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Vol. 35, No. 43

Monday, Mar. 2, 2020

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Fast Facts about BHGnews.com

- Roughly 3,500 users and 7,000 sessions per month
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PRAIRIE FARE



Cancer screening can save your life

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION SPECIALIST - NDSU

"A box arrived for you this afternoon," my husband said. I was not expecting a box. "Is it a small box or a big box?" I asked. Maybe it was a late Christmas gift, I thought to myself. "It's a medium-sized box," he replied.

I saw the box on the table inside our front door. I recognized the little cartoon character, which was shaped like a box with arms and legs. I had seen the box fly in and out of homes on TV.

This was the colon cancer screening test my health-care provider had ordered for me because I'm of average risk for colon cancer. It did not have a Christmas bow on the box.

I checked the weight of the box: 3 pounds.

My husband had a clever quip when he saw my wide eyes at the size and weight of the box. You will have to ask him what he said because I can't print it here.

OK, his remark had to do with the sample size they were expecting.

I opened the box and read the illustrated directions. I noted the test detects cancer and precancer using the DNA in a stool sample. In a clinical study of 10,000 people, the testing method detected 92% of cancer for those of average risk.

I continued to pack a suitcase to leave for a

conference the next day. I decided to do the test when I returned.

Sometimes you can't "decide" to do a colon cancer screening test; your body decides for you.

Our phone rang when I returned from my conference. I saw the call was coming from the screening test manufacturer, and I looked over at the box on the shelf.

They were nudging me to get it done.

I answered the phone and was prompted by an automated voice that accepted voice responses.

"Yes" I received the kit. "Yes" I planned to do the test. "No" I didn't need help.

Were they planning to send someone over to help? Or would a virtual assistant pop up on my phone to guide me through the process? Fortunately, no.

I carefully followed the sampling directions. The manufacturer thought of everything to make this easy.

The kit included a sample collection device that reminded me of the plastic insert I had used years ago to train three toddlers how to use a toilet. To complete the test, you collect your sample, add the chemical stabilizer, seal the plastic container and immediately mail it back.

I received an email message from my provider a few days later. My heart was beating fast. Would they send me really bad news in an email? My life flashed before my eyes.

I figured they would call instead of email if the news was grim. I opened the message right away. Hooray! The results were negative. I wanted to dance a little jig around the house.

However, if the results of the cancer screening test had been positive, then I would be having more tests and, potentially, be placed on a treatment plan.

Being aware of health issues can save your life.

Don't die of embarrassment. I encourage people to do a colon cancer screening test and all other health screening tests recommended by your health-care provider. March is National Colorectal Cancer Awareness Month.

According to the Centers for Disease Control and Prevention, colorectal cancer is the second leading cause of cancer deaths in the U.S. More than 90% of colorectal cancers occur in people age

50 and older. Screening should begin at age 45, according to the latest guidance.

About one-third of people are not up to date with their screenings. Are you among them?

Your provider might recommend a colonoscopy that allows the detection and removal of polyps. Or your provider may recommend an at-home stool test or another clinical test.

Be aware that colorectal cancer does not cause symptoms right away. If you have symptoms, such as blood in the stool, stomach pain that doesn't go away or weight loss without a reason, make an appointment to see your health-care provider promptly.

We cannot change our genetic tendencies toward diseases, but we can take steps to reduce our risk for cancer and other diseases through exercise, proper nutrition, not smoking and regular medical care. We in nutrition recommend that your diet includes foods high in fiber such as beans and other legumes, vegetables, fruits and whole grains such as oatmeal and whole-wheat bread. See <https://www.ag.ndsu.edu/food> for more information about nutrition and fitness.

Here's a tasty snack to make in a slow cooker. Oats are high in fiber, which promotes a healthy colon and a healthy heart.

Slow Cooker Honey Granola

- 4 c. old-fashioned oats, uncooked
- 6 Tbsp. honey
- 1/2 c. flax seeds
- 1 c. bran cereal
- 1 c. raisins
- 1/4 c. canola oil

Pour all ingredients into a 6-quart slow cooker and mix well. Put the cover on a little bit askew and cook on low for about three hours, stirring occasionally. Let cool on parchment paper and store in an airtight container for one to two weeks.

