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CALENDAR

Saturday, May 6

THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.
WHITE SHIELD PROM GRAND MARCH, White Shield School, 6:30 p.m.

Sunday, May 7

TL HOSPITAL AUXILIARY ANNUAL LUNCHEON, Turtle Lake High School Gym, from 10 a.m. to 1:30 p.m.
THE FIRST JAM SESSION OF THE SEASON will be held at 6 p.m. Sunday, May 7 at Hazen City Hall. Free to attend for all ages. Coffee and cookies served. Open invitation for musicians to join in, contact Linda Eslinger at 873-5695 for information.
FRY BREAD TACO BENEFIT, for Chastity Aasheim, 12 - 2 p.m., Underwood City Hall

Monday, May 8

YOGA, First Congregational Church, Garrison, 8 a.m.
BONE BUILDERS, Garrison Senior Center, 10 a.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.
POPS CONCERT AND PIE AUCTION, Garrison High School, 7 p.m.

Wednesday, May 10

YOGA, First Congregational Church, Garrison, 8 a.m.
THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 4 p.m.
FREE SEVERE WEATHER SEMINAR, 6:30 p.m.. Underwood City Hall, Free & Open to the public

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.
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.
THE THRIFT STORE, Garrison Area Resource Center, 4-7 p.m.

Saturday, May 13

THRIFT STORE AT COMMUNITY CUPBOARD of Underwood, 10 am - 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.

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

PRAIRIE DOC PERSPECTIVES

By Andrew Ellsworth, MD
Hindered by pain in your heel?

Imagine how just over one hundred years ago, nearly □ of people in the upper Great Lakes and upper Midwest regions walked around with a goiter on their neck. A goiter is a lump on the throat, which could be as big as an orange, a grapefruit, or larger. Actually an enlargement of the thyroid gland, a goiter can come from an overactive thyroid gland, an under-active thyroid gland, or an autoimmune condition, but in the United States before the 1920s, the reason was almost always deficiency of iodine.

Iodine is required for making thyroid hormones. In addition to having a goiter, those with iodine deficiency may be fatigued, slow moving, or have poor concentration. Iodine is even more important for brain development for a fetus during pregnancy and for the growing brains in young children. Iodine deficiency can cause fewer IQ points. The archaic term cretinism refers to iodine deficiency syndrome from birth, and affected people are small, mentally slow, and may have an enlarged tongue and thickened skin, among other ailments. Likely 50 million people suffer from iodine deficient brain damage world wide still today.

Iodine is a trace element on the earth's crust, but factors like glaciers and flooding have caused it to be even more scarce in landlocked areas and more prevalent around coastal areas. In the coastal areas the iodine makes its way through the food chain. In the "goiter belt", the upper Midwest and upper Great Lakes regions of the United States, and in Switzerland, goiters were

common due to the lack of iodine in the diet.

The ancient Chinese knew ingesting seaweed could shrink a goiter. In the early 1800s, a Swiss physician observed ingesting iodine could treat the goiters of his patients. As with many things, it often takes a war to cause change. In World War I, a Michigan physician observed that over 30% of recruits had a goiter, and for many of them, it was big enough to disqualify them from the military. This finally got people's attention.

In 1917, US physician Dr. David Marine convinced the Akron, Ohio school board to allow him to perform a study with iodine supplementation. The schoolgirls who received iodine had significantly fewer cases of goiter than the girls who did not.

Dr. David Cowie, who founded the pediatrics department at the University of Michigan, proposed the US adopt the Swiss practice of adding iodine to common table salt. It took effort, but thankfully the salt companies adopted the practice, and still today we have a cheap, common remedy to help prevent goiter and iodine deficiency throughout the United States.

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 based on science, built on trust for 21 seasons, streaming live on Facebook most Thursdays at 7 p.m. central.

OUR OUTDOORS

By Nick Simonson
Making the most of the least Spring

The water was cold, fast, and dingy rushing out of the gates of Baldhill Dam, as atop the spillway the ghostly blue-gray ice still held fast to the shores of Lake Ashtabula at its generally widest and deepest point of the 12-mile reservoir, despite being a single day away from the month of May. While I figured the Sheyenne River's run of pike would stack up under the outflow in the rush of spring water coming through, looking at the temperature readout on the website for the structure ahead of the trip, I suspected the 34-degree mark was a bit too cold for anything, but it was at least worth a look as it had been too long of a winter.

With my buddy, my brother and four kids in tow for what was an unproductive outing in terms of fishing but generally fun in terms of helping with casting and teaching, we found refuge in the man-made channel valley from the westerly gusts that roared overhead. It had been a couple seasons since I had traversed the rocky shoreline of the structure that had served as my schooling when it came to learning how to fish but I quickly found my balance and avoided any tumbles. The kids, meanwhile, hopped from rock-to-rock as if they had mountain goat DNA in their blood.

