

# Xtra

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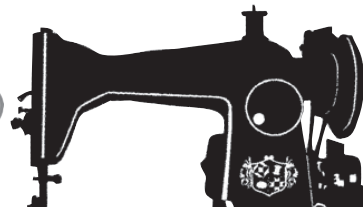
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<b>RE-ELECT</b> <b>Jeff DELZER</b> <small>Paid for by Jeff Delzer for House</small>	<b>ELECT</b> <b>Bob WHEELER</b> <small>Paid for by Bob Wheeler for House</small>
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# Parks and Rec preps for season

**BY ALYSSA MEIER**  
 EDITOR

Participants in Washburn Parks and Rec summer leagues are welcome to sign up for the program on Thursday this week.

Softball, little league, pee wee and t-ball players can sign up for this year's season from 11 a.m. to 1 p.m. at Goetz Funeral Home on Thursday. This is the second available sign-up day, with the first on

Monday.

Teams will start practice on June 2, with softball at 9 a.m., little league at 10 a.m., pee wee at 11 a.m. and t-ball at noon. Games will begin the week of June 15.

Coaches advised this year's season may include more travel than normal as some area teams are not taking part in the season.

Registration is due by June 1 in order for players to get a T-shirt.

# PRAIRIE FARE



## Where's the protein?

**BY JULIE GARDEN-ROBINSON**  
 FOOD AND NUTRITION SPECIALIST - NDSU

We all need protein as part of a nutritious, well-balanced diet.

"If you have 'helpers' put them to work," the article said. "We warn you, you'll have to grin and bear it the first few times you try putting your family to work," it continued. "More trouble than the work's worth, you'll think."

"But you'll change your mind once you get them trained," the article concluded. "They'll not only help you a lot, there'll be a more cooperative spirit about everything, especially if you're generous with praise."

I was flipping through some World War II-era cookbooks in my office. They dated back to 1943 and were written by the Home Economics Institute. They included information about stretching your protein dollar and using your victory garden produce in a variety of ways. They also had some parenting advice, I noted.

Despite the books being 77 years old and a bit fragile, much of the advice was good.

I think my mother must have read these books.

Thinking back, I was the one who was grinning and bearing it when I was a child. To be honest, I wasn't always grinning as I cleaned, watered plants and helped with dishes.

"I've never seen such a good worker," Mom said.

Yes, she read the part about the value of praise. I worked even harder.

In the World War I and II eras, victory gardens provided food for families, who also were encouraged to preserve foods. Much of the agricultural production during the war was diverted to other parts of the world to offset food shortages.

Not only did the gardens provide nutritious food, they boosted morale. In 1943, meat, cheese, fats, canned milk and some processed foods were rationed in the U.S. People were allotted points in ration books for various foods.

Despite the war being over for a few decades when I was young, we had "victory gardens" covering our

backyard and side yard, plus another garden in the country.

Lately, we have a different type of war going on: a battle against a virus. Sadly, this virus is causing illness and death, especially among older generations.

Most of us have heard about recent concerns of food shortages. We might have experienced higher costs of meat items or limits on the amount of meat and other protein foods we can purchase. Many meat packing plants have shut down temporarily.

As I strolled to the meat counter in the grocery store near my home recently, I didn't encounter a shortage.

If the meat supply is limited where you are, buying meat from local sources is an option in some communities. We also can learn from previous generations, who stretched protein by adding beans, lentils and other foods.

We all need protein as part of a nutritious, well-balanced diet, regardless of our age. We need protein to build and repair tissues throughout our body.

How much protein do we need, according to the current nutrition research? It might be less than you think.

Try this calculation to learn the number of grams of protein you need. Multiply your body weight (in pounds) by 0.36 gram. On average, a sedentary man weighing 180 pounds would need about 65 grams of protein per day to meet basic needs. If you are more active or ill, your protein needs usually increase.

Grams are the units of weight and are used on Nutrition Facts labels. An ounce of pure protein would weigh 28 grams. Foods, however, are mixtures of protein, fat and carbohydrates.

Here are some examples to help you add up the protein you eat. A 3-ounce hamburger patty has 28 grams of protein, a 3-ounce piece of chicken has 26 grams and a 3-ounce serving of pork or tuna has 22 grams. A cup of milk has 8 grams of protein, while a 6-ounce serving of Greek yogurt has 18 grams, depending on the brand.

Plant proteins, such as beans and lentils, also contribute protein to our diet. One-half cup of kidney beans, 1 ounce of peanuts, 1 ounce of string cheese or 1 tablespoon of peanut butter each contribute 7 grams of protein.

Further, one large egg has 5 grams of protein and a slice of whole-grain bread has about 4 grams of protein.

