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Meeting Notice

McLean County Board of Commissioners
and The McLean County
Planning & Zoning Board
March 26, 2020 at 7:00 p.m.
at the Underwood City Hall.
Pertaining to first zoning amendment

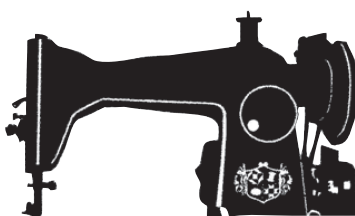
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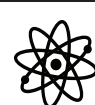


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MERCER

OUR SAVIOR’S LUTHERAN, Pastor Randy Emgarten, 447-2694. Sunday School, 10 a.m. Worship, 11 a.m.

MERCER BAPTIST CHURCH. Sunday School, 10 a.m. Worship, 11 a.m.

REGAN

ASSEMBLY OF GOD CHURCH, Rev. Steve Denn. Sunday School 10 a.m.; Morning Worship, 11 a.m.

RIVERDALE

RIVERDALE COMMUNITY CHURCH, Pastor Alan Hathway; 463-2665, pastor’s office. Sunday worship service, 9 a.m.

ST. PAUL’S LUTHERAN CHURCH, Pastor Van Vechten Crane. Sunday worship service, 11 a.m.

TURTLE LAKE

ST. CATHERINE’S CATHOLIC CHURCH, Father Patrick Cunningham. Sunday Mass, 10:30 a.m.

TRINITY LUTHERAN CHURCH, Pastor Sondra Krogstad, 448-2551. Sunday Worship, 9:30 a.m. Sunday School, 10:30 a.m.

TL BAPTIST CHURCH, Steve Vetter, 448-2222. Prayer time, 9 a.m. Worship Service, 10 a.m.

SEVENTH DAY ADVENTIST, Pastor Harold Chin, 701-213-0978. Sabbath School, 10 a.m. Church Service, 11:10 a.m.

ST. OLAF LUTHERAN CHURCH, Pastor Randy Emgarten, 448-2698. Worship, 9 a.m. Sunday School, 10 a.m.

UNITED METHODIST CHURCH, Pastor Preston VanLoon 448-2277. Sunday Worship Service, 10 a.m.

UNDERWOOD

FAITH EVANGELICAL CHURCH, Pastor Jeff Higbie. Family Worship, 9:30 a.m.; Sunday School, 11 a.m.; Wednesday Bible Study, 6:30 p.m. Website: faithevangelicalunderwood.org.

AUGUSTANA LUTHERAN CHURCH, Deacon Jodi Lorenz. Worship Service, 10 a.m.

FIRST ASSEMBLY OF GOD, Borchardt Ave. Morning Worship, 10 a.m.; WEDNESDAY: Kids Aflame Power Club and Youth Group, 6 p.m.

ST. BONAVENTURE CHURCH, Father Patrick Cunningham. Saturday Mass, 5 p.m.

ST. JOHN’S LUTHERAN CHURCH, Worship Service, 9 a.m.

TRINITY LUTHERAN CHURCH, rural Pick City. Worship service, 11 a.m.

WASHBURN

BIRKA LUTHERAN CHURCH,Deacon Jodi Lorenz, Worship Service, 8:30 a.m.

FIRST LUTHERAN CHURCH, 709 Fifth Ave., 462-3775. Worship Service, 9:30 a.m.; Sunday School, 10:45 a.m.; Holy Communion first and third Sunday of each month.

ST. EDWIN’S CATHOLIC CHURCH, Father Patrick Cunningham. Sunday Mass, 8:30 a.m. Rosary prayed 1/2 hour before services.

UNITED METHODIST CHURCH, Pastor Cory Thrall and Pastor Annie Carlson, 462-3220. Sunday School for preschool to sixth grade, 9:30 a.m., (Sept. thru May); Worship Service, 10:30 a.m.

WASHBURN BAPTIST CHURCH, Rick Torkelson, Pastor. Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m.

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SUNNE LUTHERAN CHURCH, Pastor Paul Schauer. Sunday School, 9 a.m.; Worship Service, 10 a.m.; Website: sunnelutheran.org.

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PRAIRIE FARE



What’s in your home food pantry

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION
SPECIALIST - NDSU

I wiped the handle of the grocery cart with a sanitizing wipe and noticed the large number of shoppers doing the same.

The wipes have been available for a long time, and I usually grab one. A trashcan was filled with used wipes. Unfortunately, many wipes were on the floor or left in the carts.

“This is really strange,” my husband said as I pushed the cart.

I was looking for canned soup to make some home-style Midwest hot dishes. I had no luck.

Cereal shelves were empty. We were getting low on milk, so I picked up a carton. Only two cartons were left.

Be aware that stores are able to get food. Some stores are limiting the hours they are open so they have time to restock shelves. Be sure to check on store hours.

A worker pulled a large cart filled with toilet paper packages. People swarmed toward the cart like ants at a picnic.

My husband grabbed a couple of packs, which was the limit. This is a scene all over the U.S.