It hardly mattered that there was nothing on the receiving end of their casts, as the rush of roaring water rolled by and the eddies of the wind from overhead doubled back and lifted clumps of foam into the air and onto the rocks around us, bringing laughs and attempts to catch them. There was more than enough to entertain in what would be a short trip anyway, simply due to the cooler conditions and the lack of fish, and it came down to making the most of it, and my youngest boy Jackson did just that.

All through the rocks, he sought out and found the junk that high water brings once he tired of casting. Sticks cut loose and half chewed by a beaver, sent down the flow and through the gates, a few bullhead skeletons likely deposited by the just-returned pelicans or some other piscivorous predator, and a couple of loose rocks to roll, kick and toss around as he explored the steep bank. Like much of the rest of the spring, he was making the most of what was available, and loving every minute of being outdoors, even if the fish and the conditions weren't loving him back at the particular moment.

As we wrapped things up, my brother and I speculated on how the season would progress

and when the fish would fill the rushing stretch, advising my buddy of when to bring his kids back so they could learn and grow in the same area that taught me a good deal of what I know about fishing, I caught a glimpse of my son, sprawled out in the most comfortable looking pose atop an uncomfortable stretch of rip rap. With a slight smile, pretending to be asleep, I asked him if he was ready to go. He replied in the negative and flashed a grin of just-entered adult teeth and said he was good as he lifted his gnawed stick and raised the fist-sized rock in his other hand, absorbing a quick shot of sunshine that broke through the barrier of mostly gray clouds overhead.

It was a good reminder that the outdoors - much like life - is what we make of it. Some days the fish are biting, occasionally we're a bit ahead of them or the season is behind us, and sometimes, where the water once teemed with them, they're suddenly gone. Whether it's bad timing, good luck, or just the way things are, finding pleasure in watching an eagle soar overhead, hearing the startled whistle of a wood duck, or admiring the toothy handiwork of nature's dam builders are rewards in their own right...in our outdoors.

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Legislators, governor look back on session

Local legislators closed out the 68th Legislative session early in the morning Sunday, with District 33 and 8 legislators celebrating a completed session in their weekly updates.

District 33 Representatives Anna Novak and Bill Tveit, District 33 Senator Keith Boehm, District 8 Representative SuAnn Olson and District 8 Senator Jeffrey Magrum all submitted their final legislative updates of the year, thanking constituents and reviewing the final bills that moved through the chambers this session.

North Dakota Governor Doug Burgum also spoke on the session after it concluded Sunday, releasing a statement regarding what was prioritized and accomplished. Burgum said the session saved taxpayer money, cut red tape and invested in workforce, child care, infrastructure and other key priorities.

“This session, major achievements were accomplished – resolving many longstanding, seemingly intractable issues – that will now help North Dakota reach our fullest potential,” Burgum said. “From major investments in child care, education, workforce and infrastructure to cutting mountains of red tape, to pension reform, strong support for law enforcement and our active military and veterans, strengthening tribal engagement, and growing animal agriculture and value-added energy – each of these important areas saw tremendous progress.”

According to Burgum, the approved tax relief package will provide \$358 million in individual income tax relief by zeroing out the state’s bottom tax bracket and combining the top four brackets into two brackets with reduced tax rates of 1.95 percent or 2.5 percent. The remaining \$157 million in the package will be available to homeowners by claiming a \$500 property tax credit on their primary residence and through expanded eligibility in the state’s Homestead Property Tax Credit program for homeowners ages 65 and older.

“North Dakota can now claim the lowest income tax rates in the nation among states that have individual income tax, helping us to recruit and retain workers to address our workforce challenges,” Burgum said. “We’re grateful to our legislative partners whose thoughtful work allows North Dakotans to save more than half a billion dollars over the next two years and moves us further down the path toward becoming a zero-income tax state.”

The legislatively approved budget contains general fund expenditures of \$6.1 billion and a total budget of \$19.6 billion. The record general fund budget is \$6.8 billion in 2013-15, and the previous record total budget, including federal aid, was \$17.8 billion for the current biennium.

Burgum had signed 538 bills through Saturday, with 45 bills awaiting action. He has 15 business days – until May 19 – to act on the remaining bills.

Workforce

A severe labor shortage remains the No. 1 barrier to economic growth in North Dakota, and addressing this challenge was a top priority heading into session, Burgum said.

Budget bill, House Bill 1018, includes \$12.5 million to sustain the Regional Workforce Impact Grant, which is currently in a pilot phase using federal dollars and has successfully supported 59 locally led workforce solutions statewide.

