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### House remodeling project

CertainTeed asphalt shingles, Mastic steel siding and Versetta Stone on dormers/garage



## Remodeling project

CertainTeed Shingles/ Mastic steel siding





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## **OUR OUTDOORS**

Staking Out Spring Spaces



BY NICK SIMONSON DAKOTA EDGE OUTDOORS

As a weather junkie, I know that any forecast over five days out is not to be trusted. As an angler though, I know that even a 16-day experimental forecast which shows a hint at extended temperatures above freezing needs to be taken seriously.

With just such a halfpromise of an early spring melt beginning to register on the U.S.S. Our Outdoors' longrange scanners, I'm already charting a course for all those places spring fish hang out. While it differs from lake to lake and stream to stream, there are classic spots for popular gamefish to scout out now for early season efforts.

Pike Places

One of the first fish to be on the move each spring is the northern pike. In those states with no closed season such as North Dakota, some of the fastest fishing action can be just a couple of weeks down the road when feeder creeks begin to flow with the water of melting snow which draws prespawn fish up seasonal waterways.

Basically, wherever there are streams with moving water attached to a larger river or lake is where you'll find prespawn pike. As sight feeders, be certain to target them with something that will get their attention, whether it's brightly colored jigs and upsized plastic twisters or large flashy flies, make it big and gaudy in the dingy runoff of the season to be certain they

Consider coulees, creeks and even drainage ditches which connect to primary flows for targeting early-season pike, where the option is available.

Go North for Crappies

One of the first fish to make its spawning moves as the ice goes out on area lakes is the crappie. Both black and white varieties of the fish will find warming waters in favorite bays and coves which often fill with reeds, cattails and other shallow vegetation each spring.

In those places where last vear's brown stalks remain and new green ones are emerging, they'll stake their claim and beget the next generation of speckled panfish. Make note that those most promising areas are often bays on the northside of lakes which receive the most sunlight early in the season and warm just a touch faster than the rest of the main body.

When scouting new waters for springtime adventures, put a pin in those likely places or simply return to those you've identified over the past few seasons as successful spring spots for slabs. Cast and dabble small jigs dressed with plastic tubes on a long rod or even a cane pole in the emergent vegetation to find fish, keeping enough distance to avoid spooking them.

Walleye Run

Give me a gravel stretch under a pinch point and a population of walleyes in any flow and I'll be happy. Bouncing a jig along the shoal feeling for the ticks and bumps of the strata below and the occasional dead-weight sensation of a walleye on the line is a rite of spring.

Those stretches of running water with shallow points, sandy substrates, and places where walleyes can hold out of the current, such as behind a break, boulder or submerged timber are classic spring haunts that create fast action as evening approaches and hungry fish start to feed in the warming water.

Stock up on favorite jigs and plastics now to be ready to do some exploring of these areas which may have shifted

some over the past year due to current flow, obstructions and other subtle changes in the aquatic environment.

**Bronzeback Abodes** 

Smallmouth bass are my absolute favorite spring fish. Whether in the shallows of a lake or river, finding prespawn smallies on the bite can produce some of the season's best fishing. As water warms and cools with shifting spring weather, identify notable spawning areas such as riprapped shorelines, gravel breaks and catch fish as they move up into those places during stable weather and a warming trend.

Fish will be around them from the start of the season well into summer. Don't forget to identify docks, downed trees and other obstructions and offer up a few plastic tubes, jigs, stickbaits and other favorite bass lures in those spaces of cover for the gamest fish that

When the inevitable spring cold front dives through the region, simply back off the shallow spots into deeper water nearby to find fish. They may be a bit lethargic from the temperature and pressure swing, so downsize to smaller jigs dressed with materials such as bucktail, krystal flash and marabou which can be worked slowly and provide subtle movement which will still trigger a spring bite.

Planning out a rolling spring adventure plan, keying in on the seasonal movements of fish which will begin as soon as the ice comes off, is a smart move to increase success on the water. Knowing where fish go and where they can be found as waters start to warm will help set the wheels in motion for a successful season. While the world may be wrapped in white for a few more days — and may see more despite what the forecast says — opportunities are just a few short weeks away to find these fish and more in the spring waters ... of our outdoors.



#### EASY LEMONY SPRING PEA PASTA

By Simply Delicious

#### Ingredients

1 onion finely chopped

3 garlic cloves minced

3 cups frozen peas

1 cup heavy/whipping cream

juice and zest of 1 lemon

½ cup Parmesan cheese

salt and pepper to taste

500 g (approx 1lb) pasta of your choice

#### **Directions:**

Bring a large pot of salted water to the boil and add the

Sauté the onion and garlic in a splash of olive oil until soft and translucent then add the peas and lemon zest.

Pour in the cream and allow to simmer for a few minutes until the sauce coats the back of a spoon easily. Add lemon juice (start by adding half first as lemons can vary and you don't want the sauce to be too acidic) and season to taste.

Drain the pasta, reserving 1 cup of cooking water, and add the pasta to the sauce with the Parmesan.

Pour in some of the reserved cooking water and stir to coat the pasta in the sauce. Add more cooking water if necessary. You want the pasta to be creamy and glossy.

Serve with extra grated Parmesan cheese and lemon for squeezing.

