

• Krause's Market, Hazen

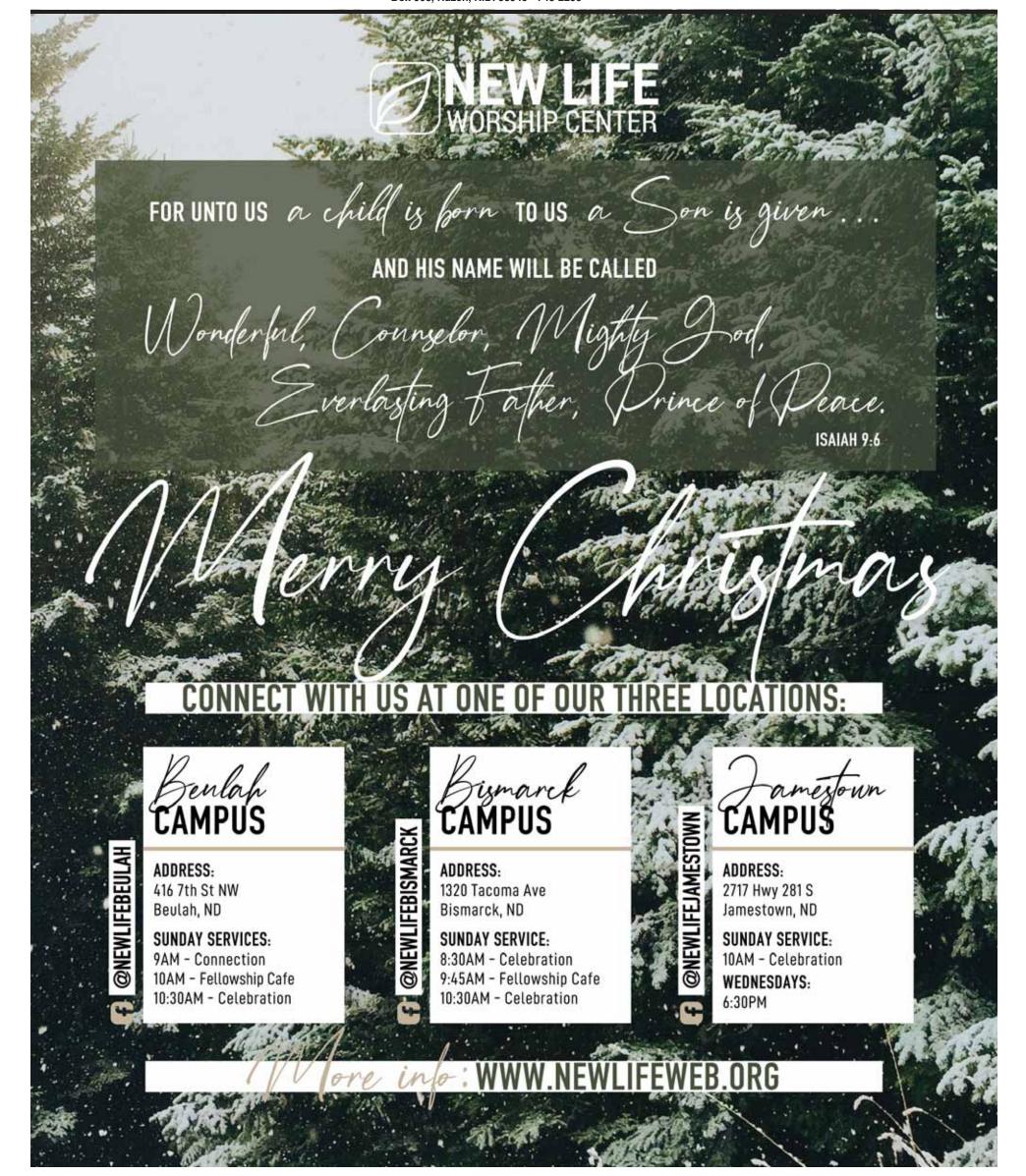
PRSRT STD **US POSTAGE** PAID Permit No. 22 Garrison, ND

Postal Patron

Coal Country Deliver by Monday Dollar Saver saver

Monday, December 28, 2020 Vol. 51, No. 43

Published weekly by the Beulah Beacon & Hazen Star 324 2nd Ave. N.E., Beulah, N.D. 58523 • 873-4381 Box 508, Hazen, N.D. 58545 • 748-2255





This little gadget costs about \$22 and is not bigger than a jug of distilled water. I fill the jug and allow the water to sit at room temperature and then fill the top tray after emptying the top tray. Rotating the trays is important to allow even water dispersal and keep out of sunlight until you want to green those sprouts up.