My husband and I grew up

with parents or grandparents who lived through meager times of the Depression and times of food rationing during World War II. It’s in our DNA to maintain a stock of food.

While growing up, my family had a good-sized “fruit room” filled with shelves loaded with home-canned fruits and vegetables and commercially canned foods. We had a large freezer with everything from meat to casseroles to bread.

In present times, many people do not maintain a food supply due to financial constraints, or a lack of storage space or the cooking skills to make food at home.

On that day in the grocery store, I wasn’t loading my cart to the brim. We have a supply of food in a room in our basement, although not to the level of my youth.

Having a 14-day supply of food typically is recommended and lends a sense of security during uncertain times. Food is a basic physiological need, after all.

However, we also have to think of our neighbors who need food and leave some for them to buy. We can be generous to local food pantries, too.

Here are some things to consider for your “canned and dry goods” area, along with some nutritional notes.

- Canned fruit (packed in juice or light syrup)
- Canned vegetables (reduced sodium)
- Canned pasta sauce
- Grains, such as oatmeal, whole-grain cereal, quick bread mixes, rice or brown rice
- Protein foods, such as canned tuna (in water), chicken, beans, lentils and chickpeas, peanut butter, nuts and seeds
- Dry beans, lentils
- Soup base (chicken, vegetable and/or beef) or canned broth
- Spices
- Condiments (ketchup, mayonnaise, mustard)
- Oil
- Baking supplies, including flour, sugar, baking powder, baking soda

Commercially canned vegetables maintain their quality for up to five years, according to the U.S. Department of Agriculture. Commercially canned fruits maintain their quality for about

18 months. For best quality, home-canned goods should be consumed within a year.

Remember to shop your pantry before you begin buying more groceries. Move all your older food to the front so you use it first.

Be aware of the free resources available from NDSU Extension at <https://www.ag.ndsu.edu/food/food-preparation>:

• The “Cooking101” series has recipes, menus and shopping lists designed for people with little time or experience with food preparation.

• The “Now Serving” series includes five weeks of menus with recipes and is designed for families.

• The “Pinchin’ Pennies in the Kitchen” series provides easy ways to create meals from what you have on hand. You can create your own soup, stir-fry, quesadillas, snack mixes, spice mixes, pizza and many others.

Here’s a tasty breakfast from the “day-old bread” publication in the “Pinchin’ Pennies” series.

As-You-Like-It Breakfast Casserole

- 8 eggs
- 2 c. grated cheddar cheese
- 2 c. milk
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 6 slices day-old bread, cut into cubes

Additions (choose two or three):

- 1 c. corn (cooked or frozen)
- 1/2 c. chopped broccoli
- 3/4 c. sliced mushrooms
- 1/4 c. sliced green onions or chopped onion

1 c. cubed ham

Preheat the oven to 350 degrees. Beat the eggs in a large bowl. Mix in the milk, cheese, salt and pepper. Add the bread and carefully stir until all pieces of bread are moistened (don’t overmix). Add additions. Bake in casserole dish for one to 1 1/2 hours, until the top is browned and the center springs back when touched, with no liquid present. Let cool for 10 minutes before serving.

Makes 12 servings. When made with broccoli, mushrooms and onions, each serving has 180 calories, 10 g (grams) fat, 12 g protein, 10 g carbohydrate, 2 g fiber and 270 milligrams sodium.

School talks co-ops, sanctioned teams

BY ALYSSA MEIER
EDITOR

Despite sports being on hold for the time being, Washburn Public School had some discussion Monday about the status and future of some school teams.

Washburn school board member Luke Retterath gave a synopsis of last week’s co-curricular committee meeting during Monday’s full board meeting, touching on some decisions that will have to be made in the future.

The school was contacted by Center-Stanton representatives about a potential softball co-op, Retterath said, explaining that there is at least one player interested in playing with the Cardinals this year.

With spring sports suspended, the matter is

undecided at this time.

“He’s going to continue to discuss co-op options for 2021 timeframe,” Retterath said.

Retterath said there were five boys and two girls signed up for golf, though not all were eligible, meaning there wouldn’t be enough players to field a team.

“Guideline is we wouldn’t have a team unless we knew for sure we could field a full team,” Retterath said. “So we’ll probably pass on that this year.”

Along the same lines, Retterath said there were three cheerleaders this year and that the committee felt that there should be five or more in order to sanction the squad in the future.

“Going forward, we’ll expect to have five cheerleaders,” Retterath said.

Addressing the track and field program, concern was raised over the number of coaches from each co-op school, with Washburn supplying five and Wilton having one.

Chairman Rick Tweeten said the school isn’t getting help from that side of the program and that it is something to address in the future.

In other news, the board acknowledged and approved a few local students that wish to take part in the Central McLean clay target team.

Retterath also said that North Dakota football may be going to a four-class system, with Southern McLean Roughriders to be placed in the A bracket. That placement depends on numbers with the co-op, which currently has 14 athletes from Washburn, 10 from Wilton and 1 from Wing.