The Legislature invested \$12 million to expand Find the Good Life, a comprehensive talent attraction initiative that combines strategic marketing, connection to communities and employers, and unique tracking capabilities that quantify return on investment.

In addition to \$2 million for skilled workforce training \$1 million to support internships, the Legislature added \$2 million for New American workforce training grants, which will play a critical role in achieving the early vision and goals of the new Office of Legal Immigration created by SB 2142.

House Bill 1382 allows state scholarship dollars for qualifying students to be used toward apprenticeship programs in North Dakota. Students who meet the requirements and are enrolled in qualifying registered apprenticeship programs would be eligible for a scholarship of \$500 each term, up to \$6,000.

The Job Service North Dakota budget bill, HB 1016, includes state general fund dollars to support the H2A Visa Program for temporary agricultural workers.

The Job Service budget also funds a collaborative effort with the Department of Corrections and Rehabilitation and a nonprofit entity to create a Job Placement Pilot Program that will connect recently or soon-to-be released residents with in-demand jobs in North Dakota.

Child care

HB 1540 directs nearly \$66 million to support child care services as a critical component in alleviating North Dakota’s labor shortage.

Last September, Burgum and lawmakers proposed a comprehensive package to address the availability, affordability and quality of child care as a barrier to workforce participation. HB 1540 funds many of those proposals, including expanding the child care assistance program to increase the number of families with children ages 0 to 3 who receive help paying for child care; incentivizing more providers to deliver child care for infants and toddlers; providing matching funds for workers whose private employers contribute money to cover their child care expenses; and providing funding for training child care workers.

Agriculture

In his State of the State address on Jan. 3, Burgum urged the Legislature to modernize the state’s archaic “corporate farming” law as it applied to ownership of animal agriculture operations, with the goal of growing the state’s dairy, livestock, feedlot, swine and poultry production and adding value to North Dakota crops.

Lawmakers came through with HB 1371, which allows farmers and ranchers the ability to aggregate capital via an authorized livestock farm corporation or limited liability company (LLC). Burgum said the narrowly defined Please see legislation on page 23 changes in state law will take the handcuffs off farmers and ranchers and allow capital investment to flow into the state, growing animal agriculture, adding value to crops, creating opportunities for the next generation, and helping rural communities and schools to thrive in North Dakota once again. The bill has an emergency clause, so it takes effect immediately and allows potential projects to begin construction this spring.

The governor also signed HB 1276 providing \$25 million – more than double the current funding – for the state’s Agriculture Diversification and Development

(ADD) Fund to provide grants for new or expanding value-added agriculture businesses as well as public infrastructure improvements to support such businesses.

Law enforcement

Burgum signed several bills to support law enforcement and show that North Dakota “Backs the Blue,” starting with HB 1279, which expands workers’ compensation coverage for full-time firefighters and law enforcement officers.

SB 2147 exempts law enforcement retirement pay from state income tax – similar to a bill passed in 2021 that exempted military retirement pay – making North Dakota more competitive with other states for peace officers considering where to work and spend their retirement years.

HB 1307 provides \$3.5 million that can be used for providing hiring and retention bonuses to new and current officers, including correctional officers, and for providing tuition and fee payments on behalf of law enforcement trainees.

HB 1183 moves peace officers employed by the state to the Bureau of Criminal Investigation (BCI) retirement plan, ensuring the state’s game wardens, park rangers and parole and probation officers are on a level playing field when it comes to retirement benefits.

And HB 1309 adjusts retirement benefits for BCI agents with the goal of allowing them to retire closer to age 55, helping the agency recruit and retain the best and brightest in law enforcement and ensure appropriate succession planning.

Military

Burgum signed SB 2293 to exempt military pay from state income tax for active duty, National Guard and Reserve members, building on legislation signed in 2019 that exempts military retirement pay. SB 2293 is estimated to reduce North Dakota service members’ income taxes by \$4 million in the 2023-25 biennium. With the bill, North Dakota joins about 20 other states that don’t tax military income, which will help the National Guard with recruiting efforts and incentivize retired veterans to stay in North Dakota.

Burgum signed SB 2094, which allows North Dakota National Guard members who attend college out-of-state to qualify for State Tuition Assistance, similar to how Minnesota National Guard members who attend a North Dakota college receive state tuition reimbursement from Minnesota. Currently there are more than 600 North Dakota Guard members who live in surrounding states, with about 90% of them living in Minnesota.

SB 2182 allows child care providers licensed by the U.S. Department of Defense to operate in North Dakota with their DOD license and without redundantly being licensed with the state. HB 1132 allows military-connected children the option of starting their education virtually at a North Dakota school prior to arriving or to complete the semester with a North Dakota school after their parent’s reassignment to help relieve stress and support educational success.

