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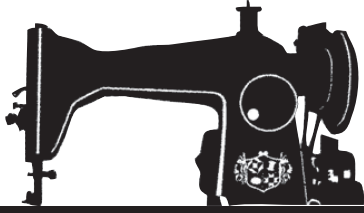
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THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.
DISTRICT 4 REPUBLICAN PARTY MEETING, Ag Retail Center (99 Coop Street, New Town), 2 p.m.

Sunday, April 30

THE SUPER SUNDAY SUPPER will be at the Washburn First Lutheran Church from 4-6 p.m. Everyone is welcome to attend. Call Judy at 220-4410.

Monday, May 1

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

Tuesday, May 2

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.

Wednesday, May 3

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

Thursday, May 4

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.

Sunday, May 7

TL HOSPITAL AUXILIARY ANNUAL LUNCHEON, Turtle Lake High School Gym, from 10 a.m. to 1:30 p.m.

Tuesday, May 9

THE WASHBURN AMERICAN LEGION Victor B. Wallin Post #12 and Auxiliary will be meeting Tuesday, May 9, 2023, at the Memorial Building. There will be a 6 pm social and 7 pm meetings.

Thursday, May 11

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.
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Library Hours:

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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

WE THE PEOPLE

BY DAVID ADLER

The Supreme Court's First Big Decision on State Powers

In February 1793, in *Chisholm v. Georgia*, the U.S. Supreme Court, fully mindful of the evolving political and legal tensions surrounding the nature of the nation-state relationship, rendered its first important decision on the scope of state authority.

Chisholm, a citizen of South Carolina, sued the State of Georgia for failure to pay him for goods delivered to the state. In short, Chisholm was trying to collect a debt. But the "great cause" in this suit, as Justice James Iredell characterized it, presented the critical issue of whether a state could be sued in federal court by citizens of another state. Georgia invoked "sovereign immunity" and denied the premise that the Court had jurisdiction to hear the case.

Edmund Randolph, the Attorney General of the United States and a delegate to the Constitutional Convention, argued the case on behalf of Chisholm. It was common at that point in our history for the attorney general to represent private clients to compensate for the low salary of the office. Randolph argued that the Court had jurisdiction to hear the case by virtue of Article III of the Constitution,

which extended the judicial power to cases and controversies "between a State and citizens of another State."

More than one Antifederalist had noticed the phrase in Article III and suspected that it might be used to subvert state sovereignty. Did that clause, in fact, mean that a citizen of one state could sue another state in federal court? The language certainly suggested it, but some of the Constitution's defenders sought to soothe the fear and denied that states might be hauled into federal court under this provision, for the sovereign is not subject to suit.

Randolph was in a good position to know the meaning of the clause.

In the Convention, he was a key member of the Committee of Detail, which drafted most of Article III. He was joined on the committee by James Wilson who, appointed to the original Supreme Court by President George Washington, wrote the major opinion in *Chisholm*.

Justice Wilson, second in importance to James Madison as an architect of the Constitution and nicknamed the "professor" because of his deep

learning and knowledge of our legal system, appealed to nationalist principles in upholding the Court's jurisdiction to hear the case.

Wilson began with the principle that the people of the United States form a nation, making ridiculous the "haughty notions of state independence, state sovereignty and state supremacy." He wrote: "As to the purposes of the Union, therefore, Georgia is not a sovereign state." Wilson's opinion in *Chisholm* remains a powerful justification of both the Court's decision and the United States as nation and not merely a league of sovereign states.

Wilson's repudiation of the claim of state immunity was grounded in language as strong as that later used by Justice John Marshall. Sovereignty, he stated, is not to be found in the states, but in the people. The Constitution was created by the "People of the United States," who did not surrender any sovereign power to the states.

A state, he wrote, is a "body of free persons united together for their common benefit." Wilson declared that if a free individual is amenable to the courts, the same should be

true of the state. If a dishonest state willfully refuses to perform a contract, should it be permitted "to insult justice" by being permitted to declare, "I am a sovereign state?"

