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Friday, May 20 (5 to 8), Saturday, May 21 (10 to 5) and Sunday, May 22 (2 to 5).



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Fri, May 27	Regular Race Night
Wed, June 8	Tougher Than Dirt Cenex of Garrison/Rusted Rail
Fri, June 17	McLean Co. Fair Wholesale Ag Products West
Sat, June 18	McLean Co. Fair Cottingham Insurance
Fri, June 24	Midsummer Chaos Dakota West Credit Union
Fri, July 1	Quality Dirtworks A-Mod Showdown 5.0
Sun, July 24	Race to 200 Outlaw/Traditional Enduro2 PM
Fri Aug 5	Coal County Classic Double Header
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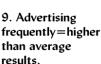
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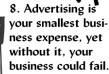


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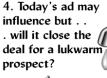
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Leader News

CALENDAR

Thursday, May 5

Bone Builders, Garrison Senior Center, 10 a.m. Alcoholics Anonymous, Garrison Hospital cafeteria (enter through ER), 8 p.m.

Friday, May 6

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

Saturday, May 7

The Thrift Store, Garrison Area Resource Center, Garrison, 10 a.m.

Trinity Lutheran WELCA Silent Quilt Auction, Douglas Senior Center, 2-4 p.m.

Sunday, May 8

Mother's Day

Monday, May 9, 2022

The Washburn City Commission will hold its regular scheduled meeting on Monday; May 9, 2022, at the City Hall at 6:30 PM. The public is invited to attend.

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

Tuesday, May 10, 2022

The Washburn American Legion and Auxiliary will meet Tuesday, May 10. Social at 6:30 p.m. and meeting at 7:00 p.m. High School and Junior High Pops Concert and Pie Auction, Garrison High School, 7 p.m.

Wednesday, May 11, 2022

Washburn Library Pie Social will be held Wednesday, May 11 from 2-4 p.m. Hosted by the Washburn Study Club.

Thursday, May 12

Bone Builders, Garrison Senior Center, 10 a.m. Alcoholics Anonymous, Garrison Hospital cafeteria (enter through ER), 8 p.m.

Friday, May 13

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

Saturday, May 14

The Thrift Store, Garrison Area Resource Center, Garrison, 10 a.m. to 1 p.m.

Tuesday, May 17, 2022

First District Health Unit will be holding a Kick Start class to help tobacco users quit smoking, chewing and/or vaping. Whether you are ready to quit or would just like to find out more about the process, join us on May 17, 2022, at 6pm at Turtle Lake City Hall. The class is free. Because of limited space, registration is required. You can register online at fdhu.org or call Bonnie at 701-837-5171.

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 May 5 from 4 p.m. - 6 p.m & June 2 from 4 p.m. - 6:00 p.m. All in need are welcome to recieve food, household goods and clothing at no cost. No referrals or preregistaration required. 208 Lincoln Ave, 701-595-

Open Door Community Kitchen soup kitchen. Please feel free to contact Kay at 448-2874 or at delkay1984@outlook.com with any auestions.

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 a.m.-5

MEALS ON WHEELS

May 9: Stuffed pasta with meatsauce, mixed vegetables, salad with dressing, pineapple chunks.

May 10: Spanish rice with ground beef, sweet corn, marinated vegetable salad, blushing pears.

May 11: Fish, tartar sauce, seasoned rice, garden mixed vegetables, tropical fruit.

May 12: Cheese burger deluxe on a bun, lettuce. tomato, onion, tater rounds, corn, fruit cocktail.

May 13: Sweet &sour chicken over rice, egg roll, mandarin oranges, fortune cookie.

How's your Parenting? Is it Human?



BY JACEY WANNER NDSU EXTENSION OFFICE PARENT **FAMILY EDUCATOR**

I usually start all of my parenting classes with my 'perfect parenting" speech which usually goes something like this:

"There is no such thing as a perfect parent because we are all imperfect humans. Every person in this room has ways they can improve their parenting. Parenting is a continual journey with new

things to learn about our kids and ourselves for our whole lifetime. There are hundreds of ways to raise great kids.'

What I would like to add to this speech is to get rid of the "good" parenting and "bad" parenting labels. Why? These labels are completely dependent on the opinions of each person. The labels also bring about lots of feelings of shame which often don't motivate people to self-reflect on ways they can improve as a parent. Let's try to replace those "good" parenting and "bad" parenting labels with better descriptive words.

The National Institute of Child Health and Human Development has identified the following words to describe parenting: active parenting, effective parenting, consistent parenting, and attentive parenting and we can be those types of parents through what that National Institute calls the RPM3: respond, prevent, monitor, mentor, and model.

Respond: Responding is different from our first reaction. Responding is taking a moment to think about the kind of words we want our kids to hear and the actions we want them to see. Thoughtful responses take our brain power. Our thoughtless reactions are what comes out when we are frustrated or annoyed. When you are able to respond with a thoughtful question ("How do you feel about how your school work is going?) after a particularly difficult parent teacher conference, you are showing your child you are attentive to what they think and are an active member of their life. We also are able to improve our consistency and the

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effectiveness of our parenting when our kids aren't worried about the reaction they will get from their parents.

Prevent: As parents, we can start preventing unsafe situations from the moment they are born. Car seats, outlet covers, and moving electrical cords all are examples of ways we prevent accidents in our homes and in the communities. As children get older, parents can make boundaries for their kids regarding bedtime, screen time, friends, activities and substance use to protect the overall health of the child. Please know that every parent has problems arise with their children, and one of the best things you can do is to seek help from others. Chances are another parent has gone through exactly what you have, and support, listening and encouragement can help

parents prevent further unsafe situations with their kids.

Monitor, mentor and model will wait for my next article writing opportunity, as I want to be able to explain these without worrying about my word count.

