cap.,



- Duals, Rubber @ 80%, w/Corn & Grain Concaves, V. Good,
- 2001 JD-9750 STS Combine, 325 HP, 300 BU Cap., Duals, Green Star Yield/Moisture but no Monitor, Eng. Hrs. 4106, Sep. Hrs. 3018
- (2) JD 3000 StarFire GPS Receivers

HEADERS:

- 2010 JD -640D, 40ft Draper Head, w/ transport
- 2007 JD-936D, 36 ft, w/transport
- JD-893 Corn HD, 8 Row, 30" Spacing
- JD-893 Corn HD, 8 Row, 30" Spacing GRAIN CART & BAGGER:
- JM 875 Grain Cart, 875 Bu, Folding Auger, Hydraulic Driven from Tractor
- 2018 ProGrain Cart, w/BX-6 Grain Bagger, Like New
- 2019 Loftness Grain Bag GBU Unloader, w/Empty Bag Roller (model-BB10-300)

GRAIN TRAILERS:

- 2009 Travalong 38', Steel, New door openers, Roll Tarp
- 2013 Neville, 38ft, Elec. Tarps & Traps

AUGERS & GRAIN VAC:

- Westfield 13" x 91' w/elec. swing hopper, 540 PTO
- Westfield 10" x 71', Manual Swing Hopper, 540 PTO
- Westfield TFX 10" x 41', Kohler 25 HP Eng.
- Brandt 1545 Conveyor, 41', Kohler 25 HP Eng., Steerable
- REM 2100 Grain Vac, 1000 PTO

TRUCKS:

- 2007 Freightliner Semi Day Cab, Air, Heat, Smart Shift, Series 60 Detroit Eng., 75306 mi, New Air Bags & New Block Heater & Rear Axel
- 2003 Freightliner Semi Columbia Day cab, Runs Good, C12 CAT Eng., 10 spd, Heat, Air- Blue
- 2004 Kenworth Semi Day cab, Complete eng. Overhaul 2021, C12 Eng, 10 spd, 439,103 mi.- White
- 1995 Kenworth T-450 Tandem axle Semi, 884,040 mi, Cummins Eng., 10 spd., New Front Tires, Over hauled

- in 2016 – (approx. 2,5000 miles since overhauled) w/20' Box, Silage End Gate, Roll Tarp, Good
- 1969 Chevy C-50, 2 Ton Truck, 350 Eng., Hoist, 4 spd, Single ax, Heat, Runs, 45,583 mi, (4) New Recaps

PICKUPS:

- 2013 Chevy Silverado 3500 Pickup, Duramax Diesel, 4x4, 168,476 mi, 8 ft box, Auto Trans, 4-Door, Newer Rubber, Clean
- 2010 GMC Sierra K2500 Pickup, HD 6.0 Gas Eng., Reg. Cab, Auto Trans, 135,416 mi, 8 ft box

TRAILERS:

- 2009 GN Featherlite 7'x24' Alum. Stock Trailer, 1827 mod., Dent on R) side
- 1988 Transcraft 48' x 96" Flatbed Trailer
- PJ 7' x 20' Flatbed Trailer, Dbl ax., Good Rubber

BINS:

- Amber Wave Bin, 4000 Bu, Hopper bottom w/ Baldor Grain Guard Air Amber Wave Bin, 4000 Bu, Hopper bottom, Like New
- (3) Aeration Fans
- (2) Brock Propane Dryers, AXH 28-LP – like new

TANKS:

- O-Day Fuel Tank, 1000 Gal. w/G-Pro Elec. Pump
- Fuel Tank, 2000 Gal. w/Elec. Pump
- Chemical Batch BoyPoly Tank, 1250 Gal.
- (3) 1250 Gal. Poly Tanks

MOWERS:

- NH 16 Ft., 1475 Swing Tongue Mower/Conditioner, 1000 PTO, 5B490056 Header

MISC.

- Lucknow Snowblower 8', 3pt. DMI NH3 4200 Applicator, 50' Riteway 7150 Heavy Harrow, 50 ft, w/Valmar 2455 Granular Applicator
- JD 235 Disc, 20 ft, Center Fold
- (1) Battery Operated Seed Treater, (1) Sm. Rotary Grain Cleaner
- Shop Tools & Misc. Items
- (1) Upright, Stationary 30 Gal. Air Compressor, (1) Black Diamond Air Compressor, 2 cycl., 2 gal.

