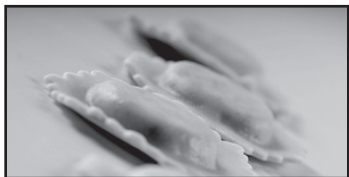


Dish up homemade ravioli



For the filling:

2 eggs
1/2 pound ground beef
1-1/4 cups whole milk ricotta cheese
1/4 cup Pecorino Romano cheese
1 teaspoon sea salt
1/4 teaspoon black pepper
1/2 teaspoon dried oregano
3/4 teaspoon garlic granules
In a food processor, pulse together the flour and salt 3 to 4 times. Next, whisk together the eggs, oil and water in a small bowl or liquid measuring cup until combined.

While processing the flour-salt mixture at high speed, slowly pour in the egg-water mixture until incorporated. You may need to add a tablespoon or two of water to help make the dough while in the food processor. Process until the dough turns into a tight ball and cleans the side of the processor.

Remove the dough and knead on a clean, lightly floured surface for 2 to 3 minutes. It should

be soft when pinching it, like Play-Doh®. Cover and let the dough rest for 20 minutes.

In a large bowl, thoroughly mix the meat, cheese, eggs, and seasonings until combined. Keep cool and covered in the refrigerator until ready to use.

Cut the pasta dough into eight individual balls. Press each dough ball down and lightly flour on both sides. Run the dough through the widest setting on the pasta roller, then run it through on the second to last thinnest setting on the pasta roller. Lightly flour both sides of the rolled dough and repeat the process with the other seven dough balls, and hang them on a pasta drying rack.

Lightly flour the top of the ravioli mold. Place one of the rolled-out dough sheets on top of the mold. Stuff each ravioli slot with 1 to 1-1/2 tablespoons of the filling, totaling 12 individual filling slots. Do not over-stuff. Place another sheet of rolled-out dough over top then lightly flour. Using a rolling pin, roll the outside edges of the mold and center around each ravioli cutting through the dough into the mold, and separating them.

Remove the excess dough around the outside. You can re-roll this out and make homemade spaghetti or another pasta you'd like. Flip the mold over onto a sheet tray lined with parchment paper. Repeat the process until you have all of the ravioli done.

You can either freeze the ravioli until frozen or boil them right away. If boiling, add them to a large pot of boiling salted water. Once they are floating, cook them for another 5 to 6 minutes or until the meat filling is cooked through. After cooking, try serving them with Pomodoro Sauce or a meat Spaghetti Sauce.

-metrocreativeconnection

ND HHS seeks Youth Advisory Board members

ND Health and Human Services (HHS) is seeking youth aged 15-21 to serve on a Youth Health Advisory Board.

The purpose of the advisory board is to offer an opportunity for youth to make a difference in North Dakota communities by planning, implementing and advising on meaningful projects and topics to improve the health of North Dakota youth. The advisory board provides young people a chance to learn about, and put into action, community-wide planning and enhance leadership skills and responsibility.

"Youth health issues differ from adults. To understand their needs, HHS would like to hear directly from youth. Their feedback will help inform decision making and drive programmatic change," said Krissie Guevard, community engagement director for the HHS Public Health Division. "The health and well-being of youth have a major impact on the overall health of society. Today's adolescents and young adults are tomorrow's workforce, parents and leaders."

Board membership will consist of a diverse group of 20 North Dakota individuals between the ages of 15 and 21 from various backgrounds, including ethnicity, race, age, socioeconomic status, sexual orienta-

MINUTES OF REGULAR MEETING OBERON SCHOOL BOARD November 13, 2023

A regular meeting of the Oberon School Board was held Nov. 13, 2023. President Faron Stensland called the meeting to order at 5 p.m. Roll call was taken. Present were Faron Stensland, Kim Krebsbach, Robby Mock, Kevin Dauphinais, Crystal Dubois, Superintendent Jordan Brown and consultant Wayne Trotter. Business Manager Maria Dunlap was present via MS Teams.

Krebsbach moved to approve the agenda. The motion was seconded by Mock and approved by Stensland, Mock and Krebsbach.

Krebsbach moved to approve the consent agenda consisting of Oct. 9, 12 and 23, 2023 minutes, October financial reports and list of bills. The motion was seconded by Mock and approved by Stensland, Mock and Krebsbach.

Krebsbach moved to approve the additional list of bills. The motion was seconded by Mock and approved by Stensland, Mock and Krebsbach.