Business

House Bill 1021 provides \$5 million plus staffing to implement the Business Gateway, a one-stop shop for businesses interacting with state government. Business Gateway will provide a single sign-on experience for businesses in their online interactions

with all state agencies, such as completing quarterly or annual filings and payments across multiple agencies such as Secretary of State, Job Service North Dakota and Workforce Safety & Insurance. It also lays the foundation for future enhancements that could provide even greater benefit to employers, such as proactively matching businesses to grant opportunities and other programs and resources to help North Dakota businesses grow and be even more successful. The Business Gateway is the first phase of a larger project to create a Citizen Gateway, a one-stop solution for citizens where they could purchase a fishing license and park pass, file a tax return, access health and human services, or check out a library book, for example.

Women’s corrections

The budget for the Department of Corrections and Rehabilitation (DOCR) includes \$131.2 million for design and construction of a new women’s correctional center in Mandan to replace the existing Dakota Women’s Correctional Rehab Center, a leased facility in New England where female DOCR residents have been housed since 2003. The bill also includes legislative intent for an additional \$30 million next session to complete the project. The new facility will provide adequate, modern space and conditions for female residents and a more central location for visitation and recruiting staff.

Tax reform

House Bill 1286 will eliminate the state’s “trigger” tax on oil production, with the goal of encouraging more investment in North Dakota’s energy sector. Current law charges oil producers a higher tax rate if oil prices increase to a certain level – discouraging companies from investing in North Dakota over other oil-producing states with more stable tax structures. For oil wells touching the Fort Berthold Reservation, HB 1286 still gives the Mandan, Hidatsa and Arikara Nation the option of imposing the trigger tax when prices reach the threshold.

Energy

HB1014, the Industrial Commission budget, provides for a \$140 million expansion to the existing \$250 million line of credit to support loans or loan guarantees issued from the Clean Sustainable Energy fund, increasing the total program \$390 million. In addition, the bill includes \$30 million for clean sustainable energy fund grants.

The Industrial Commission’s budget, HB 1014, also contains \$3 million for the Intelligent Pipeline Integrity Program (iPIPE) to continue the development of world-class pipeline safety technology through innovation.

Lawmakers also advanced legislative intent for the North Dakota Pipeline Authority to commit \$30 million a year to partner with private industry to build additional natural gas takeaway capacity to support the oil and gas industry and provide additional natural gas for value-added agriculture development in eastern North Dakota.

HB 1170 provides a property tax exemption for natural gas pipeline projects which will supply gas to communities without a current gas supply.

HB 1272 will allow Bakken producers to apply to the Industrial Commission to place uneconomic producing wells into a “enhanced oil recovery” state to be used again with future development of the CO2 enhanced oil recovery industry.

HB 1511 creates economic incentives for value-added

uses of coal such as critical mineral and rare earth mineral processing, plastics, building materials and aggregates for road construction. The bill also incentivizes investment in North Dakota coal country through an exemption in sales and use tax to build a processing facility for value-added uses of lignite and through a coal severance tax exemption for the first million tons of coal used at one of these facilities.

The Industrial Commission budget, HB 1014, includes a study on the “Lignite Plant of the Future,” working with the Energy & Environmental Research Center in Grand Forks to gauge the demand forecast for dispatchable electricity generation and the regulatory environment for future lignite generation facilities, as well as their economic impact and potential value-added products that may result. The bill also includes \$3 million for lignite litigation to help industry push back against federal regulatory overreach, including attempts to prematurely shut down dispatchable baseload resources.

Education

North Dakota became the first state in the nation to approve legislation requiring cybersecurity education with the governor’s signing of HB 1398, which requires the teaching of computer science and cybersecurity and the integration of these content standards into school coursework from kindergarten through 12th grade. EduTech, a division of North Dakota Information Technology that provides information technology support and professional development for K-12 educators, will be developing examples of cybersecurity and computer science education integration plans that may be used to assist local schools develop their own plans.

Senate Bill 2284 appropriates \$6 million to provide free meals to K-12 students from families whose income is between 130% and 200% of the federal poverty level, helping to ensure all students have nutritionally balanced meals as they engage in learning. Students from families with income below 130% of the federal poverty level already can receive free meals through a federally funded program.

House Bill 1020 provides \$87 million from state sources and \$10 million from other sources to replace Waldron Hall at North Dakota State University. The new facility will create a world-class research and study space to continue the state’s leadership in the advancement of agriculture.

House Bill 1003 also increases the higher education challenge grant to \$20 million, which will result in at least \$60 million from public and private sources to advance scholarships, endowed chairs, research and education technology.