CATTLE/RANCH EQUIPMENT:

- Sioux 10 ft Portable Corral Panels w/ Trailer-full set, *Powder Calf Cradle, Lg Animal Chute w/palpation cage, (2) Land O Lake Creep Feeder, *Numerous Corral Panels & Gates.

For additional information on this auction and upcoming auctions go to www.wolffauctioneers.com



SHANE WOLFF LIC.#2 701-983-4573
 HEAD CLERK PAULA JO WANNER LIC.#664 701-870-1406 (BUS.)

Visit our web site: www.wolffauctioneers.com

St. Catherine's Annual Soup, Sandwich, & Dessert

Monday, April 17th
 Serving from: 11:00 am-2:00 pm & 4:00-7:00 pm

Catholic Church of St. Catherine
 104 Main Ave., Turtle Lake

Soup -- \$2.50
 Sandwich -- \$3.00
 Dessert -- \$2.50
 Beverage included
 Please call 448-9289
 April 17th for home delivery.

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-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.

21-1TCHG

58540

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: 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

CUSTOM FERTILIZER SPREADING with 4375 Case IH floater, 70' boom, auto steering, \$5.00/acre. Will supply fertilizer or use your fertilizer; have fertilizer for urea and map. Urea \$505 delivered; map \$715 delivered. Call Jason, 701-870-0415.

CUSTOM SPRAYING with 4930 John Deere sprayers 121', auto steering, swath control, 15" spacing, \$5.50 an acre. Will supply chemicals or use your chemicals. Will travel. Call Jason, 701-870-0415.

21-TFNCCI

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-TFNCHMLNGRXT

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

REAL ESTATE FOR RENT

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

1-TFNCHGX

58540

Economy Homes

in Max

is accepting applications for 1 & 2 Bedroom Apartments.

Rental assistance available to low income families. Accessible interviewing will be made available.

Call 1-701-679-2535

TDD 1-800-366-6888

This institution is an equal opportunity provider.



WORK WANTED

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

1-E-TFN-NC

58577



is seeking part time

TRUCK DRIVERS Wanted for Spring

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

CALL DURAN AT 701-509-2922

Place an Ad today!

HELP WANTED



is seeking applications for positions including:

Apply now!

- Accountant
- Boiler Operator
- Maintenance Technician
- Custodian
- And More!

These are full time, benefited positions. For more information, visit www.mayvillestate.edu/employment



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

McLean Electric Cooperative is an Equal Employment Opportunity Employer regarding race, color, religion, sex, sexual orientation, gender identity, national origin, disability, and veteran's status.

DRAFTING/TECHNICAL RECORDS SPECIALIST

Milton R. Young Power Plant

Minnkota Power is seeking qualified applicants for a **Drafting/Technical Records Specialist** responsible for providing engineering support services including management of Station records, engineering drafting (CADD), assisting with engineering projects and inspections and participating on engineering project teams at the Milton R. Young Station located near Center, ND. The Milton R. Young Station is a two-unit coal-fired power plant, providing a stable energy source for our cooperative member-owners. The station is located 35 miles from Bismarck, North Dakota, a growing and progressive city with many recreational opportunities.

This position requires an individual willing to grow with evolving technology. Excellent written and verbal communication skills are essential. Requires knowledge of CADD systems (AutoCAD 2010 or later preferred), records management systems (AutoEDMS preferred), Adobe Acrobat and Microsoft Office. Associates degree in any technical field required and previous experience in engineering project support is desirable.

On-line applications can be found at www.Minnkota.com. Resumes will not be accepted without a completed application.

Minnkota Power Cooperative is an EEOC and Affirmative Action Employer



Laura Fleckenstein
Human Resource Coordinator
Minnkota Power Cooperative
Milton R. Young Station
Center, ND 58530

Office: (701) 794-7215
lfleckenstein@minnkota.com
minnkota.com



CMC Cross Country Head Coach

The Central McLean Cougar Co-op is looking for a

Cross Country Head Coach

for the 2023 season. Individuals must be **highly motivated, organized, possess good communication skills, understand and be able to teach Cross Country, promote and build quality teamwork, and able to work with all types of people.** Pay is based on the CMC activity pay scale for coaching. Interested applicants should submit letter of application, resume, and three letters of recommendation to **Sheila Schlafmann at sheila.schlafmann@k12.nd.us** or mail to P.O. Box 160, Turtle Lake, ND 58575. **Application Deadline:** Friday, April 28th at 5:00 P.M.