#### **BROCCOLI SALAD**

By DownShiftology

#### **Ingredients**

1 broccoli head, approx 5 cups of florets

8 slices bacon

1/3 cup red onion, diced

1/2 cup dried cranberries

1/2 cup sunflower seeds

1/4 cup goat cheese, crumbled

#### **Broccoli Salad Dressing**

1/2 cup mayonnaise

1/4 cup plain yogurt

#### **Directions:**

Preheat the oven to 400 degrees fahrenheit. Add the bacon slices to a parchment lined baking tray and cook for 15 minutes or until crispy. Remove the bacon from the oven and transfer to a paper towel to dry and cool.

While the bacon is cooking, slice off all the broccoli florets and make sure they're in bite-sized pieces. Add them to a large mixing bowl along with the red onion, dried cranberries, sunflower seeds and goat cheese.

To make the dressing, add the mayonnaise and yogurt to a small bowl and stir together. Add the dressing to the mixing bowl and stir until everything is well combined.

#### HAVE A RECIPE YOU WANT TO SHARE?

•••••••

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

## Grow Lights for Seed Starting

#### DAKOTA GARDENER

By Carrie Knutson, NDSU colors in a rainbow. Plants use and prevent floppy plants. An Extension Agent, Grand Forks mostly the red and blue range automatic timer is a good idea County

Spring planting is a few months away and soon many gardeners will be starting their garden seeds indoors.

Starting your own seeds can be a fun activity for your family and allows you to explore different garden vegetables and varieties.

I tried many times to start garden seeds using southfacing windows instead of using artificial lights. Sadly, my seedlings didn't receive enough light and were tall, thin and floppy. The seedlings did not do well when I transplanted them outside. I learned the hard way that artificial lights are key to starting seeds indoors successfully.

Artificial light needs to mimic sunlight to grow sturdy

wavelengths. Think of the

of light, and seedlings will to help manage the chore of need the red and blue range of light for strong stems and leaf growth.

Fluorescent and lightemitting diode (LED) are common home artificial light options.

Fluorescent lights can be sold as "grow lights," which provide the red and blue light range. Using cool-white and warm-light fluorescent light tubes is another option. LEDs come in different colors and intensity of light. Blue (cool-colored) and red (warmcolored) are common.

Incandescent lights do not work well for starting seeds. They generate a lot of heat and the light produced is not in the correct light range needed for plant growth.

Seedlings should get about Sunlight has different 16 hours of light a day to ensure proper development

turning the lights on and off at the correct time.

The distance from the seedlings to the light source is another important consideration. Lights should almost be touching seedlings after they germinate. Move the lights up as the seedlings grow, keeping the lights no more than 4 to 6 inches from the plants.

I have a long list of seeds to start this year. Parsley, Savoy cabbage and calibrachoa are a few. My grow lights are busy growing microgreens until the time to start my garden seeds. Happy gardening!

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

### What's Your Favorite Comfort Food and Why?

PRAIRIE FARE

## **CALENDAR**

Monday, March 1

McClusky Job Development Authority meeting at 7 p.m. at city hall.

McClusky Fire Department meets at 8 p.m. Goodrich City Council meeting at 7 p.m. Yoga, First Congregational Church, Garrison, 8 a.m.

Bone Builders, Garrison Senior Center, 10 a.m.

Tuesday, March 2
The McLean County Commission will meet at 8:30 a.m. at

Butte Seniors Tuesday Club meets every Tuesday at 1 p.m. Get together with the crowd over 55, sing and play games.
Sheridan County Commission Park Board meeting at

Food Bank at Sheridan County Courthouse from 9 a.m.

to noon.

Wednesday, March 3
Wilton City Commission meeting 7 p.m. Underwood Civic Club meeting at noon at city hall. Yoga, First Congregational Church, Garrison, 8 a.m. E-Youth, Evangel Church in Garrison, 6-8 p.m.

Thursday, March 4
The Community Cupboard of Underwood will be open from 4 to 6 p.m. at 208 Lincoln Avenue. All in need are welcome to receive food and household goods at no cost

The Community Clothing Share Exchange will be open each Thursday from noon to 6 p.m. at 221 Main St., Turtle Lake. They will be following the CDC and ND Smart Restart

Hand gun shooting, Garrison indoor range, 7 p.m., masks

Bone Builders, Garrison Senior Center, 10 a.m.

Friday, March 5

Yoga, First Congregational Church, Garrison, 8 a.m. Knights of Columbus Fish Supper, St. Nicholas Church-Garrison, 5-7 p.m., Take out available. Yoga, First Congregational Church, Garrison, 8 a.m.

Bone Builders, Garrison Senior Center, 10 a.m.

Monday, March 8

Washburn School Board meeting at 7 p.m. Washburn City Commission meeting at 6:30 p.m. at city hall

Coleharbor City commission meeting at 7 p.m. Mercer Senior Citizens meeting 2 p.m. Turtle Lake City Commission meeting 7:30 p.m. McClusky City meeting at 7 p.m. Goodrich Fire Department meeting at 7 p.m.

There is a food pantry located outside the Mercer Baptist Church open 24 hours a day. Access to anyone.

Wednesday, March 10

Yoga, First Congregational Church, Garrison, 8 a.m. E-Youth, Evangel Church in Garrison, 6-8 p.m.

Thursday, March 11

Hand gun shooting, Garrison indoor range, 7 p.m., masks required`

Friday, March 12

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

Library Hours: Washburn Public Library - Monday-Thursday 10 a.m. to 6 p.m.: Saturday 10 a.m. to 1 p.m. Underwood Public Library - Monday and Friday, 10 a.m. to 2 p.m.; Tuesday and Thursday, 3 p.m. to 7 p.m. Closed

Turtle Lake Public Library - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.

