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Monday, Aug. 19, 2019

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GOLF CARS	Was	Now
• 2009 Workhorse 800G	\$4495	\$3900
• 2015 RXV Electric Sunburst Orange x5	\$3895	\$3200
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• 2014 TXT White Gas x2	\$4295	\$3700
• 2013 TXT RXV Electric Blue	\$3795	\$3300
• 2013 TXT RXV Electric Brown	\$3795	\$3300
• 2013 TXT White Gas x3	\$3995	\$3500
• 2012 RXV Electric Tan (New Batteries).....	\$3895	\$3300
• 2012 TXT White Gas	\$3795	\$3300
• 2011 RXV Freedom Gas Red	\$3895	\$3400
• 2007 TXT 36 Volt White	\$2495	\$2000
• 2005 TXT 36 Volt Green (New Batteries).....	\$2795	\$2300
• 2009 TXT 36 Volt White	\$2695	\$2300
• 1998 TXT 36 Volt White	\$2100	\$1600
• 1990 Gas with Rebuilt Motor	\$1995	\$1600

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Prairie Fare

Soy foods and health:
what to know

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION SPECIALIST
NDSU EXTENSION

Some things touch our lives in more ways than we might imagine. Soy-based products are all around us.

If you read a newspaper this morning, it may have been printed with soy ink. You may have had cereal with added soy protein or topped your cereal with soy milk. If you had eggs, chances are the chickens responsible for your eggs ate soy-based feed.

You may be driving a vehicle fueled with soy-based fuel. For lunch, a stop at a Chinese restaurant could include soy sauce, miso (fermented soy) or hot and sour soup with tofu (high-protein soy curd).

Perhaps someone in your home is vegetarian or flexitarian so you grilled a soy-based burger for a high-protein entree. You could have a salad topped with salad dressing made from vegetable oil, which is primarily soybean oil.

You may know kids going back to school with crayons made in part from soy. Or, at the end of the day, you might relax with the flicker of a candle made from soy and snack on some crunchy, savory soy nuts.

Recently, I participated in a session in Maryland that brought us participants from field to



Julie Garden-Robinson

table to learn about soy foods. We interacted with farmers, food processors and chefs, and learned that soy helps "fix" nitrogen in the soil to improve its fertility.

We tasted a variety of foods made with soy, including some tasty edamame appetizers, soups, sauces and other foods with added soy.

I don't often take photos of my food in restaurants, but the artistic plates of food were ready for their photo op.

My role was to answer questions about nutrition and to help explain some of the research and clear up some myths surrounding soy foods.

Soy is unique in the world of plant proteins, and it has been

used for thousands of years in the human diet. It contains all the essential protein building blocks, or amino acids. In other words, soybeans do not have to be paired with rice or another grain to make them complete.

Like any plant foods, soy contains no cholesterol. Soy foods also are rich in several nutrients, especially protein and fiber. Protein is essential in building and repairing tissue in the body. Soybeans contain soluble and insoluble fiber. In addition to an overall healthful diet, diets high in soluble fiber may help reduce cholesterol, and diets high in insoluble fiber help with regularity.

Soy provides essential fatty acids, which are the kind we cannot produce in our body. Soy also is rich in B vitamins, which are necessary for producing energy from the foods we eat. Soy provides phosphorus and iron. Phosphorous is necessary for cellular growth and production. Iron is crucial for the production of red blood cells and hemoglobin.

In fact, soy foods that meet guidelines for protein content and other nutrients have carried a heart health claim for the past 20 years.

Soy foods carry an allergen statement because some

Prairie Fare page 5



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Spider-Man: Far From Home, PG-13

Following the events of *Avengers: Endgame*, *Spider-Man* must step up to take on new threats in a world that has changed forever.

Aug. 16 & 17 7:30 p.m.

No Movie - Aug. 23 & 24

Enjoy the Beach Party!

The Lion King, PG

After the murder of his father, a young lion prince flees his kingdom only to learn the true meaning of responsibility and bravery.

Aug. 30 & 31 7:30 p.m.

