

# Inserts:

• Krause's Market, Hazen

PRSR STD  
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Permit No. 22  
Garrison, ND

Postal Patron  
Deliver by Monday

# Coal Country

# Dollar \$aver

ECRWSS

Monday, February 22, 2021  
Vol. 51, No. 51

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324 2nd Ave. N.E., Beulah, N.D. 58523 • 873-4381  
Box 508, Hazen, N.D. 58545 • 748-2255

# REWARDS PROGRAM COMING SOON

# BRONSON'S BUCKS

**Earn 1 point for every dollar spent**

## 100 POINTS

- Free:
- 12 oz Bubblr
  - Bronson's Donut
- 12 count Essential Everyday Eggs

## 300 POINTS

- Free:
- Cass Clay OJ 1/2 gallon
- Essential Everyday 24 pack water
    - Xtra Laundry Detergent
    - 16.9 oz Mtn Dew or Pepsi

## 500 POINTS

- Free:
- Stone Ridge Ice Cream 48 oz
    - Cloverdale Bacon
    - Starbucks Coffee Creamer

## 700 POINTS

- Free:
- Essential Everyday Chicken Breast 3lb
  - Essential Everyday Soft & Strong Toilet Paper 12 pk
  - Essential Everyday Awesome Paper Towels 8 count
    - 24 pack Pepsi or Mtn Dew
    - Belatoria Pizza

## ONLINE PUNCH CARD

- Buy 10 get 1 Jimmy's Take N Bake Pizza for free
  - Buy 10 get 1 Hot Rotisserie Chicken free
  - Buy 10 get 1 Fleschkekula Free
  - Buy 10 get 1 hot soup 12 oz free

# 1000 POINTS = \$10 BRONSON'S GIFTCARD

# BRONSON'S

*Marketplace* & LIQUOR

Shop online and save time! [www.bronsonsmarketplace.com](http://www.bronsonsmarketplace.com) or find us on the app store or google play

**Cooked Fresh  
in House!!**

# PRIME RIB NIGHT!

**Available until  
it's gone!!**

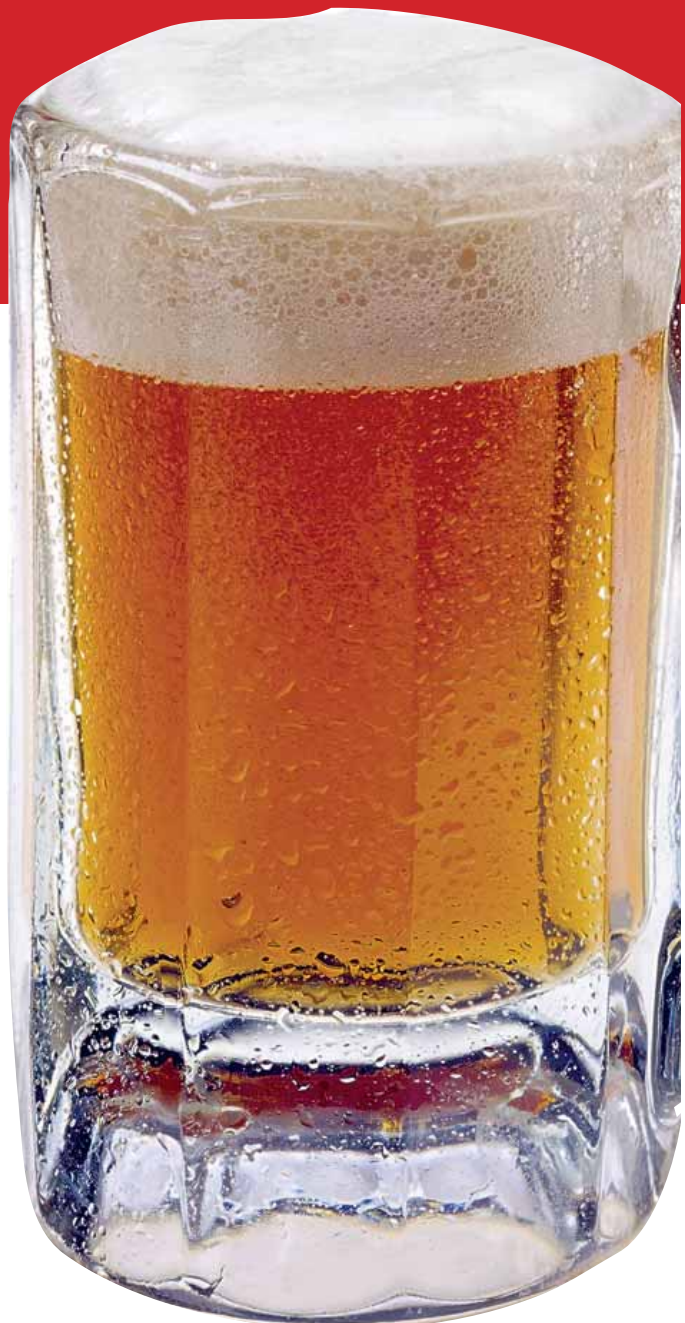
## Friday and Saturday

beginning at 4 p.m.