#### **MEALS ON WHEELS**

**March 1:** Applewood smoked pork loin, fire roasted potatoes, Capri vegetable blend, apple slices.

**March 2:** Italian Spaghetti with meat sauce, green beans, cherries, side salad, garlic toast.

**March 3:** Chicken tenders with honey mustard sauce. sweet tater nuggets, garden mix vegetable, mandarin

March 4: Ham and scalloped potatoes, green beans, fruit cocktail, dinner roll.

March 5: Unbreaded baked cod with mango salsa, rice pilaf, glazed carrots, pears, cake with frosting.

—— 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.

<b>Event:</b>		
Date:	Time:	
Location:		
Contact:		

Food and Nutrition Specialist I sat in my living room

covered with a blanket. It was a brisk minus 20 F afternoon in North Dakota. I was thinking about a warm, comforting dinner menu.

I asked my Facebook friends to name their favorite "comfort foods.

My question prompted more than 140 comments from all over the U.S., including several recipes. I almost had enough data for a "real" study or, perhaps, a cookbook.

Their responses inspired this column. As we all recognize, food is much more than the protein, carbohydrates and other nutrients that comprise it.

"It's about the warm feelings that went with it," one of my friends commented.

She went on to describe the tapioca-soaking process as her mother made tapioca pudding. She remembered being the helper who stirred the tapioca pudding.

Her comment brought back memories.

"I need my stirring girl," my mom would say when she needed me to stir chocolate or vanilla pudding.

Another friend mentioned the time, effort and love that goes into making foods such as homemade mashed potatoes and gravy.

My Facebook friends mostly cited warm, creamy foods that were either savory or sweet. Most foods were quiet, not crunchy. Many mentioned a parent, grandparent or inlaw and the nostalgic, warm feelings that these favorite foods conjured.

The most common comfort foods were mashed potatoes with or without gravy, often served with meatballs, meatloaf, pork or beef roast, turkey or chicken. Several mentioned Sunday dinners and coming home after church to the aroma of a delicious, warm meal.

Macaroni and cheese was noted frequently. While some liked boxed mac and cheese, others were very specific as to the type of cheese used to make their favorite homemade

Soups ranging from lentil soup to chicken noodle to cheddar cheese were popular. Casseroles (or "hot dishes" as we call them in the Midwest) ranked high as comfort foods, with tater tot, tuna noodle or spaghetti hot dish (goulash) cited by several.

Tomato soup (homemade

By Julie Garden-Robinson, or canned) with grilled cheese sandwiches was noted by numerous friends as being comfort food.

> Although chili was noted as a favorite comfort food by several, most foods were not very spicy. Barbecues (or sloppy joes or slush burgers) were popular for some. Homemade bread or rolls also were a favorite.

One of my friends from the southern U.S. mentioned greens, cornbread and a bean

Several "heritage food" preferences appeared. Dumplings and other boiled or fried doughs were quite popular.

My friends with German from Russia heritage talked about knoephla (dumpling) soup, cheese buttons, kuchen, warm German potato salad and a "German dinner" with sausage and assorted German foods.

One friend was very specific about the spelling and preparation of "knaedla," a boiled dough fried with onions and potatoes.

To one friend, Jell-o was 'the bomb" in terms of comfort food. That certainly evoked memories for me, especially if it was red Jell-o with suspended mandarin oranges and mini marshmallows floating on top.

The Scandinavians piped up with rommegrot (cream-based pudding), lutefisk and creamy rice pudding as comfort foods.

I grew increasingly hungry as I read, except for the lutefisk. That's cod fish with an interesting texture and served with lots of butter. I share that heritage but not the tastebuds. Fortunately, lutefisk often is served alongside meatballs and gravy.

How did my friends' food recollections compare with published literature?

The term "comfort food" has been around since the mid-1960s, and it often is associated with foods that provide emotional comfort or nostalgic feelings. One researcher reported that 86% of survey participants viewed comfort foods as "jubilant" foods eaten at happy times instead of foods that console

In a 2000 study, potato chips, ice cream and cookies were the top comfort foods.

Some researchers have found a gender difference, with women liking ice cream, Follow her on Twitter @ chocolate and cookies. Men liked ice cream, soup, pasta and pizza.

Your age affects what you

consider as "comfort foods." Researchers reported that people ages 18 to 34 tended to prefer ice cream and cookies, and 35- to 54-year-olds liked soup and pasta. Those 55 and older liked soup and mashed potatoes.

I did not gather ages from my Facebook friends. However, I had a lot of soup and mashed potato fans in my friend group. You can draw your own conclusions.

Do comfort foods really 'comfort" you? Researchers split 100 people into three groups. Each of the groups watched a movie considered "upsetting" for 18 minutes, then they were provided with a large portion of their own comfort food, a "liked" food (such as popcorn), neutral food (such as a snack bar) or nothing. About three minutes after eating, they were given a survey to assess their mood.

No specific comforting effect was provided by any of the foods. Maybe the foods take longer than a couple of minutes to elicit a neurological response.

Instead of a specific recipe this week, here is an array of recipes, many tested by my former dietetic interns and made more healthful with a few ingredient updates.

