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Vol. 40, No. 45

Monday, March 4, 2024

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CALENDAR

SATURDAY, MARCH 2

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.
SAUSAGE CONTEST, 701 Bar, 4 p.m. registration, 5 p.m. cookoff begins

SUNDAY, MARCH 3

ST. PAUL LUTHERAN GARRISON SPRING SUPPER, 4-6:30 p.m.

MONDAY, MARCH 4

WASHBURN LIONS CLUB meets at 6:30 p.m. in the Senior Center. Meal will be served before the meeting. All are welcome to join!

THE WASHBURN PUBLIC LIBRARY invites you to join us Monday Mornings at 10:30 a.m. for our weekly children's story time *Puppy Tales* with Ichabod.

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

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

GARRISON CHAMBER OF COMMERCE MEETING, Cubby Hole, 12:00 p.m.

TUESDAY, MARCH 5

CLASSICAL CONVERSATIONS Classical Christian Community will meet at the Washburn Public Library from 4:30 - 5:30 p.m. For questions or more information, Please contact Katrina Winterberg (CC Washburn Director) at 701-989-2206 or Washburnareacc@gmail.com

THE THRIFT STORE, 181 Ellsworth St., Makoti, 3-6 p.m.

WEDNESDAY, MARCH 6

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

THE THRIFT STORE, Garrison Area Resource Center, 10 - 6 p.m.

KIDS STORY TIME, Garrison Library, 11:15 a.m.

ALCOHOLICS ANONYMOUS, First Congregational Church-UCC, 7 p.m.

THURSDAY, MARCH 7

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.

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

ALCOHOLICS ANONYMOUS, Garrison Hospital cafeteria (enter through ER), 8 p.m.

COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY from 4 p.m. to 6 p.m. To help us be prepared for Easter Shopping, we are requesting families pre register in person or call 701-595-0320. by March 16th.

FRIDAY, MARCH 8

TURTLE LAKE SENIOR CENTER 1:30 p.m. at Turtle Lake City hall.

MONDAY, MARCH 11

THE MERCER GOLDEN 50'S CLUB will meet at 2 p.m. at the city hall.

TUESDAY, MARCH 12

THE WASHBURN AMERICAN LEGION VICTOR B. WALLIN POST #12 AND AUXILIARY will be meeting Tuesday, March 12, 2024, at the Memorial Building. There will be a 5 pm social, 6 pm potluck dinner, with meetings to begin at 7 pm. Dessert and entertainment will be provided in recognition of the 105th birthday of the American Legion! New members are always welcome.

THURSDAY, MARCH 14

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

SATURDAY, MARCH 23

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.

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.

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Despite his battle with diabetes, Todd has been an active member of the Wilton community through the Wilton Lions Club & working at Western Frontier Insurance Agency. The fight has taken both of his legs and continues to attack his kidneys, but he will not surrender. Although we are not on the front line, let's come together as a community to show him he is NOT ALONE in this fight!



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PRAIRIE FARE

BY JULIE GARDEN-ROBINSON
Go Nutty for Nuts

I added a mixture of walnuts and dried fruit to a mixed green salad I was making in my home. I smiled as I thought about my changing eating habits.

As a kid, I would have eaten the salad greens and dried fruit, but nuts were off limits on my personal menu.

I was not allergic to nuts. I just did not like their taste. I did not appreciate their texture, either.

My mother added nuts to nearly every baked good, from brownies to cookies to quick breads. She probably knew they were good for us.

Guess what? I either ate around the nuts, picked them out or skipped the treats altogether. Eating around nuts in brownies is a little awkward.

I did like peanuts. However, peanuts are not really nuts. They are in the legume family, the same as beans.

I was missing some nutrition in my early nut-skipping days. Now, nuts are my go-to-snack. I now know a lot more about nutrition than I did as a child.

Nuts of all types provide fiber and protein in our diet. Just like all foods, nuts vary in the nutrition they contain.

Adding some nuts to your diet on a regular basis could reduce your risk of heart disease. Nuts contain fat, but the polyunsaturated and monounsaturated fats they contain are known to be heart

healthy.

B vitamins and vitamin E found in nuts and other foods are linked to healthy skin, protecting against the aging process and promoting healthy skin.

Nuts also are a good source of minerals such as magnesium, copper, potassium and selenium. These minerals play important roles throughout our bodies in complex processes during the release of energy from all foods. Magnesium and potassium promote heart health.

Nuts also vary in their content of health-benefiting phenolic compounds. If you want to impress (or annoy) your friends, let them know that the almonds you are enjoying as a snack contain catechin, epicatechin and gallic acid.

Those are all health-benefiting natural chemicals in nuts. Yes, listing them might be annoying to your friends.

If you have nut allergies, do not start eating nuts because of their health-promoting symptoms. Other foods also provide these nutrients. People with any of the nine allergies currently noted on food labels should pay close attention to the statement starting with "contains" under the ingredient statement.

Try roasting chickpeas and add to salads and snacks for a non-allergenic crunch. See "Pinchin' Pennies: Hummus, Roasted

Chickpeas and More" from NDSU Extension.

People have asked me: "What's the healthiest nut?" The healthiest nut is the type of nut you will eat, but remember moderation.

Scientists continue to study the nutrients in nuts and their relationship to health. Walnuts are particularly rich sources of antioxidant nutrients.