Let it grow, let it grow, let it grow

By now, your gifts are wrapped, your dinner is planned, you may have already attended Christmas Eve services, and most certainly, your cookie-baking and candy-making are coming to a fast close.

Days have begun to lengthen at a much faster pace

Days have begun to lengthen at a much faster pace than they shortened. The cold is yet to come, but can spring be far behind?

I'm craving green. Typically, I start my transplants in February since I garden inside high tunnels and want to be prepared for a rapid increase in temperature come March. A girl can hope can't she?

In the meantime, I have tried indoor lettuce to no avail. I was considering microgreens this time of year, and then I remembered – you can grow sprouts.

Microgreens are grown in trays of soil. To harvest, you clip them off at the soil line leaving behind the root. It all must be recycled because the plants lose the ability to photosynthesize; the roots die and will not grow a second crop.

On the other hand, sprouts grow in moisture, and you can eat the entire sprout, root and all. They are more than a garnish. One of my favorite sandwiches is mung bean sprouts and peanut butter.

You can use them in any salad, sandwich, omelet, stir fry, wherever you would like a bit more nutrition. Yes, like microgreens, sprouts are a powerhouse of nutrients.

The choice of seeds for sprouts is long. You can sprout sunflower, alfalfa, bean, mustard, radish, even nasturtiums.

Something to keep in mind when purchasing seeds is always buying organic and untreated seeds. Also, do not buy roasted, cracked or prepared seeds. Some places that have a variety of sprouting seeds are Walmart

www.johnnyseeds.com https://mountainroseherbs.

Gurneys www.TrueLeafMarket.com



Amazon and maybe any of your local stores that sell gardening seeds and supplies.

There are several sprouting seeds, and it only takes from three to eight days, depending on the seed.

Grow Sprouts Instructions

1) Soak 1-2 tablespoons of sprouting seeds for at least eight hours in fresh, cool water in a wide mouth mason jar.

2) Drain and rinse the sprouts.

3) Repeat Step 2 for 3-5 days until your sprouts are ready to eat!

It doesn't get any simpler than that. You can use a screen cut to fit a Mason jar band or purchase a plastic lid made for sprouting. Or, use a rubber band and some cheese cloth.

BE SURE AND RINSE THEM EVERY DAY

Once the sprouts are about one to three inches long, set them in the sun, so they turn a little green. Then, it's time to de-hull. Submerge the sprouts in some fresh cool water, then push the sprouts down with your hand, and the hulls will rise to the top of the water. Pour off the water and the hulls until most of the hulls are gone (you don't have to get all of them).

Method two requires a linen or hemp sprouting bag.

How to Grow Sprouts in a

See **ROOTS** on page 6



Sprouting trays filled with (clockwise from upper left) sunflower seeds, mixed lettuce seeds, mustard seeds and alfalfa.



Hazen, ND





ROOFING

All types

• Barn siding • Machine building siding

J-Heart Contracting Pride Karges • 891-2890

www.j-heartcontracting.com
Licensed and insured, Better Business Accreditation



WE HAVE:

Black Dirt, Fill Sand, Field Stone, Fabric, Waterline, Hydrants, Septic Tanks, Drain Field Material

ARIAL WORK WE DO:

Concrete Sawing, Some Concrete, Landscaping, Hydroseeding, Sewer Systems, Water Lines, Retaining Walls, Soil Conditioning, Property Drainage, Laser Grading, Landscape Fabric, Tree Trimming – Removal and Moving, Stump Carving or Removal, Hauling, Rural Water Projects



Licensed and Insured #53568 - Family owned and operated

Call for bid 701-880-0159 Wade Soland - PO Box 153, Hazen, ND 58545

HEALTHY HAPPENINGS

Drive-Thru COVID-19 Testing: December 28

Free COVID-19 testing will be offered on Monday, December 28 in the WRT garage in Hazen on the corner of 1st St SW and Central Ave., Hazen. Testing will be offered from 11 a.m. to 12 p.m. Those wanting to be tested are asked to enter from 3rd Avenue and form a line on 1st Street. Preregistration at testreg.nd.gov is strongly recommended. CCCHC Closed – New Years

CCCHC Clinics will also close early on Thursday, Dec 31 at 3 p.m. and will be closed on Friday, Jan 1. We wish you and your family a Happy New Year!