Makes 24 servings. Each (1/4 cup) serving has 130 calories, 4 grams (g) fat, 3 g protein, 23 g carbohydrates, 2 g fiber and 10 milligrams sodium.



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Woman charged with DUI, child neglect

BY ALYSSA MEIER
EDITOR

A Bismarck woman is facing two felony charges after reportedly testing at over twice the legal blood alcohol limit while transporting four children in her vehicle.

According to an affidavit, a McLean County officer conducted a traffic stop on a 2005 Dodge on Feb. 9 after recording the vehicle traveling over the speed limit on U.S. Highway 83 near Washburn.

The officer reportedly detected the strong scent

of alcohol coming from the vehicle and began conducting a field sobriety test on the driver, 28-year-old Kayla Gail Horse Looking.

Horse Looking admitted to drinking alcohol before operating the vehicle, which had four unidentified children inside.

Horse Looking was booked into the McLean County Jail on Class C Felony charges of child neglect and DUI. While at the jail, her blood alcohol content percentage was tested and came back at 0.220, more than twice the legal limit of 0.08.

CALENDAR

Saturday, Feb. 29

SHOP END OF WINTER CLOTHING, 10:00 a.m. - 2:00 p.m. at the Community Cupboard, Underwood.

Sunday, Mar. 1

PASTOR CORY THRALL will present his trip that followed the Journey of Paul in Greece. 12:30 p.m., United Methodist Church. There will be a potluck and fellowship time at approx. 11:30 a.m. for anyone that wishes to attend before the presentation.

BENEFIT BREAKFAST for Leland Johnson, Garrison Auditorium, 9 a.m.-2 p.m.

SPRING SUPPER, St. Paul Lutheran Church, 4 p.m.- 7 p.m.

Monday, Mar. 2

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

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

BONE BUILDERS EXERCISE, Garrison Senior Center, 10 a.m.

Tuesday, Mar. 3

MCLEAN COUNTY COMMISSION MEETING, 8:30 a.m.

Butte Seniors Tuesday Club-Every Tuesday, 1:00 p.m. Get together with the crowd over 55, sing and play games.

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

SAKAKAWEA AREA FENCE STRETCHERS meeting, Garrison Golf Course, 7 p.m.

Wednesday, Mar. 4

UNDERWOOD CIVIC CLUB MEETING, noon, city hall.

FREE WELL BABY CLINIC, 1:30 - 3:30 p.m., Northland Health Center, 416 Kundert St., Turtle Lake. 701-448-9225.

WHATEVER WEDNESDAY-Trinity Lutheran Church, Turtle Lake, each Wednesday from 2:00 - 4:00 p.m. 448-2551.

WILTON CITY COMMISSION MEETING, 7:00 p.m.

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

GARRISON-MAX AMBULANCE Annual Meeting, Garrison Ambulance Barn, 7 p.m.

Thursday, Mar. 5

COMMUNITY CUPBOARD, 4:00 - 6:00 p.m., 208 Lincoln Ave, Underwood. All in need are welcome to receive food, household goods and clothing at no cost. No referrals or pre-registration required.

COMMUNITY SHARE EXCHANGE. Each Thursday (Mar. 5, 12, 19, 26) from 10:00 a.m. - 6:00 p.m., 221 Main St., Turtle Lake.

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

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: _____

Location: _____

Contact: _____



64th Annual Meeting

Wilton Farmers Union Elevator Co.

Monday, March 9, 2020

Breakfast served 7:45 - 8:45 a.m.

with meeting to follow at the Wilton City Hall

*Checks representing the following will be issued:
Retirements & Patronage for 2019*

DOOR PRIZES-ELECTION OF DIRECTORS
by Mark Fisher, Secretary

Midwinter Fish Factors

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

As January fades into memory and anglers eye up a faster bite as the back half of winter settles in, a number of conditions are at play which will help angling improve through the ice and provide a portent for what can be expected for spring and summer populations when waters open up. With dissolved oxygen and light penetration being significant items of concern, and forage not as much of an issue, North Dakota Game & Fish Department Fisheries Management Supervisor Paul Bailey shares his insight on what makes the bite better as winter wears on and when it's time to be concerned about water.

