ND Courts 206

Water again.....it's a good topic. There's no doubt that water is one of the healthiest drinks around. It's essential for keeping you hydrated without adding calories or sugar. Your body needs water to survive. Water makes up about 50% to 65% of your body weight. It's in your cells, muscles and organs, it's even in your bones. Water also is around your cells in blood and tissue. Cells, tissues and organs in the body need water to work as they should. Even mild dehydration can make you feel as if you have less energy and make it harder to think clearly. Dehydration also may play a role in obesity and diabetes. Water is a detoxifier that greatly enhances liver and kidney function.

"Americans have obviously gotten the message about water consumption. In 2022, American consumers purchased nearly 16 billion gallons of bottled water — at a cost of $46 billion." However! Scientific studies have found that a liter of bottled water can contain as many as 240,000 tiny plastic fragments. Nanoplastics might be nearly invisible, but that doesn't necessarily mean they are completely harmless. One must use a special type of microscope to see these types of plastics because they are extremely small. "Drinking water from plastic bottles is fine in an emergency but it is not something that should be used in daily life. People need to understand that the issue is not acute toxicity—it is chronic toxicity."

"Chlorination is used to prevent the spread of waterborne diseases such as cholera, dysentery, and typhoid. Utilities add low levels of chlorine or chloramine to kill germs during water treatment, and these levels are considered safe in drinking water, according to CDC." CDC, that's Center for Disease Control, the bureaucracy that took us down the Covid rabbit hole. "Chlorine is one of nature's most toxic elements. Chemical warfare in World War l involved the large scale use of poisonous gases, primarily chlorine, phosgene, and mustard gas. Chlorine was first used by Germany on the battlefield on April 22, 1915. Respiratory symptoms of chlorine sensitivity can include coughing, difficulty breathing, tightness in the chest, or wheezing. Eye irritation from chlorine often leads to redness, itching, and tearing."

Not everyone is chlorine sensitive but same as nanoplastics in water bottles, avoid it if possible. Use a countertop water filter system along with stainless steel or glass water bottles. That half full plastic bottle of water that's been lying on the seat for a bit, drinking it might just make you a bit ill. Water is good for your health so you drink glass after glass of chlorine water all day long, you drink coffee made with chlorine water, you eat potatoes boiled in chlorine water, you then take a hot shower in chlorine water all the while breathing air that chlorine has dissipated into. Confused yet? Do your own due diligence on this topic.

Leftists understand that Christianity "remains the greatest obstacle to the tyranny they wish to institute." "On one side stand those who wish to divide, diminish, and destroy. On the other side stands our Lord, Savior, and Treasure, Jesus Christ. On Easter, we remember His sacrifice. Let us also remember that He is the Way, the Truth, and the Life. So long as we sustain our faith, Western civilization will endure. It is leftism — false, resentful, and evil — that will die, wither, and fade away."

"As many as thirty percent of people surveyed in a study from the University of West Georgia said they find scented products irritating. Those with asthma or chemical sensitivities may find strong scents particularly problematic due to the allergy-like symptoms they cause. For people who associate a scent with adverse reactions, anxiety about exposure to fragrances can result."

There is a fragrance emanating from the Valley/Edinburg (VE) School District and the Pembina County Auditor Department. "In October, when the District's tax levy certificate was submitted, it contained an error." Quoted from a letter by the VE Superintendent. "Pembina County taxpayers paid more in school district property taxes than intended." Wording of the letter appears to throw the PC Auditor under the school bus. A PC Commissioner is throwing the VE Administrator under the school bus. A school board member is throwing the former business manager under the school bus. The Walsh County Auditor got shoved towards the school bus. I hope no one gets run over. A mistake was made. It is being corrected. Learn from it and move forward everyone. Some of those things that school boards, administrators and county commissioners decide on intentionally do give me anxiety.

Clyde at Stokesville 701-202-5000

To The Editor

Fair Housing Awareness Month

Governor Armstrong has declared April 2026, FAIR HOUSING AWARENESS MONTH in North Dakota. Fair Housing Month is a time to recognize the passage of the Fair Housing Act and to reflect on the work still needed to ensure everyone has access to safe, stable housing. In North Dakota, that work is not theoretical. It shows up in real lives, real homes, and real moments of crisis.

