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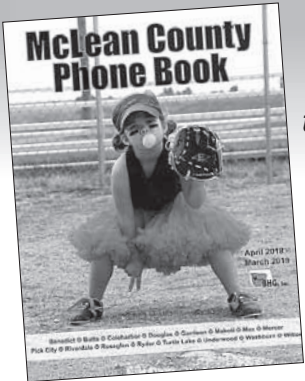
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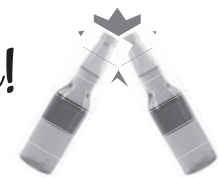
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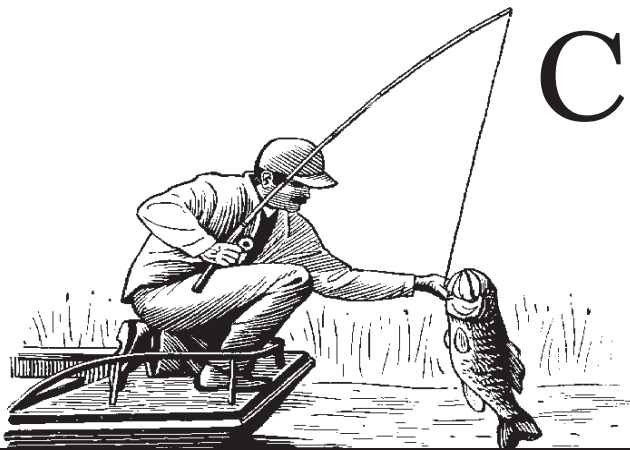


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Sudoku Puzzle #3902-D

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

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"Alliterative Athletes"

1 Door post	14	17	20	23	26	29	32	35	38	41	44	47	50	53	56	59	62	65	68	71
5 1947 Literature Nobelist André	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72
9 Like some wings, poetically																				
14 Rink leap																				
15 E pluribus																				
16 Direct attention elsewhere																				
17 Carson City neighbor																				
18 Place for a genie																				
19 "Charlotte's Web" boy																				
20 Alliterative athletes #1																				
23 Classic film station: Abbr.																				
26 Bill "The Science Guy"																				
27 Scepter's go-with																				
28 Rent																				
29 Target for middle management?																				
31 "___ World"																				
34 In the unique case that																				
36 Actor Stephen																				
37 Pen name of essayist Charles Lamb																				
41 Alliterative athletes #2																				
44 Common cookie																				
45 Have a piece of cake																				
46 Set up, so to speak																				
47 Ray of the Kinks																				
50 Smithy																				
51 Chest beater																				
54 Funnyman Brooks																				
55 "Piece of the rock" company, informally																				
57 Kyoto coin																				
58 Alliterative athletes #3																				
62 Strong denial																				
63 Willa Cather's "One of ___"																				
64 Café enhancer																				
68 Justice Kagan																				
69 Comedienne Meara																				
70 Beast of many a fairy tale																				

Down

1 Pantry container

2 Double-bladed weapon

3 Restroom sign

4 Shapeless mass

5 Full of whirlpools

6 "Gimme some time"

7 Russian assembly

8 One getting bossed around

9 Buoyant Buster

10 Strauss with the denim inventory

11 "If ___" (Beatles song)

12 Hostess Mesta

13 Illicit meeting

21 Disentangle

22 Fancy schmancy

23 "One down, ___ go"

24 Chairperson?

25 Creator of Kanga and Roo

30 Gathering of the cloth

32 Mountain cat's perch

33 Fistfight

35 Battleship guess

38 David of television

39 Years old

40 Forest quaker

42 Pond skimmer

43 For a laugh

48 Lacking standards

49 Cold-shoulders

51 Mammy Yokum's son

52 English Channel port

53 City north of Bonn

56 Climbs

59 Writer/editor Brown

60 Mystical mark

61 Not quick

65 "Long ___"

66 Nettle

67 Booter's aid

Extension news

Heart Disease Risks

BY MICHELLE EFFERTZ
NDSU extension

Cardiovascular disease refers to conditions that affect the heart and blood vessels. Damage to the lining of the blood vessels caused by smoking, high blood pressure or high blood sugar can allow the bad cholesterol to seep into the artery wall. The blood vessels can begin to narrow due to plaque buildup in the artery wall, which can rupture and cause a heart attack. Symptoms of a heart attack may include chest pain and pressure, pain in the jaw and neck, shortness of breath, nausea and cold sweats. A heart attack is an emergency. Call 911 as soon as you experience heart attack symptoms. After 60 minutes without blood flow, the heart can be damaged irreversibly. How common is cardiovascular disease? Heart disease is the No. 1 killer in the U.S., resulting in 25 percent of all deaths among men annually. About 88,000 women age 45 to 64 have a heart attack each year. Chest pain and discomfort are classic warning signs for women and men, but women may have other symptoms, such as shortness of breath, jaw or back pain or nausea/vomiting. Most sudden cardiac deaths (70 to 89 percent) occur in men. Half of the men who die from a sudden

cardiac event had no previous symptoms of heart disease.