CALENDAR

March 19

The Underwood Public Library will be closed Thursday and Friday.

March 21

The Community Cupboard, Underwood, is open to all in need with no preregistration from 10 a.m. to noon. The fundraiser clothing sale will be open from noon to 4 p.m. to the public, sizes newborn to adult. Freewill donations. Cupboard, Underwood, 10 a.m.- 4 p.m.

March 23

Max Rural Fire Protection District annual meeting, Max Fire Hall, 7 p.m.
Ryder- Makoti Rural Fire Protection annual meeting, Ryder Fire Hall, 7:30 p.m.

March 24

Washburn Rural Fire Protection District Annual Meeting with the board members and representatives from the Washburn Volunteer Fire Department at 7:30 p.m. in the Washburn City Hall conference room.

March 28

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

McLean County Council On Ageing Meeting--- scheduled for April 13-- in Garrison is cancelled till further notice

The North Dakota American Legion and Auxiliary 5th District meeting in Hazelton on Monday, March 23 has been cancelled and will not be rescheduled.

Lions Raffle Winners: Tom Merkel and Marlys Knell

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: _____

MEALS ON WHEELS

MAR 23: Breaded pork chop, au gratin potato, glazed carrots, peach cobbler.

MAR 24: Roast turkey, stuffing, whipped potato with gravy, mixed vegetable, pumpkin custard with topping.

MAR 25: Beef stroganoff over buttered egg noodles, mixed vegetable, lemon fruit salad.

MAR 26: Oven baked chicken, whipped potato with margarine, green beans, peaches.

MAR 27: Salmon, baked potato with margarine, creamed peas, refrigerator dessert.

County responds to COVID-19

BY SUZANNE WERRE

BHG News

McLean County is taking steps to flatten the curve of COVID-19 by adopting a four-day work week effectively immediately.

At Tuesday's regular commission meeting, Curt Malo, head of building maintenance, hesitated to make the "off-the-wall" suggestion of going to a four-day work week so the building would be empty for 72 hours, the time required for the virus to die.

"It'll die on its own in 70 hours with no one in here, or anyone bringing it in here," said Malo.

"Not only would I say that's not off-the-wall, but I think that's a good idea," commented commission president Steve Cottingham.

Further discussion followed with those attending the meeting agreeing it's a smart move on the county's part. That as well as the additional cleaning that is already being done are good first steps.

The commission went on to approve moving to a four-day work week, Monday through Thursday. Employees will not be expected at the courthouse or allowed in the courthouse other than for emergency situations, effective immediately.

The county employees will still be paid for their regular hours at full pay. The commission will reassess the situation at each meeting and determine at a later date when the court house goes back to normal hours.

The commission went on to accept the COVID-19 policies recommended by Auditor Beth Knutson and Chief Deputy Auditor Lori Foss, effective immediately.

Public Health Nurse Pam Fischer updated the commission on the current recommendations before they approved the new policy.

"There are just so many unknowns, and every day things are changing," Fischer said. "The main thing with it is certainly to keep people, if

“There are just so many unknowns, and every day things are changing.”
- **Public Health Nurse Pam Fischer**

you're not feeling well, to keep them away from the public. A lot of people still come to work if they're sick – they need to be smart about it.

"There are not a lot of yes or no answers... I think we're just breaking the ice and hopefully we can contain it," added Fischer.

In part, the policy states that any employees that are isolated or quarantined because of the COVID-19 will be paid their regular working hours wages during the time they are sick and not at work, and those absences will not go against the employee's sick leave.

The policy outlines COVID-19 employee absence assessment, hygiene recommendations and work-related travel, noting that employees will not travel out of state for work-related events. Employees must follow CDC-recommended travel guidelines, and annual leave will not be approved if that employee plans to travel to restricted areas.

The policy goes on to discuss annual leave and how the COVID-19 crisis may affect that, pointing out that leave requests may be denied if that person's absence would "unduly disrupt the operations or services of the workplace," particularly if the county is facing absences due to COVID-19.

McLean County Social Services's Steve Reiser weighed in, indicating that the four-day work week will be workable for that department, that as much as possible of the work is already being done by phone. He noted that there may be an emergency situation where someone may need to get into the office over a weekend, but that would be

rare.

McLean County Sheriff's Deputy Richard Johnson said that the Sheriff's Department is also making adjustments, answering nonemergency calls by phone and email. Dispatch has also been authorized to ask questions of the caller about travel, symptoms, etc. in order for the deputies and emergency personnel to be prepared in their response.

Cathy Bailey, Clerk of Court, informed the commission that any jury trials that had been scheduled for March have been postponed until April 24 at the earliest, and that the jail is closed to visitors.

Ladd Erickson, McLean County State's Attorney, added that his office is trying to settle as many cases as possible to avoid the need for people to come to court. He also said that for those who do need to come to court, the recommended "social distancing" should be workable at the courthouse as well, spreading out the court cases throughout the day so fewer people are in the building at a time. Arrangements are also being made to have hand sanitizer available immediately upon entering the courthouse.