**8 oz.** (\$17.99) **12 oz.** (\$21.99)

Choice of Potato, Garlic Toast,  
Soup & Salad Bar

Two different types of Horseradish Available!!



## NOW ON TAP

**Michelob  
ULTRA**

**BUD  
LIGHT**

Enhance 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.

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 Hazen, ND

**Bluebird Companion Care**  
 Care Services for Senior Adults  
 www.bluebirdcompanioncare.com  
 Camille Harvey 701-891-9007

**VISIT OUR WEB SITE**  
 www.bhgnews.com

**AUCTION**

**THURSDAY, MARCH 11 1 P.M. CT.** Peter Konzak Family Land Offering 1488.19 Total Acres (Sale Pending). (254.8 Dry Land) and (1233.39 Submerged). Auction Location: Cobblestone Hotel and Suites 1801 Hwy 2 East, Devils Lake, ND 58301. Owner: Peter Konzak Family Land. www.wolffauctioneers.com.

**SATURDAY, MARCH 13TH @ 12 PM CT** - Bismarck Gun & Coin Auction. Offering: 175 +/- Guns & Collectible Coins. Location: Ramada Hotel 1400 E Interchange Ave, Bismarck, ND 58501. www.wolffauctioneers.com.

**SUNDAY, MARCH 14-12 PM CT** - Gun & Ammo-Hebron, ND-G & G Auctioneers 701-878-4001 midwestauctions.com/gandg

**SATURDAY, MAY 22: 10 A.M. CT** Retirement Farm & Ranch Equipment Auction. Ron & Jackie Isaak Retirement Auction. Location: 472 73rd Ave SW Golden Valley, ND 58541. Offering: Ranch Related Equipment Live On Site Auction w/Online Bidding Powered by Proxibid. Owners: Ron & Jackie Isaak www.wolffauctioneers.com.

**FRIDAY, MARCH 26-6 PM CT** -Grape Escape- Hazen, ND-G & G Auctioneers 701-878-4001.

**SATURDAY, APRIL 10-10 AM CT**-Ron Heid & Guests-New Salem, ND-G & G Auctioneers 701-878-4001 midwestauctions.com/gandg.

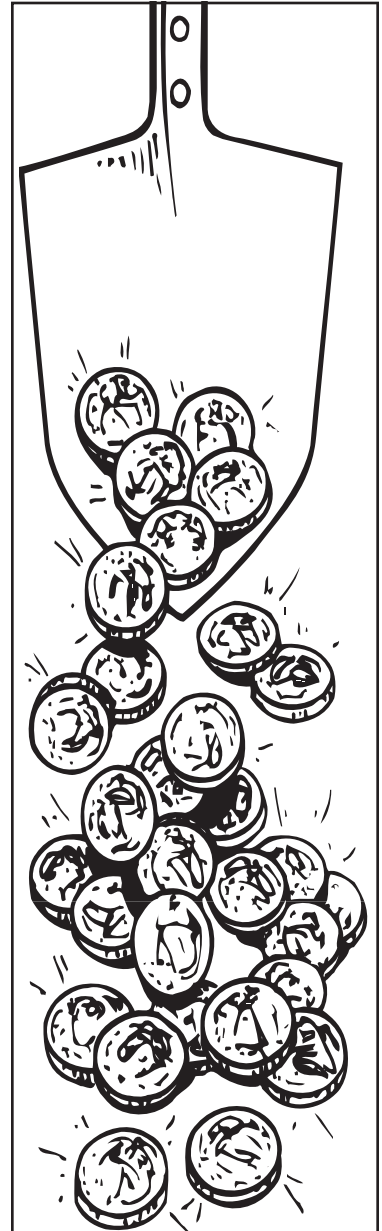
**SATURDAY, JUNE 5 10 A.M. MT.** Schwenk Brothers Offering: Antique Tractors, Farm & Shop Equipment, Other Antiques & Collectibles. Owners: Bernie & Martin Schwenk. Location: 8045 26th St Hebron, ND 58638 (NW of Hebron, ND). Owners: Bernie & Martin Schwenk. www.wolffauctioneers.com.

**TUESDAY, JUNE 15TH 10 AM MT** Farm & Ranch Equipment Consignment Auction. Now Accepting Consignments. Haying & Farming equipment, Heavy Equipment, Tractors, Livestock Handling Equipment, Semi's & Trailers, Titled Vehicles, etc. Please call to consign. 701-870-9090. Location: Killdeer Rodeo Grounds. www.wolffauctioneers.com.

**Friday, June 18th, 2021 @ 10 AM CT:** John Smith Estate Auction. Offering: Farm & Ranch Equipment. Location: 2144 56th Ave SW Beulah, ND 58523. Owner: John Smith Family www.wolffauctioneers.com.

**SATURDAY, JUNE 19TH 10 AM CT** Stanley & Charmaine Jaeger Family Farm Equipment Auction. Offering: Farm Equipment. Location: 2974 75 1/2 Ave. Hebron, ND 58638. Owners: Stanley & Charmaine Jaeger Family. www.wolffauctioneers.com.