* The greater the number of yes answers, the greater your risk of cardiovascular disease. If you do not know, be sure to check with a health-care provider for the appropriate testing. Tips to Reduce the Risk of Cardiovascular Disease

* Quit smoking and stay tobacco-free.

* Aim for at least 5 cups of colorful vegetables and fruits daily.

* Eat food high in omega-3 fatty acids such as fatty fish (salmon, albacore tuna, mackerel, herring) and flaxseed.

* Enjoy foods high in soluble fiber (such as oatmeal, beans/legumes, oranges, sweet potatoes, Brussels sprouts, flaxseed), which may reduce your LDL.

* Choose more healthful fats such as canola, corn, olive, peanut, safflower, soybean and sunflower oil.

* Reduce your consumption of saturated fat, which is found in butter, full-fat cheese, lard, poultry skin and fatty meats. Read and compare nutrition labels and choose lean protein and dairy options.

* Eliminate trans fat from the diet. Trans fat is found in hydrogenated/solid fats; it is used



Michelle Effertz

in some snack foods, biscuits and pastries. Read ingredient labels to see if "partially hydrogenated" oils are present.

* Get regular physical activity, aiming for 150 minutes per week.

* Maintain a healthful weight.

For more information about heart health go to NDSU Extension website for the "Have a Healthy Heart" publication <https://www.ag.ndsu.edu/pubs/yf/foods/fm589.pdf>

Reprinted from Healthwise for Guys, NDSU, Julie Garden-Robinson, <https://www.ag.ndsu.edu/healthwiseforguys/cardiovascular-disease>

Risk Factors for Cardiovascular disease	Yes*	No	I do not know
I am a smoker.			
I eat a diet high in saturated and trans fat.			
I eat a diet low in omega-3 fat.			
I eat a diet low in fiber.			
My total cholesterol is above 200.			
My LDL level is above 100.			
My HDL level is below 40.			
My body mass index (BMI) is over 25.			
I have high blood pressure.			

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 The Hidden World,
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Sudoku Solution #3902-D

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

Solution

J	A	M	B	G	I	D	E	C	L	I	P	T		
A	X	E	L	U	N	U	M	R	E	F	E	R		
R	E	N	O	L	A	M	P	A	V	E	R	Y		
B	U	F	F	A	L	O	B	I	L	L	S			
T	C	M	N	Y	E	O	R	B	L	E	T			
W	A	I	S	T	W	A	Y	N	E	S				
O	N	L	I	F	R	E	A	E	L	I	A			
T	E	N	N	E	S	S	E	E	T	I	T	A	N	S
O	R	E	O	E	A	T	E	N	T	R	A	P		
D	A	V	I	E	S	F	O	R	G	E				
A	P	E	M	E	L	P	R	U	Y	E	N			
B	O	S	T	O	N	B	R	U	I	N	S			
N	O	S	I	R	O	U	R	S	L	A	I	T		
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Bo is Back

Early-season injury nearly ends senior season

BY SUZANNE WERRE
Editor

Bo Weisenberger will easily say he's not a big scorer on the basketball court. His thing is defense.

His hustle and go-after-every-loose-ball attitude often finds the Underwood senior on the floor grappling for control.

It was one of those dives for a ball that potentially almost ended Weisenberger's senior basketball season, just after it had started.

It was the second game of the 2018-19 season at an invitational tournament in Velva when the senior guard got a floor burn that would end up sending him to the hospital, dealing with cellulitis and questions as to whether his senior season would continue.

He never doubted that he would return to the court, but there

The first day after getting the floor burn, his knee hurt, he remembers, but he and his coach thought it was just a bruise and a floor burn.

He played the first quarter of the game and part of the second, but that's all he could handle.

He actually asked the coach to take him out of the game because he thought they would do better without him on the floor because he just wasn't feeling up to par – and he was really cold.

"Before the game I was icing my knee because I thought it was a bruise," he said. "I got off the bus and I had chills the whole time I was going there, and before the game, and even during the game I was pretty cold. I just sat in the locker room with my jacket on until we went out to warm up."

Someone asked him if he felt

on an antibiotic, which he had an allergic reaction to, so that had to be stopped. The second medication they tried also produced an allergic reaction, he said, so the doctors were trying to come up with a different plan.

At one point one of the doctors said, "It's probably not flesh-eating, so that's good," recalled Bo with a smile.