On sunnier days the activity of sight-feeding fish such as pike and perch is notably better as even through the ice some light penetrates and facilitates better bites for those species. That light penetration is also vital to sustaining iced-over waters and their fish populations until spring - and keep pursued sportfish healthy and active - by helping to sustain dissolved oxygen levels through amounts produced by remaining plants and algae beneath the surface.

The dissolved oxygen in a water is there predominantly due to surface contact with the air in the open-water months and occurs right up until ice-

up in late fall or early winter. As plants and algae die off under the ice due to changing conditions and less sunlight entering the water, there is less photosynthesis occurring below to transfer plant-made oxygen into the water. When dissolved oxygen levels sink to their typically lowest point in area waters by mid-February, that's when biologists like Bailey get concerned about more than just a slowing bite due to stressed fish and worry more about potential winterkills.

"We really have some concerns when dissolved oxygen levels drop below that about two-parts-per-million present in the water, that's where we start seeing some of our primary sportsfish - walleye, northern pike, yellow perch - start succumbing," Bailey relates.

In his area of south-central North Dakota, Bailey and his team survey 80 to 100 lakes each winter to investigate which ones have the potential of winterkilling due to low oxygen content. Typically by the end of February he has a good bead on waters that may winterkill and he helps the NDG&F adjust stocking plans and other measures to help those lakes recover. This season, with the wet conditions leading to ice-up, lakes big and small were in good condition with deeper reaches to help sustain fish through the winter, but deeper snowcover in the southern and eastern regions of the

state are quickly working against the good conditions at the start of the season.

The prairie lakes in the south-central stretch, particularly those around the Ashley and Wishek area may be of some concern, along with many of the shallower lakes in eastern North Dakota. Out in the western third of the state, where snow has not been significant, Bailey anticipates little winterkill concern if all things remain equal. Access to bodies of water across the region also follow the same pattern, with anglers finding easy entry onto the ice in the west, and difficulty increasing as they move to the eastern third of the state, as with significant snow on the ground, winds can quickly drift in those traditional areas and approaches where anglers find their way onto the hardwater.

As snow and ice melts, it's likely fishing will improve along with the increasing daylight and loss of snowcover as dissolved oxygen levels increase from inflowing water. By the end of February, the NDG&F will have a good idea from waters around the state as to how fish fared this season. With the seasonal factors in play, anglers should also find the traditional late-ice bites setting up on those waters where fish did well. The agency typically updates its winterkill list as spring approaches and reports can be found at gf.nd.gov/fishing/where-to-fish.

Crop values generally down for 2019

The value of North Dakota's 2019 field and miscellaneous crops is forecast at \$6.21 billion, according to the USDA's National Agricultural Statistics Service. This is down 12 percent from 2018

The value of soybean production is expected to total \$1.41 billion, down 26 percent from the previous

marketing year.

North Dakota's soybean price is projected to average \$8.10 per bushel, up \$0.12 from the last marketing year.

The value of spring wheat production is expected to total \$1.30 billion, down 20 percent from the previous marketing year. North Dakota's spring wheat price is projected to average \$4.45

per bushel, down \$0.67 from the last marketing year.

Corn is the exception to the general decline in value, with production expected to total \$1.62 billion, up 9 percent from the previous marketing year. North Dakota's corn price is projected to average \$3.55 per bushel, up \$0.23 from the last marketing year.

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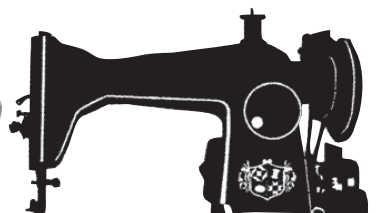
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Report shows record buck harvest

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

With the issuance of its 2020 Whitetail Report, the Quality Deer Management Association (QDMA) noted among its findings that more deer hunters than at any other time in the group's surveys are passing on harvesting yearling bucks in favor of mature bucks that are 3.5 years old or older.

In 1989, the initial year surveyed by the organization, yearling bucks comprised more than 60 percent of the annual harvest of deer. In 2018, that percentage dropped to 30 percent of the 2.9 million bucks that were tagged. These annual statistics compiled by the national non-profit organization are evidence of a changing mindset over the last three decades among big game hunters to allow younger deer to mature, and to selectively harvest bigger bucks.

