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Monday, Feb. 28, 2022

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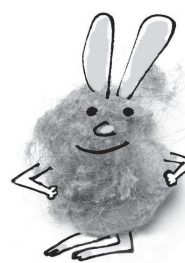
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FROM THE FRONT PAGES

Stories you may have missed in last week’s BHG newspapers

School board agrees to consider HS gym expansion

A resounding majority of responses in favor of expanding the high school gym led the Garrison Public School board to vote in favor of considering the project.

At the board’s monthly meeting on Monday night, superintendent Nick Klemisch presented the school board with the results of a survey that he circulated late last month, at which time he asked residents their thoughts on potential building projects at the school.

The survey had three options: add a wood floor to the elementary gym floor, consider pursuing a bond referendum to add space for activities at the high school or leave things as is for now. The majority – 69.8 percent – or respondents voted in favor of the second option.

McLean County Independent

‘In the business of hiring, not firing’

With an anticipated official sale date of May 1, 2022, Rainbow Energy is on track to take over ownership of Coal Creek Station and High-Voltage Direct Current Transmission System from Great River Energy.

According to Rainbow Energy’s president Stacy Tschider, the company’s initiatives to bolster renewable energy and capture carbon will help “monetize the line” and maximize capacity, ultimately creating more jobs in McLean County.

“Local communities should find comfort in the fact we are doing carbon capture and renewables,” Tschider said. “We are committed to making this transition work, we have the expertise to do so, not just in the short term but in the long term.”

Central McLean News-Journal

Finalists named for superintendent’s position

The comprehensive process of selecting Superintendent Brad Rinas’ successor for the 2022-23 academic year took a new turn last week, as the Washburn School Board narrowed down the list of hopefuls to four.

The quartet of finalists announced at the Feb. 9 special conference consists of current Washburn High School Principal and basketball coach Jeff Brandt, Hazen High School Principal/ Athletic Director Monty Mayer, Dr. Carly Retterath of Mandan and North Dakota Department of Corrections and Rehabilitation Director of Education Dr. Penny Hetletved.

Retterath, it was noted, is in no way affiliated with board member Luke Retterath.

Similarly, board member Kelly Jennings apprised her colleagues of a potential conflict of interest with one of the applicants. Washburn School Board Chairman Rick Tweenen informed that he trusts Jennings’ judgment, as well as her ability to remain objective throughout the hiring process.

The Leader-News

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CALENDAR

Thursday, February 24
Bone Builders, Garrion Senior Center, 10 a.m.

Alcoholics Anonymous, Garrison Hospital Cafeteria (enter through ER), 8 p.m.

Friday, February 25
Yoga, First Congregational Church, Garrison, 8 a.m.

February 26
Turtle Lake Weigh Station annual meeting will be February 26th @ 7pm at Turtle Lake Weigh Station.

Open-Door Community Kitchen, Turtle Lake Senior Center, Saturday from 11:30 a.m. to 1 pm.

The Thrift Store, GARC (71 S. Main Street, Garrison), 10 a.m. to 1 p.m.

Fourth annual wild game sausage cook-off, fundraiser for Roger and Beth Folden, Ryder Star Grill Bar, Ryder, starting at 6 p.m. Everyone welcome! Free-will offering. Questions or to schedule a meal delivery call Judy @701-220-4410 or Rhonda @701-315-0656

February 27
First Lutheran Church's Super Sunday Supper. Hot pork sandwiches with mashed potatoes & gravy from 4 p.m. to 6 p.m. Everyone welcome! Free-will offering. Questions or to schedule a meal delivery call Judy @701-220-4410 or Rhonda @701-315-0656

Monday, February 28
Yoga, First Congregational Church, Garrison, 8 a.m.

District 4 Republican Party Lincoln Day Dinner, Doug Kinnoin farm (7890 51st St. SW, Stanley), starting at 6 p.m. For more information, call Chuck Walen at 701-421-2262.

Tuesday, March 1
Bone Builders, Garrion Senior Center, 10 a.m.

Wednesday, March 2
Yoga, First Congregational Church, Garrison, 8 a.m.

The Thrift Store, GARC (71 S. Main Street, Garrison), 10 a.m. to 4 p.m.

Thursday, March 3
Bone Builders, Garrion Senior Center, 10 a.m.

Alcoholics Anonymous, Garrison Hospital Cafeteria (enter through ER), 8 p.m.

Friday, March 4
Yoga, First Congregational Church, Garrison, 8 a.m.