"Yeah, that's good," they all agreed. He wasn't worried – they'd just keep treating him in Bismarck, and it would be a quick fix.

That didn't happen.

That morning when the doctor came in to check his progress, he had gotten worse – the redness and cellulitis had spread further down his leg.

"He said, 'well, this changes everything,'" said Bo.

The doctor was immediately on the phone to an infectious disease specialist in Fargo making arrangements to have Bo flown there for treatment. He didn't want to waste time waiting around for what could be about seven hours for a ground ambulance to get him to Fargo.

"He said, 'we can't wait that long – we don't know for sure,'" said Bo.

There was the possibility the cellulitis was being caused by a different type of strep bacteria – the strep that is the flesh-eating bacteria.

"That was the scariest part," said Bo. "I wasn't scared before or after that – it was just that point where it was the scariest."

He was also told that morning that he couldn't eat anything because he might have to have surgery.

What kind of surgery they were talking about, he was never told. Amputation is the first thing that comes to his mind, but there was never even an opportunity for the family to have a conversation about surgery, so he didn't really worry about it.

While a typical surgical patient isn't supposed to eat for 24 hours before surgery, he didn't get to eat for about 30 hours, he said, because they just didn't know if the new antibiotics he was getting in Fargo were working.

They finally were. While his treatment in Bismarck had stopped the spread of the cellulitis, it wasn't healing until he started his treatment in Fargo. He was, after a long, stressful weekend, on the mend.

He lost seven pounds from that Friday to Monday – losing 12 pounds over a week as his body tried to fight the infection. He also just wasn't very hungry throughout the ordeal.

"Even now my appetite is different," he said.

After "a day or two" in Fargo, they were able to come home. He came back to school a little after that, using crutches to get around.

He missed about seven weeks of basketball.

"I wanted to get back, but the doctors kept saying I shouldn't rush it because that might start it up again," he said. "They said if I had any pain not to do anything on it."

He got off his crutches the beginning of January just before school started again, and he started getting back in shape. He didn't have any official physical therapy to get his strength back, but he's been putting in a lot of time on a stationary bike to get his endurance back up.



After missing seven weeks of his senior hoops season, Bo Weisenberger was back on the basketball court for the first time in Wilton.
PHOTO COURTESY OF TANIA EICHHORST.



A Sharpie was used to outline the margins of the reddened area on Bo's knee and leg throughout his bout with cellulitis. After starting at his knee, the affected area of skin eventually went down to his ankle as the bacteria coursed through his bloodstream.
PHOTO COURTESY OF HEATHER WEISENBERGER

was a while when it got a little scary, he said, because his leg wasn't responding to the typical antibiotics as well as hoped. Still, he always knew he'd be back.

"There was only one time where I thought 'maybe this is something kind of serious', but I never thought I wasn't going to get to play again this year," said Bo.

The injury seemed like any other floor burn he's had – but this one ended up being a lot different. He was playing his regular scrappy defense in the second game at Velva when he picked up another floor burn.

"I was just on the floor a lot that night and there was an open cut on my leg, and that's where it went in, and it went from there to the floor burn," said Bo.

The "it" he's talking about is streptococcus B bacteria that turned a seemingly innocuous every-day injury to a serious bacterial infection resulting in cellulitis.

sick, but he felt fine – he was just cold.

Feeling like something wasn't right, his dad told him to go have the tournament athletic trainer take a look at it. Bo balked at that idea right away, saying he'd wait until after the game to have it checked.

With about 10 seconds left in the game, as the trainer was packing up to leave, Bo had the trainer check it out.

"She called my parents over, and she said, 'you need to go to the hospital now because this is cellulitis,'" he remembers.

They left Velva and headed for the ER in Bismarck.

By the time they got to Bismarck, the red and inflamed area around his knee had grown, moving farther down his leg and around his knee. If you placed your hand over where the redness was, said Bo, you could feel the heat coming off of his leg.

He was immediately started

He got back on the basketball court again at the end of January when the team played at Wilton. Both there, and at the next home game in Underwood, he got a standing ovation from the crowd.

"I don't even really remember the first couple minutes of the (Wilton) game. It was just the feeling of getting out there again," he said.

The response and reactions from people have been overwhelming.

Coaches of other teams, and even referees at the games, have been coming up to him to tell him how glad they are to see him back on the basketball court.

The outpouring of concern was also incredible, he said.

The Washburn basketball team and the Turtle Lake-Mercer School both sent "get well soon" flowers and messages.

"There were a lot of people messaging and reaching out to my family – even some of the people on the team were getting

messages from people I didn't even know knew me," he said.

And his coach, Alex Jangula, was in contact with the family multiple times every day, checking on his progress.

"He was probably the biggest one outside of my immediate family," said Bo.