HELP WANTED



\$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



SECURITY OFFICERS

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



HELP WANTED

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

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"



FARMERS UNION CAMP

REGISTER AT NDFU.ORG BY MAY 15 FOR DISCOUNT!



HELP WANTED



is looking for **Servers & Kitchen Staff**

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83 337-2070

double your impact with print advertising



NOW HIRING - EQUIPMENT OPERATOR IIs (MAY CONSIDER UNDERFILL)

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!

The McLean County Highway Department team is looking for two or more dependable candidates to fill full-time **EQUIPMENT OPERATOR II (EO II)** positions in Garrison. Dependent on the applicant pool, the position(s) may be underfilled at the Equipment Operator I (EO I) level which **does not** require a CDL license to start work. If filled at the EO I level, the successful candidate will be required to obtain their CDL license within the first year of employment. The county will provide training and assistance to the candidate in the CDL licensing process. Applications will be accepted until **4:00 P.M. on Friday, April 14, 2023.**

New team members must reside within 40 minutes travel time of the Garrison Highway Shop. To view the complete job description or to apply, visit www.mcleancountynd.gov/employment.

If filled at the EO II level the salary range is \$44,232.36 - \$64,563.20 (adjustments may be given for verifiable and applicable previous experience); if filled at the EO I level the salary range is \$41,623.11 - \$60,756.80. The county offers 100% employer-paid participation in ND Public Employees Retirement System defined benefit (pension) retirement program and 100% employer-paid low deductible, health insurance for either single or family coverage.

Preference will be given to applicants with prior experience in operation and routine maintenance of construction equipment. High school diploma is **REQUIRED** on first day of work. The determining factor for hiring at the EO I or EO II level will be possession of a Class A North Dakota Driver's License with tanker and air brake endorsement on first day of work.

For further information, 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.



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

McLean Electric Cooperative is an Equal Employment Opportunity Employer regarding race, color, religion, sex, sexual orientation, gender identity, national origin, disability, and veteran's status.

HELP WANTED




Part Time C-STORE & HOT STUFF


Must be able to work nights & weekends.

Stop in for an application.

Hwy 37 • Garrison, ND



CMC Varsity Football Head Coach



The Central McLean Cougar Co-op is looking for a **Varsity Football Head Coach** for the 2023 season. Individuals must be **highly motivated, organized, possess good communication skills, understand and be able to teach the game of football, promote and build quality teamwork, and able to work with all types of people.** Pay is based on the CMC activity pay scale for coaching. Interested applicants should submit letter of application, resume, and three letters of recommendation to Sheila Schlafmann at sheila.schlafmann@k12.nd.us or mail to **P.O. Box 160, Turtle Lake, ND 58575.** **Application Deadline: Friday, April 7th at 5:00 P.M.**

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.

THE CLASSIFIEDS CONTINUED

HELP WANTED

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

HELP WANTED

Weed Sprayers/Sprayer operators to begin the end of May for
The McLean County Weed Control

This is a summer time position lasting through the end of August and
will be 40 hours per week during the spray season.

Starting wage is \$18.00/hr

For more information and an application, contact 701-389-2576



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.

NOW HIRING Seasonal Tour Guide



The Falkirk Mining Company is seeking a high-energy, self-motivated, and outgoing seasonal tour guide for the Falkirk Mine near Underwood, ND. This temporary position will provide tours to the public and provide office support for the mine.

The Falkirk Mine is located 50 miles north of Bismarck, ND, near Underwood.

Required Knowledge, Skills, and Abilities:

- Possess solid verbal and interpersonal skills
- Able to speak in a public/large group setting
- Comfortable with driving on a mine site. Able to drive a pickup, van, or 41-passenger bus safely. CDL with passenger endorsement and air brake certification preferred.
- Must be safety conscious
- Must handle confidential information in a highly professional manner
- Must be accurate and detail-oriented
- Should be proficient in Microsoft Office Suite



Scan To Apply

Generations of Dependability
www.NACoal.com/Careers

Falkirk is an Equal Opportunity Employer
EEO/M/F/disability/veteran

You must meet the specific minimum requirements listed to
be considered a qualified applicant.