"Those three, four, five and six-year-old bucks, we actually are at a record harvest for those deer reaching those older age classes," says Kip Adams, Director of Conservation for QDMA, "and hunters are reaping the benefits from a much better balanced age structure deer herd today than at any other point in our nation's history."

While some agencies throughout the U.S. have put antler point restrictions in place to protect those yearling bucks and allow them to mature, much of the change in the statistics

is hunter driven. Sportsmen understand that having older bucks in the herd provide for a more exciting or challenging hunt for bigger deer and more and more hunters are looking for that out of their annual autumn experience.

Additionally, the growing trend of trail camera use and employing those images to selectively harvest bucks has had some influence on hunter behavior in the field. Despite declining numbers of hunters nationwide, the number of antlered deer harvested throughout the country is at an all-time high in the survey, making the selective nature of the most recent season even more notable.

Adams suggests that opportunities to harvest antlerless deer have helped balance the buck harvest out and serves as another factor that allows hunters to still tag a deer without having to take a young buck. While in the past shooting does was frowned upon and considered almost taboo as populations struggled to rebound from overharvest in certain regions, that mentality has shifted as well.

"Historically, hunters just wanted to protect those antlerless deer at all costs, and this came about at a time when we were recovering deer herds," Adams relates, adding, "well, deer herds have been recovered across the vast majority of whitetail's range today, so it's necessary to shoot some

antlerless deer each year to keep deer herds from growing out of control or growing beyond what the habitat can support."

The 2020 Whitetail Report is compiled through the efforts of QDMA staff and biologists surveying state wildlife agencies throughout the U. S. and then assembling and comparing the reports of varied depth and specificity. While some agencies complete aging of submitted samples, other wildlife departments don't go as deep, and the Whitetail Report reflects that, where possible.

In addition to the data on whitetail deer harvest, the 68-page document details ongoing changes on the hunting landscape, including changing methods of harvest, Chronic Wasting Disease (CWD) and related regulations to limit transmission, propagation of crossbow hunting seasons, and baiting regulations on a state-by-state and region-by-region basis.

"It's an insane amount of data for sure, but we're very lucky and we have a very good working relationship with just about every state wildlife agency in the country," Adams explains, "we are very fortunate to have trained wildlife biologists that can look through this data, can interpret it and then, importantly, we have a great staff of writers who can effectively communicate this to the hunters and the natural resources professionals," he concludes.

Underwood dollar store manager admits to stealing

Dollar General employee facing Felony for \$5,500 in stolen money

BY ALYSSA MEIER
EDITOR

The manager of the Underwood Dollar General is facing a Class C Felony after admitting to stealing more than \$5,000 from the store.

Melody Repnow, 32, has been charged with general

theft after stealing more than \$5,500 in cash and gift cards from the Dollar General, for which she worked as a manager in November 2019.

According to an affidavit, a loss prevention officer for the store started investigating Repnow after the Underwood location showed the highest

lost revenue of any Dollar General in the country during the month of November 2019.

Repnow initially denied taking anything but food from the store, but eventually admitted to stealing the money, as well as some merchandise.

Country Kitchen Recipes



CHEESY HAM AND HASH BROWN CASSEROLE

Ingredients

- 1 (32 ounce) package frozen hash brown potatoes
- 8 ounces cooked, diced ham
- 2 (10.75 ounce) cans condensed cream of potato soup
- 1 (16 ounce) container sour cream
- 2 cups shredded sharp Cheddar cheese
- 1 1/2 cups grated Parmesan cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl, mix hash browns, ham, cream of potato soup, sour cream, and Cheddar cheese. Spread evenly into prepared dish. Sprinkle with Parmesan cheese. Watch Now

Bake 1 hour in the preheated oven, or until bubbly and lightly brown. Serve immediately.



EASY SAUSAGE GRAVY AND BISCUITS

Ingredients

- 1 (16 ounce) can refrigerated jumbo buttermilk biscuits
- 1 (9.6 ounce) package Jimmy Dean® Original Hearty Pork Sausage Crumbles
- 1/4 cup flour
- 2 1/2 cups milk
- Salt and ground black pepper to taste

Directions

Bake biscuits according to package directions. Meanwhile, cook sausage in large skillet over medium heat 5-6 minutes or until thoroughly heated, stirring frequently. Stir in flour. Gradually add milk; cook until mixture comes to a boil and thickens, stirring constantly. Reduce heat to medium-low; simmer 2 minutes, stirring constantly. Season to taste with salt and pepper.