Jangula will say Bo holds kind of a special place in his heart. He was an eighth-grader when Jangula started coaching in Underwood. He brought him up to play JV because he could see he had some qualities he liked.

"He's just a calming influence on everyone, including me," said Jangula. "He doesn't get too high, doesn't get too low, and we need that on this team."

Bo's mom Heather will admit it was a scary time for her. Bo might not have been scared, but she was. She's still surprised at how quickly things accelerated.

"When it started, we thought

BO IS BACK Page 5



Bo Weisenberger has pictures of the extent of redness and inflammation on his leg handy on his phone for those who are curious about how it looked.

Extension news

Calf Losses Before Birth a Concern

Abortions can be a major concern for cattle producers.

BY CALLA EDWARDS
NDSU Extension

An "abortion" is the discharge of the fetus prior to the end of the normal gestation period, according to Gerald Stokka, North Dakota State University Extension veterinarian and livestock stewardship specialist. Many abortions occur within the first 45 days of conception (called early embryonic death), and the embryos or fetuses are so small that they may not be seen.

Other abortions may occur near normal calving time, and determining whether the cow has aborted or a premature birth has occurred is difficult. A stillbirth is when a full-term calf is born dead, with no obvious evidence of the cause of death.

Abortions have many causes, including physiological causes such as extreme environmental or handling stress and hormonal imbalances, metabolic problems, toxicoses and/or infectious diseases caused by protozoa, fungi, bacteria or viruses, says Brett Webb, director of the NDSU Veterinary Diagnostic Laboratory.

Abortions and stillbirths can be the result of a direct effect, such as viral, bacteria or protozoal organisms gaining access to the fetus. The fetus also may

have abnormal development (congenital defects) that results in abnormalities at delivery, such as a lack of the anus opening or inside-out calf, or inherited genetic defects such as "curly calf" or "fawn calf" syndrome.

Indirectly, abortions and stillbirths can be a result of an interruption of the connection between the fetus and the dam, or the illness of the dam. The fetus receives nourishment and oxygen via the organ called the placenta. Any disruption in that process can impact the fetus negatively or result in its death, Stokka says.

Inflammation of this organ is called "placentitis." Bacterial, fungal and protozoal infections can cause placentitis. Mycotic abortions are one of the more common results of fungal infections. Moldy feeds are implicated as the source of most fungal infections.

Stillbirths can be frustrating because producers often see no indication of the cause or evidence of excessive labor. Stillbirths can result from an umbilical cord rupture, premature separation of the placenta or the placenta blocking the calf's nostrils after the delivery of an otherwise healthy calf.

Regardless of the cause, abortions may be sporadic or they may occur as "storms." The normal abortion or stillbirth rate would be 1 to 2 percent of cows in a herd. Losses greater than this are abnormal, and producers should talk to their veterinarian for assistance in identifying the cause, NDSU Extension livestock systems specialist Karl Hoppe



Calla Edwards

advises. Hoppe also recommends producers to keep good records of calf and cow losses because indemnity payments may be available to offset some of the losses.

"The best chance of identifying what caused an abortion is prompt submission of fetal and placental tissues and maternal blood or serum to a diagnostic laboratory," Stokka says. "Contact your veterinarian for assistance with diagnostic efforts, sample submission and identifying management strategies to reduce the risk of future abortions."

NDSU Agriculture Communication - Feb. 15, 2019

:Source: Gerald Stokka, 701-231-5082, gerald.stokka@ndsu.edu

:Source: Brett Webb, 701-231-7521, brett.webb@ndsu.edu
:Source: Karl Hoppe, 701-652-2951, karl.hoppe@ndsu.edu

BO IS BACK from page 4

it was just bruised. In four hours everything changed. He had the chills and the fever and the leg was red and hot to the touch," she said. "He was having terrible pain. He needed help just walking. It was crazy how fast it changed."

The ER doctor in Bismarck actually told them they got there just in time—things would not have been good if they had waited until morning to come, she remembers.

She only cried twice, she added, earning some kudos from Bo and her husband Chad for how well she was dealing with it.

"I told them, 'not my first rodeo,'" said Heather.

It may not be her first, but she would be fine if it's her last.

For his part, Bo is focusing on the rest of the season.

"I really want to make it to the district championship," he said. "I know that's what the whole team wants because we haven't been there for a while."

He'll be on the floor (and probably diving to the floor) but don't be looking for him to be putting up big scoring numbers. That's not his role.

"I'm just more of a defensive threat—I'm not a big scorer. I'm more about getting the other people the ball," he said.

His experience with cellulitis was definitely not fun, he noted, but it's just something could have happened to anyone anywhere.