Aramark	\$632.58
BC Farmers Press	281.25
Bismarck Hotel, The	436.00
Bremer Bank	33.50
CenDak	1,111.97
Central Business	
Systems	1,294.24
Central City H2O	522.00
Consolidated Const	
Co.	31,728.12
Dakota Boys Ranch	8,484.00
Dauenhauer Diesel	
Repair	2,674.26
Delorme, Greyson	100.00
Demarc, Andy	100.00
Demarc, Charles	100.00
DRN Readitech	411.10
Harlow's	102,845.00
Home Shop, The	401.25
JB Vending, LLC	171.47
Lake Region Builders	86,758.07
Leaf	244.65
Meadow Sweet Dairy	770.47
NAPA Autocare Center .	170.53
Native Pride	9,557.73
ND Telephone Co.	518.86
Nova Fire Protection	950.00

tion, ability and places of origin. Members are asked to commit to at least two years of service to cultivate personal and professional growth. A statement of commitment will be required from a parent or guardian for youth ages 15-17.

Members of the advisory board will have the opportunity to gain community service hours throughout the program and receive a professional written recommendation upon two-year service completion.

The application deadline for the Youth Advisory Board is February 15. Meetings will be held every other month online via Microsoft Teams beginning March 2024. For more information on the board and to apply, visit hhs.nd.gov/health/engagement/advisory-boards/youth.

Otter Tail Power Co.	2,309.53
Paul's C-Store	2,294.05
Pearce Durick PLLC	1,656.25
Perleberg Convenience Store	1,005.42
Popplers Music, Inc.	163.20
Postmaster	9.97
Ruthless Pest Control, LLC	150.00
Sanford Health	
Occup. Medicine	108.00
Schwan Oil Co.	719.85
Synergistic Educational Solutions	5,500.00
Trotter, Shawn	13.00
Trotter, Wayne	4,220.20
Uline	453.00
United Laboratories, Inc.	589.96
US Foods	5,703.21
Zahn, Beth	194.78

Mock moved to appoint Crystal Dubois to fill board vacancy. The motion was seconded by Krebsbach and approved by Stensland, Mock and Krebsbach.

New board members Kevin Dauphinais and Crystal Dubois were sworn in.

Brown read letter from Kristen Baesler regarding ND Be Legendary Training.

Mock moved to approve superintendent to request quotes for a used Suburban. The motion was seconded by Krebsbach and approved by Stensland, Mock, Krebsbach, Dauphinais and Dubois.

The board presented Brown with the Formative Superintendent Evaluation with a satisfactory rating.

Brown presented the superintendent's report.

The next regular board meeting will be Dec. 11, 2023, 5 p.m.

Maria Dunlap
Business Manager

Faron Stensland
Board President

New National Suicide Lifeline phone number is 9-8-8

The National Suicide Lifeline has officially changed its number to 9-8-8 and has been renamed to the Suicide and Crisis Lifeline. All conversations and interactions with 9-8-8 crisis workers are free, confidential and non-judgmental.

There is now the ability to text or chat online with a crisis worker. To text, someone in crisis can text any message to 9-8-8 in order to start a conversation. A follow-up text will be sent to gather some more information about the individual and the situation they are facing. For the online chat, someone in crisis can go to 988lifeline.org/chat to connect with a crisis worker.

There is a pre-chat survey for the individual to fill out in order to provide the crisis worker with more information on the situation they are going through. These new ways of reaching out for help increase the availability of 9-8-8 services for people in crisis to get the help they need.

Along with the texting and chatting resource availability, there is also the Veterans Crisis Line. If a veteran is in crisis or if someone is concerned for a veteran, they can call 9-8-8 and press 1 to be connected with a trained peer supporter. There is also an option to text at 838255, as well as the online chat option for veteran specific crisis intervention and support at www.veteranscrisisline.net/get-help-now/chat/.

On 988lifeline.org, there are resources to help offer guidance specific needs or situations such as individuals with neurodiver-

gence, maternal mental health, youth, LGBTQ+, Native Americans, and many other specific groups and needs. In having these resources available to all, anyone can have the tools to help someone work through a mental health crisis or to point someone in the right direction.

To learn more about the Suicide and Crisis Lifeline, please visit 988lifeline.org to explore all the information and resources provided.

Maddock school menu

Feb. 1: Mini pancakes; hot ham and cheese, wild rice chicken soup, green beans, fruit salad.

Feb. 2: Egg omelet; mini corn dogs, French fries, baked beans, grapes.

Feb. 5: Bacon and eggs; crispieto, corn, cheese sauce, strawberry cup.