Erickson went on to briefly update the commission on the upcoming public meeting in Underwood set for March 26. At this point, the meeting will still go on, but he is trying to work out the best way to hold the meeting, with most people attending remotely.

A large group of people that had planned to attend the meeting has already canceled, he noted, but he encouraged the commission to hold the meeting if possible. However, he also asked the commission to give President Steve Cottingham the authority to cancel the public meeting which is regarding the county's authority over the placement of power lines.

The commission approved giving Cottingham the authority to cancel the meeting if it's determined that needs to be done.



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HELPING WORDS

COVID-19

TRISHA DEBOER

Recently, I attended a clergy briefing on COVID-19 (AKA novel coronavirus) from the ND Health Department. The experts emphasize the importance of good hand hygiene and good respiratory etiquette. What that means is that we should cough or sneeze into a tissue or our elbow and wash our hands with soap and water frequently, for 20-30 seconds each time. Some tricks to getting the timing right are to “Worship while you Wash” by singing a verse of a number of lovely hymns. If you’re like me and don’t want to risk people hearing your singing, you could also pray the Lord’s Prayer as you wash all the parts of your hands.

I tell you these things, NOT to cause a panic, because I think the panic we’re seeing is counterproductive (do we REALLY want to live in a society where some people have ALL the toilet paper and other people have none? No

thanks). As public leaders, the health department asks us to spread factual information. But I also am writing this as a reminder to care for yourself. Self-care is important at all times. Self-care is not selfish or new-age. It is a biblical command.

“Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the LORD your God;” (Exodus 20:8-10a). “Or do you not know that your body is a sanctuary of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body” (1 Cor. 6:19-20). God gives us our selves; mind, body, spirit; to care for them. In these anxious times, sometimes that means going to the doctor or a counselor if you’re unwell or feeling anxious or depressed. It could mean taking up exercising, reading, praying, or learning

a new hobby. Taking care of yourself could mean making sure to take your days off and utilizing your vacation days every year. There are SO many ways to do self-care. It’s not selfish-it’s a command from God.

Lastly, self-care is very important, but so is keeping an eye out for the neighbor (thus the NOT buying ALL the TP at Target). We can reach out in many ways, including dropping off food, calling on the phone, or sending a card, among others. God has called us into community together, EVEN when physical space separates us from that community. Quarantine doesn’t mean we stop CARING about each other.

There is plenty of uncertainty in this world. There’s illness and anxiety and death. But there’s also life, joy, wholeness, and hope. Even when uncertainty swirls around, know the certainty of God’s loving care for you.

EDGE OF CHAOS

Open government; free people

One cannot make good choices without good information. One should not follow an order to run and jump into the river unless one understands there is a fire racing up from behind. Trust in authority needs to be learned.

Authority that requires blind allegiance through insistence on orders with no information, is the law of bullies, monarchs, and dictators. The application puts its own system at risk, as nearly all animals, humans, and other living creatures need to know what is going on around them in order to make independent decisions regarding their own life.

Wise governments keep residents informed of the intent behind laws, the information used to form the laws, and who must follow the laws or accept the consequences of not doing so.

Punitive rulers, in most applications, like to use force. This force is may not be weapons or fist, but can entail shame, ridicule, belittling, blame, laughing at normal or special behaviors, and seclusion or isolation from others.

Some of these rulers have seen this behavior from their own role models so much in their lives that it may seem normal.

Why do these things make a difference in government? It is because applications of these behaviors are not limited to personal lives.

People who cannot rule are generally those who cannot set limits in their personal lives. Those who use punitive methods at work and meetings, likely use them in personal interactions as well.

Open government cannot seal the behaviors of government officials in darkness as they perform their

official duties. It isn’t just that the motions passed or failed, but the reasons they surfaced as a motion in the first place.

Does the official follow rules of order? Why not? Because it muddies the water as to what is going on? Or, perhaps, it may be that they do not know why the rules exist and should be followed.

There lie the duties of good news reporters in meetings and other government reporting. It is not simply echoing the few formal motions in the minutes, but capturing the soul, means, and intent of those deciding the issues.

It is also not an arena where a reporter inserts intent or information that did not occur in the meeting, or that they did not observe firsthand. If they did not hear what was said, they must never rely on secondhand information to include it in their report.

If the presiding officer does not recognize those who wish to present motions, or inserts motions of his or her own, unless authorized by their position’s rules of protocol, these actions need to be included in good reporting on the meeting.

Free people cannot exist freely under those who do not allow access to all the information on any subject. Neither should anyone keep anyone from information vital to the truth.

The flag that waves over our land is a flag symbolizing freedom. To smother freedom of speech, the press, or any other guaranteed freedom in our constitution insults the flag and betrays the oath of allegiance proclaimed.

Support freedom of the press. Fly our flag high! Take time to explore more than just a motion, but the people and actions behind it.

Open meetings, open records, free people, good government all need freedom of the press.

Sunshine is necessary for growth in governments of the people, for the people and by the people.

Have a great week!

We print . . .

Raffle Tickets

BHG Inc.