Yes, his mom is a bit more of a "germ freak" now than she was, he said, but they're past the rough stuff. He's pretty much taking it in stride.

"It's something that can happen when you play sports, but it just doesn't hardly ever happen," he finished.

It's over now, and for Bo and the rest of the team, it's time to wrap up the regular season and clinch their spot at regionals.



Calendar

Saturday, Feb. 23

The Community Cupboard of Underwood will be open from 9 a.m. to 1 p.m. at 208 Lincoln Avenue. All in need are welcome to receive clothing, food and household goods at no cost.

The Lord's Pantry is open from 10 a.m. to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.

District 8 Dem-NPL reorganizational meeting, 10 a.m. - 1 p.m., Horizon Middle School, 500 Ash Coulee Drive, Bismarck

Community Food Pantry, Ryder, 10 a.m. - 2 p.m. Lunch provided at no cost.

Piecemakers Quilt Guild meeting, SACA Lodge, 9 a.m.

Sunday, Feb. 24

McClusky junior class spaghetti feed, 11 a.m. to 2 p.m., McClusky High School gym.

Mercer Community Center annual meeting, 12:30 p.m. potluck with meeting to follow.

Goodrich-McClusky Youth Group free-will offering knoephla soup and BBQ meal, 5-6 p.m., McClusky Assembly of God church.

Camp of the Cross annual meeting, Camp of the Cross, 3 p.m. (St. Paul Lutheran if adverse weather).

Monday, Feb. 25

Yoga, First Congregational Church, Garrison, 8 a.m.

Bone Builders exercise, Garrison Senior Center, 10 a.m.

Tuesday, Feb. 26

Underwood School Board meeting, 6:30 p.m.

WIC Nutritionist available at the Garrison office. Please call 463-2641 to schedule an appointment.

A hunter education course will start on Tuesday, Feb. 26 at 7:30 p.m. at the Turtle Lake Wildlife Club. This course is open to anyone who will be 12 or older by Dec. 31, 2019. To register for this class, go to the ND Game and Fish website at www.gf.nd.gov. For further information contact Casey Anderson at 448-2681 or Steve Seeger at 448-2448.

East McLean Farmers Union local will meet Monday, Feb. 25 at 6 p.m. at Bev's Cafe - supper first, meeting to follow.

The Underwood Public Library will delay its opening on Tuesday, Feb. 26 until 5 p.m. due to staff training. The library will remain open until its normal close time of 7 p.m.

The Northern Expressions Arts Council is holding rehearsals for its upcoming Death By Chocolate scholarship fundraiser concert set for Sunday, April 7. Rehearsals will be held Tuesdays at 7 p.m. at the Underwood School music room. This year's theme is 60s and 70s music. Anyone who enjoys singing is invited to participate in this community chorus. For more info, contact Suzanne Werre, 442-5349.

Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.

Wednesday, Feb. 27

Adult Health Services and Foot Care Clinic available at the Public Health office, Garrison. Please call 463-2641 to schedule an appointment.

Garrison Rural Water District meeting, Garrison Rural Water Plant meeting room, 9:30 a.m.

Yoga, First Congregational Church, Garrison, 8 a.m.

Bible Study, The Meadows, 2 p.m.

Garrison School Board, 6:30 p.m., administration offices.

Thursday, Feb. 28

The community clothing Share-Exchange will be open from 1 to 5 p.m. at 221 Main St., Turtle Lake. All sizes of clothing from infants to adults are available at no cost.

McClusky Merchant's meeting, noon, Union Grill.

McClusky Ambulance Service District meeting, 7 p.m.

Bone Builders exercise, Garrison Senior Center, 10 a.m.

Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.

Garrison Sportsman range open, indoor range, 7 p.m.

Friday, March 1

Yoga, First Congregational Church, Garrison, 8 a.m.

Sunday, March 3

Sakakawea Area Council for the Arts (SACA) is organizing a community choir to perform a concert on Sunday, April 14 at 4 p.m. at the SACA Kota Theater in Garrison. SACA is inviting anyone who enjoys singing to participate. Rehearsals will be held in the SACA Kota Theater in Garrison on Sundays at 4 p.m. on March 3, 10, 17, 24, and 31, and April 7. Any questions you have may be directed to Lisa Haugen by call or text at 701-898-0277.

Monday, March 4

WIC Nutritionist available at the Washburn office. Please call 462-3330 to schedule an appointment.

A 14-hour firearms safety and hunting ethics education course, which is offered free of charge annually in Washburn, will begin Monday, Mar. 4 at 6:30 p.m. at the Washburn School conference room. Participants must be at least 11 years of age on the date of registration. Please enroll on the North Dakota Game and Fish website. Parents are encouraged to take the course with their children. For additional information contact Dick Brewster at 462-8468.