Tips for a Happy Healthy New Year

Find your motivation. Have a plan and set goals. Track what you eat every day. Eat a healthy nutritious breakfast. Fill up on vegetables.





PREPARED FOR SERVERE NOTE: THE PARED FOR SER

Winter Weather Preparedness Week October 26-30



As road conditions worsen, and with the added truck traffic on area roads, please use extreme caution when traveling.

Survival Kit For Winter Driving:

- Coffee can or other empty and clean food can
- 60-inch length string (cut into 3 equal pieces used to suspend can)
- 3 large safety pins (tie string to safety pins and pin to car roof interior to suspend can over candle)
- 1 candle 2" diameter (place on lid under suspended can for melting snow). Canned Sterno will also work to heat water.
- 1 pocket knife, reasonably sharp (or substitute with scissors)
- 3 pieces of bright cloth 2" wide x 36" long (tie to antenna or door handle)
- Several packets of soup, hot chocolate, tea, bouillon cubes, etc. (mixed into melted snow to provide

- warmth and nutrition)
- Plastic spoons
- Packages of easy to eat, high energy foods like peanuts and candy or canned, ready-to-eat soups or fruit
- 1 pair of socks and 1 pair of gloves or glove liners; cotton is not recommended because it provides
- no insulation when wet).
 Extra clothing and a blanket or
- sleeping bag
- 2 packages of book matches
 1 sun shield blanket or 2 large green or black plastic leaf bags (to reflect body heat)
- 1 flash light and batteries (keep
- separate)
 First aid kit

- Toilet paper and sealable container for bathroom purposes
- Fire extinguisher
- Small tool kit
- Ice scraper/snowbrush
- Shovel
- Sand or other traction aid
- Tow rope or chain
- Jumper cablesRoad flares or warning lights
- Gas line antifreeze
- Large plastic garbage bag
- Pencil stub and paper
- Plastic whistle
- Cellular phone with a charger
 You may want to keep the survival
 kit in the passenger compartment in
 case you go into a ditch and can't
 get to or open the trunk.

sunny skies have been nice – but we all know what's waiting for us just around the corner – Winter! The cold and snowy season is almost here and the question is – are you ready for it? You should ... Get a Kit ... Make a

The recent warm temperatures and

You should ... Get a Kit ... Make a Plan ... and Be Informed. Keep a high level of situational awareness by listening to the forecast every day. When snow, sleet, or freezing rain is in the forecast expect that it will impact your day to day routine, and be ready when it does!

Mercer County Sheriff's Dept. Travel Advisories What they mean –

Use caution advisory – is issued by this office when visibility is reduced and driving conditions require that people reduce speed.

No travel advised – means that law enforcement and the highway department have determined that near zero visibility is occurring and/or that the driving surface of the road is blocked or covered with ice and driving is a determent

Road closed no travel allowed – (extreme conditions are present) is issued when roads are blocked and vehicles are stuck on the roadway. No travel will be allowed by any vehicle regardless of the situation. Barricades or officers will be blocking the roads leaving and entering the closed area. Drivers going around barricades will receive complaint and summons to district court. Schools, mines and power plants will be notified by phone.

All this information is given to the weather service and television and radio stations as it is occurring.

Winter Weather Terminology

<u>Watch</u> is issued when the risk of a hazardous winter weather event has increased, but its occurrence, location, and/or timing is still uncertain.

<u>Warning or Advisory</u> is issued when a hazardous winter weather event is occurring, is imminent, or has a high probability of occurrence. A warning is used when there is a threat to life or property. An advisory is for less serious conditions that cause inconvenience, and, if caution is not used, could lead to situations that may threaten life or property.

<u>Snow criteria</u> for a warning is 6 inches or more in 12 hours or less, OR, 8 inches or more in 24 hours or less. Snow criteria for an advisory is 3 to 5 inches.

Winter Storm Warnings and Winter Weather Advisories may be issued for a combination of elements like snow coupled with wind and blowing snow, or snow coupled with sleet and freezing rain.