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Washburn &

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McLEAN COUNTY LAND FOR SALE

ON SEALED BIDS

144.02+/- CROPLAND; 15.98 +/- NON-CROPLAND

Property is located in Sec. 27, Twn 148, R 87W, approx. 18 miles SW of Garrison, ND, 3 miles N of Lake Sakakawea, and 5 miles from multiple public boat ramps and Douglas Bay recreation site. Bids due March 27, 2020 3:30pm. For complete description and bid packet, please contact Solem Law Office, P.O. Box 249, Beulah, North Dakota 58523, (701) 873-5555 or beulaw@westriv.com. This information may also be viewed, along with photographs of the property, online at www.facebook.com/solemlawlandsale.

Country Kitchen Recipes

POTATO SOUP

Makes 8 servings

Ingredients

1 tablespoon unsalted butter
1 onion, diced (about 1 1/4 cups)
1 leek, white and light green parts minced (about 1 1/4 cups)
1 celery stalk, diced (about 1/2 cup)
1 garlic clove, minced (about 1/2 teaspoon)
1 quart chicken broth
2 yellow or white potatoes, peeled and diced (about 2 cups)
1 sprig fresh or 1/2 teaspoon dried thyme
2 cups chopped escarole (about 8 ounces)
1 cup diced country ham
1/4 teaspoon salt, or to taste
1/4 teaspoon freshly ground black pepper, or to taste

Directions

Heat the butter in a soup pot over low heat. Add the onion, leek, celery, and garlic; stir until they are evenly coated. Cover the pot and cook until the vegetables are tender and translucent, 6 to 8 minutes.
Add the broth, potatoes and thyme. Simmer the soup until the potatoes are tender enough to mash easily, about 20 minutes.
Remove the thyme and discard. Puree the soup. Return the soup to the pot and bring to a simmer.
Add the escarole and diced ham and simmer, 12 to 15 minutes, or until all the ingredients are tender.
Season with salt and pepper. Serve the soup in heated bowls.
Tip: Country hams have an altogether different taste and texture from that of boiled hams. They have been cured for lengthy periods and have a unique salty, smoky taste. Ask your deli manager or butcher to help you find country ham or a suitable substitute.

CREAMY HAM ‘N’ BROCCOLI

Serves 6 to 8

Ingredients

3 cups cubed fully cooked ham
1 package (10 ounces) frozen chopped broccoli, thawed
1 can (10 3/4 ounces) condensed cream of mushroom soup, undiluted
1 jar (8 ounces) cheese sauce
1 can (8 ounces) sliced water chestnuts, drained
1 1/4 cups uncooked instant rice
1 cup milk
1 celery rib, chopped
1 medium onion, chopped
1/8 to 1/4 teaspoon pepper
1/2 teaspoon paprika

Directions

In a 3-quart slow cooker, combine all of the ingredients except the paprika. Cover and cook on high for 2 to 3 hours, or until the rice is tender. Let stand for 10 minutes before serving. Sprinkle with paprika.

HAVE A RECIPE YOU WANT TO SHARE?

E-mail leadernews@westriv.com or give us a call at 701.462.8126 with your ingredient list and directions, and we’ll include it in a future recipe column! We would love to share local, homestyle recipes from our readers.

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

This is the month your subscription comes due. Please pay careful attention to notices that are sent to you in the mail. You don't want to miss a week. If you have questions, please call your newspaper office. To pay online, go to bhgnews.com. And for a bonus: Add a free online or a give a free print to a friend.

45-47-P-E-NC

FARM RELATED

FOR SALE Hayes forage barley seed, cleaned, germination 93%. \$6 bushel. Orvin Ravnaas, 448.2226.

44-47-P-X-DS

58577

Hay for sale: 1st & 2nd cutting. Alfalfa also mixed hay and oat hay. Bales are not wrapped. Will load Ron Isaak 701-891-9999

44-TFN

58577

SEED FOR SALE:
Trucker Oats
Contact
Weston Berg
Hazen
870-0956

ND17009GT SOYBEAN SEED

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

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

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Keep your own seed

Custom conditioning,
treating, inoculating

NEW - double inoculate with
liquid and peat SAVE BIG



701-529-4421 Bob

651-792-5920 Chris

finkelfarmsandseeds.com

LIVESTOCK

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Mar. 23 and April 6. Have them there by 11 a.m. Call Darin, 701-315-0144.

43-TFN-E-X

58577

LOST & FOUND

KEYS FOUND 3-16-20 outside of Farmers Union Insurance. Please claim at BHG.

46-1-TNCIX

58540

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

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!



THE MEADOWS
ASSISTED LIVING
Benedictine Health System

• 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"

Graphic Designer

Do you have a passion for design and like being part of a team?

Apply to be a graphic designer at the Leader-News today.

The Leader-News is an award-winning paper looking for a new addition who will push the publication even further.

