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Monday, January 8, 2024

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CALENDAR

Saturday, January 6

THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.
THE THRIFT STORE, 181 Ellsworth St., Makoti, 10 a.m. to 1 p.m.

Monday, January 8

YOGA, First Congregational Church, Garrison, 8 a.m.
BONE BUILDERS, Garrison Senior Center, 10 a.m.
MAX HOLIDAY CONCERT (RESCHEDULED), Max School, 6:30 p.m.

Tuesday, January 9

THE THRIFT STORE, 181 Ellsworth St., Makoti, 3-6 p.m.
THE WASHBURN AMERICAN LEGION VICTOR B. WALLIN POST #12 and Auxiliary will be meeting Tuesday, January 9, 2024, at the Memorial Building. There will be a 6:00 pm social with meetings to begin at 7:00 pm. New members are always welcome.

Wednesday, January 10

YOGA, First Congregational Church, Garrison, 8 a.m.
THE THRIFT STORE, Garrison Area Resource Center, 10 - 6 p.m.
ALCOHOLICS ANONYMOUS, First Congregational Church-UCC, 7 p.m.

Thursday, January 11

BONE BUILDERS, Garrison Senior Center, 10 a.m.
ALCOHOLICS ANONYMOUS, Garrison Hospital cafeteria (enter through ER), 8 p.m.
LORD'S PANTRY FOOD DISTRIBUTION is held at Trinity Lutheran Church in Turtle Lake from 2 pm -4 pm. No referrals or pre-registration required. All in need are welcome to receive 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.

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
GARRISON LIBRARY - open Mondays from 10 a.m. to 5 p.m., Tuesdays-Thursdays 10 a.m. to 6 p.m., and Fridays 9 a.m. to 1 p.m.

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2024 CONFERENCE

on our Constitutional Rights

January 17-18th 2024
Bismarck Hotel and Conference Center

NWLA will be hosting an educational Conference on January 17-18th 2024, as an opportunity for its members and the general public to learn more about landowner issues related to our constitutional rights. Registration begins at 8 a.m. on January 17th. This event is \$25 for all current 2024 NWLA members and \$150 for Non-Members. Lunch will be served. CLE Credits Available Upon Request. Pre-register as seating may be limited.

Great lineup of nationally recognized speakers with a wide range of topics!

Topics:
Carbon sequestration - Takings and pore space litigation - 4th Amendment search and seizure issues for landowners - Constitutional considerations: Market value multipliers for just compensation in eminent domain litigation - Background of 5th Amendment and Taking Claims

More information Available:
nwlandowners.com
Troy Coons 701-721-4258
northwestlandownersassociation@gmail.com

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Thursday January 11th @ Farmers Choice McClusky, ND

- 10am Speakers
- Noon Free Lunch
- 12-2pm Trade Show

Hear how ND farmers cut fertilizer costs in 2023 & be the first to see how AgVision Max can make an impact on your farm!



RSVP not required, but appreciated. Contact Emily @701-833-7263

"I want you all to understand this is a critical moment—a make or break moment—and if it's not seized or taken advantage of, you may have a different conversation years from now, don't miss this opportunity." -Tom Vilsack, US Secretary of Ag.

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DAKOTA GARDENER

Poinsettia counseling services

BY ESTHER E. MCGINNIS, HORTICULTURIST

The holidays are over and your poinsettia is looking a little worse for wear. Some of the leaves are crispy and the lower canopy looks bare. Nevertheless, many people experience grief and can't part with their sad-looking poinsettias.

Dakota Gardener is here to be your counselor and help you move through the grief stages from denial to acceptance.

During the denial stage, people mistakenly think that poinsettias are easy to grow and will remain attractive indoors the whole year. This is not the case. The first hurdle is watering. Overwatering is very common because the pots are wrapped in decorative foil. If the plants are overwatered, the foil traps the water over the plant's root system. The roots then rot.

