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Postal Patron

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The best circulation for your dollar

### Sakakawea Chapter of Ducks Unlimited

Saturday, February 22nd, 2025 • Doors open @ 5:00 p.m. Washburn Memorial Hall, 805 Main Ave., Washburn, ND 5857

Fun Community Event
Food, Raffles, Auction & more!

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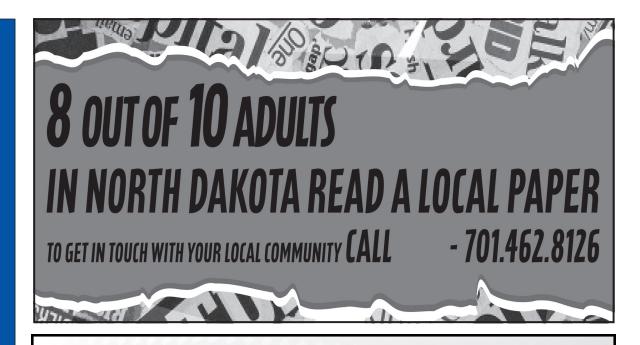
We offer up to \$7,500 in employment incentives! We have open CNA positions in Garrison and Turtle Lake, North Dakota. Immediate full-time positions available. Apply today and grow your career with us!

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For questions contact: kara.jones900@commonspirit.org

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### CALENDAR Weekly

### **EVERY MONDAY**

**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.

### **EVERY TUESDAY**

**THE COMMUNITY CUPBOARD OF UNDERWOOD THRIFT STORE** is open every Tuesday 1 - 5 pm. 208 Lincoln Ave. Underwood, ND

### **EVERY THURSDAY**

AA MEETING, Turtle Lake Methodist Church on Thursday evenings at 7 pm.

**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.

THRIFT STORE IN MAKOTI, is also open from 4 to 6 p.m.

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

### **EVERY FRIDAY**

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

### **Monday, February 17**

GARRISON LIBRARY CLUB
YOGA, FIRST CONGREGATIONAL CHURCH- UCC, 8 a.m.
BONE BUILDERS, Garrison Senior Center, 10 a.m.
STORY TIME, Max Library, 10:30 a.m.

### **Tuesday, February 18**

**THE THRIFT STORE,** 181 Ellsworth St., Makoti, 3-6 p.m. **ELEMENTARY FELLOWSHIP,** First Congregational Church- UCC, 3:30 p.m. **PIE AND ICE CREAM SOCIAL,** Garrison High School Ag Room, 4-7 p.m. **ADULT BOOK CLUB,** Garrison Library, 7 p.m.

### Wednesday, February 19

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

### Thursday, February 20

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

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

THE THRIFT STORE, 181 Ellsworth St., Makoti, 4-7 p.m.

**COMMUNITY CUPBOARD OF UNDERWOOD** 208 Lincoln Avenue food distribution 4-6pm. No referrals or preregistration required.

### Saturday, February 22nd

**THE LORD'S PANTRY AT TRINITY LUTHERAN CHURCH** in Turtle Lake from 10-Noon. No referrals or pre-registration is required. Food at no cost, all in need are welcome.

### Sunday, February 23

**FIRST LUTHERAN CHURCH OF WASHBURN** is having a Super Sunday Supper from 4pm-6pm. Questions or to Schedule a meal delivery call Judy 220-4410 or Rhonda 315-0656. Everyone is welcome to attend. Free will offering.

Saturday, March 1

TURTLE LAKE WEIGH STATION ANNUAL MEETING will be March 1st @ 7pm at Weigh Station.

### 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 9:00 a.m. - 3:00 p.m.; Tuesday & Thursday: 1:00-6:00 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.