Check out some Germans from Russia cuisine compiled in conjunction with the NDSU Library's German from Russia Heritage Collection. We trimmed fat, calories and sodium by using extra-lean meat, lower-sodium broth and half and half instead of cream. See the recipes, including a friend-favorite knoephla soup, at https://tinyurl. com/3lmnnozr for details.

Hungry for soup in general? Check out a range of soup recipes here: https://www. ag.ndsu.edu/food/recipes/ soups-salads, including cheesy ones. You will find salads, too, for warmer days.

How about a variety of recipes from many cultures, including Scandinavian recipes? See "North Dakota Food and Culture" at https:// tinyurl.com/3gj4twhh.

(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. jgardenrobinson)



### Teamsters

#### HAT TIPS



laid the law down on Saturday. I mean she lays the law down a lot. And maybe it is just as

Hello,

Shirley

You see I have an addiction. Well, I have several of them. But one is driving a team. Another is owning a milk cow. And there was a team for sale at a consignment sale over at Medora. I mentioned that I might drive over when I finished feeding and watch that sale. Since we've been married well over forty years, she can read me like a book.

"No!" And she gave me that look. The "I mean it look."

Then she proceeded to remind me of my past experiences with a team of

There were Ben and Buck, the mule team. I could drive them pretty good in the shed. I drove them on a chariot with fl at tires. They would trot around in circles and I could do fi gure eights. It was really neat. But crack the door open

and it was "Katy bar the door." It was the damndest runaway you ever saw.

There were Coors and Coors Light. A team I had purchased at the Miles City Bucking Horse Sale. We bucked them in the summer and drove them in the winter. Dad took them to the big draft horse sale at Waverly, Iowa. They ran off through a crowd of thousands. They had to call for extra ambulances to haul away the casualties.

There were Thelma and Louise. A team of molly mules. You had to fi gure out a way to get a blindfold on Louise to harness her up. She was a little nasty to handle. And it didn't help that since Ben and Buck, I am extremely scared of mules. I sold them as well broke at a horse sale. For years afterward, I saw them standing along the highway near Hettinger. I hope nobody got hurt.

The milk cow deal was even worse. One cow was so poor we had to bottle feed her calf. Who ever heard of a milk cow that had so little milk you had to supplement her calf with milk replacer?

And there was the chute-fi ghting cow. I guess you call

it a stanchion. Pete Veeder came down to watch me train this cow. I can remember him watching and commenting that, "I never saw anyone gentle a cow with a pitchfork." Didn't work either.

What got me to thinking about a team again was "driving school." A neighbor put on a team driving school this weekend. And trust me, I could use a little schooling.

But I have cows to care for. So I had Dad, who is ninety years old come down to look in on the school. Now he grew up driving horses. He's seen a lot of changes in nine decades of farming and ranching. He's driven teams on everything from farm equipment to chariot races. So he was interested in watching this school.

He didn't last long.

The school started out pretty basic. They hooked the lines up on a woman and drove her around. Teaching participants how to cue your team and how to handle the lines.

Dad came home and said, "I left. I was kind of hoping that woman would run away, but she was pretty well broke. And in that building she wouldn't have gotten far anyway."

Later, Dean

### FROM THE FRONT PAGES

#### Beulah school board denies softball co-op

Timing is everything. The Beulah school board decided this school year wasn't the best moment to approve a co-op with Hazen in softball. The board voted 7-0 on Thursday night at the Beulah High School library to deny the co-op - but it would be willing to revisit the idea next school year. - The Beacon

#### Wildcats take second at districts

Wilton-Wing and Center-Stanton squared off in the District 10 championship last Saturday. Center-Stanton was hoping for revenge but lost 62-53. Center-Stanton fans aren't happy with the loss, but they know it could be a blessing in disguise. Center Republican

#### Area residents age 65 and over encouraged to seek vaccinations

Coal Country Community Health Center and Custer District Health are encouraging anyone aged 65 and over to get in contact with them and arrange for receiving their COVID-19 vaccination. - Hazen Star

#### **Giving Hearts Day brings in big bucks**

It was a tough competition until the very end. But in a surprise upset, Chad Betz from RTC became the clear winner of the Pie in the Face competition sponsored by Garrison Bank and Trust on Giving Hearts Day last Thursday. - McLean County Independent

#### **Clinicals last step to April FNP degree**

Kylie Buchholz is close to completing her clinicals, the last step before she receives her Family Nurse Practitioner's degree in April from the University of Mary. Kylie completed half of her primary for the start of the clinicals. - The McClusky

#### Ranchers battling fridged temps during calving

There's no whitewashing it. Calving in 15-below temps is not fun. "It sucks," said Ruso's Darcy Klain, who was just coming back into the house for a bit after checking on the progress of the family's cows and calves. - Central McLean News-Journal

## A Vaccine Story for the Ages

### PRAIRIE DOC

By Kelly Evans-Hullinger,

Last summer we heard the prediction that by the end of 2020, we would have a safe, effective vaccine to the SARS-CoV-2 virus, which had only been discovered, of course, in December 2019, before causing countless deaths and mayhem in the world as we knew it. I must admit, I was skeptical.

Early in the pandemic, I learned that the fastest a vaccine had ever been developed was for the mumps virus, an effort which took four years. Even with all possible resources devoted to a COVID-19 vaccine, how could we ever do this in one year? Before I could even ponder this, however, my curiosity took me down the rabbit hole of the mumps vaccine.