Split biscuits in half. Place 2 halves on each of 8 plates; top with about 1/3 cup gravy.



PEANUT BUTTER BANANA SMOOTHIE

Ingredients

- 2 bananas, broken into chunks
- 2 cups milk
- 1/2 cup peanut butter
- 2 tablespoons honey, or to taste
- 2 cups ice cubes

Directions

Place bananas, milk, peanut butter, honey, and ice cubes in a blender; blend until smooth, about 30 seconds

Advertise online at bhgnews.com

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

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.

IF YOU WOULD LIKE to be included in the 2020 McLean County phone book and do not have a land line, please call us with your cell phone number. You don't want to miss some important calls from friends and acquaintances. We do not sell our list. Please call or email your local newspaper.

40-4-p-x-nc

58577

FARM RELATED

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,
treating, inoculating

NEW - double inoculate with
liquid and peat SAVE BIG



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701-529-4421 Bob

651-792-5920 Chris
finkenfarmsandseeds.com

FARM RELATED

SEED FOR SALE: Trucker Oats

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Weston Berg
Hazen
870-0956

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Glyphosate tolerant RR1 technology

You can keep your
harvested beans as
seed for future crops!
Discounts for purchases
of 500 units or more.

Call (701)426-4028



Makoti, ND

LIVESTOCK

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

43-TFN-E-X

58577

HORSE BUYER at Stockman's East Barn, Dickinson, Tues. March 3 and Rugby Livestock Wed. March 4. Buying all horses good, bad, ugly or pretty! Top dollar paid on the spot! Licensed and bonded buyer. 612.839.9568

41-43-P-E

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

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

HELP WANTED

POSITION AVAILABLE

Duties within this position include general knowledge in framing, roofing and siding installation. The right individual needs to be reliable, motivated and have a valid driver's license. Wages depend on experience. For more information and to complete an application, contact Darren Lester at 701-460-0001.



Washburn, ND
Darren Lester (701) 460-0001

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!



Resident Assistant

Great Full-time Opportunity! "The Meadows" Assisted Living is looking for an independent individual who enjoys working with seniors. If you are not a cna we will get you certified! We have an excellent starting wage, health benefits, and matching 401-k. Benedictine is a Catholic-sponsored long term care organization, in Garrison, North Dakota located very close to Lake Sakakawea with excellent recreational opportunities year-round.

Call Scott Foss 701-463-2226
"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

Housing Manager Position

Great opportunity! Full time Housing Manager at "The Meadows" Assisted Living. We have 18 apartments that serve 18-24 seniors. Are you a Leader & enjoy working with seniors and managing the daily needs of the Community. We have an excellent starting wage, health benefits, and matching 401-k. Benedictine Living Center of Garrison is a Catholic-sponsored long term care organization, in Garrison, North Dakota located very close to Lake Sakakawea with excellent recreational opportunities year-round.

Call Scott Foss (701) 463-2226 or send resume

BLCG - 609 4th Ave NE - Garrison 58540.

Check us out on Facebook - www.blcgarrison.com



BENEDICTINE LIVING CENTER
OF GARRISON
Benedictine Health System

Core Values: Hospitality,
Stewardship, Respect, Justice

Court-side Action wanted!

LOOKING FOR A
FUN, FLEXIBLE JOB?

McLean County Independent is hiring a part-time sports/news reporter to fill out our staff. Writing skills a must. Flexible hours, work from home if you choose. Interest in sports, community, school events helpful, but we can train the right person. Email jilldg@restel.net or text 701-460-7130 if you're interested in learning more.

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



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 include a resume and three references.

Contact Nick Klemish at 463-2818 for more information.

HELP WANTED



is looking for
BARTENDERS
COOKS
SERVERS
BUS PERSON

Call Tim at 701-337-2070 or apply in person

Lake Audubon • Hwy 83



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"

Reminder

Classified Deadline
Thursday • 10 a.m.

HELP WANTED

CHS Garrison is seeking dependable, self-motivated, experienced part time/Seasonal truck drivers. A commercial drivers license is required. This position is at least 40 hours per week. Hours may vary, so flexibility is a must. Wage based on experience. CHS Inc. is an equal opportunity employer and offers a competitive benefit package, which includes health, dental, vision, and 401(k).