Competitive pay and flexible hours. Send application materials to news@bhgnews.com or to the Leader-News office at

607 Main Avenue, Washburn, ND 58577.

The Leader-News



A BNI ENERGY COMPANY

HEAVY EQUIPMENT OPERATORS/UTILITY

BNI Coal, Ltd., a BNI Energy company and subsidiary of ALLETE, Inc. with locations in Bismarck & Center, ND is now accepting applications for the following positions at the Center Mine, Center, ND: heavy equipment operators/utility.

Heavy Equipment Operators/Utility

Responsibilities: General labor as a heavy equipment operator/utility including: operate and maintain large mining equipment, pump water and maintain pumps, and assist mechanics. Must be proficient in operating large mining equipment and able to work outdoors in all weather conditions. Shift work.

Minimum Requirements: H.S. Diploma or GED; valid driver's license, 3 years' work experience. Two year college degree may be substituted for 2 years work experience. Experience in operating large construction/earth moving equipment is required. Experience with electrical, welding, dragline maintenance, or diesel mechanics are preferred but not required. Computer skills desired. Probationary wage is \$35.42/hr; \$42.87 after 6 months.

Excellent benefit package including retirement plan, company paid health, dental and vision insurance premiums, company paid life insurance, vacation and sick leave.

Applications are available at www.bnicoal.com/careers. Mail application to "Equipment Operator", P.O. Box 897, Bismarck, ND 58502. Deadline to apply is March 27, 2020. BNI Coal will not sponsor VISA's for this position. EEO/AA/F/M/Vet/Disabled.

Help wanted

Coaching Positions

Garrison Public School District is seeking applications **URGENT* elem bbb to begin in 3-4 weeks and no coaches yet**

• **ASST. SOFTBALL COACH** needed for 2019, starts soon.

• **HEAD AND ASST VOLLEYBALL** coaches need for 2020 season

• **ASST. FOOTBALL COACHES** for 2020 needed

• **JH FOOTBALL COACH** needed for 2020

• **CROSS COUNTRY COACH** for 2020 needed

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



HELP WANTED

- **HS Track Coach**
- **FACS/Home Ec-HS**
- **Bus Driver w/CDL**

\$25 per hour w/benfits

Contact: Wayne Fox Superintendent 743-4350 ext. 2205



White Shield School

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.



HELP WANTED

The McLean County Weed Control is looking to fill positions for weed sprayer operator(s) for the upcoming spray season. Applicants must have a valid drivers license and be 18 years of age by May 1st, 2020.

For more information or to request an application, please contact the McLean County Weed Control at 701.462.8807 or 701.389.2576.

Application deadline : May 15, 2020

STATEWIDES

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

BUSINESSES FOR SALE

GACKLE TASTEE FREEZE for sale. Seasonal turnkey business includes land, buildings, and equipment. Loyal clientele. Located in desirable hunting & fishing area. \$35,000, Terrie @ 701-731-0405.

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.

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.

Photo Prints Are Available!

BHG photos* that appear in your local newspaper are available for purchase.

**submitted photos are not available*

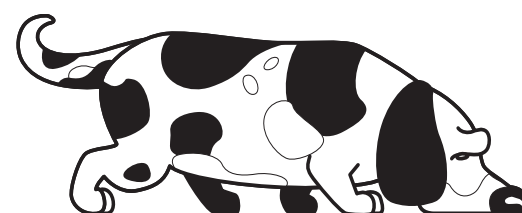
\$5 5 x 7 Glossy printed photo mailed to you

\$7 8 x 10 Glossy printed photo mailed to you

\$5 Hi-Resolution digital file emailed to you

Call 701-462-8126
or 701-442-5535
for more info.

Call Don Winter
for all your advertising needs.
462-8126



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.

SERVICES

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

44-TFNALL

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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 SALE

FURNISHED 4 BEDROOM, 3 bath home in Turtle Lake double garage and heated shop new furnace, air, water heater recent exterior paint and shingles REDUCED TO \$179,000, for viewing call 701-448-9159 or 701-400-0703.

46-4TPDALL

58540

FOR SALE: Two bedroom home with single attached garage on 3 lots. Located at 211 3rd Street west in McClusky, ND. Freshly painted, includes stove, refrigerator, washer and dryer. Sale price is \$35,000. For more information call 701-641-7785.

44-47-P-X-PD

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

Quinco Apartments

333 6th Ave NE, Garrison, ND

Quinco Apartments is a USDA Subsidized project. Priority is given to low and very low income Multi-tenant applicants.

**Accessible interviewing will be made available.*

One Bedroom Unit

AVAILABLE IMMEDIATELY
Monthly Rent \$440*
includes utilities.

**Maximum Rent, actual rent is determined based upon annual income.*



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Quinco is an equal opportunity provider and employer.
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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

Come Join Our Team!!

• RN/LPN

• CNA

Apply at www.blcgarrison.com

or call Jody Lawson

at (701) 463-2226

"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED



is looking for
BARTENDERS
COOKS
SERVERS
BUS PERSON

Call Tim at 701-337-2070

or apply in person

Lake Audubon • Hwy 83

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-TFNNCIX

58540



BENEDICTINE LIVING CENTER OF GARRISON
Benedictine Health System

Culinary Services Manager

Responsible for the direction, implementation, and supervision of all meal services and nutritional support for elders. Provides a quality assurance program that certifies elders therapeutic nutritional requirements are met. Manages the selection, training, development, and performance of assigned initial and ongoing clinical nutritional assessments and menu planning. Manages the department's budget.

