

Xtra

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Published by BHG Inc.,
to serve McLean and
Sheridan Counties

PRSR STD
US POSTAGE
PAID
Permit No. 22
Garrison, ND

ECRWSS

Postal Patron
Deliver By Monday
Vol. 35, No. 38
Monday, Jan. 27, 2020

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PRAIRIE FARE



BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION
SPECIALIST

"How scientific do you want to be?" my husband asked.

I set the tray at the fast-food restaurant in front of him.

"I just want to be objective," I replied.

I didn't have a sensory evaluation booth handy, where we could change the lights to disguise the sandwiches.

I had seen an ad for the plant-based "burger" on TV and I wanted to try it. The sandwiches were heavily promoted in 2019, and the "buzz" has settled a bit.

I purchased one sandwich with a plant-based patty. The other sandwich had a beef patty.

I unwrapped the two sandwiches and we studied them. They looked almost identical. However, the plant-based patty didn't look quite as succulent and glistening as the one on TV.

Actually, neither of the

sandwiches looked as good as the ones on TV or on the posters in the restaurant.

Both sandwiches were the same size, with the same sesame seed-studded buns. When I lifted the upper bun, I noted the sliced tomatoes, onions, lettuce and the layer of mayonnaise on each.

I cut the sandwiches in half so each of us could taste and compare them.

If anyone was watching us study our food, they probably thought we were a peculiar couple.

I guess we are kind of eccentric now and then.

Most people have heard of plant-based "meat alternatives," also known as meat analogues, meat substitutes, mock meat, imitation meat, fake meat or other terms.

In full disclosure, my husband and I are "omnivores." We eat almost any food, whether it is plant- or animal-based. Neither of us would be considered a "picky" eater.

I sniffed both sandwiches, and each had a distinctive char-broiled aroma. My husband took the first bite and I watched his expression.

"It's not offensive," he noted after tasting the plant-based sandwich.

I chuckled at his comment, which would make food scientists cringe. I'm sure they were going for "delicious." I glanced at him, so he clarified his remark.

"It's actually not bad," he added.

That was a true Midwestern comment. Does "not bad" mean "pretty good"?

I cut a piece of the plant patty away from all the toppings and slowly chewed it. I found the plant patty to be chewier and drier than the beef patty.

We agreed that the plant patty had a more charred flavor. The char-broiled stripes looked to have been applied in some way. The plant patty also seemed saltier to my taste buds.

In all fairness, the restaurant's beef patty wasn't as flavorful or juicy as the burgers we cook on our backyard grill, either.

The plant-based sandwich was more expensive by about a dollar.

Here was the real test for the purpose of this column. Was one sandwich more healthful than the other?

Not really.

The plant-based sandwich had about 630 calories, with 34 grams of fat and 25 grams of protein, while the beef-based sandwich had 660 calories, 40 grams of fat and 25 grams of protein. In other words, nutritionally they were similar.

We were correct that the meatless sandwich had more sodium per serving, with about 300 milligrams more than the beef-based sandwich.

In other words, you are not going to lose weight by making this swap, and you are not going to do your blood pressure any good with the extra sodium. Compare the nutrition facts on your food choices, and check out the ingredient list.

Almost every week in this column, I promote eating more vegetables as part of the current nutrition recommendations.

We should fill half of our plates with fruits and vegetables, with the goal of at least 4 1/2 cups of produce daily.

I'm not going to change that recommendation this week. Only about one in 10 adults meets the daily recommendation for plant foods. However, is swapping in plant-based "burgers" the answer to a more healthful diet?

I don't think so. The plant-based "burgers" contain many ingredients, compared with the animal-based counterparts.

The ingredient statements on meat alternatives (depending on the brand) usually list a combination of soy protein, pea protein and/or rice protein, various vegetable oils, cornstarch, binding agents (so the ingredients stay together), salt, spices, natural and artificial flavorings, colorants, and added vitamins and minerals.

The ingredient statement on a package of beef at the butcher counter would state

"beef." The protein, vitamins, minerals, flavor and color are naturally present.

If you want more plant protein in your diet, enjoy some soy-based tofu in a

vegetable stir-fry, fiber-rich split pea soup, savory hummus dip (from

chickpeas) and beans of all types in soups, salads and casseroles. Visit

<https://www.ag.ndsu.edu/food> to explore the wide range of food and nutrition

information with accompanying recipes,

including the mentioned ones.