Even if you have a green thumb, poinsettias will drop their flowers and the colorful bracts will fade by spring. It is a very complex process to get them to rebloom and produce their colorful bracts.

However, we don't want to

discourage you from buying poinsettias in the future. Poinsettia production is very important to the wholesale greenhouse industry. In my youth, I interned at a large greenhouse in the Twin Cities. Poinsettia production was very important to the company because it allowed them to employ a stable, year-round workforce.

Production is very labor intensive. Starting in July, workers would root cuttings and transplant them into containers. Once actively growing, the shoot tips are pinched to encourage a well-branched plant. The plants are frequently fertilized with a weak fertilizer solution and exposed to summer heat and bright light. To keep the plants compact, plant growth regulators are applied.

Throughout summer production, the plants are bright green with no hint of the red coloration. The greenhouse provides special light treatments to induce the production of flowers and red bracts that we associate

with poinsettias. Starting sometime in September, plants are exposed to approximately nine hours of daylight and 15 hours of darkness. Uninterrupted darkness is the key and growers use black cloth in the greenhouse to prevent street lights from disrupting flowering. Before Thanksgiving, the finished plants are wrapped in decorative foil and shipped to local retailers.

For the most part, wholesale greenhouses do not make big profits on poinsettias but it does allow them to retain their best employees year-round. This minimizes the need for constant hiring and training. Then in January, production greenhouses gear up to produce annuals, perennials and vegetables to sell in the spring and summer.

Hopefully, we have helped you cope with the death of your poinsettia and to transition from denial to acceptance. Therefore, don't be afraid to throw your spent poinsettia on the compost pile.

NOTICE FOR REQUEST OF PROPOSALS AND BIDS

Notice is hereby given that the Board of Supervisors of the South McLean County Soil Conservation District will receive sealed proposals with bids for the new construction of cold storage building at the office of the South McLean County Soil Conservation District until 2:00 PM, Monday, January 29th, 2024. The proposal must be mailed or otherwise deposited with the District Manager, and it shall be sealed and endorsed "Proposal for Construction".

Each bid shall be accompanied by a bidder's Bond in the amount of five percent (5%) of the net sum bid. Bids must be submitted on the forms furnished by the South McLean County Soil Conservation District and in accordance with the specification and conditions contained. Copies of the proposal forms may be obtained from the South McLean County Soil Conservation District office in Turtle Lake, ND.

The Board reserves the right to reject any and all bids, to waive informalities or technicalities and to accept the bid or bids which appear in the best interest of the South McLean County District.

By order of the South McLean County Soil Conservation District Supervisors the 5th day of December 2023.

Christiana Kelly, District Manager
South McLean County Soil Conservation District
PO BOX 537 / 24 2nd Ave E
Turtle Lake, ND 58575

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Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

ANNOUNCEMENTS

NEW IN the area? Get better acquainted with the Garrison Community. Welcome Wagon booklets are available at City Hall, the Firefighter's Museum/CVB or by calling 463-2600 or 463-2345.

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 7 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.

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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.

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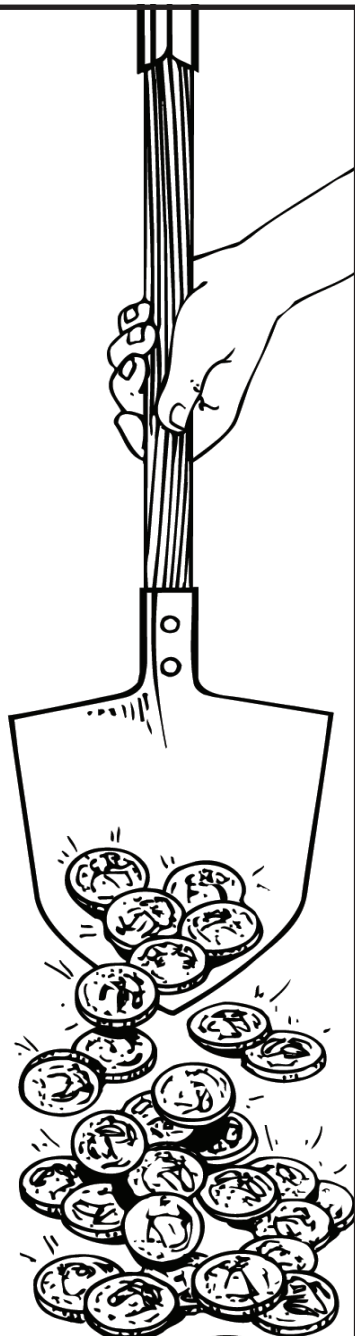