To stretch your protein dollar, try making casseroles, stir-fry, soups and other recipes with a variety of vegetables and grains mixed with meat, poultry or fish. Try adding cooked lentils to extend the meat in tacos or sloppy joes. Add more beans to chili.

Use less-tender meat cuts to make soup, stew or other recipes with slow, moist-heat cooking methods, which tenderize the meat. Using marinades also can tenderize meat for the grill.

Here is a delicious recipe for the grill from the North Dakota Beef Commission, with a 4-ounce portion of meat per person. Explore some of the value cuts available.

### Citrus-marinated Kabobs

- 1 pound beef top sirloin steak, boneless, cut 1 inch thick
- 1 medium orange
- 1/4 cup chopped fresh cilantro
- 1 Tbsp. smoked paprika
- 1/4 tsp. ground red pepper (optional)
- 4 c. cubed mango, watermelon, peaches and/or plums
- Salt

Grate peel and squeeze 2 tablespoons of juice from orange; reserve juice. Combine orange peel, cilantro, paprika and ground red pepper, if desired, in small bowl. Cut beef steak into 1 1/4-inch pieces. Place beef and 2 1/2 tablespoons of cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food-safe plastic bag; turn to coat. Close bags securely. Marinate beef and fruit in refrigerator 15 minutes to two hours. Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Thread beef evenly onto four skewers, leaving a small space between pieces. Thread fruit onto remaining four separate skewers. Place kabobs on grill over medium, ash-covered coals. Grill beef kabobs, covered, eight to 10 minutes (over medium heat on preheated gas grill, nine to 11 minutes) for medium rare (145 F) to medium (160 F) doneness, turning occasionally. Grill fruit kabobs five to seven minutes or until softened and beginning to brown, turning once. Season beef with salt, as desired. Drizzle reserved orange juice over fruit kabobs.

Makes four servings. Each serving has 239 calories, 6 grams (g) fat, 27 g protein, 20 g carbohydrate, 57 milligrams sodium (without added salt).

*(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences. Follow her on Twitter @jgardenrobinson)*

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# CALENDAR

## Monday, June 1

Garrison Golf Course Closed, Clubhouse open  
 McClusky Job Development Authority will meet at 7 p.m.  
 McClusky Fire Department will meet at 9 p.m.  
 Goodrich City Council will meet at 5 p.m.  
 Martin City Council will meet at 7 p.m.

## Tuesday, June 2

McLean County Commission will meet at 8:30 a.m. in Washburn.  
 Sheridan County Commision/Park Board will meet at 12:30.  
 Food Bank at Sheridan Courthouse is from 9 a.m. to noon.

## Wednesday, June 3

Wilton City Commission will meet at 7 p.m.  
 Underwood Civic Club will be meeting at noon at city hall.  
 Garrison City Landfill open, 1 p.m.- 5 p.m.  
 Community Cupboard of Underwood, 4 p.m.- 6 p.m.

## Thursday, June 4

The Community Cupboard of Underwood will be open from 4-6 p.m. All in need are welcome to receive food and household goods at no cost.

## Friday, June 5

Garrison City Landfill open, 1 p.m.- 5 p.m.

## Saturday, June 6

Garrison City Landfill open, 8 a.m.- 12 p.m. and 1 p.m.- 5 p.m.

**American Legion gun raffle update:** Due to the virus concerns, the spaghetti meal has been cancelled. American Legion leadership will conduct the raffle drawing and winners will be notified.

## 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](mailto:leadernews@westriv.com); phone: 701-462-8126.

Event: \_\_\_\_\_  
 Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Contact: \_\_\_\_\_

## MEALS ON WHEELS

- JUNE 1: Cheeseburger on a bun, tater rounds, corn, fruit mix.
- JUNE 2: Cabbage Roll, whipped potato, corn, pineapple.
- JUNE 3: BBQ beef on a bun, calico beans, potato salad, fruit cocktail.
- JUNE 4: Salisbury steak, scalloped potato, peas, Mandarin orange cake.
- JUNE 5: Fish, baked potato with margarine, carrots, peaches, cookie.

In honor of Arbor Day, the City of Washburn Forestry Board will hold their annual tree giveaway. They will be set up at Farmers Security Bank on Saturday, June 6 at 10 AM until gone. All students are welcome to participate. The site will be set up to allow for social distancing.



Sponsors of the program are A & C Land Development, Farmers Security Bank, Smithy's and Wagon Wheel Lumber.

# DAKOTA GARDENER

## Can a raised garden be functional and beautiful

BY ESTHER MCGINNIS  
 NDSU Extension Horticulturist

Many apologies to my patient neighbors!

My first raised garden bed was admittedly an eyesore. We did a standard raised garden bed using cedar 2x10s as the frame.