Maurice Hilleman, to whom the mumps vaccine is credited. is something of a superhero in the world of virology and vaccine development. Over the Lynn was present when her course of his career, he was involved in the development of 40 vaccines, including an influenza vaccine in 1957 estimated to have prevented hundreds of thousands of

deaths.

One night in 1963, Hilleman's young daughter Jeryl Lynn awoke him from sleep. She was feeling sick. Hilleman saw the telltale swelling of her salivary glands and knew she had the mumps. Mumps was a common childhood ailment, and while most children got mild illness including the classic swollen cheeks, it also caused aseptic meningitis, deafness, and infertility in males. Hilleman put Jeryl Lynn back to bed, then drove to his lab to retrieve a swab and culture media. He returned and awoke young Jeryl from her slumber to swab her mouth.

Over the next four years Hilleman cultured and tested the Jeryl Lynn strain of the mumps virus until it was safe enough to administer without the risk of illness but still effective in generating an immune response against a normal mumps virus. Jeryl younger sister Kirsten was new mumps vaccine as a small child. As a result of Hilleman's vaccine, the United States now has only about 200 cases

of mumps per year, compared to 200,000 per year before the vaccine.

Back to that COVID-19 vaccine. Well, my timeline skepticism was unwarranted. In December 2020, data published on two separate vaccines using mRNA technology showed without ambiguity that we did have safe, effective vaccines just one year from the start of this pandemic. How so quickly? We can give credit to a modern technology being ready for this problem and the intellectual weight of thousands of scientists around the world. I think even Maurice Hilleman, the father of modern vaccines himself, would be impressed.

Kelly Evans-Hullinger, M.D. is part of The Prairie Doc® team of physicians and currently practices internal medicine in Brookings, South Dakota. For free and easy access to the entire Prairie Doc® library, visit www.prairiedoc.org and follow Prairie Doc® on Facebook, publicly immunized with the featuring On Call with the Prairie Doc® a medical Q&A show streamed most Thursdays at 7 p.m. central.

## Grant Supports High School Trap League

### **NDGF NEWS**

Grant Supports High megeland@nd.gov. School Trap League

Local clubs or communities interested in receiving a grant to support a high school trap shooting team must have the application in before April 1. Existing teams that have received a grant in the past are not eligible.

The North Dakota Game and Fish Department offers a grant of up to \$1,000, with funds designed to purchase gear such as eye and hearing protection, vests, shell bags and magnetic barrel rests.

Interested applicants can print out the high school trap league grant application online at the Game and Fish website, gf.nd.gov.

education section leader Marty Egeland at 328-6612, or email no later than May 31.

#### Scholarships Available for **Students**

The North Dakota Game Wardens Association and the Ray Goetz Memorial Fund are sponsoring scholarships for graduating high school seniors or current higher education students interested in majoring in wildlife law enforcement or a related field.

Applicants must be North Dakota residents, be in good academic standing and have an interest in wildlife law enforcement or a related field. Scholarships will be awarded in fall upon proof of enrollment.

Applications are available by contacting the North Dakota For more information, Game Warden's Association contact Game and Fish ndgamewardens@gmail.com. Applications must be received

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



TO GET SOMEONE'S ATTENTION CALL THE LEADER-NEWS 462-8126



- 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.

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, 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). In McClusky at Grace Lutheran Church, 402 4th St. W, Sundays at 8 pm. Positive Changes NA, Fridays at 7 pm, United Methodist, Washburn 701-460-0663.

DELIVERY PROBLEMS? If you're having any problems getting your XTRA when and where you want it, we want to know. Call 1-800-229-5028 to report problems.

#### **FARM RELATED**

YOUNG BEGINNING FARMER looking for land to rent in the Ruso, Benedict, Turtle Lake area. Please call Tucker 701-578-4319. 58540

### SEED FOR SALE

#### **Yellow Peas**

Agassiz Carver Spectrum Inca

> **Chickpeas** Orion

**HRSW** Rebel Baracuda Camaro Cannon ND VitPro

> Durum ND Grano

> > Oats

CS Camden **Soybeans** 

ND17009GT Legacy LS-0239N Xtend **Legacy L0320E Enlist E3** 

> Tops the Garrison yield trials

Full line Legacy Corn, Soybeans, Alfalfa Custom conditioning, treating, inoculating



Chris 651-792-5920 Dylan 701-500-7227 Bob 701-720-1808

finkenfarmsandseeds.com

#### **CARDS OF THANKS**

\$10 for 50 words or less, 10¢ per word for each additional word. PO Box 340, Washburn, ND 58577 462-8126 • leadernews@westriv.com

#### GIVEAWAY

23"x35" WHITE SHEETS of tracing paper. Good for packing sheets when moving, kids drawing sheets, wrapping glassware, gift wrapping, etc. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison,

58540

#### **HELP WANTED**

FORT STEVENSON State Park is looking for 2021 seasonal staff. Applications now being accepted for park ranger, park maintenance, park interpreter, and park customer service associates. Apply online at httpt://bit.ly2021jobs. For more information, call the park office at 701-337-5576.

1-E-TFN-NC

#### LIVESTOCK

42-3TCHIX

41-44-P-PD

TURTLE LAKE WEIGH STATION will have the following dates scheduled to ship cows and bulls, Mon. March 22. Have them there by 11 a.m. Call Darin at 701.315.0144.