- Sleet is pellets of ice. Sleet bounces when it hits the ground.
- Freezing Rain is rain that freezes when it hits the ground or objects on the ground. It forms a sheet or glaze of ice.
- Ice Storm is used to describe occasions when the ice from freezing rain is significant enough (1/4 inch thick or more) to cause damage
- Blizzard is a storm with winds of 35 mph or higher AND visibility frequently below 1/4 mile in snow and/or blowing snow AND these conditions last three (3) hours or longer. There is no set temperature requirement for a blizzard.

Wind Chill is that part of the cooling of a human body caused by moving air. Moving air accelerates the rate of heat transfer away from a human body.

- Wind Chill Advisory is issued for wind chills of 25 to 39 below zero with a wind speed of at least 5 mph.
- Wind Chill Warning is issued for wind chills of 40 below zero and colder with a wind speed of at least 5 mph.

This message brought to you by:

Mercer - Oliver Emergency Management



Students of Beulah Middle School made bird feeders to put out in the community. They were placed at Sunset Manor and Knife River Care Center in Beulah and Sakakawea Medical Center's Senior Suites in Hazen.

White Christmas

By Jerick Tafoya

White Christmas is an all-time holiday classic film that is watched annually by millions around the world.

If you've never seen the movie before, here's a brief synopsis.

After World War II, Bob Wallace and Phil Davis are successful performers and producers. They eventually join forces with the sister act Betty and Judy Haynes to perform a Christmas show at an inn in rural Vermont. Once they arrive, they run into their old WWII command-

er, Major General Thomas G. Waverly – who happens to own the inn and is having financial difficulties. The quartet then does their best to put on a fun-filled musical to assist Waverly and his failing inn.

One of the scenes in the film includes Bob and Phil performing Judy and Betty's act. It's said that this scene however is completely improv.

In an attempt to stall for time, the male leads perform the same song sung by their female counterparts by lip-syncing. They are also dressed in the ladies' costumes. This was not in the script at all. It was only a result of the actors just messing around on-set and the director saw them.

The film resonates with the entire family with its wholesome message and catchy and essential seasonal songs.

At the time, it was the highest-grossing musical. It was also the second-highest-grossing film of 1954 – only losing out to the war drama The Caine Mutiny. White Christmas grossed over \$12 million. In today's world, it would be over \$115 million.

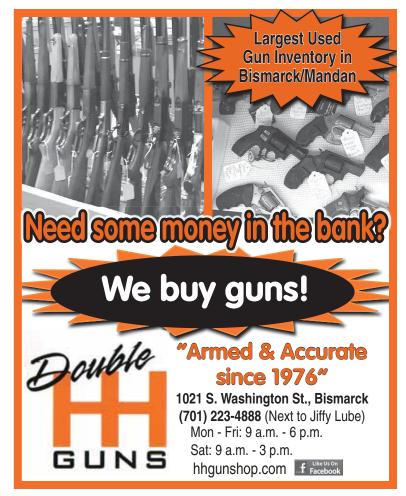


May health and happiness follow you and yours during the year to come!

CCCHC Holiday Hours: Thursday, Dec. 31st: Closing Early at 3 p.m. Friday, Jan. 1st: Closed

Coal Country Community
Health Center

1312 Hwy 49 North, Beulah • 873-4445 510 8th Ave NE, Hazen • 748-2256 111 E Main Street, Center • 794-8798 220 4th Ave SW, Killdeer • 764-5822





Make the most of your advertising. Get your ideas down on paper

with the help of our creative services staff.

We're ready to help.

873-4381 748-2255 Dollar Saver





Hutomotive Nicit www. Mandata Automotive com

Visit www.MandateAutomotive.com or call 748-6474 to schedule an appointment 145 Main St. W., Hazen



CONVENIENTLY LOCATED NEXT TO THE HUB IN HAZEN!

DROP OFF YOUR VEHICLE FOR ANY AND **ALL YOUR REPAIR AND MAINTENANCE NEEDS!**

ASK ABOUT WINTER TIRES!