In the meantime, at the end of your day, as yourself: "How did I respond to my kids today? Was I patient or annoyed? Did I listen or did I rush? Did I assume or did I ask questions? Did I do my best to make sure my kids were safe today? How can I be better at responding to my child tomorrow? How can I help encourage another parent tomorrow?

I am cheering you on, dear parents. This parenting gig, it is tough, but those kids are worth it and they love you.



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auto trans, 257K
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■ May 6 & 7...... 7:30 p.m. ■ May 13 & 14...... 7:30 p.m.

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All Mixed Up

THE PELUSO REPORT

BY MIKE PELUSO

DAKOTA EDGE OUTDOORS

It's the week of the Big Muddy walleye tournament, which is always the pinnacle of the spring here on the Missouri River near Bismarck. It means a couple things to me.

First off, I wasn't allowed to fish it for the first 10 years of its existence, and I sure wish I could have back in those days. I have dabbled in it a few times over the last decade and have come close to winning it a few times. It's a tough one, and in my opinion the Big Muddy showcases the best of the best! So, for a guy like myself who is on the water every day, it is hard to fish it. I can tell you exactly where I would want to fish it every year. But the challenge is if you don't draw a good boat number, or you don't respect your fellow angler,

you get to fish seconds. It's not easy to do out here with the boundaries so tight.

This year I won't have to worry about this. I'm not in the tournament, so the pressure is off. Guiding daily and being in tournament mode are two different things. I know there's a lot of talk about the muddy water, spawn, higher flows, and so on, but rest assured the fish will bite! My guess is that weight totals in the lower-to-mid-30-pound range will win it Saturday, even with the dirty water.

Like always I will try and steer you in the right direction. The problem with this week coming up is things are going to change rapidly. The water is going to fluctuate, clarity is going to change, and temperatures are certainly going to increase. I feel by next weekend things are really

going to fire up. I'm hoping May will be off the charts good!

Creek chubs, crankbaits, ripping raps, and jigs and plastics will all play huge roles in catching good fish this week. Remember the spawn is starting, so the fish are all going to be in different moods. They do not all spawn at the same time, so we have all the above taking place, and it should be an interesting week.

Fish should move northward and push shallow as they do this time of year when the water warms up. Pick your poison and get after them! As soon as this spawn is over, it should turn into a great numbers bite!

Mike Peluso is a Dakota Edge Outdoors contributing writer and licensed ND Fishing Guide specializing in walleyes on the state's premier waters.

Student Zapped by a Beulah Doctor

DAKOTA DATEBOOK

Dakota Datebook written by Merry Helm

May 12, 2022 — This date is the anniversary of the disaster known as Zip to Zap. Planned as an innocent spring fling, kids began descending on Zap Friday afternoon, and by sundown the town of about 300 was swarming with some 2,000 drunk students. When the town's caf¤ and two bars closed for the night, a mob mentality took over.

The National Guard was called in, and at sunrise on Saturday, troops prodded partygoers out of town with fixed bayonets. Many hung-over students headed for home, but unfortunately, about a thousand simply moved on to Beulah and then to Hazen.

In near-riot conditions, kids threw bottles and rocks at the

guardsmen who pursued them. Adjutant General LaClair Melhouse later told of a young man who turned his back-end toward a guardsman and yelled, "Stick it...!" The guardsman obliged by jabbing the boy's rump with his bayonet. A Beulah doctor later stitched up the victim's wound – but without the benefit of painkillers.

"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 shopprairiepublic.org.

After the Storm

DAKOTA GARDENER

By Joe Zeleznik, Forester NDSU Extension

When I was in college, I enjoyed country music a lot. In the late 1980s, Tanya Tucker had a No. 1 single titled, "Strong Enough to Bend." The song relates strength to flexibility, with the analogy of a strong tree and a strong relationship. Both the partners in the relationship and the tree need to be strong enough to bend during difficult times.

I like the analogy, though I'm much more of an expert with trees than I am with relationships!

Though trees are tough, resilient and long-lived, some storms are so strong that trees can't bend enough. Too much snow or ice, or extremely strong winds, sometimes harm our trees in the Great Plains. The damage might be minimal or it could be a major problem. How should we respond to tree damage following storms?

While your first instinct might be to go directly to your trees and start cleaning up the debris, remember this important safety precaution – stay away from downed power lines. Period. In addition to the lines being energized, trees and branches can sometimes conduct electricity as well, and you could be severely injured through indirect contact via stems and branches. Wait until the professionals have cleared the way and made it safe to work on or near the trees.

Once it's safe, assess the damage to the trees. Often our

response is to simply prune back a few broken branches, calling it good. Surprisingly, making proper pruning cuts is the number one way to help a tree on its way to recovery. A proper pruning cut reduces the chances of an insect or a decay-causing fungus from entering a tree. There are a lot of great resources available for pruning, including the International Society of Arboriculture's www. treesaregood.org website. Click on Tree Care Basics for more information.

But how much damage is too much?

While cleanup may be as simple as picking up broken twigs, the damage might be substantially worse. Perhaps one or two large branches came down. Were major limbs torn from the trees? Is the main stem intact, or was it cracked and twisted, and unlikely to recover?

This really is the million-dollar question. Branches hold the leaves, and the leaves are what make sugar during photosynthesis. I call them the tree's "food factory." That food factory normally gets bigger each year as the tree itself grows larger.

Then the storms come along and knock that factory back. Again, how much is too much?

There are no hard-andfast rules on tree damage, no decision tree to follow. We must assess the damage for each tree individually and make our best evaluation of how to proceed.

I often begin with the rule-of-

thumb for pruning young trees – remove less than about 25% of the branches, and therefore the leaves, in any given year. Pruning more than 25%, the tree begins to feel some stress. We can follow that guideline with storm damage as well. If less than a quarter of the crown is gone, the tree will likely not even feel it. Just clean up those broken branches and walk away.

Will a tree survive the loss of, say, 25% to 50% of its branches? Probably yes, though it will feel some stress. Take care of it during the following year or two, watering as needed and controlling pests when they arrive. The tree will be stressed and will grow more slowly, but it's likely to survive.