Within 15 minutes of filling the bed with a soil mixture, a stray cat brazenly jumped into the low bed and used it as a litter box. To prevent feral cats and hungry wildlife from interfering with my new garden, we quickly erected a removable fence out of PVC pipe and chicken wire, hence the eyesore.

Cognizant of neighborhood aesthetics, my patient husband constructed a taller raised garden bed that doesn't require ugly fencing. This new bed measures 2 feet tall by 8 feet long and 4 feet wide, and has an attractive frame of galvanized metal and pressure-treated wood.

Construction was fairly simple. The long sides consist of sheets of 8- by 2-foot galvanized metal that are

supported by 2x4s. Three 4x4 posts provide sturdy vertical support. The 4- by 2-foot end walls are constructed in a similar manner and then secured to the 4x4 posts. For detailed construction methods, visit this DIY website: [blueberryhillcrafting.com/2013/04/24/how-to-galvanized-garden-beds](http://blueberryhillcrafting.com/2013/04/24/how-to-galvanized-garden-beds).

Besides having a beautiful appearance, the galvanized beds are very functional and durable. The taller height will deter rabbits. Fingers crossed - I haven't noticed any cats so far. Furthermore, the elevated height will save my middle-aged back from bending over.

As our population ages, we need to consider adaptive methods to continue gardening late into life as the aches and pains grow. Scientific studies show that elderly gardeners score higher than their counterparts on most major health indices. This is a great incentive to continue gardening.

Some important points to consider in building a raised garden bed include:

- Put down chicken wire or wire mesh on the bottom of

the raised bed to deter pesky rodents.

- Use landscape fabric or weed barrier on the bottom to keep out grass rhizomes.

- Don't build a raised bed that is more than 4 feet across; a comfortable reaching distance from either side of the bed is 2 feet across.

Finally, what sort of soil mix should you add? Popular media and websites recommend large proportions of organic matter such as peat moss and compost.

However, personal experience has taught me that too much organic matter in raised garden beds is problematic.

Organic matter will decompose and settle dramatically from year to year. In addition, organic matter dries out a little quickly. Therefore, I am going to use a mix of approximately two-thirds topsoil and one-third peat moss by volume.

For more information, contact your local NDSU Extension agent. Find the Extension office for your county at <https://www.ag.ndsu.edu/extension/directory/counties>.

# Summer school still a go

BY ALYSSA MEIER  
 EDITOR

Washburn and Wilton Public Schools will still plan for summer school this year, along with several other summer break programs.

Washburn will host its Title 1 summer school in June this year, while Wilton's regular summer school program begins in July. The program will be split into two sections if attendance surpasses 14 students, superintendent

Andrew Jordan said.

Also in June, Washburn will have its Vo Ag Supervised Agricultural Experience classes at the school.

Both schools will host driver's education courses, though formats will be different between the two.

"Drivers Ed as a distance learning class because we have too many kids for face to face," Washburn Superintendent Brad Rinas said.

Jordan said Wilton School will have in-person classes

and student driving segments, with vehicles sanitized between drivers.

Washburn's school board will be discussing non-academic programs and how to proceed with those during its June meeting.

Wilton is not allowing outside organizations into the school this summer and eliminating athlete scrimmages, though groups of up to 15 are allowed to work on skill development in the gym.

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DIANA BERTRAND PHOTOGRAPHY



# Best of McLean County to be recognized

*Readers encouraged to vote for their favorite businesses during June*

**BY ALYSSA MEIER**  
BHG NEWS

The cream of the crop in dozens of categories will be recognized this year, as polls open for the second edition of the Best of McLean County contest.

BHG is sponsoring the Best of McLean County contest, which aims to recognize local entities who are doing well in the eyes of their customers. The contest was launched for the first time in 2019 and recognized winners in 38 categories. Categories range from favorite restaurant and best burger to best chiropractor, dentist or veterinarian. There will also be a special category for best overall business and best customer service.

Individuals will be able to cast their votes throughout all of June, and winners will

**Where to vote**

Stop by the Leader-News or BHG Inc. office to fill out poll  
Take the poll on Facebook. Polls will be featured on the Leader-News, Central McLean News-Journal and McLean County Independent Facebook pages starting June 1  
Fill out and submit the poll inserted into your newspaper on June 11 and the Xtra on June 20.

be recognized in a special 2019 Best of McLean County publication, slated to be published in July. Winners in each category will also receive a certificate of recognition that can be displayed at their office or place of business.

Polls are available at the Leader-News and BHG Inc. offices and on the affiliated

Facebook pages. Physical copies of the survey will also be inserted into county papers on June 11 and into the Xtra on June 20.