### Garrison & Underwood-TL-Mercer Meals on Wheels Feb. 17-21

Monday: No Meals - President's Day

**Tuesday:** BBQ Ribs, Baked Beans, Au Gratin Potatoes, Fresh Cantaloupe, Wheat Bread

**Wednesday:** Supreme Pizza Casserole, Prince Edward Veggie Blend, House Salad w/Dressing, Garlic Toast

Thursday: Meatloaf, Mashed Potatoes & Gravy, Brussels Sprouts & Bacon, Wheat Bread

**Friday:** Egg Salad Sandwich on Wheat Bread, Beef & Veggie Soup, Tomato Cucumber Salad, Lettuce & Tomato Slice, Pear

### **Meal Reservations/Cancellations -**

Please call at least one day in advance. The menu is subject to change. Served daily: Low-fat milk, Bread & butter. Suggested contribution is \$4 per meal. For those under 60 is \$11.35. Credit & debit cards are accepted by calling 748-2493. For meals call 442-3488. Frozen meals are available for evening, weekend & holiday closures.

4 | 02.17.25 | Xtra nordaknorth.com



### Food Pantry Distribution Day - Garrison

Open 4th Thursday of **Every Month** 

Thursday, Feb. 27th · Noon-2 p.m. and 5-7 p.m.

DRIVE-BY PICK-UP ONLY IN ALLEY

Donations/memorials accepted at: GARC, PO Box 1002, Garrison, ND 58540 or make a donation directly to our account at Krause's.



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- We think the world
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# We're hiring!

### We want you on our team.

Clinical and non-clinical openings maybe available at Garrison and Turtle Lake:

- Nursing/CNAs
- Dietary
- Housekeeping
- Physical TherapyRadiology

Employment incentives may apply!

### Search our open jobs and apply today.

www.chistalexiushealth.org/careers

### Questions?

Email: kara.jones900@commonspirit.org or call 701-530-7178



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# From the Front Pages

# Independent

### TRINITY CLINIC GARRISON WILL REMAIN OPEN

Trinity Health met with Garrison City Leaders to Discuss future of Garrison's Clinic which will remain open at the request of the Garrison Mayor Stu Merry. Leaders from Trinity Health attended the weekly meeting of the Garrison Area Improvement Association (GAIA) on Wednesday, January 29.

-- McLean County Independent

# News-Journal

### DINO NUGGIES DESIGNERS TAKE FIRST PLACE AT STATE IN ROBOT PERFORMANCE

Not only was it their first year as a team, but it was their first trip to a state competition, where they took first place in robot performance. The newly developed First LEGO League team of Underwood was one of six teams that advanced from regionals to the state competition held Feb. 8 at the University of North Dakota's College of Engineering and Mines.

--- Central McLean News-Journal



### 100 DAYS AND COUNTING WILTON PUBLIC SCHOOL CELEBRATES 100 DAYS OF SCHOOL

Wilton Public School celebrated the 100th day of school Feb. 4. The celebration included little parties, and all the classroom doors were deco- 100 Days and Counting WILTON PUBLIC SCHOOL CELEBRATES 100 DAYS OF SCHOOL rated in different ways.

--- Leader-News

# BEULAH BEAC®N

### BEULAH, NORTH DAKOTA, 58523

### BEULAH MIDDLE SCHOOL'S 'ONCE UPON A GRAPEVINE' PLAY IS FEB. 21

More than a dozen students from Beulah Middle School will be performing in the "Once Upon A Grapevine" play, which will be held at the school's auditorium at 6 p.m., Friday, Feb. 21.

--- Beulah Beacon

# Center Republican

### 'ANGEL OF NORTH DAKOTA' STORY TO HIT BIG SCREEN

For the past 105 years, one could only imagine what Hazel Miner and her siblings actually went through on that tragic day when she lost her life saving her two siblings during a spring snowstorm on March 16, 1920

.--- Center Republican

# **Hazen Star**

### TEAM, COACHES RECOGNIZED AT LEGO LEAGUE COMPETITIONS

One group of Hazen students combines precise measurements of coding and construction, creative ideas for presentations and skits and dedicated teamwork and sportsmanship.

