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Postal Patron

Vol. 41 No. 4
Monday, May 20, 2024

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May 17 & 18 7:30 pm

☆☆☆

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CALENDAR

SATURDAY, MAY 18

- CITY LANDFILL OPEN**, Garrison, 8 a.m.- 12 p.m., 1-5 p.m.
- PIECEMAKERS QUILT GUILD MEETING**, Garrison Senior Center, 9 a.m.
- S'MORES GUINNESS RECORD ATTEMPT**, Fort Stevenson State Park, event begins 1:30 p.m., official count 3 p.m.
- 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.
- MAX GRADUATION**, MHS, 2 p.m.

SUNDAY, MAY 19

- OPEN DOOR COMMUNITY KITCHEN** at 11:30 to 1:00 p.m. @ Turtle Lake City Hall (this will be our final date for the Spring. See you next Fall)
- THE SUPER SUNDAY SUPPER** will be held at the First Lutheran Church. For meal Delivery call Judy at 220-4410 or Rhonda at 315-0656
- Garrison Graduation**, GHS, 2 p.m.

MONDAY, MAY 20

- THE GARRISON AMERICAN LEGION POST 49** is holding their monthly meeting on Monday, May 20th 2024 at 7 pm. The meeting will be held at the American Legion Hall.
- 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.
- BIRKA LUTHERAN CHURCH** will hold yard cleanup at 7:00 p.m.
- YOGA**, First Congregational Church, Garrison, 8 a.m.
- BONE BUILDERS**, Garrison Senior Center, 10 a.m.
- MAX FOOD PANTRY**, Max Civic Center, 12 p.m.- 3:30 p.m., 5:30 p.m.- 7 p.m.

TUESDAY, MAY 21

- GARRISON JOB SERVICE OUTREACH**, Cenex, 10 a.m.- 12 p.m.
- THE THRIFT STORE**, 181 Ellsworth St., Makoti, 3-6 p.m.

WEDNESDAY, MAY 22

- YOGA**, First Congregational Church, Garrison, 8 a.m.
- THE THRIFT STORE**, Garrison Area Resource Center, 11 - 5 p.m.
- STORY TIME**, Garrison Public Library, 11:15 a.m.
- CITY LANDFILL OPEN**, Garrison, 1-5 p.m.
- ALCOHOLICS ANONYMOUS**, First Congregational Church-UCC, 7 p.m.

SATURDAY, MAY 24

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

SATURDAY, MAY 25

- LORD'S PANTRY FOOD DISTRIBUTION** is held at Trinity Lutheran Church in Turtle Lake from 10 a.m.- NOON No referrals or pre-registration required. All in need are welcome to received food at no cost.

MONDAY, MAY 27

- 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.
- AMERICAN LEGION MEMORIAL DAY SERVICE, 11 A.M.**, Makoti Senior Center, Potluck Dinner to follow.

THURSDAY, MAY 30

- COMMUNITY CLOTHING SHARE-EXCHANGE** at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.
- COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY** from 4 p.m. to 6 p.m. McLean County Residents in need are welcome to food. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

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.

CARD OF THANKS

A big thank you to everyone who gave support to myself and my family, on the loss of my grandson. Thank you for the calls, hugs, food, cards, and words of support. Thank you members of First Lutheran Church of Washburn for the use of your church and the lunch. Thank you Pastor Randy Emgarten and Goetz Funeral Home.
- Waldo Westrum

PRAIRIE DOC

By Jill Kruse

Telegraph, Telephone, telemedicine

Technology has come a long way in the past 200 years. The telegraph was invented in 1837 and made rapid long range communication possible. Messages could be sent around the world through a series of connected wires. The telegraph had medical applications in the Civil War. It was used to order medical supplies and report information about injuries and casualties to medical teams. This was cutting edge technology at the time, but it now is considered an obsolete method of communication.