Poll responses are anonymous and will be accepted until July 1. All voters are eligible to win one of three \$50 gift certificates to Viking Screen Prints.

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# Adult, juvenile injured in crash

**BY ALYSSA MEIER**  
BHG NEWS

Both drivers were taken away with serious injuries after a crash near Turtle Lake on Friday.

According to the North Dakota Highway Patrol, a Ford Focus was traveling eastbound from Underwood to Turtle Lake at approximately 5:45 a.m. on Friday when it collided head on with a Chevrolet pick up heading westbound. The accident occurred roughly four miles west of Turtle Lake on Highway 200.

The driver of the Chevrolet, an adult male, and the driver of

the Ford, a juvenile male, were taken to Turtle Lake Hospital for serious injuries. They were both later transported to either Sanford or Saint Alexius Hospital.

Both drivers were wearing their seatbelts at the time of the accident.

Names of the individuals have not been released and the crash remains under investigation.

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**YARD & SHOP EQUIPMENT:**

- 1998 JD 1032D snowblower, elec. start, self propelled, like new
- Poulan Pro self propelled lawn mower
- Wheel barrow, Top Shop-11gal. compressor, tire ramp, Ryobi blower/vacuum, B&D skillsaw, B&D battery tree saw, (2) surge protectors, hammers, Menards 3/4" socket set, axes, chains, cables, creeper, extension cords, snow shovels, hand tools, garden tools, Coleman 2 burner stove, automotive supplies

**LIVESTOCK RELATED EQUIPMENT:**

Pneu Dart-dart gun (like new), Koendoers calf warmer, emasculator, rubber bander, pet supplies, Electric fencing supplies, post hole digger, post hole puller

**GUNS:**


- Browning BL 22 cal. lever action ( like new) SN: 03140MP242 w/Simmons scope
- Browning BPS 12 ga. pump, 3in., 26"Brl. (New) SN: 24952NV152
- Ruger Bearcat 22 cal., 2008 50th Anniversary edition, (New) SN: SBC00298
- Colt 45 Ammo
- Deer horns, Elk horns, (2) mounted Pheasants - 1 is a partial albino

**ANTIQUES:**

Bull whip, US Cavalry spurs, Antique oak rocker - good, Twin bed, 15+ sets of hames, bundle forks, implement seat clock, Hop-A-Long Cassidy pistol and jackknife, mirrored hall rack, glassware, old vinegar jugs, glass bells, oil lamps

**COLLECTIBLES AND HOUSEHOLD ITEMS:**

Whirlpool Fridge/Freeze (new in 2017), (2) sets of longhorn horns, Lrg. Longhorn hide, Round kitchen table w/4 chairs, Kitchen table w/6 chairs, 5 barstools, large living room mirror, multiple western pictures, 3-piece beccroom set, JD oil lamp-new, Kirby vacuum-newer, women's bike, GE stove-older, good, Kenmare microwve, Sylvania TV and stand, (3) new baseball gloves, stainless steel meat grinding unit w/1 H.P. motor, #32 grinder, 8 Qt. Enterprise sausage stuffer



Visit our web site: [www.wolffauctioneers.com](http://www.wolffauctioneers.com)  
SHANE WOLFF LIC. NO. 2 HEAD CLERK: PAULA JO WANNER  
701-983-4573 LIC. NO. 664  
701-870-9090 (CELL) 701-870-1406 (CELL)

The Best of

# McLean County

2020

Survey available on this paper's Facebook page or at the BHG and Leader-News offices

Drop off or mail your completed survey to:

BHG, Inc.  
91 N. Main Street  
PO Box 309  
Garrison, ND 58540

Be entered into a drawing for one of three \$50 Viking Screen Prints gift cards

\* Survey will close July 1<sup>st</sup> \*



# 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.

## LIVESTOCK

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out June 1 & June 15. Have them there by 11 a.m. Call Darin, 701-315-0144.

43-TFN-E-X 58577

## 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

## 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. EEOC compliant.

1-E-TFN-NC 58577

## VEHICLES FOR SALE:

2004 HYUNDAI ACCENT - Blue, Excellent condition, one owner, 32,000 miles, 2-door hatchback, \$3,200.00. Call 701-337-5774.

5-2TPDXIBH 58540

## GARAGE SALES

MOVING SALE: Household goods, furniture, TV stand, couch w/ recliners, 2 desks, dishes, vanity, miscellaneous, tools, 2 chainsaws, compressor, 2x4s and 2x6s, 3 fish tanks & stands 2-75 gal & 1-55 gal, lots of stuff, antique bed, have to come and check it out! 3888D 14th Street NW, Garrison. May 29-31, 9 a.m. to 7 p.m.