When a tree has lost more than half its crown, though, is when I start to worry. Can it recover? While we can't predict the future, we do know that trees with this amount of damage will be suffering major stress. They will be highly susceptible to insect and disease infestations in the following years, and might begin to slowly decline.

It's a difficult decision, but after that amount of damage, it might be time to remove the tree.

As I said earlier, there are no hard-and-fast rules. We have to make our best guesses and go with them. Can we find examples of trees having recovered after losing more than half their crowns? Yes, but we can find many more examples of trees going into



Amanda Huettl, an agriculture education teacher and FFA advisor at Max Public School, was recently named as the County Teacher of the Year for McLean County. Huettl was one of 47 North Dakota educators to receive this designation. (James C. Falcon)

decline and dying following this amount of damage.

Is there a bright spot in all this? Yes. If we remove trees, that means we can plant new ones to take their places. And that's a cause for hope!

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FOR YOUR









ENDORSED SENATE CANDIDATE FOR DISTRICT 33

Keith was born in Bismarck and has deep roots in the farming community west of Mandan.

He and his wife, Janelle, have 8 children and 15 grand-children, all of whom reside in the surrounding area. His faith and family have always been a central part of Keith's life. He is an active member of Engage Church in Mandan and has served in several leadership capacities over the years.

Keith has spent **40+ years in the Ag community** as a farmer/rancher west of Mandan. He and his family run a successful operation.

Keith has also spent 42+ years in the energy industry with Minnkota Power in Center, 33 years as a blue collar worker and 9 years in a management position. Few are as passionate about the coal industry survival than Keith as he spent a career at it and now has 3 sons in the industry

Keith has spent 25 years as owner/operator of the Flying J travel center west of Mandan where his role is that of Financial Manager.

He has held all leadership positions on several different boards over the course of 35 years. he was also involved in the local and statewide prolife efforts.

Keith will work to

- Protect Families
- Protect the Coal/Fossil fuels industry
- Protect Property rights/Lower property taxes
- Help Agriculture to prosper
- Help Small business to thrive.

Keith has received endorsement from:

- North Dakota Family Alliance
- Young Republicans



Jeff DELZER ND House

CURRENT DISTRICT 33 STATE REPRESENTATIVE: Chairman Full Appropriations

AWARDS & RECOGNITION:

COAL: 2021 Lignite Champion Award for 100% support, by the Lignite Energy Council.

LIFE: 2022 Life Protector Rating 100% by ND Right to Life

Jeff is an experienced legislator with credibility and institutional knowledge which can help District 33.

He was Speaker of the House in the 2007 session, He currently serves as Chair of the full ND House Appropriations committee and has been in this position since 2011.

Jeff is also an executive member of the energy council which is a group of energy states which meet regularly to discuss energy issues.

I have a strong desire to continue to work to keep ND the great state it is.

This includes individual rights, responsibilities and opportunities to improve oneself through hard work and effort.

This can be done by having a strong business climate, low taxes and limited regulation.

I support coal generation, mining and fossil fuels, especially for needed reliable electricity demands.

I look forward to the opportunity to serve district 33, if elected, and appreciate and support or information and help which may be offered by citizens of District 33.

Jeff was born and raised in McLean County. He is a farmer/rancher with off farm experience in oil field and transportation industries.

State email currently is jdelzer@nd.gov and my phone is 701-422-5435.



RE-ELECT Bill TVEIT ND House

CURRENT DISTRICT 33 STATE REPRESENTATIVE:

- * Vice Chair of the Interim Natural Resource Committee
- * House Human Services Committee
- * House Agriculture Committee

AWARDS & RECOGNITION:

- * COAL: 2021 Lignite Champion Award for 100% support, by the Lignite Energy Council
- * **BUSINESS:** 2 time "**Chamber Champion**" for support of business legislation by the GNDC
- * LIFE: 2022 Life Protector Rating 100% by ND Right to Life
- * FAMILY: The ND Family Alliance Score of 100% for key Social & Moral Legislation;
- * COMMITMENT: Legislative Courage Award by Speaker of the House Kim Koppelman

CHAMPIONED CRITICAL LEGISLATION:

- * FREEDOM: HB 1514, Authored & Passed <u>The Right</u> to <u>Try</u> "Off Label Usage" of FDA approved Ivermectin & Hydroxychloroquine for COVID treatment;
- * PROTECTION: HCR 3048: Authored and passed to not allow <u>illegal</u> aliens to be brought into ND
- * COAL/ENERGY: Stood solid for support & preservation of Coal Fired Electrical Generation, recognized for 100% Lignite Champion Rating by the Lignite Energy Council;
- * CAREGIVING: SB 2145: Essential CareGiver Bill; Strong spokesman and advocate in passage
- * **PRODUCERS: HB 1411:** Prime sponsor for Night Hunt Predator Control for Ranchers & Farmers
- * LANDOWNERS: SB 2144: Co-sponsor Landowner rights & Electronic Posting
 35 year experience of retail agriculture business

Lifetime of public service, Church and community volunteer

MILITARY:

* US Army Veteran

FAMILY:

Married to Laurel, for 55 years: 3 daughters and their families include 9 grandchildren and 1 great grand child

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- Pro-Life
- Family

Freedom

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- Lignite Coal Industry
- Limited Government
- Agricultural Community
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- Protecting Your Constitutional Rights

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MISCELLANEOUS

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GREEK SPINACH PIE

By Lemondressing

Ingredients

Filling

2 (10-ounces) packages of frozen spinach, defrosted

12 ounces feta cheese small diced

34 cup full fat plain Greek yogurt

3 scallions thinly sliced

2 large eggs beaten

2 tablespoons fresh dill chopped

3 garlic cloves minced

1 teaspoon lemon zest

1 tablespoon fresh lemon juice

1 teaspoon ground nutmeg

½ teaspoon ground black pepper

1/4 teaspoon sea salt

Phyllo Layers

7 tablespoons unsalted butter melted

18 sheets about $\frac{1}{2}$ pound of phyllo dough (14 by 9-inch sheets), thawed

2 ounces about ¾ cup Parmesan cheese, finely grated

Directions

Drain the water from the spinach. Place the spinach in a clean kitchen towel or in layers of cheese cloth and squeeze out all the water. Try to drain as much of the water as possible.