The Falkirk Mining Company is a wholly owned subsidiary of
The North American Coal Corporation, a NACCO Company

PRAIRIE FARE

BY JULIE GARDEN-ROBINSON

What would you call these foods?

Whenever I travel, I enjoy the “local foods” and recipes. I often bring another cookbook home in my suitcase.

Besides having many flavors and forms, food has many meanings. Some foods bring promises of fortune and reminders of religious holidays. Others spark memories of our relatives.

For example, cake is traditionally served after many wedding celebrations. In fact, some references say that wedding cake dates back to ancient Rome. Back then, a soft cake was broken above a bride’s head for luck. The couple would eat some of the crumbs from the grain-based cake to launch their lives together.

You may have observed the custom of tossing rice at a newly married couple. The guests were wishing them prosperity and many children.

Pretzels were given to children by monks in ancient Italy to reward them for saying their prayers. The shape of a pretzels was a reminder to the children to fold their arms across their chest in prayer.

During modern-day Mardi Gras celebrations, a king cake often is served with a plastic baby doll baked into the cake. Whoever finds the doll in their dessert becomes the “king” or “queen” for the day. They receive promises of good luck.

We have distinct food traditions throughout the U.S., and the names of foods and recipes can vary quite a bit, even though the recipes are similar.

Just for fun this week, I asked my Facebook friends to name some foods that have other names depending on where they live. I was happy to receive 70 comments on my question, with suggestions ranging from “schmere” (cream cheese spread) to “chips” (french fries, as in “fish and chips”).

I sifted through their responses and developed some questions. You probably have other names for some of the foods.

-1. What would you call a sweet carbonated beverage?
Pop
Soda
Coke
Soda pop
Punch

2. In the Midwest, “funeral hotdish” often is served after memorial services. Which of these would be a typical menu item?

Cheesy hashbrowns
Macaroni with ground beef and a tomato-based sauce
Scaloped potatoes and ham
Macaroni hotdish
Ghoulosh
I have no idea.

3. What do you call a dessert baked in a pan and cut into squares or rectangles?

Bars
Pan cookies
Dessert bars
Cookie squares
Something else

4. What would you call a mixture of ground beef, tomato-based sauce (or ketchup), chopped onions and other ingredients served on a bun? There are so many names for these that you get extra choices.

Slushburger
Sloppy joe
Loose-meat sandwich
Barbecue
Made-rights
Tavern

5. What is the name of seasoned meat wrapped in cabbage leaves and served with a tomato-based sauce?

Cabbage rolls
Pigs in a blanket
Halupsi
Goabki (“little pigeons”)
I would never eat anything like that.

6. What do you call slightly spicy meat, chopped tomatoes, lettuce and/or salsa that is fairly portable depending on its “wrapper”?

Walking taco
Taco in a bag
Navajo taco
Frybread taco
Something else

7. What do you call the accompaniment to turkey on Thanksgiving dinner that may be cooked inside the turkey or in a separate pan?

Stuffing
Dressing
Breeding
Sleep-inducing carbohydrates
Something I’d never eat

8. What would you call a cone filled with soft ice cream and sometimes dipped in chocolate or another coating?

Creamee
Dip cone
Whirl-a-whip
Soft serve cone
Now I am hungry for one regardless of the name.

Most of these questions have multiple answers that are correct and vary depending on where you live. For example, all the answers to questions 4, 5 and 6 were provided by friends.

Search online for NDSU Extension’s food and culture handouts, including “Exploring North Dakota’s Foodways: “Germans from Russia” at ndsu.ag/germans-russia and “Scandinavian Cuisine Past and Present” at ndsu.ag/scandinavian.

I grew up eating “Tator Tot Hotdish” in Minnesota, and my kids still enjoy this comfort food. My colleagues modified a recipe to be healthier and also slow-cooker friendly.

Healthier Slow-cooker Tator Tot Hotdish
1 pound ground turkey or extra-lean beef, cooked
1 small onion, diced
1 16-ounce bag frozen mixed vegetables
1 (14.5-ounce) can cream of mushroom soup, reduced sodium
1 (5.3-ounce) container plain Greek yogurt
1 tablespoon garlic powder
8 ounces tater tots
3 tablespoons colby jack cheese, shredded

Brown ground turkey or beef in a skillet. Add onion and cook until translucent. Add ground turkey and onion mixture, vegetables, soup, yogurt and garlic powder to slow cooker. Stir to combine. Top with tater tots and sprinkle with shredded cheese. Cook on low for 6 hours or on high for two to three hours.