Eligible associates are offered medical, dental, vision and life insurance; disability coverage; paid time off (PTO), and 401(k).

To apply online and learn more about BLC of Garrison *please apply online at* www.blcgarrison.com

EEO/AA/Vet Friendly

Police Officer

The City of Garrison, North Dakota is accepting applications to fill an immediate opening for a full-time police officer.

Applicants must currently possess a North Dakota peace officers license or be in the process of attaining a license. Have a valid driver license and be able to pass the background check.

This is a salaried, full-time position with a pay range of \$39,000 - \$40,000 DOE annually with benefits. The city pays 80% single/family health and dental plan.

Please submit cover letter, resume, copy of law enforcement training record, and completed city application to Chief Travis Tesch, P.O. Box 459, Garrison, ND 58540, by 5:00 p.m. on **Wednesday April 15, 2020.**

Applications and job description can be obtained at www.cityofgarrisonnd.com or by contacting garrisoncity@restel.com or calling 701-463-2296

The City of Garrison is an Equal Opportunity Employer.





OUR OUTDOORS

In the Distance

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

Except in those instances where the steelhead were running hard and fast up the tributaries of Lake Superior, or the walleyes were so thick one could nearly walk across them on Devils Lake's famed Channel A in the spring, I've rarely fished in a scenario that would cause my line to tangle with another person's. Over the last few years, at least 90 percent of my hunting outings have been solo trips for grouse, pheasants or deer, with the experience of being alone with the animals – hunttable and watchable - providing for more than enough excitement and distance from society. As that experience of social distancing enters our modern lexicon as quickly as the appearance and reaction to the coronavirus has, sportsmen sit on the edge of a spring like no other.

As schools shut down, businesses close temporarily and people either voluntarily or mandatorily confine themselves to their homes in reaction to the pandemic and the efforts to curb its impact on our medical systems, those actions really couldn't come at a better time for those who love the outdoors. In the gap of late March, where ice recedes and waters open – and perhaps in some regions, open too quickly and too high for fishing – there is plenty to do to prepare for spring angling which may seem a long way off in light of the ongoing daily changes. What follows are just a handful of ideas for time spent inside, whether it's due to the shifting conditions that might prohibit outdoor adventures in the next few weeks, or the noble actions and sacrifices underway by all to help with the country's efforts to protect its population from a spreading virus.

1. Tackle Time. Spring sees a demand for new tackle at a sporting goods store in a way that rivals a rush for toilet paper or disinfectant wipes at Wal-Mart ahead of an emergency declaration. Take the time now to look over tackle boxes and inventory those lures that will be required for success when spring arrives. Additionally, inspect hooks and lures for wear and rust and remove or replace those items to help prevent the spread of corrosion to other baits in the box. Prepare an online order or put together a list when the "all clear" is issued to get back out to a favorite tackle shop and be certain of a sound stock of angling options.

2. Tied Up. When spring arrives, there's always a few patterns I wish I would have gotten to that just didn't quite make it from my to-do list into my fly box or jig compartment. An extra two weeks indoors provides ample opportunity to add some patterns to any arsenal, whether it's standard tackle or flies for the long rod. When dealing with a case of extended cabin fever or doing what you can to fight off Covid-19, time at the fly tying vise or lure-making desk can help finish off those last few projects and patterns to be offered up this spring. From

big baits for muskies and pike to jigs and flies for crappies and trout, there's more time now to get them done.

3. Stake Out Somewhere New. Odds are there are already a few dates circled on the calendar for outdoor adventures planned when things warm up. Take the coming time indoors to set up one more to try out a new lake or river or to fish for a new species, and it doesn't have to be all that far away from home. When the threat of contagion subsides and water levels follow suit, execute on that plan and add a new fish to a life list, or learn a bit about a previously unfished water. With all the great resources available from state agencies in relation to fish stocking numbers, survey results, lake contour maps and information hiding in the back corners of the internet, scouting out a new fishing opportunity can be a lot of fun, even just in the preparation stage of the adventure.

4. License Up. The spring transition also brings with it a change in the angling year as well. Purchase and arrange for the licenses that will be necessary for the upcoming openwater season, including those for watercraft and for trips to special permit areas, such as the Boundary Waters Canoe Area in northern Minnesota. Don't forget to add trout stamps, sturgeon tags and so on in those jurisdictions where special additions may be warranted in upcoming angling travels. Checking these important to-dos off a spring list now, when there's time, means not having to worry about them later when up against the start of an outing or an extended adventure.