Saturday, March 5
The Thrift Store, GARC (71 S. Main Street, Garrison), 10 a.m. to 1 p.m.

March 8
The Washburn Life meeting at 12:00 p.m. at City Hall.

The Washburn American Legion & Auxiliary will meet Tuesday, March 8th, to celebrate the organizations’ Birthday Party with Social to begin at 5:30 pm, potluck Dinner at 6:00 pm, Entertainment at approximately 6:30 pm and Meetings at 7:00 pm. at the Memorial Building basement. Dessert will be provided.

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 Feb. 19 from 10 a.m. - 12 p.m. & March 3 from 4 p.m. to 6 p.m. All in need are welcome to recieve food, household goods and clothing at no cost. No referrals or preregistration required. 208 Lincoln Ave. Please feel free to contact Kay at 448-2874 or at delkay1984@outlook.com.

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.
McLean-Mercer Regional Library, Riverdale Open Mon-Fri 8 am-5 pm.

MEALS ON WHEELS

Feb. 28: Applewood smoked pork loin, au gratin potatoes, capri vegetable blend, applesauce.

Mar. 1: Chicken fried steak with country gravy, mashed potatoes, peas, apricots.

Mar. 2: Country style ribs with sauerkraut, mashed potatoes, vegetables, tropical fruit.

Mar. 3: Roast beef, mashed potatoes with gravy, garden mixed vegetables, ambrosia cup.

Mar. 4: Meat sandwich, soup, pasta vegetable salad, apple rings, cake with frosting.

What's Your Game Plan for Sports Snacking?

PRAIRIE FARE

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

"What do you think about the teams in the Super Bowl?" the cab driver asked me. "Do you have a favorite?"

Oh no, I thought to myself.

Fortunately, I happened to be paying a slight amount of attention to the playoff games. My husband likes to watch football and text with our son during the games. I could name the teams, anyway.

To divert attention from my lack of sports trivia knowledge, I asked the cab driver questions. He liked to talk. He travels all over the country to watch games, including the last several Super Bowls.

I decided that driving a cab must be lucrative, or he is independently wealthy.

He was a walking encyclopedia of sports trivia. Of course, he could have told me almost anything. I did not fact-check him with my phone.

The 30-minute ride to the airport passed quickly.

When I returned to my campus office, I had an email about doing a radio show on Super Bowl snacks. I know a lot more about food than football teams.

We can apply much of the following information to most

social situations, whether you invite friends over to watch movies, play card games or watch any type of sport on TV.

"Snacking" sometimes has a negative connotation. Snacking can have positive health effects. You can help people fill the nutrition gaps in their diet if you have a game plan for the food you serve.

First, remember food safety all the way from the grocery store or restaurant to your home.

Be sure to avoid cross-contamination. Wash or use different cutting boards and knives for cutting raw meat and before cutting fruits and vegetables. Cross-contaminating ready-to-eat foods with juices from meat is a common food handling error, which can cause serious foodborne illness.

Be sure to keep track of the amount of time your food is at room temperature, whether it is a meat and cheese tray or a platter of cut fruit. Perishable food usually is high in moisture and protein; they can be held safely no more than two hours according to the U.S. Department of Agriculture. Provide tongs or serving spoons.

To keep foods palatable and at safe temperatures, keep hot foods, such as chicken wings or meatballs, hot on

your serving table. You can use a slow cooker on low as a hot-holding unit to maintain their temperature at 140 F after cooking thoroughly.

See the food safety information at www.ag.ndsu.edu/food for more information.

By the way, serving fruits and vegetables as part of your snack buffet is an excellent idea. Fruits and vegetables add flavor, color, variety and nutrition. They are naturally low in calories, sodium and fat, so they can counterbalance higher-calorie options. Fruits and vegetables provide vitamins such as vitamins A and C, along with minerals such as potassium.

Serve some whole-grain foods, too. For example, popcorn is a healthful whole-grain food. Go easy on the butter and salt to keep the calories and sodium low.

If you serve pizza, try a thinner-crust option and veggie toppings in addition to your favorite meats to trim some calories.

Provide salsa with whole-grain chips. Try making fresh salsa with ripe tomatoes, onions and peppers, or compare the nutrition among various brands of premade salsa.

Keep your protein choices healthful. Have some hummus and/or lightly salted nuts. If

you make meatballs, choose lean or extra-lean beef or pork. Instead of deep-frying foods, use an air-fryer or your oven to make homemade chicken wings or nuggets.