In one analysis, almonds were the top nut in fiber content, followed by pistachios and walnuts. Remember that nuts tend to be fairly high in fat and calories. If you are trying to maintain your weight or lose a few pounds, be moderate in your consumption of nuts while treating your body to the potential health benefits.

One-fourth of a cup (about an ounce) of your favorite nut may help prevent you from a visit to the candy bar vending machine. That's a small handful. An ounce of nuts would be 45 pistachios, 28 peanuts, 24 almonds or 14 walnut halves.

Aim for nuts that are unsalted or lightly salted, and measure them onto a plate. Enjoy their texture and taste. To get all the benefits of the various types of nuts, try mixed nuts.

Add a sprinkle of your favorite nuts to salads, cereal or baked goods such as muffins.

Here's an easy recipe adapted from the Iowa State University's "Spend Smart. Eat Smart." collection of recipes. You can

personalize with your favorite dried fruit or nuts or other add-ins.

Create Your Own Granola
2 cups oats (old fashioned or quick cooking)

1/2 cup mix-ins (dried fruit such as cranberries, nuts, sunflower seed kernels)

2 tablespoons oil (canola, sunflower or vegetable)

1/2 cup honey, maple syrup or pancake syrup

1/4 cup water

Preheat oven to 300 F. Spray a large baking sheet with nonstick cooking spray. In a large bowl stir together all ingredients. In a separate bowl, mix together the oil and honey or syrup, and stir until the oats are covered. Add the water into the oats and stir until absorbed by the oats. Spread the oat mixture across the baking sheet. Bake for about 45 minutes to 1 hour or until golden brown. Stir every 15 to 20 minutes. Cool completely on the baking sheet and store in an airtight container.

Makes nine servings (about 1/3 cup each). Each serving has 180 calories, 9 grams (g) fat, 3 g fiber, 29 g carbohydrate, 3 g fiber and 10 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.)



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Argylle, PG-13

Reclusive author Elly Conway writes best-selling espionage novels about a secret agent named Argylle who's on a mission to unravel a global spy syndicate. However, when the plots of her books start to mirror the covert actions of a real-life spy organization, the line between fiction and reality begin to blur. 2h 19m, Action/Thriller 2024

March 1 & 2 7:30 pm

Madame Web, PG-13

Cassandra Webb is a New York City paramedic who starts to show signs of clairvoyance. Forced to confront revelations about her past, she must protect three young women from a mysterious adversary who wants them dead. 1h 54m, Action/Sci-Fi 2024

March 15 & 16 . 7:30 pm

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- **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

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36-TFNCCI 58540

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6544.
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Duties of the position include answering and routing phone calls, maintaining administrative financial accounts and reports, preparing mailings, ordering supplies and publications, assisting Extension Agent in preparing for meetings and events and other duties. Applicants are required proficiency in MS Office software (Word, Excel, Publisher, Outlook, and PowerPoint.) Qualifications include a high school diploma, secretarial experience preferred, pass a criminal background check, have the abilities to take initiative, prioritize, multi-task, time-management and work independently as well as have excellent communication and organizational skills.
For application and information contact the Sheridan County Auditor's office, PO Box 439, McClusky, ND 58463 or phone (701) 363-2205. You may also contact the NDSU Extension Sheridan County office, phone (701) 363-2242 or email sarah.crimmins@ndsu.edu.
The Extension Office is located on the third floor of the Courthouse in McClusky. Applications must be returned by Friday, March 1st, 2024, 4:00 pm. The position is open until filled. Sheridan County reserves the right to accept or reject any and all applications.
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Mail your application to NorDak North Publications, P.O. Box 309, Garrison, ND 58540 or send resume via email to darla@nordaknorth.com or drop off at 91 N. Main St, Garrison

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name & address and the words BID FOR DEMOLITION. Bids to be opened and read aloud at 6:00 PM. Enclose sealed envelope in another envelope, and address to: City of Pembina, 152 W. Rolette St., Pembina, ND 58271 PEMBINA, ND CITY-OWNED 64'x135' comm lot, just off I-29. Submit purchase bid to pcityoffice@polarcomm.com. City reserves right to reject any/all bids. Questions: call 701-825-6819.

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HELP WANTED

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The City of Washburn is accepting applications for a seasonal public works position. All applicants must be 18 years of age at the date of beginning employment. The positions will be approximately 40 hours per week. Day to day activities, as directed by the supervisor, to include, but not limited to; mowing, weed control, garbage collection, patching, crack sealing, tree trimming, etc. Candidates must have a valid driver's license and be qualified to operate city equipment, including pickups, mowers, sprayers, trimmers, etc.; as needed. Salary range between \$18-\$20/hour.

Applications and a complete job description can be picked up at 907 Main Avenue, Washburn or www.washburnnd.com, or by contacting the City Office at (701) 462-8558. Applications will be accepted until the position is filled.

Birthday?
◀◀◀◀◀◀◀◀
New Baby?
▶▶▶▶▶▶▶▶▶▶
ENGAGEMENT?
◀◀◀◀◀◀◀◀
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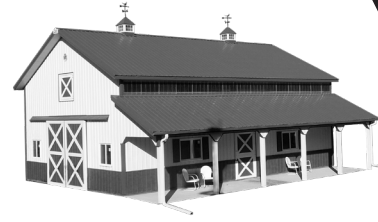
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