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Sat, June 27	Night 2 Midsummer chaos	6 PM
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Fri, July 17	A-Mod Showdown 3.0	7 PM
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Wed, July 22	Night 1 Tougher than Dirt Tour	7 PM
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TBA	Demolition Derby	7 PM
Fri, Sept 4	Labor of Loud Shootout	7 PM
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PRAIRIE FARE



Try These 7 Questions About Sun Safety

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION
SPECIALIST - NDSU

Explore your milk, cheese and yogurt choices at the grocery store during June, National Dairy Month.

"You have a lot of food in here," our son commented the other day.

He was investigating the contents of our refrigerator.

"Eat whatever you like," I remarked.

He is all grown up, but he still checks what's in the fridge when he drops by our home.

When our son was a teenager, he'd open our refrigerator every hour, or so it seemed. I'd wonder if he was expecting some miraculous change.

"There's nothing to eat," he'd say sometimes. He'd pour a glass of milk and look for cookies in the cupboard.

Usually the food in our refrigerator or nearby cupboard involved some sort of preparation.

He has become less picky with the passage of time.

Do you have certain foods that usually are in your refrigerator?

We have some standbys: milk, cheese, eggs, yogurt, fruit juice, various condiments, meat thawing for dinner, and usually some kind of leftovers.

During June, which is National Dairy Month, explore your milk, cheese and yogurt choices at the grocery store.

If you drink milk, do you have a certain type you prefer? Most of the time, we can choose from whole, 2%, 1% or fat-free (skim).

When I was young, we

always had whole milk. That means it has about 3.25% fat by weight. We later had 2% milk as my family changed with the times. Now I usually buy skim milk for my family.

Our daughters enjoy whole milk with chocolate syrup as a treat now and then.

You might see "organic milk" as a choice at the grocery store. This designation means the cows were raised according to U.S. Department of Agriculture farming practices. No distinct nutritional differences exist between organic and traditional milk.

At 8 grams per cup, any type of dairy milk is a notable source of protein to build and maintain our muscles. You might see "ultra-filtered" milk in some stores. This typically has higher protein levels.

Nutritionally, milk with a higher fat percentage has more calories. A cup of whole milk has 149 calories, while a cup of skim milk has 83 calories, according to U.S. Department of Agriculture data.

All types of milk have about the same amount of calcium and are fortified with vitamins D and A. Fortified means the nutrients are added for nutritional reasons. Vitamin D and calcium work together to promote strong bones and teeth, among their many functions. Vitamin A promotes healthy skin, eyes and the functioning of our immune system.

Milk provides many additional minerals and vitamins naturally, including phosphorus, potassium, riboflavin and vitamin B-12.

Some people do not or cannot drink milk for various reasons. People who follow a vegan diet avoid animal products of all types. "Lacto-vegetarians" consume dairy products. "Lacto" refers to lactose, the sugar in milk.

Other people have allergies to the protein in milk and can experience severe reactions. All nutrition labels are required to list any allergens right below the ingredient statement on labels.

Those with lactose intolerance experience gastric upset because their body lacks the enzyme lactase needed to digest the natural milk sugar lactose. Researchers have found that some people with lactose intolerance may be able to consume smaller amounts of milk with meals. They could try yogurt or hard cheese.

Further, lactose-free milk is available, as are lactase enzyme tablets.

You may have noted various

plant-based milklike beverages in the grocery store. How do almond milk, coconut milk, rice milk and soy milk compare with dairy milk? On average, these beverages lack many of the naturally occurring nutritional components of milk. They also often are more expensive.

However, the plant-based beverages provide options for people following vegan diets.

Many plant-based beverages have been fortified with calcium, potassium, riboflavin and vitamin B-12. Read and compare the labels, but also look at the ingredient statement as you make your beverage choices.

I haven't had enough calcium today, so I will enjoy a glass of ice-cold milk from my refrigerator as I wrap up this column. This recipe, courtesy of the Midwest Dairy Council, features a lot of common ingredients in my refrigerator and, perhaps, yours.

Pepper and Egg Brunch Bake

- 6 eggs, beaten
- 3 c. low-fat milk
- 1 c. shredded cheddar cheese
- 1 c. colby or Monterey Jack cheese
- 1 tsp. ground mustard
- 1/2 tsp. black pepper
- 1/4 tsp. salt
- 6 slices whole-wheat bread cubed
- 12 ounces turkey kielbasa cut into 1/2-inch pieces
- 1 1/2 c. chopped onion, about 2 small onions
- 1 c. green pepper chopped, about 1 pepper
- 1 c. red pepper chopped, about 1 pepper
- 1/4 c. fresh basil chopped

In a large bowl, whisk together eggs, milk, cheese, mustard, pepper and salt. Add bread, kielbasa, onions and peppers; stir well until the bread is completely absorbed. Cover bowl and refrigerate at least 12 hours. Preheat oven to 350 degrees. Stir basil into egg mixture. Pour into a 9- by 13-inch baking dish and bake for one hour or until eggs are set.

Menu idea: Complete your meal with blueberry muffins, fruit juice or sliced fruit, milk and/or coffee.

Makes 12 servings. Each serving has 190 calories, 9 g (grams) fat, 14 g protein, 14 g carbohydrate, 2 g fiber and 640 milligrams sodium.

(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 22

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

Tougher than Dirt Tour, McLean County Speedway in Underwood, 7 p.m.

Bone Builders Exercise, Senior Center 10 a.m.

Tuesday, June 23

Washburn City Commission will meet at 6:30 p.m. at city hall.

Wednesday, June 24

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

Thursday, June 25

Bone Builders Exercise, Senior Center 10 a.m.

FREE Covid-19 drive through community testing, 10 a.m. - 2 p.m., Washburn high school parking lot

McClusky Merchant's Association will meet at noon at the ReUnion Grill.

McClusky Ambulance Service meets at 7 p.m.

Alcoholics Anonymous, SACA Lodge, 8 p.m.

Submit an event

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

Event: _____

Date: _____ **Time:** _____

Location: _____

Contact: _____

MEALS ON WHEELS

JUNE 22: Beef stroganoff over buttered egg noodles, mixed vegetables, lemon fruit salad.

JUNE 23: Baked salmon with tartar sauce, baked potato with margarine, peas, tropical fruit.

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

JUNE 25: Chili on a baked potato, coleslaw, peaches.

JUNE 26: Chicken, rice, green beans, peaches, fruited cheesecake.

GARDENING TIPS

Tomato problems

BY BEV JOHNSON M.G.

University of Minnesota Extension

It seems that every gardener wants to plant tomatoes. You can find them in pots, hanging from porches, in raised beds and of course, in regular gardens. Unfortunately tomatoes can have all sorts of problems. Some you can either prevent or fix; weather isn't one of them.