**SATURDAY, SEPTEMBER 11TH, 2021 (TIME TBA)** Steve & Verna Gowin Auction. Offering: Real Estate, Shop Items, Antiques & Collectibles. Location: 418 3rd St NW Hazen, ND 58545. Owners: Steve & Verna Gowin. www.wolffauctioneers.com.



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"Without Advertising Something Terrible Happens"

**NOTHING!"**  
 P. T. Barnum

Dollar Saver: 873-4381 • 748-2255

**HEALTHY HAPPENINGS**

**COVID-19 Vaccine**  
 Coal Country Community Health Center has COVID-19 vaccine doses available for patients. We can now take all patients 65 years of age and older regardless of underlying health conditions. If you are interested in receiving the vaccine, call CCCHC to be placed on a list. Because supplies are limited, vaccines are distributed on guidance from CDC and ND Department of Health. We will contact you when we have a vaccine available for you based on which priority group you belong to.

**Special Enrollment Period**  
 Enrollment for 2021 health coverage is still available! The new special enrollment period runs Monday, February 15 – Friday, May 15, 2021. Don't delay – let us help you with your health care coverage questions. You can compare plans and find out what your costs will be before you enroll. Call 701-873-4445 to schedule an appointment.

**Heart Health Month**  
 Taking care of your heart can be as simple as the ABCs. Talk with your health care provider about aspirin, blood pressure control, cholesterol management, and smoking cessation.

  
**COAL COUNTRY COMMUNITY Health Center**

  
**Sakakawea Medical Center**

**CITY OF BEULAH**  
 Accepting Sealed Bids  
**For the Lease and/or Purchase of Sun Valley RV Park**

Sun Valley RV Park is located off of 2<sup>nd</sup> Avenue NE in Beulah, North Dakota. Lots included in this proposal are located directly on Meadow Drive and Roll Drive in Valley Court Addition. Detailed information can be obtained at Beulah City Hall.

Bid submittals may be made by completing a Bid Submittal Form available from Beulah City Hall or www.beulahnd.org. The completed form must be returned by 3:00 pm CT on February 26, 2021 to the City Auditor inside a sealed envelope marked with the following:  
**SEALED BID – Lease and/or Purchase of Sun Valley RV Park**

The City of Beulah reserves the right to reject any or all bids, to waive any irregularities and further reserves the right to award the lease or sale to serve the best interest of the City.

City of Beulah • PO Box 910 • 120 Central Ave N  
 Beulah, North Dakota 58523

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Licensed and Insured #53568 - Family owned and operated  
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 Wade Soland - PO Box 153, Hazen, ND 58545

**Dig Up Buried Treasure In Classified**



**Dollar Saver Classifieds**

**873-4381**  
**748-2255**



ATTENTION TO DETAIL AND CAREFUL MEASUREMENTS ARE REQUIRED DURING THIS CULINARY ACTIVITY.

ANSWER: BAKING

## What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

**A**



**B**



Answers: 1. Fortune cookie next to wrist 2. Missing cookie heart middle at bottom 3. Cookie middle inside of cookie in middle 4. Cream instead of jam

THIS DAY IN...



**HISTORY**

- **1815:** NAPOLEON BONAPARTE ESCAPES FROM EXILE IN ELBA.
- **1919:** THE GRAND CANYON NATIONAL PARK IS ESTABLISHED.
- **1935:** RADIO DETECTION AND RANGING IS FIRST DEMONSTRATED BY ROBERT WATSON-WATT. THIS LEADS TO THE DEVELOPMENT OF RADAR.

*New*  
**word**

**FOLD**

to mix an ingredient gently

*How they SAY that in...*

**ENGLISH:** Flour

**SPANISH:** Harina

**ITALIAN:** Farina

**FRENCH:** Farine

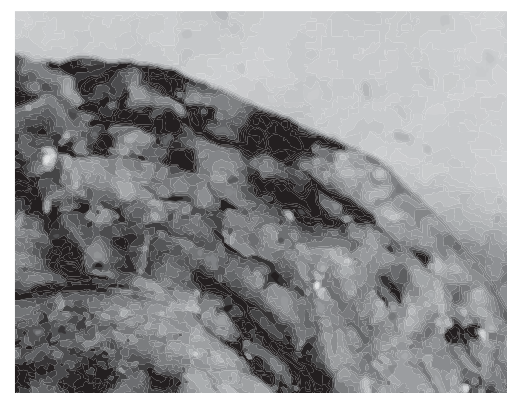
**GERMAN:** Mehl

**Did you know?**

THE FIRST CUPCAKE RECIPE WAS INVENTED IN 1776. IT WAS A LIGHT CAKE BAKED IN SMALL CUPS. THE SECOND CUPCAKE RECIPE WAS INVENTED IN 1871.



**GET THE PICTURE?**



Can you guess what the bigger picture is?

ANSWER: CINNAMON ROLL



# MERCER COUNTY SOIL CONSERVATION DISTRICT ANNUAL REPORT 2020

## 2020-2021 Conservation Achievement Award Winners



Gerald and Darlene Bauman

The Bauman's have a long history of conservation in Mercer County and we are proud to honor them with this award.