Justice Wilson concluded that that the American people had established a nation for national purposes. They never intended to exempt states from national jurisdiction. Instead, they expressly provided in Article III, in clear language and "with precise accuracy" that the judicial power extends to "controversies between a state and citizens of another state."

Chisholm's victory—the ability to sue a state to recover a debt—was a victory for many citizens at the time since states had been playing fast and loose in fiscal matters for years. But the doctrine placed states in jeopardy since, if enforced, it might expose them to harassment by a swarm of creditors.

The Supreme Court had very clearly acknowledged that they were being asked to make their first great question

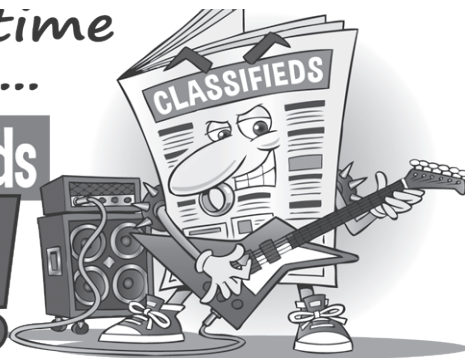
about the nature of the union, and had directly stated, as Justice Wilson declared, "for purposes of the Union, Georgia is not a sovereign state." The answer certainly was correct, if the union was to have meaning, but 1793 probably was too soon to state it so boldly.

A storm of controversy, formed by all sides, engulfed the Court, and its decision. A constitutional amendment—the 11th Amendment—denying that states were suable in federal courts was proposed and ratified in 1798.

The Court's ruling in *Chisholm* opened a window into the dilemma that the judiciary faces when it renders an opinion which, while firmly grounded in the text of the Constitution and the aims of its drafters, faces enormous resistance across the nation. It may be said that the Court fulfilled its duty to say what the law is, leaving to the citizenry the opportunity to exercise its right to amend the Constitution to reflect new and changing circumstances.

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DAKOTA DATEBOOK

BY TESSA SANDSTROM

Simons and His Prize

May 3, 2023 — In May 1904, Joseph Pulitzer, creator of the coveted Pulitzer Prize, wrote: “Our Republic and its press will rise or fall together. An able, disinterested, public-spirited press, with trained intelligence to know the right and courage to do it, can preserve [the] public virtue...The power to mould the future of the Republic will be in the hands of the journalists of future generations.”

Pulitzer, a journalist who fought governmental corruption and was one of the first to promote teaching journalism at a university level, believed journalism was a noble field. Journalism, he said, “is one of unequaled importance for its influence upon the minds and morals of the people.” He strove to attract people to the profession

and help them remain moral and responsible in their work. Thus, the Pulitzer Prize was born.

Pulitzer created the Prize to award those who met expectations of moral and responsible journalism, but the standards for the awards were high. If no paper met these standards, awards were simply not given that year. The Prize was given in 1938, however, and on this day in 1938, the Bismarck Tribune announced the good news.

The Bismarck Tribune was given the 1938 Pulitzer for “the most disinterested and meritorious public service rendered by any American newspaper during the year 1937.” This Public Service award was given specifically for the Tribune’s self-help column,

“Self Help for the Dust Bowl,” written by Kenneth W. Simons and researched by Gordon MacGregor. Ultimately it was MacGregor who submitted the Tribune articles and editorials to the Pulitzer Prize Board.

Begun in 1933 by Tribune editor George D. Mann, “Self Help for the Dust Bowl” concentrated on aiding farmers in the Depression-ravaged Slope area. The column was based on the theory that, “if we are to expect help from others, we must show a willingness to help ourselves. The Tribune has resented the state of dependency into which circumstance has forced much of this state. It has looked for a way out. It believes it has found it in the practices of water conservation, range management, soil conservation

and a better-balanced agriculture—an agriculture more suited to this region than that which settlers brought with them from more humid districts.”