Septoria leaf spot, caused by a fungus, *Septoria lycopersici* if you want to be precise, is one of the most devastating tomato diseases we have to deal with. It primarily affects the leaves, although lesions can appear on the stem, and fruit. This disease can show up at any time but is usually appears after fruit set.

Symptoms usually first appear on the lower leaves after fruit set. Initially round yellow spots develop. Later the spots get bigger and turn brown or gray. Tiny black fruiting bodies, called pycnidia, eventually form in the center of the leaf spots. These pycnidia produce spores that cause secondary infections, usually upward throughout the whole plant. Heavily infected leaves turn yellow then brown and fall off. Now your tomato is exposed to sun spot. (You probably didn't need to know the name of the spots. I'm just showing off.)

Under warm and wet conditions the spores are spread by splashing rain and overhead watering. Insects and even your hands or clothes can spread this disease. Infection requires free moisture. It starts with the leaf spots followed week or ten days later by the pycnidia then 10 to 13 days later by spore production. If you don't stop it the whole thing will

start all over again.

Management isn't just one thing you will need a combination of methods. Start by removing all plant debris and weeds all season and into the fall. Plant disease free seeds and plants. Water plants at the base and thin them for better air circulation. Mulch well, removing the affected leaves as soon as you see them will help slow the disease. Applying a fungicide at the first sign of the disease to the healthy leaves will reduce the spread. You will need to apply it again in 7 to 10 days.

Quite often the Extension office will start to get questions just as the first tomatoes start fruiting. "My tomatoes have black, sunken rotting bottoms. What happened?" this is blossom end rot. It's caused by a lack of calcium uptake, usually during drought. Prevention is mulching to preserve moisture and EVEN watering. It's that dry and then wet cycle

that causes the problem.

Another problem that really isn't one is cat facing. The tomato has puckered or is odd shaped. It's fine, eat it. It's just cosmetic.

Letting ripe tomatoes stay on the vine too long can cause them to crack if the weather changes suddenly. Cool weather suddenly getting hot or dry days followed by a downpour can make your fruit rupture. Get them off the vine before you have picnic beetles start picnicking on them.

If you have white spots on your tomatoes, you probably caused the problem, they got sunburned. The official name is sun scald. There weren't enough leaves on the plant to shade the fruit. You thinned the plant too much. This can be caused by the Septoria leaf spot too. In that case you get a pass.

Just remember the gardener's motto. Next year will be better.

Who is the BEST in McLean County?

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* Survey will close July 1st *

County lagging behind state

N.D. on pace with national census, McLean in bottom 25%

BY ALYSSA MEIER
EDITOR

While the state is on track with national census reporting figures, McLean County is a bit behind the pack.

The county, which is 46.5 percent complete with responding, comes in at 42nd in the state when it comes to highest response rating. This puts it in the bottom quarter

Census completion to date
United States: 61.4 percent
North Dakota: 61.3 percent
McLean County: 46.5 percent

of counties in regard to the percent of residents who have completed the census so far.

Sioux County has the lowest response rate in the state currently, with 26 percent of residents submitting their

information. Burleigh leads the state with a 75.2 percent completion rate.

The county had a final response rate of 55.2 percent for the 2010 census, with the state hitting 68.8 percent response that year.

Residents can complete their census online by going to <https://my2020census.gov>.

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Alvin & Evie Schwarz MOVING AUCTION

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Legal descriptions for the properties:

Property with House:

4117 BAY AVE; Lot: 4; Blk: 1
Addition: GARRISON BAY ESTATES

Lot Next to House:

Lot: 5 Blk: 1
Addition: GARRISON BAY ESTATES

City Lot in Garrison:

Lot: 3-4 Blk: 1
Addition: BAKERS ADDITION

"Terms- 10% down day of sale remainder due at close, 45 days to close. Seller will provide clear title to property. Owner reserves the right to refuse any or all bids."



Vehicles/Trucks/Trailers/Misc.:

2002 Chevy 1500 Pickup
1998 Cadillac DeVille, 4 door, approx. 72,000 miles, leather seats
1982 Chevrolet C20 truck
1985 GMC S15 High Sierra Pickup
1929 Plymouth 4 door/suicide doors
1930 Plymouth w/rumble seat
1984 Chevy Silverado 10 pickup w/topper, 6.2 L diesel
1982 Scottsdale 20 pickup, 6.2 L diesel
1966 Chevy 60 Grain truck, 1-1/2 ton
1964 Dodge Grain truck
18 ft - 2001 ABU Trailers Inc flatbed trailer
Pickup box trailer
Overhead A-frame with dual 3-ton chain hoists
Misc. new tires and rims
Battery charger
Floor jacks

Tractors:

Ferguson tractor w/loader
L2250 Kubota tractor
L4310 Kubota tractor
1070 Case tractor
2590 Case tractor
1845C Case Skid loader w/bucket and Hagen grab fork/bucket attachment
Tractor tires - sizes 13.6-38, 18.4 R 42, 20.8-42
Lots of misc. parts for tractors, various tractor weights
Many Tractor Repair manuals
Misc. metal implement seats
Assortment of Specialty Tools to repair tractors

Restoration Tractors:

International Model FC tractor
International Model FBH narrow front tractor
Case VAC tractor
Minneapolis Moline Model E tractor
Case Model L tractor
International Model W30 tractor
Case Model WD6 tractor
McCormick Farmall H tractor

Lawn/Garden:

Cub Cadet Series 3000 riding lawn tractor
Pull behind lawn and garden sprayers
42" Kubota tiller
Cub Cadet Snowblower attachment
International Cub Cadet 70 riding lawn tractor
Garden utility trailer
30" Cub Cadet tiller
Several Cub Cadet mower decks
Cub Cadet PR521 push mower w/bagger
Kubota 3571 mower
74" Pull behind Allis Chalmers mower
Lawn mower/ATV aluminum ramps

Wood and Wood Working tTools:

Standing Pedestal grinder
Rockwell 18" planer
Anvil
Jet Dust Dog
Central Machinery wood belt sander and 12" disc

Craftsman Industrial router table and router
DeWalt wood planer
Jet band saw
Delta bench orbital sander
Campbell-Hausfeld paint spraying system
Graco spray station 3900 (backpack)
New 1" oak boards
Craftsman Professional Table saw 10 inch
Bench grinder
Sioux valve grinder
6" tongue and groove treated lumber
Misc. 2" lumber
Sheets of OSB

Misc. Tools:

Corner clamps, pipe clamps
Hydraulic hoses
Roller chain spools
Misc. nuts, bolts and other hardware
Bolt bins
Many misc. toolboxes
Various oils and lubricants

Other Misc.:

Briggs & Stratton Intek 17 hp engine
Cream Cans
Wagon Wheels
Cub Cadet and Kubota Dealer signs
Dual-arc 250 AC/DC Miller welder
DeWalt Air Compressor
Fuel tank w/pump
2 lid trash dumpsters
Roll concrete wire
Crown 600 pull-behind scraper
Safe
Oxy-Acetylene torch set
Metal shipping containers - 20 ft and 40 ft
Scrap Iron
Old John Deere and McCormick-Deering 2 bottom plow and cultivators

Toys:

OYS-Scaled
Steiger CP-1400 Panther 1/32
Kabota T1400 1/16
Case 1690 1/32
Case 2290 1/32
Case 2594 1/16
Case 4890 1/32
Case 970 Yellow&Black 1/16
Case IH 5130 Maxxum 1/16
Case IH 2188 Combine 1/32
Case IH 7240 "94" Farm Show 1/16
Case IH Forage Harvester 1/16
Farmall H 1/16
Farmall Super MTA 1/16
Allis Chalmers D21 1/16
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Case W30
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*"Very general and partial listing! Follow my Facebook pages (Daryl Lies or DJ Auction Service) for continued updates and additional pictures!
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DAKOTA DATEBOOK

Doc Hubbard

BY MERRY HELM

Ralph “Doc” Hubbard was a colorful figure in western North Dakota; he was born into a unique family on this date in 1886. Hubbard’s great grandmother was Mohawk, and his paternal grandfather, Silas, was a medical doctor who practiced among the Senecas in upstate New York. Silas moved his family to Illinois in 1855, and a year later, Ralph’s father, Elbert, was born.

Elbert was expected to be a doctor like his father, but instead he quit school to farm. Then, he moved to New York and started a soap business with his brother-in-law. Elbert turned out to be a natural salesman, and the venture was an overwhelming success. Still, Elbert couldn’t stop dreaming of farming and moved his growing family to East Aurora, NY, on the Seneca Reservation.

Two years later Ralph, or “Doc,” was born on Elbert’s dream farm, which had a large three-story house, barn, orchards, gardens, chickens, cows and racehorses. Soon, Elbert sold out his share of the soap company and began traveling the world. In England, he visited the Hammersmith printing and publishing house, which made small editions of fine handmade books. Inspired by what he saw, he and his wife Bertha started their own fine-art print shop in the Hubbard’s barn back in New York. Elbert did the printing, and Bertha hand illuminated the books. Their business, called Roycroft, counted among its many discerning customers Victoria, Queen of England.

The Roycroft line expanded to include fine furniture, sculpture, pottery, and stained glass, as well as iron and copper works. These pieces fetched very handsome prices, and soon the plant grew to five acres with 20 buildings housing more than 350 employees. Most of the workers were sons and daughters of local farmers, but the Hubbards also brought in artisans from Mexico, Ireland, Italy, Spain and Germany. All were free to take classes in piano, voice, languages and literature.

Guests and tourists became so frequent that the Roycroft Inn had to add to the grounds. People eating at the Hubbard’s dinner table soon included such luminaries as Stephen Crane, Rudyard Kipling, Mark Twain, Susan B. Anthony,

Harriet Beecher Stowe and Mrs. William Jennings Bryan. As for young Ralph, one of the more influential guests was Ernest Thompson Seton – an organization that was to become one of Ralph’s many passions.

Ralph was immersed in the culture and traditions of the Seneca Indians as he grew up. “I was only hip high to a dustpan when I learned the basic steps of Indian dancing,” he later said. “Almost as far back as I can remember, I could watch a dance and then dance it.”

When Hubbard’s parents divorced in 1902, the 16-year-old moved with his mother to Buffalo, and that summer he went with his grandmother to his Uncle Elmer’s ranch in Montana. It was on this trip that Doc first saw the Badlands – his grandmother wanted to spend the night in Medora because it was

Roosevelt’s town. They stayed at the Rough Rider Hotel, and the next day, in Billings, they witnessed a shootout at a saloon.

“That was my introduction to the West,” Doc said, “and I was wildly excited by it all. It was that trip and that summer on Elmer’s ranch that made a dedicated westerner out of me.”

Ralph became “Doc” when he decided to go to college for medical training. His father was against it, saying he’d done perfectly fine as a grade-school dropout.

“Dakota Datebook” is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org, subscribe to the “Dakota Datebook” podcast, or buy the Dakota Datebook book at shopprairiepublic.org.

Courthouse reopening July 6

BY ALYSSA MEIER
EDITOR

The McLean County Courthouse will reopen July 6.

McLean County Commissioners approved the reopening of the building, which has been closed to the public since March, on Tuesday morning.

Commissioners consulted County Auditor Beth Knutson and Clerk of Court Cathy Bailey about reopening the building, with Bailey expressing she’d like to see that happen by early July.

Knutson said as far as she knew, most counties had employees working as normal,

though it was split on which counties had opened their buildings back up to the general public.

Bailey said there was a backlog of court cases due to the building being closed and it will take time to catch up, even with court proceedings resuming in June.

Barry Suydam made a motion to reopen the courthouse to the public starting July 6. Steve Lee seconded. The motion passed unanimously.

“It’s probably time,” Lee said. “If something changes during that time frame, we can adjust it if we have to.”

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COVID complicates normal summer fun routine

BY LUCIE KRISMAN
N.D. Newspaper Association

During what normally would have been the beginning of a busy season, Jeff Baker of Rez Famous Lemonade on the Turtle Mountain Indian Reservation is kicking off June with local lemonade sales to drive-up customers.

Summer on the reservation in north-central North Dakota is typically busy for Baker with weekend powwows and the occasional car show or community event. While he normally expects about 16 weekend business opportunities between April and November, this summer is different.

“Our main venue is weekend powwows,” Baker said. “Now, basically 100% of those have gone away. That’s 95% of my business, other than midweek selling.”

Delvin Cree of New Town, a member of the Turtle Mountain Band, said smaller powwows were held when he was younger and would be a beneficial possible alternative after the loss of the annual big powwows this summer.

“I know in my family we have several dancers and I kind of would like to see them have a small powwow like we did decades ago,” Cree said. “Today we have the pandemic that is preventing us from having gatherings and we have the (protest) situation in Minneapolis. We dance as a prayer for everyone. In a sense, that’s how we pray.”

The cancellation of local powwows is one of the ways North Dakota is impacted during the summer of 2020 on a local level due to COVID-19. Some large events such as the annual Norsk Høstfest in Minot have been canceled for the summer, while others like the Medora Musical will go on with increased precautions.

Tourism in North Dakota is also expecting a hit due to the closed Canadian border and general limits on travel this summer throughout the country. According to research conducted by Longwoods International,

69% of American travelers are changing their summer travel plans due to the pandemic.

Sara Otte Coleman, director of tourism and marketing for the North Dakota Department of Commerce, said the department “did kind of retool our marketing” to encourage dollars spent closer to home.