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THE FILM PURSUIT

BY HUNTER KAMRATH
One Year and Counting . . .

It's hard to believe that 2023 has already come to a close, and it's crazy to think that this marks the one-year anniversary of the Film Pursuit. To celebrate, we're going to continue the tradition that was started in the very first Film Pursuit, by starting the new year with a look at the best movies from the previous year. Before we get into the best films of 2023, here is a look at some bonus awards for 2023, and all the films listed in this article are rated PG, PG-13, and R and some contain material inappropriate for younger viewers.

Best Actor: Jim Caviezel as Tim Ballard in "Sound of Freedom"

Best Supporting Actor: Kelsey Grammer as Pastor Chuck Smith in "Jesus Revolution"

Best Actress: Mariana Treviño as Marisol in "A Man Called Otto"

Best Supporting Actress: Hayley Atwell as Grace in "Mission: Impossible – Dead Reckoning Part one"

Best Director: Christopher McQuarrie for "Mission: Impossible – Dead Reckoning Part one"

Best Visual Effects: "Aquaman and the Lost Kingdom"

Best Soundtrack Album: "Indiana Jones and the Dial of Destiny" by composer John Williams

Best Original Song: "Til You're Home" by Sebastian Yatra and Rita Wilson from "A Man Called Otto"

Honorable Mentions: "John Wick: Chapter 4", "The Hill", "Aquaman and the Lost Kingdom", "Indiana Jones and the Dial of Destiny", "Ant-Man and the Wasp: Quantumania"

10. "The Super Mario Bros. Movie"

This fun adaptation of the famous video game characters provided an enjoyable adven-

ture with Mario, his brother Luigi, and Princess Peach going against the fearsome Bowser. With so many wonderful performances and great animation, "The Super Mario Bros Movie" is some of the most fun I've had in a theatre this year.

9. "Spider-Man: Across the Spider-Verse"

The second chapter in the animated saga of Spider-Men traveling across the multiverse didn't disappoint thanks to a story that stays true to what fans like me look for in a compelling tale featuring the famous web-slinger.

8. "The Flash"

Another story with a superhero trapped in alternate timelines that met my expectations. This film's use of time travel to create multiple universes that feature some of our favorite characters in previous films and shows is surprisingly effective and felt like a nice love letter to superhero films of the past.

7. "The Equalizer 3"

The third, and marketed as the final film, in the series based on the hit TV show is a big hit. Denzel Washington as the title character is my favorite performance of his. The character is forced to act out in revenge when his new friends in a Southern Italy town are being bullied by a ruthless group of crime bosses.

6. "Jesus Revolution"

Based on a true story, the compelling tale about a group of young adults finding faith with Jesus Christ. This story features tons of great performances and themes to make this a great movie experience.

5. "Guardians of the Galaxy Volume 3"

This box office smash continues the saga of a team of space adventurers who go toe to toe with a villain known as the High Evolutionary, who has ties to

one of the team's key members, Rocket the Raccoon. The visual effects and the character development are the film's biggest highlights that make it a comic book movie not soon forgotten.

4. "The Shift"

As a fan of science fiction films, I absolutely adored one of the newest additions to the genre, "The Shift". It was a fantastic story with some powerful things to say that really made me think as I was walking out of the theatre. The dystopian film has an intricate story with a ton of alternate timelines and universes and somehow executes that story in a way that isn't too confusing.