Simons’ keystone was the need for irrigation development and the diversification of the state’s economy. Much of Simons’ research came from MacGregor, who “was tireless in [his] work. He roamed up and down the western part of the state probing, talking and writing ... the punishment he inflicted on himself was immense ... to him the vision was very real.” One vision became reality when the State Water Commission was created in 1937.

Both Simons and MacGregor were described as men of vision. Their concentration was aimed

primarily at building a stronger North Dakota during the time of economic Depression. Yet, as North Dakota continually develops and diversifies its economy today, it is easy to see that this vision continued well past those years and the year when Simons helped prove his newspaper and staff were worthy of the coveted Pulitzer Prize.

“*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* at shopprairiepublic.org.

Bomb Balloon

BY MERRY HELM

May 5, 2023 — It was on this date in 1945 that a Japanese bomb balloon claimed the lives of six people in Oregon. They were the only casualties of World War II in the continental United States. Two of them were the children of Grand Forks railroad engineer, Frank Patzke ? 13-year-old Joan and 14-year-old Dick.

Reverend Archie Mitchell and his young expectant wife, Elsie, were hosting an outing for five adolescents who attended Sunday School at the Bly Christian and Missionary Alliance Church. The plan was to have a picnic and do some fishing in the mountains. According to reports, Reverend Mitchell found the main road to the Fremont National Forest blocked by equipment, so he pulled off the road at a different spot where they could fish in a creek.

Mrs. Mitchell and the children got out while Archie was either parking the car or unloading food or both. He heard Joan Patzke say, “Look what I found!” and saw a gigantic balloon

she’d discovered caught on some tree branches.

Just a few weeks earlier, one of the other kids, 13-year-old Jay Gifford, had found a weather balloon. He had returned it to the weather station in Klamath Falls, where he was praised for his action. Now, here was another balloon. Someone tugged on one of the balloon’s ropes and an on-board bombs detonated. The explosion instantly killed all but the Reverend.

During the previous six months, thousands of hydrogen-filled bomb balloons had been launched from a seaside beach in Honshu, Japan. Each was 33 feet across and carried 5 bombs – four that would cause fires and one that was meant to kill. Traveling in the jet stream, the balloons to crossed the Pacific in approximately three days.

The experiment was short-lived, because censorship in the U.S. kept the enemy from learning whether these weapons were doing their job. It was

also expensive. Originally, the balloons were made of rubberized silk. Then, someone thought of using a special waterproof paper traditionally used for making stencils for textile design. The technique for manufacturing the paper was long and laborious; after the paper was made, it was waterproofed by soaking in mulberry juice that had been aged many months.

Given the fact that the government had ordered 10 thousand balloons, one can only imagine how laborious it was to construct them. Individual sheets of this paper were only about the size of a piece of gift wrap; not only did they have to be spliced together, they had to be laminated three to four layers deep. The paste that was used was derived from a tuber called “devil’s-tongue” and was often eaten by hungry workers on the sly.

Final construction required auditorium-size work spaces, but a bigger problem arose when B-29 bombers

took out two of Japan’s three hydrogen plants. Without hydrogen, the balloons were grounded.

Without any evidence of their effectiveness, General Kusaba cancelled the balloon operation in April 1945. What he didn’t know was that the month before, one of the last paper balloons had come down near the Manhattan Project’s production site at Hanford, WA. It landed on a power line and shut down the reactor that was producing plutonium for the Nagasaki bomb.