Place the drained spinach in a large bowl. Add the feta cheese, yogurt, scallions, eggs, dill, garlic, lemon zest and lemon juice, nutmeg, ground pepper and salt and mix until well combined.

Adjust the oven rack to the lower-middle position. Preheat the oven to 425 degrees Fahrenheit.

Line rimmed baking sheet with parchment paper. Using a pastry brush, lightly brush the parchment paper with melted butter to cover the area where the phyllo dough will be placed.

Keep the phyllo dough covered with a damp kitchen towel while working with the phyllo sheets. This will prevent the phyllo from drying out.

Lay 1 phyllo sheet on the buttered parchment. Brush the sheet thoroughly with melted butter. Repeat with 9 more phyllo sheets, brushing each one with butter. You should have a total of 10 layers of phyllo.

Spread the spinach mixture evenly over the phyllo, leaving about ¼ -inch border on all sides.

Cover the spinach mixture with a sheet of phyllo, brush it with butter and sprinkle it with about 2 tablespoons of Parmesan cheese. Repeat with 5 more phyllo sheets brushing each one with butter and sprinkling with Parmesan. Lay two more layers, brushing each with butter (don't sprinkle any cheese on the last 2 layers).

Working from the center outward, use the palms of your hands to gently compress the layers and press out any air pockets. Using a sharp knife, score the spanakopita through the top 3 layers of phyllo into 24 equal pieces.

Bake for about 20 to 25 minutes or until the phyllo is golden and crisp. Remove from the oven and allow it to cool for about 10 minutes (or up to 2 hours).

You can slide the spanakopita to a cutting board or serving platter. Cut into squares and serve.

HAVE A RECIPE YOU WANT TO SHARE?

E-mail jackie@nordaknorth.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.

Ray Bell and Smokey Bear

DAKOTA DATEBOOK

May 9, 2022 — Smokey Bear is the longest running public service campaign in the United States, with Smokey's mission being to raise public awareness to prevent fires and protect our nation's forests. But Smokey wasn't the first "spokesanimal" speaking out for fire safety.

After the release of the 1942 animated feature film, Bambi, Walt Disney temporarily loaned his characters to the government to appear in fire prevention public service campaigns. But there needed to be a new permanent figure, and staying with the popular animal theme, a bear was chosen. The name "Smokey" was chosen to honor a New York City Fire Department hero, Smokey Joe Martin, who shrugged offblindness and burns in a bold 1922 rescue.

August 19, 1944 is considered Smokey's birthday because that's when his debut poster was released. The illustration, by Albert Staehle, showed Smokey in dungarees and the campaign hat for which he is famous, dowsing a campfire with a bucket of water. The message underneath reads, "Smokey says-Care will prevent 9 out of 10 forest fires!"

You know the bear from the posters and commercials but did you know there was a real Smokey Bear? In 1950 a careless person started the terrible Capitan Gap wild fire on the Lincoln National Forest in New Mexico. And on this date, May 9 1950, amongst the smoldering ashes, where once a great forest once stood, firefighters who barely escaped the blaze themselves, spotted a little bear cub, hind legs and paws singed, clinging to a tree.

The firefighters were unable to find the cub's mother, but they did rescue him and New Mexico Department of Game and Fish Ranger Ray Bell flew with the little fellow to Santa Fe for veterinary treatment

for his burns. The bear stayed with Ranger Bell and his family while recovering, and soon the national press caught wind of the story.

It was perhaps inevitable that soon after that, the little bear became the living mascot of the Forest Service and was named Smokey. By the way, the game warden, who took Smokey into his home to recover...Ray Bell? He was originally from 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 shopprairiepublic.org.

The Texas Rig

DAKOTA EDGE OUTDOORS

BY NICK SIMONSON

DAKOTA EDGE OUTDOORS

When spring eventually arrives, and it will, the time for big bass will be upon us. Whether it's largemouth staking out the dark-bottomed shallows of a backwater bay for their ideal spawning site, or smallmouth holing up on a cleared gravelly patch against a stack of timber placed by recent floodwaters, both fish find their vernal comfort zones amidst structure.

Sometimes, that can make getting an offering to them a challenge as reeds, lily pads, sticks, and other debris provide them the cover they need for a safe and successful spawn. One way to assure that a tube, creature bait or soft plastic stick can get into – and most importantly, out of - those close-quartered strike zones is to learn the Texas rig. The Texas rig is a long-established method of setting up a soft plastic bait in a nearly snag proof and weedless way for both largemouth and smallmouth

While it requires some practice, after a few attempts it will likely become second nature, especially when it opens up areas of pads, slop and structure to better fishing. Now, ahead of the season, is the time to learn this option for improved bass fishing in the coming weeks. What follows is a quick tutorial on how to get

the process down pat ahead of spring's spawning rush.

CLICK HERE FOR STEP-BY-STEP TUTORIAL

1. Select bait and hook to match- There are a number of hook models available that work in a Texas rig with narrower worm hooks for slender baits, and wider-gapped ones for thicker plastics like tubes. Generally, eyeballing the bait will help in selecting the appropriate hook. Before tying on the hook, add a sliding bullet sinker, or utilize a pinch-on one after the rig is set up.

2. Start hook in bait- Once the hook is tied to the line, run the point of the hook through the nose of the plastic and thread the worm over the hook a little bit farther than the neck of the hook, located just behind the hook eye.