Try chili as an excellent "game day" food. Add some extra beans, such as kidney or black beans, to increase the fiber and folate. Drain and rinse canned beans before adding to your creation to reduce about 40% of the sodium.

How about alcohol? Alcohol provides calories without nutrition; however, if you enjoy beer or other alcohol-containing beverages, consider drinking a glass of water in between cans or bottles. Keep the empty containers in front of you so you do not lose track.

Be sure to provide alternative beverages such as water and other lower-calorie beverages for those who are underage or choose not to indulge.

Here's one of my favorite dip recipes. Using lower-fat versions of sour cream helps reduce calories in dips.

Party-size Spinach Dip

1 (10-ounce) package frozen, chopped spinach, thawed and drained

1 (1.5-ounce) package dry vegetable soup mix

1 (8-ounce) carton fat-free

sour cream

1 cup mayonnaise (try olive-oil based for a change)

1 (8-ounce) can water chestnuts, drained and chopped

5 cup sliced green onions, including the tops

2 round loaves sourdough bread, unsliced

Thaw spinach overnight in the refrigerator, then drain and squeeze juice in a strainer until fairly dry. Combine spinach, sour cream, mayonnaise, water chestnuts, soup mix and onions. Refrigerate. Slice top third of one loaf of bread; hollow out inside. Cut removed bread and second loaf into 1 S-inch cubes. Fill the hollowed-out round bread loaf with spinach mixture. Place the cubed bread cut from the loaf around the outside for dipping.

Makes 16 servings. Each serving has 290 calories, 35 grams (g) carbohydrate, 13 g fat, 7 g protein, 3 g fiber and 600 milligrams sodium.

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

OUR OUTDOORS

A Touch of Spring



BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

The wakeup temperature on Saturday morning was seven above. Slackjawed, I stared at the readout in the upper right corner of my watch and laughed. I thought no way was that single-digit reading ever going to reach the 48 degrees promised on the far side of the curve as I stepped into the garage and wistfully looked over my puddle jumper parked in my truck's usual spot to defrost.

The dogs whined with excitement for their morning walk as I clipped the leashes to their collars and opened the man door. Met by a strong pre-dawn southerly gust, the chill

was as bad as any north wind we had faced this season and I raised my hood up over my red-white-and-blue beanie and took a swig of coffee to warm up as we headed out.

Despite the chill, I began working on the craft as soon as the dogs' breakfast bowls were filled, hoping that perhaps with the strong southerly winds, those temperatures would still become a reality and a sample of spring would come with them ahead of this week's predicted plunge back into the ice box. With the nearby power plant lake always open, and the water at the outlet of the cooling canal a balmy 65 degrees, I would be ready for whatever window the warm winds could provide.

Following some clean-up work, a quick vacuuming, and a testing of the trolling motor, I again checked my watch. The mercury had spiked to 35 by midday and I set about readying my rods, all doubts of the short-lived warm-up erased and excitement growing for a late afternoon run to the warmwater lake.

On the drive, the truck thermometer touched 50 degrees a couple of times, before settling back into the upper 40s as I arrived at the launch and, donning waders, dumped the 16-foot aluminum craft into the lake. The southwest winds sailed overhead, leaving an entire side of the lake open for exploration and the first openwater casts of the year.

Tying on an orange Roadrunner jig with a chartreuse one-inch tube for a trailer, I began casting around the canal for crappies, moving to the rocky break on the far side of the outlet and leaving room for the pair of shore anglers working the moving water for bass. With only a couple hours ahead of sunset, I fan-casted the area, counting the lure down and working it back to the boat, finding scattered fish and bites that came only when the bait reached its slowest point of motion at the trough of its arch back to the boat.

The hard work was worth it as a handful of crappies — both black and white — came

to the boat, all running 10 to 12 inches with no small ones in the mix. Even on the artificially warm lake, their spawn was still four or five weeks off, and I'd likely find them in a month or so staging on the north side of the water along the rocky points of its two main bays. While the wind prevented it on this pre-pre-spawn outing, I thought of previous springs on the lake with fly rod in hand, hooking fish after fish on brightly colored streamers as they staged and defended their prime spots in a rocky cradle across the lake.

