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# **SERVICE DIRECTORY** –

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# **CALENDAR**

Friday, July 1 Yoga, First Congregational Church, Garrison, 8 a.m.

Saturday, July 2 GARC Thrift Store, Garrison Area Resource Center, 10 a.m. to 1 p.m.

Sunday, July 3 Bill and Ruth (Sayler) Winn Family Reunion open house, Garrison City Auditoriumn, 1-3 p.m.

Monday, July 4 Independence Day

Tuesday, July 5 Bone Builders, Garrison Senior Center, 10 a.m.

## Wednesday, July 6

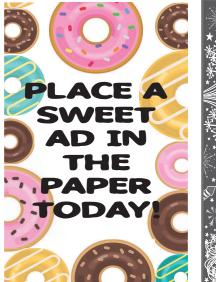
Yoga, First Congregational Church, Garrison, 8 a.m. GARC Thrift Store, Garrison Area Resource center, 10 a.m. to 4 p.m.

Thursday, July 7

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

Friday, July 8 Yoga, First Congregational Church, Garrison, 8 a.m. Arikara Celebration, White Shield

Saturday, July 9 GARC Thrift Store, Garrison Area Resource Center, 10 a.m. to 1 p.m. Arikara Celebration, White Shield





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## Place an ad call 462.8126

# Stay Hydrated in the Heat of Summer **PRAIRIE FARE**

#### BY JULIE GARDEN-ROBINSON,

FOOD AND NUTRITION SPECIALIST, NDSU EXTENSION

"Wow, the prices went up in the last several days," I exclaimed.

My husband was studying the bill at the drive-through. We like to stop in for a quick treat now and then, and we usually get the same thing. We had been at the restaurant within the last week.

"They charged us for a glass of ice water," he said.

"Ice water costs \$3?" I asked the server in disbelief.

"You had a medium," the server responded.

"I have never paid for tap water here," I replied. "Is this new?"

The manager walked over to the window to determine what the question was. She probably was checking on the "problem customers" in the car at the window.

"There is no charge for water," she said. "This was rungupas a medium beverage."

She handed us \$3, and we went along our way. I would have wanted a carbonated beverage if I was paying for it.

We learned a lesson. Be sure to check your receipts. Tap water usually is free with a purchase at a restaurant.

If you think the cost of gas is high, consider this. The twocup portion of ice water equals one-eighth of a gallon. Paying \$3 for the ice water would equal paying \$24 per gallon of gas.

We need about eight cups of fluids daily from beverages and food. If you drink municipal "city" water and use a reusable water bottle, your hydration is free.

If you do not like the flavor of your tap water, consider getting a pitcher with a filter.

A 2022 study published in the American Journal of Health Promotion showed that 36% of adults used a filter when drinking tap water at home, while 14% did not drink tap water at home. The researchers found that people drank more tap water if they used a filter at home.

You can add fresh orange or lemon slices, strawberries or mint leaves to add a little flavor without calories. Flavorinfused water may encourage you to drink more fluids.

With the warm weather of summer, staying hydrated is good for our health.

Water has many purposes. Staying hydrated helps our bodies maintain a normal temperature, it cushions joints and helps our body rid itself of waste. Our bodies are made up of about 60% water.

When the temperatures soar, as they did in June, staying hydrated becomes especially important. If you are working or playing outdoors, you lose more fluid through perspiration.

If you are gardening, biking, walking, running or doing other physical activity, be sure to hydrate yourself regularly.

When I saw my plants wilting and the birds "panting" in my backyard the other day, it was a good reminder. Your plants, pets and livestock also need water. We all have a "hydration gauge" available when we visit a bathroom. Your urine should be straw-colored if you are fully hydrated. However, certain medications and foods may affect the color of urine.

Åge, sex, breastfeeding and/ or pregnancy status affect the amount of fluids we need. Remember that both food and drinks provide water to maintain health.

Stay hydrated with these tips.

Use a refillable water bottle, wash it daily and refill it throughout the day at work or home.

Choose water instead of sweetened, caloric drinks to quench your thirst. Water hydrates best.