Dakota Datebook written by Merry Helm

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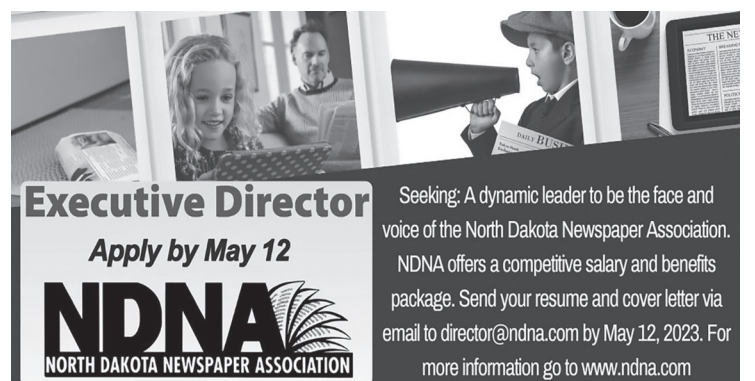


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52-TFNPI 58540

"WANT TO Save some Money?" Check out the specials in this week's XTRA. If you're not receiving the XTRA, call this newspaper and we'll make sure you do.

24-TFNPI 58540

FARM RELATED

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

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

21-1TCHG 58540

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

21-1TCHG 58540

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

21-1TCHG 58540

FERTILIZER FOR SALE: 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

FARM RELATED

SEED FOR SALE

Yellow Peas:
CDC Inca
HRSW:
LCS Buster, MS Charger, MS Barracuda, MS Ranchero
Oats: CS Camden
Flax: AAC Marvelous
Soybeans:
Legacy LS-0239N RR2X
Yield Powerhouse
ND21008GT20
*Keep your own seed
Custom conditioning,
treating, inoculating.*
**DISCOUNTS FOR EARLY
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**Chris 651-792-5920
Dylan 701-500-7227
Bob 701-720-1808**
finkenfarmsandseeds.com

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday May 1st, and Monday May 15th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions, also follow us on Facebook.

NOTICES

HAVE YOU BEEN in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant.

1-E-TFN-NC 58577

SERVICES

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

34-9-E-PD 58577

GIVEAWAY

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

21-TFNCCI 58540

REAL ESTATE FOR RENT

1 Bedroom & Studio Apartments for rent. Call Larry 701-463-2320, 701-421-5002
1-TFNCHGX 58540

PETS FOR GIVEAWAY

Border Collie/Sheltie Cross
3 puppies, 2 males/1 female. Good working class, good with children, Loveable, medium sized friends. Please call Kim Vincent 701-462-1838

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

HELP WANTED

The City of Garrison is accepting applications for a seasonal part time city landfill position consisting of approximately 20 hours a week. Applications can be submitted to City of Garrison, PO Box 459, Garrison, ND 58540 or email to garrisoncity@rtc.coop.
51-3TCHGGRXT 58540

PT/FT RURAL MAIL Carrier positions with private contractor, \$20-\$30/hr, vehicle provided. Call 701-595-5000.
51-3TCHGGRXT 58540

WHITE SHIELD School is seeking head and assistant coaching positions for all sports in elementary, Jr. High and High School. Head positions for football and wrestling are already filled.
13-TFNCHCMLNGRXT 58540

GENERAL CONSTRUCTION LABORERS, no experience needed. Pay based on experience. Most work is in Garrison & surrounding area. Contact Kevin Katt @ 701-898-0544 Katt's Construction & General Contracting LLC
12-TFN-CH,XT 58540

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

MEALS ON WHEELS is looking for someone to deliver meals in Turtle Lake. Meals are picked up in Underwood and delivered in Turtle Lake. 1.5 - 2 hours (10:45 - 12:30) Monday through Friday. Hourly rate and mileage paid. Please call Jenny at 442-3488 or Linda at 870-4667. Must be 18 years old, have your own vehicle & proof of insurance.

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

HELP WANTED

place an ad today

HELP WANTED

Totter Trail BAR & GRILL
is looking for **Servers & Kitchen Staff**
Apply in person or call 701-337-2070
Lake Audubon • Hwy 83 337-2070

HELP WANTED

CENEX OF GARRISON
Part Time C-STORE, HOT STUFF & BAIT SHOP
Must be able to work nights & weekends.
Stop in for an application.
Hwy 37 • Garrison, ND

Now Hiring
Underwood Park Board is accepting applications for pt or possible ft assistant manager for pool and park.
Applicants must be at least 18 years old.
This position could turn into a ft manager the following season.
Applications can be picked up at the Underwood City Office.
Deadline May 10, 2023.