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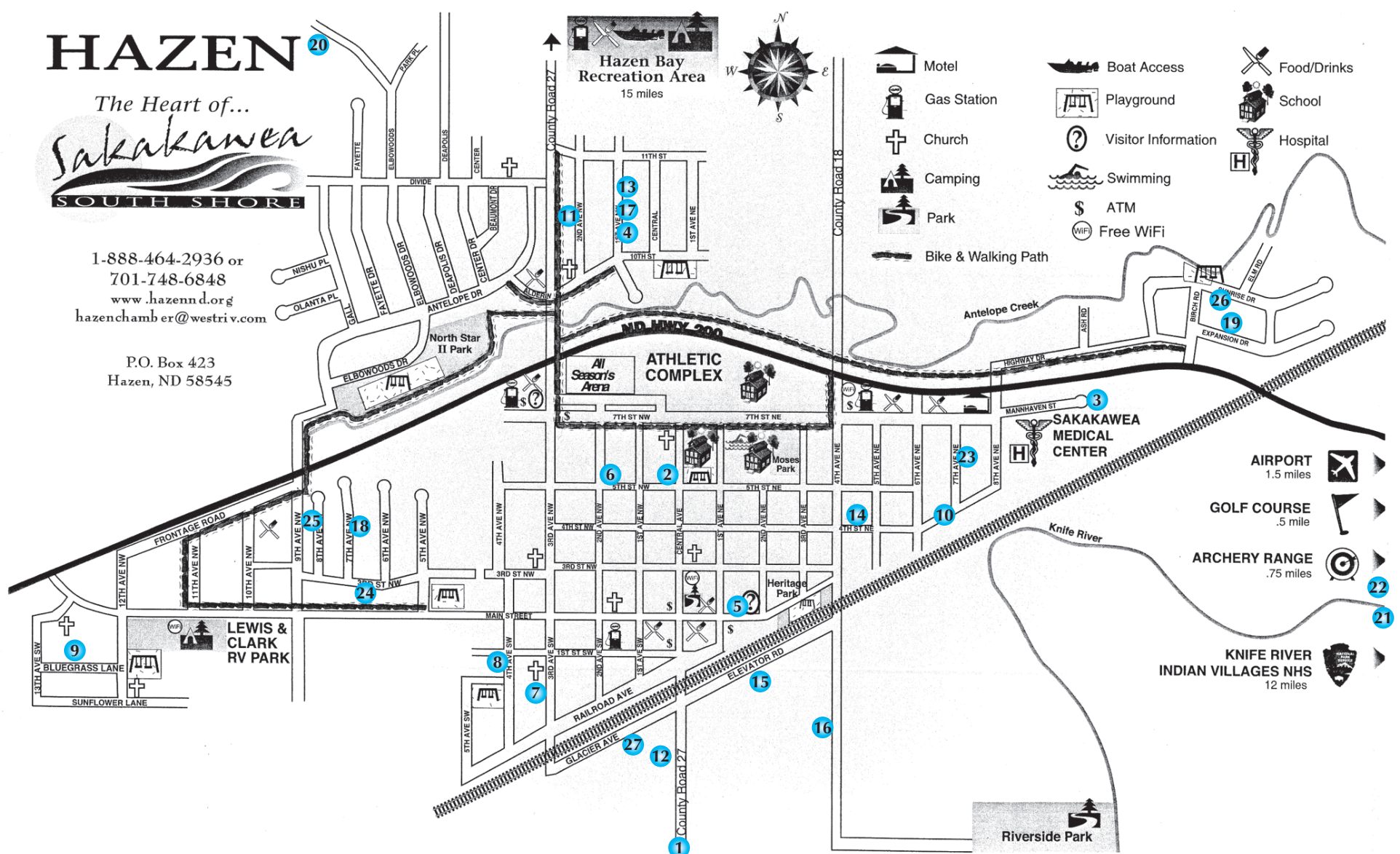
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GARRISON GOLF CLUB