Make your beverages count toward your overall nutrition. Along with water, enjoy milk and 100% fruit or vegetable juice as your beverages. Try making home-made frozen juice pops.

If you find beer refreshing, have a bottle of water as your follow-up beverage. Alcoholcontaining beverages actually are somewhat dehydrating.

Moderate your coffee intake to about three to five cups daily. Caffeinated beverages such as coffee and cola are less hydrating than plain water.

Drink water before, during and after physical activity. In most cases, sports drinks are not necessary except for elite athletes. Your next meal will replace any electrolytes (minerals) you have lost during exercise. vegetables. Fruits and vegetables are more than 90% water by weight.

Make your own treats at home. This recipe has been popular with children's programs, and adults enjoy these too. Not only are these smoothie bowls refreshing, but they also provide a variety of nutrients. Have a glass of ice water on the side to double up on hydration.

#### **Smoothie Bowls**

1/2 cup spinach 1/2 cup vanilla Greek yogurt

1 1/2 cup frozen fruit

2 tablespoons toppings (fresh fruit, granola, coconut, chia seeds, etc.)

Add spinach, yogurt and fruit to a blender or food processor. Blend until smooth. Pour smoothie in a bowl and top with desired toppings.

Makes two servings. Each serving has 110 calories, 2.5 g fat, 7 g protein, 19 g carbohydrate, 5 g fiber and 40 mg 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.)









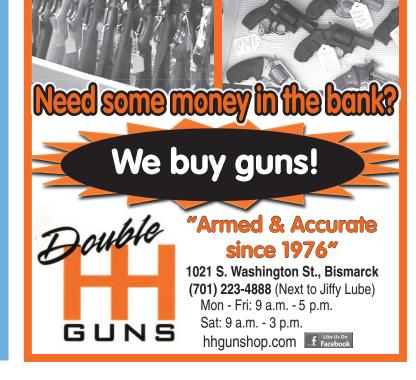
Dakota

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INTERPRETIVE CENTER





## Dakota Recreation Report



#### **BY BY PATRICIA STOCKDILL**

#### **Outdoor Notes:**

•Fireworks prohibited on U.S. Fish & Wildlife Service Nat'l. Wildlife Refuges and N.D. Game & Fish Wildlife Mgmt. Areas (WMA).

 Check camping and activity regulations on N.D. Game & Fish Wildlife Mgmt. Areas, including "Pack it in, pack it out" for garbage.

•July 1: Deadline for electronic "no trespass" posting. Go to the N.D. Game & Fish Dept. for information.

#### **Tournaments**:

•July 9, Lake Sakakawea, Van Hook Arm.

•July 15 & 16: Lake Sakakawea, Fort Stevenson State Park.

•July 16: Lake Sakakawea, Parshall Bay.

#### **Fishing**:

Lake Sakakawea elevation, June 27: 1,835.01 feet above mean sea level; 20,700 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: 7.63 feet.

Missouri River gauge height, Washburn: 9.46 feet.

•N.D. Game & Fish Dept. game wardens: Missouri River tailrace and spillway producing numbers of small walleye but sort through for some keepers. Best walleye success on Lake Sakakawea remains around the midsection, including the Van Hook Arm.

•Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Lakes Audubon & Sakakawea: Continued improving walleye success on the east end of Lake Sakakawea

but still inconsistent. Try Douglas or Deepwater bays as well as around Indian Hills. Look for catfish success in the back bays. Work gravel areas for smallmouth bass. Some activity on Lake Audubon, as well.

•Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Lakes Audubon & Sakakawea: Lake Sakakawea continues producing walleye on the east end. Work shallow in 10 to 15 feet using plain snells with bottom bouncers and minnows and nightcrawlers. Work weed edges spinners with nightcrawlers or leeches or slow death hooks with nightcrawlers for walleye on Lake Audubon.

•Lake Sakakawea, Dakota Waters Resort, Beulah: Walleye moving to outside lake points in deeper water. Try 12 to 20 feet with a switch more so towards nightcrawlers with Lindy rigs and bottom bouncers. Try No. 7 or 9 Flicker Minnows if opting for crankbaits.