They took the first steps on their conservation journey when they made the move to no-till farming practices, that led to increased yields and improved soil health. They continued to improve their operation with conservation practices to improve their pastures – grass seedings, hayland plantings along with several water development projects.

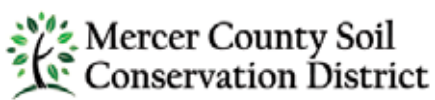
Gerald and Darlene have been strong advocates for conservation through their involvement with the Mercer County SCD Board of Supervisors as well. Gerald served on the board for 30 years and was instrumental in planning and

implementing the district's first watershed project; projects that continue through the district today.

The Conservation Achievement Award will be presented at the 2021 ND Association of Soil Conservation Districts annual convention in November. The 2020 presentation was cancelled due to the pandemic.



### Locally Led Conservation



2020 was a challenging year for the District as it was for many others. We faced the cancellation of numerous events, education programs and the offices were closed to public for a short time.

This gave the board and employees motivation to explore new options for providing education and outreach. We are currently exploring options for virtual meetings, YouTube education videos and hosting online learning.

The Mercer County Soil Conservation District Board of Supervisors wishes to say thank you to all who assisted and participated in applying sound conservation practices to the land. This is a team effort that includes farmers, ranchers, contractors, technicians and behind the scenes personnel of the NDSU CES, FSA, NRCS, county farm organizations and many others.

The Mercer County SCD Board is made up of three elected officials who serve six-year terms and two appointed supervisors who serve for one year. The Board is the official governing body of the soil conservation district and carries out programs to conserve and develop the natural resources within the district.

Locally Led Conservation is a primary goal of the district board. Engaging the residents in the county in the planning, goals and objectives of the District is a vital component to our success. If you have a conservation concern, opportunity or idea please reach out to the District office at 873-2101 ext. 3 or any of the district supervisors. The Board meets the second Monday of each month at the USDA Service Center in Beulah.

**We do farm loans, commercial loans and consumer loans**

**Stop on and see us today for your next loan**

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#### District Board

Marc Schriefer, Chairman, Golden Valley  
Wayne Windhorst, Vice Chair, Stanton  
Janet Connolly, Golden Valley  
Jeff Ellwein, Pick City  
Jason Erickson, Beulah

#### Office Staff

Sarah Tunge, SCD District Manager  
Brian Kerns, SCD Watershed Coor/  
District Tech  
Mark Johannes, SCD District Tech  
Lori Klein, NRCS District Conservationist

# DISTRICT PROGRAMS & SERVICES

## 2021 Scholarships Available



The District is taking applications for 2021 Conservation Scholarships. The scholarships are open to high school seniors and college students who are residents of Mercer County, North Dakota and intend to or are currently pursuing a degree at a two or four-year university in the state of North Dakota. Scholarships will be awarded in the amount of \$500. Interested applicants are required to complete the application form and compose an essay of no more than 500 words. Applications and essays are due to the Mercer County Soil Conservation District office by April 1, 2021. For more info or applications, please contact the office.

## Mowing and Tilling Services Offered

Don't have time to mow or till your tree rows – we do! The district has a 6 ft. heavy duty mower and tiller and a 10 ft. chisel plow to assist with land preparation and maintenance of tree plantings. District staff and equipment will be provided for these services.



## Grass Drill Rental Available

The district has a Truax 10 ft 16 row no-till grass drill for rent. The drill is available on a first-come first-served basis throughout the year. District employees will provide a brief orientation on operation for producers. If you are interested in these services, please contact the office.



## Tree Planters Needed

The District is taking applications for seasonal tree planting and fabric application personnel. This position starts the first part of May and extends through June. If you are interested in learning more about our temporary spring employment, please contact Sarah at 873-2101 ext 3.

KEEPING THE SPIRIT ALIVE FOR THE NEXT GENERATION

**Farmers Union INSURANCE**  
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**Kandie Lindemann, Agent**  
1400 Hwy 49 N Beulah, ND 58523  
Office 873-5147 / Cell 880-0531  
kandie@fumic.com