Recently, a senior couple contacted High Plains after learning they were facing eviction due to unpaid rent, despite having set up autopayment for their rent each month. High Plains staff worked with management staff to discover that, due to a disability, the clients had inadvertently set their autopayment to the wrong amount. By the time the clients received the eviction notice, they owed a significant amount of back rent plus late fees. Living on a fixed income, they were unable to pay this amount. They applied to various agencies for financial assistance but were unable to get help in time and were evicted.

This is where fair housing work moves beyond policy and into practice. Through advocacy, High Plains Fair Housing Center worked with the property management company to reach a solution. The eviction was rescinded, late fees were removed, and a manageable payment plan was established. Most importantly, the couple was able to remain in their home.

This is what fair housing looks like in practice. It is about recognizing that barriers, including disability, can affect how people navigate housing systems. It is about ensuring that a mistake does not become a life-altering crisis.

Fair Housing Month is a reminder that access to housing and housing stability is foundational to health, dignity, and community well-being. Programs that connect people to resources and advocate for reasonable solutions are essential. Because when everyone has a place to call home, all of North Dakota is stronger.

If you believe you have experienced discrimination in housing, help is available. Please visit www.highplainsfhc.org or call 701-203-1077 to learn more about your rights and options.

The Weather

Monthly Temperatures & Precipitation
Taken 7 Miles NW of Cavalier, ND
by Harold McConnell

March, 2026

DATE	HIGH TEMP	LOW TEMP	AVG TEMP	PRECIP	NEW SNOW	SNOW ON GND	PEAK GUST	GDD
1	-1	-17	-9	Trace	Trace	6	13	0
2	16	-1	7.5	0	0	6	23	0
3	34	6	20	0	0	6	26	0
4	19	8	13.5	0	0	6	21	0
5	19	10	14.5	0	0	6	26	0
6	19	10	14.5	0.04	0	6	16	0
7	21	12	16.5	0	0	6	23	0
8	41	14	27.5	0	0	5	33	0
9	46	30	38	0.08	Trace	3	27	6
10	16	10	13	Trace	Trace	3	31	0
11	28	10	19	Trace	Trace	2	28	0
12	19	12	15.5	Trace	Trace	2	16	0
13	30	10	20	0.06	3	5	39	0
14	17	1	9	0	0	5	25	0
15	13	-3	5	0	0	5	23	0
16	7	-9	-1	0	0	5	32	0
17	12	-11	0.5	0	0	5	15	0
18	28	3	15.5	0.04	1	6	33	0
19	42	22	32	0	0	5	18	0
20	47	26	36.5	0	0	2	20	4.5
21	43	32	37.5	0	0	1	10	5.5
22	35	27	31	Trace	Trace	Trace	32	0
23	35	25	30	0	0	Trace	20	0
24	44	25	34.5	0	0	Trace	30	2.5
25	40	22	31	0	0	Trace	20	0
26	31	14	22.5	Trace	Trace	Trace	36	0
27	20	12	16	Trace	Trace	Trace	32	0
28	29	13	21	Trace	Trace	Trace	24	0
29	42	26	34	0	0	Trace	23	2
30	44	26	35	0	0	Trace	21	3
31	26	23	24.5	0.1	2	2	20	0
	MONTH =		20.2	0.32	6		24.39	23.5
	NORMAL =		22.2	0.66				
	YEAR AGO =		24.5	0.2	6		24.87	106.5

Total Precip. Year to Date = 0.93 Inches

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The purpose of the Friends of the Library Group is to promote the library through financial support, hands on activities and volunteering to help the library staff and the community. We strive to support, enhance and enrich the opportunities available to the community through the library.

If you would like to be a supporter of the FOL organization, send a donation to:

Barb Puppe, treasurer,
148 West Main Street
Hensel, ND 58214

Dues are $50.00 for businesses and $10.00 for an individual. Our membership year is from September to September. Donations and memorials are always welcome. The Diamond Jubilee Foundation is a 501(3)c charitable organization.

In 2025-2026, the group has been busy; some of the events/activities, so far, include:

AARP Smart Phone presentation
Amateur Acoustic Music Night
Summer Reading Program for kids
Music and Art in the Park
Purchase of Book Club Kits for Book Clubs
Refreshments for Poetry Night &
other events such as Bicycle Rodeo
BBQ lunch fundraiser at Faith in Action BINGO
Monthly Friends & Fiction coffee event
Contributed to the Front Desk renovation
Paper folding and other artistic events
Parade Float in 150th celebration

— Submitted by Becky Ratchenski, secretary

Cavalier Tornado Booster Club 2025-2026 Membership

F-5 BOOSTER

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