 Lake Sakakawea, Indian Hills Resort, Garrison: Fair to good for walleye in 10 to 20 feet using spinners with leeches. Try the south side and locate warmer water.

 Lake Sakakawea, New Town: Continued walleye success in the Van Hook Arm.

•Missouri River, Dakota Tackle, Bismarck: Lake Audubon fair for walleve with some muskie success. Remember the 48-inch minimum of muskie, though. Some activity on the Missouri River tailrace but not many reports. Less activity on the river around Bismarck-Mandan and south due to lots of recreation activity and limited access farther south.

•Missouri River, Enerbase of Washburn: Lake Sakakawea continues producing walleye on the east end. Try Deepwater Bay along the north shore as well as south shore bays depending on wind. Lake Audubon also remains fair for walleye. Some activity on the Missouri River but limited reports.

•Missouri River System, Scott's Bait & Tackle, Pick

City: Missouri River tailrace inconsistent following recent weather fronts. However, lots of small walleye success continues. Try jigs and minnows around the "blowout" area or late night hours in the chutes from boats for walleye. Fair to good for catfish from boats during the day scattered throughout the river. Look for improving trout and salmon later into the summer months. Try the boat ramp, rocks, or campground from shore using nightcrawlers or minnows for walleye and catfish during the day or crankbaits from shore at night for walleye. East end of Lake Sakakawea remains inconsistent. Try jigs in 8 to 10 feet around Douglas or Steinke bays and 7 Sisters with best success along the north shore. Also try spinners and bottom bouncers with nightcrawlers. Tough bite from the shore along the south side.

•McLean Co. area lakes, Cenex of Wilton: Windy weather continues limiting activity on area lakes at times but try minnows when anglers can get on the water with generally fair success throughout area lakes.

#### **Additional North** Dakota river gauges and streamflow:

Heart River, Mandan: River stage, 0.36 feet; streamflow, 199 CFS.

•Knife River, Hazen: River stage, 1.24 feet; streamflow, 53.7 CFS.

•Little Missouri River, Long X Bridge: River stage: 0.55 feet; streamflow, 547 CFS.

•Missouri River, Williston: River stage, 21.44 feet.

Numbers to know:

•N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (http://gf.nd.gov). •N.D. Game and Fish Dept.,

Riverdale office: (701) 654-7475. •Report All Poachers: (800) 472-2121 or (701) 328-9921.

•Friends of Lake Sakakawea, the region's only organization working for quality lake access, weed control and effective partnerships, (www. lakesakakawea.com).

## Tree-based Names on the Prairie DAKOTA GARDENER

#### **BY JOE ZELENIK** FORESTER, NDSU EXTENSION

I've always found North Dakota's place names to be confusing. The city of Hettinger is not in Hettinger County. Nor is Steele found in Steele County. But Grand

empties into the Cannonball River.

Be careful when referring to Cottonwood Creek, though. North Dakota has two of them. One is located in LaMoure County and the other is in Dunn County. Clearly, these massive trees are important which is awesome. After all, North Dakota's state flower is the prairie rose.

I'm confused, though, by Buckeye Township in Kidder County and Cypress Township in Cavalier County. Neither buckeye trees nor cypress trees are native to the state.



VEHICLE / IRAILER '09 Dodge Grand Caravan SXT -181K, new tires & plugs-NICE! 4½28' trailer w/wood sides SHOP / MISC Colomon Revenue to the

Coleman Powermate air comp Craftsman & other tool chests shop vac, portable air tank ATV/mower lift, bench grinders Werner & Huskee ladders.bolt cutte 24' & 28' ext ladders, scaffolding 17' Addends ladder, cabinets Schauer battery charger, tire irons angle grinders, trowels, staplers Astrostart-new, Ready Remote Deluxe car starter, cr wrenches Craftsman tool sets, air tools Kreg Jig R3-new,channel lock pliers nut drivers, allan wrenches, timer hammer driver, bolt cutter Craftsman bit set finish nailers 2" elect cement vibrator, drill bit set Milwaukee cordless tools/chargers Milwaukee sawzall, 32pc 1/4"sockets Milwaukee HD deep cut band saw Rotozip spiral saw, storage savers Bosch hammer drill, B&D Sawzall Craftsman circ saw, angle grinders 18 pc screw dr set-new,carpet tools Victor nozzle, Bostitch elect stapler deep well sockets, fire extingushers B&D screw dr/drill bit set. Drill Dr. 12v impact, ½" elect drills, Dremel Milwaukee die grinder, paint scraper ToolMaster angle drill, miterbox saw 96 drawer green industrial cabinet full of nuts & bolts, misc