Mail your resume to CHS Garrison, PO Box 97, Garrison ND 58540 or stop by the office at 205 2nd Street SW to pick up an application.



CHS GARRISON is seeking dependable, self-motivated, experienced part time/Seasonal truck drivers. A commercial drivers license is required. This position is at least 40 hours per week. Hours may vary, so flexibility is a must. Wage based on experience. CHS Inc. is an equal opportunity employer and offers a competitive benefit package, which includes health, dental, vision, and 401(k). Mail your resume to CHS Garrison, PO Box 97, Garrison ND 58540 or stop by the office at 205 2nd Street SW to pick up an application.

44-2TCHIX 58540

FORT STEVENSON STATE PARK is looking for 2020 seasonal staff. Applications now being accepted for park ranger, park attendant, park concession worker, park maintenance, and park interpreter positions. Apply online at <http://bit.ly/SeasonalJobs2020> For more information, call the park office at 701-337-5576.

44-2TCHIX 58540

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

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

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-TFN-P-X-PD 58579

REAL ESTATE FOR RENT

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.

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

STATEWIDES

HELP WANTED

THE CITY OF FESSENDEN is seeking Police Chief. The ideal candidate will have supervisory experience and be POST BOARD Certified. Salary: DOE (+) benefits. Interested persons may submit a resume to Fessenden City Hall, PO BOX 42, Fessenden, ND 58438. Please have resume to City Hall by March 1, 2020. The City of Fessenden is an equal opportunity employer.

THE HARVEY POLICE Department has an opening for an Officer. ND Post certified. Excellent benefit package. Resume to: 120 West 8th St., Harvey ND 58341.

STATEWIDES

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).

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.

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

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

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

AUTOS WANTED

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

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.

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)

CASH SETTLEMENTS

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 701-404-5389 today. Free Consultation. No Risk.

MISCELLANEOUS

WE MAKE IT easy to place an ad in one or all the 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.

HELP WANTED

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

- Full-time/Part-time
- CNA
- Nurse Aide

For more information call 701-463-6513.

Apply online at CHStAlexiusHealth.org



The institution is an equal opportunity provider and employer

HELP WANTED

CENEX OF GARRISON
Night Time & Weekend Cashiers

PIZZA All Shifts Available

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



West River Telecom (WRT), a growing telecommunications cooperative, has multiple position openings. A complete job description for each position can be found at www.westriv.com

Sales Account Associate (Full-time*)

Job Responsibilities: Position is primarily responsible for informing/educating existing and potential customers on WRT's equipment, products and services.

IT Specialist (Full-time*)

Job Responsibilities: This position provides expertise on all IP products and services.

Temporary Office Clerk Assistant (Temporary)**

Job Responsibilities: This position provides support to our Accounting Department for the summer months.

*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: *Open Until Filled
**Open through March 9, 2020

Complete application online and submit with resume via www.westriv.com Call 701-748-4277 with any questions. WRT is an Equal Opportunity Employer

HELP WANTED



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.

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.