4-1TPDILNX 58540

The sky is the limit of what you can sell or buy in the classifieds.  
Call 462-8126

## 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



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

## 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

USED ELECTRIC BOILER and Fuel Boilers For Sale: The Sheridan County Board of County Commissioners offers for sale for cash on sealed bids for a used electric boiler w/electric panel, (2) fuel oil boilers, (2) metal fuel oil storage tanks and a metal water storage tank. Boilers and tanks can be viewed at the County Shop north of McClusky. When bidding on items include the item# you are bidding on with description, amount, name, and ph# into a sealed envelope. For more information call County Auditor's office at 701-363-2205. Bids must be submitted to the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 by noon on June 2. Bids will be opened at 3:30 P.M. June 2, 2020 in the Commissioner's room of the Courthouse. The Board reserves the right to reject any or all bids.

2-2t-P-X 58463

## HELP WANTED

# 2 POSITIONS AVAILABLE

Duties within these positions 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.



## HELP WANTED

Come Join Our Team!

• **Registered Nurse**

Apply at [www.blcgarrison.com](http://www.blcgarrison.com)

or Call Jody Lawson at

**(701)463-2226**

"EQUAL OPPORTUNITY EMPLOYER"

## HELP WANTED



OF GARRISON

**Full Time & Part Time Help**

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

## HELP WANTED



**Turtle Lake Hospital**

**Clinic Nurse Nurse Aide**

Experience preferred but not required. Contact Brenda 701-448-2331 ext 207.

This institution is an equal opportunity provider and employer.

## HELP WANTED

• **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

## MATH ENRICHMENT TUTOR

The Underwood Public School District # 8 is seeking a Math Enrichment Tutor to work with the North Dakota Math Corps Program for the 2020-2021 School Year. Position is for 675 hours (4 hours a day), Monday through Friday, August 24, 2020 to May 31, 2020. Salary is dependent upon qualifications and experience. Living allowance of \$820.00/month, education award of up to \$2,360.00, student loan forbearance, coaching, and professional development benefits available. If interested in filling out an application, please apply online at: [www.ndreadingcorps.org](http://www.ndreadingcorps.org)

## 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 (Bill@GSSC.net) for more information. EOE/AA/Disability/Veterans/M/F Employer Immediate full-time & part-time openings!

The Washburn School District is seeking applicants for the position of ASSISTANT HEAD COOK. This position is approximately 30 hours per week. A prorated health insurance benefit, public employee retirement program, sick leave, vacation leave, and training opportunities are included. Wage range is \$13.50 to \$18.00 per hour, depending on experience. Application forms may be picked up in the main office or printed from the Washburn School District website at <https://sites.google.com/site/washburnk12/>. A job description is available upon request. Contact Brad Rinas, Superintendent, at 701-462-3221 with questions. The deadline for applications is Friday, June 12th. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws.



Washburn Public School District 4  
713 7th St. PO Box 280  
Washburn, ND 58577  
701-462-3261



# ASSISTANT COOK

Underwood Public School District # 8 is hiring an assistant cook for the 2020-2021 School Year. Position is 7:00 am to 1:30 pm daily (6.5 hours a day) for nine months. Salary is dependent upon qualifications and experience. Retirement, Cafeteria Plan Health Insurance, Vacation, and Sick Leave benefits available. Applicants will be subject to a pre-employment background check. Please contact the superintendent, Mr. Brandt Dick, at 701-442-3201 if interested in filling out an application. External applicants are eligible for ND Veteran's Preference. North Dakota veterans claiming preference must submit all proof of eligibility by the closing date. Proof of eligibility includes a DD-214 and if claiming disabled status, a current letter of disability. The Underwood Public School District # 8 is an Equal Opportunity Employer who fully and actively supports equal access for all people regardless of race, color, religion, national origin, sex, age, veteran status, disability, genetic information, marital status, public assistance status, sexual orientation, gender expression/identity, or participation in lawful activity off the employer's premises during non-working hours which is not in direct conflict with the essential business-related interests of the employee in its education/ activities and employment practices. The Underwood Public School seeks to provide access to all its programs for those interested persons who might have differing levels of abilities, this includes those with impaired vision and hearing loss.



**HELP WANTED**

**Public Works Employee**

The City of Washburn, ND is accepting applications for a full-time Public Works Employee.

A complete job description can be obtained by contacting the City of Washburn Auditor's Office at PO Box 467, Washburn, ND 58577; by calling 701-462-8558; or by emailing washaud@westriv.com. All resumes with cover letter must be received at the City Office no later than 4:00 PM on Friday, May 8, 2020.