Hazen's Citywide Rummage Sale

Saturday, Aug. 24 • All times CT

- 1) 1354 53rd Ave SW or 5 1/2 miles South of Hazen Motors, orange flagging on mailbox, Fri. & Sat. 8 a.m.-4 p.m.: MULTIPARTY \$1.00 clothing, 1/2 price tables, canning jars, fresh veggies, kitchen appliances, office chair, bird cage, furniture, wedding decor, paint sprayer, tools. Grosz
- 2) 64th St NW, Fri. 1-6 p.m. & Sat. 8 a.m.-5 p.m.: MOVING SALE: Household and shop, quilting frame, furniture - beds, entertainment center, couch, chairs, coffee table, end table, table/chairs, holiday decorations and village pieces, decorated Christmas tree, kitchen - bread machine, chest freezer, cookware, utensils, tupperware, sewing machine, sewing notions, shop tools, lawn mower, snowblower, tree trimmer. Reinhardt.
- 3) 818 Manhaven St, 9 a.m.-2 p.m.: Goose decoys, goose hunting layout blinds and misc hunting equipment misc hunting clothing and household items. Wiedrich.
- 4) 1006 1st Ave NW, Fri. 8 a.m.-6 p.m. & Sat. 8 a.m.-5 p.m.: HUGE MULTI PARTY SALE!! Tons of housewares, small kitchen appliances, dishes, glassware, wall decor, dressers, brand name purses, clothes (mens/womens L/XL) Great college bound items!! Scheid/LeMasters/Irwin
- 5) 146 Main St East, Hazen City Hall, Thurs. Aug. 22; Fri., Aug. 23 & Sat., Aug. 24, 8 a.m.-6 p.m.: HUGE ESTATE & 3-PARTY RUMMAGE SALE: Lots of ANTIQUES & COLLECTIBLES - including travel trunks; galvanized pails, tubs, & chicken waterer, 1 bushel coal scoops; jars, copper boiler, canners, iron skillets, crocks, & enamelware; old tools, planers, & post hole digger; old metal Tonka toy collections & wooden metal sleds; antique Barbie doll house, crib & stroller; antique hair dryer; antique Singer sewing machine with cabinet, ironing boards, & antique Sad Irons; 1950's school desks; & Coke collectibles. OUT-DOOR ITEMS - including Black & Decker lithium hedge trimmer & leaf hog, Yardman leaf blower & bagger, roof rakes, snow shovels, axes, saws, Nelson Rain Train Sprinklers (tractors), gardening supplies including pots & stands for plants, shop vacuums; 2 Coleman lanterns; yard games; baseball bats, balls, & gloves; Brinkmann Smoke N Pit, propane & electric grills, life jackets & dock buoys for boat. HOUSEHOLD ITEMS - including knives, utensils, cookbooks, dishes, large coffee serves, Tupperware, tin canisters, meat saws & grinders, large portable kerosene heater, Coleman portable electric heaters, 220v electric heater, humidifiers, air purifiers, 2 wooden rockers, wood & metal chairs, mattresses, bedding, blankets, pillows, wall hangings, lamps, material for quilts, men's XL sweaters, shirts, suit steamer rack, plus very huge supply of CHRISTMAS DECORATIONS - including outdoor reindeer & other sculptures. AND many more items too numerous to mention, BECKER/REIS/SPENCER.
- 6) 114 5th St. NW, Fri. Noon-7 p.m.; Sat. 8 a.m.-3 p.m.: MACEE'S RUMMAGE SALE: Baked goods, girl clothes and toys, arts, games, American dolls and doll clothes and accessories. Little of everything. Candace Smith.
- 7) 101 3rd Ave SW, (West Door), Fri. 8:30 a.m.-5 p.m. & Sat. 8:30 a.m. - 2 p.m.: St. Martin's Catholic Church. Free will donation: clothing, lots of household, decor and miscellaneous items.
- 8) 101 4th Ave SW, Fri. & Sat. 8 a.m.-5 p.m.: Riding mower/bagger, pressure canner, quilts, microwave, girls/boys/women's clothes, books, side table, corner shelf, chairs, lamps, Kirby vacuums, seasonal, items for do it yourselves, misc. Sitz/Weige/Bengamin/Sevre.
- 9) 1216 Bluegrass Lane, 8:30 a.m.-6 p.m.: Movie theater popcorn machine, household, tools, clothes and more. Schafer.
- 10) 517 4th St NE, Fri. 5-7 p.m. & Sat. 8 a.m.-2 p.m.: ESTATE RUMMAGE SALE: Almost anything needed to set up your own place, including the HOUSE! Pots, pans, dishes, tools, couch, chair, curio cabinet, China cabinet, cedar chest, vacuum cleaners, jars and so much more! 50¢ unless priced! Mittelsteadt.
- 11) 1025 2nd Ave NW, 8 a.m.-2 p.m.: Kitchen items, knick knacks, baskets, girls teen clothing, misc. tools, tool box. Byerley
- 12) 875 County 27 South of RR track, Thurs. 4-8 p.m., Fri. 8 a.m.-6 p.m. & Sat. 9 a.m.-1 p.m.: It's a rummage sale for MEN and women! Chickens, chicken coops and equipment, many miscellaneous shop and yard tools and items. Tractors, (M H WDAC Ford) lawnmowers, snow blower, pick up topper, Briggs and Stratton engine, hog feeder, sheep scale. Garages for sale! Men, women, and some boys clothing, household items, some antiques, furniture, books, and miscellaneous tiems. Walsvik.
- 13) 1022 1st Ave NW, Fri. 4-8 p.m. & Sat. 8 a.m.-2 p.m.: Mens, womens, Jr. clothing and shoes, Knephla and kraut to go, homemade cookies and dog treats. Mutzenberger.
- 14) 402 4th St NE, 8 a.m.-3 p.m.: Girls and boys clothes up to size 7/8. Lots of miscellaneous household items. Hand and power tools. Mund.
- 15) Storage Units South of Main off Riverside Park Road, Fri. 12-8 p.m. & Sat. 8 a.m.-8 p.m.: MULTI-PARTY: Tons of kids clothes and men's and women's S-XXL, antiques, toys - Thomas The Train, electronics, household, furniture, much more. Something for everyone. Peters/Farrar
- 16) Storage unit #5 across from anhydrous plant on road to Riverside Park and intersection of Main and 4th Ave NE across tracks in Hazen, Fri. & Sat. 8:30 a.m.-4 p.m.: Building supplies such as house wrap and tile flooring, portable table top dishwasher, refrigerator, sleep number bed, swivel bar chairs, bookcase, home decor and lots of miscellaneous items. Tagestad.
- 17) 1018 1st Ave NW, Fri. 6-9 p.m. & Sat. 8 a.m.-4 p.m.: 2 PARTY SALE: Tools, skill saw, battery charger, drill, handyman jack, barbell, 2 dumbbells, weights for both, Boyd's Bear, dishes, golf clubs & bag, womens XL & XXL clothes, clarinet, bread machine & lots of misc. Miller.
- 18) 304 7th Ave NW, Fri. 3-7 p.m. & Sat. 8 a.m.-1p.m.: Home decor, bedding, turkey air fryer, toys, rollerblades, VHS/DVD player, patio table/umbrella, old window, clothing for teen girl, men and women. Langowski/Fitzgerald
- 19) 1110 Expansion Dr, 8 a.m.-3 p.m.: Circular saw, 6" planer, Craftsman band saw, TV stand, girls - M,L and XL and Jr. girls clothes and dress clothes XS, S and M, girls jeans and sweat-pants. Hintz.
- 20) 1129 Elbowoods Dr, Fri. 9 a.m.-6 p.m. & Sat. 8 a.m.-noon: Girls clothes, toys, Little People, dolls, games, puzzles, ride-on toys, bedding, karaoke, household items, home decor, electric smoker, dog Igloo. Hysjulien.
- 21) 5160 Rodeo Dr (S of Archery Range), Fri. 4-7 p.m. & Sat. 8 a.m.-1 p.m.: MULTI PARTY SALE. Collectibles, antiques, oil cans, signs, guns, hunting, reloading, portable ice house, chrome box rails, furniture, kids toys, decor household, dog steps. Haaland.
- 22) 870 51st Ave SW, 8 a.m.-2 p.m.: MULTI PARTY: Horse tack, artificial Christmas tree, Christmas village, silver tea set, books, LP albums, other household items.
- 23) 518 7th Ave NE, Fri. 2-6 p.m. & Sat. 8 a.m.-1 p.m.: Womens/ mens/boys name brand clothing S-XL, womens rodeo/western shirt S-L, youth hockey gear, Halloween costumes, small kitchen appliances, household items, vintage galvanized wash tubs, boilers, milk can, student piano books, misc. tools/shop items, guinea pig cage, kids books. Affolter.
- 24) 505 3rd St NW, Fri. 2-7 p.m. & Sat. 8 a.m.-4 p.m.: Men, women & teen clothing XS to XL all in great condition! Coats, medical scrubs, shoes, home decor, fall & Christmas, garden decor & pots, two adult bicycles. My garage is overflowing! Don't miss it! Carter.
- 25) 312 8th Ave NW, 8 a.m.-3 p.m.: DOWNSIZING & MOVING SALE: Antiques, household, furniture, standing desk, trolling motor, archery items, large dog kennel, high chair and kids walker. Cahoon.
- 26) 1105 Sunrise Dr., Fri. 8 a.m.-7 p.m. & Sat. 7 a.m.-7 p.m.: MULTI PARTY RUMMAGE SALE: Clothes boy/girl newborn to 6, Junior girls, mens & women's clothing, toys, books, DVD's household items, desk, high chair, sand box and shoes. Weinberger/Peterson/Sperle/Irwin.
- 27) 113 Glacier Ave., 8 a.m.-4 p.m.: Saddles, furniture, household items, lots of blue jeans, a bit of everything. Klein.



