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Family VISION CENTER
Dr. Kathy Hendrickson
110 9th Ave S
Carrington, ND
701-652-2020 or
1-800-481-2212
carringtonfamilyvisioncenter.com

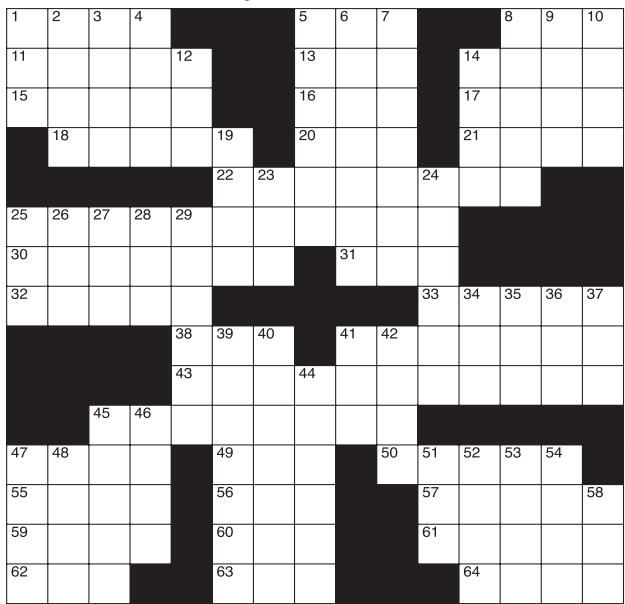
IDEA DIVIDE ELECTRICAL & AUTOMATION
1326 5th Ave N
New Rockford, ND
701.341.9860

Eagles Club
7 - 8th St S
New Rockford, ND
OPEN
Monday-Saturday
4:30-Close

CenDak Cooperative
cendakcooperative.com
Proud to be serving our communities in central North Dakota!

PUZZLES

- Weekly Crossword -



- CLUES ACROSS**

 - 1. Breeze through
 - 5. Consumer protection agency
 - 8. Criminal syndicate
 - 11. Moves back from
 - 13. Satisfaction
 - 14. Feel concern or interest
 - 15. Monetary units
 - 16. Congressman (abbr.)
 - 17. Israeli city
 - 18. Restaurants
 - 20. 2,000 lbs.
 - 21. Grandmother
 - 22. North, South and Central
 - 25. In an early way
 - 30. Foes
 - 31. Social networking platform
 - 32. Early term for basketball player
 - 33. Another name for sesame plant
 - 38. Disallow
 - 41. Provide greater detail
 - 43. Inaccessible
 - 45. Evoke emotions
 - 47. Ancient kingdom near Dead Sea
 - 49. Celtic punk rockers
 - 50. A fencing sword
 - 55. Actor Idris
 - 56. Affirmative (slang)
 - 57. Afflicted in mind or body
 - 59. One point north of northeast
 - 60. Born of
 - 61. Social media hand gesture
 - 62. Hong Kong food stall ___ pai dong
 - 63. Opposite of beginning
 - 64. Email function
- CLUES DOWN**

 - 1. Sign language
 - 2. Fashionable
 - 3. Borough in Helsinki
 - 4. Inability to hear
 - 5. More quickly
 - 6. An idea accepted as a demonstrable truth
 - 7. Shrewdly
 - 8. Rooney and Kate are two
 - 9. Mediterranean port
 - 10. Benedictine monk
 - 12. Midway between south and southeast
 - 14. Town in Galilee
 - 19. Satisfy
 - 23. Mice genus
 - 24. Brass instrument
 - 25. Chest muscle (slang)
 - 26. Transmits genetic information from DNA
 - 27. Records electric currents generated by the brain
 - 28. Woman (French)
 - 29. Short route aircraft
 - 34. Pitching statistic
 - 35. Pointed end of a pen
 - 36. Popular sports league
 - 37. Body part
 - 39. Inoffensive
 - 40. Yellowish cotton cloth
 - 41. Feline
 - 42. Does not tell the truth
 - 44. Seduced
 - 45. Spiritual leader
 - 46. Abba __, Israeli politician
 - 47. Repair
 - 48. Olive genus
 - 51. Swiss river
 - 52. Prejudice
 - 53. C. European river
 - 54. Keep under control
 - 58. Father