The City of Washburn is an 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**

The Washburn School District is seeking applicants for the position of ELEMENTARY ADMINISTRATIVE ASSISTANT. This position is approximately 40 hours per week for nine months. A prorated health insurance benefit, public employee retirement program, sick leave, vacation leave, and training opportunities are included. Wage range is \$12.00 to \$17.50 per hour, depending on experience. Application forms may be picked up in the main office or printed from the Washburn School District website at https://sites.google.com/site/washburnk12/. A job description is available upon request. Contact Brad Rinas, Superintendent, at 701-462-3221 with questions. The deadline for applications is Friday, June 12th. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws.



Washburn Public School District 4  
713 7th St. PO Box 280  
Washburn, ND 58577  
701-462-3261



**BUS DRIVERS**

Underwood Public School District # 8 is hiring bus drivers for the 2020-2021 School Year. Position is approximately one hour for morning and one hour for evening routes for nine months. Salary is dependent upon qualifications and experience. Vacation and Sick Leave benefits available. Applicants will be subject to a pre-employment drug screen and background check. DOT physical and valid Class C driver's license with passenger endorsement preferred but not required. We are willing to assist with obtaining the DOT physical and proper endorsements. Please contact the superintendent, Mr. Brandt Dick, at 701-442-3201 if interested in filling out an application. External applicants are eligible for ND Veteran's Preference. North Dakota veterans claiming preference must submit all proof of eligibility by the closing date. Proof of eligibility includes a DD-214 and if claiming disabled status, a current letter of disability. The Underwood Public School District # 8 is an Equal Opportunity Employer who fully and actively supports equal access for all people regardless of race, color, religion, national origin, sex, age, veteran status, disability, genetic information, marital status, public assistance status, sexual orientation, gender expression/identity, or participation in lawful activity off the employer's premises during non-working hours which is not in direct conflict with the essential business-related interests of the employee in its education/activities and employment practices. The Underwood Public School seeks to provide access to all its programs for those interested persons who might have differing levels of abilities, this includes those with impaired vision and hearing loss.

**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

**REAL ESTATE FOR RENT**

For rent: 12x32 storage unit in Washburn. Call 701-460-8532.

**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

**Coaching Positions Available at GHS**

We are currently seeking applicants for all levels in the following areas with a total of 23 openings! Head coaching starts @ \$5,500 for tier I activities with sub-varsity coaches receiving a percentage. Contact Dr. Klemisch or Mr. Ermer at Garrison High School 463-2818 for more information.

JV- 70%, JH 60%, EL 50%  
**Fall Activities:**  
Football • Volleyball • Cross Country • 1-Act • Elem GBB  
**Winter Activities:**  
JH/HS GBB • JH BBB  
**Spring Activities:**  
JH/HS Track • Baseball • Softball • Elem BBB • Elem VB

**HELP WANTED**

NEXGEN CONCRETE is now hiring! The right candidate should have a good work ethic and reliable transportation. Experience preferred but will train the right candidate. Competitive pay is DOE. Excellent working environment. Contact Jeff @ 701-720-0996. 5-4TCHXI 58540

**SERVICES**

LICENSED CONTRACTOR ready to move or relocate your trees or shrubs! For a free estimate call Steve @ Huey's Tree Moving 701-460-7000. 49-TFNCHX 58540

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 SALE**

For Sale: Two bedroom home with single attached garage on 3 lots. Located at 21 3rd Street West in McClusky, N.D. Included stove, refrigerator, washer and dryer. Sale price \$25,000. For more information contact 701-641-7785. 1-4-P-PD 58577

For Sale: The City of Underwood is selling a 40'x110' commercial building on Lots 5-6-7, Block 5, Original Townsite. Property and building will be sold together in one bid. Property is zoned Downtown Commercial with the first 40 feet to remain retail. Bids must include a description of the intended use and a statement of understanding of how the property is zoned. For more information call 701-442-5481. Deadline June 8, 2020 by 5pm. Bids may be delivered to the Underwood city office or mailed to PO Box 168, Underwood, ND 58576

**Reminder**  
Classified Deadline  
Thursday • 9 a.m.

**STATEWIDES**

**HELP WANTED**

SCHOOL PSYCHOLOGIST NEEDED in the Upper Valley Special Education Unit. Contact: Dan Juve, Director, 516 Cooper Ave, STE 102, Grafton, ND 58237. PH: (701) 352-2574, Email: Dan.Juve@uvse.org / Website: www.uvse.org

HELP WANTED: Part time or full time MUSIC TEACHER at Fordville-Lankin Public School due to retirement. \$40,000 base with benefits. Fordville, ND 701 229 3297 or 701-331-2718 Begins August 25, 2020.