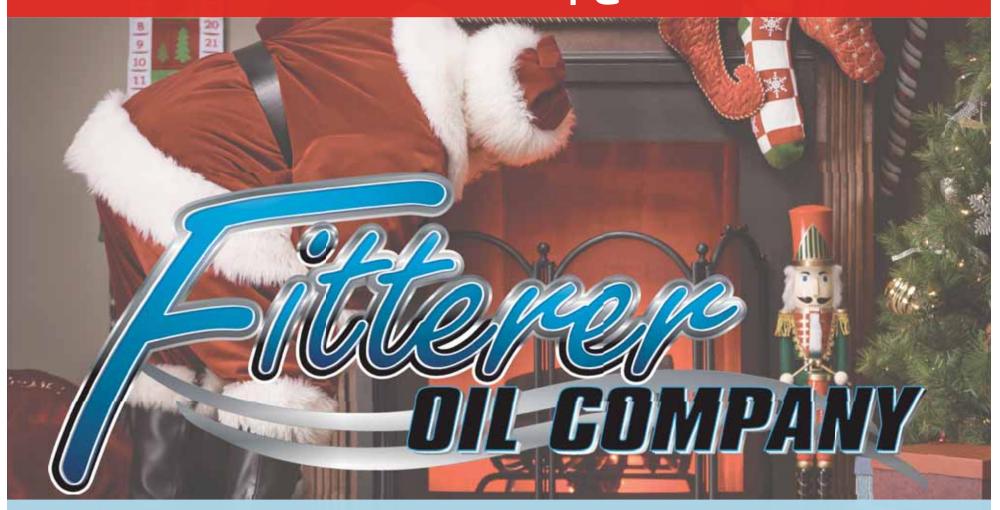
- **•TIRE SALES**
- BRAKES
- TIRE REPAIR
- AND MORE!





709 3rd Ave NW Hazen | (701) 748-3835

fittereroil.com | @FittererOilAuto



GAS | DIESEL | LP

Residential and Business Services

Office: (701) 748-3835

Stephen: (701) 870-5514

(701) 870-5513 **Brad:**

ROOTS

Sprout Bag Add two tablespoons of sprouting seeds to a bowl or jar. Cover with cool water and let soak for 8 hours. Before the first use, turn your sprout bag inside out and place it in boiling water for 5 minutes. Let cool and invert the bag back to its original position.

Pour soaked seeds into the wet, prepared sprout bag. Pull the drawstring closed. Rinse with fresh water (or set in a bowl of cool water) for 60 seconds. If soaking in a bowl, massage the bag a bit to help prevent clumping and roots from growing into the sidewall.

Drain excess water from the bag before hanging it for 15 minutes, or until it stops dripping.

Place sprout bag in a bowl after the water has drained to protect it from drying out.

Repeat the process of rinsing and draining your sprouts twice a day until the sprouts are fully mature.

If growing greens for the last two days, gently roll back the bag's collar to reveal the sprouts. Instead of dipping the bag to rinse it, water from the top using a sink sprayer.

The benefits of growing your sprouts are many: Freshness

Year-round growing season Doesn't take up a lot of space

It's portable There's a wide variety of seeds to sprout. Be brave and experiment. Growing is quick It's fun and a science experiment for the children.

My new favorites are pea shoots and sunflower seed sprouts. They are packed with flavor and larger than alfalfa sprouts.

On a final note, there are counter-top sprouting units of all sizes and shapes avail-

......Continued from page 2 able on Amazon, or maybe even your local store.

As the sun shows its face for more extended periods, your body will begin to crave some green food and sprouting your seeds will get you into the upcoming spring season within a week.

Here's to a new New Year's resolution. Eat green.

Custom Vinyl Decals for your

Anhydrous Ammonia Tanks & Farm Equipment



VIKING Screen Prints Average size: 22" x 12"

Call for a quote

BEULAH BEACON

324 2nd Ave. NE, Beulah 873-4381

AUCTION

TUESDAY, DECEMBER 29TH 2020 AT NOON- Equipment Consignment Auction. Offering: Skidsteer, Excavators, Service Truck, Trailers & Pickups. Live & Online. Location: 6970 Lincoln Road, Bismarck, ND 58504.

YOUR HOMETOWN NEWSPAPER

for the Holidays



Subscribe today for the best holiday deals and special offers!

New Subscribers (In state only) and Online Subscribers

\$25 for one year

Special offer expires Dec. 31, 2020

Beacon Hazen Star

Call 701-873-4381 or email beaconoffice@bhgnews.com
Call 701- 748-2255 or email staroffice@bhgnews.com

Dollar Saver

HELP WANTED



West River Telecom (WRT), a growing telecommunications cooperative, has a position opening for a full-time

Installer Repair Technician

A complete job description for the position can be found at www.westriv.com.