“We know that people have tremendous interest in North Dakotans discovering what’s right here in state,” Otte Coleman said.

The North Dakota Tourism Division launched a campaign at the beginning of 2020 encouraging North Dakotans to “follow your curiosity, not the crowds”. Otte Coleman said this was to urge North Dakotans to explore recreational opportunities within the state that they hadn’t before in place of a typical trip outside the state.

Some of the encouraged activities include mountain biking on trails such as the Maah Daah Hey Trail in the Badlands and taking day trips to some of North Dakota’s lesser-known local recreational opportunities.

Otte Coleman said the state lost \$428 million in visitor spending between March 15 and May 15. A large part of visitor spending for North Dakota typically comes from Canadian tourism, which has been halted by Canada’s closed border.

“Having the border closed has definitely been a bummer for us,” Otte Coleman said. “The win for us would be if we can differentiate ourselves as a safe alternative for visitation for this summer and fall.”

In some parts of the state, the summer is already booming with North Dakotans visiting local destinations instead of traveling out of state. At Lake Metigoshe State Park, Park Manager Bill Demming said the area has seen a large uptick in guests compared to last summer.

The park opened up for full service on May 21. For the next three weekends, every campsite and almost every cabin has been reserved,



Demming said.

“It’s pretty much unheard of that every one will be rented this far out,” Demming said. “At least on the weekends, we’re experiencing quite the uptick.”

Some guests visited Lake Metigoshe early to quarantine in the area, drive through the park and use the trails that were still open. For extra precaution, Demming said staff at the lake have increased the amount of cleaning all facilities, and public restrooms are closed from 10 p.m. to 7

a.m. to allow for extra time to deep clean them.

Half of the picnic tables on the west side of the park have been removed to make room for social distancing and hand-washing stations. Traditional amphitheater programs at the park have been put on hold in place of safer activities such as a virtual egg hunt on Easter and scavenger hunts around the park.

“It’s really been very popular,” Demming said about the safe alternative activities that have been introduced.

“We’ve had a lot of positive feedback on social media for providing these services.”

As the summer begins and North Dakotans start to explore the state, Otte Coleman said it would be a great time to discover new and different ways to safely have fun.

“Our communities are really taking a great approach to opening up some of the larger group functions using our ND Smart Restart protocols,” Otte Coleman said. “I feel really confident that visitors can enjoy the amenities they expect to.”

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DAKOTA GARDENER

Pruning tomatoes

BY CARRIE KNUTSON
NDSU Extension

"Mistakes, I have made a few" I believe is a line from a Frank Sinatra song.

I have made many mistakes during my gardening career. I try to learn from these mistakes and not repeat them next time.

In years past, I learned, but I haven't fixed my one of my mistakes. One mistake I make is not pruning my tomatoes. The growing season seems to go by so fast, and before I know it, my tomatoes cages are broken and plants are lying on the ground. That's very disappointing for me, but I think the slugs look forward to the feast every year.

Pruning tomatoes doesn't take that much time and is pretty easy to do, although a little bit of knowledge helps.

First, tomatoes have compound leaves. Each leaf has five or more leaflets. A sucker may grow from the base of each leaf where it attaches to the stem of the vine.

Second, tomatoes are of two types: indeterminate and determinate. Determinate tomatoes stop growing when they reach a certain height, usually 4 to 5 feet. Indeterminate tomatoes continue to grow and produce suckers all growing season.

Popular determinate varieties include Celebrity, Defiant and Roma, and bush types such as Bush Early Girl and Bush Goliath. Popular indeterminate varieties include Big Beef, Big Boy, Early Girl and Juliet. Many heirloom and cherry tomato varieties have indeterminate vines.

To prune determinate tomatoes, locate the first sucker below the first flower cluster. You can keep this sucker and remove suckers that are below and you are done.

Indeterminate tomatoes will need a little more work. These tomatoes start the same way as determinate tomatoes, but you will need to remove all other suckers above sucker

No. 1. You also can leave a few suckers to help your plant fill in and produce more fruit. This is where the art of gardening comes in - finding a pruning method that works for your needs.

If your tomatoes are still a little unruly, you can trim back the tops of the vine.

Prune tomatoes when plants are dry and the shoots are small. The suckers will be easier to remove when they are small and this will reduce the chances of damaging the plant. A scissors or pruners can be used to remove the shoots and will give you a clean cut.

Pruning will help increase air flow, reducing the chances of disease development. You also will want to remove any leaves that are touching the soil for the same reason.

I can almost taste the tomatoes and can't wait for the first tomato to ripen.

The slugs will just have to dream about them this year. Happy gardening!

HELPING WORDS

BY PASTOR TRISH

Micah 6:8 says, "He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?"

There is A LOT going on in the world, the country, and even in our communities and individual lives right now. We are still in the midst of a global pandemic, we're waiting to see the full economic fallout from our typical way of life being so changed in the last few months, we're seeing peaceful protests as well as violent rioting and looting in the streets. People are calling out for needed change. And then we have our own lives...with diagnoses, medical ailments, pain, impending death, job loss, not enough water in some places and too much water in others. Living in these

unprecedented times can be a really scary thing.

So, what do we do when it seems like the world is falling apart around us and within us? What happens in our individual worlds after we leave the doctor's office? What do we do when we turn on the news and see things we might not agree with; things that make us angry or frustrated or unsure? Do we lash out at those we see as the opposition? Do we call them names in the comments sections of news articles or Facebook posts? Do we talk smack about them at coffee? WHAT is the response for people of faith?

I invite you to think about the words from Micah 6:8. Know that this is definitely NOT the only place in the Bible where those words and that idea are spoken. Abiding by these words doesn't mean we have to agree with everything happening, or that we have

to pretend all is well. What it DOES mean, is that Christians are called to justice, kindness, and humility, not simply "because," but BECAUSE God calls us to them. We can't just write off others because God calls us to see the belovedness of the "other." Sometimes doing this walking with God means REALLY hard work of listening and really HEARING other people. Sometimes it means a change in our own attitudes. Sometimes it means speaking up and other times it means keeping our mouths shut. People of faith, God calls us out from our Sunday worship to follow God in our whole lives. I invite you to think about the many ways you already DO follow God, and the ways that you might further your walk with God... with humility, justice, and kindness.

Peace,
Pastor Trish

Country Kitchen Recipes

GLUTEN-FREE BANANA BREAD

By The Roasted Root

Ingredients

4 large ripe bananas mashed, about 1.5 cups
2 large eggs
1/4 cup grass-fed butter melted and cooled
2 tsp pure vanilla extract
1 2/3 cups gluten-free all-purpose flour
1/2 cup coconut sugar
1 tsp baking soda
1/2 tsp sea salt
2 tsp ground cinnamon optional
2/3 cup chocolate chips optional

Preheat the oven to 350 degrees F and line a 9" x 5" loaf pan with parchment paper.