Calendar

Saturday, Aug. 17
Farmers Market, North Shore Inn Parking lot, 9-11 a.m.
Community Cupboard of Underwood open 10 a.m. to noon at 208 Lincoln Avenue.

Sunday, Aug. 18
Garrison Parks & Rec. mother-son BBQ, 5-7 p.m., city park.
Jane Miller's 90th birthday open house, 1:30-4 p.m., Westridge Golf Course, Underwood. No gifts please.
Wyman and Mary Scheetz 75th birthdays open house, 2-5 p.m., 2546 16th St., Center.
Washburn free community meal, 5-6:30 p.m., First Lutheran Church basement. Everyone welcome!

Monday, Aug. 19
McClusky Municipal Court, 7 p.m.
Yoga, First Congregational Church, Garrison, 8 a.m.
Bone Builders exercise, Garrison Senior Center, 10 a.m.
Post 49 American Legion and American Legion Auxiliary, American Legion Building, 7 p.m.
Washburn City Commission meeting, 6:30 p.m.
Turtle Lake-Mercer School Board meeting, 7 p.m.

Tuesday, Aug. 20
McLean County Commission meeting, 8:30 a.m.
McClusky Park Board meeting, 7 p.m.
Harvest Market on Main farmer's market & Classic Cruise, Garrison Main Street, 4:30 p.m.
Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.
Washburn American Legion Post #12 is having their annual picnic at the 4-H campgrounds. All veterans and family welcome. Social, 5 p.m. Meal, 6 p.m.

Wednesday, Aug. 21
Wilton School Board meeting, 6 p.m.
Wilton City Commission meeting, 7 p.m.
Yoga, First Congregational Church, Garrison, 8 a.m.
Garrison City Landfill, 1-5 p.m.
Adult health services and foot care clinic available at the senior center, Turtle Lake. Call 462-3330 to schedule an appointment.

Thursday, Aug. 22
The Community Clothing Share-Exchange open 10 a.m. to 6 p.m. at 221 Main St., Turtle Lake.
McClusky Merchant's Association meeting, Union Grill, noon.
McClusky Ambulance Service District meeting, 7 p.m.
Underwood School Board meeting, 7:30 p.m.
Bone Builders exercise, Garrison Senior Center, 10 a.m.
Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.
Coffee at Denhoff Community Center, 9:30 a.m.

Friday, Aug. 23
Lewis & Clark Farmers Market, 4-7 p.m., L&C Interpretive Center, Washburn.
Yoga, First Congregational Church, Garrison, 8 a.m.
Piecemakers Quilt Guild sew-together, SACA Lodge, 9 a.m.
Garrison City Landfill, 1 p.m. - 5 p.m.
Riverdale Community Church rummage sale, 9 a.m. to 4 p.m. Aug. 23 and 9 a.m. to 3 p.m. Aug. 24 at Pick City Hall.

Saturday, Aug. 24
Lord's Pantry open 10 a.m. to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.
Piecemakers Quilt Guild meeting, SACA Lodge, 9 a.m.
Community Food Pantry, Ryder, 10 a.m. to 2 p.m. No cost lunch provided.
The Lord's Pantry, Trinity Lutheran Church, Turtle Lake, 2-4 p.m.
White Shield High School class of 1969 reunion, 12:30 p.m., Wilderness Park.
Fort Stevenson Regatta, Fort Stevenson State Park, noon
Beach Party, Fort Stevenson State Park, 5-11 p.m. See ad for full details.
Moving sale at Fuzzy and Jan Lauer residence, 10 a.m. to 4 p.m., 814 2nd Street East, McClusky.
Wes and Sharon Weible 50th wedding anniversary celebration, 2-4 p.m., Turtle Lake Senior Citizens Center.
Hazen's citywide rummage sale. See ad for full details.