The biggest speck in the warm afternoon sampling was a white crappie of 12 inches and it was so lightly colored it was difficult to identify its trademark bars in the yellow light of the afternoon sun. With a quick picture, I turned it back and wondered what it would look like in a few weeks as it prepared to spawn. Likely, its back would darken and the stripes running down its side would turn a bluish black as it entered the nesting area, a pattern that for

me was synonymous with spring and some of my favorite angling opportunities of the year.

Like the short sampling I had been given of the season to come, and the items I had to check off to get ready for the opportunity, I started a list of patterns to tie, jig colors to craft, and lure restocking necessary for real spring as I fired another cast into the water. With a dinnertime warning text from my wife buzzing on my wrist, I checked my watch and saw the official temperature had indeed reached the promised levels as I turned on the trolling motor and headed to the concrete slab to load the boat back up in the muddy gravel lot.

I called the outing a success, and chalked it up as a reminder that, like the outlandish appearance of the morning's temperature prediction for the mid-February day, spring will arrive soon as well; even if the crashing cold predicted for the week to come makes that seem impossible ... in our outdoors.



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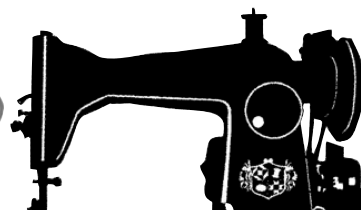
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HAT TIPS

Last will



BY DEAN MEYER

Hello,
I'm sure you don't want to hear about my health. I know I'm sick of hearing about it. But I guess it comes with age. I'll tell you one thing, after my last checkup Shirley got pretty excited and we had to go to a lawyer and rewrite our "will."
Now a "will" is the last thing I'm concerned with. I just kind of figure with my lifestyle, there won't be anything left for anyone to be concerned with. And besides that, my Dad is over 90, still occasionally is

horseback, drives all over the country, and has a memory much better than mine. I just kind of figured I didn't need to plan ahead for another thirty years or so.
My doctor said I am in good shape. Other than my eyes are kind of bad, my hearing aids need updated, my cholesterol is high, my blood pressure is high, and I have diabetes. But I'm in good shape for the shape I'm in!
So off to the lawyer we went. Right away a lovely young attorney began asking questions about our living will. Shirley knew right away what she wanted. No feeding tube. Water if she was thirsty. She didn't want to be bedridden and a burden on the family. She is such a kind person.
The lawyer turned to me. I said I wanted my feeding tube and Shirley's too if that could be arranged. I said as far as

liquids, just give me jack and water from about 3 until 7 p.m. And make sure I have cable TV with HBO. My life would not be making a very dramatic change.
The young lady who was taking notes was writing furiously and Shirley quickly informed her "He is only joking!"
I said I would also like a Bloody Mary in the morning if they could get that through those tubes. But leave the pickle and the olives out. Skip the celery too. That would probably clog up the machine.
I advised the young lady that I would like to be an organ donor and she burst into laughter!
I don't think law school prepared the young lady for such travails and she excused herself and went to get her superior.
As soon as she left, my first wife began chastising me

for making light of a serious situation! I think she was just jealous of me.
I thought I had better research some wills so I'm just going to mention a couple that I read.
One gentleman wrote, "To my first wife Sue, who I always promised I would mention in my will, Hello Sue."
Many have left millions of dollars to their pets and arranged for pet marriages, homes, and caretakers for their dogs or cats.
One of my favorites was the lady that left her million-dollar mansion to her cat! A mansion to a cat. And the day of the funeral, the cat was sunning itself in the driveway and the hearse ran over it!
My dogs, Vern Baker and Tyke are going to have to figure out how to get by on much less.
Later, Dean

KOTA THEATRE

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

Moonfall, PG-13
A mysterious force knocks the Moon out of its orbit around Earth and sends it hurtling on a collision course that could end life as we know it. 2 hrs. 11 min.
Feb. 25 & 26..... 7:30 p.m.

The King's Daughter, PG
King Louis XIV's quest for immortality leads him to capture and steal a mermaid's life force, a move that is further complicated by his illegitimate daughter's discovery of the creature. 1 hr. 30 min.
March 4 & 5 7:30 p.m.
*Coming soon:
Downtown Abbey: A New Era,
Death on the Nile*

THE CLASSIFIEDS

STATEWIDES

HELP WANTED
MAYVILLE STATE UNIVERSITY – Child Development is seeking applications for financial assistant, education inclusion manager, classroom aides, infant/toddler teachers, preschool teachers and more. These are full-time, benefited positions. Visit www.mayvillestate.edu/employment.