GSSC 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 (BillL@GSSC.net) for more information.
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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
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CNA Full-Time
Not a CNA? We Can Help!
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Apply at www.blcgarrison.com
Call Jill Borth at (701)463-2226
"EQUAL OPPORTUNITY EMPLOYER"

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.

HELP WANTED

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HELP WANTED
Come Join Our Team!!
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• **Life Enrichment**
Apply at
www.blcgarrison.com
Call Jill Borth at (701)463-2226
"EQUAL OPPORTUNITY EMPLOYER"

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ENGAGEMENT?
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Wedding?
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Get your special day into the paper!
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With Great Opportunities and Benefits**
Minnkota Power is seeking qualified applicants for a **Mechanic** responsible for mechanical maintenance at the Milton R. Young Station located near Center, ND.
The mechanic is under the immediate supervision of the maintenance supervisor. Performs skilled activities in maintenance, overhaul, installation and repairs of power plant machinery and other related equipment. Typical equipment maintenance responsibilities include pumps, valves, piping, gear reducers, conveyors, fans, turbines, boilers, compressors, motors and soot blowers. Must be proficient in precision maintenance tasks including overhauls, alignments and documenting as found & as left mechanical specifications. Must be proficient in the cutting, brazing, and welding processes. Must be able to work on elevated platforms as well as confined spaces. Must be able to work indoor or outdoor depending on the nature of the work assignment. Must be available for special shifts, overtime, and call-out for on-site work. Must be available for major outage assignments. Must be able to communicate effectively with others in both verbal and written form. Ability to build and maintain positive working relationships with all coworkers. Performs typical duties and works with other maintenance classifications as a composite crew. Performs all other duties as directed by the maintenance supervisor.
Individual must have an associate's degree in Mechanical Maintenance, machinist, welding, auto or diesel mechanic or have equivalent experience.
Minnkota Power Cooperative makes career growth and development a priority by creating a challenging and rewarding work environment. For more information regarding this job and our online application go to www.Minnkota.com.
Resumes will not be accepted without a completed application.
Minnkota Power Cooperative is an EEO/AAP/Female/Minority/Disabled/Vets Employer
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Human Resource Coordinator
Minnkota Power Cooperative
Milton R. Young Station
Center, ND 58530
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lfleckenstein@minnkota.com
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PRAIRIE FARE

BY Julie Garden-Robinson

Pets can promote physical activity and wellbeing

Our dog Louis looked at the sidewalk that had a 10-foot puddle. He stopped and glanced at me.

We both would need to be Olympic athletes to leap over this body of water on our evening walk.

I did not need to coax him to cross the street away from the icy water. He didn't want to freeze his paws, and I didn't want to fill my shoes with water.

We followed a zigzag walking pattern as we encountered sidewalks filled with the water from melting snow.

While some dogs in our neighborhood wear little boots, I don't think Louis would enjoy fancy footwear.

Our dog was helping us meet the goal of at least 30 minutes of daily, moderate physical activity. We can meet the physical activity goal in shorter segments, such as two 15-minute walks per day or other physical activities such as riding a bike.

Health experts recommend that children get 60 minutes of physical activity daily.

When the weather warms, getting outside in the fresh air and sunshine can promote health. Be sure to put on some sunscreen, though.

Pets are good for our health on social, physical and emotional levels.

Louis paused for several "meet and greets" with other dogs in the neighborhood. We interacted with the pet parents. Pets can promote social interaction among adults, too.

Published research has shown that interacting with pets can have measureable effects in reducing our blood pressure, blood cholesterol levels and weight. Walking a pet can foster all those positive effects.

By getting more physical activity, we can reduce our risk for heart disease, cancer and diabetes.