Sunday, Aug. 25
Allen and Melinda Betz 50th anniversary open house, 1-6 p.m., Wilderness Park Shelter, Garrison.

PRAIRIE FARE

continued from page 3

people cannot consume soy products without having allergic reactions. Besides soy, the "big eight" list of allergens also includes milk, eggs, fish, shellfish, peanuts, tree nuts and wheat. Fortunately, a fairly small number of people have allergies, but be sure to heed to warnings. Sometimes, however, other kinds of "warnings" about various foods appear on social media and other sources. These messages pop onto the advertisements on my Facebook page from time to time.

I think we all know that we can't believe everything we see and hear about foods. For example, while it's true that soy contains phytoestrogens (plant estrogens), these natural chemicals do not act like human estrogen hormones. They are not to blame for feminizing men, for example.

Researchers conducting human studies have reported that the natural plant compounds in soy may reduce the risk for prostate and breast cancer, and may reduce hot flashes in menopausal women or perhaps improve fertility.

My best advice is to aim for variety in your diet. Don't be afraid of food. Be aware of research-based recommendations in nutrition and health from credible sources. Have you ever tried edamame?



Edamame Hummus is a delicious, nutritious soy food. (NDSU Photo)

These immature soybeans are available in the freezer section of many grocery stores. Here is a recipe that we tried at North Dakota State University, which was well liked.

- Edamame Hummus**
- 1 1/2 c. frozen shelled edamame
 - 1/4 c. tahini
 - 1/4 c. water
 - 1/2 tsp. freshly grated lemon zest
 - 1 lemon, juiced
 - 1 clove garlic, smashed
 - 3/4 tsp. kosher salt
 - 1/2 tsp. ground cumin
 - 1/2 tsp. coriander
 - 3 Tbsp. extra-virgin olive oil
 - 1 Tbsp. chopped fresh flat-leaf parsley

Tahini is sesame seed paste that is available in many grocery stores. You might find it with condiments or in the ethnic foods section. Sometimes tahini is found in the refrigerated section with deli items.

Boil the edamame in salted water for 4 to 5 minutes or microwave, covered, for 2 to 3 minutes. In a food processor, puree the edamame, tahini, water, lemon zest and juice, garlic, salt, cumin and coriander until smooth. With the motor running, slowly drizzle in 2 tablespoons of the olive oil and mix until absorbed. Transfer to a small bowl, stir in the parsley and drizzle with remaining oil. Serve with vegetables or crackers. Refrigerate leftovers.

Hazardous materials drill Monday

On Aug. 19, first responders, county officials and Great River Energy will be training to handle hazardous material events.

Local and State agencies from the area will be involved in the training and response exercise during the afternoon and evening hours. For safety reasons, the public is asked to

stay away from the area of the incident.

Patients with simulated injuries will be placed on the scene near the Hazmat situation for responders to deal with. Garrison and Turtle Lake hospitals will also be participating.

This program is being

sponsored by a grant from the US Department of Homeland Security, issued through the ND Department of Emergency Services, and implemented by the McLean County office of Emergency Management. The exercise is being coordinated by Heartland Consulting Group from Bismarck.

LEWIS & CLARK
FARMERS
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4-7 p.m.

L & C Interpretive Center
Intersection of
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Roughly 3,500 users and 7,000 sessions per month
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65-70 percent of users are new users,
with 30-35 percent being return visitors.

91 N Main St., Garrison, ND
701-463-2201

THE CLASSIFIEDS

• **DEADLINE:** 9 a.m. Thursday.
 • **CLASSIFIED WORD ADS:** Terms – Cash, Check, Visa or Mastercard.
 • **COST:** \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are FREE one week only.
 • **CLASSIFIED DISPLAY RATE:** \$9.50 per column inch.
 • **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 701-463-2201.
 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 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, 701-460-0663.
 1-E-TFN-NC 58540

Auctions

DIANA BAHR AUCTION, Saturday, Sept. 7 at 11 a.m. at the Garrison City Auditorium. Antiques, household, wood working and shop tools, misc. SJ Auction Service 337-5410.
 15-4TPDIXT 58540

SHARON SIGURDSON AUCTION, Saturday, August 17 at 11 a.m. From Coleharbor: 1 mile South on Hwy 48 to Wolf Creek Recreation Road, then 2 miles West and 3/4 mile South. Antiques, household, tools, tractor, misc. SJ Auction Service 337-5410.
 13-3TPDIXT 58540

RANDY SAWICKI ESTATE and Nancy Sawicki, 10:30 a.m. Sept. 14, 39500 McLean County 29, Wilton, tractor, gravity grain bin, equip. and shop, guns, antique and household. Northern Auction, Kevin Beeter, midwestauctions.com/northern
 11-19-E-NC 58577

Help Wanted

HELP WANTED

Max Farm Services Cenex C-Store is accepting applications for cross trained positions, till, kitchen and floating help. Competitive pay, paid time off, gas discounts, AFLAC, retirement after 1000 hours. Some weekends required. Applications at Cenex in Max or call TJ at 701-679-2203.



West River Telecom (WRT), a growing telecommunications cooperative, has a position opening for a full-time IT Specialist. A complete job description of each position can be found at www.westriv.com

IT Specialist (Full-time)

Job Responsibilities: This position provides expertise on all IP products and services. There are four areas that the IT Specialist will specialize in; VoIP, routing, firewalls and security. The IT Specialist is responsible for design, test, implementation and maintenance practices that ensure the efficient and reliable operations

Qualifications: Associate degree, preferably in computer science or related field, or equivalent work experience and current CompTIA A+, CompTIA Network+, and Cisco CCNP certifications is required.