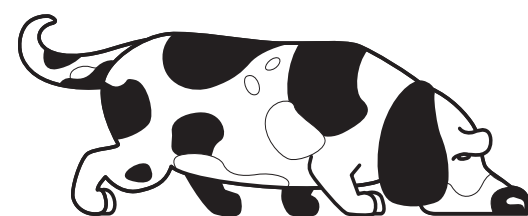
15-TFNXCIX 58540

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

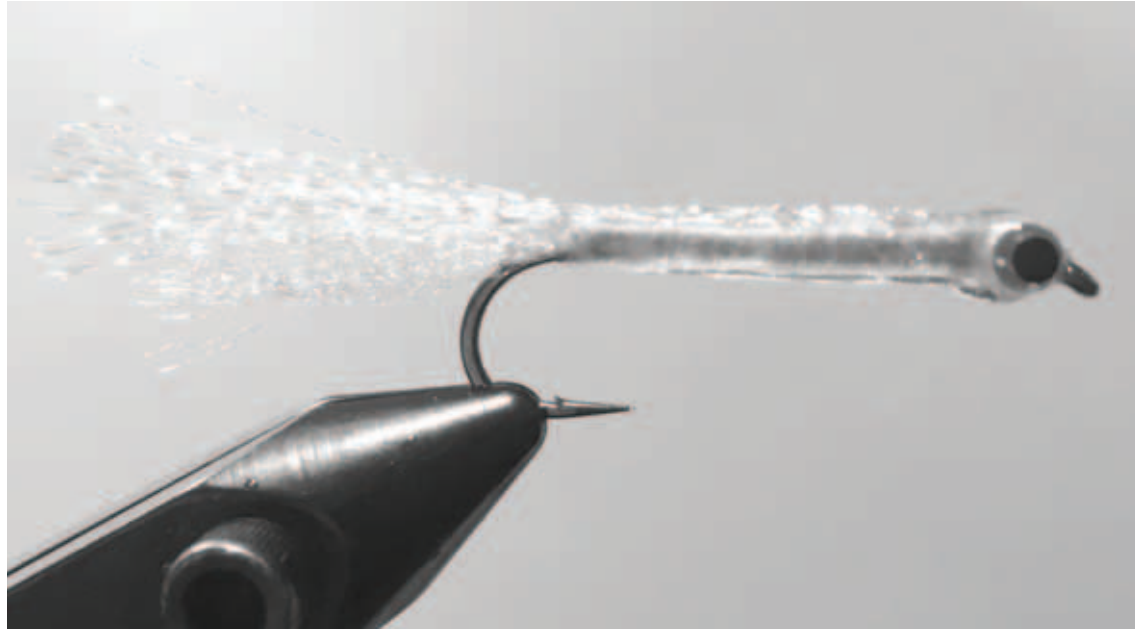
LOOKING FOR A FUN, flexible job? McLean County Independent is hiring a part-time sports/news reporter to fill out our staff. Writing skills a must. Flexible hours, work from home if you choose. Interest in sports, community school events helpful, but we can train the right person. Email jildg@restel.net or text 701-460-7130 if you're interested in learning more.

44-3TNCXI 58540



Sniff Out a Great Deal in the Classifieds

Shoppers with a nose for bargains head straight for the Classifieds. In the Classifieds, you can track down deals on everything from cars to canine companions. It's easy to place an ad or find the items you want, and it's used by hundreds of area shoppers every day.



How to: Epoxy Fry

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

Sometimes a fly isn't just about fur and feathers. With all the incredible synthetics and compounds we have available in the modern era of tackle crafting, we've been given the amazing ability to create something out of nothing, or to take that something and make it spectacular.

The epoxy fry is an example of how a little fast-drying glue under a UV light creates a glassy, just-hatched imitator that no fish that eats fish could ever turn down! Dress it up with permanent marker in colors to match a perch or bluegill hatch, or leave it silver for a perfect minnow mimic and you'll be putting the hurt on fish all summer long.

MATERIALS

- Hook: 3XL Streamer, Size 10-6
- Thread: White 3/0
- Weight: 1 Strand Lead Wire
- Tail/Underbody: Antron Yarn
- Tail/Overbody: Krystal Flash
- Eyes: Stick-On
- Sealant: Thin & Thick UV Cure Epoxy

Star the fly by tying in a single strand of lead wire and secure it to the top of the hookshank. This will help widen the fly slightly and provide a little extra weight to help get it down in the column. Next tie in a segment of antron yarn so that the end extends about 3/4 of the hook shank beyond the bend of the hook and advance the thread to just behind the hook eye. Wrap the antron yarn forward covering the lead wire and hookshank forming the underbody of the fly, tying off and trimming the excess.

Next, tie in a selection of 10 to 15 strands of krystal flash just behind the hook eye so that they extend to the back of the fly about the same length as the antron yarn tail; build a thread head over the tie-in point and whip finish. The tying portion of the fly is complete!

Using some thin UV-curing epoxy, secure a set of stick-on eyes and head area of the fly so that the krystal flash strands begin to lay down over the top of the fly, slowly working down the hook shank using

thin epoxy, making sure the flash stays on the top portion of the shank. Cure with a UV light and at this point add in permanent marker colorations if desired. Let them dry before adding more epoxy. Finally, employing some thick epoxy, build the body up slightly on top and bottom, filling in the gaps or areas where the body appears uneven. Give the epoxy a final cure with the UV light and the fly is complete.