Alexander Graham Bell patented the telephone in 1876. By 1900 there were nearly 600,000 telephones in use. At the end of 1910 there were over 5.8 million active telephones. The telephone was seen as a tool to connect doctors and patients together over a distance. A report in The Lancet Journal from 1879 described how a doctor could use the telephone to listen to a baby's cough and diagnose croup.

In 1924 The Radio News Magazine predicted a two way video encounter with a "radio doctor" using a television-like device. In 1959 the University of Nebraska became the first place to use two-way video communications for telemedicine applications. This was done using closed circuit television to connect medical students at the main campus in Omaha with patients at the Norfolk State Hospital 112 miles away. However, Telemedicine as we know it today did not get its start until the 1970's.

Telemedicine can also be used to send radiology images remotely to radiologists who

can be in a different state or even a different country. With the improvement of cellular technology, EKGs can be sent from the back of an ambulance to the hospital. So before a patient even sets foot inside the door of the hospital, the Emergency Room doctors and Cardiologists can be prepared. This can not only save time, but can save lives when someone is having a heart attack.

With the COVID 19 pandemic, there was an increased push to use telemedicine for virtual visits in the clinic setting. Telemedicine has also been used when patient transfer from smaller hospitals to larger tertiary care centers is not possible or when dangerous winter driving conditions make transfers unsafe. This technology helps bridge the gap in medical care between rural areas without specialists and urban medical centers.

The jump from telegraphs to telemedicine with virtual visits is a big one. I can only imagine what the next 200 years of technological advancements will bring to how we deliver health care. No matter how we interact, there will always be a doctor ready to connect and help you, stay healthy out there.

Jill Kruse, D.O. is part of The Prairie Doc® team of physicians and currently practices as a hospitalist in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook and Instagram featuring On Call with the Prairie Doc®, a medical Q&A show providing health information based on science, built on trust, on SDPB and streaming live on Facebook most Thursdays at 7 p.m. central.

PRAIRIE FARE

By Julie-Garden Robinson

Gardening encourages better nutrition

I was a reluctant gardener as a child. We had two large gardens and numerous flower beds.

My parents encouraged my help by roasting hot dogs and marshmallows after we were done with our gardening chores at our "food" garden in the country.

Although I was not a huge fan of weeding, I liked to plant. I planted bean, pumpkin, corn and squash seeds, along with onion sets and seed potatoes. I am not sure I ever graduated to planting tiny carrot seeds.

I remember how proud I was to have kid-sized gloves and a kid-sized shovel. I looked forward to seeing the foliage peeking out of the soil.

As an adult, I worked with my own kids and their friends in community gardens to teach them some of the basic skills.

I learned quickly that not all of the children had ever held seeds and planted them. In fact, we found that when I gave children any size seeds, they were likely to fling them at the soil like Johnny Appleseed.

One year we had bean plants growing almost every place but where we wanted them to be.

Kids learn a lot from gardening experiences. Not only do they get needed physical activity, but they also learn about caring for plants, cooperation with people and exploring the science of nature.

As an added advantage, researchers have found that children who help garden like to eat the food. Most children, like most adults, do not eat the recommended amount of vegetables and fruits.

In fact, a 2021 study showed

that about half of toddlers and preschoolers did not eat even one vegetable daily, and one-third did not eat a fruit daily.

To "count" as eating a fruit or vegetable, the food can be canned, frozen or fresh. In other words, you can shop around a grocery store to meet your daily nutritional needs and your budget constraints.

We can grow many vegetables and fruits in North Dakota, from beets to zucchini. We are at the point in spring where we could start planting leafy greens such as spinach and lettuce. In fact, you can grow a couple of "crops" of leafy greens in a given year.

If you have children, grandchildren, nieces, nephews or neighborhood kids, you can be serving up a lifelong advantage by teaching them how to plant and tend plants. This is true even if the "garden" is a large pot on a deck.

If gardens are successful, we have many options to preserve an abundance of vegetables and fruits.