Own a Piece of North Dakota

**AGRATE ADVANTAGE**

Farm Credit's Real Estate Loans

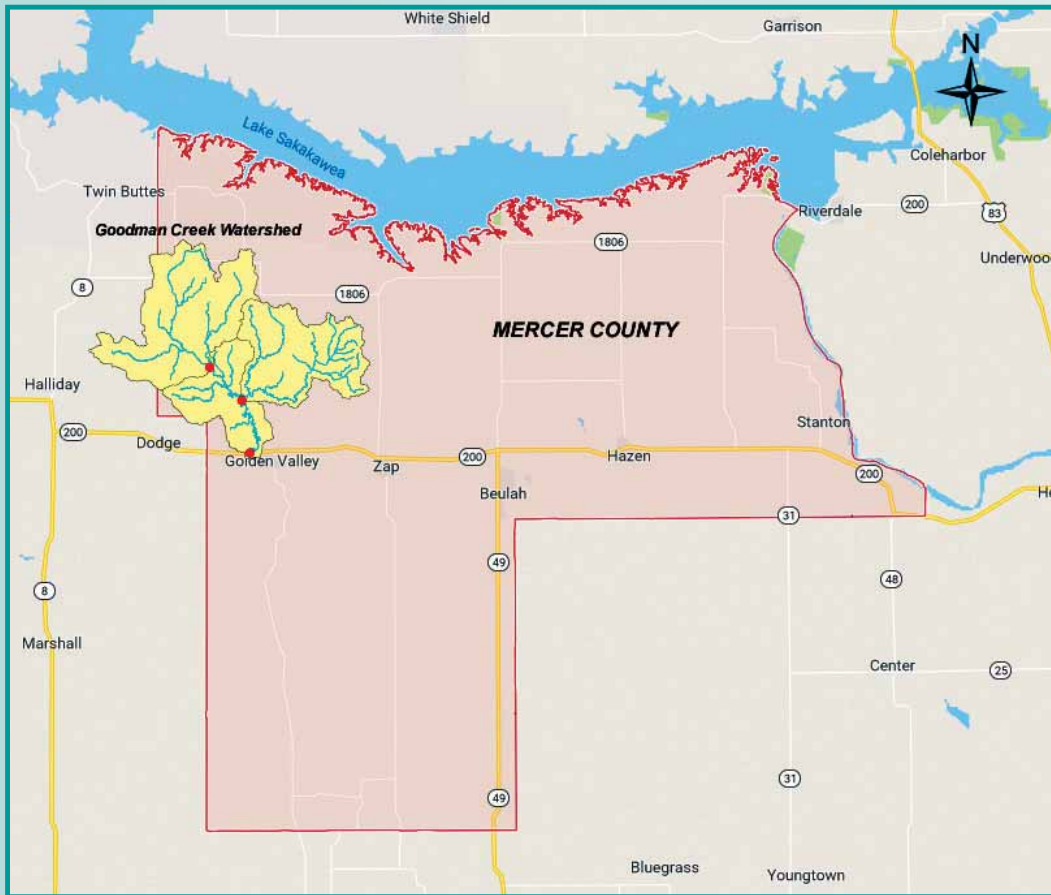
Low rates, no loan origination or appraisal fees, cash patronage, and years of experience working together for you and your investment in a piece of North Dakota - that's the AgRate Advantage.



Farm Credit Services of Mandan - Beulah Branch  
213 Hwy 49 North, Beulah, ND 58523, or call (701) 873-5395

Ask about our Risk Management Services to Protect Your Investment

# GOODMAN CREEK WATERSHED PROJECT



Goodman Creek Map

The District continues watershed funding through the ND Department of Environmental Quality with the Goodman Creek Project. The project was funded in September 2019 for \$457,650. The focus of the project is to decrease the annual Escherichia coli bacteria (E. coli.) entering the creek and restoring riparian habitat. Water samples were taken at three locations on Goodman Creek.

Practices installed include fencing, water development, and grass seeding. Cost-share rates are 60/40 for most practices. There were 11 producers participating in the project in 2020.

If you would like more information on the Goodman Creek Watershed Project, please call Brian Kerns at 873-2101 ext 3.

## Watershed BMP Practices Installed:

Cover Crops 151 acres	Rural Water Hookups 2
Fencing 3,640 feet	Solar Pumps 1
Grass Seeding 283 acres	Tanks 7
Pipelines 6,198 feet	Wells 2

## Bakken Development and Working Lands Program

The District has entered into partnership with the ND Natural Resources Trust to facilitate producer engagement in the Bakken Development and Working Lands Program. This program is funded through the ND Outdoor Heritage Fund and provides cost-share assistance to landowners in all of Mercer County. Cost-share is available for practices like grass seeding, prescribed grazing, pipelines, wells and tanks.

District employees work with landowners to plan and implement practices, while all contracts and cost-share is administered through the ND Natural Resources Trust. Cost-share rates for are 60/40 for most practices, seed costs are covered for cover crops and grass seeding and there are incentive payments for native seedings. There were 13 producers participating in 2020.

If you would like more information on the Bakken Development and Working Lands Program, please call Mark Johannes at 873-2101 ext 3.



## BD&WLP BMP Practices Installed:

Cover Crops 391 acres	Solar Pumps 2
Fencing 18,079 feet	Tanks 6
Grass Seeding 367 acres	Wells 3
Pipelines 2,119 feet	



Get a FREE Quote on WRT Surveillance Cameras for your Home, Business, Cabin, Calving Barn, Machine Shop & More!

## Protect What Matters Most



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## Neighbors Helping Neighbors



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# 2020 CONSERVATION ACCOMPLISHMENTS

## Tree Planting

Farmstead Plantings 12  
 Field Windbreaks 4  
 Wildlife Plantings 5  
 TOTAL 21  
 70,760 feet of trees planted  
 62,326 feet of weed barrier installed  
 1,779 trees hand planted

## NRCS Conservation Practices

Watering Facility 2  
 Tree/Shrub Site Prep 2.6 acres  
 No Till 310.8 acres  
 Pumping Plant 1  
 Pasture/Hay Planting 44.6 acres  
 Fence 6,500 feet  
 Cover Crop 455 acre  
 Livestock Pipeline 670 feet  
 Nutrient Management 2,262 acres  
 Prescribed Grazing 5,287 acres  
 Windbreak/Shelterbelt 5,780 feet  
 Pest Management Conservation system 2,195 acres  
 4 EQIP Contracts  
 14 CSP Contracts



Visit our website for ongoing updates:  
[www.mercercountyscd.org](http://www.mercercountyscd.org)  
 Find us on Facebook



Taking care of  
 our resources ...  
 Protecting our future.