Families

SB 2181 includes about \$2 million to increase the Medicaid eligibility limit for pregnant women and codify the expectation that Medicaid will provide assistance for the duration of the pregnancy and 12 months postpartum.

SB 2012 provides \$1.6 million for a Pregnant Parenting Women program, \$3.5 million for school behavioral health grants, a \$2.5 million increase for Children’s Advocacy Centers and an additional \$1.4 million to support unlicensed relative caregivers, also known as “kinship care.” And HB 1177 exempts diapers from sales tax.

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May 12, 13, 14 2023

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 The City of Washburn, along with the Forestry Board will be handing out trees. They will be at TruCommunity Bank on Saturday, May 13th from 10am – noon. Trees will be given to the elementary students on Friday, May 12th.



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 *L-Tec CM-50 Laser Cuter, PUK Master 75 XL Plus
 *Delta 12" Portable Planer, *Router Table
 *Chop Saws, *Band Saw, *Table Saw
 *Kalamazoo Metal Cutting Band Saw, Mod. 1220
 *Drill Press, *Hyd. Press, *Pipe Beveller/Cutter, *Turning Lathe
 *Hypertherm Powermax 45 Plasma Cutter
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MTD Gold Snow Blower, 26", 6 FWD & 2 REVS Speed Edge 6' Snow Blower, Like New, attaches to skid steer

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PRAIRIE FARE

By Julie Garden-Robinson, Ph.D., R.D., L.R.D

May is Melanoma Awareness Month

"Are you cold?" someone asked me as I walked into a conference room.

"I'm OK," I replied.

Yes, wearing a coat into the hotel conference room was a bit odd. In my defense, I was pulling a suitcase, holding a purse and carrying a large bag. I think he was just giving me a bad time. Being from the north, I often receive some references to temperature.

I removed my light winter coat and settled into my seat. I was wearing a sweater because a person has to be prepared for cold conference rooms.

Granted, flowers were blooming outside and people were wearing spring clothes, even shorts. At least, I was not wearing my full-length "super coat" that holds back blizzard-level winds.

I returned to Fargo to a thick blanket of snow, and I needed a warmer coat. I am hoping we are finally reaching warmer, sunnier days.

On the bright side, exposure to sunshine can replenish our vitamin D stores from the sun's action on our skin. We need vitamin D to maintain our bones, immune system and reduce our risk for several diseases. Building our body's vitamin D levels takes a little as 10 minutes of daily unprotected sun exposure (without sunscreen).

In cold wintery months, most of us need a vitamin D supplement.

We do not want to go overboard with sun exposure, though. May is melanoma and skin cancer awareness month. Every day, 9,500 Americans are diagnosed with skin cancer. Two Americans die of the disease every hour.

I really do not want to be the spoilsport for sunnier days. On the bright side, you can have fun in the sun while fishing, hiking, biking and gardening. However, we all need to take precautions, especially if we are among the people who work primarily in the sun. In North Dakota, for example, 26,000 farmers and ranchers work primarily outdoors.

Let's try a short quiz in preparation for warm, sunny days to see what you remember about sun safety.

1. Which of the following puts you at greater risk for skin cancer, according to the Centers for Disease Control and Prevention?

- Light skin color
- Tendency to freckle
- Blue or green eyes
- Blonde or red hair
- Having lots of moles

2. According to the Skin Cancer Foundation, which of the following is the statistic for the number of people who will develop skin cancer by age 70?

- 1 in 3
- 1 in 5
- 1 in 7
- 1 in 10
- 1 in 15

3. To help remember the warning signs of skin cancer, health experts recommend that we know the ABCDEs of melanoma. What do each of these letters stand for?

4. Name at least four actions you can take to help reduce your risk for skin cancer.

5. Are sun-tanning beds a safe alternative to sun exposure? Why or why not?

The answers:

All of the items place you at higher risk; however, anyone can get skin cancer even people with darker skin and eyes.

b. One in five Americans will develop skin cancer by age 70.

Look for asymmetrical (A) moles with irregular shapes, a jagged or uneven border (B) on spots, or an uneven color (C). Examine your skin for spots with a diameter (D) larger than the size of a pea, and look for any spots that are evolving (E) or changing during the past weeks or months.

Wear sunscreen with a sun protection factor of 30 or higher, according to the North Dakota Cancer Coalition. Stay in the shade as much as possible, especially during midday sun. Wear a head covering with a brim that shades your face, ears and neck. Ball caps do not provide this protection. Wear

clothing that covers your arms and legs. Protect your eyes by wearing wrap-around shades that protect against UVA and UVB rays. See <https://www.ndcancercoalition.org/> for more information.