Feb. 6: Breakfast pizza; orange chicken, rice, egg roll, broccoli, mandarin oranges, ice cream.

Feb. 7: Mini donuts; macaroni hamburger hotdish, whole grain bun, corn, pears.

Feb. 8: Mini cinnamon roll; hamburger, whole grain bun, French fries, baked beans, mixed fruit.

Feb. 9: Long John; pizza, green beans, pineapple, Rice Krispie bar.

All breakfasts served with cereal, toast, juice, fruit and milk. All lunches served with salad bar and choice of milk.

Donate to Legion scholarship

The Gunnerud-Dietrich American Legion Post 86 and its Auxiliary of Minnewaukan established a scholarship at LRSC in 2012. Interest is awarded annually to LRSC students.

Donations can be made in the form of gifts or memorials. The Legion will send the money to LRSC and send letters of thanks to the donors. Donations can be sent to American Legion Post 86, PO Box 173, Minnewaukan, ND 58351.

Help Wanted

*** Daycare Teacher ***

at the **Tiny Treasures Daycare - Leeds, ND**
Full or part-time positions needed. Includes: childcare discount, weekends off, competitive wages and stipends.

Contact: Mindy Lindner - 425-870-5939
MindyLindner926@yahoo.com

Fessenden-Bowdon School is seeking a

FULL-TIME CUSTODIAN

Duties include housekeeping, general maintenance and other related duties. Salary will be dependent on experience. Benefits include a single medical, dental and vision insurance policy. The district will match up to 5% of a 403B retirement plan. Sick, vacation and holiday leave is included.

This position will remain **open until filled**. An application can be found at the school office or on the school's website under employment opportunities. www.fessenden-bowdon.org Applications should be emailed to: kent.dennis@fessenden.k12.nd.us or mailed to PO Box 67, Fessenden, ND 58438.



Spirit Lake Tribe JOB LIST

- * Tiwahe Case Manager, until filled
- * Senior Lead Teacher, until filled
- * Paramedic (PT), until filled
- * Teacher Assistant, until filled
- * Administrative Assistant, until filled
- * Assistant Program Manager, until filled
- * Family Assessment Specialist, until filled
- * Cultural Advocate, until filled
- * Lead Teacher, until filled
- * Adult Criminal Court Public Defender, until filled
- * Prosecuting Attorney, until filled
- * Medical Officer, until filled
- * Psychiatric Nurse Practitioner, until filled
- * Dentist, until filled
- * Dentist (PT), until filled
- * Dental Director, until filled
- * Technician, until filled

For application, please click the link
<http://www.spiritlaketribenation.com/employment/>

If you have any questions, you can contact the HR Generalist on direct line at 701-381-0361

Help Wanted

- Part-time/PRN/Fill-in Overnight Medication Aide
- PRN/Fill-in Dietary Aide

Maddock Memorial Home



310 Roosevelt Ave., Maddock, ND 58348
701-438-2641 ~ memorialhome@gondtc.com

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Please call the Oberon Elementary School 701-798-2231 with questions and/or to apply.

Oberon Elementary School | 315 A St. | Oberon, ND

HELP WANTED

City of Warwick is accepting applications for a Water Operator

Seeking ND certification or willing to earn certification upon hire. Job duties include but are not limited to: maintaining city infrastructure related to water and sewer sanitation, taking water samples, and residential connections.

SEND APPLICATIONS TO:

CITY OF WARWICK, P.O. BOX 826,
DEVILS LAKE, ND, 58301

OR TO: CITYOFWARWICK1907@GMAIL.COM

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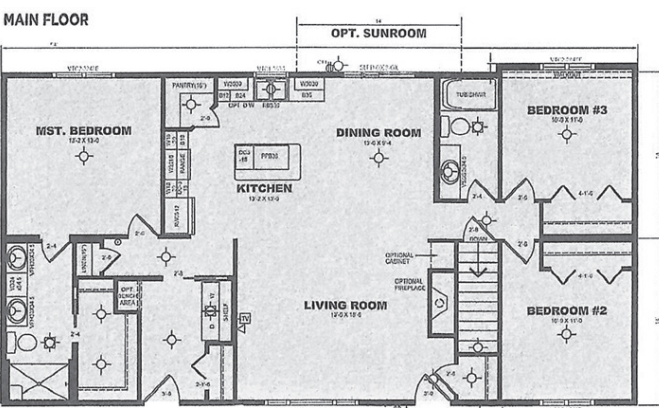
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DynamicHomes

701-739-0408

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