Mash the bananas in a mixing bowl. Whisk in the eggs, vanilla extract and cooled melted butter until well-combined.

In a separate bowl, Stir together the gluten-free flour, baking soda, sea salt, coconut sugar, and cinnamon until combined.

Pour the dry mixture into the mixing bowl with the wet mixture and stir until the batter is incorporated.

Pour the batter into the parchment-lined loaf pan and sprinkle with additional chocolate chips.

Bake on the center rack of the preheated oven for 40 minutes, or until the top is golden brown and bread has risen substantially. Turn off the oven and allow it to sit in the warm oven an additional 5 to 10 minutes.

Remove bread from the oven and allow it to cool 30 minutes before slicing and serving.

KETO MOZZARELLA STICKS

Ingredients

12 Pieces Mozzarella Cheese Strings
2 Egg Beaten
1/2 cup Almond Flour
2 tbsp Coconut Flour
1/2 cup Parmesan Cheese Finely Grated
2 tsp Garlic Powder
1/2 tsp Red Pepper Flakes Optional

Preheat oven to 400. Line a baking cheese with parchment paper (better than foil as cheese can stick to it).

Beat 2 eggs in a small bowl and set aside

Place the almond flour, coconut flour, Parmesan cheese, Italian seasoning, salt, garlic powder and red pepper flakes if using, in a zipper lock sandwich bag. Shake bag until blended.

Dip each mozzarella cheese string/stick into the beaten egg and then put into the sandwich bag. Coat the cheese string by shaking the bag and place on a plate. Freeze for 30 to 60 minutes.

If baking, place the mozzarella sticks on the baking sheet and bake for about 10 minutes until golden brown.

If frying, heat a small amount of oil (olive preferably) in a small frying pan to about 1/4 an inch deep. Heat oil over a medium heat and pan-fry until golden brown. There's no need to try and 'deep fry' them. Brown on all sides

SCHEDULE

10-11:30 a.m. Registration

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12:30 p.m. USACI

1x Audio Competition

12:30-3 p.m. Car show

2:30 p.m. Burn out

loud pipes contest

8:30 p.m. Frozen

T-shirt contest

Street Dances:

4:30 p.m. Moments Notice

9:30 p.m. Tripwire

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— OUTDOOR ADVENTURE —

Don't Sweat Summer Energy Bills

BY CALANDRIA EDWARDS
Extension Agent, Agriculture and Natural Resources, NDSU Extension,

Home and business owners have way to cut their cooling costs in the summer.

Summer is here, but not everyone is keeping cool by the pool. Summertime usually means air conditioning systems are working overtime. The U.S. Department of Energy estimates that 6 percent of an average household's energy use is dedicated to cooling. But you have ways to keep energy costs down, even when the temperature rises. "When a small business is trying to cut costs, energy is a low-hanging fruit that people just don't think about," says Russ Schell, owner of RJ Energy Solutions in Fargo, who advises small businesses and homeowners about more energy-efficient practices. "If you can save \$200 a month, that's a good savings, especially for a small business." Here are some summertime energy-saving tips for homeowners and small-business owners:

Switch the Thermostat

When the basement is cooler than the rest of the building, switch the thermostat from "auto" to "fan" mode, which will circulate the cool air without using the air conditioning. "Sometimes just by moving that from the auto mode to the fan mode, you can cool your house," Schell says. "It's cheaper to run that fan than it is to run the compressor on your AC unit." Ken Hellevang, a North Dakota State University Extension Service agricultural engineer, adds, "Running the fan on the furnace or the ventilation system will allow you to not only try to equalize the temperature within the house, but it also will eliminate the stagnating

air in the lower level." A programmable thermostat also will save energy in the summer. Schell indicates a homeowner or business owner may save up to 25 percent in air conditioning energy costs by turning the thermostat 6 degrees warmer for the eight hours or more the building is not in use. "You must turn the thermostat up for a period of time," Hellevang says. "If the house sits empty all day, then you may as well allow the temperature to be a little warmer during the day when you're gone." A programmable thermostat enables the system to cool the house prior to your return.

Clean the Condenser Coils

To help the air conditioner operate as efficiently as possible, keep its condenser coils free of grass clippings, dirt and debris throughout the summer. Simply rinse the coils with water from a hose rather than using an air compressor, which could bend the fins.

Ventilate the Attic

"If it is 80 degrees outside and we've got 130 degrees in the attic, we know that's going to create a significant heat load back into the house," Hellevang says. "That's an indication we need to put in more ventilation." Homes and businesses should include 1 square foot of attic ventilation for every 300 square feet of attic floor, according to Hellevang. "Air needs a path in as well as out, so half of the ventilation should be at the eaves and half near the peak of the roof," he says.

Watch the Humidity

When outside temperatures drop in the evening, that's the time to open the windows to let the summer breeze cool the

home or use a window fan if the wind is not blowing - unless the evening is humid. Place a fan in a window or door with the fan facing to the outdoors. Seal the rest of the opening with cardboard, plywood or blankets so the fan can create a vacuum that draws in cool outside air through other open windows in rooms you want to cool, such as bedrooms. "If it's very humid outside, then we're probably better off just running the AC," Hellevang says. Damp outside air that's brought into the home will settle into the cooler basement, creating a damp basement during the summer. "We're adding moisture to that basement," Hellevang says. "In the summertime, it is important to watch when we're bringing in outside air and doing that when there's dry air rather than very humid air outside."

Close the Shades

Closing shades or curtains during the day is probably the simplest energy-saving idea. "If you have windows where the sun comes shining in, there can be a significant heat load from the solar energy coming into the house, so closing the blinds or shades to minimize that solar energy is a real plus," Hellevang says.

Staying cool this summer, especially where the temperatures are projected to be above normal, can be an expensive task, but we hope that these tips will help you stay cool during those hot summer months. For more tips or ideas on staying cool, contact your local extension office at 462-8541.

BY ALYSSA MEIER
EDITOR

McLean County hit double digits for positive COVID-19 cases this week, with the North Dakota Health Department confirming the county's tenth case Sunday and eleventh Tuesday.

The county had held steady at seven positive cases of the disease since May 17, but two more were announced last week, with a third additional reported over the weekend and the fourth around noon on Tuesday.

The origin of the cases is attributed mainly to public interactions, with eight of the positive cases traced to community spread, one to household contact, one to close contact and one still under investigation.

A representative of the North Dakota Department of Health told BHG Inc., that the department was not releasing the ages of those who tested positive in order to protect privacy.

"We are not breaking out the ages of county residents. Some counties have such a (low) population that it would breach (The Health Insurance Portability and Accountability Act) for us to do so," Public Information Officer Jennifer Skjod said via email.