Makes six servings. Each serving has 230 calories, 7 grams (g) fat, 23 g protein, 18 g carbohydrate, 1 g fiber and 290 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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Child Abuse Prevention Month this April to highlight the importance of “Prevention in Partnership”

BISMARCK, N.D. – In recognition of national Child Abuse Prevention (CAP) Month in April, Prevent Child Abuse North Dakota (PCAND) and North Dakota Health and Human Services (HHS) are joining parent and family resource centers, local child welfare service providers and other partner agencies in highlighting the importance of working together in communities to serve and support children and families so that child abuse and neglect can be prevented.

PCAND Executive Director Christy Dodd said, “With our national organization Prevent Child Abuse America, we are pleased to lead this year’s awareness and impact campaign, ‘Building Together: Prevention in Partnership.’ Our team is dedicated to bringing new and existing partners together to support North Dakota children and families.”

Annually, there are between 1,000-1,200 confirmed cases of child abuse or neglect in North Dakota. Extreme stress, unmet needs and uncertainty for families may increase the risk of child abuse and neglect.

HHS Children and Family Services Section Director Cory Pedersen agreed collaboration and local community engagement and support are effective strategies to reduce child abuse and neglect.

“One of our key priorities

is strong, stable families,” he said. “Communities have a vital role ensuring children have positive experiences and families have the resources and support they need at the right time before they are in crisis.”

Throughout April, PCAND, HHS and local partners are using the metaphor of building blocks and construction as they promote local CAP month activities and events and reinforce the message that prevention cannot happen alone.

They encourage North Dakotans to help raise awareness and impact this April in the following ways:

- Wear blue on March 31, Wear Blue Day, to show support for children and families and help build momentum leading into Child Abuse Prevention Month. Post a photo or video on social media and include #WearBlueDay2023.

- Participate in local 2023 Child Abuse Prevention Month activities and events. Hosted by partner agencies across North Dakota, local activities include family day make and take events, book studies, educational presentations for families on stress and resilience, newborn care, safe sleep and more; family fun nights; cooking with kids class; community 3K/5K/walks and runs and more. Find a complete list of featured events on PCAND’s website.

- Participate in Prevent Child Abuse America’s nationwide Digital Advocacy Day on April 19 to advocate for increased investments for Title II, Community-Based Child Abuse Prevention grants of the Child Abuse Prevention and Treatment Act to provide states and communities the resources to implement community-based solutions to prevent child abuse and neglect.

- Follow PCAND on Facebook at Prevent Child Abuse North Dakota and share posts throughout April. Encourage friends and family to do the same. Use the hashtags #BuildingTogether, #PreventionInPartnership, and #CAPMonth to signify your commitment to helping children, families and entire communities to thrive.

- Plant a virtual pinwheel – the symbol of child abuse prevention – in your community through Pinwheels for Prevention®.

Reporting Suspected Child Abuse or Neglect

HHS reminds individuals that if they suspect a child in North Dakota is being abused or neglected, they should call the statewide toll-free Child Abuse & Neglect Reporting Line at 1-833-958-3500. If it’s an emergency and a child is in immediate danger, call 911.

Burgum signs bill granting emergency aid to help cover extraordinary snow removal costs

BISMARCK — Governor Doug Burgum signed legislation Tuesday that provides emergency grants to help cover extraordinary snow removal costs for local governments. The governor and other state leaders also highlighted how state agencies are collaborating with local entities and each other to prepare for and respond to this week’s major snowstorm and the high likelihood of spring flooding.

Senate Bill 2183 appropriates \$20 million for emergency snow removal grants to eligible tribal governments, counties, cities and townships. Joining Burgum for a bill signing ceremony at the Bismarck District Office of the North Dakota Department of Transportation (NDDOT) was the bill’s prime sponsor, Sen. Terry Wanzek of Jamestown, and co-sponsors Rep. Mike Brandenburg of Edgeley, Sen. Jerry Klein of Fessenden, Sen. Mark Weber of Casselton, Rep. Keith Kempenich of Bowman and Rep. Alisa Mitskog of Wahpeton.