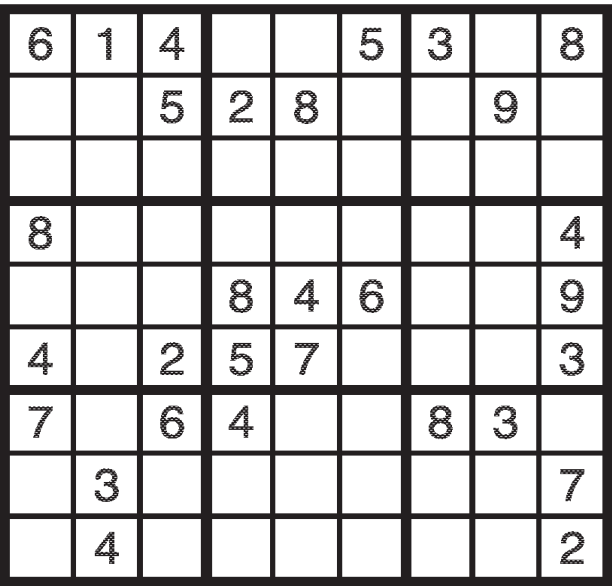
WORD SCRAMBLE

Rearrange the letters to spell something pertaining to heart health.

I W H T E G

Word scramble answer grid.

SUDOKU



Level: Beginner

HEALTHY HEART WORD SEARCH

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

WORDS

aerobic	cardiac	exercise	plaque
arrhythmia	cardiovascular	healthy	pulse
arteries	cholesterol	heart	stress
atherosclerosis	circulation	hypertension	stroke
beats	coronary	inflammation	valves
blood	endurance	muscle	veins

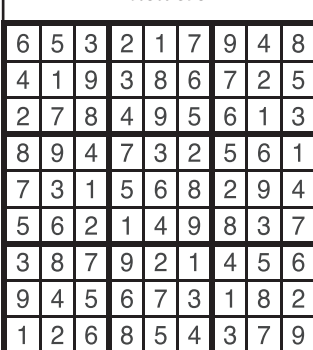
- Word Search -

Answers



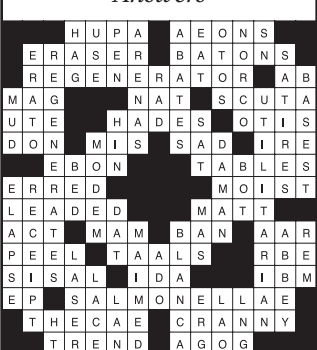
- Sudoku -

Answers



- Weekly Crossword -

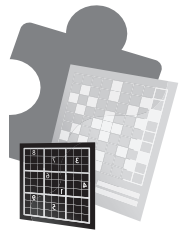
Answers



Word Scramble

Answer

KISSES



Public Notice

NOTICE OF ANNUAL MEETING
Central Plains Water District will be holding its annual meeting on February 17, 2026, at 10:00 AM at 105 Main Ave S, in Fessenden.
Published January 26, February 2 and 9, 2026

NOTICE
The North Dakota Game & Fish Department announces the following summary of regulations and changes for the 2026 spring wild turkey hunting proclamation. The season will run from Apr. 11 through May 17. There are 8,490 licenses available in 21 open units.
Bag limit is one bearded or male wild turkey.
Deadline to apply is Feb. 11. Only residents are eligible. Apply online at gf.nd.gov. Licenses issued by weighted lottery.
A complete 2026 fall wild turkey proclamation is available from the NDGF Department, 100 N Bismarck Expy Bismarck, ND 58501-5095, Ph: (701) 328-6300, or online at gf.nd.gov.
Published February 2, 2026

REQUEST FOR BUILDERS
To construct a post or steel frame storage shed
North Dakota State University
Carrington Research Extension Center
North Dakota State University requests building contractors for construction services of a post or steel frame storage building in Carrington, ND.

Interested firms may receive bid submittal instructions by contacting the NDSU Carrington REC Director by the following methods:
Telephone: 701-652-2951
Email: mike.ostlie@ndsu.edu
Questions regarding the building plans are to be directed to the CREC Director, Mike Ostlie.
Submittal of bid deadline is 10:00am local time February 17, 2026, at the NDSU CREC, 663 Hwy 281 N, Carrington, ND 58421.
Published January 26, February 2 & 9, 2026

SHEYENNE CITY COUNCIL REGULAR COUNCIL MEETING JANUARY 5, 2026
Mayor Hanson called the regular meeting to order with Thumb absent. Minutes of December 3, 2025 meeting were read and approved. Motion Hoffer, second Ames, motion carried.
A part-time certified water operator will start in January and replace our current operator. P. Larson gave grant updates and went over quotes for fixing outside of senior center and Ostby.
Treasurer's Report: Motion to accept Labrenz, second Hoffner, motion carried.
Meeting Adjourned.
Next regular meeting Monday, February 2, at 6:00 pm
GENERAL FUND:
MDU131.52
Otter Tail757.07
NDTC42.22
Eddy Co. Auditor2,635.00
Double M Sanitation3,935.00