3. Run the hook through the bait- Carefully slide the hook through the hole made in the plastic and then turn the hook 180 degrees so it is upright once again. The eye of the hook can be inside the plastic a little or it can be out. This variation can be determined by experimentation and experience and preference of the fish and how each bait performs in the water and on the hookset.

4. Run hook into bait again-Run the hook point back up through the worm. For the best horizontal presentation, it may be necessary to bend the plastic down into the hook gap a bit to get a horizontal lay of the bait. A true Texas rig will leave the point just below the top surface of the plastic. An "exposed" Texas rig will have the point laying flat along the plastic as in Figure 5. A "Texposed" version reinserts the hook point back into a little flap of plastic to keep it mostly weedless, but easier to get a hookset.

5. Hook point tight to bait- If exposed, the hook point should sit flat against the top side of the plastic. This minimizes snags and weeds on the lure and makes it more hydrodynamic and natural looking.

6. Texposed option- As discussed above, re-insert the hook point in the plastic to prevent most weeds from getting on the lure.

As with any hook which is inserted and re-inserted into a bait, a Texas rigged offering will require a powerful hookset to drive the point into the mouth of the fish. For this tradeoff in needed power (and that cool baseball-swing hookset you see on televised bass tournaments) an ideal bait for exploring those places where bass lurk is created. It slips through weeds, slides over timber, and glide gently around dock posts with a gentle pull, getting to those spots that will increase spring angling success. Give the Texas rig a shot this season and find fast fishing worth a few extra



OUR OUTDOORS

Gotta Catch 'Em All



BY NICK SIMONSON DAKOTA EDGE OUTDOORS

On the Pokemon cartoon series, there's a character named Goh, whose ambition is simply to encounter and capture every single type of fighting creature in the Pokemon universe. From the grub-like Weedle to the majestic azure legendary horse-like being Suicune and all sorts of different ones in between, that's his only goal - to experience the variety of what is available to him, and take part in it, collecting the varied species of Pokemon along the way.

He truly embodies the franchise's motto of "Gotta Catch 'Em All!" I know all this because first, my boys are now six and eight, and second, we just spent the better part of two weeks trapped inside our house as six-foot drifts covered my boat which was parked and rewrapped in its cover after a few chilly outings before the biggest April blizzard on record swept over the area.

In that time of sub-freezing April days, Goh and his buddy Ash — whom one could argue is the star of the show by his driven protagonist arch — featured

prominently on the TV screen, and in our discussions over the kitchen table where we figured out the mechanics of how the Pokemon card game was played in the real world.

As I flipped through the blue, red and yellow cards with familiar faces from the series like Sobble, Charmander and the ubiquitous Pikachu, I began to identify more with Goh, and thought of my similar path in the outdoors.

I'm certainly not a tournament angler like a number of my friends, having experienced that frustration once or twice on just a local level in my lifetime before deciding it wasn't for me. The outdoors, after all, I've always felt is a place where the only competition is with oneself and with nature, armed with the gear and the knowledge you have and not to be measured against another person.

In that situation, I'm usually only bested by just one opponent, and not 49 others. I've not been driven in large part by the lure of a state record either, though I must admit that the thought of landing the biggest smallmouth bass in history has crept into my daydreams when wandering down the soft plastic aisle at the local sporting goods store. While I've often thought I'd release such a fish in that moment, I find myself second guessing my conservation-focused nature around my favorite species when the fame of being the greatest at something, even if just for a short period of time, is on the line.

Now, if it was just the state record walleye, I might keep that without a second thought. Certainly, I don't strive to specialize in one fish either. While I can appreciate the drive exhibited by folks that live to chase walleyes all weekend, or those under the influence of a muskie fever so intense it pushes their efforts to the extreme when it comes to gear, travel, boats and even off-season obsession projects, I find my afflictions shifting from week to week in any given season.

With perch in the winter, pike as the ice gives way, crappies in the warming waters of spring, bass and walleyes all summer long, and trout in the cool flows of fall, the calendar presents so many options and so many ways of fishing for them, I'm simply unable to stick with one and figure out its seasonal moves and wants entirely. These are the reasons I identify with Ash's sidekick Goh and appreciate his view of the universe of creatures that battle in the ultracompetitive arenas, and simply roam the forests, mountains and waters of the Pokemon world.

Like him, I am a cataloger of events with a love of the variety the outdoors has to offer, and while trying to best all other anglers on the water, catching the biggest, most notable fish, or even becoming an expert for a certain species are all excellent pursuits on the water and I laud those who have the drive, skill and resources to do so; for me the challenge remains simply to catch 'em all ... in our outdoors.

May Is Melanoma Awareness Month

PRAIRIE FARE

By Julie Garden-Robinson, food and nutrition specialist NDSU Extension

In the past year, I have noticed many adults sporting bandages on their noses, chins or backs of their necks.

I do not ask "What happened to you anyway?" I usually have a good idea.

Most will comment that they had skin cancer removed.

Fortunately, in most cases, they have one of the less serious types of skin cancer.

Whenever I see people with bandages on their faces, I tend to examine my own skin more closely.

Is that a harmless freckle or mole – or a potentially cancerous spot?

Skin experts recommend that we know our "A, B, C, D and E's." These are the warning signs of potential skin cancer.

signs of potential skin cancer. Asymmetry – The halves do not match.

Borders – Uneven, scalloped or notched.

Color – Variety of colors including brown, tan, black, red and/or blue.

Diameter – Usually larger than the size of the eraser on your pencil (1/4 inch).

Evolving – Look for changes in size, shape, color, elevation or symptoms such as bleeding, itching or crusting.

Skin cancer is the most common type of cancer. Every year about 5 million people are diagnosed with skin cancer according to the Skin Cancer Foundation.

Regardless of our natural skin color, we all face a risk of skin cancer. Caucasian people have a greater risk of skin cancer than those with darker skin. People of color often are diagnosed at a more advanced stage of skin cancer according to the Skin Cancer Foundation.