SPECIAL-LANGUAGE PATHOLOGIST needed in the Grafton School District within the Upper Valley Special Education Unit. Contact: Dan Juve, Director, 516 Cooper Ave, STE 102, Grafton, ND 58237. PH: (701) 352-2574, Email: Dan.Juve@uvse.org / Website: www.uvse.org

SPECIAL EDUCATION TEACHER needed in the Grafton School District within the Upper Valley Special Education Unit. Contact: Dan Juve, Director, 516 Cooper Ave, STE 102, Grafton, ND 58237. PH: (701) 352-2574, Email: Dan.Juve@uvse.org / Website: www.uvse.org

\$5,000 SIGN ON BONUS. NAPOLEON CARE CENTER hiring 2 FT nurses, RN preferred. 12 hour shifts, flexible scheduling, competitive wages and benefit package. Contact Melissa Glatt RN, DON, 701-754-2381. NCC is an equal opportunity employer.

COME MAKE PASTA with us! \$1750 sign on bonus. Competitive pay & benefits. For openings, go to: www.dakotagrowers.com/careers

ANYONE CAN RUN STATEWIDE with HELP WANTED ads in all the newspapers of N.D. with the NorthS-CAN program! \$160 /25 words / all ND papers. NDNA, 701-223-6397.

**FINANCIAL SERVICES**

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

**EDUCATION /TRAINING**

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

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Now offering a \$10,000 scholarship qualified applicants. Call CTI for details! 701-929-9679 (M-F 8am-6pm ET)

**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.

**AUCTIONS**

AUCTION: PICKUPS, TRAILER, Shop & Household. Wednesday, June 10th, @ 5 PM. 954 Antelope Dr. Hazen, ND 58545. www.wolffauctioneers.com

23.52 ACRE FARMSTEAD, VEHICLES & MISC. Tools Auction. Monday, June 15th, 1370 County Rd. 7 Golden Valley, ND 58541. www.wolffauctioneers.com

**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**

ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 877-736-5537.

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.

**ANNOUNCEMENTS**

ATTENTION: AUTO INJURY VICTIMS. If you have suffered a serious injury in an auto accident, call us! Our attorneys have the experience to get you the full compensation you deserve! Call Now: 855-543-9071.

**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.

**Viking Screen Prints**  
is here for you!  
Display your new hours and updated information with  
**Banners • Signs**  
**Window Decals**



**463-2566**  
**462-8126**  
**1-800-658-3485**

Catch the Great Bargains in the Classifieds!  
462-8126





# HAT TIPS

By Dean Meyer

## Thanksgiving

*Editor's Note: This is a reprint from a previous column.*

Hello, As usual, it is Monday morning and I have no idea what to write about. And I have very little time to do it, because I have hungry cows and calves waiting for that early morning feed. And, per usual, I rely on Shirley to tell me what to write about. She suggested, that beings Thanksgiving is coming up in a couple days, write something thankful! So I was going to. And then I found this old article. Enjoy... And a Happy Thanksgiving to you and yours! I usually write about how many relatives came to Thanksgiving dinner and try to do a summary of what it cost. It is kind of like the deal where they talk about "killing the fatted calf." Only we do it with a 30 pound turkey, a nice big prime rib, and a delicious ham. Now, I know the turkey gets all the credit, but I tell you what, that prime rib goes pretty darn fast around our table. I was at a cattle meeting the other night and it gave me a lot of food for thought. Reasons why we raise cows and kids and wheat and corn and horses and dogs and cats. As you looked around the room, you saw a wide variety

of people. Young. Old. Couples with small children. Oldsters that have been to meetings for fifty years trying to help rural America survive. I had a great speech in my head for ending the meeting. But one rancher spoke up before I had a chance. His voice was choked as he simply said, "I have a ten year old son that talks about wanting to be a cowboy and a rancher. If I don't work to make this industry survive, he won't have that opportunity. That's why I go to meetings." I thought about it on the way home that night. Is there any better sound than a horse munching oats, after you've put in a long day in the saddle and are just sitting down in the barn? Is there anything better than helping your kids pull their first calf? Or take them on their first ride through the cows? Is there anything better for a kid than knowing if they are going to go to the dance on Friday night, there are chores that need done first, and there will be chores that need done at daylight on Saturday? I know there are millions of people out there that don't have that opportunity. But it always seems to me, that as a

rural parent, we have a little advantage that makes our job a little easier. I think most people in the Dakotas have that advantage. Shirley was at a meeting with one of the commanders of a unit from North Dakota that had been in Iraq. This was some time ago. The question was asked "if the troops had the supplies and armament that they needed." The soldier thought a minute and replied that they didn't, but he had a bunch of boys from North Dakota that could pull a truck into the motor pool and with a welder and some scrap iron improvise. I'm glad they can help. But I wish they were home. We have a lot to be thankful for. Oh, there are always problems. There is drought and war and sickness. There will be loss of loved ones and those that can't make it to dinner. But, when you get up in the morning, and watch that sun coming up in the east. And you know that next year is going to be a good crop year. And you are surrounded by kids and grandkids, take the time to be thankful. And say a prayer for those that can't be at the table this week.

