

# Xtra

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Monday, Jan. 31, 2022  
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5:30 p.m. - Supper

6:00 p.m. - Program

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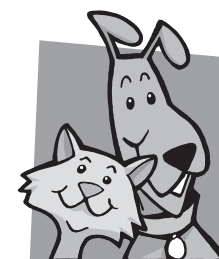
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## Patricide by Poison

### DAKOTA DATEBOOK

Dakota Datebook written by Jayme L. Job

January 27, 2022 — A century ago on this date, the Fargo Forum reported a sensational story out of Minot concerning an apparent case of patricide. Charles Moline had confessed to the murder of his father, Frank Moline, both of Pierce County. Mr. Moline's death, less than a week earlier, was initially believed to be caused by heart failure, but an investigation launched by Sheriff Erickson led to more sinister findings.

The Moline family owned a farm near Barton, North Dakota. But after a divorce, the father, Frank, began to court another woman and eventually decided to remarry. His ex-wife, along with his son, feared that a marriage would mean Frank's wealth would be left to his new wife, leaving the pair without a cent. Hearing news of the engagement and forthcoming marriage, the mother and son hatched a plot to murder both Mr. Moline and his new fiancé.

On January 21, twenty-three year old Charles Moline rode with his father into the town of Barton for supplies. While his father ran errands, Charles purchased ten cents worth of strychnine from the local drug store, and mixed it into a bottle of whiskey. When they later joined up, Charles offered his father some of the whiskey, which he gratefully accepted. Then the pair began the four-mile trek back to Mr. Moline's farmhouse.

Somewhere between Barton and the farm, however, Mr. Moline passed away, and Charles left him along the roadside. He went home and removed the harnesses from the horses and fetched a wagon to collect his father's body. News of the death was reported to the local authorities, and an inquest was held the following day. It was believed by the coroner that Mr. Moline had died of natural causes, specifically of heart failure, but Sheriff Erickson overheard some remarks from the family that troubled him.

Erickson's subsequent investigation culminated in the younger Moline's confession. He was immediately charged in his father's death, and his mother faced charges as an accessory to the murder. The son also stated that he had planned to kill his father's fiancé, but did not succeed. News of the brutal murder shocked Pierce County residents, and was considered "the most brutal...ever brought to light in northwestern North Dakota."

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

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## FROM THE FRONT PAGES

*Stories you may have missed in last week's BHG newspapers*

### Undeclared, and it feels so good

Nine games in and the Lady Troopers are still undefeated.

"Being undefeated and ranked in the state is exciting for our program," said the Lady Troopers' head coach Matt Chase. "The girls deserve recognition because they're a special group of kids that work so hard and have definitely earned this."

The team has proved their prowess on the court, winning every game by 10 or more points, and usually much, much more.

They have done so well that they are currently ranked seventh in North Dakota for Class B schools, which hasn't happened in over 20 years.

*McLean County Independent*

### Recent snow offers drought relief

Recent snow offers drought relief

McLean County has moved almost entirely out of severe drought conditions after winter storms provided some much-needed moisture.

According to the National Weather Service, North Dakota drought conditions have improved overall since October, with significant relief observed after December and January snowfall. Drought conditions in the state saw little change in November and early December before taking a turn for the better in the most recent report, released this week.

*Central McLean News-Journal*

### New NDSU agent aims to 'encourage' and 'inspire'

Since her days of growing up on a dairy farm in rural Maryland, Sarah Bedgar yearned to pursue a career that would allow her to contribute in the process of improving livestock and the agriculture industry as a whole. Her recent hiring to pilot the NDSU Extension Office in McLean County, she says, is nothing short of a dream come to life.

"I absolutely love it. I think I was born to do this," observed the current Underwood resident and livestock owner. In fact, she spoke about her intention of being a horse jockey in the second grade and later a veterinarian before aspiring to emerge as someone who adopts a more holistic approach to farming and animal care.

*The Leader-News*

## CALENDAR

The Community Clothing Share Exchange will be open each Thursday from noon to 6 p.m. at 221 Main St., Turtle Lake.

The Community Cupboard of Underwood will be open Jan. 22 & Feb. 5 from 10 a.m. - 12 p.m. All in need are welcome to receive. 208 Lincoln Ave, 701-595-0320.

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

**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, Wednesday and Friday -10 a.m. to 3 p.m. -Tuesday and Thursday 1 p.m. to 6 p.m.  
Turtle Lake Public Library - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.

If you have a calendar submission please send to leadernews@westriv.com and label "Calendar Event" in the subject line. Thanks!