Visit www.ag.ndsu.edu/food to see the NDSU Extension materials to help you can, dry, freeze, ferment and pickle foods. To learn more about gardening, see www.ag.ndsu.edu/fieldtofork to learn from eight years of recorded webinars on numerous gardening and food preservation topics.

Most people naturally like sweet foods such as fruits, but sometimes vegetables can have a somewhat bitter flavor to children. Try different preparation methods and invite your "choosy eaters" help with preparation.

I think the microwavable "steamer bags" of frozen vegetables were an excellent invention; however, you can easily

steam fresh vegetables with a steamer basket over hot water.

If you have a multifunction cooker, you can pressure cook beets, carrots, potatoes and many other items that take longer to cook due to their texture.

Stir-frying, air-frying, roasting, boiling, grilling and baking are other methods of preparing vegetables. Add some fresh or dried herbs to boost the flavor profiles.

Here's a kid-friendly recipe that goes in the oven in minutes. Invite your reluctant vegetable eater to help.

Roasted Dill Carrots
36 baby carrots
2 tablespoons canola oil
Salt, as desired
½ teaspoon black pepper
2 tablespoons minced fresh dill (or 1 to 2 teaspoons dried dill)

Preheat oven to 400 F. Cut baby carrots diagonally. Toss carrots in oil. Season with salt if desired and pepper; toss again. Use sheet pan with parchment paper and transfer carrots in one layer. Roast in oven for one hour or until browned, stirring occasionally. Toss carrots with dill after they are finished roasting.

Makes four servings. Each serving has 90 calories, 7 grams (g) fat, 8 g carbohydrate, 1 g protein and 3 g fiber. The sodium content varies with the amount of salt you add.

(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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Memorial Day Services

American Legion - Lawrence Stephenson Post #133

Monday, May 27th, 2024

Mercer

9:00 a.m.

Gather at Mercer Cemetery (in event of rainy weather, will gather at the Mercer Community Center)

Turtle Lake

10:30 a.m.

Program at the TURTLE LAKE AMERICAN LEGION HALL outside ceremony to follow.

11:30 a.m. (approx.)

Legion Auxiliary will serve lunch at the American Legion Hall.

Cost: Free will offering

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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

NEW IN the area? Get better acquainted with the Garrison Community. Welcome Wagon booklets are available at City Hall, the Firefighter's Museum/CVB or by calling 463-2600 or 463-2345.
36-TFNCCI 58540

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6544.
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Washburn Area Rummage Sales, Fri. & Sat. May 17 & 18. *Check Out* 1115 Custer Dr. Snowblower, Household, Large asst. mens dress and work clothes up to 3x, women sm-3x, Kid's clothing, toys and whatever else we find. Friday 10 a.m - 8 p.m.; Saturday 8 a.m. - 4 p.m.

RUMMAGE SALE - 1575 41st Ave NW Garrison, on the way to the state park. May 25th, 26th, 27th from 8 am to 7 pm. Newborn to size 7 clothing and much more.
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within the McLean County Auditor's office. This position is being filled with a clear path for advancement within the department. The successful candidate should have experience in basic accounting, desktop publishing, forms creation, office supply/equipment procurement, inventory management, records management, and a demonstrated knowledge of Microsoft Office. Experience in payroll processing, human resources, and employee wellness programs would be beneficial.

Competitive starting pay ranging from \$36,478.40 to \$41,945.85 annually; adjustments may be given for applicable experience. The county offers a full benefit package including fully paid health insurance for a family or single plan, fully paid retirement, annual leave and sick leave. For further information on this position or to obtain a McLean County job application form, interested individuals may contact Lori at (701) 462-8818 or lfoss@nd.gov. An application form can be completed at <https://www.mcleancountynd.gov/Employment>. Only official McLean County application forms will be accepted. Resumes may be included with the application but will not be accepted in place of an approved application form.