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THINK LOCAL.  
 WE DO.



**Ag Loans — for all stages of growth.** New crop loans. Equipment financing. Expansions. From seed to harvest, we will be here for you, helping out around the farm. Talk with Nathan today!

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

**Dollar Saver**

**\$9.50**

Per column inch Classified Display

**\$8.00**

For the first twenty words Classified Word Ad

25¢ for each additional word, additional weeks or papers 1/2 price of original ad

# Dollar Saver Classifieds

**Get The Job Done!**

Place your ads by 5 p.m. Wednesday by calling our offices, or send an email to [beaconoffice@bhgnews.com](mailto:beaconoffice@bhgnews.com) • 873-4381 or [staroffice@bhgnews.com](mailto:staroffice@bhgnews.com) • 748-2255

**Buy • Sell • Farm • Rent • Hire**

**ANNOUNCEMENTS**

WE HAVE THE FOLLOWING SHIP DATES SCHEDULED to ship cows and bulls. Monday February 22nd, and Monday March 22nd. Have them there by 11a.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 Dr., Beulah.

**BUSINESS SERVICES**

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

29-tfn-nc

**FARM RELATED**

HAY FOR SALE: 1st & 2nd cutting. Alfalfa also mixed hay and oat hay. Bales are net wrapped. Will load Ron Issak 701-891-9999.

HORSE BUYER at Stockmen's Livestock (west barn) Dickinson. Thursday, March 11, 8 a.m.-4 p.m. Buying all horses, good, bad pretty or ugly. Top dollar paid on the spot. Licensed and bonded buyer. Special interest in riding horses. 612-839-9568.

**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.

49-tfn-nc

**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](mailto:Beaconoffice@bhgnews.com) or [Hazensales@bhgnews.com](mailto:Hazensales@bhgnews.com).

19-tfn-nc

**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.

33-tfn-ch

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

9d-tfnc

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

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.



**HELP WANTED**

**HELP WANTED**

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

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



White Shield School

**REAL ESTATE FOR RENT**

**Potential Office Space or More**



1345-square-foot Commercial Property Available for lease at 104 12th Ave. NE, Hazen  
*Currently a beauty salon*

CONTACT **BUSTER LANGOWSKI**

HAZEN COMMUNITY DEVELOPMENT @ 701-870-2253

OR E-MAIL: [HCD@WESTRIV.COM](mailto:HCD@WESTRIV.COM) IF INTERESTED IN MORE DETAILS

**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/LPN in Hospital – FT\* and PT  
\* Full time RN/LPN hires receive a \$5,000 sign-on bonus plus up to \$15,000 in education loan repayment!
- RN/LPN Urgent Care Clinic – PT (Saturday only)
- Physical Therapist – FT
- Speech-Language Pathologist – PRN
- Medical Technologist/Medical Lab Technician – PT or FT
- Surgical Technologist/IR Technician – FT
- Nurse Aide in Senior Suites – PT (32 hrs/week) or FT
- Medication Aide in Senior Suites – PT (32 hrs/week) or FT
- Hospice CNA – PRN
- Maintenance Technician – FT

Offering competitive wages and a generous benefits package. Sign-on bonuses for qualifying positions. For more information visit [www.smcnd.org](http://www.smcnd.org).



510 8th Ave. NE | Hazen | (701) 748-2225 | [www.smcnd.org](http://www.smcnd.org)

Sakakawea Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**HELP WANTED**

Career Opportunities at

**KNIFE RIVER**  
*Care 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:

RN/LPN – \$5,000 sign-on bonus to all full-time LPNs and RNs hired. Full time 12-hour night shift and 8-hour rotating day/evening 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. Part-time positions available, all shifts. Temporary Nurse Aide training is available. Call for details.

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

HOUSEKEEPING/LAUNDRY AIDE – Full-time 6 a.m. to 2:30 p.m. or 8 a.m. to 4:30 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.net](http://www.krcc-nd.net)

KNIFE RIVER CARE CENTER, 118 22ND ST. N, BEULAH, ND 58523

*Knife River Care Center is an Equal Opportunity Employer*



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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:

- |   |  |
|---|--|
| <b>CNA</b><br>Full Time, Killdeer Clinic                    | <b>Registered Nurse (RN)</b><br>Full Time, Beulah Clinic |
| <b>Rad Tech</b><br>Killdeer Clinic                          | <b>Accounting Manager</b><br>Full Time, Beulah           |
| <b>Family Medicine Physician</b><br>Full Time, Hazen Clinic | <b>Billing Supervisor</b><br>Full Time, Beulah           |



COAL COUNTRY COMMUNITY HEALTH CENTER

For information and the company application, please visit [www.coalcountryhealth.com](http://www.coalcountryhealth.com)

*"Without Advertising Something Terrible Happens*

**NOTHING!"**

P. T. Barnum

Dollar Saver: 873-4381 • 748-2255



This Thursday night stew was made from locally grown meat and veggies except for the salt and pepper. If you were to draw a 100-mile circle around my house, my stew was made from products in that circle. Actually, it was closer to 70-miles.