Walking is good for the pets,

too. Both humans and animals endured a long, cold winter in North Dakota and beyond. I did not see many dogs on walks when the outdoor temperature dipped low on the thermometer.

I noticed the effects of too-little exercise on Louis when I was putting on his harness and leash.

I had to adjust the harness width to give him a little more room.

Pets promote mental wellbeing. They can reduce our stress because a hormone, oxytocin, increases when we interact with pets. Oxytocin is sometimes called the "cuddle chemical."

At least one study has shown that children with autism can improve their social skills and cooperation when they interact with pets.

Interestingly, even caring for pet fish can have some benefits. Another study followed children with diabetes who cared for pet fish. As the teens managed the care of fish, they became more disciplined in monitoring and managing their blood glucose levels.

In an 8-month study, Australian researchers studied the impact of introducing a dog into a household. Having a dog in the household significantly decreased loneliness within three months and the effect lasted throughout the study.

While not every household has a dog to walk or the resources to support caring for a pet. Some communities in the U.S. have "loaner dog" programs from animal shelters. Neighborhoods can support dog walking with waste disposal bins and plastic bags.

Maybe a neighbor with a pet needs some help ensuring their pet gets enough exercise.

Remember safety, too. Hand-washing is key. Be sure to wash hands after playing with a pet, feeding or cleaning up after a pet. After petting an animal, be sure to wash your hands before

eating and doing food preparation, too.

If you need a snack after walking your dog, this might fit the bill. This recipe, however, is for the humans, not the pets. Check with your veterinarian before changing your pet's diet.

Honey and Oatmeal Energy Bites

1 S cup honey
1 S cups old-fashioned or quick oatmeal

1 S cup creamy peanut butter (or other nut butter)

1 S teaspoon vanilla extract

1 tablespoon chia seeds

1 S cup unsalted dry-roasted peanuts, chopped

1 S cup mini dark chocolate chips

Combine honey, oatmeal, peanut butter, vanilla extract and chia seeds together in large bowl.

Combine chopped peanuts and mini chocolate chips in a shallow bowl or plate. Roll each ball in the mixture to coat the outside. The finished product does not need to be refrigerated, but store it in an air-tight container to prevent it from drying out. Eat within 7 to 10 days for best quality. The energy balls may be stored in the freezer for up to three months.

Note: You can substitute crushed peanuts for other various nuts or seeds from your pantry. Crushed walnuts, pecans, almonds, pistachios, sunflower seeds, hemp seeds or flaxseed can provide a different taste and texture.

Makes 18 energy bites. Each piece has 170 calories, 9 grams (g) fat, 4 g protein, 19 g carbohydrate, 3 g fiber and 35 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)

STATEWIDES

HELP WANTED
NDNA EXECUTIVE DIRECTOR. Seeking: A dynamic leader to be the face and voice of the North Dakota Newspaper Association (NDNA). The NDNA is looking for an executive director that has the knowledge, skill and vision to lead the association and serve its more than 80 member newspapers. The ideal candidate understands the important role newspapers play in keeping the public informed, will champion for our state's Sunshine Laws and wants to create an environment that allows N.D.'s daily and weekly papers to thrive. Responsibilities include working on site and leading a small staff at the Bismarck, N.D. office, fostering relationships with members and newspaper partners, overseeing association financials and general performance, Legislative lobbying on behalf of NDNA, working with a board of directors and representing the association in a positive and professional manner. NDNA offers a competitive salary and benefits package. Send your resume and cover letter via email to director@ndna.com by May 12, 2023.
REPORTER, Journal Publishing, Crosby, ND. Two newspaper group, circulation of 3000+. Join our award-winning team! Competitive pay, benefits. Cover letter, resume and clips to: journal@crosbynd.com.
HUMAN RESOURCE DIRECTOR, Devils Lake. Hiring range \$56,250-\$62,500. Lake Region Corporation provides services to people with disabilities with a staff of 125 employees. 701-662-8681.
DIRECTOR OF CAMPUS SERVICES. WILLISTON STATE COLLEGE – Willis-