“This record-setting winter has strained resources at every level of government,” said Burgum who urged support for the aid in his Jan. 3 State of the State address. “By expediting \$20 million in emergency snow removal grants to qualifying city, county, township and tribal governments, we can relieve some of the burden on costs from Oct. 1, 2022, through Dec. 31, 2022, and an additional \$5 million for reimbursement for the period of Oct. 1, 2022, through April 30, 2023. Any unallocated funds from the first period can be made available as part of the second period. The bill will reimburse up to 60% of costs exceeding 150% of the average of four of the last five years’ snow removal costs. Nearly all of North Dakota except for the northwest corner was under a blizzard warning from this morning through Wednesday night, with total snow accumulations of 8 to 17 inches and wind gusts of up to 55 mph forecast for the Bismarck area, with higher snow totals to the east. Heading into this week, Bismarck was only 6.3 inches short of its record seasonal snowfall total of 101.3 inches set in the winter of 1996-97. “This has been trying on our communities and local taxpayers and help ensure that while this winter was one for the record books, it doesn’t have to haunt their financial books.”

Senate Bill 2183 passed the Senate 46-0 and the House 91-1. The bill provides \$15 million in funding for reimbursement grants to tribes, counties, cities and townships for snow removal costs from Oct. 1, 2022, through Dec. 31, 2022, and an additional \$5 million for reimbursement for the period of Oct. 1, 2022, through April 30, 2023. Any unallocated funds from the first period can be made available as part of the second period. The bill will reimburse up to 60% of costs exceeding 150% of the average of four of the last five years’ snow removal costs.

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“This has been trying on our patience, our resiliency, our fortitude and our budgets,” Wanzek said. “I have 100% faith in the spirit of North Dakota citizens to be able to pull through this tough winter. And while we as leaders have little influence over controlling Mother Nature, we do have some ability to provide financial relief for their burgeoning budgets.”

“As we came into Bismarck back in November, we knew we had problems. We knew that the snow levels were significant and we were going to have what looked like a tough winter – and we did, and we have, and it isn’t over yet,” Brandenburg said. “And as chairman of Nora Township, I really want to tell you that the people out there in the townships and the cities and counties, they need this. They really need his help.”

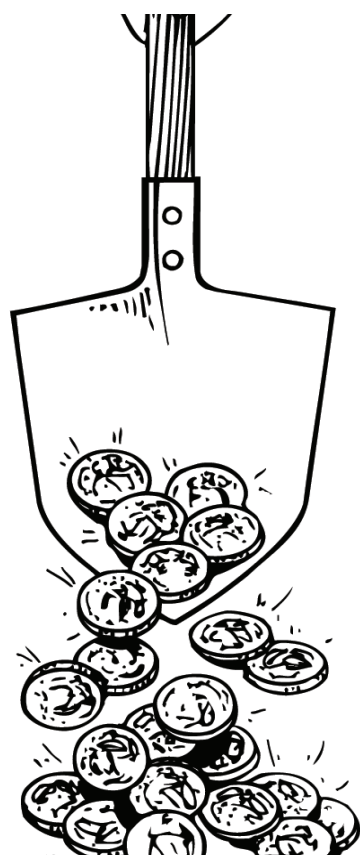
The Department of Emergency Services will be sending out application forms through the North Dakota League of Cities, North Dakota Association of Counties and each county’s Emergency Manager by the end of the week. All funds will be disbursed by June 30, state Homeland Security Division Director Darin Hanson said.

State leaders including Maj. Gen. Al Dohrmann, director of the North Dakota Department of Emergency Services; North Dakota Department of Transportation (NDDOT) Director Ron Henke; Col. Brandon Solberg, superintendent of the North Dakota Highway Patrol; and North Dakota Department of Water Resources Director Andrea Travnicek, described how state agencies have collaborated with local officials and each other to prepare for this week’s storm and subsequent flooding, including pre-positioning personnel and equipment in the hardest hit areas.

“We are synched, we’re coordinated and we’ll be ready to go,” Dohrmann said.

Officials urged motorists to be patient, check the ND Roads app for road conditions, heed no travel advisories and give snow plows room to operate. Residents were reminded to have their homes stocked with food, water and medicine; monitor local weather and news and have a battery-powered radio in case of power outages; check gas meters and furnace vents to make sure they’re clear of snow; and take the time to check on their neighbors. Burgum and others also expressed gratitude for the tireless work of snow-plow crews, law enforcement, first responders, radio dispatchers, emergency management personnel and others.

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