

Tax season is prime time for IRS imposter scams

Tax season is stressful enough, and scammers take full advantage of that with IRS impostor schemes.

They reach out, claiming you owe back taxes and threaten legal action if you don't pay immediately. These messages are designed to create panic and push you to act fast, often demanding payment by wire transfer, gift cards, or cryptocurrency — all guaranteed signs of a scam.

Unless you're already working with the IRS on a tax issue, the agency will generally not contact you, and if they do, it's typically by mail first.

When in doubt, disengage and verify by contacting the IRS directly using a trusted number from an official letter or IRS.gov — never one provided in a suspicious message.

Learn how to spot and avoid scams with AARP Fraud Watch Network. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

**Perhaps you sent a lovely card,
Or sat quietly in a chair.
Perhaps you sent a funeral spray,
If so we saw it there.
Perhaps you spoke the kindest words,
As any friend could say.
Perhaps you were not there at all,
Just thought of us that day,
Whatever you did to console our hearts
following the death of our brother, Bob Tibor,
We thank you so much whatever the part.
Denis and Sarah Tibor**

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Morton County Extension News

by Deb Johnson
Nutrition Educator



Tips for a Delicious and Nutritious Soup

There's something comforting about a pot of soup simmering on the stove. Whether it's a chilly winter evening or a busy weeknight, soup can be both satisfying and nourishing if you build it the right way. Soup can be nutritious, easy to prepare, and inexpensive. It can be great hot or cold, prepared with minimal clean-up, only needs one pot, and the combination of ingredients is unlimited. Soup is a great dish for a variety of palettes and can be tailored to be spicy, savory or sweet. January is National Soup Month. With a few smart choices, soup can become a flavorful meal that supports good health.

Start with a flavorful base. The foundation of a great soup begins with onions, garlic, celery, and carrots. Sautéing these vegetables in a small amount of oil helps release natural flavors without relying on excess salt. Choose low-sodium broth or make your own to keep sodium in check while still delivering rich taste.

Load up on vegetables. Soups are an easy way to add more vegetables to your day. Include a variety of colors—dark leafy greens, orange vegetables like squash or carrots, tomatoes, and beans. Fresh, frozen, or canned vegetables all work well. If using canned vegetables, rinse them to reduce sodium.

Add lean protein. Protein helps make soup more filling and balanced. Good options include beans, lentils, peas, skinless chicken or turkey, fish, or tofu. These choices provide important nutrients without excess saturated fat.

Choose whole

grains when possible.

Instead of refined pasta or white rice, try whole-grain noodles, brown rice, barley, or quinoa. Whole grains add fiber, which supports digestion and helps you feel full longer.

Season wisely.

Herbs and spices bring soup to life. Bay leaves, thyme, oregano, cumin, pepper, and paprika add depth without extra sodium. A splash of lemon juice or vinegar at the end can brighten flavors and reduce the need for added salt.

Watch the extras.

Cream, butter, and cheese can add richness, but a little goes a long way. For creamy texture, try pureeing part of the soup or using milk or yogurt instead of heavy cream.

Make it ahead and enjoy.

Homemade soups can be made ahead of time and in large quantities. Soup often tastes better the next day and freezes well, making it a convenient option for busy schedules. Portion leftovers into containers for quick lunches or dinners. Eat refrigerated soup within three to four days or freeze it. Don't let soup set at room temperature for more than two hours. To speed cooling, store soups in shallow containers. When serving a second time, bring to a boil.

A well-made soup can be comforting, economical, and nutritious all at once. With these tips, your next pot of soup can be as healthy as it is delicious.

Slow Cooker Chicken Tortilla Soup

Ingredients

- 1 large onion, diced
- 1 (12.5-ounce) can chicken breast or 2-3 boneless chicken breasts
- 1 (15-ounce) can stewed or diced tomatoes
- 1 (15-ounce) can black beans,

drained and rinsed

1 can (15.25-ounce) corn, drained and rinsed

1 (8-ounce) can chopped green chilies

1 (16-ounce) jar medium salsa

2 teaspoons minced garlic

1/4 teaspoon black pepper

1 package taco seasoning

2 cups water

2 cups unsalted chicken broth

Directions

Combine all ingredients in a slow cooker and cook on low for 4 hours or high for 2 hours. Serve with tortilla chips.

If using chicken breasts, line the slow cooker with chicken. Place all other ingredients on top of chicken and stir gently to combine. Cook on low for at least 8 hours. An hour before serving remove chicken breasts and shred with forks. Return shredded chicken to slow cooker and let cook for the remaining hour.

Nutrition & Dietary Information

Per serving: 110 calories, 1 gram (g) fat, 8 g protein, 15 g carbohydrates, 4 g fiber and 620 milligrams sodium.

PUBLIC NOTICES

A public notice is information informing citizens of government activities that may affect the citizens everyday lives.

Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years.

North Dakota newspapers also post public notices on www.ndpublicnotices.com at no charge to units of government.

WE ARE GOING TO PRINT!

ITS NOT TOO LATE!

Entries must be received by: **May 1, 2026**
to meet the print deadline.

Every Dunn County Resident, Business, And Club Has Been Allocated A Space In The Book. Don't Leave Yours Blank!

Update a past entry or start a brand-new chapter of your own. Send in a quick paragraph or two introducing us to your Family, Business, or Association. Photos are welcome and all hard copy photos will be returned. Spread the Word Be a part of our history and help preserve the stories of Dunn County for generations to come. Entries can be handwritten or sent in email.

How to Submit Email entries directly to:
DauntlessDunn@ndsupernet.com

OR mail entries to:
Dunn County Historical Society
PO Box 145
Killdeer, ND 58640
Attn: Dauntless Dunn



If you are reading this, we are still waiting for **YOUR** submission!

St. Mary's Parish CHICKEN NOODLE SOUP DINNER SUNDAY, FEBRUARY 15

Serving Chicken Noodle Soup, Chicken Salad on Homemade Buns,
Assorted Salads and Desserts.



11 a.m. to 1 p.m. MT
Free Will Offering



St. Mary Social Center
Richardton, ND
Bingo and Silent Auction.
Food Booth will include some strudels.