Job Responsibilities: Install, maintain, and operate all types of network communications equipment.

Qualifications: Degree in telecommunications, computer science, computer information system or related field or equivalent related experience is required.

WRT offers an excellent wage and benefits package including: medical/dental/vision, life/dependent insurance, 401K, a retirement plan, student tuition reimbursement, PTO, sick leave, flex spending, and free phone/internet. **Application Deadline:** January 4, 2021

Complete application online and submit with resume via www.westriv.com Call 701-748-4277 with any questions.

WRT IS AN EQUAL OPPORTUNITY EMPLOYER

Career Opportunities at KNIFE RIVER

Tare Center
Excellence through Compassion

Make a Difference in Someone's Life Become a Caregiver at Knife River Care Center

Knife River Care Center is seeking caring, qualified individuals for the following positions:

HUMAN RESOURCES MANAGER – Minimum of two years of experience preferably in healthcare setting, and HRCI or SHRM certification preferred.

RN/LPN – \$5,000 sign-on bonus to all full-time LPNs and RNs hired. Full time 12- hour night shift positions available. Talk to us today about our student loan repayment program!

CERTIFIED NURSING ASSISTANT – \$1,500 Sign on Bonus for Full Time positions, all shifts. Part-time CNA positions available, all shifts. Temporary Nurse Aide training is available. Call for details.

HOUSEKEEPING/LAUNDRY AIDE – new shift hours available! 6:00 a.m.- 2:30 p.m. or 8 a.m. to 4:30 p.m. Full-time.

PAID FEEDING ASSISTANT – Part-time 5-7 every night or 7:30-12:30 Fri.-Sun. Must complete an approved Feeding Assistant training program. Call for details.

DIETARY PM COOK - Part time 30-35 hours/week 12 p.m. - 8 p.m.

Knife River Care Center also offers competitive wages and an excellent benefit package that includes health, dental, vision and life insurance; PTO; sick leave; and 401(k) retirement plan with 6% employer match.

For further information, please call Human Resources at (701) 873-4322 or visit our website at: www.-krcc-nd.org

Please submit resume to:

Human Resources Knife River Care Center, 118 22nd St N Beulah, ND 58523

Knife River Care Center is an Equal Opportunity Employer

"Without Advertising Something Terrible Happens



P. T. Barnum

Dollar Saver: 873-4381 • 748-2255

Send your advertisement into over 7,000 homes and businesses throughout South of Lake Sakakawea Region covered by the

Dollar Saver S9.50

Per column inch Classified Display

\$8.00 For the first twenty words Classified Word Ad 25¢ for each additional word



Place your ads by 5 p.m. Wednesday by calling our offices, or send an email to beaconoffice@bhgnews.com • 873-4381 or staroffice@bhgnews.com • 748-2255 Buy • Sell • Farm • Rent • Hire

ANNOUNCEMENTS

WE HAVE THE FOLLOWING SHIP DATES scheduled to ship cows and bulls. Monday Monday November 30th. Have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions.

Community meal free to the public, 1st Wednesday of every month, serving from 5-6 p.m. at Immanuel Baptist Church, 400 Sunny

BUSINESS SERVICES

I HAULAWAY broken vehicles & scrap metals, for FREE! Cash for some. 833-2884. U call, I

29-tfn-nc

<u>Farm related</u>

HAY FOR SALE: 1st & 2nd cutting. Alfalfa also mixed hay and oat hay. Bales are net wrapped. Will load Ron Issak 701-891-

FOR SALE: 125 Maxxum Case IH tractor. MSWD 850 hours with case IH 755 Loader. Martin 8 foot snow blower used very little. Call 701-483-4825.

MISCELLANEOUS

WHITE PAPER TABLE COVER AND PLASTIC TABLE COVER: For weddings, anniversaries, and social events. Paper table covers, 40"x300' rolls and plastic table covers 40"x150'. Plastic table covers available in many colors not in stock, but can be ordered. Available at Hazen Star, 748-2255 and Beulah Beacon, 873-4381.

MISCELLANEOUS

THIS NEWSPAPER offers free job wanted ads to anyone seeking employment at a local or area business. Please list your job skills or the type of work you are seeking. A free ad of up to 25 words may be printed up to a month in this newspaper. Mail your ad to Beulah Beacon, 324 2nd Ave. NE, Beulah, ND 58523 or Hazen Star, Box 508, Hazen, ND 58545. Or email it to Beaconoffice@bhgnews.com or Hazensales@bhgnews.com.