ton, ND. This is a 12-month position with full benefits. The Director of Campus Services is responsible for effective and efficient operation of college custodial and maintenance operations, campus safety, and capital project management. Go to <https://willistonstate.edu/about/employment/> for more information.
A PLACE IN THE HEARTLAND is calling your name. In an area that boasts some of the region's best hunting, fishing and outdoor recreation, Hefty Seed of Hurdtsfield, ND is looking for a SALES AGRONOMIST to join our established but growing team. With a large acreage available for hunting and many beautiful lakes nearby, the area is perfect for any outdoor enthusiast. A brand new 2280 sq. ft. home is available this summer for an agronomist who is looking to work in an enjoyable environment while providing dedicated service to our valued customers. The position features top pay and benefits, and we are looking to invest in an individual who will be a great fit at our central location. If you could see yourself in this opportunity, please send your resume and cover letter to jamie.schurhamer@heftyseed.com or call Jamie at 701-652-5866 for more information. We are looking forward to working with you.
BUILDING SERVICES TECHNICIAN / GENERAL MAINTENANCE. NDSCTS has several FT, 12 month benefited positions available with custodial / minor maintenance duties in Wahpeton. Increased starting salary, plus full benefit package, including fully paid single or family health insurance premium. Screening begins immediately - applications accepted until filled. Interested

candidates must complete the online application. EOE. For more information go to: ndscs.edu/join-our-team
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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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.

PRAIRIE DOC PERSPECTIVES

BY Kelly Evans-Hullinger, MD
Protecting Your Skin from Pests

Spring is finally here in the Northern Plains and summer feels just around the corner. As all we Northerners know, as soon as the temperatures hit even a mild degree on the thermometer most of us shed the jackets and long pants, and our skin is front-and-center.

The sunny season is prime season for mosquitoes and ticks, along with the itchy bites and all the unpleasant infections they can carry. Different species of mosquitoes and ticks can transmit different bacteria and viruses, and around the US we have some specific diseases to be concerned about.

West Nile Virus is an endemic seasonal virus spread by mosquitoes through much of the United States. Common symptoms include fever, headache and muscle aches; the most severe cases involve the brain and central nervous system. In these cases, paralysis and even death can occur.

No vaccine or targeted treatment exists for West Nile Virus, so the best thing we can do is minimize mosquito bites. This means wearing loose fitting clothing to cover skin and a good insect repellent. The most commonly used EPA-

approved insect repellent, DEET, has an excellent record of being safe and effective.

Ticks come with their own risks. The most commonly known tick-borne disease is Lyme disease, but there are numerous tick-borne diseases endemic in different parts of the U.S., depending on the distribution of the ticks themselves that carry those diseases. Lyme disease is spread by the black legged tick (or deer tick) commonly found in the Northeast and near the Great Lakes. While here in South Dakota we tend to have very few annual cases of Lyme disease, it is much more common just to the east in Minnesota and Wisconsin.

Again, when it comes to ticks, avoidance is best. If you plan to spend time in a grassy or wooded area, dress to make it hard for ticks to get to your skin with long pants. After your outdoor activity, bathe or shower and check your skin for ticks so that they can be removed as soon as possible. The longer a tick is attached, the more likely they are to spread disease.

If you do get a tick bite and are in a place where tick-borne disease is prevalent, it is a good

idea to call or see your medical provider and provide them a picture of the tick if you can. Antibiotics are indicated in many tick-borne diseases, so don't hesitate to go in when you have concerns about this.

Being outdoors is my favorite part about summer. To enjoy it safely, protect your skin from

the pests looking for exposed skin to bite!

For more information on mosquitoes, ticks, and insect-borne diseases, visit cdc.gov/mosquitoes and cdc.gov/ticks

Kelly Evans-Hullinger, M.D. is part of The Prairie Doc® team of physicians and currently practices internal 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 providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.