HORSE BUYER at Stockmen's Livestock (west barn) Dickinson. Thursday, March 11, 8 a.m.-4 p.m. and Rugby Livestock, March 13. 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

#### 58545

USED ALUMINUM PRESS Plates. 23 x 35, two for \$1 available at the McLean County Independent, Garrison. 463-2201.

MISC. FOR SALE

1-E-TFN-NC

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg.smugmug.com.

CAR FOR SALE: 2012 Chevy Cruz, 100,000 miles, 30 mpg. Please call 701-421-8970 if interested. Asking price, \$4,500. 44-2TPDIX

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.

### **NOW RENTIN**

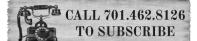
**Heritage Heights Apartments** 1040 Custer Dr., Washburn

New management, remodeled rooms, lower rates 1 or 2 bdrm. apts. All utilities paid including cable 701-527-4739 or Manager 701-220-8145

#### SERVICES

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

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



#### **REAL ESTATE FOR SALE**

# **COUNTRY CROSSING** FOR SALE

### Congratulations Joann on your retirement!

Turn-key daycare center for sale in Plaza, ND. Currently 12 children enrolled, but can care for up to 26. Daycare center has 5 playrooms, a common room, kitchen and dining area, 1.5 baths, garage, fenced in backyard with play equipment. If you are interested in this opportunity, we will work with you to get started. Please contact Joann at 701-720-7838.

#### **WANTED TO BUY**

DOWNSIZING NEED SMALLER house in town, Garrison, ND. Call 701-898-0394.

42-2TPDX 58540

### **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.

58577

### HELP WANTED **PART TIME**

Seasonal **Positions Available** 

> Apply in person at Clubhouse.

GARRISON **GOLF CLUB** 337-5420

#### **HELP WANTED**

#### Benedictine LIVING COMMUNITY | GARRISON

**HELP WANTED** 

Come Join Our Team!! **Full-Time CNA** Not a CNA? We Can Help! **Benefit Eligible** Starting wage \$15.20

Apply at www.blcgarrison.com



Call Jody Lawson at (701)463-2226 "EQUAL OPPORTUNITY EMPLOYER"

### **HELP WANTED**

CHI St. Alexius Health

### **Turtle Lake Hospital**

Hospital Nurse (LPN/RN), Nurse Aid,

Part/Full-time Radiology Tech/CT Capability, willing to be on call

Experience preferred but not required. Contact Brenda 701-4485-2331 ext 207.

This institution is an equal opportunity provider and employer.

# GENERAL SECURITY SERVICES CORPORATION™

## **SECURITY OFFICERS**

#### 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!

# Highway 83 Lawn & Leisure

Looking to hire the following:

### Full-Time Small Engine Mechanic

To work on golf cars, lawn mowers and outdoor power equipment.

#### Digital Marketing & Salesperson

Full-time or part-time depending on applicant needs.

Benefits available BCBS & retirement. Questions call 701-500-7440. rgohl@baseutil.com

Mail resumes to:

Highway 83 Lawn & Leisure 1619 Hwy 83 NW, Garrison, ND 58540

#### **HELP WANTED**

WANT TO help your community? Join our local ambulance service. We are in need of PT drivers. Opportunities to advance your skills. Call 701-463-2178 and ask for Amanda or Craig for more details. Or apply at gmambulance.com

#### Burlington

#### COMMUNITY HOUSING

is now accepting applications for an immediate openings in Burlington for our 1 Bedroom Apts. Must be 62 & older or disabled, regardless of age. Rental assistance and utility allowance available.

Free laundry facility and community center are on site. Accessible interviewing will be made available.

This institution is an equal opportunity provider and employer. Call Karen at 852-5389 for an application. TDD 1-800-366-6888. "Equal Housing Opportunity"

### **HELP WANTED**

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

**Contact: Wayne Fox** 

Superintendent



### **HELP WANTED**

White Shield School



#### **ALL POSITIONS AVAILABLE**

Stop in at North Shore Inn & Suites to pick up an application.

#### **Coaching Positions Available at GHS**

We are currently seeking applicants for the following coaching areas. Head coaching starts @ \$5,500 for tier I activities with

a percentage. Contact Dr. Klemisch or Mr. Ermer at Garrison High School 463-2818 for more information. JV- 70%, JH 60%, EL 50%

sub-varsity coaches receiving

**Asst. Softball Coach** Need filled ASAP! **Head Football Coach** for 2021 Season

### **HELP WANTED**

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

 Cook/Dietary Aide CNA/Nurse Aide

For more information call 701-463-6503. Apply online at CHIStAlexiusHealth.org/careers

CHI St. Alexius Health

**Garrison Hospital** The institution is an equal opportunity provider and employer

#### HELP WANTED

#### Front Desk Associate

Immediate opening for a part time front desk associate at the Leader-News office in Washburn. Three to four days a week, working Monday-Wednesday each week as regular schedule. Duties include file management, proofreading, answering phones, assisting customers and keeping front office clean and organized. Potential for extra income through commission on special order clothing sales. Interested applicants can apply at the Leader-News office at 607 Main Avenue, Washburn, send an email to

# Leader-News

news@bhgnews.com or call 701-463-2201.

### HELP WANTED

#### **Sports Reporter Wanted**

Get paid to watch and record local sports action while serving as a sports reporter and photography for area newspapers. Duties include traveling to home games within McLean County, taking photos and writing stories on deadline. Hours will fluctuate with home game schedule. Part time position with potential for full time hours. Applicant must have valid driver's license and personal vehicle. Company can supply camera for use. Interested applicants can apply at the Garrison BHG office or the Leader-News office in Washburn, send an email to news@bhgnews.com or call 701-463-2201.