Application Deadline: August 26, 2019

Complete application online and submit with resume via www.westriv.com or Send cover letter, WRT Application and resume to the following address:
West River Telecommunications Cooperative
Attn: Michelle Perreault, PO Box 467, Hazen, ND 58545

WRT is an Equal Opportunity Employer



SECURITY OFFICERS

Washburn & Center, ND

Qualified applicants must be professional, punctual, engaged persons with an excellent work ethic. Employment contingent on passing a criminal background check. Please call (218-726-1606) or email Bill (BillL@GSSC.net) for more information.
 EOE/AA/Disability/Veterans/M/F Employer
 Immediate full-time & part-time openings!

NOW HIRING

We are seeking an **Equipment Operator** for our Riverdale, ND operations. Primary duties include servicing, maintaining and operating equipment on a daily basis on a washing or crushing plant.

Applicant must be 18 years old. We offer a competitive wage and benefit package. Pre-employment physical and drug testing are required.

Employment applications may be filled out online at www.fisherind.com. To request an accommodation, call 701-456-9184 and ask for HR Department.



Fisher Industries is an Equal Employment Opportunity Employer and an Equal Opportunity Employer of Protected Veterans and Individuals with Disabilities.

Help Wanted Jailer/E-911 Dispatcher

Join our team! Flexible hours, advancement opportunities, GREAT benefits!

McLean County will accept applications until **4:00 P.M. on Wednesday, August 28, 2019**, filling **one (1) or more positions** as full-time Jailer/E-911 Dispatchers. Starting salary is \$36,279 annually. A full benefit package is offered including paid health insurance (family and single), paid retirement, annual leave and sick leave. For further information on the position or to obtain a McLean County job application form, interested individuals may contact the McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577 or call (701) 462-8541. Only official McLean County application forms will be accepted. An application form can be accessed from the county's website:

<http://www.mcleancountynd.gov/employment>.

Resumes may be included with the application but will not be accepted in place of an approved application form.

To be considered, all applications and related items must be submitted to the McLean County Auditor.



Lead, Power Apparatus Technician/ Electrician Coal Creek Transmission, Underwood, ND

Great River Energy is seeking a Lead, Power Apparatus technician/electrician to provide for the operation, installation, testing, checkout and maintenance of substation apparatus and associated equipment on Great River Energy's system in the North Dakota service territory. This position is located at our service center in Underwood, ND.

A two-year technical degree in electrical/computer/electronics related courses is required. A minimum of four years substation apparatus experience is preferred.

If you're ready to work in an environment that's rewarding, challenging and exciting apply here www.greatriverenergy.com under the Careers tab by August 21, 2019.

GRE is an EEO/AA/Minority/Female/Disabled/Vets Employer.

Farm Related

320 ACRES CROPLAND for rent NW Sheridan County. Taking bids on 320 contiguous acres of cropland rent on long-term contract. Currently in alfalfa. Looking for long-term renter with initial contract of 3-5 years beginning in 2020. Good county road access, secure location in Highland Township. Few rocks, few sloughs. Hay is off, contact to see property now. 701-626-7637
 15-P1TLNCMINX 58540

Help Wanted

JOIN OUR team at Captain's Cabin in Washburn! Now hiring full-time and part-time cooks and part-time bartender. Please contact Cassie or Emmy at 462-8383 or stop in for an application.

HELP WANTED



OF GARRISON

is accepting applications for

• Cashiers

Evening & weekend shifts

• Bait Shop

Must be able to work nights & weekends.



Stop in for an application.

HELP WANTED

CHI St. Alexis Health Garrison has the following positions available:

Part Time

Day Cook / Dietary Aide

*** Eligible for Benefits ***

For more information call 701-463-6503

Pick up application in Administration or online at CHISTAlexiusHealth.org



The institution is an equal opportunity provider and employer.

HELP WANTED



is looking for

Cooks, Servers & Bartenders

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83 337-2070

HELP WANTED



Turtle Lake Hospital

Full-time Nurse
Full-time Clinic Nurse
Part-time Clinic Nurse
Full-time Nurse Aide
Help-out Nurse Aide

Experience preferred but not required. Contact Jessie 701-448-2331 ext 206.
This institution is an equal opportunity provider and employer.

Help Wanted

HOUSEKEEPING

Northland Health Centers has immediate openings for part-time housekeepers for the McClusky clinic, Turtle Lake clinic and Administration Building. Evening and weekend hours only. For more information contact Kelly Murray at 448-2054 or hr@northlandchc.org. Applications are available at northlandchc.org or at any NHC location. NHC is an Equal Opportunity Employer.



104 Main Street
Turtle Lake, ND 58575
701-448-2054



At Basin Electric, our employees are the heart of our organization. Together with our subsidiary Dakota Gasification Company, we employ more than 1,800 people across multiple Midwestern states. In addition to competitive salaries, we offer an incredible benefits package.

Please check our website for the closing dates of these job openings.