--- Hazen Star





### KOK FAMILY LAND SALE

The following farmstead will be sold at private sale on sealed bids as follows:

<u>Description:</u> <u>Mountrail County, North Dakota:</u>

Township 152, Range 88, Section 14

Approximately 15.74 acres located in the SW½, comprising the Kok Family homestead. (Exact acres to be determined by survey to be paid for by successful bidder)

<u>Terms:</u> The farmstead will be sold to the highest bidder for cash. All bids must be submitted in writing and presented in sealed envelopes marked "Kok Family Land Sale." All bids must be accompanied by a 10% earnest money deposit. Bidders will be notified, in writing, within 10 days of bid opening of acceptance or rejection of their bid. The three top bidders, as determined by seller in seller's sole discretion, will be contacted and invited to attend a bid auction, in person or electronically, at the offices of the Kelsch Law Firm where they will be given an opportunity to raise their bids. Sale to close on or before April 14, 2025, by payment of the balance of the purchase price in cash.

<u>Bids:</u> Mail or deliver written sealed bids to Arlen M. Ruff, Kelsch Law Firm, PO Box 1266, Mandan, ND 58554-7266, on or before March 6, 2025, at 4:00 p.m. CST, at which time bids will be opened. Seller reserves the right to reject any and all bids or to waive any irregularities in the bidding process.

Additional terms: Sale is subject to easements, mineral reservations, and rights-of-way of record. Seller will not provide the successful bidder with an up-to-date abstract of title. 2025 real estate taxes will be paid by Buyer. Seller reserves 100% of all minerals, oil, and gas, now owned by Seller.

FOR A BID PACKAGE, CONTACT: Arlen M. Ruff, at (701) 663-9818 or <a href="mailto:arlenruff@kelschlaw.com">arlenruff@kelschlaw.com</a> or for further information contact Amy Gray at (701) 240-4961 or <a href="mailto:tagray@rtc.coop">tagray@rtc.coop</a>.



# THE CLASSIFIEDS

- · DEADLINE: 5 p.m. Wednesdays
- CLASSIFIED WORD ADS: Terms Cash, Check, Visa or Mastercard.
- COST: \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are free one week only.
- CLASSIFIED DISPLAY RATE: \$9.50 per column inch.
- CONTACT INFORMATION: Phone: 462-8126 Fax: 462-8128 Email: leadernews@nordaknorth.com • Website: www.nordaknorth.com 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.

**DELIVERY PROBLEMS?** If you're having any problems getting your XTRA

- when and where you want it, we want to know. Call 1-800-229-5028 to report problems.

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

24-TFNPI

### **FARM RELATED**

BULK FUEL sale and delivery. Premium Clear #2 fuel, \$3.48/gallon; Premium Dyed #2 fuel, \$2.80/gallon; Unleaded Gas, \$3.10/gallon. Call for current pricing. Call Jason, 701-870-

WILL DO: Local or regional hauling farm equipment. Can pull air seeders or farm equipment or will haul farm equipment, hay or grain. Also can haul or pull construction equipment such as conveyors, rock crushers, scrapers and dozers up to 300,000 lbs. 32 years of over-sized and overweight experience. Call Jason, 701-870-0415.

WE HAVE THE FOLLOWING SHIP DATES SCHEDULED TO SHIP COWS AND BULLS, Monday March 3rd, and Monday March 17th. As always, have them there by 11 am. Call Darin @701-315-0144 with any questions, also follow us on Facebook.

### **GIVEAWAY**

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

21-TFNNCG

### **HELP WANTED**

IN HOME CAREGIVER wanted in Underwood for personal care. Light housekeeping and cooking. 2 days a week, 3 hours per day. Pay depending on experience. Willing to train. Call 471-3074

### **HELP WANTED**

Mowing Contract: The City of Underwood is accepting bids for

### mowing the city cemetery

for the 2025 summer months. For all specifics, please contact the city office at 701-442-

**5481.** Deadline: 6 pm, February 20, 2025. Bids may be mailed to PO Box 168, Underwood, ND 58576 or delivered to the city office.