Later, Dean

# Pool remains closed for now

BY ALYSSA MEIER  
EDITOR

One local facility is keeping its doors closed for the time being.

No opening date has been set for the Washburn Public Pool, as the local park board awaits guidelines for that type of facility and general public

gatherings.

"Once the governor and appropriate state officials release further guidance on how to proceed on opening and large gatherings, a decision will be made," A post on the City of Washburn page reads.

Parks and playgrounds in Washburn are all currently open.

**TOYO TIRES**

**\$50**

**Mail In - Rebate**

**June 1-30, 2020**

Get A Visa Reward card when you purchase a set of 4 Toyo Tires (with installation package)

**WASHBURN Auto Body**

**OPEN M-F**  
**8 A.M. - 5 P.M.**

**101 MAIN AVE**  
**WASHBURN, ND**  
**701-462-3374**

**WE COME HIGHLY**  
**WRECK-A-MENDED**

**ANTIQUES, CONCRETE/SHOP ITEMS & TELE-HANDLER AUCTION**

**Saturday, June 6th, 2020 at 10 AM CT**

**Location: 223 Skyline Dr. Washburn, ND 58577**

Debbie Dennison & The Late Steve Dennison Auction (Formally Stebbon Construction)

**Equipment, 5th Wheel Camper, Trailer & Pickup:**

- Bobcat V723F Versa-Handler 1804 hrs. Ser. # 368011004
- Bobcat 8' Dirt Bucket
- Bobcat 72" Pallet Forks 6000 lbs. (Like New)
- 2009 Everest by Keystone 34.5' 5th Wheel Camper, Mod. EV3455, 4 Slide-Outs, skirting (only used 8 times)
- Interstate 14' Enclosed Trailer, Good Rubber, Spoked Rims, Wired
- 1995 Ford F-350 XL 4x4 Crew Cab Pickup, Auto., 8' Box, 5th Wheel Ball, Good Rubber, Some Rust, 5.8 L V-8

**Concrete Related Tools:**

Cement Prep Wacker, Scaffolding (Complete Sets), Industrial Shelving, Brut Sandblaster w. hoses & handle sprayer, Concrete Vibrator, (2) Honda Pressure Washers, 13 hp, Air Compressor (Electric 125 psi), Sweeper, Briggs Stratton 8 1/2 hp Motor, 20' Ladder, DeWalt Metal Saw, Hilti 14" Concrete Blades, Hilti Concrete Nailer, Hilti Concrete Hammer Drill w. Several Lg. Bits, Metabo Angle Grinder, Hobart Handler Mig Welder mod. 135 & Helmet, 26' Screed, 12' Screed, Bull Float & Attachments, (12) Cement Blankets, Bostitch 18-gauge stapler/brad nailer, 32" JOBOX, Graco GMax 7900 Paint Sprayer, RotoZip, Pintle hitch, Betco Foreman Floor Buffer w. assorted pads & brushes, 1/4" Impact, SawZall, Orange and Black Rebar Hangers, Palate of Roofing Aggregate & Flooring Aggregate & Assorted 5 gal. Coatings, Lg Shop Light on Stand, Misc. Steel, Several Misc. Shop Items, 450 gal. Poly Water Tank

**Antiques:**

Courting Buggy (2 Seater), (2) Wagon Hitches, 1 Single, 1 Double, JD 2 Bottom Plow, Dreigh Wagon - Studebaker Running Gear, East Lake 3-Piece Bedroom Set from the 1880's ( Full Size Bed, Dresser w. Mirror & Wash Stand), 41"x36" Ice Box (Great Cond.), School Desk, Wet Stone, Stimpson #7730105 Scale, National Cash Register (Working Condition), Monarch Cook Stove w. Accessories, Small Pot Bellied Stove by King, Portable Singer Sewing Machine w. Box, Chandelier (Round Wick), Railroad Lantern converted to 110V light, has org. reflector, Wooden Baby Bath Tub, Planter, Drill Press, Sythe, Small Trunk, Complete, Good Condition, Cooper Grain Scoop, Ice Tongs, Horse Hide Blanket (Org. Bismarck Hide & Fur), Wash Board

**Other Items:**

(2) Antelope Head Mounts, (1) Full Mount of Black Bear, Bowtech Invasion CPX (like new) w. Case & Black Gold Rush Sight, Tight Spot Quiver, 12 Gold Tip Hunter Arrows

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