

PUZZLES



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Find our job postings at
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Select Carrington, ND as location



Contact HR at
701-652-5299
with any questions



KANDIYOHI
Premium Water

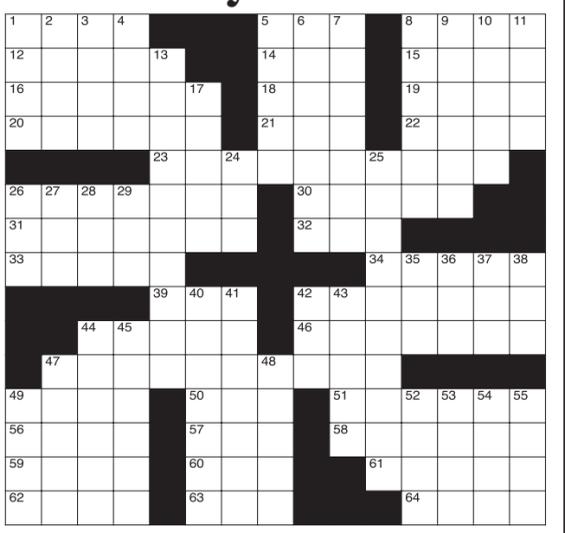


Central
CITY H2O
We're using the
premium water -
Why not give it
a try, too?



Central
CITY H2O
701-652-2141

- Weekly Crossword -



- | | |
|---|---|
| <p>CLUES ACROSS</p> <ol style="list-style-type: none"> Unit of dry measure One who defies authority Social media giant Render holy "Much ___ about nothing" Computer manufacturer Creed Immoral act Mountain pass Winged nut Don't know when yet Elected officials Corrupt tendencies Popular adult beverage Made a mistake Morally correct Type of whale Portable conical tent Native people of the Congo More (Spanish) Classroom implements Cognizant of One who tells Free from bondage Thick piece of something Containing two adjacent nitrogen atoms Removed from the record Legendary singer Turner Broke up the earth Hunting expedition Contributes Unit of work or energy Wreckage on the sea bed Affirmative! (slang) Witness Scrape (Archaic) | <p>CLUES DOWN</p> <ol style="list-style-type: none"> "___ and flows" Humble request for help A position of leadership Continent Adherent of a particular religion Things that can be eaten Self-governing Netherlands territory Long-tailed crow Repeated Bluish greens Humanities Someone who serves in the armed forces Labor (Spanish) Zero Shared by involving three parties Queens ballplayer Consumed Rest here please Men's fashion accessory American time Sound unit They ___ Soviet Socialist Republic Places to play video games A sudden attack of illness When you hope to arrive Charges Actress Seyfried A tributary of the Ohio River Omit when speaking Armored fish Remain From a distance Adventure story Geological times Eat dinner |
|---|---|

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to nutrition.

G D S E I T

--	--	--	--	--	--

SUDOKU

	8	2			4		1	3
9		1			3		6	7
5		7				8	9	
3			9			7	8	1
			6					
2					7		4	9
		5	1					2
	2		3		8			
				2				8

Level: Beginner

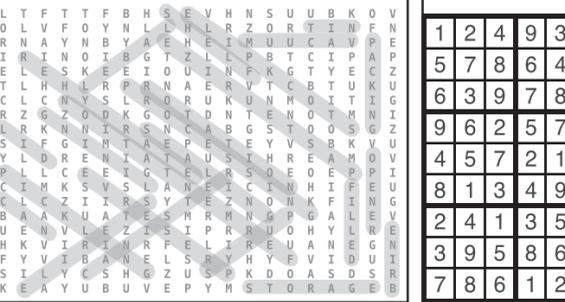
NUTRITION WORD SEARCH

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

WORDS

amino acids	cells	fiber	metabolism
antioxidants	dietary	fortification	micronutrients
basal	electrolytes	glycemic index	probiotics
bioavailability	energy	iron	protein
calories	enrichment	lipids	satiety
carbohydrates	fatty acids	macronutrients	vitamins