## The 70-mile meal

You may have heard about the 100-mile diet craze of about 10 years ago. Maybe it was 15. Anyhow, that's about the time I got involved in the local foods movement through the N.D. Department of Ag. Before that time, I was doing what my mom always did – feeding my family the way food was meant to be enjoyed, locally.

I learned in the 1970s, my high school years, a typical roast beef dinner with mashed potatoes and carrots were produced no farther than 70 miles from the plate.

Things changed considerably, and I had no idea until I began my local food systems work. Former Ag Commissioner Roger Johnson said to my supervisor Chuck Fleming after my very first formal presentation, "She doesn't think people are really going to start canning again? Does she?"

Well, we were both wrong. People are interested in canning, and I did not ever expect to have to work so hard to find canning jars, bands and lids as I did last summer.

Gardening, canning and cooking my meals was my life. When I found out there were people out there that did not know that potatoes grew underground, much less that you could quickly boil them and make mashed potatoes, I was shocked.

If I had known that the information stored in my head about food preparation and growing your own was so sought after, I would have been writing it down and published a book.

I did publish a book or two. The very first one was a divine vision of how my many aunts and uncles survived without roads to big box stores. How did they preserve meat without electricity? Or eat any vegetables in the winter. It might be why I grew up eating food prepared from flour and water and the many variations thereof. Today, I still enjoy those dishes and have taught many a class in bread, kneophla, dumplings, and strudels. Just so you know, we tried to use only one spelling of the word



"knoephla," in the book. It was impossible with all the ladies sending in their recipes with individual spellings. It added a flavor of its own to the recipes.

There has been the occasion that a student misinterprets what a strudel in our part of the country is compared to the sweet, apple ones from – well, I guess I don't know where.

I read a lot. Therefore, I write. The first book was called "Ewiger Saatz." I will address that a bit more next week.

In the meantime, I found this stew recipe and had a light bulb moment. I can make this dish from everything local. It's that easy. And boy, paired with a slice of spelt sourdough bread straight from the oven, a little salad (no, I

didn't grow that, YET), we had a "meal from heaven," according to my husband.

Here are the recipe and the attribution to the grower.

### EASY PEASY STEW

Stew Meat – I used grass-fed sirloin from Joshua and Tara Dukart's Seek First Ranch. They live near Hazen, and we have our meat processed right there at Hazen Meats.

Onion – Diane's Home Creations, Mandan, ND. Diane and I are partners in the farmers market. The seed for these storage onions called Dakota Tears came from Prairie Road Organic Seed near Fullerton.

Potatoes – Christy Werre, another one of my partners from the farmers market.

See **ROOTS**  
on page 11

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Call 701-748-4277 with any questions.

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**ROOTS**..... Continued from page 10

Carrots – I grew those myself. We keep two-gallon bags in the spare fridge, so they are fresh until about Easter when it's time to plant again.

Spicy Tomato Juice – Another one of my favorites. We had an excessive harvest of tomatoes this year, so I was able to make everything tomato for winter. I really used my tomato soup with roasted peppers for this batch and saved the spicy tomato juice for beer. All the ingredients, minus the lemon juice, were grown in my backyard.

**DIRECTIONS:** Prepare beef by cutting into one-inch cubes and placing in the bottom of your favorite Lodge cast iron Dutch oven. Peel, or not, your potatoes and carrots and cube them, layering on top of the meat. Add onion to taste,

salt and pepper and pour the quart of tomato juice, or soup, over the top.

Bake at 250-degrees for four hours or until the vegetables are soft. If you have a slow-cooker, I imagine you could prepare this in there. I prefer the taste of cast iron and the oven myself.

So, two takeaways from this experience.

1. There are simple and nourishing recipes for your family – Google it.

2. It is possible to eat local food all winter long, even when the temperatures are below zero. But, I knew that because I live that.

Here's hoping by the time you read this, warm air will sweep away this cold and the memory of it. Next week we talk German.

SMC Hospice **GRAPE ESCAPE**



A virtual event **MARCH 19-29**

**WATCH FOR MORE INFO IN COMING WEEKS.**

# Post up

By NICK SIMONSON

Growing up a basketball fan, nothing was more exciting than to watch Shaquille O'Neal stand in the middle of the paint with about 4 inches on the guy who was guarding him. His massive hand in the air calling for the feed signaled what was to come next: a quick turn and a posterizing power

dunk over the backpedaling defender. Time and again, with hand raised, he'd post up on whatever poor second stringer was in his way and slam it home. It was a hallmark of 1990s basketball and made him my favorite player as I grew up.

In the outdoors as well, a good post player can make all the difference between get-

ting slammed by a rising fish or having the chance at a bite fade away. That's why the addition of a post – be it a white wing made from Antron or pheasant neck feather, a vertical stretch of hi-viz foam, or a bright pinch of yarn – can not only help convince fish to bite, but also like Shaq's giant hand in the air, can draw your attention to where the offering is and make you more prepared for what's to come.