#### HELP WANTED

Join our team – great benefits, great work schedule! McLean County will accept applications until 4:00 P.M. on Wednesday, March 17, 2021, filling one or more positions as full-time

### EQUIPMENT OPERATOR II(S)

The successful applicant must reside within 30 minutes travel time of the Washburn Highway Shop.

Duties include operating medium and light equipment including single and tandem axle dump truck, semi type truck with belly and side dump trailer, front end loader, backhoe, broom/sweeper, excavator, dozer, and power mowing equipment in a variety of road construction, snow removal, maintenance and repair projects; operating other heavy equipment such as a dozer and loader as needed; operating specialized heavy equipment such as large front-end loader and large snow blade plow in snow removal operations; operating single and tandem axle trucks with snow removal equipment for purpose of snow removal; performing preventive maintenance including oil change and grease job on assigned equipment; reports mechanical problems to shop mechanic; maintaining reports on work projects including what was done and how much time; sandblasting and painting bridges, equipment, and vehicles; performing general maintenance and repair work on county buildings, roads, bridges, and equipment such as painting, washing, and cleaning; operating motor grader with use of V-Plow and wing for snow removal purposes on as needed basis; operating oil distributor; performing a variety of maintenance work including shop clean-up, oil changes, and grease jobs; performing required manual labor as crew members involved in road construction, maintenance, and repair jobs; and operating a variety of tractor-mounted and related mowing equipment in the maintenance of county road shoulders.

Preference will be given to applicants with prior experience in road construction/ maintenance projects and vehicle/heavy equipment maintenance. High school diploma and class A North Dakota Driver's License with tanker and air brake endorsement is REQUIRED on the first day of work. Starting salary range for the position is \$3,568.12 -\$3,718.15 per month. A full benefit package is offered including fully paid health insurance and retirement.

For further information on position or to obtain a McLean County job application form, individuals may contact the McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577; call (701) 462-8541; or visit www.mcleancountynd.gov/employment. Only official McLean County application forms submitted to the Auditor's office will be accepted.



#### **HIRING LIFEGUARDS**

Underwood Park Board is accepting applications for Water Safety Instructors and Lifeguards, starting wage \$11. Applications can be picked up at the Underwood City Office. Deadline March 16, 2021.





#### **Statewides**

#### **HELP WANTED**

STORE MANAGER. HOUTCOOPER Implement in Cando, ND and Rolla Implement in Rolla, ND have an immediate opening for a Store Manager to oversee the daily operations of both locations. This position comes with excellent benefits. Salary DOE. Qualified candidates will have previous sales experience and work well with customers, as well as management and employees. To apply please send resume to: Charles Chyle, 701 Park St W, Park River, ND 58270. pri7@polarcomm.com (701) 331-9717.

DAYTIME COOK - LAKE Region State College, Devils Lake Fulltime 10 or 12 month contract, full benefits. Daytime hours are flexible Monday-Friday, rotating weekends within the department. Salary depending on experience. For more information see our website at https://www.lrsc.edu/ jobopportunities.

IMMEDIATE MANAGER OPENING for 39 room motel. Great for semi-retired couple. Apt plus utilities included. Wage DOE. Call 352-427-8484.

ADMISSION SPECIALIST. LAKE Region State College - Devils Lake, ND. This is a full-time, 12-month, fulltime, benefitted position. Fully paid family or single health insurance, life insurance, sick leave, employee tuition waiver, spouse/dependent tuition discount, retirement, etc. The Admissions Specialist is responsible for the processing of key components, generation and management of information related to admissions documents, interacting with prospective and current students. Go to www.lrsc.edu/jobopportunities for more information.

ADVANCEMENT COORDINATOR. LAKE Region State College – Devils Lake, ND. This is a full-time, 12-month, full-time, benefitted position. Fully paid family or single health insurance, life insurance, sick leave, employee tuition waiver, spouse/dependent tuition discount, retirement, etc. The Advancement Coordinator is responsible for executing the activities and strategies that support Lake Region State College Foundation with financial records management, fundraising, communication, and advocacy work. Go to www.lrsc. edu/jobopportunities for more information.

ADMINISTRATIVE ASSISTANT -TRAINND. Lake Region State College – Devils Lake, ND. This is a full-time, 12-month, benefitted position, Fully paid family or single health insurance, life insurance, sick leave, employee tuition waiver, spouse/dependent tuition discount, retirement, etc. The Administrative Assistant handles the day to day secretarial, clerical, receptionist, and data entry duties as a part of the workforce training team and will require data entry. Go to Irsc. edu for more information.

HEAD COOK. LAKE Region State College – Devils Lake, ND. This is a full-time, 12-month, full-time, benefitted position. Fully paid family or single health insurance, life insurance, sick leave, employee tuition waiver, spouse/dependent tuition discount, retirement, etc. Responsible for preparing and cooking nutritious meals for customer and special event, in a sanitary manner; preparing regular menu items following standardized menu and recipes. Go to www.lrsc.edu/jobopportunities for more information.