## MEALS ON WHEELS

**Jan. 24:** Calico bean casserole, peas, creamy coleslaw, banana.

**Jan. 25:** Fish, parslid potato, stewed tomatoes, apricots.

**Jan. 26:** Meat loaf, mashed potatoes with margarine, cheesy broccoli, fruit, bun.

**Jan. 27:** Baked breaded chicken, baked potato with sour cream & margarine, carrots, peaches.


**Jan. 28:** Egg salad on a bun, vegetable soup, pea macaroni salad, tropical fruit, cook's choice dessert.



## GET IN GEAR


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# OUR OUTDOORS

## Bringing Balance



**BY NICK SIMONSON**  
DAKOTA EDGE OUTDOORS

In college, at the local grocery store was one of those old-timey scales from the 1930s or 40s with a large dial at the top displaying weights from 0 to 300 pounds. Each time I'd step on it, I'd watch the needle zip up to the high 200s, then back down to 100, then up to 220, then back down to 180, before settling in the mid-190s where I was most of the time.

It provided a fun sort of gasp-and-sigh moment before displaying my real weight and was certainly more of a process than the immediate digital readout on the bathroom floor model which I now use each

morning. It was always a fun joke when shopping with my buddies for one of us to step on the scale while the other guy wasn't looking, and then encourage more trips to the gym and less late-night pizza, when the needle went up and stayed put.

Like that grocery store scale, the natural world is a balancing act, constantly wobbling back and forth until it finds its stillness in a moment, before shifting once again with a change in weather pattern. What we lack one season we may get in abundance the next. Dry conditions one year may yield to a soaking the following spring and summer, highlighted by a hatch of a certain butterfly benefitting from those precise conditions. Absence of snow for a few seasons may give way to a harsh winter a few years down the road, limiting wildlife survival and hunting success.

As the conditions change, what we find in our favorite waters and huntable lands changes with them. From

year-to-year the opportunities change, even in those places where they aren't assisted by man.

High waters in one spring may bring good spawning for pike and perch that a few years down the road provide fast ice fishing. Mild winters with a shot of snow and timely spring rains provide ideal hatching conditions for pheasants, making for a great autumn ahead. In those places where we do sneak a toe on the scale — the stocking of trout in a stream, or the dumping of walleyes into a lake where neither would normally reproduce or generally exist — the shift is less obvious and we know what we're going to get.

In the field, however, the only element of control is habitat. In recent years, we've seen a greater back-and-forth of habitat on the landscape, with a current notable trough exposing the growing whipsaw of wildlife populations now dictated by the weather.

The Conservation Reserve

Program (CRP) was at its most recent height in 2007, with 1.8 million acres of idled land in Minnesota, 1.5 million in South Dakota and an incredible total of nearly 3.4 million acres in North Dakota. Now, those tallies are just over 1 million acres in each state. As habitat goes, so do our wildlife populations.

The graph for hunter harvests, offered deer tags, and population surveys conducted by wildlife agencies shows a comparable drop when plotted against idle acres on the landscape. Now when winters get hard, they're made harder for wildlife without places to go. When droughts dry things up, only the deepest, most established habitat holds on to provide moisture, vital parts of the food web and nesting cover for hatching upland game and waterfowl.

But the benefits of habitat go beyond the autumn adventures pursued by just a portion of the population. From sequestered soil and the carbon contained in it, to the prevention of flooding and the filtration of water,

habitat has a way of making things better for humankind as well. The preservation of expansive sloughs and lowland areas and even those smaller ones helps make things more predictable downstream where cities brace for the spring melt each season and tap those flows for their drinking water. The impact is larger and measures much more, and there's far less yaw and much more certainty when there is grass on the landscape and cattails in those deeper draws.

Wherever it can be added, as a foot on the proverbial platform, habitat benefits all species from those on four legs, to those with wings, to those with two legs that chase after them all. This fact makes the element of habitat on the landscape all the more important to continued outdoor opportunities and successful outings, along with more regular flowing and cleaner waters ... in our outdoors.

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**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 visitors.

### 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!



## HAT TIPS

### Mild winter



**BY DEAN MEYER**

Hello, The first thing I usually do in the morning is check the temperature and wind. And this winter, for most days, that has been a pleasurable experience. Only a few days of minus degrees and most mornings the wind hasn't been too bad. This morning the winds are very light and the temperature only a minus fourteen! As Bud Grant showed a week ago, shirt sleeve weather!

I have a foggy memory. Maybe it's the age. Or like that song, "Coulda been the whiskey, might have been the gin." Not really, but I did like that song. I don't remember a winter with this nice of weather. Looking at the forecast for the rest of the month, we stay above zero and only a slight chance of snow. No minus wind chills. No

blizzards. High in the twenties and thirties and lows above zero! Makes you wonder why everyone loaded up and headed for Arizona and Florida!

I've a u-joint out on the feed pickup. It's the front one so I figure until it snows more, or thaws more; I can get by with two-wheel drive. It makes it a little hard for Shirley to shovel because I can't use low range. And bouncing over the frozen feed ground where the cows have been bedding down is pretty dang rough. She used to be able to handle it better. But with age, and having a desk job five days a week has taken its toll on her sense of balance. Thank God once in awhile we have a three-day weekend so she can have a few days to shake the cobwebs off and get to ranching again!