Think about your eating pattern. Do you include foods from all the food groups?

Consider setting a goal for yourself. If you want to try something different,

here's a fiber-rich recipe my student interns made using canned black beans.

They were "pretty good," as I recall.

Homemade Black Bean "Burgers"

1 (20-ounce) can black beans, drained and rinsed

3/4 tsp. minced garlic

1 1/4 tsp. chili powder

Salt and pepper to taste

1 large egg, beaten

1/3 c. plain bread crumbs

Mash beans thoroughly in a large bowl. Mix in garlic, chili powder, salt, pepper and egg. Stir in bread crumbs. Shape into four patties; you can refrigerate them if they are not very firm (up to one day ahead). Spray skillet with nonstick spray and heat on medium heat. Add the burgers and cook uncovered until hot. If storing for later, allow to cool, then freeze on a baking sheet for an hour or until frozen. Transfer to a freezer bag. When ready to use, defrost and cook in a skillet.

Makes four servings. Each serving has 180 calories, 2 grams (g) fat, 11 g protein, 30 g carbohydrate, 9 g fiber and 270 milligrams sodium.

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CALENDAR

Saturday, Jan. 25

Taste of Washburn will be held from 5-7 p.m. at the Memorial Hall. Enjoy food served by community businesses. \$5 per person or \$20 per family. Ages 5 and under eat for free.

Shop for winter clothing (infant to adult) at Community Cupboard from 10 a.m. to 1 p.m.

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

Community Food Pantry, Ryder, 10 a.m.- 1 p.m. Lunch provided at no charge

Flakes of Fury Fat Tire Bike Race, Fort Stevenson State Park, Registration at 10 a.m., race begins at noon.

Monday, Jan. 27

East McLean Farmer's Union Local will meet at Bev's Cafe in Turtle Lake at 6 p.m. for supper. Meeting to follow.

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

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

GAIA Annual Meeting at Cubby hole, 6 p.m.

Tuesday, January 28

Adult Coloring Club, Garrison Public Library, 6:45 p.m.-8: 45p.m.

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

Thursday, January 30

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

Youth .22 shooting, Indoor Range Garrison, 6- 7 p.m.

Handgun shooting, Indoor Range Garrison, 7 p.m.

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

Friday, January 31

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

Garrison Lamplighters monthly potluck 6 p.m. at Senior Center

Saturday, Feb. 1

Democratic-Nonpartisan League Party District Conventions. Region 3, Districts 7, 8, 30, 32, 35 & 47 at Simle Middle School, Bismarck 10 a.m. - 1 p.m. and Region 1, Districts 31, 33 & 34 at Boilermaker's Lodge, Mandan 647 11:30 a.m. - 1 p.m.

Submit an event

To announce your free public event in the Xtra Calendar, simply fill out the form below. The form must reach the Washburn office by Wednesday. Mail to the Xtra, PO Box 340, Washburn, ND 58577; email: leadernews@westriv.com; phone: 701-462-8126.

Event: _____

Date: _____ Time: _____

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Home Country

SLIM RANGLES

Ran into Herb Collins the other day down by the school. He volunteers there, from time to time, helping kids with their math homework, and trying to recruit future members of The Great World of Business.

He loved business, back in the days when he lived in the city and ran the pawn shop. For years now, ever since he hung up his jeweler's loupe, he's told us that there was an excitement to making the right deal.

"It has to be right for the customer and for me, or it isn't right at all," Herb always says. "You can do that and make several people happy and earn a living. There's no need

to take unfair advantage of someone just to earn a living."

Our little town is a bit tame after city life, but it's Herb's wife's home town and she wanted to come back here to live after he retired. So Herb turned to helping kids understand how wonderful business can be. He's advised kids on the most effective way of delivering newspapers on their bicycles, he's suggested advertising gimmicks for kids with summer lemonade stands, and he's helped several boys market their skills with a lawn mower. You can take the man out of the business, I guess, but it's hard to take the business out of the man.

So after the shaking hands

and the how-are-yous, we talked about kids and business, and the new crop of youngsters coming up this year. I couldn't help thinking ol' Herb might jump at the chance to dive back in the world of commerce again, but he disabused me of that right away.

"All through with that," he said, shaking his head. "I was a successful businessman and now I'm successfully retired."

Successfully retired?

"That's right," he grinned. "I have a wife and a television set, and they both work."

Brought to you by our radio show, "Home Country with Slim Randles." Let us know if you like it. I know you know how to find it.