No, health experts warn against using tanning beds because they increase the risk for skin cancer, cataracts and eye cancer. The Food and Drug Administration lists tanning beds and sun lamps on their list of known carcinogens. Although some people consider a "base tan" from tanning beds as safe, health experts do not. Self-tanning lotions are available, which are considered a safer, FDA-approved alternative.

After some time in the sun with all the precautions, enjoy skin-healthy, vitamin-rich veggies and dip. This colorful recipe gets a thumbs-up from children, so adults will enjoy it, too.

Vegetable Dip Cups

- 24 whole green beans
- 1 red bell pepper
- 1 orange bell pepper
- 5 celery stalks
- 8 clear party cups (for serving)
- Dip
- 1 cup fat-free cottage cheese
- 8-ounce carton plain Greek yogurt
- 0.4-ounce envelope ranch dry salad dressing mi

In a bowl, add the cottage cheese, plain Greek yogurt and ranch packet and mix to combine; set aside. After washing, cut the celery and bell peppers into strips. Place four tablespoons of the dip in the bottom of each party cup along with three to four strips of each vegetable.

Makes eight servings. Each serving has 100 calories, 0 g fat, 7 g protein, 12 g carbohydrate, 4 g fiber and 210 mg 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)

DAKOTA DATEBOOK

BY MERRILL PIEPKORN

Ray Bell and Smokey Bear!

May 9, 2023 — Smokey Bear is the longest running public service campaign in the United States, with Smokey's mission being to raise public awareness to prevent fires and protect our nation's forests.

But Smokey wasn't the first "spokes animal" speaking out for fire safety. After the release of the 1942 animated feature film, *Bambi*, Walt Disney temporarily loaned his characters to the government to appear in fire prevention public service campaigns.

But there needed to be a new permanent figure, and staying with the popular animal theme, a bear was chosen. The name "Smokey" was chosen to honor a New York City Fire Department hero, Smokey Joe Martin, who shrugged off blindness and burns in a bold 1922 rescue.

August 19, 1944 is considered Smokey's birthday because that's when his debut poster was released. The illustration, by Albert Staehle, showed Smokey in dungarees and the campaign hat for which he is famous, dowsing a campfire with a bucket of water. The message underneath reads, "Smokey says-Care will prevent 9 out of 10 forest fires!"

You know the bear from the posters and commercials but did you know there was a real Smokey Bear? In 1950 a careless person started the

terrible Capitan Gap wild fire on the Lincoln National Forest in New Mexico. And on this date, May 9 1950, amongst the smoldering ashes, where once a great forest once stood, firefighters who barely escaped the blaze themselves, spotted a little bear cub, hind legs and paws singed, clinging to a tree.

The firefighters were unable to find the cub's mother, but they did rescue him and New Mexico Department of Game and Fish Ranger, Ray Bell flew with the little fellow to Santa Fe for veterinary treatment for his burns. The bear stayed with Ranger Bell and his family while recovering, and soon the national press caught wind of the story.

It was perhaps inevitable that soon after that, the little bear became the living mascot of the Forest Service and was named Smokey. By the way, the game warden, who took Smokey into his home to recover...Ray Bell? He was originally from... North Dakota.

"*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.

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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.

DAKOTA GARDENER

BY ESTHER E. MCGINNIS, HORTICULTURIST

Spring lawn problems

The winter of 2022-23 just keeps on giving! With the snow mostly melted, our Dakota Gardener readers may notice their lawns are a mess but for vastly different reasons. Across the region, we have three different situations that have resulted in lawn damage: persistent snow cover, the 2022 drought and spring flooding.

Gray Snow Mold

For those that endured deep snowdrifts for what seemed like an eternity, you may see matted down, straw-colored patches of grass. A cotton-like webbing may have briefly appeared. No, this isn't a giant spider horror movie. Rather, this is indicative of a fungal disease called gray snow mold and it is most prevalent where the snow was piled.

The incidence of snow mold increases when snow cover exceeds 90 days. With our long winter, we definitely met that threshold.

While snow mold damage may look alarming, it is usually a short-lived problem. After the lawn is no longer muddy, rake up the matted areas. If lawn patches have died, reseed the bare spots. Fungicide applications in spring are not effective.

Lessening the severity of snow mold damage depends upon your fall lawn activities. Late fall applications of fertilizer are not recommended because nitrogen makes the turfgrass more susceptible to this disease. Regionally, the final fall application of fertilizer should occur no later than September. Furthermore, continue to mow the lawn until the grass stops growing in the fall to prevent the turfgrass from matting.

Fall fungicide applications are not recommended for homeowners. Fungicides for snow mold are very expensive

and may not be effective. The application timing is very tricky because it must be done right before a snowfall.