Skin is the largest organ of the body, and it is comprised of several layers, including the epidermis (outer later) and the dermis (inner layer).

Basal cells, squamous cells and melanocytes are the cells that make up the epidermis, and you may be familiar with their namesake types of skin cancer. Melanocytes contain melanin, the pigment responsible for the darkening of our skin upon exposure to sunlight. "Melanoma" gets its name from melanocytes.

We need to protect our skin in all seasons. Getting a "tan" whether outdoors or from a tanning bed is not healthy. Yes, your body makes vitamin D from exposure to sun, but we do not need a lot of sun exposure. Self-tanning lotions are considered safe.

Melanoma is the most dangerous form of skin cancer, and it is more likely to spread to other parts of the body. With early detection, skin cancer almost always is curable. Be sure to check out any moles, dark spots or growths on your skin.

May is Melanoma Awareness Month. In the Midwest, May brings sunny days, warmer temperatures, gardening, golfing, baseball and numerous outdoor occupational and recreational activities.

Skin cancer can be prevented or deterred with these tips promoted by the North Dakota Cancer Coalition:

Seek shade from ultraviolet (UV) rays, especially during midday (10 a.m. to 2 p.m.).

Cover up to protect exposed skin. Wear long sleeves.

Wear a hat with a wide brim. Ball caps do not protect your ears or the back of your neck.

Grab shades that block UVA and UVB rays.

Rub on sunscreen with an SPF of at least 30 and both UVA and UVB protection. Reapply every two hours.

Talk with a dermatologist for specific product recommendations.

This week I am sharing some resources developed in North Dakota, including a webinar from a cancer survivor. See the fun safety video featuring Parker the Penguin created for kids (or adults who are kids at heart).

Check out the variety of sun safety resources from the North Dakota Cancer Coalition (search online for "ND Cancer Coalition Skin Cancer").

Skin needs protection and good nutrition to stay healthy, just like the rest of our body. Promote skin health by consuming plenty of fluids, colorful fruits and vegetables, and foods rich in omega-3 fats (such as salmon) as part of a balanced, healthful diet.

For more skin nutrition information, see "Nourish Your Skin" from NDSU Extension for more information (search "NDSU Nourish Your Skin").

This nutrient-rich smoothie can be frozen in small cups with a plastic spoon as a handle. You can eat it like an ice pop or let it melt slightly to become a slushy fruit and veggie snack.

Pineapple-Mango Green Smoothie

8 ice cubes

1 cup pineapple chunks, diced (fresh or canned in juice) 1 large mango, diced

2 cups fresh spinach leaves 1/2 cup pineapple juice

1/2 teaspoon coconut extract Place ingredients in blender or food processor in the order written. Blend until smooth.

Makes four servings. Each serving has 80 calories, 0 grams (g) fat, 0 g protein, 20 g carbohydrate, 2 g fiber and 15 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. Followher on Twitter @jgardenrobinson)

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See us for all of your grain merchandising needs
We handle a full line of chemicals and fertilizers
All fertilizers are availible and on hand
UREA - Sulfur - ESN - AMS - MAP 11-52 - PowerPak Phosphorus
Ask about our PowerPak fertilizer line
Fertilizer spreading and fertilizer delivery



CHI St. Alexius Health

-Turtle Lake -

Hiring the

following positions:

Nurse Ald

\$7,500 Sign on bonus.

Experience preferred but not

required. Contact Brenda

701-448-2331 ext. 207.

This institution is an equal opportunity provider and employer.

- 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

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

FARM RELATED

BULK FUEL sale and delivery. Premium Clear #2 fuel, \$4.50/gallon; Premium Dyed #2 fuel, \$4.05/gallon; Unleaded Gas, \$3.60/ gallon. Call for current pricing. Call Jason, 701-870-0415.

CUSTOM FEEDLOT cleaning and spreading. Truck mounted spreaders, vertical beaters w/GPS and scale. \$40 per load, plus mileage (plus fuel surcharge). Will travel. Call Jason, 701-870-0415.

CUSTOM PLANTING with 1770 notill John Deere planter, liquid fertilizer. \$18/acre (plus fuel surcharge). Will travel. Call Jason, 701-870-0415.

CUSTOM SEEDING with John Deere no-till and a flexi coil minimum till, \$18/acre (plus fuel surcharge). Will travel. Call Jason, 701-870-0415

CUSTOM SPRAYING with 4930 John Deere sprayers 121', auto steering, swath control, 15" spacing, \$5 an acre (plus fuel surcharge). Will supply chemicals or use your chemicals. Have plenty of Roundup. Will travel. Call Jason, 701-870-0415.

CUSTOM STALK SHREDDING: Can shred or spread it or shred it and put up into 40' windrows. Works good on sunflowers and corn stalks, \$15/acre (plus fuel surcharge). Or will shred and bale it on shares. Call Jason, 701-870-0415

CUSTOM FERTILIZER SPREADING with 43/5 Case IH floater, /0' boom, auto steering, \$4.50/acre (plus fuel surcharge). Will supply fertilizer or use your fertilizer; have fertilizer for urhea and mapping. Call Jason for prices, 701-870-0415.

TRUCKING: Hay hauling, grain hauling, fertilizer hauling, and equipment hauling. Several trucks available. Call Jason for prices, 701-870-0415.

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



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.



FARMS & SEEDS

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

finkenfarmsandseeds.com

GIVEAWAY

5 GALLON JUGS, for industrial purpose only: not to be used for human or animal consumption/food or beverage. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND. 58540

HELP WANTED

NOW HIRING SERVICE TECHNICIANS: Great job, schedule, benefits and pay! Serving Oilfields, Mine, Construction and much more: Fabrication, installs, inspections, pump repairs Industrial Lubricant Company (scolter@indlube.com) our II CO Team! 52-1-CM-LN-IN-H-B-C-DS-XT 58577

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

We have the following ship dates scheduled to ship cows and bulls, Monday, May 16th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions.