IRS.....275.40
D. Labrenz172.50
Black Mountain Software
.....2,710.92
Jacobson.....507.93
WATER & SEWER:
MDU144.57
Otter Tail314.48
NDTC44.18
City of Fargo14.00
Northern Plains41.00
Hawkins612.70
Cendak485.93
Rieger731.95
Jacobson.....507.92
Published February 2, 2026

SUMMONS
STATE OF NORTH DAKOTA, IN DISTRICT COURT, COUNTY OF EDDY, SOUTHEAST JUDICIAL DISTRICT
James D. Hovey and Annette E. Hovey, Plaintiffs, vs.
Joanne D. McNeil; David Keith Lee; Unknown heirs and devisees of Lisa Schuster, deceased, who expired June 16, 2020; Paul Schuster and Sara Nisbet, who are known heirs of Lisa Schuster; and all other persons unknown claiming any estate or interest in, or lien or encumbrance upon the property described in the Complaint, Defendants.
File No. 14-2026-CV-00007
THE STATE OF NORTH DAKOTA TO THE ABOVE-NAMED DEFENDANTS AND EACH OF THEM:
You and each of you are hereby summoned and required to

appear and defend against the Complaint in this action which is filed with the Clerk of this Court by serving upon the undersigned at his office in the city of Carrington, North Dakota, an Answer or other proper response within 21 days after the service of this Summons upon you, exclusive of the day of service. If you fail to do so, judgment by default will be taken against you for the relief demanded in the Complaint.
Dated at Carrington, North Dakota, this 16th day of January, 2026.

Thomas J. Aljets
1405 Main Street
Carrington, ND 58421
Telephone: (701) 652-3280
Attorney ID #03464
E-mail: taljets@daktel.com
ATTORNEY FOR PLAINTIFFS
NOTICE OF NO PERSONAL CLAIM
You are hereby notified that this action is brought for the purpose of determining adverse estates, interests, liens, or encumbrances and quieting title in the plaintiffs by excluding the defendants and each of them from any interest in or lien upon the following described real property in the county of Eddy, state of North Dakota, to-wit:
West End Addition to the City of New Rockford, Eddy County, North Dakota:
Block 1: Lots 4, 5 and 6
You and each of you are further notified that no personal claim is made against you and no costs will be claimed against any defendant not appearing.
Dated at Carrington, North

Dakota, this 16th day of January, 2026.
Thomas J. Aljets
1405 Main Street
Carrington, ND 58421
Telephone: (701) 652-3280
Attorney ID #03464
E-mail: taljets@daktel.com
ATTORNEY FOR PLAINTIFFS
Published February 2, 9 & 16, 2026

MEETING NOTICE
ND REPUBLICAN PARTY - DISTRICT 14 ELECTION FOR DELEGATES FOR THE UPCOMING NORTH DAKOTA STATE GOP CONVENTION 2026.
Saturday, February 21, 2026 2pm
Harvey Municipal Building (Harvey Armory)
120 W 8TH ST
HARVEY ND 58341
Registration opens at 1:30pm
District 14 Chairman, Larry Danduran
Published February 2, & 9, 2026

For Rent

TOWNHOUSE FOR RENT IN DEVILS LAKE: 3 bedroom, attached double garage, appliances and utilities included, no steps, gas fireplace, \$1,500/month. Call 701-662-5675.

G & R Feed
New Rockford, ND
1001 3rd Ave. S.
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701-947-5714
VITA FARM TUFFY'S
PET FOODS, INC.

STC SURETY TITLE COMPANY
102 3rd Avenue SE,
New Rockford
701-947-2446
ND only: 800-554-2446

HIGH PLAIN SEQUENCE EQUIPMENT
6614 Hwy 200
Carrington
701-652-2821
701-652-2112 (service)
highplainseq.com

North American Bison, LLC
South of
New Rockford
on Hwy. 281
701-947-2505

RICHARDSON
Home of Dakota Growers Pasta Company
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Contact HR at
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with any questions

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New Rockford, ND
Cell : 701-302-0653
Business: 701-947-5111

Work Wanted

KNIVES SHARPENED for 75¢ each or three for \$2 at Miller's Fresh Foods, New Rockford.

WORK WANTED: Piano tuning and repair. Ringerud Piano Service, John Ringerud, piano technician. Call 701-652-2512, Carrington.