STUDENT SUCCESS ADVOCATE. NDSCS has a FT, 12-month, benefited position open in Wahpeton. The Student Success Advocate serves as a resource for high-risk students

and students in need of academic and non-academic support services. Salary DOE plus full benefit package, including fully paid health insurance premium. Screening begins immediately. Interested candidates must complete the online application. For more information, go to: www.ndscs.edu/join-our-team. EOE

GROCERY STORE MANAGER Position available at the Linton Food Center, Linton, N.D. Call David Bruns at 605-208-7211.

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.

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.

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.

NEVER CLEAN YOUR GUTTERS AGAIN! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-354-0572.

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.

Are you looking for a rewarding career in public service that allows you to work independently while enjoying long weekends nine months of the year? If your answer is an enthusiastic yes then please keep reading!

Our McLean County Highway Department team is looking to fill one or more positions as full-time
EQUIPMENT OPERATOR III(s)
in the Max area. Applications will be accepted until **4:00 P.M. on Wednesday, March 16, 2022.**

The new team member must reside within 40 minutes travel time of the Garrison Highway Shop. Under limited supervision, you will perform a variety of skilled and semi-skilled work in the operation of heavy equipment (primarily motor graders) utilized in road construction, snow removal, bridge projects, maintenance and other repair projects. To view the complete job description, visit our website, www.mcleancountynd.gov/employment.

Benefits of working for McLean County:

- Competitive starting salary starting at \$ \$49,665.22 with a full salary range of \$49,665.22 - \$68,767.46.
- Fully employer-funded participation in ND Public Employees Retirement System defined benefit retirement program.
- Fully employer-funded health insurance for either single or family coverage.
- Flexible work schedule.
- Access to employee funded dental, vision, disability, deferred compensation, and flexible medical spending accounts.
- Paid holidays along with annual and sick leave.

Preference will be given to applicants with prior experience in operation and routine maintenance of construction equipment such as a motor grader, scraper, dozer, heavy snow plow, semi-tractor/trailer, etc. 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.

For further information on the position or to obtain a McLean County job application, interested individuals may contact Lori by phone at (701) 462-8541; via email at lfoss@nd.gov; or visit www.mcleancountynd.gov/employment. Résumés may be included with the application, but will not be accepted in place of an official application.

McLean County is an Equal Opportunity Employer.

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.

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.

FINANCIAL SERVICES
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! 855-399-8165.

EDUCATION /TRAINING
TRAIN ONLINE TO DO MEDICAL

MISCELLANEOUS FOR SALE
TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 855-754-3470

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.

DIRECTV SATELLITE TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-540-0198.

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
2022 VIRTUAL WOMEN'S BUSINESS CONFERENCE- FREE! - March 7th - 11th. Speaker Line Up on E-Commerce, Finance, Burnout Prevention & More! Register 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.

PROPOSALS
ATTENTION ENGINEERING FIRMS in North Dakota. A project called the Best Management Practice Team seeks proposals to complete engineering services in ND. If you would like more information on how to apply contact: Bob Flath, Project Coordinator at (701)320-0194, Robert.flath@nd.nacdn.net or send a request to: Ransom County SCD, P.O. Box 431, Lisbon, ND 58054. Proposals including SF330 and billing rates must be submitted to the address listed by March 31, 2022.

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.

Ward County Land for Sale

SE1/4 Section 21-152-86
Total Acres: 156 Acres +/-

Minerals: Seller to reserve all oil, coal, gas and all other minerals the seller may now own of record.

Terms: Cash, with 10% down as earnest money upon completion of bids and balance payable within 45 days.

Bids: Written bids, accompanied by a cashier's check or certified check for \$5,000 payable to Haugen Farm Realty, Inc., will be accepted until 5:00 pm on Tuesday, March 15, 2022. The top 5 bidders will have the right to orally raise their bids at 10:00 a.m. on Friday, March 18, 2022. Seller will furnish updated abstracts. Seller will pay the 2021 real estate taxes and all prior years. Buyer will pay the closing fee. The seller reserves the right to reject any and all bids and to modify the oral bidding requirements.

Information: Bids may be submitted to and further information, along with bid forms, may be obtained from Ryan Haugen, Haugen Farm Realty, Inc., 3108 S. Broadway, Ste. I, Minot, ND 58701, (701) 839-1451, or from our website at www.haugenfarmrealty.com.