PRAIRIE HILLS

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50 pheasant flies: Crazy Charlie

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

The Crazy Charlie is a simple but well-known shrimp imitator that populates the fly boxes of die-hard flats anglers pursuing bonefish, permit and other saltwater species and is usually tied sparkly, light and translucent to match those warm-water crustaceans. For northern anglers, it does double duty in smaller sizes for crappies, white bass and perch and is often tied in silver or gold to mimic minnows. With a few simple pheasant-based tweaks, however, it becomes a dynamite darker pattern for connecting with spring smallmouth. The pheasant version of the fly is easily tied with the bird's marabou and rump feather fibers

and always triggers a bite, moving something like a crayfish and always looking edible.

Supplies:
Hook: Gamakatsu SS12 (Size 6-1)

Thread: Brown 3/0

Eyes: Dumbbell Eyes

Body: Wrapped Larva Lace

Underwing: Pheasant Marabou

Overwing: Pheasant Rump Feather Fibers

Start the fly by securing the hook in the vise and laying down a base of thread and tie in the dumbbell eyes

(1). Once secured, tie in a five-inch strand of Larva Lace along the top of the hook shank and up the curl of the bend, before advancing the thread back to just behind the dumbbell eyes (2). Wrap the Larva Lace forward so each segment touches the previous one until it reaches the thread; at that point tie the ribbing off securely and trim the excess, advancing the thread in front of the dumbbell eyes (3).

Select a pinch of pheasant marabou, it can be black, brown-tipped, cream shaded or one of the variety of other dark hues found on a rooster's cape. Tie the marabou feathers in just in front of the dumbbell eyes to form the underwing, making a slight taper toward the hook eye (4). Next select

a few long-fibered rump feathers – orange, green or gold, whatever is desired as an accent color – and remove the fibers from the stem of the feather. Tie them in over the pinch of marabou to form the overwing and provide a solid top line in the fly's profile, again tapering the wraps toward the hook eye, forming a thread head (5). Build the wraps up slightly, whip finish and epoxy the thread head and the fly is complete (6).

The Crazy Charlie is quick and easy to put together and fishes just as simply in the water. Use bead chain eyes for a slower fall and a lighter presentation and heavier dumbbell eyes to get the fly down in the water column faster. Work it with a series of lifts and pops to

imitate a fleeing crayfish and let it tumble back down to the bottom just like the real thing would. Wait for the strike and hold on tight, especially when smallies are on the feed in spring and summer.

Adjust the color of the ribbing going from bright orange to olive to deep purple to imitate a variety of shades seen on crayfish and other similar prey items in the natural world. Any hues in a favorite bass jig's skirt will help turn bronzebacks with this pattern so experiment with some go-to tints. The Crazy Charlie can cover the gamut of species from saltwater to freshwater and from north to south. Tie a few dozen up and get ready for a great season on the long rod!

**Garrison Area
Improvement Association**

Annual Meeting

Business, Banter, & Beer!
Monday, January 27th
The Cubby Hole at 41 S Main St
6:00 pm - Social
6:30 pm - Supper (taco bar)
7:00 pm - Meeting

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JAN. 31 & FEB. 1

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Best cards ever

BY ALLAN TINKER

While mass-produced Christmas cards are often nice works of art, the best memories seem to come most easily with the family photos sent as greetings.

This year was no exception. Annually, we get photos of family, friends, and sometimes people we do not really know, such as politicians. Depending upon the subject, they show much about the family, giving markers as to how old, tall, many, or few the members are now.

This year, knowing much about the four children pictured in one, was especially touching. The dad held the newest boy-child, wrapped in a blanket and held on dad's lap as he looked toward his older son and the mom of the bunch. Leaning on the outside of dad, were the two oldest girls, all focused on the boy by mom. Why was this so special?

This boy, who was born developmentally challenged, forecasted to never speak or walk. He had a dismal prognosis from the doctors that the parents were reluctant to accept.

The parents joined with other parents of children

challenged in various ways and levels, working hard on all the sensory exercises and regimens that possibly could make a difference, as the child grew older.

They noted some parents gave up and put children into wheelchairs or stopped regular stimulations, likely due to lack of time or strength with all the other members of the families having needs as well.

They kept on and the boy eventually was able to take his first step, much later, but his development was going to be slow as his body tried to put the pieces together to give him normal actions.