Underwood Park Board is accepting applications for

### water safety instructors and lifeguards.

Applicants must be 15 years or older to apply. Applications can be picked up at the Underwood High School or Underwood City Office. Deadline Feb. 10, 2025

### Summer Help Wanted

City of Underwood is accepting applications for

### seasonal summer maintenance.

Work may include but is not limited to mowing, street cleaning, curb and hydrant painting, equipment maintenance, and other jobs as designated. Applicants must be at least 16 years of age and possess a valid Driver's License. Applications may be obtained from the city office or by calling 701-442-5481. Deadline is February 20, 2025 by 6:00 pm.

### **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.

### **HELP WANTED**

### **SECURITY OFFICERS** GENERAL SECURITY SERVICES CORPORATION™

### Washburn & Center, ND

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

### **HELP WANTED: CULINARY SERVICES DIRECTOR**

Essential Functions of the Job:

- Manages the selection, training, development and performance of culinary staff.
- Ability to develop and facilitate growth within the department, relate professionally to departmental staff and to work cooperatively
- with others at all levels. Willingness to fill-in shifts & work alongside culinary staff to assure
- Ability to work independently and prioritize tasks

Qualifications Required: Is a Certified dietary manager (CDM) or willingness to become accredited as a certified dietary manager (as required by F361 and State guidelines). High school diploma or equivalent, Sanitation certification, Large scale cooking and preparation experience, Strong desire to work with the elderly, Excellent communication skills.

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Benedictine-Garrison is actively hiring at all levels of experience, and we need your skills. Whether you have a background in nursing, food service, or housekeeping, or if you just want to make a difference, we will find you a place where you belong at Benedictine Living Community | Garrison and The **Meadows Assisted Living.** 

If you are a service-minded person who wants to work in a mission-focused culture, consider joining our community.

Apply at:

www.blcgarrison.com or scan QR code to see listings. Call (701) 463-2226 for more information. "EQUAL OPPORTUNITY EMPLOYER"





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### **HELP WANTED**

**CORPS OF ENGINEERS** 

is seeking one Full-Time **POWER PLANT** 

**ELECTRICIAN (DR)** at Riverdale, ND.

The USAJOBS Vacancy Announcement number is CERH254637338999DHA and it closes on 3/4/2025. If interested, apply online at https://www.usajobs.gov/ job/831166800.

For additional information please contact Maverick Thompson at (701)654-7712.

### **HELP WANTED**

**CORPS OF ENGINEERS** is seeking one Full-Time

**POWER PLANT ELECTRICIAN TRAINEE** 

III/IV at Riverdale, ND. The USAJOBS Vacancy Announcement number is CERH254637332052DHA and it closes on 3/4/2025. If interested, apply

online at https://www. usajobs.gov/GetJob/ ViewDetails/830232200 For additional information

please contact Maverick Thompson at (701)654-7712.

### **HELP WANTED**

The Board of Sheridan County Commissioners will be accepting applications for a full time custodian position for the Courthouse and Courthouse grounds. Wages \$15.00 - \$17.00 per hr. depending on experience. Full benefit package with family health insurance and retirement.

Applications and a list of duties are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 call 701-363-2205 or on the County website at: co.sheridan.nd.ús

Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. February 28th. Interviews will be held at the March 4th County Commission Meeting.