Fall Drought

With our snowy winter, we forgot that large areas of the region experienced drought or abnormally dry conditions last summer and fall. Fall is an important time for the lawn to recuperate after summer stresses and drought. If you irrigated your lawn after the summer and it greened up last September, the turfgrass will be in relatively good shape this spring.

Conversely, if the lawn went dormant last summer and did not receive much moisture in the fall, significant damage may have occurred. In that event, readers may need to overseed thin lawns. If large areas died, a lawn renovation may be necessary. In the future, make sure to bring the lawn out of dormancy by irrigating during the fall.

Spring Flooding

From fall drought, we now transition to spring flooding along rivers and streams. Fortunately, lawns can survive a few days of being submerged by spring floods due to the cold water temperatures. Summer flooding with warm water temperatures is much more lethal.

If flooding occurs, rake or shovel off the flood debris and silt as much as possible to prevent the lawn from being smothered. Once the area is dry, consider core aeration to relieve compaction and to allow oxygen to reach the turfgrass root system. Overseeding the lawn is also recommended.

Phew! We've talked about fall drought, heavy snowfall and spring flooding in the same article. Here's to hoping the weather is more moderate this spring!



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May 12 & 13.....7:30 pm

SPECIAL MATINEE:
May 14.....2:30

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Still reeling from the loss of Gamora, Peter Quill must rally his team to defend the universe and protect one of their own. If the mission is not completely successful, it could possibly lead to the end of the Guardians as we know them. 2h 29m, Adventure/Sci-Fi 2023


June 2 & 3.....7:30 pm

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ANNOUNCEMENTS

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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, 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.

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"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.

AUCTIONS

CLARYCE JOHNSON AUCTION, Saturday, June 3, 2023, 11 a.m., Garrison City Auditorium, Garrison, ND. Check www.nordaknorth.com SJ Auction Service, Spencer Flath, Lic. #613, 337-5410, Cell: 898-1381, Garrison, ND.

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Soybeans:

Legacy LS-0239N RR2X

Yield Powerhouse

ND21008GT20

Keep your own seed

Custom conditioning, treating, inoculating.

DISCOUNTS FOR EARLY ORDER/PAY



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 15th, and Monday June 12th. 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.

SERVICES

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

FOR SALE

Hay for Sale: 1200 pound large round bales, mixed alfalfa and brome, horse hay quality. \$65.00 per bale. Phone: 701-226-3728. Delivery Available.

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.

REAL ESTATE FOR RENT

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

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

WANTED TO BUY

WANTED TO BUY, reasonably priced Canning jars, Ball or Kerr - all sizes, call Joyce (701) 862-3672 or 898-0080.

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.

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.

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

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>

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



TRUCK DRIVER

For propane & fuel. Should have current CDL, stop in and see Paul for application.

Hwy 37 • Garrison, ND

HELP WANTED



is looking for

Servers & Kitchen Staff

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83 337-2070



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

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.

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.



GENERAL SECURITY SERVICES CORPORATION™ Washburn & Center, ND

Qualified applicants must be professional, punctual, engaged persons with an excellent work ethic. Employment contingent on passing a criminal background check. Please call (218-726-1606) or email Bill (BillL@GSSC.net) for more information. EOE/AA/Disability/Veterans/M/F Employer Immediate full-time & part-time openings!



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.

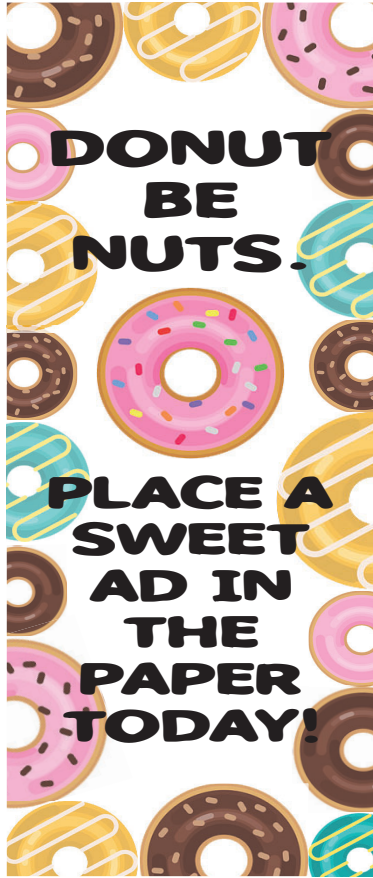
Apply at www.blcgarrison.com
Call Julie Snyder at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

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

Birthday?
◀◀◀◀◀◀◀◀
New Baby?
▶▶▶▶▶▶▶▶▶▶
ENGAGEMENT?
◀◀◀◀◀◀◀◀
Wedding?
●●●●●●●●●●
Get your special day into the paper!
462.8126
leadernews@westriv.com



DONUT BE NUTS.
PLACE A SWEET AD IN THE PAPER TODAY!