—Submit an event—

To announce your public event in the Xtra's Calendar of Events, simply fill out the form below. The form must reach the Washburn office by Wednesday morning. Mail to the Xtra, PO Box 340, Washburn, ND 58577; email: leadernews@westriv.com; phone: 701.462.8126.

Event: _____

Date: _____

Time: _____

Location: _____

Contact: _____

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 • **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128
 Email: leadernews@westriv.com • Website: bhgnews.com
 Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
 • **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

Announcements

WANT TO SAVE some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call this newspaper and we'll make sure you do. 701-463-2201 or 1-800-658-3485.
 1-E-TFN-NC
 58540

SUPPORT GROUPS: Alcoholics Anonymous Hotline, 888-680-0651. AA meetings in Center on Sundays at 5 p.m. CT at St. Paul's Lutheran Church (794-3381); in Garrison, Garrison Memorial Hospital Cafeteria, Thursday at 8 p.m.; in Washburn on Sundays at 7 p.m. at First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6533. Open meeting, Butte, Call 626-7402 or write Box 244, Butte, ND 58723; in

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Announcements

McClusky, Grace Lutheran Church, 402 4th St. W, Sundays at 8 p.m. Positive Changes NA, Fridays at 7 p.m., Washburn United Methodist Church.
 1-E-TFN-NC 58540

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HELP WANTED

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For more information, please call:
Pat Windish at 701-679-2685



West River Telecom (WRT), a growing telecommunications Cooperative in Hazen, North Dakota, is seeking a **Financial Manager**. This key position reports to the CEO/GM and is responsible and accountable for managing, planning, directing, and maintaining all accounting and financial functions, principles, practices, and procedures of the company.

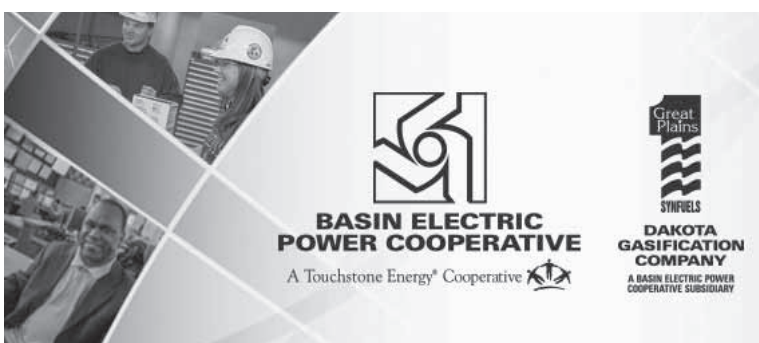
Candidates with a Bachelor's degree or an Associate degree in Accounting or related field plus five to seven years accounting experience with at least three years in a supervisory capacity are encouraged to apply. CPA designation and experience in the Telecom industry are preferred. A complete job description position can be found at www.westriv.com

WRT offers an excellent wage and benefits package.

Application Deadline: February 18, 2019.

Complete application online and submit with resume via www.westriv.com Questions can be directed to Michelle @ 701-748-4277.

WRT is an Equal Opportunity Employer



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 - Facilities Technician I

For job details, go to jobs.basinelectric.com
 Questions? Call 701-557-5603

Dakota Gasification Company
 For job details, go to jobs.dakotagas.com
 Questions? Call 701-557-5603

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Help Wanted

JOB ANNOUNCEMENT: Fort Stevenson State Park is accepting applications for the 2019 season. Applications will be accepted until March 10, 2019 for open positions which include park ranger, park attendant, maintenance worker, park concession, and park interpreter/historian. All applications for open ND Parks and Recreation positions must be made via the State of North Dakota's Job Seekers website. A link to the site can be found at parkrec.nd.gov. For more information, call the park office at 701-337-5576.
 40-C5TGRXT 58540



HELP WANTED

Come join our team!

- **Laundry Aide**

30 hrs per week, benefits eligible, wage range \$12-16

Apply at www.blcgarrison.com
 Call Jill Borth @ (701)463-2226
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HELP WANTED

Underwood Park Board is accepting applications for

- pool water safety instructors
- lifeguards
- summer recreation coaches

Applications can be picked up at the City Office.
Deadline: March 19, 2019

HELP WANTED



is looking for
SALES ASSOCIATES
 Full Time or Part Time

Stop in for an application
 200 5th Ave SE, Garrison

HELP WANTED

Farmers Union Oil Company of Turtle Lake is accepting applications for seasonal help/general laborer, CDL truck drivers and custom applicators. Must be able to work evenings and weekends. Stop in for an application.



24 Railroad Ave. E • Turtle Lake, ND
 701-448-2355 or 701-448-2356

Call 462-8126

to place your ad in the Business & Professional Directory
 You can advertise your business in the Business & Professional Directory for only

\$5.00
 an inch per week.