3. "Sound of Freedom"

This surprise summer hit is a must watch. The story is heart-wrenching but powerful. The talented cast really help craft this haunting true story that shows the horrors of child trafficking.

2. "A Man Called Otto"

One of the most recent films in Tom Hank's filmography is a true masterpiece. It uses the main characters' journey as a metaphor to the benefits of when we let life in and start embracing our lives instead of hiding behind the bitterness of the tragedies that hide in our past.

1. "Mission: Impossible – Dead Reckoning Part One"

Despite this film being the seventh in its franchise, the film series continues to deliver knockout after knockout delivering another well-made spectacle. The stunts and non-stop action somehow top the previous film. It also has a brilliant storyline with great themes that really make you think about the overuse of technology and the limits that there should be on humankind's use of technology. Part Two of this amazing story can't come soon enough.

PRAIRIE DOC PERSPECTIVES

By Andrew Ellsworth, MD
Seizures

A seizure can be one of the most frightening things for a family member, friend, or anyone to witness. However, for some people with epilepsy, seizures may be fairly common and not unexpected. Roughly 1 in 10 people may have a seizure at some point in their lifetime.

A seizure occurs when there is a burst of uncontrolled electrical activity in the brain. This may cause a sudden change in awareness or full loss of consciousness, unusual sensations or thoughts, or temporary problems in muscle tone or movements, such as stiffness, twitching, or limpness.

The two main types of seizures are focal and generalized. A focal onset seizure starts in one area of the brain and spreads, causing mild or severe symptoms. A generalized seizure occurs when both sides of the brain are affected. Generalized seizures may include:

- Absence - which causes a staring spell, the "petit mal" seizure
- Atonic - which causes someone to go limp suddenly
- Myoclonic - which causes sudden body jolts or increased tone briefly
- Tonic - which causes muscle stiffness
- Clonic - which causes muscles to spasm and jerk
- Tonic-clonic - a combination of jerking and muscle stiffness, the "grand mal" seizure

If you witness someone having a seizure, stay with them until the seizure ends and they are fully awake. Stay calm, it should end in a few minutes. Ease them to the floor and turn the person gently to one side

which can help them breathe. Clear the area of anything hard or sharp to help keep them safe. Consider putting something soft and flat like a folded jacket under their head. Consider removing their glasses or sunglasses. Loosen ties or anything around the neck.

Not all people who have a seizure need to go to the hospital. Time the seizure and consider calling 911 if the seizure lasts longer than 5 minutes. Other reasons to call 911 include if they have never had a seizure before, if they have difficulty breathing or waking after the seizure, if they have another seizure soon after the first, if they get hurt from the seizure, if it happened in water, or if they have a known health condition like diabetes, heart disease, or are pregnant.

Do not hold the person down or try to stop their movements. Never put anything in their mouth or forcefully open a tightly clenched jaw, since that could harm them. It is a myth that someone having a seizure is in danger of swallowing their tongue.

After the seizure, the person is likely to be unconscious or sleepy for a few minutes more. This is the post-ictal phase, when the brain is still very active and trying to contain the electrical impulses. Once someone is alert, they are likely to be sore, confused, or frightened themselves. Tell them what happened in a calm and simple manner.

Seizures can be quite frightening to witness, but with some knowledge, you may be better prepared to help.

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SACA MOVIES

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Wonka, PG
Based on the extraordinary character at the center of Charlie and the Chocolate Factory, Roald Dahl's most iconic children's book and one of the best-selling children's books of all time, "Wonka" tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today. 1h 56m, Fantasy/Musical 2023
Jan. 12 & 13..... 7:30 pm Migration, PG
A family of ducks decides to leave the safety of a New England pond for an adventurous trip to Jamaica. However, their well-laid plans quickly go awry when they get lost and wind up in New York City. The experience soon inspires them to expand their horizons, open themselves up to new friends, and accomplish more than they ever thought possible. 1h 31m, Comedy/Adventure 2023
Jan. 19 & 20..... 7:30 pm

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