The 11 positive cases puts McLean County at 15th in the state when it comes to the


McLean County Case origin
Community spread: 8 cases
Household contact: 1 case
Close contact: 1 case
Under investigation: 1 case

Statewide numbers
3,124 positive cases
88,651 people tested
135,691 total tests completed
2720 people recovered
26 currently hospitalized
74 deaths
(Figures courtesy of the N.D. Department of Health.)

highest number of cases. The majority of North Dakota's positive cases originate in Cass, Grand Forks and Burleigh Counties.

To date, seven counties in the state have zero confirmed positive cases of COVID-19. All of these -- Adams, Billings, Cavalier, Golden Valley, Hettinger, Logan and Towner -- have a reported population under 4,000. All seven are among the 25 N.D. counties with the lowest population, with six among the least-populated dozen counties, four in the bottom 10 and two in the five counties at the bottom of the list.

To date, there have been just over 3,100 confirmed cases in the state, with North Dakota's active cases peaking in May at 673. There are roughly 330 active cases in the state currently.



Catch the Great Bargains
in the Classifieds!
462-8126

School supply
packages available

New website up and running
for area parents, teachers

BY ALYSSA MEIER
BHG NEWS

Washburn, Wilton and Wing Parents and teachers are now able to order school supplies and custom packages through a new website that went live Wednesday.

The website, NDSchoolsupplies.com, offers custom school supply packages based on the individual supply requirements of area schools. Packages are specific to grade levels, with all items that a student is recommended to have for the 2020-21 school year included. The site is operated by BHG Inc, which offers school supplies at its office locations but wanted to provide more convenient options for shopping this year.

In addition to custom packages, the site features a backpack store, school T-shirts and individual supplies including writing materials, notebooks, folders, calculators, compasses and more.


All orders placed before July 31 are guaranteed delivery by

Aug. 12. Shoppers can also choose free pick-up and have items made ready at any local BHG office during the week of Aug. 10.

The site includes a donation section with "wish list" items that schools said they need more of by the end of the year -- things like glue sticks, markers and inexpensive bags. Customers on the site can pick the item to donate and select the area school they would like to receive it.

Custom packages are available for Wilton Kindergarten through junior high classes, Washburn Pre-K through sixth-grade classes and Wilton third and fourth grade classes. Efforts are being made to obtain supply lists for missing classes in order to create custom packages for those grades.

Anyone with questions on the site or requests for items or classes to be added can send a message to the ND School Supplies Facebook page or email news@bhgnews.com.



Multi-Party Auction

314 W Wing St., Mercer ND

Saturday June 27, 2020 @ 10:04 AM

For Pictures go to: www.4windsauction.com

Around the House

Casio Electric Piano * Roll Top Desk * Dorm Fridge * Maytag Dryer * Christmas Decorations
GE 1200 BTU Air Conditioner (NIB) * DVD's
Books * Misc. Pet Supplies * China Set
Kids Toys for All Ages * Trikes & Scooters

Vehicles & Accessories Sell @ Noon

**2012 International ProStar, Deleted Max Force Engine 475 hp. 644,945 Miles
**2005 International Model 9900, Triple Axel w/Hydraulics, PTO, 550 HP Cummings Engine 580,000 Miles
**2005 Pontiac Grand Prix, Auto Start, New Tires, Updated Stereo
**1995 Ford F150 4X4 5.0 Liter, 4 Speed Manual Transmission
1980 Kawasaki KE 175 * Terra Tiger (no engine)
Motorized Bicycle (Schwinn) * Go Cart


Old, Interesting & Collectable

Royal Portable Typewriter (Vintage)
Deer Antlers * Metal Car Piggy Banks
Desk (Vintage) * Sega Games & Console
Large Knives * Die Cast Cars, Trucks & Tractors
Machete * Play Station 2 Games * Old Musical Instruments (Decoration Only)

Yard, Garden & Shop

DeWalt Screw Gun * Gas Hedge Trimmer
8 ½ HP Craftsman Chipper * Tactical Flashlight
MTD Snow Blower – 2 Cycle Single Stage w/Electric Start * Lg 3/4" dr. Hub Sockets
8 Hole Wheels 16 ½ X 8 ¾ (4 – NEW)
Air Compressor for Airbrushing (sm)
60" Trail Mower 12.5 hp, Electric Start
Brinkman Electric Smoker

STATE ISSUED ID OR DRIVER'S LICENSE
AND CURRENT ADDRESS IS REQUIRED TO
OBTAIN A BIDDING NUMBER



AUCTIONEER: KEN THOMSEN - LIC.#748; CLERK LIC.#546; MERCER ND 701-220-8575
ASSOCIATE AUCTIONEER: Heather Thomsen - LIC#876

Terms: Cash or bankable check, nothing removed until paid for. All items sold "as is, where is, without warranty or guarantee". All statements made day of the sale take precedence over any printed ads. Not responsible for accidents. Other terms announced the day of the sale. Lunch will be available.

Auctioneer's Note: Many items are new or gently used. Semi's are in good working order and well maintained.

Items are still being added. There is sure to be something for everyone.

Bring a chair and spend the day with us.

Ken

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 GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 5pm. CT at St. Paul Lutheran Church 794-3381; in Garrison, Thursdays at 8 pm at SACA Lodge, 11 Central Ave NW (1 block west of auditorium); in Washburn Sundays at 7 pm. First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 pm at Sacred Heart Church (734-6533). Open meeting Butte, call 626-7402 or write Box 244, Butte, ND 58723; in McClusky at Grace Lutheran Church, 402 4th St. W, Sundays at 8 pm. Positive Changes NA, Fridays at 7 pm, Washburn United Methodist Church 701-460-0663.

15-TFNPI

58540

AUCTIONS

Alvin & Evie Schwarz Moving Auction, Saturday, June 27, 2020 at 10:30 a.m. 4117 Bay Ave, South of Garrison, ND. House, 2 Lots, vehicles, tractors, wood working tools, toy collection. DJ Auction, Daryl Lies 529-4463.

7-2TNCIX

58540

Carol Reif Estate Auction, Saturday, July 25, 2020 at 11 a.m. Garrison Auditorium. Lots of household misc. SJ Auction Service, Spencer Flath 337-5410.

7-6TNCIX

58540

FARM RELATED

John Deere 3720, cab, air, heat, radio, 300 CX loader, 600 hours, excellent condition, \$30,500. Call 701-315-0270.

7-XT-X

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

LIVESTOCK

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out July 13. 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-TFNNCIX

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

MISC. FOR SALE

1000 gallon propane tank with small tanks filler attachment, excellent shape. Asking \$1800 OBO. 701-315-0270

7-XT-X

58577

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

REAL ESTATE FOR RENT

For Rent: 16 x 80 3 bedroom, 2 bath mobile home in Washburn, No pets. Call for free application and information. 701-315-0034.