HOUSEHOLD / MISC GE upright freezer, Sony 52" TV refrig/freezer, Bavaria china set reclining end sofa/loveseat set wood rocker. Hohner accordior trunks, smoke table, enamelware Hall Bros wood barrel butter churr wall kerosene lamps w/reflectors Grand Father clock, china hutch kerosene lamps, cat string holder kerosene lantern, metal stool dining table w/4 chrs area rugs VHS/8 track/cassette/CDs/record Lots Christmas/holiday décor Crosley wall phone, ammo boxes weight lifting items, boxing gloves 4 wood wagon wheels, 1 bot plow white hutch, microwave, crockpots touch & other lamps, bakeware safe/file cabinet combo, luggage 4 metal wheels, cream cans Red Jacket & cistern pumps 2 row corn planter yd decor COLLECTIONS-1500 S&P, skulls, Oreck XL upright vac Farkel Party game, lots misc YARD / GARDEN Huskee LE 17.5/42 mower/bagger cookie jar,chicken on nest,chicl wood spoke tire, coffee grinder horse & buggy/sleigh/cov wagor mallard duck planter lamp

MTD Gold push mower, thatcher Husqvarna push mower, ramps McCulloch elect chain saw horse lamp, figurines cast iron beer wagon w/8 horses Man O' War & other decanters Poulan chain saw, trimmers horse breeds picture, draw knife Schmidts City Club Beer sign Charlie Russel pictures weel eater, SureFire gas grill misc lumber, B&D grinder wheel barrows, bird bath lots western/horse pictures/décor plastic snow fence, ice chipper tractor sprinkler, fencing tools RoadMaster men bike,bird houses Montana Lifestyles set of dishes Indian figurines, nesting bowls Frederic Remington collect plates deer & other cement decor lots vard/garden décor carnival glass, Frankoma, crystal Fire King, stemware, lots glassware praying man & lady picture vels, brooms, rakes, pruners lighted Christmas decor sho stainless steel pail, ricer

silver coffee/tea set on tray

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Forks is in Grand Forks County and Pembina is in Pembina County. I can't keep track of it.

Places are sometimes named for nearby natural features. Though Mountain is a little bit higher than the nearby Red River Valley, it's not nearly as high as the neighboring Pembina Hills. Where's the nearest butte to Butte, in northeastern McLean County?

On the prairie, there aren't many place names associated with trees but there are a few. More than I expected when I began searching. We have the Elm, Maple and Forest Rivers in the eastern part of the state. Can we count the Bois de Sioux (Woods of the Sioux) River as well? Cedar Creek begins in Slope County and eventually

along these watercourses.

I haven't quite been able to figure out where Lone Tree Creek is. I think it's in Bowman County. But Lone Tree Township is in Golden Valley County. Clearly, I need to work on my geography.

More than 50 townships in North Dakota have some sort of tree-based name. A drive from Poplar Grove Township in Ramsey County to Elmdale Township in northwestern Ward County will take a little under three hours. Along the way, you can stop by Evergreen Township and White Ash Township, also in Ward County.

Seven townships have some form of the word "elm" in the name, while six have the word "oak." A dozen townships have the word "rose" in their name,

I can't wait to dig up more information about these areas.

Have you driven down Elm Street in Gackle? How about Elm Street in Hebron? There's one in Kindred, too. In fact, 21 communities in North Dakota have an Elm Street. Lisbon has both an Elm Street and an Elm Lane. It must get confusing for the postal workers there.

If you want a nice tree-based trip through Grand Forks, you can go to Linden Court and Mulberry Drive. In fact, there are more than 40 streets in Grand Forks that have treebased names. The thought of driving through Balsam Circle, Pines Circle, Poplar Circle and River Oaks Circle makes me a little dizzy, though. If it's a hot summer day, stop by Shady Lane for an afternoon break.