WE ARE HIRING!

- CHEMIST
- MECHANICAL ENGINEER
- E&I TECHNICIAN/HVAC EXPERTISE
- ENVIRONMENTAL COMPLIANCE SPECIALIST
- CUSTODIAN

Full job descriptions at rainbowenergycenter.com

RAINBOW ENERGY CENTER

Apply by sending your cover letter and resume to cori.reichenberg@rainbowenergycenter.com

MECHANIC
Milton R. Young Power Plant
Generating Careers – Empowering Lifestyles 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

Minnkota Power COOPERATIVE
A Touchstone Energy® Cooperative

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

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

TECH HELP WANTED!

TECHNICAL SUPPORT ANALYST: based in Hazen, ND
All things internet tech support, troubleshooting, & problem solving with patience, attention to detail, and ready to be a hero for our members!

INSTALLER REPAIR TECHNICIAN: based in Glen Ullin, ND
The fixer-type who comes to the rescue to find, fix, &/or install all things internet & telcom with a smile and willingness to help our members.

WRT
www.westriv.com

APPLICATIONS DUE @ NOON on May 19, 2023
Full job description & application available online at www.westriv.com/careers
Questions? call 701.748.4213

WRT is an Equal Opportunity Employer

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.

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.

NOW HIRING! NURSING INSTRUCTOR. Dakota College at Bottineau – Valley City, ND. 9-month, full-time, fully benefited position. Please visit www.dakotacollege.edu/explore-dcb/employment for details.

NOW HIRING! NURSING INSTRUCTOR. Dakota College at Bottineau – Bottineau, ND. 9-month, full-time, fully benefited position. Please visit www.dakotacollege.edu/explore-dcb/employment for details.

kotacollege.edu/explore-dcb/employment for details.

NOW HIRING! HORTICULTURE INSTRUCTOR. Dakota College at Bottineau – Bottineau, ND. 9-month, full-time, fully benefited position. Please visit www.dakotacollege.edu/explore-dcb/employment for details.

DIESEL TECHNOLOGY INSTRUCTOR. NDSCS has a FT, 9-month, tenure-track position available in Wahpeton beginning August 7, 2023. Responsible for teaching courses related to Diesel Technology. Benefits include: Fully paid single or family Health Insurance, Life Insurance, Retirement, Tuition Waivers etc. Interested candidates must submit the online application. EOE. For more information go to: www.ndscs.edu/join-our-team

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 Hurdsville, 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.

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.

BUSINESS OPPORTUNITIES
CAFÉ RENTAL OPPORTUNITY in Lansford, ND: Start your next career beginning July 1, 2023. Please contact Jerry at 701-263-2050.

EDUCATION/TRAINING
ATTENTION ACTIVE DUTY & MILITARY VETERANS! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, 701-929-9679. (M-F 8AM-6PM ET).

SERVICES FOR HIRE
LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us 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.

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
WHITE MOLD IN YOUR SOYBEANS? Ask for Heads Up® Seed Treatment for protection against white mold, all season long. Visit HeadsUpST.com or call 1-866-368-9306.

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 GIFT-CARD with your purchase. Use promo code: FREE50.

NEVER CLEAN YOUR GUTTERS AGAIN! Affordable, professionally installed gutter guards protect your gutters 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.

Mother's Day STREET SPECTACULAR SPECIALS

Friday, May 12th



448-2144

For those under 10:

- Free do it yourself Mother's Day card
- Cut flower special; buy two stems get one free! (Of equal or lesser value)

Specials for those over 10 years old:

- Mom's Mug Bouquet
- Mom's 1 dozen Rose Bouquet
- Wine and Wine Accessories



General Mother's Day Options

- Hanging Baskets
- Planters
- Fresh Flower Bouquets
- Gift Certificates
- Wine, Wine, and more Wine! (She deserves it for putting up with you!)
- Free Personalized Wine Bag with Wine Purchase

Open Mother's Day 11am - 3pm
(Sorry, no wine sales on Sundays)



222 Main Street, Turtle Lake
448-2542

Come decorate a cardboard jewelry box and get

30% off

any piece of jewelry to place in it!

Rust's

HARDWARE HANK

- Hanging Baskets
- Gift Certificates
- Greenhouse Open

Kids 17 & under **10% off**



208 MAIN ST. • TURTLE LAKE • 701-448-2280

10% off Baked Goods

MARV'S BAR

217 MAIN ST. • TURTLE LAKE, ND • 701-448-9996

• **5-7 First Drink - Buy one drink get one free**

• **Give away a bottle of Wine**