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ESTATE AUCTION

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Offering: Tractors, Trucks, Farm/Ranch Equipment, & Shop Items
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Driving Directions: From Hazen ND 5 miles N. on CTY. RD.27 and 1 mile E. on CTY. RD. 26
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Partial Listing - GO TO wolffauctioneers.com for pictures and complete listing

SKID STEER & TRACTORS
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* 1994-Ford NH 8670 MFWD Tractor, 8500 Hrs., 3Pt, 3Hyd, 145 HP, w/ Allied 895 Loader, 8Ft Bucket/Grapple.
* 1998-Ford NH 8160 MFWD Tractor, 10,809Hrs, 4Hyd, 3Pt, 88 HP, Newer Trans. & Batteries, w/Allied 795 Loader, 8Ft Bucket/Grapple.
* JD 9200 4x4 Tractor, 4407Hrs, 4Hyd, Newer Starter & Batteries, Quad Range Trans.
* Oliver 1850 Tractor, Propane

WINDROWER, COMBINE & HEADERS
* Hesston 8100 Windrower, 1872Hrs, Extra sickles, completely gone through in 2019, w/30Ft Hesston finger reel & Transport
* NH 1475 HS Series Haybine, 16Ft HD, 540 PTO
* 1997 JD 9600 Combine
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* Vermeer 605M Big round baler, Twine, Kicker, Monitor
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TILLAGE EQUIP.
* Case IH ATX 3212 Airseeder w/ Fargo Aire 2800 Grain Cart, New axles
* Brent GC420 Grain Cart
* Wishek 842T Off Set Disc, 28Ft, Gates, 2-Bar Harrows
* Gate Magnum Heavy Duty Harrow, 36Ft
* Morris MagII CP-719 Chisel Plow, 21Ft
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* 1985 GMC 6500 Super Custom Grain Truck, 454 Eng., 86,212 mi, Tandem ax. w/ duals, 5spd/w/2spd Trans., w/22Ft Omaha box, hoist, roll tarp.
* 1968 Chevy 50 Grain Truck, 39,385 mi., 4spd.w/2spd, single ax., 15Ft Box & Hoist
* Westfield MK 100-61 Auger, PTO drive, w/swing hopper

MISC. EQUIP.
* Notch HP150 Hyd. 10Ft Box Scraper, *Rock Picker, *JD Gator

8251, 9014mi. *1000 Gal. Fuel Tank w/G-Pro new pump *500 Gal. Gas Tank w/Fill-Rite Pump, *1000 Gal. Propane Tank, *Toro Time Cutter SS5000 Riding Lawn Mower, 55", *Refrigerator-Side by Side

RANCH ITEMS
* Stur-D Livestock Stationary Tub, 16Ft Alleyway, (R) Hand Delivery
* Cattle Chute w/Palpation cage & Self Checking Head Gate w/ Transport Trailer, *Koenders Calf Warmer, *(3) Apache Self Feeders: 1- 150 bu., 2- 70 bu., *6' 8" x 24' Diamond D Stock Trailer, rust, *12Ft Rawhide Pull Type Stock Trailer, new steel floor in 2019, shows rust
* 12Ft x 24Ft x 6Ft (H) Portable Calf Shelter, Steel Framed, *8.5Ft x 19Ft Calf Shelter, Steel Framed, *(6) 12Ft Sucker Rod Panels
*(10)+ Steel Gates Various Sizes, *Stur-D DBL Bale Feeders, *Stur-D Chopped Hay Feeders, 23Ft, *Multi. Mesh Livestock Panels

SHOP ITEMS
Misc. Hand Tools, New Belts, Elec. Cords, Ladders, Chains, Fencing Supplies: stretchers, T-posts, Hammers, RR ties, Pounders, 2-Rolls of wire, Fenders for NH MWFD smaller tractor, Welder, Acetylene Torch

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