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-TFNP 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-TFNP 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, \$3.47/gallon; Premium Dyed #2 fuel, \$3.10/gallon; Unleaded Gas, \$3.18/gallon. Call for current pricing. Call Jason, 701-870-0415.

TRIANGLE Y CAMP, in Garrison, is looking for kid friendly horses for sale or donation. Please call Nick @ 701-852-0141

43-44-LN-CM-IN-PD 58577

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
Yield Powerhouse
Loyal L0320E Enlist E3
ND17009GT

Keep your own seed
Custom conditioning,
treating, inoculating.

FINKEN

FARMS & SEEDS

Chris 651-792-5920

Dylan 701-500-7227

Bob 701-720-1808

finkenfarmsandseeds.com

SEED OATS FOR SALE:

Contact
Weston Berg
870-0956

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

THE CITY OF GARRISON is seeking a qualified applicant for a Water Plant/Distribution Operator/City Maintenance position. The applicant would be required to operate and maintain a Class 3 Surface Water Treatment System and pump station facilities along with adequate qualifications to perform city maintenance. The job position requires a minimum of one year accredited technical training in the operation of water plant treatment or an equivalent combination of education and experience with water plant treatment processes. Perform and assist with all water plant, water distribution, wastewater, city streets, city grounds, and city landfill maintenance to include the proper operation and maintenance of all heavy equipment. The position is full time with a starting salary of \$18.00 to \$32.00 per hour depending on experience with excellent benefits. For information regarding this job position, please contact: Diane Affeldt, Auditor for City of Garrison, PO Box 459, Garrison, ND 58540, phone: 701-463-2600, Fax: 701-463-7400, email garrisoncity@rtc.coop.

42-3TCHX 58540

The Board of Sheridan County Commissioners will be accepting applications for a Road Foreman. Qualifications are to have experience in performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Other duties include leading and supervising road crew, performing general maintenance on roads within Sheridan County, maintain and manage county road equipment, manage county road budget, and attend regular county commission meetings with updates and requests. Has a commercial driver's license or will get one. Wages \$26.00-\$31.00 per hr. - negotiable upon experience. Up to a 45-hour week. Starting date of hire is as soon as can be. Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 PH# 701-363-2205 or at the County website: www.co.sheridan.nd.us Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. March 4, 2022.

39-5T-XT 58577

The Board of Sheridan County Commissioners will be accepting applications for a Equipment Operator. Qualifications are to have experience in performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Wages \$17.00-\$19.00 per hr. - negotiable upon experience. Up to a 45-hour week. Starting date of hire is as soon as can be. Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 PH# 701-363-2205 or County website: www.co.sheridan.nd.us Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. March 4, 2022.

HELP WANTED: Clean CDL Drivers for spring season running belly & side dumps. Must have your own vehicle & be able to pass a drug test. 701-460-0918

43-TFN-LN-CM-XT 58577

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday March 21st. 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

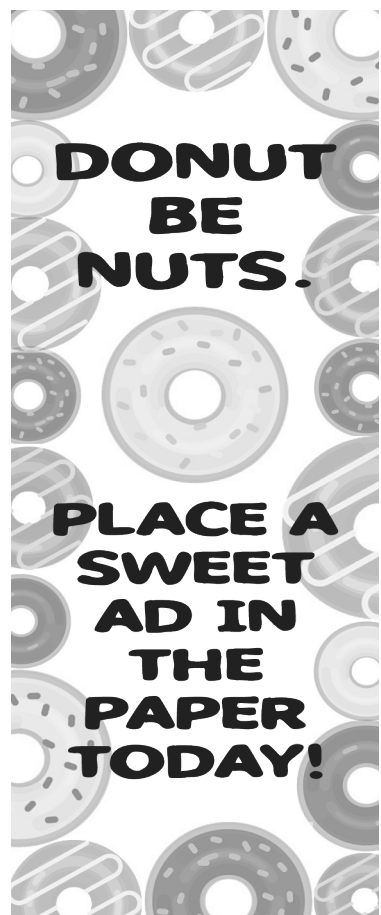
HAVE YOU BEEN in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant.

1-E-TFN-NC 58577

REAL ESTATE FOR RENT

FOR RENT IN WASHBURN: Cute little 2 bedroom home-close to school, clinic, groceries & restaurants. Application required. Call Tammy 701-315-0034.

43-TFN-LN-CM-XT 58577



Don't be Late!

The Xtra has strict deadlines.
We need the following items sent to us by the following deadline time...