5. Be Prepared. If the coronavirus outbreak has taught us anything – judging by the run on stores for everything from bathroom products to pain killers to bleach – it's "be prepared." Use this time to take stock of and secure those items necessary for emergencies in the outdoors. Have not only a first aid kit for a boat or field pack, but also include those near-necessities like duct tape and electrician's tape, paracord, a multi-tool and a knife along with two sources of ignition for starting a fire, such as a butane lighter and strike-anywhere matches. Add in the tools and other items specific to each craft or style of angling as well. Assemble them all in a sealable gallon bag (which has dozens of uses on its own) and stash them in a plastic tote or other waterproof container. Oh, and don't forget to add a roll of toilet paper, if you can find one!

With some time at home on many people's hands at the moment or in the near future, it's the perfect opportunity to get ready for when spring settles in and more mobility is allowed and encouraged. Remember that when ready and well prepared, social distancing in the absence of an outbreak can also be a good thing, so try to stay a few casts away from the next person looking to get out this spring as well...in our outdoors.



(Michael W. Sasser/BHG News)

Health professionals at Coal Country Community Health Center are encouraging ill people to call and discuss symptoms with nurses before walking in.

VISITORS RESTRICTED AT KNIFE RIVER CARE CENTER

BY MICHAEL W SASSER
BHG NEWS

Ever since the announcement that a Ward County man was diagnosed with a presumptive case of COVID-19, the disease caused by coronavirus, regional health institutions have been urging the public to panic while also taking precautions and preparing for additional cases.

"It's here," said Heidi Moore, RN, Custer Health, referencing the first case in North Dakota.

Moore said Custer Health staff had a meeting to discuss preparation and also disseminate accurate information on diagnosing potential cases.

"We have a plan now and we're encouraging people to call in and speak to a nurse before just walking in," Moore said.

Symptoms can help professionals determine if a person has coronavirus or a cold or the flu.

"Influenza comes on fast," Moore said. "This comes on slowly."

Dr. Michelle Placke, Infection Prevention co-medical director, who is associated with Sakakawea Medical Center and Coal Country Community Health Center, said with coronavirus, a person could feel poorly for a couple of days, then fine for a couple before symptoms return.

Placke said that encouraging people to call and discuss symptoms is just one step.

"Knife River Care Center is restricting visitors," Placke said. "We're in the process of rolling out a respiratory care center."

A task force of regional healthcare providers is already in place.

"We've been watching the spread for quite a while now," Placke said.

A key objective for local healthcare providers is trying to prevent having someone potentially carrying coronavirus from ending up sitting next to others, given the speed at which it can spread.

Preparation and precaution are important considerations.

Moore said that there was no panic at last week's meeting.

"It was more about being prepared," she said. "There's no immunity, no vaccine, no treatment. That's where the fear is, but it's not our's."

Still, there are signs around the region that many people are taking precautions if not panicking. Hand sanitizer and disinfectants are readily visible at many check-out counters. At a Dollar General store in the area, a dearth of toilet paper was noted by a

Recommendations from the CDC on protecting yourself and others

Protecting yourself:

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are sick. Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Protecting others:

Stay home if you are sick, except to get medical care.

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

If you are sick, you should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

If you are not sick, you do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

*Source: CDC

customer last weekend.

"Everyone has been buying it," the clerk said. He told the customer he did not know when more would be in stock.

Statewide, numerous precautions have been put in place.

"We have been planning and preparing for this since January, and our top priority remains the health, safety and well-being of all North Dakotans," Gov. Doug Burgum asserted in a press release last week. "With the North Dakota Department of Health and its partners at the state, local and federal levels, we are working together to stay on top of this rapidly evolving situation."

"We encourage citizens to be prepared and not panic – to base their actions on facts, not fear," Burgum added. "North Dakotans should take this virus seriously, stay informed and follow recommendations for reducing the spread of COVID-19, including washing hands frequently and staying at home when they are sick. We continue to work closely with our hospitals, nursing homes, schools, the business community and other stakeholders to ensure that every appropriate measure is being taken to protect vulnerable populations and all citizens."

Burgum later declared a state of emergency, but did not immediately announce K-12 school closures as have several states including South Dakota. However in a Sunday night

press conference, Burgum asked schools to close for the week of March 16-20, during which the situation will be re-evaluated.

Already numerous sporting and other events had been canceled or delayed.

As of Friday, March 13, the Centers for Disease Control and Prevention was reporting 1,629 confirmed and presumptive positive cases of COVID-19 reported to CDC or tested at CDC since January 21, 2020, with the exception of testing results for persons repatriated to the United States from Wuhan, China and Japan. The CDC was reporting 41 total deaths, but both the number of cases and deaths is changing constantly.

Some medical experts have asserted that the number of cases is considerably higher.

In the case of the Ward County man who is North Dakota's first patient, he is reportedly recovering at home.

Meanwhile, health officials are advising vigilance.

The CDC is routinely updating statistics on the spread of the pandemic on its website.

"The North Dakota Department of Health (NDDoH) tested 32 samples for the novel coronavirus disease (COVID-19) on Saturday and all test results were negative," according to the department's website. "That brings the state's total number of tested cases to 86 negative and one positive, with six pending."