Back in the day, when we would go to the river to cake cows, she was pretty dang good at it. I could holler at her to, "Hang on! I'm going to take a run at that drift!" And she would grab onto that cab or the box and could ride that baby through anything. She could shovel off a ton of cake in a half hour without breaking a sweat.

Now, she kind of whines... Well, actually, she screams

because she is going to fall off if I don't slow down. Which I can't do. I'm in first gear. And low range is out.

So she thinks she should drive! Really! She thinks she should drive! Now, how in the heck is a three hundred pound fat guy going to shovel cake over that rough ground? I mean that is the definition of mission impossible.

I guess it is like the guy that was going across Montana on 94. He's enjoying the scenery, listening to country music, and thinking about cows. That's what ranchers think about when they are driving.

All of a sudden he looks in his mirror and there is a highway patrolman right behind him with the flashing lights on. The rancher quickly pulls over on the shoulder and the hp comes up.

"You forgot your wife in Miles City," he explains.

"Thank God," the rancher exclaimed! "I thought I had lost my hearing!"

Later, Dean

**Feature idea?**

Call 701.462.8126 or email leadernews@westriv.com with any news tips



# Try These Tips to Improve Your Sleep

## PRAIRIE FARE

By Julie Garden-Robinson, Food and Nutrition Specialist NDSU Extension

“I couldn’t sleep well last night, and I’m a bear,” my husband cautioned as we were getting ready for work.

I understood that he was not going to be a teddy bear. I took a detour on our home to avoid interaction.

Actually, he wasn’t a grumpy grizzly bear. I get cranky, too, especially when I am not well rested.

I think his sleep issue was related to caffeine. He had about 20 ounces of caffeinated pop while we were shopping the previous afternoon.

“Perfect sleep” is a rarity in our society. Most of us have times when rest does not come easily.

Raise your hand if you sleep soundly every night. That means seven to nine hours of uninterrupted sleep for adults. Youth need more sleep. You can put your hand down if it is up.

An estimated one out of three people experience sleep issues on an ongoing basis according to a 2016 report from the Centers for Disease Control and Prevention (CDC).

Now raise your hand if your sleep pattern has stayed the same or worsened during the pandemic.

Unfortunately, our collective insomnia has gotten worse.

The American Psychological Association has noted that disordered sleeping affected two out of three of us during the past couple of years of the pandemic. Many people were housebound and stressed by issues beyond our control.

Sleep is vital to mental and physical health. Too little sleep may increase our risk for depression, anxiety and other mental health issues. Regardless of our age, we may not perform as well at school and work and other activities in our daily lives.

Too little sleep is linked with an increased risk of chronic diseases, including diabetes and heart disease.

Have you ever mistaken tiredness for hunger? Two hormones naturally found in our bodies (leptin and ghrelin) act to help regulate our hunger and satiety in a complex chain

of chemical events.

Leptin acts as a natural appetite-regulating hormone. The level of leptin decreases with too little sleep. Leptin acts in conjunction with another hormone, ghrelin, which increases feelings of hunger.

Therefore, researchers have pointed out that too little sleep can promote weight gain and potentially, obesity.

What can you do to promote better sleep? The CDC recommends maintaining good “sleep hygiene.” This has nothing to do with a bath or shower before bed. Sleep hygiene means that you maintain a consistent sleep schedule on weekdays and weekends.

Maintain your bedroom at a comfortable temperature, and be sure it is quiet and dark. Keep electronic devices such as a TV, computers and phones out of the bedroom.

Aim to get some exercise during the day. With regular physical activity, you may find that your sleep improves.

Avoid caffeinated beverages and alcohol before bedtime. Although an alcohol-containing “night cap” may sound enticing, it may disrupt your sleep. You may want to stop your caffeine intake by mid-afternoon or earlier. A research study showed that having caffeine six hours before bedtime can affect sleep.

Avoid heavy meals before attempting sleep. Consuming an evening meal containing higher fiber and protein with less saturated fat can improve sleep results.

Try foods containing the amino acid tryptophan, which is a protein building block found in turkey, milk and many other foods. It helps your body produce a sleep-related hormone, melatonin, which aids in falling asleep. Don’t eat a Thanksgiving dinner, though. Having a little milk before bed may actually help you fall asleep. By the way, if you like hot cocoa, be aware that chocolate contains caffeine.

Be sure to enjoy foods and beverages rich in B vitamins. If your diet lacks B vitamins, your body may not produce melatonin as efficiently. Foods rich in B vitamins include

fortified grain foods and milk. How about a bowl of fortified cereal and milk as a bedtime snack?

Consult a healthcare professional before adding sleep-promoting dietary supplements to your routine. Some supplements interact with prescription drugs. Some supplements have little to no research to back up the claims.

If you have ongoing sleep issues, let your healthcare provider know. See [https://www.cdc.gov/sleep/about\\_sleep/index.html](https://www.cdc.gov/sleep/about_sleep/index.html) for more tips.