HVAC-R TECHNICIAN. NDSCS has a FT, 12 month benefited position in Wahpeton. Duties include installation, preventive maintenance and repair of mechanical equipment including refrigeration, air conditioning, heating /ventilation systems, etc. Benefits include: Health/Life, Retirement, EAP, Leave, Tuition Waiver, Dependent Tuition Discount, etc. Screening begins immediately - applications accepted until filled. Interested candidates must complete the online application. For more information go to: www.ndscs. edu/join-our-team EOE

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

#### SERVICES FOR HIRE

SHELTERBELT SOLUTIONS. CRYSTAL ND. serving all of ND. Shelterbelt/ farmstead windbreak removal. No sticks to pick. No dirt in pile. Vince 701-270-8717. Jay 701-367-1424. Shelterbelt solutions.com

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 833-946-2482.

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-859-6628.

#### FINANCIAL SERVICES

ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST, Call 866-324-8374 (Hours: Mon-Fri 7am-5pm PST).

SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line! FREE CONSULTATION! 855-504-4680.

#### **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)

ATTENTION ACTIVE DUTY & MILITARY VETERANS! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, call 701-929-9679. (M-F 7am-5pm CT).

REAL ESTATE FOR SALE BAR, RESTAURANT, BUSINESS, Furniture, Equipment and Two Story Brick Building! NE North Dakota. \$90,000. Possible owner finance. Dardis Realty 701-252-5761, 701-320-3241. www.DardisRealty.com

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**

GASTRIC BYPASS SURGERY FOR WEIGHT LOSS? If you or a loved one had this surgery and suffered serious injury or death? You may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727.

STILL PAYING TOO MUCH for your MEDICATION? Save on medications such as Lipitor, Advair Diskus and Eliquis! Receive free shipping on 1st order - RX required. Call 1-855-399-

ATTENTION: OXYGEN USERS! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store:

#### **ANNOUNCEMENTS**

2021 VIRTUAL WOMEN'S BUSINESS CONFERENCE- FREE! - Week of March 8th - Exciting Speaker Line Up on Marketing - E-Commerce -Wellness & More! Register today at www.JRECenter.com

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-331-7577.

#### 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.



## Promiseland Designs

Upholstery, Repair, Leather Wear, Tack & Gifts

Dana & Rita Wright owners/designers

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701-748-2261



promiselanddesigns@westriv.com • www.promiselanddes





SHARPENING SERVICE ALSO NOW AVAILABLE

217 LINCOLN AVE., UNDERWOOD OPEN MON. - SAT.
CALL FOR HOURS OR TO MAKE AN APPOINTMENT

JOE 602-569-7907

#### **Presented by NRA** certified instructors

**ECONCEALED** JOURNEY

> **Fast Facts about BHGnews.com**

• Roughly 3,500

users and 7,000 sessions per month

• An average of 650

new users in one week

Roughly 600

e-edition views per

week -- and growing.

• 65-70 percent of

users are new users, with 30-35 percent

being return

NRA certified Basics of Pistol Shooting 6-hour Pistol 1 for Intermediate Handgun Training 4-hour **Location:** Garrison City Hall, Indoor Gun Range • **Price:** \$150.00 701-500-1687 (Demrick)

> theconcealedjourney@gmail.com Basic Pistol Date/Time: Sunday, March 14 Pistol 1 Date/Time: Saturday, May 8 Garrison, ND

## Make your ads go further with **All-Access Advertising**

What is it? BHG newspapers are launching All-Access advertising, where advertisers can pay a small upcharge to get any print ad placed on the BHG website.

Where do ads appear? Advertisers choose between having their ad on the home page of an individual newspaper, the home page of the main BHG site or on every home page on the site. Ads will be at the top of

the page, to the right of news stories and photos.

What size ads can be uploaded online? Any print ad can be put on the website. Each ad will have a pop-out display where they can be viewed in a larger size.

#### Why should you be online?

Over 3,000 users visit

bhgnews.com each month, with over 600 new viewers visiting the site each week. Online ads offer the opportunity to reach new customers and make an additional connection with print subscribers or those viewing the e-edition.

#### **All-Access Advertising rates:**

Individual newspaper home: \$5 BHG home page: \$7 All home pages: \$10

Contact your BHG advertising representative today to take advantage!









All local, state & federal gun laws will apply For complete listing & pictures: www.sundsbakauctions.com

**CAR • TRAILERS • GUNS COINS • FURNITURE OLD & INTERESTING MISCELLANEOUS** 

Phone in bid numbers: 701-721-3517 or 701-720-5286 Please follow N.D. COVID guidelines

**Owner: Bernie Knutson** 

701-721-9920



AUCTIONEERS: DARRELL & MIKE SUNDSBAK, LIC. 80 & 394, PH: 701-839-1061 OR 701-725-4345

CLERK: ROB'S CLERKING, P.O. BOX 1833 MINOT, ND 58702-1833 PH: 701-852-6390, LIC. 289
Terms: Cash or Check – U. S. Funds Drivers License ID Required. All items must be paid for the day of sale unless other arrangements have been made with the clerk.

ALL SALES ARE FINAL. Not responsible for accidents or lost items.



#### KUTATHEATRE

Main St., Garrison Adults - \$7 Under 13 - \$5 Where popcorn is still only 50¢ Movies start @ 7:30 pm

Friday, Feb. 26 Saturday, Feb. 27

#### THE CROODS: A NEW AGE

The prehistoric family, the Croods, are challenged by a rival family, the Bettermans, who claim to be better and more evolved. 1 hr. 35 min. **Rated PG** 