Basin Electric Power Cooperative

- Operator/Technician II or I (CGS) - Culbertson, MT
- Superintendent (MLC) - Warren, MT
- Apprentice Substation Electrician (TSM) (DOT-FMCSA) - Williston, ND
- Cyber Security Specialist II or III (TSM) - Menoken, ND
- Service Dispatcher - Bismarck, ND
- Service Dispatcher (Part-time) - Bismarck, ND

Questions? Call 701-557-5603

Dakota Gasification Company

- Fixed Equipment Engineer I, II, or III (DOT-PHMSA) - Beulah, ND

For job details, go to jobs.dakotagas.com

Questions? Call 701-557-5603

Equal Employment Opportunity Employer of Minorities, Females, Protected Veterans, and Individuals with Disabilities.



HELP WANTED



is looking for

**SALES
ASSOCIATES**
Full Time or Part Time

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



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OF GARRISON
Benedictine Health System

HELP WANTED
Come Join Our Team!!
Full-Time CNA

Not a CNA? We can help!
Benefit Eligible
Starting wage \$14.56

Apply at www.blcgarrison.com
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Misc. for Sale

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg.smugmug.com.
35-P-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

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

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

Real Estate for Sale

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.

Rummage Sales

RIVERDALE COMMUNITY CHURCH
rummage sale, 9 a.m. to 4 p.m.
Aug. 23 and 9 a.m. to 3 p.m. Aug. 24 at Pick City Hall.
15-16-E-PD 58577

MOVING SALE: 233 Marina View - Garrison (2 miles south of Cenex, 1/4 mile west, 1/4 mile south - watch for flags). Household, small appliances, books, CD's, calico cats, dressers, stereo equipment, wildlife prints, fishing items, garden tools, patio table, lawn mower, etc. Saturday, Aug. 24, 8 a.m. to 3 p.m.
15-1TPDX 58540

RUMMAGE SALE: Glass gun cabinet, table and chairs, portable bar, Christmas decor, pool table, kitchen items, porcelain dolls. 13583 Pheasant Run Rd, Garrison. Turn towards Ft. Stevens Rd, go 2 miles, turn at red house. Aug. 23-24, 9 a.m. to 6 p.m.
15-16-E-PD 58577

Services

I HAUL away broken vehicles and scrap metals for FREE! Ca\$h for \$ome. 833-2884. U call, I Haul.
44-TFNALL 58540

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831.
9-34-E-PD 58577

Statewides

HELP WANTED
CITY OF CARRINGTON, ND seeking qualified applicants for Economic Development Director until Aug. 30. Salary DOE, full benefits. Call 701-652-2911 or www.carringtonnd.com EOE

CITY OF ENDERLIN has opening for Public Works Employee, Full-Time, Full Benefits, Wage-DOE. Contact Auditor's Office at 411 Railway St. or 701-437-3476.

FARMERS UNION OIL in Portland is looking for a full-time truck driver in the propane department. CDL required, hazmat and CETP training preferred. Full single benefits, paid vacation and 401k. Pick-up application at Portland station or call 701-788-3760.

Statewides

CLASS A OTR DRIVER WANTED. Reefer/drive in. Home weekly. Starting .45 to .49/mile, DOE. Benefits: Health Insurance, Sign-On Bonus, Paid Vacation. Bill (701) 527-7215.

DRIVERS WANTED! HAUL Train Crews in Passenger Vans. No CDL Needed. Must Pass Background Check, Motor Vehicle Record, Drug Screen. Jessica 913-277-7338 and/or Valerie 913-249-7679. www.rcxhires.com

LOOKING FOR THE most complete listing of ND Media? Get 2019 ND Media Guide for Only \$25! Call 701-223-6397, ND Newspaper Association.

BUSINESSES FOR SALE
F/S: CITY CENTER MOTEL. Devils Lake, ND. 24 units, attached apartment. In busy tourism area. Selling due to health. 701-662-4918. Serious inquiries only! PRICE REDUCED!

REAL ESTATE FOR SALE
NDFARMLAND 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.

LAKE LOTS FOR SALE
DRY LAKE LOTS FOR SALE: Near Ashley, ND with power 1/4 mile N of boat landing. 701-378-2600, 608-697-6910.

TRACTORS FOR SALE
OLIVER 1555 GAS Tractor. New Paint-2 New Tires - Stored - 2 Hydraulics - 2,467 hrs - \$6500 cash OBO - call 701-875-4278 - for photos call 701-570-2900.

MISCELLANEOUS FOR SALE
ANYONE CAN RUN STATEWIDE with HELP WANTED ads in all ND papers with NorthSCAN! \$160 /25 words / 89 papers. Contact your newspaper or NDNA, 701-223-6397.

ANNOUNCEMENTS/
AGRICULTURE
FARMERS MARKET CUSTOMERS! How can North Dakota's farmers markets better meet your needs? Take our customer survey at www.fresherfoods.org and enter to win a \$25 prepaid gift card. Information gathered supports farmers markets statewide. Paper copies available. Call 701-228-5605.

MISCELLANEOUS
WE MAKE IT easy to place an ad in one or all 89 North Dakota newspapers. One order, one bill, one check. We provide the ad design and tear sheets. Call the North Dakota Newspaper Association, 701-223-6397.



August 17 - 9:30 AM MT - Lynda(late Skip) Williams - Richardton- Vehicles, Guns, Yd/Garden, Shop Related, Ant/Collect, Household - G & G AUCTIONEERS - 701-878-4001 <http://www.midwestauctions.com/gandg>

August 17 - 11 AM - Sharon Sigurdson Auction. From Coleharbor, 1 mile South on Highway 48 to Wolf Creek Recreation Road. Then 2 miles West and 3/4 mile South Watch for Signs. SJ Auction Service.