5-XT-TFN

58577

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

HELP WANTED

HELP WANTED FOR Housekeeper and front desk clerk for the Northshore Inn & Suites/Garrison Motel.

7-2TCHIX

58540

HELP WANTED



OF GARRISON
Full Time &
Part Time Help

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



NOW
HIRING!

- SERVERS
- DELIVERY DRIVERS
- ASST. MANAGER
- ALL POSITIONS

Call 701-898-8991 or stop in at North Shore Inn & Suites to pick up an application.



HELP WANTED

Come Join Our Team!!

- **Laundry Aide**

30 hrs. per week, Benefit eligible, Wage range \$12-\$16.

Apply at www.blcgarrison.com

Or call Jill Borth at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"



HELP WANTED

Come Join Our Team!

- **Registered Nurse**

Apply at www.blcgarrison.com

or Call Jody Lawson at

(701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

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.*

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

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

Full-time

- **CNA/Nurse Aide**

Part-Time

- **Dietary Aide**
- **Activities Aide**
- **RN/LPN**
- **CNA/Nurse Aide**
- **Housekeeper**
- **Cook**

For more information call
701-463-6503.

Apply online at
CHISTAlexiusHealth.org



The institution is an equal opportunity provider and employer

Reminder
Classified Deadline
Thursday • 9 a.m.

HELP WANTED



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!

HELP WANTED

Housing Manager

Looking for a full-time Housing Manager at "The Meadows" Assisted Living located in Garrison, ND. Duties include: Organize, supervise and direct the work of staff; manage vendor or campus-wide services received by the site. Create and maintain a high level of tenant, staff, and family satisfaction. Develop and implement marketing and strategic plans, budgets, and quality improvement initiatives. This position also has fiscal accountability for the site.

Apply on-line www.BLCgarrison.com

Questions contact Scott Foss,

Executive Director 701-463-2226.

Check us out on Facebook - www.blcgarrison.com



**THE MEADOWS
ASSISTED LIVING**
Benedictine Health System



Heartland
AG SYSTEMS

We are application.

We're Hiring for our Garrison facility!

FIELD SERVICE TECHNICIAN

Heartland AG Systems has a nine state footprint and is the largest dealer of CASE IH Application Equipment in North America.

Key skills include:

- Diagnose and repair all systems contained on equipment represented.
- Communicate directly with equipment owners, operators, and management.
- Read and interpret hydraulic and electrical schematics and apply this knowledge to aid in the timely repair of all products represented.
- Two-year associate degree or equivalent training and experience with agricultural equipment repair is preferred.

Heartland AG Systems is an equal opportunity employer offering competitive wages and a full benefit package.

Individuals interested in this full-time position should email their resume to hr@heartlandag.com

HELP WANTED

- **Speech Pathologist Teacher**
- **Athletic Director**
- **Boys High School Basketball Coach**
- **Boys High School Assistant Basketball Coach**
- **Boys Jr High Basketball Coach**
- **Boys Elementary Basketball Coach**
- **Girls High School Head Volleyball Coach**
- **Girls High School Basketball Head Coach**
- **Girls High School Basketball Assistant Coach**
- **Girls Jr High Basketball Coach**
- **Girls Jr High Assistant Basketball Coach**
- **Girls Elementary Basketball Coach**
- **Boys and Girls High School Golf Coach**
- **Boys and Girls Cross Country Coach**
- **Boys and Girls High School Track**
- **Boys Jr High Football Coach**
- **Boys Jr High Football Assistant Coach**
- **Bus Drivers with CDL**

Contact: Wayne Fox,
Superintendent
743-4350 ext. 2205



White Shield School

GARAGE SALES

YARD SALE: Friday, June 26, 10 a.m. to 2 p.m. 104 1st Street NE, Garrison. Imaginext, dirt bike gear, outdoor toys, movies, household, Under Armour clothes, antique table, traps and so much more! No early sales.
7-2TCHI-1TX 58540

MOVING SALE: Furniture-bookshelves, dressers, filing cabinets, computer desk, desks, gazelle, coffee table, rocking chair, shelves. Avon Mother's Day plates (complete set), books, some dishes, holiday decorations, English resources for English teachers and so much more. Shelly Hoff, 407 Lincoln Ave, Underwood. Thurs., June 25 from 4 p.m. to 8 p.m., Fri., June 26 from 9 a.m. to 8 p.m., and Sat., June 27 from 9 a.m. to 2 p.m.
7-XT-PD 58577

HUGE RUMMAGE SALE: June 26 from 10 a.m. to 6 p.m. and June 27, 10 a.m. to 4 p.m. 402 Eastside St., Turtle Lake. Lots of old Ronald McDonald Toys, collectable tins, old dishes, set of photography lights, OLD Hoopsters and programs, movies, 1500 watt electric oil heater, shot glasses, OLD Brownie camera, electric train, 6 NEW wooden bar stools (5 still in boxes), lots of OLD magazines, prints, books from the 1920s to the 1940s, photo albums (some new), new set of luggage, Sony digital movie camera plus, baseball cards, electric chipper/shredder, plus much more...
7-X-PD 58577

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

SERVICES

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

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

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

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

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

\$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.

MADDOCK MEMORIAL HOME seeks PT director of nursing (must be licensed RN) and PT administrator. Application deadline June 30. Call 701-438-2641 or email memorial-home1@gondtc.com. EOE.

TECHNICAL MATHEMATICS INSTRUCTOR. We have a FT, 9 month, benefited, tenure-track teaching position in Wahpeton beginning August 2020. Primary instructional responsibilities include technical mathematics and other related courses. Screening begins Immediately - applications accepted until filled. Benefits include: Health/Life Insurance, Retirement, EAP, Sick Leave, Tuition Waiver, Spouse/Dependent Tuition Discount, etc. For a complete posting or to apply go to: www.ndscs.edu/hr/ Interested candidates must submit the online application. EOE

LIFE SCIENCES INSTRUCTOR. We have a FT, 9 month, benefited, tenure-track teaching position in Wahpeton beginning August 2020. Primary instructional responsibilities include lecture and lab courses in anatomy and physiology; microbiology; introductory biology; and other related courses. Screening begins Immediately - applications accepted until filled. Benefits include: Health/Life Insurance, Retirement, EAP, Sick Leave, Tuition Waiver, Spouse/Dependent Tuition Discount, etc. For a complete posting or to apply go to: www.ndscs.edu/hr/ Interested candidates must submit the online application. EOE

INFORMATION AND COMMUNICATIONS TECHNOLOGY INSTRUCTOR. We have a FT, 9 month, benefited, tenure-track teaching position in Wahpeton beginning August 2020. Primary focus will be hardware, networking, and programming. Specific courses to be covered include: CISCO hardware and networking, SQL, PHP, Java. Responsibilities may also include other IT related courses as appropriate.