Help Wanted

McLean Electric Cooperative Garrison, ND is accepting applications until March 1, 2019 for a full-time **Apprentice or Journeyman Lineman** at our Garrison office. Go to mcleanelectric.com for a complete listing of duties and responsibilities.

Send resume to: **McLean Electric Cooperative, PO Box 399 Garrison, ND 58540 Attn: Keith Thelen**
Or email to keithpt@mcleanelectric.com or call 701-463-6700 for more information



MEC is an Equal Opportunity employer.

Work Wanted

to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com. 1-E-TFN-NC 58577

Statewides

HELP WANTED - TEACHING Positions. The Billings County School District is looking for two teachers for the upcoming school year. Elementary grades one and two in Medora and a preschool teacher at Prairie Elementary. See application information on BCSD website or call Shae Peplinski at 701-623-4363. Open until filled. Veteran's Preference and EEOE

CITY OF MADDOCK seeking full-time Public Works employee. Self-motivated candidate, experience

Statewides

working with public. \$19/hr, vacation, holidays, Single health ins., retirement, sick leave. Contact Maddock City Hall for application 701-438-2252.

HELP WANTED--MAINTENANCE Supervisor Position. The Billings County School District is accepting applications for a full-time maintenance supervisor. Excellent benefits package and competitive wages. Background check required. Contact Shae Peplinski at DeMores School in Medora at 701-623-4363 or visit BCSD website for application information. Open until filled. Veteran's preference and EEOE

2019 ND MEDIA GUIDE: Names, addresses, phone numbers, e-mails of all ND newspapers, radio/TV stations, specialty publications. Only \$25. ND Newspaper Association,

Statewides

701-223-6397.

REAL ESTATE FOR SALE ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701.371.8538. Kevin Pifer 701.238.5810. Free valuation.

MISCELLANEOUS FOR SALE EVERY NORTH DAKOTA newspaper. That's where your 25-word classified ad will appear for only \$160. Contact this newspaper for details.

MISCELLANEOUS HAVE A NEWS release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397 or you can email sharip@ndna.

Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Feb. 25 and March 25. Have them there by 11 a.m. Call Darin, 701-315-0144. 43-TFN-E-X 58577

YOUNG COWS FOR SALE: At Stockmans West in Dickinson, ND, March 5, 2019. Complete dispersion of all 2 (bred heifers), 3, and 4 year olds. Mostly Angus, few BWF. Approx. 90 head. All home raised. Many from our AI breeding program. Two year olds were synchronized AI bred. Bred to purebred Angus bulls selected for easy calving. Due to calve Apr. 1, 2019. Stockmens Lstik 800-568-2490. Clayton Zacher 701-584-2916. 42-43-E-PD 58523

Misc. for Sale

FIREWOOD: mixed hardwoods, cut - cured - split. You haul or we'll deliver and stack. 448-2504, 448-2883, 833-2883 19CTFNALL 58540

USED ALUMINUM PRESS Plates. 23 x 35, two for \$1 available at the McLean County Independent, Garrison. 463-2201. 1-E-TFN-NC 58577

Notices

HAVE YOU BEEN in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. 1-E-TFN-NC 58577

Real Estate for Rent

2 BEDROOM APARTMENT for rent in Plaza. The building was constructed in 2012. The unit includes a full size washer/dryer. Includes utilities and heat, \$850/month. Call 426-4028. 40-P3TGRBHHZNTPRXT 58540

FOR RENT: 1 bedroom furnished apartment, or 2 bedroom refurbished basement apartment with 1 stall garage, no pets, no smoking, in Washburn. Contact Morris at 462-3204 or 315-0399. 31-TFN-E-X 58577

NOW RENTING

Heritage Heights Apartments 1040 Custer Dr., Washburn. New management, remodeled rooms, lower rates. 1 or 2 bdrm. apts. All utilities paid including cable. 701-527-4739 or Manager 701-220-8145

Real Estate for Sale

FOR SALE BY United Quality Cooperative: Two (2) Commercial Buildings on Main Street in New Town, ND. United Quality's old energy office and old Ag Hardware. Call 701-500-4900. 25-PTFN GRNTPRXT 58540

75' X 140' LOT, 134 1ST ST. N.E. - GARRISON. \$27,000 OR BEST OFFER. CALL RICK AT 701-661-0314 OR 701-463-2218. 43-2TCHGX 58540

ALL REAL ESTATE advertising in this newspaper is subject to the Fair Housing Act that makes it illegal to advertise "any preference limitations of discrimination based on race, color, religion, sex, handicap, familial status or national origin or any intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians; pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