August 1:00 pm CT- Lester Schatz Estate- 40+/- acre Ranchette, 2 Payloaders, 2 Tractors, Pickup, Box Scraper-G & G AUCTIONEERS- 701-878-4001 <http://www.midwestauctions.com/gandg>.

Sept. 4 10 AM CST - Online Only Equipment Auction on AuctionTime! 2002 JD 7510 w/ Loader/ Grapple, 2014 McCormick X60.40, Rubber Conveyor Belting, Welder, Air Sytems, and more! Wolff Auctioneers.

Sept. 7th @ 10 AM CT Owner: Martin & Hildegard Morrell. Offering: Shop Items & Furniture. Location: Eagles Club of Mandan, 1400 Collins Ave., Mandan, ND. Wolff Auctioneers.

Sept. 14 - 10:30 a.m.: Randy Sawicki Estate and Nancy Sawicki, 39500 McLean County 29, Wilton, tractor, gravity grain bin, equip. and shop, guns, antique and household. Northern Auction, Kevin Beeter, midwestauctions.com/northern

Sept. 18 - 9 AM MT Environmental Driven Solutions L.L.C. Liquidation Auction. Offering: Oil Field Related Equipment, Trucks, Trailers, Tools Location: Killdeer, ND Wolff Auctioneers.

Sept. 24th, 2019 Dunn County Land Auction. Offering 516 Acres and Farmstead. Legal Description: S ½, & NW ¼ of the NW ¼ & S ½ of the NE ¼ 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.

October 5 9:00 AM CT - Hardware Hand Liquidation - New Salem, ND. G&G Auctioneers.

October 12 10:00 AM MT - SAETZ FARM & RANCH EQUIPMENT AUCTION. Owner: Frank Saetz Estate & Bonnie Saetz. Partial Listing Coming Soon. Wolff Auctioneers.

October 26 10:00 AM CT - 250+ Gun Auction - New Salem, ND. G&G Auctioneers.

NOVEMBER 1, Mercer County Land Auction, 320 Acres - the S2-sec. 19-145-84, Seller: Henry Miller Land, 5 miles NW of Stanton, ND, More information coming soon. Wolff Auctioneers.



For Sale
Black Angus Yearling Bulls

Private treaty bulls for sale at the ranch.
A good selection of Performance Bulls and Heifer Bulls are available. Many are A.I. Sired. They are fertility checked and reasonably priced.

Isaak Angus Ranch
Ron and Jackie Isaak
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2018 Chevy Traverse LT AWD SUV silver.....	19,000 miles.....	\$33,995
2018 Chevy Cruze LT silver, certified.....	19,500 miles.....	\$17,295
2016 Chevy Impala LTZ silver, leather.....	25,000 miles.....	\$21,995
2016 Chevy Equinox LT AWD SUV blue.....	27,500 miles.....	\$19,995

Used Cars

2015 Chevy Impala LT V6 black.....	29,800 miles.....	\$17,995
2014 Chevy Cruze Diesel maroon.....	39,300 miles.....	\$12,995
2013 KIA Soul white.....	66,000 miles.....	\$8,995
2013 Chevy Malibu ECO maroon.....	92,600 miles.....	\$7,895
2003 Pont Grand AM silver - as is needs timing chain.....		\$150
2003 Dodge Neon gray.....	97,100 miles.....	\$2,995

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Used Pickups

2016 Chevy Colorado Z71 Crew 4wd black certified.....	41,000 miles.....	\$25,995
2016 Chevy Silverado 1500 Crew LT maroon.....	21,000 miles.....	\$32,995
2013 Dodge Ram 3/4 Ton Crew maroon.....	52,000 miles.....	\$32,995
2008 Chevy Silverado 1500 Ext Cab tan.....	101,300 miles.....	\$11,995
2004 Chevy Silverado 1500 Ext Cab 8' box white.....	98,000 miles.....	\$5,995
2003 Chevy Silverado 1500 Ext Cab Sandstone.....	208,000 miles.....	\$4,795

Used Vans & SUVs

2017 Chevy Traverse 2LT AWD white.....	28,000 miles.....	\$29,995
2016 Chevy Equinox LTZ 4 cyl FWD white.....	50,000 miles.....	\$15,995
2015 Chevy Equinox LTZ 4 cyl AWD blue.....	96,200 miles.....	\$15,995
2013 Chevy Equinox 4 cyl AWD black.....	67,800 miles.....	\$12,995
2012 Chevy Equinox LT 4 cyl AWD black.....	138,000 miles.....	\$8,695
2012 Chevy Equinox LT 6 cyl AWD maroon.....	111,500 miles.....	\$8,995
2012 Chevy Traverse LT AWD white.....	143,000 miles.....	\$8,495
2014 Chevy Suburban LTZ 4wd champagne, loaded.....	75,000 miles.....	\$29,999
2013 Chevy Suburban LTZ 4wd pearl white, loaded.....	84,000 miles.....	\$27,995
2009 Chevy Tahoe LT 4wd silver, sunroof.....	150,000 miles.....	\$13,495
2012 GMC Acadia SLT AWD SUV blue.....	80,000 miles.....	\$13,995
2006 Chevy Trailblazer LT 4wd white.....	160,000 miles.....	\$5,995
2006 Chevy Uplander Van silver.....	145,000 miles.....	\$4,995
2006 Chevy Equinox V6 maroon.....	149,500 miles.....	\$2,595
2005 Chevy Tahoe LS 4wd tan.....	200,000 miles.....	\$5,995