**ANOTHER OPTION**

Post wings are popular modifications to many mainstream flies. It's easy to convert any basic hackled dry fly into a post pattern by simply tying in the yarn, foam or other post material and then instead of creating a vertical hackling with a standard wrap forward, wrapping the hackle horizontally to help with floatation. The post better mimics the wings held aloft by many species of mayflies and other insects that rest on the water before their departure and adds a bit of realism and certainly creates a new option to try when fish are finicky. What's more, with the hackle turned parallel to the water, the fly rests a bit deeper in the surface film, providing more of a body profile to rising fish, suggesting either a bigger bite or an easier one, with the imitation insect struggling to free itself of the water's surface tension.

**CAUGHT YOUR ATTENTION**

The other added benefit, beyond the attention the slight variation may call from fish, is the ease in which a posted fly grabs the eye of an angler. How often does it happen, especially on still waters or on those experiencing a massive hatch, that a fly gets lost during a daydream or in the midst of many real insects piling up on the surface? A fly with a noticeable post of white, yellow, orange or pink stands out without standing out too much and helps draw the attention of an angler trying to monitor drift, or just watching for a subtle slurp of the offering from the surface. Playing with the materials for better buoyancy and adjusting colors for greater visibility all pay off with a better followed fly when it's out there doing its thing. Knowing where it's at helps anglers convert and catch fish that might only give a quick take or are rising near the offering and finally inhale it instead of a regular meal.

This tying season take some time to modify favorite dry flies and foam surface bugs like beetles and ants with a post for both something different to try when things get tough, and for a highly-visible option. Consider adding a post wing to some nymphs as well, while it might not be visible under the surface, it gives the impression of an emerging insect on its way up through the column that is just begging to be eaten. Whether it's expanding tying and pattern creation skills and the addition of vertical wrapping of hackle to one's repertoire, or tweaking and perfecting some favorite patterns, adding a post to any fly is a good way to connect the biology of the insect world to some solid slam dunk action on the water.

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**February 24th, 7:00 p.m. at the Oliver Courthouse**  
 This plan represents a strategy for reducing the impacts of natural & man-made hazards in Oliver County. Help shape the plan with your input on local hazards and share your ideas for potential strategies.

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# 17th Annual **BIG Buck Contest**

## **Saturday, March 13, 2021**

### **At Beulah Civic Center, 250 7th St NE, Beulah, ND**

**Open to the public • No admission • Youth gun, bow, rifle and muzzle loader bucks accepted**

### **Mule Deer Buck**

**1st Prize \$750 in cash sponsored by Cenex, Beulah**

**2nd Prize \$250 in cash**

### **White Tail Buck**

**1st Prize \$750 in cash sponsored by The Union Bank**

**2nd Prize \$250 in cash**

### **Special Youth Season Rifle Contest**

**Whitetail and  
Mule Deer Division  
- Must Be Youth Tag -**

- 1st: Savage Axis 243 - Sponsored by ST Ranch & J&M Hardware**
- 2nd: Vortex Raptor Binocular**
- 3rd: Outdoor Edge Knife**
- 4th: Sagen Saw**
- 5th: Rifle Case**

Great Bucket Raffles Plus, More Prizes and Surprises

### **Additional Sponsors**

- American Family Insurance • The Meat Shop • Dairy Queen • Country Kettle • Downtown Gas
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- First Security Bank-West • Union State Bank • Coyote Creek Mine • Sagen Saws/Jason Isaak • Fitterer Oil/The Hub

### **2021 Big Buck Contest Rules**

1. Must have a valid deer hunting license for 2020 issued by the State of North Dakota or Indian Reservation in North Dakota. Tags must be signed, dated and notched.
2. Deer must be taken in 2020 season by legal means. Youth contest must have special North Dakota youth season tag.
3. Deer will be scored with the patented "Rackulator" system. Judges ruling are final.
4. License holder must accompany entry.
5. Racks can be brought in from 10 a.m. to 4:30 p.m. CST, Saturday, March 13, 2021. Racks released after winners announced. **All entries must be cleaned and dry if horns are on the head. No hides, blood or meat, please!**

### **Big Buck Contest Raffle**

*Sponsored by the*

*Beulah Chamber of Commerce*

*Beulah CVB, Inc. Office of Attorney General # G0419*

*Drawing Saturday, March 13, 2021 at 7 p.m. CT*

*At the Beulah Civic Center, 250 7th St. NE, Beulah*

**PRICE: \$60 per ticket or 2 for \$100 buys you 12 chances to win 1 or more prizes**

**\* Must be 18 years to enter \* 350 Tickets Available**

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  - Ruger LCP 380
  - Smith & Wesson Shield 40
  - Pit Boss Navigator 850
  - Blackstone Griddle/65 qt Yeti Cooler
  - 1,000 Rounds 223 Ammo
  - 1,000 Rounds 9 mm Ammo
- \* Need not be present to win.**

**Raffle tickets available at the Beulah Chamber office and CVB members**

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