**Shirley A. Murray Auditor** 



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### **HELP WANTED**

### HELP WANTED

We are looking for a
Mechanic to join our team!
You will be responsible for
basic vehicle services,
oil changes, tires, batteries, etc.
Responsibilities:

- Repair vehicles
- Perform routine vehicle maintenance
- Use diagnostic tools to test vehicle components
- Perform quality inspections prior to returning vehicle to the customer

### Qualifications:

- Previous experience as a mechanic
- Knowledge of shop equipmentStrong mechanical aptitude and trouble-
- shooting skills
- Deadline and detail-oriented

· Ability to thrive in a fast-paced environment



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### HELP WANTED

### INVENTORY / OFFICE COORDINATOR

Scheresky Ag Service has an immediate opening for a FT Inventory / Office Coordinator. This position serves as the primary customer service representative of the company, tracks inventory, and completes a variety of office duties. Candidates must be organized, professional, and skilled in bookkeeping and inventory tasks. The ideal candidate will be a strong communicator who shares our passion for excellence and possesses a positive customer service attitude. Quickbooks and Microsoft Office experience helpful. Starting wage of \$20-\$24/hour, DOE. Benefits include health, 401k, performance bonus,

and paid time off.
Call Heather at 701-679-2578 or
email resume with references to
agserve@restel.com.
Scheresky Ag Service, Inc., Max ND



### STATEWIDES

### **HELP WANTED**

**THE BOTTINEAU COURANT** official newspaper of Bottineau County is looking for a full time office and advertising manager. Responsibilities include creating and designing advertisements, sales and communication with clients. Send resume to Strand Agency. Attn: Stacy, 521 Main Street #3, Bottineau, ND 58318.

**THE CITY OF PEMBINA** is looking for a PT Public Works Assistant. The position is 32 hr/wk starting at \$20, DOE. Qualifications: The ability to operate loaders-tractors-mowers, & maintain same; ability to lift 50#; possess valid driver's license. Please apply at the City Office at 152 W. Rolette St., Pembina, or contact the City Office at 701.825.6819.

**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.

### SERVICES FOR HIRE

**PEST CONTROL: PROTECT YOUR HOME** from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 866-892-7677 Have zip code of property ready when calling!

**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: 1-877-548-8176

### **REAL ESTATE FOR SALE**

**ND FARM LAND V**alues 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.

### **ONLINE LAND AUCTION**

**ONLINE LAND AUCTION** 320 Acres – Emmons Co. Bidding: March 29-April 1; Owners: Gregory & Barb Van Beek; 2 Parcels – West Emmons Twp. Near Strasburg, ND; Crop & Pasture – Early Possession Available! No 2025 Contracts! Nikolaisen Land Company, 844.872.4289, www.niklandco.com.

### **MISCELLANEOUS FOR SALE**

**NEED NEW FLOORING? C**all today to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-866-892-5868

**TOP CA\$H PAID FOR OLD GUITARS!** 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-844-592-3691

**PAYING TOP CA\$H FOR MEN'S SPORT WATCHES!** Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-877-548-8415

**LOOKING FOR THE** most complete listing of ND Media? ND Media Guide. Only \$30! Call 701-223-6397, ND Newspaper Association.

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### **HEALTH/MEDICAL**

**STOP OVERPAYING FOR HEALTH INSURANCE!** A recent study shows that a majority of people struggle to pay for health sources a latus shows you have much your san

for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 877-727-7420. You will need to have your zip code to connect to the right provider!

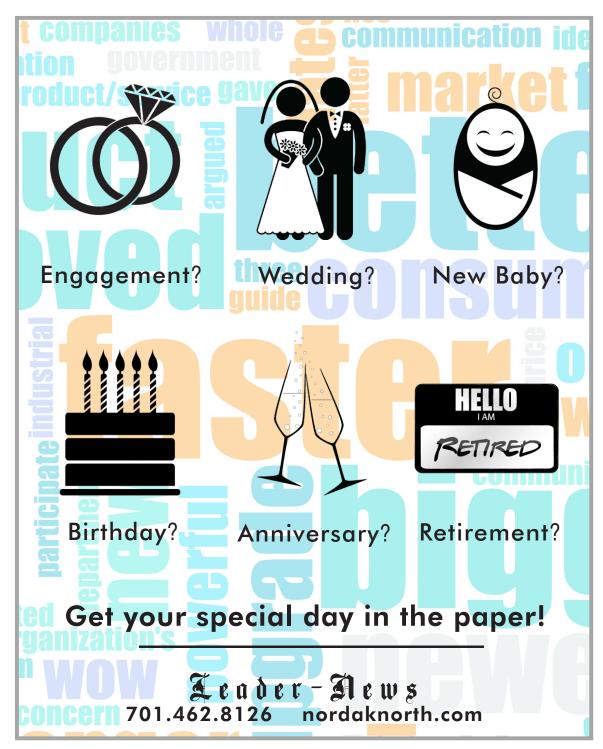
VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00! 100% guaranteed. CALL NOW! 1-866-481-0920