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DAKOTA GARDENER

By Esther E. McGinnis, Horticulturist

Managing earthworm damage in lawns

April showers bring May flowers. Spring rains also brings the first sightings of earthworms on driveways and sidewalks. While this is good fortune for the hungry robins, homeowners often express dismay at the appearance of numerous earthworm castings in lawns.

Earthworm castings are conical-shaped mounds of soil and excrement that are left at the burrow entrance. During heavy rains, earthworms sense raindrop vibrations and leave the soil. Scientists used to believe that they left their burrows because of a lack of oxygen. However, scientists now theorize they take advantage of the wet above-ground environment to look for new habitat and mates.

Numerous earthworm castings in lawns can be unsightly in spring. I wasn't always appreciative that these castings might cause anguish to conscientious homeowners. I was focused on the numerous soil ecological benefits of earthworms such as thatch decomposition, water infiltration and soil aeration. However, one annoyed homeowner hammered his point home that his

lawn was as bumpy as the Badlands and he was afraid that he might trip and break his ankle.

Yes, homeowners can take steps to manage lawn damage. However, the first step is to make sure that earthworms are the issue. Solitary ground-nesting bees can also cause soil mounds in the spring. These native bees are valuable pollinators and not aggressive unlike the pesky yellowjackets that are prevalent in late summer. Ground-nesting bees should not be eradicated.

Fresh earthworm castings are frequently shiny and darker in appearance than the underlying soil. In contrast bee mounds are usually the same color as the soil or even lighter if the underlying soil is sandy. One clear way to differentiate between ground-nesting bees and earthworms is to look for a hole that is about the size of a pencil eraser. Bees leave a prominent hole to allow them to return to their underground nest. Earthworms do not.

Earthworm management strategies are focused on improving turfgrass health, smoothing out

the bumps, and overseeding the lawn. No pesticides or chemicals are labeled for use in managing earthworms.

Castings can be masked by a healthy lawn. Mowing at a taller height of 3 to 3.5 inches, fertilizing the lawn, and proper irrigation practices can help. Frequent, shallow watering is detrimental because it keeps the earthworms at the soil surface. In contrast watering deeply but infrequently will force the earthworms deeper as the surface soil dries.

If your lawn is thin, wait until late summer (August 15 to September 15) to core aerate the lawn and overseed with the appropriate turfgrass mix to increase turfgrass density. For this technique to work, the soil cores should be left on the lawn to fill in the low spots. When repeated for multiple years, this technique can help smooth the bumps and increase grass density.

Mechanical processes such as power raking or verticutting can reduce the bumpiness of the soil. Avoid either process during the heat of summer.

DAKOTA DATEBOOK

By Sarah Walker

Doctor Herbert Wilson

May 14, 2024 — Mycobacterium tuberculosis, or TB, was once the leading cause of death in the United States, and it still causes death today. The germs, spread from person to person through the air, usually affect the lungs, but TB can also affect other parts of the body, such as the brain, the kidneys, or the spine.

On this date in 1951, people were talking about a decision by the North Dakota Department of Health to send two mobile X-Ray machines into communities, to test for the disease in an effort to catch it early and wipe out the threat. The program was free, and each person was promised a confidential report, sent to them two weeks after the x-ray of their chest.

According to an article in The Center Republican, the Department of Health planned to visit sixteen counties, tentatively hitting Oliver County around June. They set a goal of taking 1800 x-rays in Oliver County, and people from neighboring counties were also welcome.

Using x-ray to identify TB was a relatively new technology, though similar testing had been done a few years before. Some Q-and-As in

the newspaper offered additional information. It was stated as necessary for individuals over the age of 50 to be tested, though the Health Department sought to test people of all ages...especially those fifteen and older.

Also, individuals were reassured that they did not have to undress, though it was cautioned that "blouses with sequin decorations or metallic nailheads will interfere with the reading of the x-ray picture" and would have to be removed.

Even today, the disease is not wiped out and can be deadly – but thanks to medical advances, treatments are available, and the outlook in many areas is much improved.

Dakota Datebook written "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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