Fully customizable with different colored flash and an assortment of permanent markers, the epoxy fry is downright deadly on panfish like bluegills, crappies and white bass. The pattern is durable and realistic, making it a must-have for the long rod anytime the opportunity for these species presents itself. Have fun experimenting with epoxy, creating this amazing fly and the wide variety of variants that can be found for it, and in the process have a menagerie of minnows ready to go as soon as open water arrives!

How Much You Don't Know

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

I'm a dabbler. A jack of all trades. A fisher of multi-species. There's so much in the outdoors to do that it's impossible to do it all, but it's sure fun to try, or at least think of trying. Some of my forays into various forms of hunting have now become passions, others have simply become passes. It didn't take much for my first pheasant hunt to turn into a life-long pursuit. It didn't take long for my first spring turkey hunt to end in the flicking of hundreds of wood ticks from my socks, pantlegs and shirt sleeves before plucking a dozen or so from my hair in the shower an hour later. Some forms of fishing – and some species of fish – I've come to be a know-it-all at, while others I've learned just enough to be dangerous and get me into a predicament or two to make up a good column. No matter how these events, attempts, passions and pursuits have turned out, they have all for the most part been enjoyable in one form or another.

Certainly, they have provided opportunities to learn more about the world and about myself. The more I dabble, the more I realize and come to grips with all those things I don't know in the outdoors, giving me the opportunity to learn more if I choose or to let a chosen activity, pursuit or particular species become a side street on my map through the wilderness. While I certainly don't claim to be an expert on any of the pursuits I'm most knowledgeable about, there are a few that stand out.

I can pick a piece of smallmouth-holding structure on just about any stretch of flowing water that harbors bronzebacks. I know the ideal amount of flash to tie to a jig to trigger springtime slab crappies on my favorite north bay. I've developed a sixth sense about birdy looking habitat and just how to walk it to send a rooster into the air, unless he decides to run around my dog and I, then I don't. Most of this heightened knowledge has come through experience, through trial-and-error and through dabbling-turned-into-deftness and has helped me find greater enjoyment of the outdoors, but also the realization that there's always an unknown element needing to be learned.

Sometimes though, being an expert doesn't matter. It's knowing enough to get the job done. I can't talk gun specifics, debate ammunition or recite ballistic charts from memory

and I never could. I can't say my gun collection fills more than half a safe. Nevertheless, I know my chosen model of .30-06 (brand withheld to prevent a debate in the comment section below) will kill a deer at 100 yards after a few sessions of sighting in, if and when my shaking hands settle the crosshairs of the factory issued scope a couple of inches behind the shoulder. That right there, is knowing just enough to bring an exciting end to a hunting season.

Then there are those areas where I realize I know nothing. I know only enough to start the adventure and where it goes from here is anybody's guess, including my own. Take for example a recent bow purchase. Having run through a couple sets of strings, three foam block targets and a few dozen arrows being shot thousands of times over the past decade, I decided to get a little more serious about archery and bow hunting this year, trading in my entry-level model for something more powerful. With the help of the staff in the bow section and a stack of gift cards saved up over the past couple of years, I left with a fully tuned flagship model in my hand dressed to the nines in the highest recommended accessories.

Joining a couple social media groups and online forums, I realized just how hardcore the owners of the same brand were, and how little I understood the specifics of not only the bow I had purchased, but the mechanics of archery in general. As the posts poured into my feed, I figured my best bet was to sight it in first and worry about the rest from there and with 20 arrows in the bag at 20 yards that night I was off and running. Whether I become a gear-head like many of those on the forum tweaking poundages and adding dampeners, or still continue to see it as a ticket to an archery tag and a seat in a treestand each fall (albeit a faster and farther-shooting one) I'll get to where I need to be.

Like all new things in hunting and fishing, sometimes realizing what you don't know and what you need to know is the most important aspect of a new pursuit. Everything else builds on the latter and as more and more knowledge is gained, the world of what you don't know becomes smaller and smaller. While it's nice to think that one day I'd know it all about insect hatches, confidence colors, ballistic charts and bow sights, it's likely I won't, but the pursuit of that knowledge and what I don't know is what will keep me coming back each season.

FIT FOR THE FRIDGE

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- custom mugs
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