REAL ESTATE FOR RENT

ZAP APARTMENTS: Electricity, water and trash included. Furnished or unfurnished. Free Wi-Fi. Off street parking. Laundry facilities on site. Call (701) 948-2292.

Motel and Apartment for rent. 1 & 2 bedroom furnished apartments for rent. Utilities included. Laundry facilities available. Monthly rates available. Starting at \$550.00. Call 701-348-3630. Located in Glen Ullin Broken Spoke Motel & Apartments.

OFFICE SPACE FOR RENT IN HAZEN: Grunett Rentals, 870-6214.

FOR RENT OR SALE: Three bedroom, 1 ½ bath upgraded deluxe twin home with attached double garage. Hazen. Call 748-

FOR RENT IN HAZEN: Three-bedroom townhouse, Expansion Dr. Available Dec. 1. 880-9114, if no answer please call again, instead of leaving a message.

HELP WANTED

HELP WANTED

- Speech Pathologist **Teacher**
- Bus Driver w/CDL
- Science Teacher
- FACS Teacher

Contact: Wayne Fox Superintendent 743-4350 ext. 2205



Classifieds get results!

Call the Dollar Saver today at 873-4381 or 748-2255 to place yours.

HELP WANTED



FREE ESTIMATES

Get The

GRICULTURE "RESIDENTIAL" COMMERCIAL LICENSE # SD-EC 2508 ND-M2623

(701) 462-8291 305 9TH ST, WASHBURN, ND 58577

HELP WANTED

Bookmobile Driver/Librarian

McLean-Mercer Regional Library, RIverdale, ND, has a part-time position open for a Bookmobile Driver/Librarian. Bookmobile is a 30 foot diesel-powered Freightliner delivery truck, travels year round and has a computerized library program.

Requirements:

- Standard ND Driver's license
- High School diploma
- Computer skills
- Detail oriented
- Able to lift & carry 30+ lbs.
- Able to work independently
- Able to interact well with people of all ages

This part-time position is approximately 30 hours per month, up to 40 hours per month during the school year. Will make arrangements for routine manintenance. Hourly wage \$15.50. Bookmobile is based in Riverdale. Applications close December 31, 2020. EOE Send letter of application and resume to:

McLean-Mercer Regional Library

PO Box 505

Riverdale, ND 58565 Phone: 701-654-7652 Email: mmrlib@westriv.com

HELP WANTED

Seeking Dedicated, Compassionate Healthcare Professionals



Join our team of healthcare professionals dedicated to bringing health, healing and a better quality of life to our patients and neighbors. Opportunities include:

- RN in Hospital FT* and PT
 - * Full time RN hires receive a \$5,000 sign-on bonus plus up to \$15,000 in education loan repayment!
- Physical Therapist FT
- · Medical Technologist/Medical Lab Technician PT or FT
- · Surgical Technologist/ER Technician FT
- · Nurse Aide/Medication Aide in Senior Suites PT & FT
- · Facilities Manager FT
- Cafe Aide PT (24 hrs/week)

Offering competitive wages and a generous benefits package. Sign-on bonuses for qualifying positions. For more information visit www.smcnd.org.









Caring for our patients and the people who provide for them is our passion and our purpose. We invite you to visit us online today to learn more about our mission, our organization and our current career opportunities.

Now Hiring:

Family Medicine Physician

Full Time, Hazen Clinic

Rad Tech

Killdeer Clinic

Registered Nurse (RN) Full Time, Beulah Clinic

Lab Manager Full Time, Beulah Clinic

Van Driver Part Time/Full Time, Beulah Clinic

Full Time, Beulah

Billing Supervisor

Full Time, Beulah

Clinic Receptionist

Clinic Director

Accounting Manager

Full Time, Beulah Clinic

Part Time/Full Time, Beulah Clinic



For information and the company application, please visit www.coalcountryhealth.com

Find it in the **Dollar Saver**

And sell it in the **Dollar Saver** 873-4381 or 748-2255





ROWORTAP



Enchance your dining enjoyment with a cold brew. Now 2 popular brands on tap, at the Country Kettle.



Monday-Saturday 6 a.m.-8 p.m. Sunday 8 a.m.-2 p.m.

140 W Main St. Beulah, ND