### **MISCELLANEOUS**

**INJURED IN AN ACCIDENT?** Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 701-505-8373

**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.





# **Radiology Services**



It's Right Here.







### KOTATHEATRE

Main St., Garrison

Adults - \$7 Under 13 - \$5

Where popcorn is still only 50¢

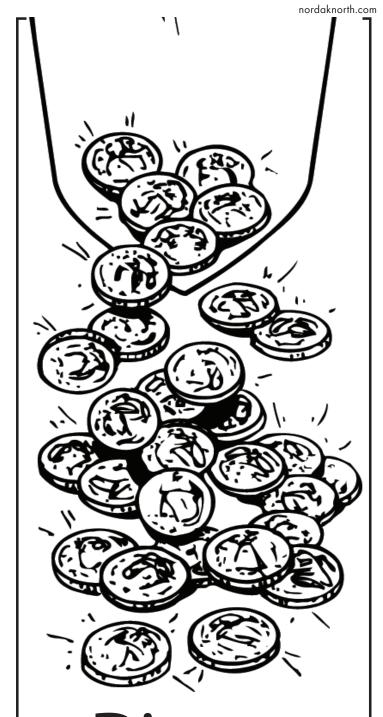
Movies start @ 7:30 pm

### SEPCIAL SHOWING: 2 WEEKENDS

### <u>Captain America: Brave</u> <u>New World, PG-13</u>

Sam finds himself in the middle of an international incident after meeting with President Thaddeus Ross. He must soon discover the reason behind a nefarious global plot before the true mastermind has the entire world seeing red. 1h 58m, Action/Sci-Fi 2025.

Feb. 14 & 15..... 7:30 pm Feb. 21 & 22..... 7:30 pm



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Solve the code to discover words related to heart health.

Each number corresponds to a letter.

(Hint: 11 = R)

A. 15 6 5 11 10

Clue: Pumps in chest

B. 13 5 11 14 3 4 23 5 12 13 20

13 5 11 14 3 4 23 5 12 13 20 1 5 11

Clue: Having to do with the heart

C. 2 11 6 12 12 20 11 6

Clue: Force of blood moving through body

. 23 6 12 12 6 1

Clue: Vein or artery

# Rearrange the letters to spell something pertaining to heart health.

AQPEUL

Answer: Plaque

### **GUESS WHO?**

I am a singer born in Canada on February 16, 1990. I began to gain a following after anonymously uploading my songs to YouTube. I went on to release a mixtape, which was met with acclaim. I have since won multiple Grammy awards.

Answer: The Weeknd

### **HEART HEALTH**

### WORD SEARCH

U F I M S ٧ ٧ G I R 0 н C C S Α C Κ D Τ 0 U U U Т K Α D Α Ε R U L Ι Α F Н R U C Ι C Υ Н S Т N

### WORDS

**AORTIC** BLOOD PRESSURE CARDIAC CARDIOLOGIST CORONARY **FAILURE** HEART MITRAL PACEMAKER **PRESSURE PULMONIC PULSE STRESS** STROKE SYSTOLIC TACHYCARDIA THROMBOSIS TRIGLYCERIDES **VALVES VENTRICLE** 

Find the words hidden vertically, horizontally, diagonally, and backwards.



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