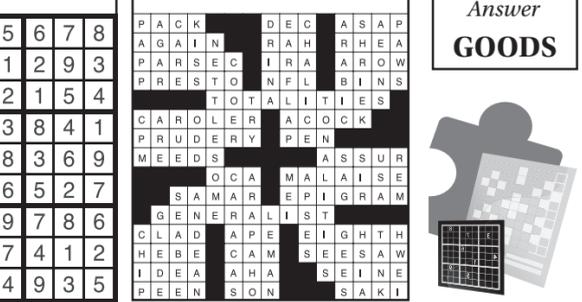
- Word Search - Answers



- Sudoku - Answers

1	2	4	9	3	5	6	7	8
5	7	8	6	4	1	2	9	3
6	3	9	7	8	2	1	5	4
9	6	2	5	7	3	8	4	1
4	5	7	2	1	8	3	6	9
8	1	3	4	9	6	5	2	7
2	4	1	3	5	9	7	8	6
3	9	5	8	6	7	4	1	2
7	8	6	1	2	4	9	3	5

- Weekly Crossword - Answers



Word Scramble Answer
GOODS

Look for the answers in next week's paper.

ADVERTISEMENT FOR BIDS
Security Upgrade & Remodel
Carrington Public Schools
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Carrington Public School District
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FEBRUARY 2026
Sealed SEPARATE BASE BID(S) will be received for GENERAL CONSTRUCTION, MECHANICAL WORK, and ELECTRICAL WORK for the above referenced project. The Owner will solicit proposals for the Quality Control / Special Inspections Contractor after award of the Contracts.
All Bids will be received by the Owner until **2:00 P.M. Central Standard Time on March 11th, 2026.**
Bids shall be delivered before the time and date above to Ms. Janelle Helm, Superintendent, to the address listed above for the Owner, or they may be delivered to the Carrington Middle School / High School Commons at that address, at which time the Bids will be publicly opened and read aloud. Telephone and Fax Bids will not be allowed.
The Architect assumes no responsibility for receiving and delivering Contractor Bids to the bid opening.
All bids shall be in accordance with Bidding Documents prepared by YHR Partners, Ltd., 420 Main Avenue, Moorhead, Minnesota 56560.
The Bidding Documents may be examined at the following locations until Bid opening time:
The offices of the Owner and Architect.
The Builders Exchanges located in Bismarck (Construction Plains), Fargo, and Grand Forks, North Dakota.
The Builders Exchanges located in Mid-Minnesota (Willmar) and Minneapolis, Minnesota.
The Builders Exchanges located in Aberdeen and Sioux Falls (Plains), South Dakota.
Bid Documents may be obtained from the office of the Architect as outlined below. All deposits and / or payments for Bid Documents shall be made payable to "YHR Partners, Ltd." Upon request, full sets of printed Bid Documents may be obtained by any party at a non-refundable cost of \$150. Any party may obtain electronic Bid Documents (digital download of pdf files) at no cost, by completing and submitting the REQUEST FOR ELECTRONIC DOCUMENTS form in Section 01 15 00.
No Bids will be read or considered which do not fully comply with North Dakota bond and license requirements as stipulated in Section 00 21 13 - Instructions to Bidders and the North Dakota Century Code. Each Bid shall be accompanied by a separate envelope containing a Bidder's bond in a sum equal to 5 percent of the highest amount of the Bids, executed by the Bidder as principal and by a surety company authorized to do business in this state, conditioned

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Deadline is Tuesdays at 1 p.m. for all copy, ads & photos.

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*QLF Agronomy - stop the spray burn
*New Purina Products
Jeff & Leann Schafer (701) 947-2468

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that if the principal's Bids be accepted and the contract awarded to principal, the principal, within ten (10) days after Notice of Award, will execute and effect a contract in accordance with the terms of the Bids and a contractor's bond as required by law and the regulations and determinations of the Owner.
Bidder shall have North Dakota Public Contractors License for highest amount of Bids, including any Alternate Bids, and such license shall have been in effect for at least ten (10) days prior to Bid opening date.
Bid security shall be made payable to Carrington Public School District No. 49.
Bid security will be retained and your Bid will be required to be submitted under a condition of irrevocability until Contract has been awarded and executed, but not longer than a period of thirty (30) days after the Bid date.
The Owner reserves the right to reject any or all Bids and waive informalities therein.
For the Owner:
Carrington Public School District No. 49 Carrington, ND
Janelle Helm, Superintendent
(Publish February 16, 23 and March 2 and 9, 2026)