Services

WE HAUL BROKEN vehicles/boats/scrap for free! Cash for some. 701-833-2884 19 CTFNALL 58540

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831. 35-8-E-PD 58577

WE CLEAN and install all types of flooring including carpets, upholstery, walls, air ducts. Let us clean your boat, camper, under appliances. We have a dump trailer for debris removal. Low rates, cash/check/credit. Prairie Carpet Services, (701) 833-2884 or 448-2883. 46-PTFNALL 58540

Vehicles

CITY OF UNDERWOOD is accepting sealed bids on a 1992 White Chevrolet pickup. The pickup will be sold in its current condition. Bids may be mailed to PO Box 168, Underwood, ND 58576 or dropped off at the city office. Deadline March 13 by 5 p.m. For more information call 701-442-5481. 42-43-E-X 58577

Work Wanted

THIS NEWSPAPER offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up

Don't be Late!
The Xtra has strict deadlines.
We need the following items sent to us by the following deadline time. . .
Thursdays at 10 a.m.
Advertisements, calendar of events and classified ads

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AUCTION

Saturday, February 16th, 2019 @ 1:00 PM CST: Reich Angus 20th Final Bull Sale. Sale will be held at the ranch 4 1/2 miles south, 1/2 mile east of Zap, ND on County Road 13 <http://www.reichangus.com>. Wolff Auctioneers
Live Bidding Opens: Mon. Mar. 11th, 2019 5:00 PM: Sale Ends: Wed. Mar. 13th, 2019 Coteau Properties Company Online Auction, Conducted By: AuctionTime/Wolff Auctioneers Please go www.AuctionTime.com for more information & registration Auction Customer Support: (800) 334-7443 Click here for more information. Wolff Auctioneers
March 22, 2019 - 1:00 pm CT - Glen Ullin Blue Room 201 Main St S - Glen Ullin - Tlbor 240 acre Grant Co ND Absolute Real Estate - G & G AUCTIONEERS 701-878-4001 <http://www.midwestauctions.com/gandg>
March 23 - 10:00 am Kinnischtzke & Guest Consignors AUCTION - Glen Ullin. G & G AUCTIONEERS 701-878-4001 <http://www.midwestauctions.com/gandg>
Saturday, June 22nd, 2019: Jerry and Edna Assel antique auction 6 miles west of Mandan ND. Wolff Auctioneers
June 2019: Gordon Isaak Sr. estate equipment and tool auction. West of Pick City ND. Wolff Auctioneers
Tuesday, Sept. 24th, 2019 Dunn County Land Auction. Offering 516 Acres and Farmstead
Legal Description: S 1/2, & NW 1/4 of the NW 1/4 & S 1/2 of the NW 1/4 & S 1/2 of the NE 1/4 of Sec. 26-143-91. Property Located: (From Dodge, ND) 7 mi. S on 81st Av. SW, 1 mi. E on 15th St. SW & 1 mi. S on 80th Av. SW. Seller: Larry Zarr. Wolff Auctioneers



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Randy at 701-658-9765

- Gun Raffles
- Games
- Live Auction at 8

Rinas, Jordan superintendents of the year

Superintendents - Two McLean County Superintendents have been recognized by the North Dakota Council of Educational Leaders. Brad Rinas and Andrew Jordan were both named Regional Superintendent of the Year for their respective regions recently, with Rinas recognized in the northwest region and Jordan in the southwest. Superintendent of the year is a peer-voted award, which was presented at the This is a peer voted award through NDCEL. We were recognized at the N.D. Association of School Administrators Mid-Winter Conference in January.



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Josh Benjamin, owner Prairie Carpet Services

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- Underwood News, 462-8126
- New Town News, 627-4829
- Mountrail County Record, 627-4829
- The Leader News, 462-8126
- Velva Area Voice, 338-2599
- McLean County Journal, 363-2492
- Hazen Star, 748-2255
- McLean County Independent, 463-2201
- Center Republican, 748-2255

Dakota West scholarships available

Dakota West Credit Union has opened up its 2019 scholarships to local high school seniors. Four \$500 scholarships will be awarded to members of Dakota West Credit Union through an essay competition focusing on the financial institution's values: Communication, Respectfulness, Positive Attitude, and Responsibility. Students must be graduating this spring, be a member at any of the eight branches of Dakota West Credit Union, and compose an essay based on one of the values of the non-profit credit union headquartered in Watford City. Applications for the scholarship are available on the Dakota West Credit Union website at www.dakotawestcu.com/members. The deadline for submission is April 19 with winners announced on May 10 on Dakota West Credit Union's Facebook page.

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to place your ad in the Business & Professional Directory. You can advertise your business in the Business & Professional Directory for only \$5.00 an inch per week.



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