How much love this little boy got, as well as acceptance, shone out of this photo. I showed it to Brian and shared what I thought of the great parenting these people had given their children.

Another photo we received also showed a family all together. This one showed a day at work. No one was spotless and dressed up for the photo. They were in work clothes, ankle deep in a corral, obviously taking time from their work with cattle. All four children were "suited up" ranch-hand style, some holding a "Hot Shot" for encouraging cattle to move

forward in a chute.

The baby and only girl of the bunch, and known for her love of every cat she can find, was held by her mom. All were lined up, with smiles, beside dad in front of the cattle chute.

I could almost hear them talking about the day's work and asking if there were any snacks packed for lunch breaks. The cattle are loved and treated well. Some have been given names or claimed as "special" babies by one of the children.

It is a joy to see a family that so enjoys the work they have chosen to support themselves. I can guess their herd is part of the "happy cows" of the world.

Other photos we received showed families, all smiling, taken by an unknown photographer, or perhaps by time release, take your guess. They were the best of the cards we got, though we enjoy the handwritten notes and letters that accompany the other cards as well.

Hope you got as much pleasure as we did out of the cards you received this year. It will be hard to take these off the refrigerator, unless we get replacements. I hope they all are reading this.

Have a great week!

County getting bids for active shooter drill

BY ALYSSA MEIER
BHG NEWS

McLean County is seeking bids to conduct a large-scale active shooter drill.

The drill will be funded by a grant the county received in September. The total amount of the Homeland Security grant is \$27,900.

A portion of the grant will cover the purchase of a new metal detector for the Courthouse. The metal detector, costing \$12,995, can identify even powered-off

devices and is mobile.

"It can search inmate beds and everything," Commissioner Steve Lee said.

Emergency Services Director Noelle Kroll said the remaining \$16,000 will be put toward an active shooter drill.

The county commission approved a motion Tuesday to proceed in seeking bids for conducting the drill. No timeline has been set for the exercise.



Make your ads go further with All-Access Advertising

What is it? BHG newspapers are launching All-Access advertising, where advertisers can pay a small upcharge to get any print ad placed on the BHG website.

Where do ads appear? Advertisers choose between having their ad on the home page of an individual newspaper, the home page of the main BHG site or on every home page on the site. Ads will be at the top of the page, to the right of news stories and photos.

What size ads can be uploaded online? Any print ad can be put on the website. Each ad will have a pop-out display where they can be viewed in a larger size.

Why should you be online?

Over 3,000 users visit bhgnews.com each month, with over 600 new viewers visiting the site each week. Online ads offer the opportunity to reach new customers and make an additional connection with print subscribers or those viewing the e-edition.

Fast Facts about BHGnews.com

- Roughly 3,500 users and 7,000 sessions per month
- An average of 650 new users in one week
- Roughly 600 e-edition views per week -- and growing.
- 65-70 percent of users are new users, with 30-35 percent being return visitors.

All-Access Advertising rates:

- Individual newspaper home: \$5
- BHG home page: \$7
- All home pages: \$10

Contact your BHG advertising representative today to take advantage!



Advertise online at bhgnews.com
Contact your advertising representative for details or email news@bhgnews.com



We offer a full range of insurance products to protect your auto, home, farm and ranch property and business. We also provide long term care insurance as well as MPCl and Crop Hail Insurance for your crops.



Hazen
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701.748.6444



Wilton
110 Dakota Ave Ste B
701.734.6318



Washburn
1304 Northgate Rd
701.462.8404

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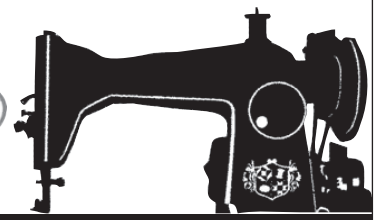
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owners/designers

14 Main Street E
Hazen, ND 58545

701-748-2261



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March 13TH @ 7:30PM
Chester's Tavern

THE FEUD

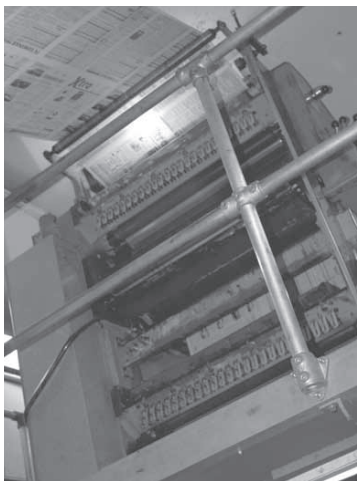
Get your Team Registered Today!!

Contact The Bar For Registration: 701-447-2411

- (10) Teams Max
- (5) Person Teams
- \$250 Team Entry Fee
- \$500 Cash Prize!!

*Must pay in full to be registered prior to event.
*No Refunds once registered.

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and so much more.



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Call one of our offices for more information:

- BHG, Inc./McLean Co. Independent • Garrison • 463-2201
- The Leader-News/Central McLean News-Journal • Washburn • 462-8126
- New Town News/Mountrail County Record • New Town • 627-4829
- Hazen Star/Center Republican • Hazen • 748-2255
- Beulah Beacon • Beulah • 873-4381
- McClusky Gazette • McClusky • 363-2492

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For any sport

We have T-shirts, sweatshirts, sweatpants, shorts, handbags, jackets, caps, and blankets with your local team name printed right on them.

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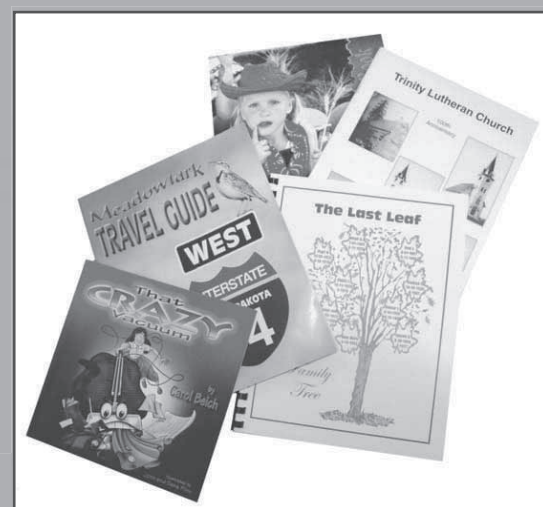
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THE CLASSIFIEDS

• **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.

Farm Related

MW HAULING, LLC, cattle hauling 8.5x53 spread axel cattle pot, 7x32 stock trailer. Licensed/insured for ND. Max Waloch, 701-516-3117.
 28-39-E-PD 58577

SEED FOR SALE

Yellow Peas

Agassiz Carver
 Inca Saffron

Chickpeas

Orion

HRSW

Barracuda Rebel
 Camaro Breakaway
 ND VitPro Cannon

Durum

ND Grano

Oats

CS Camden

Soybeans

Legacy LS-0239N RR2X

Yield Powerhouse

ND17009GT

Keep your own seed

Custom conditioning,
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NEW - double inoculate with
 liquid and peat SAVE BIG



FARMS & SEEDS

701-529-4421 Bob
 651-792-5920 Chris
 finkenfarmsandseeds.com

Giveaway

5 GALLON JUGS, for industrial purpose only: not to be used for human or animal consumption/food or beverage. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.
 15-TFNXCIX 58540

Help Wanted

THE BOARD OF SHERIDAN COUNTY Commissioners will be accepting applications for a part time Park Manager at the Hoffer Lake Recreation Area. Pay range \$12.00 - \$15.00 per hr. Applications and a list of duties are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463. Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. March 2, 2020. Applicant must pass a background check. Applications will be reviewed at the March 3rd County Park Board Meeting. Shirley A. Murray, Sheridan County Auditor. 38-43-P-E 58463

LOOKING FOR A LITTLE extra income? BHG Inc. is looking for part-time employees to fill out our mailing staff. Work requires standing to sort, insert, package and bundle. Ability to lift 20-40 lbs. helpful. Day and evening hours. Good work environment. Apply in person at 91 N. Main Street, Garrison.
 38-TFN-P-E-NC

Help wanted

Coaching Positions

Garrison Public School District is seeking applications

- **BOYS BASKETBALL - SPRING**
Elem. Head & Assistant
- **TRACK COACH - SPRING**
Two Assistant Coaches

Please stop by Garrison High School for an application.

Applicant must included a resume and three references.

Contact Nick Klemish at 463-2818 for more information.

HELP WANTED

Steve's Plumbing Service, LLC in Garrison, ND is looking for **full-time Apprentice** or a **Licensed Journeyman plumber.**

Competitive wages and benefits D.O.E. Call 701-460-7471 or email a resume to szach@restel.net



BENEDICTINE LIVING CENTER OF GARRISON
 Benedictine Health System

HELP WANTED

Come Join Our Team!!

- **RN/LPN**

- **CNA**

Apply at www.blcgarrison.com or call Jody Lawson

at (701) 463-2226
 "EQUAL OPPORTUNITY EMPLOYER"

To place a classified ad call 462.8126 or fill out the form online at bhgnews.com

Help Wanted

GSSC SECURITY OFFICERS

GENERAL SECURITY SERVICES CORPORATION™

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!



BENEDICTINE LIVING CENTER OF GARRISON
 Benedictine Health System

Environmental Service Manager

The Benedictine Living Center of Garrison provides Skilled Nursing, & Assisted Living services for 70 individuals.

POSITION SUMMARY:

- General knowledge of the following areas: Electrical, plumbing, HVAC, general maintenance, automated building management systems, preventive maintenance programs, building codes and janitorial/housekeeping procedures.
- Must be willing to be flexible with schedule to meet facility needs.
- Effective oral and written communication skills.
- Ability to work under pressure and to organize and prioritize work requirements.
- Basic computer skills are required.
- Effective Leader who is willing to promote our values of Hospitality, Stewardship, Respect, & Justice.
- Valid Drivers License.
- Salary will coordinate with the wage scale and/or qualifications of the person selected.

EDUCATION and EXPERIENCE:

- College degree or graduation from a trade school preferred.
- Five or more years experience in maintenance or building trades field, with at least two years in a supervisory position, preferably in a bargaining unit environment.

Submit resume to:

Scott Foss 609 4th Ave NE, Garrison ND 58540
 or Scott.foss@bhshealth.org
 Website: BLCGarrison.com

EEO/AA/Vet Friendly



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

Construction Assistant (Full-time)

Job Responsibilities: Assists in the construction, installation, and modification of OSP facilities, network facilities and equipment located at the customer premise. Required to locate and GPS network facilities locations. Position requires travel throughout the WRT service territories with occasional overnight stays.

Qualifications: High school diploma or equivalent.

WRT offers an excellent wage and benefits package including: medical/dental/vision, life/dependent insurance, 401K, a retirement plan, student tuition reimbursement, PTO, sick leave, flex spending, and free phone/internet

Application Deadline: February 3, 2020.

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

Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Jan. 27, Feb. 10 and Feb. 24. Have them there by 11 a.m. Call Darin, 701-315-0144.
 43-TFN-E-X 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

Misc. for Sale

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

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg-smugmug.com.
 35-P-TFN-NC 58577

HELP WANTED



Turtle Lake Hospital

Part-time Clinic Nurse Full-time Nurse Aide

Experience preferred but not required. Contact Brenda 701-448-2331 ext 207.
 This institution is an equal opportunity provider and employer.

HELP WANTED



Night Time & Weekend Cashiers



All Shifts Available

Must be able to work weekends.
 Stop in for an application.

NOW HIRING

Looking for a little extra income?

BHG Inc. is looking for part-time employees to fill out our mailing staff. Work requires standing to sort, insert, package and bundle. Ability to lift 20-40 lbs. helpful. Day and evening hours. Good work environment. Apply in person at 91 N. Main Street, Garrison.



HELP WANTED



is looking for

SALES ASSOCIATES

Full Time or Part Time

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

Real Estate for Rent

2 BEDROOM HOME with attached garage or 2 bedroom mobile home, call or text for application and more info. 701.315.0034.
 36-4-TPDLNX 58540

2 BEDROOM APARTMENTS. Low income. All utilities included and cable, Washburn 701.471.3233.
 38-39-P-X 58577

FOR RENT: \$400 p/month plus utilities. Two Bedroom/1 Bath home with attached single garage and large back yard. Located at 211 3rd Street West in McClusky, ND. If interested, call 701-641-7785.
 38-3TPDLNX 58540

SPACIOUS 2 BEDROOM, attached 1 stall garage, washer/dryer hookups, quiet area. For viewing call 701-832-0223.
 36-CHTFNIX 58540

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 Rent

**WILTON COMMUNITY
PROGRESS COPORATION**
Wilton, ND 58579

**24 modern 1 and 2 bedroom
subsidized and non-subsidized
rentals. Certain income
restrictions apply.**

Lease, security deposit,
references required. For
information and application
contact:

**734-8118
TDD 1-800-366-68888**

Accessabile interviewing will be
made available.

*This institution is an equal
opportunity provider and employer.*

Real Estate for Sale

FARM LAND FOR SALE

STEVEN LEIDHOLM and MICHELE LEIDHOLM, will sell the following
described property located in McLean County, North Dakota:

TOWNSHIP 145 NORTH, RANGE 81 WEST: Section 2: SW¼ Less Outlot A

TOWNSHIP 145 NORTH, RANGE 81 WEST: Section 2: Lots 3 & 4;
S½NW¼, Less Outlot A, Consisting of 274.33 +/- cropland acres.

The Sellers reserve 100% of the mineral rights to the property.

Subject to the following terms and conditions:

1. Sealed opening bids must be deposited by 11:00 a.m. on January 30, 2020 with Lindell Law Office, PO Box 427, Washburn, ND 58577. The top five bidders will be invited to be present and may orally raise their bid on February 7, 2020, at 11:00 a.m. at the Lindell Law Office, 709 Main Avenue, Washburn, ND 58577. Payment will be received as follows: 10% earnest money payable upon acceptance of the bid and the balance of the purchase price upon closing which will be 60 days after the date of sale.
2. Sellers reserve the right to reject any and all bids or waive any irregularities. All announcements made at the bid opening will take precedence over any printed or advertised material.
3. Contact David A. Lindell of Washburn, North Dakota, at 701-462-8566 for additional details.

Statewides

Call for details. 701-809-7415.
HEALTH/MEDICAL
OPEN ENROLLMENT FOR HEALTH
INSURANCE IS HERE! Now is the
time to save for 2020. We have the
best rates from top companies! Call
Now! 701-404-5823.

ATTENTION: OXYGEN USERS!
Gain freedom with a Portable
Oxygen Concentrator! No more
heavy tanks and refills! Guaranteed
Lowest Prices! Call the Oxygen
Concentrator Store: 701-404-5994.
(24/7)

A PLACE FOR MOM has helped over
a million families find senior living.
Our trusted, local advisors help find
solutions to your unique needs at no
cost to you. Call 1-701-404-5808.

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Recently diagnosed with LUNG
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now! You and your family may be
entitled to a SIGNIFICANT CASH
AWARD. Call 701-404-5389 today.
Free Consultation. No Risk.

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

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.
34-9-E-PD 58577

PET BOARDING, daycare, home
visits. Located rural Wilton. \$20/
dog for overnight stay. Country
Pets on Facebook. Text/Call June
at 701.301.2516.
35-40-P-X-PD 58579

WE CLEAN and install all types
of flooring including carpets,
upholstery, walls, air ducts. Let us
clean your boat, camper, under
appliances. We have dump trailer
for debris removal. Low rates,
cash/check/credit. Prairie Carpet
Services, (701) 833.2884 or
448.2883.
46-TFN-P-X-PD 58540

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
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
THE NORTH DAKOTA NEWSPAPER
ASSOCIATION is accepting
applications for the position of
EXECUTIVE DIRECTOR. Candidates
must embrace challenges, progress,
teamwork and change. Newspaper/
journalism background preferred.
Responsibilities include overall
association management, member
contact and development, legislative/
lobbying work, management of
newspaper content sharing and

Statewides

advertising placement programs,
personnel management for a staff
of 5, and working with a board
of directors/member committee
structure. Competitive salary and
benefits package. Application
deadline is Jan. 31, 2020. Anticipated
start date is May, 2020. Send letter,
resume and salary requirements to:
NDNA Search Committee,
1435 Interstate Loop, Bismarck, ND
58503-0567, or newsmonitor@
wahpetondailynews.com.

TUTTLE FARMERS ELEVATOR is
seeking applications for General
Manager. Contact Tuttle Farmers
Elevator: mail resume to Tuttle
Farmers Elevator, PO Box 119, Tuttle,
ND 58488.

FIRST DISTRICT HEALTH UNIT
in Minot is hiring a Director of
Environmental Health to manage
public health environmental
programs and staff. Bachelor's
degree and experience required.
Senior management position,
competitive salary, fully paid family
health insurance, State retirement
and more! Details at www.fdu.org.

SUPERINTENDENT OPENING:
Carrington School District #49.
Contact: Kimary Edland, Business
Manager. Phone (701) 652-3136.
Email: Kimary.edland@k12.nd.us
Application: Contact Kimary for
application package. Deadline:
March 2, 2020. Position Begins: July
1, 2020.