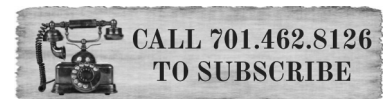
10 a.m. Thursday
Advertisements, calendar of events and classified ads

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



Benedictine

LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!

- **CNA**
Full-Time, Days

- **CNA**
Full-Time, Nights

\$5000 SIGN-ON BONUS

Apply at www.blcgarrison.com

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



Benedictine

LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!

- **Culinary Aide**
- **Cook**

- **Laundry Aide**
- **Housekeeper**

\$3000 SIGN-ON BONUS

Apply at www.blcgarrison.com

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

HELP WANTED

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

**Radiology
Technologist,
Part-Time Clinic
Nurse , RN/LPN**

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

This institution is an equal opportunity provider and employer.

CHI St. Alexis Health
Imagine better health.™

HELP WANTED

CHI St. Alexis 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

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

HELP WANTED

CHI St. Alexis 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. Alexis 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



Accountant

WRT (West River Telecom) – a growing telecommunications company

- Is hiring an Accountant (Job description can be found at 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:

- Has skill in oral and written communications and enjoys working with the public
- Is a self-motivated, detail-orientated, loves accounting, and is a team player
- Is professional, positive, courteous, has good judgement and discretion, and can work independently

INTERESTED: Complete an application online and submit with resume careers@wrtc.com **QUESTIONS:** Call 701-748-4277

APPLICATION DEADLINE: The first review of qualified candidates will commence on noon on February 28, 2022.
This position will be open until filled.

WRT is an Equal Opportunity Employer

HELP WANTED

is looking for
ASSISTANT MANAGER
Full Time
SALES ASSOCIATES
Full Time or Part Time
 Stop in for an application
 200 5th Ave SE, Garrison

HELP WANTED

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

Stop in for an application.

Hwy 37 • Garrison, ND

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



Benedictine
 THE MEADOWS
Neighbor Assistant /CNA

Full time with great benefits.

If you enjoy working with people we have a great team. If you are not certified we will help you get certified!

Apply online at
www.blcgarrison.com

Call Jenni Bakken for more information.

(701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

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



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

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
 for 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 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

**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

HELP WANTED

Garrison Public Schools
 is accepting applications for
Full-Time Custodian

We are seeking applications for a full-time custodian. Starting pay is \$15/hour plus full benefits and leave time. The hours are 2-10 p.m. with duties in both buildings. Training will be provided and must be able to lift 50 pounds. To apply, please submit an application on our website to Dr. Klemisch at Nick.Klemisch@k12.nd.us or fill out an application at the high school.

HELP WANTED

is looking for

SERVERS

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83
 337-2070

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



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



- Hiring part time Pharmacy Technician.
 - Will train, no weekends or major holidays, hours 9-5, 3 days a week.
 - Must have good customer service, computer & math skills.
- Apply in person.**



CALL
701.462.8126
 TO
SUBSCRIBE

HELP WANTED**CORPS OF ENGINEERS**

is recruiting for multiple

SUMMER LABORER POSITIONS

located at Riverdale, ND.

For more information about the position visit:

<http://www.nwo.usace.army.mil/Careers/>

or contact Devon Smith at (701) 654-7710. To apply, send resumes to devon.p.smith@usace.army.mil by 25 February, 2022.

**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!

South McLean County Soil Conservation District - Seasonal Help Wanted

The South McLean County Soil Conservation District is now taking applications for the 2022 seasonal work.

If interested please call Charlie or Wyatt at 701-448-2474 for an application or stop into the district office in Turtle Lake.

Must be 16 years old or older and be available to work full days, some weekends possible.

Job would start mid to end of April and run through June/July.

Minimum starting pay \$15.00/hour with an increase mid-season.

GARRISON PARKS & REC

is now hiring for the following positions:

- **Maintenance Supervisor**
- **Rec Supervisor**
- **Pool Supervisor**

Deadline: Monday, March 14th

Pick up applications at BHG or email resume to:
garrisonparksandrec@gmail.com

HELP WANTED**CLUBHOUSE MANAGER/EMPLOYEE**

Full time position, responsibilities include:

- Making Schedules
- Recording Financials
- Bar/Kitchen Staff
- Event Coordinator

Hourly or salaried options.