# 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@nordaknorth.com • Website: www.nordaknorth.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. 46-TFNPI 58540

### BIDS

The City of Garrison is accepting sealed bids on the following: 1996 GMC 4-wheel drive single cab pickup with 130,000 miles plus. Pickup can be viewed by appointment with the City Supervisor at 463-2739. Submit a sealed bid to City of Garrison, PO Box 459, Garrison, ND 58540 by 4 pm Friday July 22, 2022. Bids will be opened at the Garrison city council meeting Monday August 1, 2022, at 7:05 pm. The City has the right to reject any or all bids. 58540

### FARM RELATED

CUSTOM LARGE SQUARE BAL-ING: 4x4x8 bales, \$11/bale, plus fuel surcharge. Will travel to North Dakota, South Dakota and Montana. Call Jason, 701-870-0415.

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### **FARM RELATED**

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## LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday June 27th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions. 43-TFN-E-X 58577



### **RUMMAGE SALE**

HUGE RUMMAGE sale, July 8-9-10, 2022, 8 am-6 pm. Location: 5663 16th St NW, Garrison or 15 1/2 miles west of Garrison Cenex. Look for signs. New and used misc. kitchen appliances and items. Lots of craft items, scrapbooking and card making supplies. Adult clothing. Lots of misc. items. Something for everyone! 58540

## **HELP WANTED**

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WHITE SHIELD ELEMENTARY SCHOOL has 2 Teachers positions, 5-8 Math/General Education Teacher & 5-8 ELA/Librarian Teacher. Interested applicants can send cover letter, resume, certification/ability to obtain certification; to Anthony Ésquibel (anthony.esquibel@k12.nd.us) or for more information call White Shield School @ 701-743-2237. Visit our Employment link @ https://www.whiteshield.k12.nd.us/page/employment 58540 9-TFN, CH, IN, LN, CM, XT

## **HORSE BUYER**

HORSE BUYER at Stockmans Livestock East barn, Dickinson and Berger Feedlot, Mandan Tuesday, July 5th 7a.m. until 2p.m. Buying ALL horses: good, bad, ugly and pretty! Top dollar paid on the spot! 612-839-9568 8-3TPDIX 58540

## NOTICES

HAVE YOU BEEN in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant. 1-E-TFN-NC 58577

## **REAL ESTATE FOR RENT**

McLEAN MANOR, 1 Bedroom & studio apartments for rent. Call Larry 701-463-2320 or 701-421-5002. 1-TFNCHXI 58540

## 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

## VEHICLES

1997 Tahoe, runs good - no back up! Best offer. 701-301-1717 7-4TPDX 58540

Buying Cars: Buying good used vehicles under 150,000 miles. Text Darren VIN, year, make, model and mileage for actual cash value. 701-433-0137.

## **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

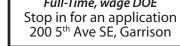




CUSTOM FERTILIZER SPREADING with 4375 Case IH floater, 70' boom, auto steering, \$4.50/acre (plus fuel surcharge). Will supply fertilizer or use your fertilizer; have fertilizer for urhea and map. Urhea \$750 delivered; map \$975 delivered. Call Jason, 701-870-0415.

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





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- Able to interact well with people of all ages
- Make arrangements for routine maintenance
- · Other duties as needed or assigned

This part-time position is approximately 40 hours per month, up to 60 hours per month during the school year. Current bookmobile schedule can be seen on the library website: riverdalendlibrary.com Hourly wage \$16.00. Bookmobile is based in Riverdale. Applications close July 8, 2022. EOE Send letter of application and

resume to:

McLean-Mercer Regional Library PO Box 505 Riverdale, ND 58565 Phone: 701-654-7652 Email: mmrlib@westriv.com

**Benedictine** 

LIVING COMMUNITY | GARRISON

## LIFE ENRICHMENT

Benedictine Living Community | Garrison has a FT opening in Life Enrichment/Activities. This individual serves a big role in making sure our Elders are given the opportunity to engage in music, crafts, reading, movies, one-on-ones, board games,

parties, etc. We have a fantastic Life Enrichment team and we are looking for an individual that enjoys busy days. We offer competitive wages, 401-k, and health benefits. Please apply online www.blcgarrison.com or contact Deb Foss for questions 701-463-2226.