MAY-PORT CG SCHOOL is hiring:
full-time Kindergarten Teacher, early
childhood credentials required.
Apply to MPCG School, Attn:
Michael Bradner, 900 Main Street
West, Mayville, ND 58257; 701-
788-2281 x225, Michael.bradner@
may-portcg.com.

MID-DAY COOK - Lake Region State
College, Devils Lake Fulltime 10
or 12 month contract, full benefits.
Hours are 11:00am - 7:00pm
Monday-Friday, rotating weekends.
Salary depending on experience. For
more information see our website at
lisc.edu.

COMMERCIAL APPLICATORS.
Competitive wage and benefits, meal
allowance, paid lodging. Traveling
position for railroad vegetation
control, 60-80 hours/week. RAW
(Cooperstown, ND). 888.700.0292
| www.rawapplicators.com | info@
rawapplicators.com

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.

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

FINANCIAL SERVICES
OVER \$10K IN Debt? Be debt free in
24 to 48 months. No upfront fees to
enroll. A+ BBB rated. Call National
Debt Relief, 701-936-8487.

EDUCATION /TRAINING
TRAIN AT HOME TO DO MEDICAL
BILLING! Become a Medical Office
Professional online at CTI! Get
Trained, Certified & ready to work
in months! Call 701-929-9679. (M-F
8am-6pm ET)

COMPUTER & IT TRAINING
PROGRAM! Train at home to
become a Computer & Help Desk
Professional now! Call CTI for details!
701-929-9484 (M-F 8am-6pm ET).

HOUSING
NEW 55+ COMMUNITY - The
Meadowlands in Mandan! Open
Houses Wednesday, Saturday &
Sunday 1-4pm, scenic & quiet, near
healthcare & retail. 701-712-1353 or
visit www.meadowlandspark.com

LAND WANTED
LAND WANTED. BUYING crop
land, pasture and CRP land, will
lease back. Confidential 612-220-
1042. Leave detailed message.

BUSINESSES FOR SALE
FOR SALE - WALHALLA Mountaineer,
weekly newspaper, located in historic
1898 building, Main Street Walhalla,
2 person operation. Est. 1896. Phone
1-701-549-2580, 1-701-549-2304
or 305-0207. Immediate possession.

FOR SALE: LOCAL SHARPENING
SHOP - complete business w/
equipment, approx. 26 machines,
clipper blades, shears, carbide
blades, chainsaws, drill bits,
everything goes complete. Will train.
701-663-7490.

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
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.

AUTOS WANTED
DONATE YOUR CAR TO CHARITY.
Receive maximum value of write off
for your taxes. Running or not! All
conditions accepted. Free pickup.



**OLD FASHIONED
PANCAKES**

Ingredients

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

Directions

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

FLUFFY FRENCH TOAST

Ingredients

- 1/4 cup all-purpose flour
- 1 cup milk
- 1 pinch salt
- 3 eggs
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon white sugar
- 12 thick slices bread

Directions

Measure flour into a large mixing bowl. Slowly whisk in the milk. Whisk in the salt, eggs, cinnamon, vanilla extract and sugar until smooth.

Heat a lightly oiled griddle or frying pan over medium heat.

Soak bread slices in mixture until saturated. Cook bread on each side until golden brown. Serve hot.

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BROWN'S

ANGUS RANCH

Sunday, February 9, 2020 - 2:00pm (CST) (150) wd002 - 0202



BW-74
205D-891
Brown Dynamic 9003
Reg# 19626948
Coleman Doc x S A V Regard



BW-83
205D-857
Brown Triumph 9013
Reg# 19626980
Tehama Tahoe B767 x Bearcat 314



BW-88
205D-850
Brown Reckon 9043
Reg# 19626989
S A V Renown x Focus S58



BW-88
205D-884
Brown Rain Cloud 9017
Reg# 19627301
S A V Rainfall x Eliminate 5304



BW-83
205D-886
Brown June Grass 9064
Reg# 19626828
Juneau 797 x Impression



BW-96
205D-847
Brown Poundmaker 9060
Reg# 19627381
Brown Pay Back 7012 x Totally Impressed



BW-81
205D-886
Brown Scorpion 9079
Reg# 19627332
S A V Platinum 0010 x BAR Netmore



BW-87
205D-820
Brown Prairie 9025
Reg# 19627302
S A V President x Rito 7075

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- *60 Yearling Angus Bulls
- *10 Coming 2-Year Old Bulls
- *30 Registered Angus Females
- *Embryos

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