STATEWIDES

Screening begins Immediately - applications accepted until filled. Benefits include: Health/Life Insurance, Retirement, EAP, Sick Leave, Tuition Waiver, Spouse/Dependent Tuition Discount, etc. For a complete posting or to apply go to: www.ndscs.edu/hr/ Interested candidates must submit the online application. EOE

AGRICULTURE DEPARTMENT INSTRUCTOR. We have a FT, 9 month, benefited, tenure-track teaching position in Wahpeton beginning August 2020. Primary focus will be precision agriculture and agronomy but may also include teaching a variety of courses such as: world food crops, agronomics technology, precision agriculture, overseeing student internships, and other courses as needed. Screening begins Immediately - applications accepted until filled. Benefits include: Health/Life Insurance, Retirement, EAP, Sick Leave, Tuition Waiver, Spouse/Dependent Tuition Discount, etc. For a complete posting or to apply go to: www.ndscs.edu/hr/ Interested candidates must submit the online application. EOE

DAYTIME COOK - LAKE REGION State College, Devils Lake. Full time 10 or 12 month contract, full benefits. Hours are 7:30am - 4:00pm Monday-Friday, rotating weekends. Salary depending on experience. For more information see our website at lrscc.edu.

CUSTODIAN - LAKE REGION State College - Devils Lake. Day shift working Monday - Friday 7:45 am to 4:45pm with rotating weekends. Responsibilities include cleaning, floor care including stripping & waxing and carpet extraction, upkeep and general maintenance. For more information go to lrscc.edu.

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.

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.

Not advertising is like winking at
someone in the dark...
only you know what you're doing.



To get Someone's
attention call
462.8126

"The Mother of All Garage Sales" WEEKEND



Join in on the
Garrison City-Wide Rummage Sale

July 16, 17, 18 & 19 (pick a day or days)

ADVERTISE WITH US!*

Only \$20 for up to 35 words

Plus 2 FREE Garage Sale Signs (with ad purchase)

* Map and rummage sale info to be published in:
The Xtra & Dollar Saver (July 13)
The McLean County Independent (July 16)
Plus, the map will be on McLean County
Independent's Facebook page

McLean County
Independent
91 N. Main St • Garrison, ND

Call JoDell at 463-2201 for more info

**Stop by our office by
Tuesday, July 7th
at 5 p.m.
to place your ad!**



DOUBLE YOUR AD SIZE!

Buy an inch, get one free during the month of June.

Buy a 20-inch ad and only pay for 10 inches!

Up to 1/4 page of ad space free in any BHG paper.

Ad must run during the month of June.

Contact your local ad rep to order today:

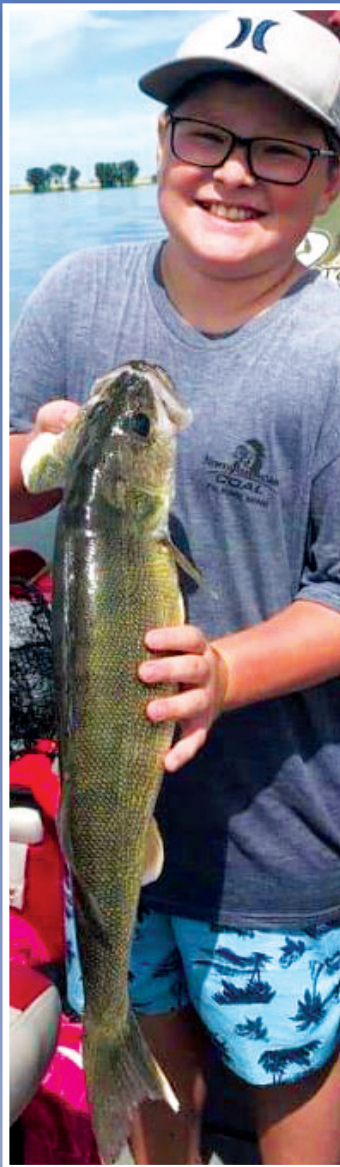
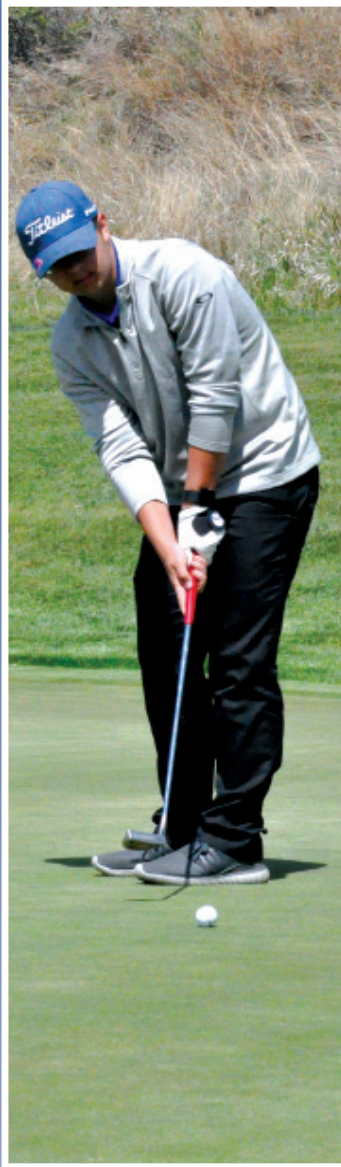


Garrison: 463-2201
Washburn: 462-8126

* Limited to customers who have
not placed an ad yet in 2020.

BEULAH

North Dakota



LOOKING FOR A NEW PLACE TO CALL HOME OR BUILD A NEW HOME? BEULAH MAY BE JUST THE PLACE FOR YOU!

- If you're an investor, someone looking to start a small business, a developer or someone looking to re-locate, you'll like our city.
- Beulah is in-place to offer opportunities for income growth, while providing a safe, modern community setting.
- New Water Treatment Plant

- Modern Airport
- Golf Course
- Water Park
- Schools, municipal services and facilities, diverse retail and service businesses provide for the community.
- Newly Expanded Health Center with numerous Professional Services.
- Energy Wellness Center

- 15 miles from Lake Sakakawea, where Beulah Park Board manages a Beautiful recreation area.
- City Parks and playgrounds. Plus, the chance for exciting year round outdoor sports and recreation.

Come give Beulah a look. We'd love to meet and visit with you. Come and grow with us!

BARTON ESTATES

18 Lots
Contact: 701-873-4637

PRAIRIE HILLS II

20 Lots for Sale
Contact: 701-873-4637

**2 Subdivisions
Now Available**

**2 Year Property
Exemptions on New
Home Construction**

To check out Beulah, Just go to www.beulahnd.org or
Contact us at: Beulah City Hall 701-873-4637



Beulah
NORTH DAKOTA
Beulah, North Dakota
PO Box 910 Beulah, ND 58523