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- 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.

#### **HELP WANTED**

THE ND NEWSPAPER ASSOCIA-TION is accepting applications for the position of EXECUTIVE DIRECTOR. As the chief executive officer for our state association, the Executive Director will lead and direct the operational and financial performance of the association. Responsibilities include member contact and development, legislative/ lobbying, management of content sharing and advertising placement programs, personnel management, and working with a board of directors. NDNA offers a competitive salary and benefits package. Application deadline is July 15, 2022. Send letter, resume and salary requirements to: director@ndna.com, or NDNA Search Committee, 1435 Interstate Loop, Bismarck, ND 58503-0567.

AGRICULTURE INSTRUCTOR. NDSCS has a FT, 9-month, tenure-track position available in Wahpeton. Responsible for teaching courses related to Agriculture, beginning August 2022. Benefits include fully paid single or family Health Insurance, Retirement, etc. Screening begins immediately. EOE. Interested candidates must submit the online application at: https://www.ndscs.edu/join-our-team

RAPID RESPONSE TECHNICIAN -RESIDENTIAL LIFE. NDSCS has a FT, 12 month benefited position available in Wahpeton. Responsible for general building custodial work, minor maintenance, and semi-skilled repairs. Benefits include fully paid single or family Health Insurance, Retirement, etc. Screening begins immediately. EOE. Interested candidates must complete the online application at: ndscs.edu/join-our-team

ADMINISTRATIVE ASSISTANT – NURSING. Lake Region State College – Devils Lake. This is a full-time, 12-month, benefited position. The Administrative Assistant handles the day to day secretarial, clerical, receptionist, and data entry duties as a part of the nursing department while assisting the Coordinator of the LRSC Nursing Program. Go to www.lrsc.edu/ jobopportunities for more information.

CENTRAL DIESEL SALES. Mobridge, SD. DIESEL MECHANIC. 3-5 years of diesel/heavy duty truck experience. Competitive wages & benefits. Contact Rowdy 605-845-3697.

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To apply, email your cover letter, resume, clips and three professional references to kelsey@nordaknorth.com

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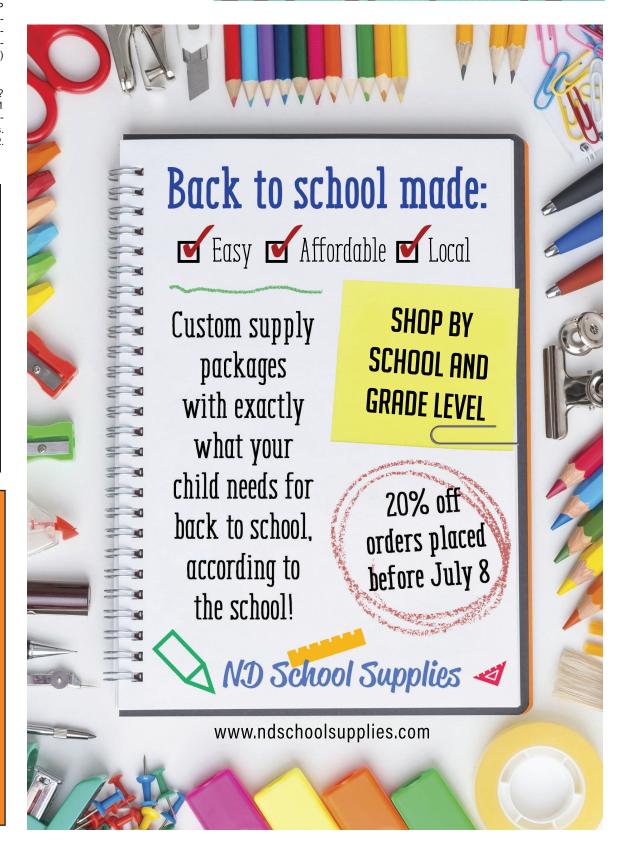
#### MISCELLANEOUS

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