LIVESTOCK

HORSE BUYER at Stockmans Livestock, East barn, Dickinson, Thursday, May 26. Buying all horses good, bad, ugly or pretty! Top dollar paid on the spot! Licensed and bonded buyer. Special interest in riding horses. 612-839-9568. 1-3-LN-cm-in-XT 58577

MISC. FOR SALE

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

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

58577 1-E-TFN-NC

MOVING SALE

404 WALNUT STREET, TURTLE LAKE, ND. Saturday, May 7 from 9 a.m. To 7:00 p.m. Antiques, collectables, tools, table saw, drills, lawn mower, dehumidifier, books, small appliances, vacuum and various other items. 1-LN-CM-IN-XT

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

REAL ESTATE FOR RENT

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

43-TFN-LN-CM-XT

APARTMENT FOR RENT - One bedroom apartment furnished or unfurnished. All utilities paid. One block off of Washburn Main Street. \$500-\$600, call Ted Walker 480-262-3684.

47-TFN-LN-CM-XT-B-H-IN

McLEAN MANOR, 1 Bedroom & studio apartments for rent. Call Larry 701-463-2320 or 701-421-5002. 1-TFNCHXI

RUMMAGE SALE

RED BARN BARGAIN BONANZA, Not yo mama's rummage sale! 4 party sale. Home decor, kitchenware, furniture, name brand clothing, toys, antiques, old & interesting and "freebie" table. Coffee & cookies. All at Cricket on the Hearth B&B Red Barn. 12 miles west of Garrison on Hwy 37. Friday, May 20 (5 to 8), Saturday, May 21 (10 to 5) and Sunday May 22 (2 to 5). 2-2TNCXI

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. 58577 1-E-TFN-NC

> Camp of the Cross is looking for

Kitchen and **Maintenance Staff**

for this summer. They are hourly positions and are mornings, afternoons and evening shifts. Please contact Janis at 701-337-2246 for inquiries and applications.



HELP WANTED



CHI St. Alexius Health Garrison has

the following positions available:

CNA

\$7,500.00

Employment Incentive

For more information call

701-463-6503

Apply online at

www.commonspirit.careers

CHI St. Alexius Health

The institution is an equal opportunity provider and employe

Garrison Hospital

HELP WANTED

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

LPN-Nursing Facility

\$10,00<u>0</u>.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

HELP WANTED

CHI St. Alexius Health Garrison Hospital & Nursing Facility

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

Now offering higher starting wages! Full-time cooks \$1,000 employment incentive Part-time cooks \$500 employment incentive

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



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!

BAR FOR SALE \$160,000

Come and see what the town of Turtle Lake has to offer. Here's an opportunity to own Marv's Bar, Kim Sundquist Only bar in town. Inventory will Cell (701) 391-3189 be sold separately. Give me a call for all the details or a showing.





Xtra | 5.9.22 | **11** nordaknorth.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 for an application.

Benedictine LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!

- Culinary Aide
- Housekeeper \$3000 SIGN-ON **BONUS**

Apply at www.blcgarrison.com Call Jill Borth at (701)463-2226 "EQUAL OPPORTUNITY EMPLOYER"

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.

Dr. Klemisch at Nick.Klemisch@k12.nd.us or fill out an application at the high school.

To apply, please submit an

application on our website to



The Washburn Park Board is looking to hire summer positions.

We are looking for a swimming pool manager, lifeguards, a Parks & Rec. summer program manager and coaches for little league, pee-wee, T-ball and softball. Starting wage \$12. Please send a letter of interest to the Park Board and you will be contacted with interview dates and times. Application letters will be accepted until May 10, 2022. Interested individuals should send a letter of application and resume to: Washburn Park Board, PO Box 551, Washburn ND 58577

MCCLUSKY PUBLIC SCHOOL

applications for a full time custodian/

maintnence person. Working mostly at the

high school. Salary will be negotiable with

experience. Pickup an application at the high

school office or send resume to McClusky

Public School, McClusky, ND 58463

Public School is taking

McClusky

HELP WANTED

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

RN - Acute/ER \$<u>20,000.00</u>

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

HELP WANTED

BAR & GRILL

is looking for

Servers &

Apply in person or call 701-337-2070

HELP WANTED

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

RN-Nursing Facility

For more information call

Apply online at

CHI St. Alexius Health

The institution is an equal opportunity provider and employer

HELP WANTED

Soda's & Things

Manager & sales associates positions available.

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

HELP WANTED

White Shield School



- Basketball Coaches
- Volleyball Coaches
- Football Coaches
- Wrestling Coaches Golf Coaches
- Track Coaches
- Cross Country Coaches Elementary Teachers Bus Drivers

Applications and Background check forms can be found on our school website https://www.white-shield. k12.nd.us/

Any questions please contact the business office at 701-743-2201.

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

Kitchen Staff

Lake Audubon • Hwy 83 337-2070

-Turtle Lake -

Hiring the

following positions:

\$20,000 Sign on bonus.

Experience preferred but not

required. Contact Brenda

701-448-2331 ext. 207.

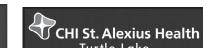
This institution is an equal opportunity

\$20,000.00 Employment Incentive

701-463-6503

www.commonspirit.careers

Garrison Hospital



CHI St. Alexius Health -Turtle Lake -

Hiring the following positions:



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

This institution is an equal opportunity provider and employer.

SCHOOL DISTRICT BUSINESS MANAGER

The Washburn School District is seeking applicants for the position of SCHOOL DISTRICT BUSINESS MANAGER. This a full-time 12-month position. Salary will be competitive and is negotiable, depending on experience. A full single health insurance benefit, health savings account, public employee retirement program, sick leave, vacation leave, and training opportunities are included. Applicants are expected to have some knowledge of basic accounting principles, including record keeping, payroll, payroll deductions, budgeting, transfer of funds, account balancing, and reporting. Verbal and written communication skills are a must, as is the ability to learn and use a software program designed for school district accounting. The business manager reports to the superintendent and to the school board. The business manager is expected to attend all regular and special board meetings, as well as any other meetings specified by the board president or the superintendent.