Email application/resume to:

garrisongolfcourse@hotmail.com

or stop by Garrison Golf Course

**GARRISON GOLF CLUB**

337-5420 • Garrison, ND

**Construction Assistant**

- WRT (West River Telecom)** – a growing telecommunications company
- Is hiring a Construction Assistant (job description can be found at 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:

- Has skill in oral and written communications and enjoys working with the public
- Likes to drive, likes to walk and be outdoors, and can work independently
- Is a self-motivated, detail-orientated, professional, positive, courteous, and has good judgement
- Has knowledge or experience operating a GPS unit is a plus

INTERESTED: Complete an application online and submit with resume careers@wrtc.com **QUESTIONS:** Call 701-748-4277

APPLICATION DEADLINE: The first review of qualified candidates will commence on noon on March 9, 2022.
 This position will be open until filled.

WRT is an Equal Opportunity Employer

HELP WANTED**Soda's & Things**

Manager & sales associates positions available.

Contact
701-442-5277
 or stop in for an application.

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.

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!

BHG, Inc.
92 N Main St • Garrison, ND
701-463-2201

Timing it Right DAKOTA GARDENER

By Carrie Knutson, NDSU Extension - Grand Forks County Horticulture Agent

Last month, I discussed getting ready for starting garden seeds. Hopefully, you have your supplies ready to go. Now the most important supply you need is patience! Sadly, it isn't time for most garden seeds to be started. It is still too early.

Why must I wait, you ask? Vegetable plants are not meant to be grown inside for extended periods of time. Plants use sunlight to convert oxygen and water into carbohydrates or energy. This process is called photosynthesis and happens inside chlorophyll molecules in plants.

If plants do not have enough sunlight to carry out photosynthesis, they may be lighter green in color. The lack of sunlight also causes plants to increase the distance between leaves on the stem, resulting

in leggy, long and thin stems. These pale leggy plants will not do well when planted outside in your garden.

Grow lights can be used to supplement sunlight and can help prevent leggy seedlings. However, nothing beats natural sunlight for seedling growth. If you use grow lights but start your seeds too early, the end result can be the same, leggy weak plants. Trust me, I learned from experience last year. I was not patient and started my broccoli seeds too early. The broccoli transplants did not do well outside.

How do you determine when to start your seeds? First make sure to read your seed packets. The packets will provide approximate start dates. For example, seed packets may say to "start seeds indoors 4-6 weeks before the last frost". For those of us living in North Dakota the last frost date usually falls somewhere in the last two weeks of May.

Below are some dates that will give you an idea of the seed starting timeline for our area. I am going to use this schedule to start the seeds for my school garden programs. I consulted my seed packets and plan on planting the gardens the week before Memorial Day. That being said, indoor growing conditions will vary, if you have dates that work for you, go ahead and use them.

Week of March 16: oregano and thyme

Week of March 30: eggplant and sweet peppers

Week of April 13: tomatoes, basil, marigolds, kohlrabi, kale and Swiss chard

Week of April 27: broccoli, cauliflower, cabbage, pac choi and vine crops

If you must start some seeds now to help with cabin fever, start some ornamentals like dusty miller, begonias or impatiens. Happy gardening!

UPCOMING ANNIVERSARY?

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FULL MENU AND LUNCH SPECIALS EVERY SUNDAY!

HOURS

Mon: CLOSED
Tue: CLOSED
Wed: 11am to 9pm
Thu: 11am to 1am*
Fri: 11am to 1am
Sat: 11am to 1am
Sun: 11am to 7pm

*Subject to change.

Kids are welcome until 9pm

Buy 1 Burger, Get 1 Half Off!

Smoked Rib Dinner Special

BINGO
7pm!

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\$150 Buy-In

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Smoked Rib Dinner Special

BINGO
7pm!

STEAK NIGHT!
Sirloin or New York Strip

GERMAN NIGHT!
March 16
5pm 'til Gone
Cheese Buttons
Knoephla Soup
Sausage

Smoked Rib Dinner Special

BINGO
7pm!

Adult Bingo
9pm
Karaoke To Follow

Buy 1 Burger, Get 1 Half Off!

Smoked Rib Dinner Special

BINGO
7pm!

STEAK NIGHT!
Sirloin or New York Strip

Buy 1 Burger, Get 1 Half Off!

Smoked Rib Dinner Special

Let us host your private meeting, special event or party!

SAT, MARCH 5TH
11am Registration
12pm: Cards In The Air

STEAK NIGHT EVERY SATURDAY!



SCAN TO SEE OUR MENU

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