Here’s a warm milk-based dessert or bedtime snack perfect for a cold winter night. This comfort food is courtesy of Purdue Extension.

### Rice Pudding

- 1 cup low-fat or fat-free milk
- 1 cup water
- 1 cup rice, uncooked
- 2 large eggs
- 1 cup evaporated fat-free milk (divided)
- 1 teaspoon vanilla
- 1/4 cup sugar
- 1/8 teaspoon ground cinnamon

In a saucepan, heat milk and water. Add rice and bring to a boil. Reduce heat to simmer, and stir every 10 minutes. Cook uncovered until rice is tender, about 30 minutes. In a large bowl, mix eggs, 3/4 cup evaporated milk, vanilla and sugar. Set aside. Add remaining 1/4 cup of evaporated milk to rice mixture. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice. Heat pudding until it boils, stirring continuously. Remove from heat and sprinkle with cinnamon.

Makes eight servings. Each serving has 155 calories, 1 gram (g) of fat, 6.5 g of protein, 29 g of carbohydrate, 0 g of fiber and 68 milligrams of sodium.

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

# Mad Prank Punished

## DAKOTA DATEBOOK

Dakota Datebook written by Jayme L. Job

January 17, 2022 — The bizarre cause of a Minot fire was reported on this day in 1916, and its sadistic culprit punished. The fire in question had occurred in the city of Minot a few days earlier and had consumed the entire Blakey-Roell block.

Arthur Hileman was arrested on this day by the Minot police on a charge of arson and assault in connection with the fire. Reportedly, Hileman had caused the fire as the result of a poor practical joke. A few days earlier, Hileman, who owned a small business in the basement of one of the block’s buildings, had been drinking with a few friends.

When one of his pals by the name of Westgard fell asleep in the building, Hileman took the opportunity to pull a prank on the drunken man.

Hileman soaked the bottoms of Westgard’s pants in wood alcohol, and then proceeded to light the pants on fire. Westgard awoke to find his legs on fire and, in an effort to put the flames out, the fire spread to the rest of the room, quickly overtaking the rest of the building.

Westgard emerged badly burned from the incident, and he was rushed to a local doctor for treatment; it was deemed extremely fortunate that he did not burn to death as a result of the prank. Due to the sensitive nature of the crime, authorities decided to keep the details of

the fire concealed until the testimony of the patient could be properly recorded and the culprit positively identified.

Hileman waived his right to a preliminary hearing, and was issued a bail of \$2,000 by Justice Lynch. The bail was unusually high, but in light of the seriousness of the crime, it was deemed just.

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



## GROUND BEEF & BROCCOLI

By Unbound Wellness

### Ingredients

- 1/2 cup coconut aminos
- 1/3 cup beef broth (sub water)
- 2 tsp apple cider vinegar
- 1 tbsp coconut sugar (omit for whole30)
- 1 tbsp + 2 tsp arrowroot starch
- 2 tsp garlic powder
- 1 tsp ginger powder
- 2 tbsp avocado oil
- 2 cups broccoli florets
- 3/4 tsp sea salt
- 1/4 tsp black pepper (omit for AIP)
- 1 lb ground beef
- 2 tbsp green onion, chopped

### Directions

Whisk the coconut aminos, broth, apple cider vinegar, arrowroot, garlic powder, and ginger powder together and set aside.

Using a large pan, heat the avocado oil over medium heat. Add the broccoli and lightly season with salt and pepper. Sauté for 5-6 minutes or until crisped to your liking. Set aside.

Add the ground beef to the pan and season with salt and pepper. Use a wooden spoon to crumble the beef and brown. Once browned, drain some of the excess fat.

Add the broccoli back to the pan and pour the coconut aminos mixture in. Stir for 1-2 minutes to allow the sauce to reduce.

Remove from heat and serve topped with green onion.

## HOMEMADE TAGALONG COOKIES

By Feasting on Fruit

### Ingredients

- 1/4 cup (50g) coconut oil
- 1/4 cup (80g) maple syrup
- 1 cup (120g) almond flour
- 1/4 cup (30g) coconut flour
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/3 cup nut/seed butter
- 1 cup (180g) dark chocolate chips, melted

### Directions

Preheat the oven to 350°F.

Whisk together the coconut oil, maple syrup, and vanilla.

Add the flours, baking powder, and salt.

Mix to form a sticky dough.

Roll into balls, flatten into cookies, use a teaspoon to create an indentation in the center of each cookie.

Bake for 12-14 minutes at 350°F until golden brown.

Cool completely.

Spoon a dollop of nut/seed butter into the center of each cookie.

Freeze until the SunButter is firm.

Coat in melted chocolate. Chill until set.

Eat! Keep leftovers in the fridge in an airtight container for up to a week.

## HAVE A RECIPE YOU WANT TO SHARE?

E-maileditors@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.



# THE CLASSIFIEDS

- **DEADLINE:** 9 a.m. Thursday.
- **CLASSIFIED WORD ADS:** Terms – Cash, Check, Visa or Mastercard.
- **COST:** \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are free one week only.
- **CLASSIFIED DISPLAY RATE:** \$9.50 per column inch.
- **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128  
Email: leadernews@westriv.com • Website: bhgnews.com  
Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

## ANNOUNCEMENTS

WANT TO SAVE some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call 701-463-2201.

1-e-tfn-nc 58540

**SUPPORT GROUP:** Alcoholics Anonymous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 5 pm. CT, St. Paul Lutheran Church (794-3381); in Garrison, Thursday at 8 pm at SACA Lodge, 11 Central Ave NW, 1 block West of the City Auditorium; in Washburn, Sundays at 7 pm. First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 pm at Sacred Heart Church (734-6533). 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).

46-TFNPI 58540

**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.

52-TFNPI 58540

**GUN SHOW:** Dakota Territory Gun Collectors Association Bismarck Show, Saturday, Jan. 22, 9 a.m. To 5 p.m., and Sunday, Jan. 23, 9 a.m. To 3 p.m. At the Bismarck Event Center. Laura Ennen 701-214-3388.

38-2TCHINLXNT 58540

## FARM RELATED

**TRAILER FOR RENT:** Hopper bottom flatbed with hay racks, goosenecks with or without racks. Call for prices. Call Jason, 701-870-0415.

**BULK FUEL sale and delivery.** Premium Clear #2 fuel, \$3.05/gallon; Premium Dyed #2 fuel, \$2.75/gallon; Unleaded Gas, \$2.90/gallon. Call for current pricing. Call Jason, 701-870-0415.

## SEED OATS FOR SALE:

Contact  
Weston Berg  
870-0956

## GIVEAWAY

Free wooden pallets for pick up. Available at BHG, Inc., 91 N. Main Street, Garrison.

38-3TIX 58540

## HELP WANTED

**STEVE'S PLUMBING Service, LLC** in Garrison, ND is looking for a Full-Time Apprentice or a Licensed Journeyman Plumber. Competitive wages and benefits D.O.E. Call 701-460-7471, email a resume to szach@restel.net

19-TFNX 58540

**SCREEN PRINTING Production Associate.** Bring colorful designs to life as a production associate in BHG's Screen Printing department! BHG is seeking a full-time employee to produce high-quality apparel for local sports teams, businesses, events and more. Duties include operating equipment, organizing supplies and efficiently and accurately reproducing designs on apparel and other various mediums. The ideal candidate is quality driven, detail-oriented and excels in multitasking,

problem solving and communicating clearly. Physical requirements include continuous standing and use of hands and arms, lifting up to 40 pounds and ability to perceive differences in colors. Interested parties can apply in-person at BHG Inc. 91 N. Main Street, Garrison, ND 58540, call 701-463-2201 or send an email to Alyssa at news@bhgnews.com.

38-TFN 58540

## LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday, January 24th, and Monday February 7th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions.

43-TFN-E-X 58577

## MISC. FOR SALE

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

1-E-TFN-NC 58577

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

35-P-TFN-NC 58577

## NOTICES

**HAVE YOU BEEN** in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant.

1-E-TFN-NC 58577

## SERVICES

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

34-9-E-PD 58577

## WORK WANTED

**THIS NEWSPAPER** offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com.

1-E-TFN-NC 58577

## HELP WANTED

- Elementary Principal
- Elementary Teachers
- Speech Pathologist Teacher
- Bus Driver - w/CDL
- Science Teacher
- High School Science Teacher
- Middle School Football Coach & High School Football Coach

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



White Shield School

## HELP WANTED



is looking for  
**\*ASSISTANT MANAGER\***  
Full Time  
**SALES ASSOCIATES**  
Full Time or Part Time  
Stop in for an application  
200 5<sup>th</sup> Ave SE, Garrison

## HELP WANTED

**HOUSEKEEPER**  
for the North Shore Inn & Suites Motel.  
Starting at \$13.00/hr.  
Apply within at the

**North Shore Inn & Suites**  
430 5th Ave SW, Garrison, ND

## HELP WANTED



is looking for  
**SERVERS**  
Apply in person or call 701-337-2070  
Lake Audubon • Hwy 83  
337-2070

## HELP WANTED



## HELP WANTED

Come Join Our Team!!

- **CNA**  
Full-Time, Days
- **CNA**  
Full-Time, Nights

**\$5000 SIGN-ON BONUS**

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

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



## HELP WANTED

Come Join Our Team!!

- Culinary Aide
- Cook
- Laundry Aide
- Housekeeper

**\$3000 SIGN-ON BONUS**

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

Call Jill Borth at (701)463-2226  
"EQUAL OPPORTUNITY EMPLOYER"

## HELP WANTED

CHI St. Alexius Health Turtle Lake has the following positions available:

**LPN, Nurse Aide, Multi Modality Radiology Technologist**

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

This institution is an equal opportunity provider and employer.  
CHI St. Alexius Health  
Imagine better health.™

## HELP WANTED

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

**RN/LPN - Nursing Facility \$5,000.00 Employment Incentive**

For more information call 701-463-6503  
Apply online at [www.commonspirit.careers](http://www.commonspirit.careers)

CHI St. Alexius Health Garrison Hospital  
The institution is an equal opportunity provider and employer

## GSSC SECURITY OFFICERS

GENERAL SECURITY SERVICES CORPORATION™

### Washburn & Center, ND

Qualified applicants must be professional, punctual, engaged persons with an excellent work ethic. Employment contingent on passing a criminal background check. Please call (218-726-1606) or email Bill (BILL@GSSC.net) for more information. EOE/AA/Disability/Veterans/M/F Employer Immediate full-time & part-time openings!

## HELP WANTED

CHI St. Alexius Health Garrison Hospital & Nursing Facility

**Lab Tech (MT/MLT) Radiology Tech • Cook • Dietary Aide Dietary Helper • Housekeeping CNA • Nurse Aide**

Now offering higher starting wages!

CHI St. Alexius Health Garrison Hospital  
The institution is an equal opportunity provider and employer

For more information call 701-463-6503.  
Apply online at [www.commonspirit.careers](http://www.commonspirit.careers)



## Newspaper Editor Wanted

BHG Inc is looking for a skilled and determined individual ready to take on local news for the Central McLean News-Journal. This is a challenging and rewarding position for someone looking to play a big role in an award-winning publication. Paper content ranges from personal features, meeting coverage, local events, sports and more, with something new to cover each week. Duties include covering events, writing content, taking photos, general editing, customer contact and overseeing design of the final paper each week. This local paper has maintained a steady circulation and a loyal readership and is looking for an editor to continue that legacy. Benefits include health insurance, paid mileage for travel, free admission to events and more. Vision and dental are also available. Interested? Contact us at [news@bhgnews.com](mailto:news@bhgnews.com)



## HIRING

### Apprentice or Journeyman Lineworker

- McLean Electric Cooperative in Garrison, North Dakota is accepting applications for a full-time Apprentice or Journeyman Lineman.
- To Learn More Visit: [www.mcleanelectric.com/careers](http://www.mcleanelectric.com/careers)

Deadline: February 15, 2022

Email or Mail a Cover Letter, Resume & 3 References

McLean Electric Cooperative  
Keith Thelen  
PO Box 399, Garrison, ND 58540  
[keithpt@mcleanelectric.com](mailto:keithpt@mcleanelectric.com)

McLean Electric Cooperative is an Equal Employment Opportunity Employer regarding race, color, religion, sex, sexual orientation, gender identity, national origin, disability, and veteran's status.

CALL 462-8126 TO PLACE AN AD



**HELP WANTED**

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

**Administrative Assistant**

For more information call **701-463-6503** Apply online at [www.commonspirit.careers](http://www.commonspirit.careers)



The institution is an equal opportunity provider and employer

**NOW HIRING**



Northland Health Centers is currently hiring for the following positions:

- Patient Services Representative, Turtle Lake Clinic
- Quality Assurance/Quality Improvement Coordinator (Associates or Bachelors in nursing required)

Applications available at [northlandchc.org](http://northlandchc.org). For additional information contact Human Resources at [hr@northlandchc.org](mailto:hr@northlandchc.org) or 701-448-2054.

NHC is an Equal Opportunity / Affirmative Action employer.

[northlandchc.org](http://northlandchc.org)

**SEED FOR SALE**

**Yellow Peas**

Agassiz Carver  
Inca Spectrum

**HRSW**

Barracuda LCS Rebel  
ND VitPro

**Durum**

ND Grano

**Oats**

CS Camden

**Soybeans**

Legacy LS-0239N RR2X  
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Loyal L0320E Enlist E3  
ND17009GT

Keep your own seed  
Custom conditioning,  
treating, inoculating.



**FARMS & SEEDS**

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

[finkenfarmsandseeds.com](http://finkenfarmsandseeds.com)

**Garrison School District HELP WANTED**

**Substitute Bus, Partial Route Drivers & Activity Drivers Needed**

**\$25.00/hr. Sub & Route**  
**\$16.50/hr. Activities**  
For more information call 701-463-2818 or visit [www.garrison.k12.nd.us](http://www.garrison.k12.nd.us) for an application.

**HELP WANTED**

**Senior Staff Accountant**

Covers both Garrison Hospital and Turtle Lake Hospital financials. Full-time.

For more information call **701-463-6503** Apply online at [www.commonspirit.careers](http://www.commonspirit.careers)



The institution is an equal opportunity provider and employer

*We Are Hiring!*



**BINDERY/MAILING PRESS DEPARTMENT**

BHG Inc. is looking for a reliable part time employee to fill out its bindery/ mailing/press staff. Work requires standing to sort, insert, package and bundle. Ability to lift 25-30 pounds helpful. Day hours, usually Tuesday, Wednesday, Thursday.

Apply in person at **BHG, Inc.**  
91 N. Main Street  
Garrison

**STATEWIDES**

**HELP WANTED**

MAKE A DIFFERENCE in North Dakota by expanding the amount of in-depth stories available to the state's newspapers. The North Dakota Newspaper Cooperative is a newly formed 501c3 organization passionate about giving the state's newspapers substantive stories on topics from ag to industry to the state's leadership. A managing editor will write about 26 stories a year that will be shared with newspapers statewide. Make a difference by working from a Bismarck-based office. 60K+ salary with benefits. Be part of this exciting effort to grow news literacy. Email your resume and cover letter to: [info@newscoopnd.org](mailto:info@newscoopnd.org) - Deadline January 23, 2022.

EXECUTIVE ASSISTANT TO THE PRESIDENT. NDSCS has a FT, 12-month, benefited position open in Wahpeton. Primary duties include providing support to the President and the President's Office. Salary DOE plus full benefit package, including fully paid health insurance premium. Screening begins immediately. Interested candidates must complete the online application. EOE. For more information, go to: [www.ndscs.edu/join-our-team](http://www.ndscs.edu/join-our-team)

EXECUTIVE DIRECTOR OF ENROLLMENT MANAGEMENT. NDSCS has a FT, 12 month, benefited Executive Director of Enrollment Management position open in Wahpeton. Responsible for strategically providing direction, oversight and coordination for Admission, Financial Aid, and Records. Salary DOE plus full benefit package. Screening begins immediately, applications accepted until filled. Interested candidates must complete the online application. EOE. For more information go to: [www.ndscs.edu/join-our-team](http://www.ndscs.edu/join-our-team)

BOOKSTORE DIRECTOR - LAKE Region State College, Devils Lake 12-month contract, full benefits. The director is responsible for coordinating purchasing, customer service, display, stocking, inventory, computer functions, and ensures adequate stock of all textbooks and non-textbook merchandise to meet student and staff needs.. For more information go to [www.lrsc.edu/jobopportunities](http://www.lrsc.edu/jobopportunities).

**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 sub-varsity coaches receiving a percentage. Contact Dr. Klemisch or Mr. Ermer at Garrison High School 463-2818 for more info.

**Head Track Coach for 2022 Spring Season**  
**Asst. Track Coach for 2022 Spring Season**

MAY-PORT CG SCHOOL is hiring: full-time ELEMENTARY MUSIC TEACHER, GrK-5. Send resume, ND teaching license to Michael Bradner, 900 Main Street West, Mayville, ND 58257 or [Michael.bradner@may-portcg.com](mailto:Michael.bradner@may-portcg.com); 701-788-2281, ext. 225.

LOOKING FOR THE most complete listing of ND Media? ND Media Guide. Only \$25! Call 701-223-6397, ND Newspaper Association.

**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

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 844-254-7522.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 877-482-4836.

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Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF + 2 FREE Months! 877-583-0333.

**EDUCATION /TRAINING**

TRAIN ONLINE 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 8AM-6PM ET).

**REAL ESTATE FOR SALE**

ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701-371-8538. Kevin Pifer 701.238.5810. Free valuation.

**MISCELLANEOUS FOR SALE**

DISCOUNT AIR TRAVEL. Call Flight Services for best pricing on domestic & international flights inside and from the US. Serving United, Delta, American & Southwest and many more airlines. Call for free quote now! Have travel dates ready! 866-530-1662.

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/month with 190 channels and 3 months free premium movie channels! Free next day installation! Call 833-365-1362.

PROTECT YOUR HOME AND FAMILY with Vivint Smart Home. Call 866-391-9779 today to receive a FREE \$50 GIFTCARD with your purchase. Use promo code: FREE50.

YOU CAN PLACE a 25-word classified ad—like this one—in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details.

**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**

VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00! 100% guaranteed. CALL NOW! 855-559-1454.

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-821-2831.

**ANNOUNCEMENTS/EVENTS**

FREE VIRTUAL SMALL BUSINESS FINANCING WORKSHOP by local business lenders/leaders! January 25, 2-4:30pm. Kick off the new year with financial tools/building blocks for your business. Registration: [www.JRECenter.com](http://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 WANTED**

HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.

**Exercise Your Brain.**  
Read The Newspaper.

Subscribe to the Leader-News call 462-8126

**HELP WANTED**



**OF GARRISON Part Time C-STORE & BAIT SHOP Days/Nights/Weekends**

Stop in for an application.  
Hwy 37 • Garrison, ND

**HELP WANTED**

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

**RN - Acute/ER \$5,000.00 Employment Incentive**

For more information call **701-463-6503** Apply online at [www.commonspirit.careers](http://www.commonspirit.careers)



The institution is an equal opportunity provider and employer

**POSITION AVAILABLE**

Duties within this position include general knowledge in framing, roofing and siding installation. The right individual needs to be reliable, motivated and **HAVE A VALID DRIVER'S LICENSE**. Wages depend on experience. For more information and to complete an application, contact Darren Lester at **701-460-0001**.



**Customer Sales and Service Representative**

WRT (West River Telecom) – a growing telecommunications company  
• Is hiring a Customer Sales and Service Representative (job description can be found at [westriv.com/about/careers/](http://westriv.com/about/careers/))  
• Reporting location is in the new headquarters building in Hazen, North Dakota

**WRT - Where Our Employees Are the Core of our Organization - we offer:**

- Competitive salaries along with an excellent benefits package
- Free broadband & voice & a performance incentive bonus

**WRT - Is looking for the ideal candidate that:**

- Has skill in oral and written communications and can identify problems and prioritize multiple projects.
- Is a self-motivated, passionate about sales, is a problem solver, results orientated, and a team player.
- Is professional, positive, courteous, has good judgement and discretion, and can work independently.

INTERESTED: Complete application online and submit with resume via [westriv.com/about/careers/](http://westriv.com/about/careers/) QUESTIONS: Call 701-748-4277

APPLICATION DEADLINE: The first review of qualified candidates will commence on noon on Monday, February 7, 2022. This position will be open until filled.

WRT is an Equal Opportunity Employer



## Promiseland Designs

*Upholstery, Repair, Leather Wear, Tack & Gifts*

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owners/designers

14 Main Street E  
Hazen, ND 58545

701-748-2261

promiselanddesigns@westriv.com • www.promiselanddesigns.com





### Executive Assistant

**WRT (West River Telecom)** – a growing telecommunications company

- Is hiring an Executive Assistant (Job description can be found at [www.westriv.com/about/careers/](http://www.westriv.com/about/careers/))
- Reporting location is in Hazen, North Dakota

**WRT - Where Our Employees Are the Core of our Organization - we offer:**

- Competitive salaries
- Excellent benefits package
- Free broadband & voice
- Performance incentive bonus

**WRT - Is looking for the ideal candidate that:**

- Is a forward-thinker, a problem solver, a result orientated person, and a team player.
- Has tact, flexibility, shows good judgement, and can be independent in handling responsibilities.
- Can maintain the highest level of discretion when handling confidential duties and is able to supervise.

**INTERESTED:** Complete an application online and submit with resume [careers@wrct.com](mailto:careers@wrct.com) **QUESTIONS:** Call 701-748-4277


**APPLICATION DEADLINE:** The first review of qualified candidates will commence on Monday, January 24, 2022. This position will be open until filled.

*WRT is an Equal Opportunity Employer*

**Call Don Winter**  
for all your advertising needs.  
**462-8126**



40th Annual Production Sale **Sat., February 5, 2022**



Lot 30 – KSR HICKOK 596J

1 p.m. • Ranch • Ruso, ND  
Open House: Jan. 28, 29, 30


*Selling:*

48 Simmental & SimAngus™ Bulls  
12 Bred Registered Heifers  
11 Open Registered Heifers

**DVAuction** Broadcasting Real-time Auctions

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**KLAIN SIMMENTAL RANCH**  
Durnell, Darcy & Trey Klain • Tyler & Carrie Klain • Adam & Dalcyce Balk  
(701) 448-2408 • 1364 20th St NW • Ruso, ND 58778



### KOTA THEATRE

Main St., Garrison

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

**Sing 2, PG**  
*Buster Moon and his friends must persuade reclusive rock star Clay Calloway to join them for the opening of a new show. 1 hr. 52 min.*

**Jan. 21 & 22..... 7:30 p.m.**

**The King's Man, R**  
*In the early years of the 20th Century, the Kingsman Agency is formed to stand against a cabal plotting a war to wipe out millions. 2 hrs. 11 min.*

**Feb. 4 & 5..... 7:30 p.m.**



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by Feb. 16, 2022 and be registered on a drawing for a Kindle Fire HD 10 Tablet.  
Two tablets will be given away from each newspaper.  
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The  
**Leader-News**  
and  
Central McLean  
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607 Main Ave • Washburn, ND  
462-8126

# Help Wanted



## Screen Printing Production Associate

Bring colorful designs to life as a production associate in BHG's screen printing department! BHG is seeking a full-time employee to produce high-quality apparel for local sports teams, businesses, events and more. Duties include operating equipment, organizing supplies and efficiently and accurately reproducing designs on apparel and other various mediums. The ideal candidate is quality driven, detail-oriented and excels in multitasking, problem solving and communicating clearly. Physical requirements include continuous standing and use of hands and arms, lifting up to 25 pounds, and the ability to perceive differences in colors. Hours are flexible with an option for part time or full time, roughly 24-32 hours per week. Interested parties can apply in-person at BHG Inc, 91 N Main Street, Garrison, ND 58540, call 701-463-2201 or send an email to Alyssa at [news@bhgnews.com](mailto:news@bhgnews.com).