"Classified Staff" application forms may be picked up in the main office or printed from the Washburn School District website at https://sites.google.com/site/washburnk12/. A full job description is available upon request. Contact Brad Rinas, Superintendent, at 701-462-3221, or email him at brad. rinas@k12.nd.us with questions. The deadline for applications is 12:00 noon on Monday, May 9th. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws.

LANDSCAPE AND GROUNDS EMPLOYEE

ND 4-H Camp is looking for a seasonal Landscape and Grounds employee. Up to 40 hours a week. Starting wage 15.00 per hour. Duties include mowing the lawn, weeding landscape, planting/ care of trees, removal of brush, etc.

To apply: 1.) Send contact information (include phone number and email address) to Mark Lelm, ND 4-H Camp Facility Manager mark.lelm@ndsu.edu. 2.) Previous work experience, if any. 3.) Work history and application letter, including highest level of education completed.

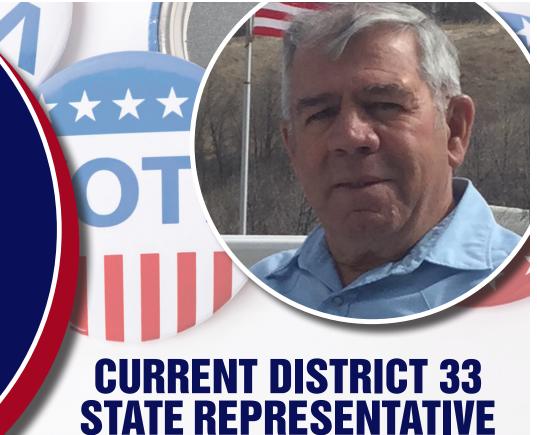
HIRING CUSTODIAN

Washburn 4-H Camp is looking to hire a custodian at a starting wage of 25 dollars an hour. Position will include performing custodial work required for the routine cleaning and upkeep of buildings at the 4-H camp, move furniture and equipment, collect waste and recycling. Perform other custodial related duties such as cleaning, clean window, walls, carpets, woodwork, restrooms & showers; clean and dust furnishings. Assist with the set-up and tear down of special events. Responsibilities include routine cleaning and upkeep of buildings, preparing for guest arrival in cabin, group areas. Work schedule will be arranged by the ND 4-H Camp Facilities Manager. To apply send resume to, mark.lelm@ndus.edu Minimum qualifications: 1.) Knowledge of materials, equipment and methods used in the cleaning and upkeep of building, 2.) Ability to follow communicated instructions and work independently after instructions. 3.) Excellent interpersonal skills. 4.) Satisfactory demonstration of individual's ability to meet minimum qualifications, 5.) Good oral and written communication skills.

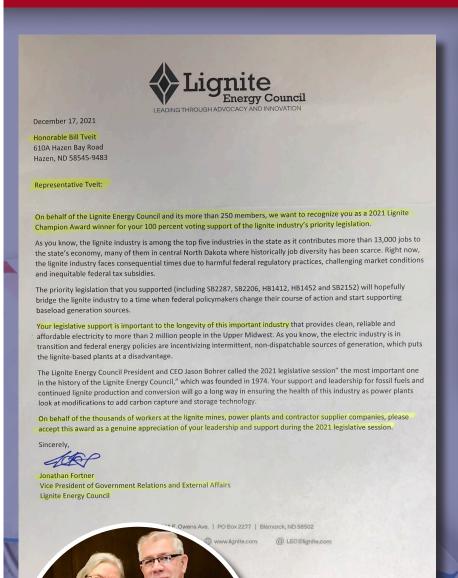


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RELECT ND HOUSE



Vice Chair of the Interim Natural Resource Committee House Human Services Committee | House Agriculture Committee



AWARDS & **RECOGNITION:**

- * COAL: 2021 Lignite Champion Award for 100% support, by the Lignite Energy Council
- * **BUSINESS:** 2 time "Chamber Champion" for support of business legislation by the GNDC * LIFE: 2022 Life Protector Rating 100% by ND Right to Life
- * FAMILY: The ND Family Alliance Score of 100% for key Social & Moral Legislation;
- * **COMMITMENT:** Legislative Courage Award by Speaker of the House Kim Koppelman
- *The American Conservative Union Foundation: Conservative Achievement

MILITARY:

* US Army Veteran

FAMILY:

Married to Laurel, for 55 years: 3 daughters and their families include 9 grandchildren and 1 great grand child



CHAMPIONED CRITICAL LEGISLATION:

- * FREEDOM: HB 1514, Authored & Passed The Right to Try "Off Label Usage" of FDA approved Ivermectin & Hydroxychloroquine for COVID
- * PROTECTION: HCR 3048: Authored and passed to not allow illegal aliens to be brought
- * COAL/ENERGY: Stood solid for support & preservation of Coal Fired Electrical Generation, recognized for 100% Lignite Champion Rating by the Lignite Energy Council;
- * CAREGIVING: SB 2145: Essential CareGiver Bill; Strong spokesman and advocate in passage
- PRODUCERS: HB 1411: Prime sponsor for Night Hunt Predator Control for Ranchers &
- * LANDOWNERS: SB 2144: Co-sponsor Landowner rights & Electronic Posting 35 year experience of retail agriculture business Lifetime of public service, Church and community volunteer



Steady, strong and experienced leadership with integrity.

Faith Family Freedom

Pro-Life Lower Taxes Quality Eduction

Limited Government

Fiscal Responsibility Agricultural Community Lignite Coal Industry Second Amendment Rights **Protecting Your Constitutional Rights**

VOTE IN THE PRIMARY ELECTION ON JUNE 14, 2022

I STAND FOR: