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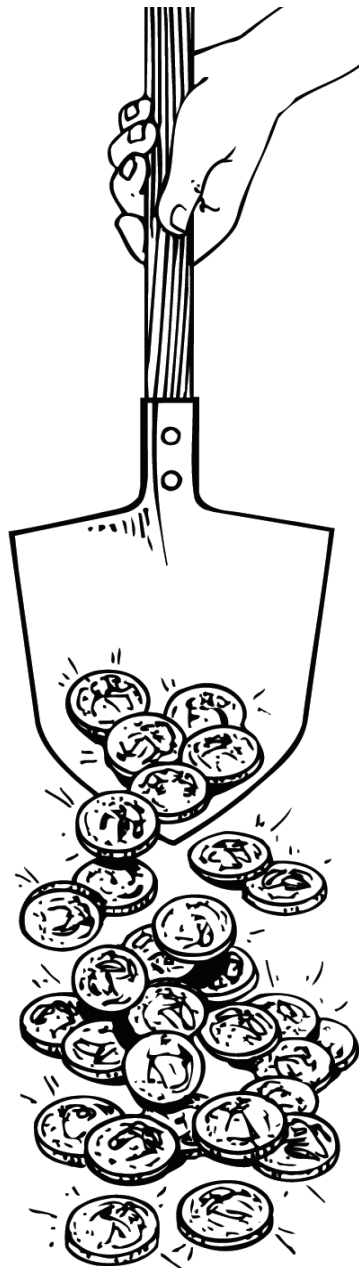
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CALENDAR

Saturday, July 16

GARC Thrift Store, Garrison Area Resource Center, 10 a.m. to 1 p.m.
Governors Cup Fishing Derby, Fort Stevenson State Park
North Dakota Junior Governor's Fishing Derby 10 a.m to 1 p.m. at Fort Stevenson State Park
41st Annual Turtle Days Celebration in Turtle Lake. All-school reunion, entertainment, parades and games.
Wild in Wilton at the south park on Minnie Ave. Parade, street games, pub crawl, entertainment, beer gardens and more.

Sunday, July 17

41st Annual Turtle Days Celebration July 15-17, 2022 in Turtle Lake. All-school reunion, entertainment, parades and games.

Monday, July 18

Yoga, First Congregational Church, Garrison, 8 a.m.
American Legion Post 49 meeting, Legion Building at City Park, 7 p.m.

Tuesday, July 19

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

Wednesday, July 20

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

Thursday, July 21

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

Saturday, July 23

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

Wednesday, July 27

The Annual McLean County Farmers Union picnic will be July 27 at 6 PM at Turtle Lake Centennial Park. Share a dish; Pizza and Pop 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.

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

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. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.
McLean-Mercer Regional Library, Riverdale Open Mon-Fri 8 a.m.-5 p.m.

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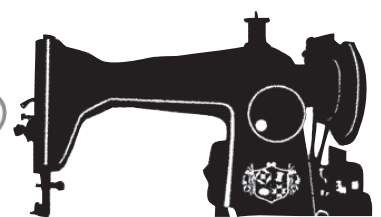
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Compost overload DAKOTA GARDENER

BY CARRIE KNUTSON
HORTICULTURIST AGENT, NDSU
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My garbage bin composting system keeps up with my kitchen waste during the winter and spring. During the summer it is a different story. From faded peony flowers to strawberry hulls from making strawberry jam, the system just can't keep up with the amount of material.

I use a modified version of pit composting during the summer to help spread out the work. There are many different versions of pit composting.

One version is to dig a hole in the ground about two feet deep and three feet wide. Depending on the amount of space you have, the hole can be any length. If your soil doesn't pack well, the hole can be lined with bricks, rocks or other rot resistant materials to keep the sides from falling. Then add materials and compost as you normally would. The drawback from this method is it's a cold and slow composting method that lacks air-movement so the breakdown of the materials will take longer.

There is another pit composting version called trench composting. The NYC Compost Project: Master Composter Manual describes the trench composting process. The idea is to rotate what goes into the trench rows every year.

Year one is compost in a trench, then space to walk and then room for a planting row. The next year would be a plant row in the previous compost trench, then compost in the previous walking space and then room to walk in the previous plant row. The pattern continues and starts over in the fourth year.

I prefer this version because it spreads out the compost in the garden. By the end of my rotations, every section of garden has been amended by compost that I didn't have to move!

This year, I have enough

open space to use the trench method. Some years, it is more of a modified version. Wherever I can find a bare patch of soil, not too close to my vegetables, I dig a hole about 1 foot deep. I layer kitchen waste, some leaves and soil until the hole is filled.

Because the composting is cold and slow, the temperature doesn't get hot enough to kill seeds. So be aware, that there could be volunteer seedlings next year. Another note of warning is that if you have pets, the composting pits will be fun for pets to dig in and enjoy. A garden fence is a valuable tool to keep not only the bunnies, but pets out too!

Pit composting still follows the same rules as regular composting. Kitchen wastes that are good to put in a composting system would be vegetable and fruit waste, egg shells, tea bags with metal staples removed, coffee grounds and filters. Keep animal waste, weeds with seed heads, meat, dairy and oil products out of the compost pile.

Yard waste, like grass clippings can easily overflow smaller compost systems. To free up space in your bins, use herbicide-free grass clippings as mulch around plants. You can also leave disease-free plant waste on top of your garden as mulch.

For example, my peonies had lots of blooms this year. I didn't want to fill up my composting systems with the dead blossoms. At the same time, I was battling the weeds under my spruce trees. So, I decided to use the peony blossoms as mulch under the trees. It looks a little unconventional, but so far the peony mulch is holding off the weeds.

Composting kitchen waste and repurposing yard waste reduces the amount of materials that go into our landfills and allows us to return nutrients to the soil so that the nutrients can be used again in the growing cycle. It is a win for everyone. Happy gardening!

Enhancing Awareness of PTSD PRAIRIE DOC® PERSPECTIVES

**BY VERONICA RADIGAN,
M.D.**

Summertime. For most, this signals thoughts of warm weather and good times with family and friends. Sadly, what brings happiness for some can trigger stress and sorrow for others. In the words of a Vietnam War veteran, "The fourth of July was once my favorite holiday with friends and family...but now it is a day I wish never existed."

Now ask, what could this veteran, a victim of a farming accident, a female sexual abuse victim, a child who lost his mother to domestic violence and a survivor of a tornado all have in common? The answer is post-traumatic stress disorder or PTSD.

As defined by the CDC, PTSD is an intense, uncontrollable emotional and physical reaction to a reminder of a traumatic event or distressing memories. Though most people associate this disorder with service members and war, the reality in our society is that PTSD is diverse and far reaching. It is estimated that 70 percent of the population will experience at least one traumatic event in their lifetime and current research shows that about six percent of American adults will suffer from PTSD.

The privilege of talking with hundreds of patients has opened my eyes to the variation of PTSD symptoms and its commonplace in our society.

Some PTSD symptoms are intrusive such as distressing memories, dreams, or flashbacks. Others experience intense psychological or physiological reactions to triggers. The need for avoidance causes some suffering from PTSD to shut out memories of the event and evade reminders such as people, places, situations, or objects. PTSD can alter mood and thoughts which can lead to feelings of blame, fear, horror, anger, guilt, or shame and inability to experience positive emotions. Common symptoms also include irritability and angry outbursts; reckless or self-destructive behaviors such as substance use;

DOC on page 8

BEULAH, ND FARMSTEAD AUCTION

Wednesday, Aug. 10th @ 4:00 PM CT

Offering Farmstead On 4.07+/- Acres & Personal Property (Land to sell at 6 PM)

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Driving Directions: From Beulah, ND: 5 Mi N. on HWY 49/CTY RD 21 and 1 Mi. E. on CTY RD 26 - 5680 4th St SW, Beulah ND 58523



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Large Shop Building: This is (2) 40' x 60' Adjoining Buildings, equaling 4800 sq. ft; Steel Framed, Steel Siding- One-fourth of this building (1200 sq. ft.) has full cement, insulated and heated by efficient

propane heater, Power Pro 5HP upright air compressor w/retractable 50' hose, multi. work benches, & a overhead door 12'x12'. The remaining 3600 sq. ft. of the building is cold storage w/large overhead door (15'x24').

Other Buildings & Misc: 18' x 30' Old Grainery Building-Clean, Propane Tanks: 1000 gal., (5) Grain Bins: (1) 5800 bu., (3) 4500 bu., (1) 4300 bu. & Yard Shed/Building

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- Standard 8-ton Cherry Picker, Traveler 1-ton floor jack & Misc. Jacks
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World War I Heroes

DAKOTA DATEBOOK

BY TESSA SANDSTROM

North Dakota's history is filled with stories of brave soldiers and warriors. Throughout the spring and early summer of 1918, state newspapers were reporting stories of yet another—Charlie Rogers.

Rogers was a Sioux man from the Standing Rock Reservation. He entered into duty and served first in the 1st ND Regiment, then in the 18th US Infantry. It did not take long for this soldier to prove his bravery. "War whooping Indian chases 20 Germans" reported a headline in the New Rockford Transcript on this day in 1918. "Indian goes over the top," read another in the Sioux County Pioneer on June 27, 1918.

Although the stories were printed a few weeks apart, both stories came from the same source. Sergeant E.H. Tostevin, formerly of Mandan, wrote the North Dakota newspapers about Rogers' bravery in a battle. The letter, dated May 20, 1918, read: "Rogers leaped over the parapet swing-ing his old rifle over his head. He let out a yell that he had saved for years... The Germans were pretty close before we mixed. Rogers, of course, had his gun loaded with five rounds, and his bayonet fixed. After swinging his gun around his head a couple of times, he brought it down to his shoulders and emptied his shells at the

enemy, swung it again, yelled and jabbed and used the butt of his gun to smash the skull of another."

Tostevin and US and German soldiers looked on as Roger's fought his way through the oncom-ing enemies, whose actions seemed to be no match for the young Sioux. "Rogers' actions terror-ized the Huns, and they beat it for their lives," wrote Tostevin. "I never saw a man move so fast in my life and I guess the Germans hadn't either."

Rogers later became a sniper for the US Army, no doubt terrorizing his enemies with stealth and a sharp shot.

Around the same time, the newspapers were reporting the brave actions of another young man, Joe Young Hawk, an Arikara man from Elbowoods. In a battle at the Soissons front, Young Hawk was captured by five Germans. According to the papers, these five Germans were no match for him. He killed three of his captors with his bare hands by breaking their backs over his knees. Young Hawk was shot through both legs in this bout, but was still able to capture his oth-er two captors and take them back to U.S. lines. Major Welch of his division said this of Young Hawk: "I am terribly proud of him. He ought to have a medal, for really it took all kinds of nerve."

Young Hawk did receive that medal on his return back to the United States, but his bravery was not without consequence.

Upon his return, Young Hawk began receiving treatment on his legs. He had three operations and each time, more of one leg was amputated. He also suffered injuries from being gassed.

On June 23, 1923, Joe Young Hawk died from the wounds he suffered during his brave escape and capture of his captors.

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

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- Gas Station Cans
- Vintage Auto Bug Screen
- Vintage Underwood Typewriter
- Vintage Quilts
- 100+ Pieces of Avon Cape Cod Glassware
- Beer Steins including Avon
- Huge Brass Tray
- Anniversary Clock
- Adult "Scooter Bike"
- Mickey/Minnie Mouse Items

TRAILERS, LAWN, GARDEN, TOOLS

- 16' Heavy Duty Tandem Axle Trailer w/ Steel Deck, no lights or title
- 12' Single Axle Trailer made from Boat Trailer
- Cub Cadet 149 Hydrostatic Garden Tractor w/ Tiller, Snowblower, Mower Decks, & Cab (runs great)
- Ariens ST10 Snowblower w/ Elec. Start & Cab
- Plate Compactor w/ Honda Gas Engine
- RBI Hawk Scroll Saw on Stand
- Delta Radial Arm Saw
- Smaller 10" Table Saw
- Craftsman 10" Band Saw
- Portable Air Compressor
- Air Hose
- Electric Pressure Washer
- Router Table, Letter Template, Dovetail Jig
- New Swivel Trailer Jack
- New in Box Motorcycle Trailer Wheel Chock
- Lots of Cords
- Electrical/Plumbing Supplies
- Roll of Plastic Sheeting
- Reloading Tools: Powder Measure, Scale, Partial Shotshell Press, Etc.
- Street Light Pole
- 100# Propane Tank
- Traffic Safety Cones
- Store Shelving Unit
- 20' Extension Ladder
- Various Lawn & Garden Tools; Firewood & Racks
- Fimco Backpack Sprayer

HOUSEHOLD/MISC.

- Double Recliner Sofa w/ Fold-Down Center Console
- Dark Blue Rocker Recliner
- Platform Rocker
- 50's Chrome Table w/ Red Top & Chairs
- Matching Dresser w/ Mirror & Chest of Drawers
- Antique Dresser
- Heavy Duty Bench w/ Storage
- Floor Mirror
- Large Floor Lamp w/ Globe
- Propane Fireplace/Heater
- Pair of Wood Arm Chairs
- 4 Older Chairs (need work); Waterbed Headboard; Metal Bed Head & Footboard
- Folding Chairs (2 w/ foldout desk/writing surface)
- Instant Pot; NuWave Infrared Oven; Electric Meat Slicer
- Weber Gas Grill
- Window & Free Standing Room Air Conditioners
- Several Vacuum Cleaners
- Artificial Christmas Tree
- Various Pictures & Frames
- Metal Patio Love Seat
- 10x10 Canopy Tent
- MATERIALS**
- Treated Wood Cross-Member Timbers; Rubber Matting
- Blandex/Chipboard Sheets
- Strong-Panel & Corrugated Metal Sheets, Ridge Vents
- Pails of Concrete Dye
- 2 New Doors, 1-36" Entry Door; New Windows
- 16' Mahogany Bannister Railing + Painted Spindles
- Sections of Plastic Fencing

North Star Auction & Appraisal Company

Auctioneers: Dean Moos, Lic. #622, Clerk Lic. #450 (701)667-2935: George Schatz, Lic. #389

Go to www.northstarauction.com for detailed listing and photos

To place a classified ad call 462.8126 or fill out the form online at nordaknorth.com

The 10th Annual **BlueGrass goes PINK** at Cross Ranch State Park **Saturday, July 30, 2022, 7 pm.**

Enjoy bluegrass and support Cancer Awareness. What could be better!

Tickets are \$10 under 16 free (there is a \$7 park entrance fee)

Wear PINK!

Cotton Wood And Friends

This year we will have a 5K and a 10K Walk/Run Trail Race at 9am at the park. You can pre-register by calling 315-0017. The cost is \$20. Participants can come to the concert for an additional \$5. Supper will be served by the Washburn area churches at 5pm (free will offering).

For more information you can call Jill Wiese at 315-0017.
 Cross Ranch State Park www.parkrec.nd.gov/parks/crsp/crsp.html
cottonwoodbluegrass.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@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

AUCTION

Zimmerman moving auction, 8820 Bar D Road, Bismarck, July 23, 10 a.m., Nissan pickup, Dodge Cargo Van, Ford 9N, John Deere LT190, lots of tools. Go to Neumillerauctions.com for full listing.

Mary Ann Bakken Estate Auction, Saturday, July 30, 2022, 10 a.m., Turtle Lake Legion Hall, Turtle Lake, ND. Check www.nordaknorth.com SJ Auction Service, Spencer Flath, Lic. #613, 337-5410, Cell: 898-1381, Garrison, ND

4-TFN-NCGRXT 58540

Cornelia Tiessen Estate, Ron Schuh, Maryann Coppin Estate Saturday, Aug. 6, 2022, 11 a.m., Garrison City Auditorium, Garrison, ND. Check www.nordaknorth.com SJ Auction Service, Spencer Flath, Lic. #613, 337-5410, Cell: 898-1381, Garrison, ND

12-TFN-NCGRXT 58540

FARM RELATED

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

BULK FUEL sale and delivery. Premium Clear #2 fuel, \$5.07/gallon; Premium Dyed #2 fuel, \$4.60/gallon; Unleaded Gas, \$4.50/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 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.

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.

FARM RELATED

CUSTOM HAYING with four John Deere 4895 16' and 18' mower conditioners, \$15/acre and three 569 John Deere balers with net wrapping, \$8/bale, plus fuel surcharge. Two 25 wheel rakes, can rake up to three rows together, \$3/acre, plus fuel surcharge. Bale bunching, \$4/bale, plus fuel surcharge. Will put up hay on shares. Will splice baler belts, all makes and models. Net wrapping for sale \$295/roll (64x9000). Good quality, competitive prices. Will also deliver. Will travel in and out of state. Call Jason, 701-870-0415.

EQUIPMENT FOR RENT: Hay Hiker, self-loads 14 bales; portable diesel welder on trailer. Call Jason, 701-870-0415.

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday August 22nd. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions.

43-TFN-E-X 58577

GARAGE SALE

Garage Sale at Senior Citizen Center, 1 West Central Ave, Garrison. Friday, July 22, 11 a.m.-3 p.m., Saturday, July 23, 10 a.m.-3 p.m. Lots of name brand clothes with the tags still on them in different sizes. Girls, 7-12; boys 10-16; womens sizes small to large, lots of shoes and boots of all sizes; Lots of pet accessories, kitchen ware, house decor, girls bike, 2 fit bits, Hoverboard for girls, Lots of Misc Items!!

12-2TNCXTGR 58540

GIVEAWAY

To Give Away: Free cats and kittens. Every color available. Please call 701-462-3701 or 701-315-0201

HELP WANTED

GENERAL CONSTRUCTION LABORERS, no experience needed. Pay based on experience. Most work is in Garrison & surrounding area. Contact Kevin Katt @ 701-898-0544 Katt's Construction & General Contracting LLC

12-TFN-CH.XT

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

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 Esquibel (anthony.esquibel@k12.nd.us) or for more information call White Shield School @ 701-743-2237. Visit our Employment link @ https://www.white-shield.k12.nd.us/page/employment

9-TFN, CH, IN, LN, CM, XT 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

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

HELP WANTED

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
Garrison Hospital
The institution is an equal opportunity provider and employer

HELP WANTED

STARTING AT \$14 PER HOUR

SALES ASSOCIATES
Full-Time or Part-Time

ASSISTANT MANAGER

Full-Time, wage DOE
Stop in for an application
200 5th Ave SE, Garrison

CHI St. Alexius Health
-Turtle Lake -

Hiring the following positions:

RN
\$20,000 Sign on bonus.

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

This institution is an equal opportunity provider and employer.

HELP WANTED

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.

CHI St. Alexius Health
-Turtle Lake -

Hiring the following positions:

RN-Charge Nurse
\$20,000 Sign on bonus.

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

This institution is an equal opportunity provider and employer.

HELP WANTED

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

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

Now offering higher starting wages!

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

CHI St. Alexius Health
-Turtle Lake -

Hiring the following positions:

Nurse Aid
\$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.

HELP WANTED

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

LPN-Nursing Facility
\$10,000.00
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

Benedictine
LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!

• **CNA**
Full-Time Days
• **Housekeeper**
SIGN-ON BONUS

Apply at
www.blcgarrison.com

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

CHI St. Alexius Health
-Turtle Lake -

Hiring the following positions:

LPN
\$10,000 Sign on bonus.

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

This institution is an equal opportunity provider and employer.

Benedictine

LIVING COMMUNITY | GARRISON

HELP WANTED

RESTORATIVE SERVICES CNA

Full-time Days/ M-F

The Benedictine Living Community | Garrison is seeking a Restorative Services CNA. This person serves as the liaison between Therapy Services and Nursing, and is responsible for implementing and maintaining resident restorative programs while assuring resident safety and care. We are willing to train & pay for CNA certification.

Apply at www.blcgarrison.com
Call Julie Snyder at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

MISC. FOR SALE

ORDER PRINTS, custom mugs, puzzles and more of pictures from all Nordak North newspapers.
35-P-TFN-NC 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

HELP WANTED

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

COOK

\$3,000.00

Employment Incentive for Full-time

\$1,500.00

Employment Incentive for Part-time

Dietary Aide

\$1,000.00

Employment Incentive for 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

HELP WANTED

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

RN - Acute/ER

\$20,000.00

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

HELP WANTED

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

RN-Nursing Facility

\$20,000.00

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

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

GENERATING CAREERS – EMPOWERING LIFESTYLES WITH GREAT OPPORTUNITIES AND BENEFITS

ENGINEERING TECHNICIAN

Milton R. Young Station

Minnkota Power is seeking qualified applicants for an Engineering Technician responsible for providing engineering support services including management of Station records, engineering drafting (CADD), assisting with engineering projects and inspections and participating on engineering project teams at the Milton R. Young Station located near Center, ND. The Milton R. Young Station is a two-unit coal-fired power plant, providing a stable energy source for our cooperative member-owners. The station is located 35 miles from Bismarck, North Dakota, a growing and progressive city with many recreational opportunities.

This position requires an individual willing to grow with evolving technology. Excellent written and verbal communication skills are essential. Requires knowledge of CADD systems (AutoCAD 2010 or later preferred), records management systems (AutoEDMS preferred), Adobe Acrobat and Microsoft Office. Associates degree in any technical field required and previous experience in engineering project support is desirable.

Online applications can be found at www.Minnkota.com.
Closing date to submit applications is 07-24-2022.
Resumes will not be accepted without a completed application.

Minnkota Power Cooperative is an EEO/AAP/Female/Minority/Disabled/Vets Employer

Minnkota Power COOPERATIVE
A Touchstone Energy® Cooperative
Laura Fleckenstein
Human Resource Coordinator
Minnkota Power Cooperative
Milton R. Young Station
Center, ND 58530
Office: (701) 794-7215
lfleckenstein@minnkota.com
minnkota.com

HELP WANTED

Are you looking for a rewarding career in law enforcement serving your community with great benefits and potential for advancement? If your answer is yes, consider joining the family at the McLean County Sheriff's Department.

The successful applicant will enforce state laws and municipal ordinances, while serving and protecting persons and property.

We are accepting applications until **4:00 P.M. on Wednesday, July 27, 2022**, filling one or more position(s) as

FULL-TIME PATROL DEPUTIES

Preference will be given to P.O.S.T certified applicants with prior experience. Starting base salary range is \$45,197.82 - \$46,327.63 annually; the full salary range for the position is \$45,197.82 - \$61,017.32 annually. A full benefit package is offered including 100% paid health insurance (single or family) and 12.45% contribution on employee's behalf to North Dakota Public Employee's Retirement System Public Safety retirement program. 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.

STATEWIDES

HELP WANTED

MCINTOSH COUNTY IS accepting applications for a Director of Tax Equalization. Competitive salary/benefits. Applications can be picked up at the Auditor's office or downloaded at www.mcintoshnd.com. Deadline is Aug. 9, 2022. Send applications to: County Auditor, PO Box 39, Ashley, ND 58413. For information, contact 701-288-5141. EOE

JOB OPPORTUNITIES, DIVIDE County School District-Crosby: 7-12 Math, 7-12 Business, Bus Driver. Apply to: Superintendent: sherlock.hirning@k12.nd.us. 701-965-6313.

MCLEAN COUNTY IS hiring one or more full-time Patrol Deputies. For more information regarding this position visit <http://www.mcleancountynd.gov/employment/>. EOE.

FULL TIME SALARIED GENERAL MANAGER position available at the Valley City Eagles club. Applications and job descriptions available. Experience preferred. Contact Office Manager at 701-845-2192.

CUSTODIAN- LAKE REGION STATE COLLEGE – Devils Lake. This is a flexible position working Monday through Friday, 8 consecutive hours between 11:00am-11:00pm, including rotating weekends. Fully paid family or single health insurance, life insurance, annual leave, sick leave, employee tuition waiver, spouse/dependent tuition discount, retirement, etc. Responsibilities include vacuuming, sweeping, mopping, dusting, removal of trash, cleaning restrooms, classrooms, and offices. Go to www.lrsc.edu/jobopportunities for more information.

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

EDUCATION/TRAINING
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, 701-929-9679. (M-F 8AM-6PM ET).

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

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

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

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.



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.



Scan to be connected to job link

"EQUAL OPPORTUNITY EMPLOYER"

Washburn Editor Leader-News

NorDak Publications seeks a full-time Editor in Washburn, ND. The ideal candidate will have strong communication skills and excel in writing news, feature, and sports stories, along with editing and proofing copy and planning coverage for the week. The right candidate will also be willing to become part of the local community. Most of all, the ideal candidate will have a passion for telling stories that engage and educate readers. This position offers an opportunity to become part of a growing newspaper group throughout North & South Dakota.

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

NOW HIRING!

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

- Dietary Help / Cook**
- Clinical Services Assistant**
- Social Worker Designee**

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

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

HELP WANTED



is looking for

Servers & Kitchen Staff

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83 337-2070

CHI St. Alexius Health -Turtle Lake -

Hiring the following positions:

RAD TECH
\$15,000 Sign on bonus.

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

This institution is an equal opportunity provider and 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. 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.

STATEWIDES

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.

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.

FARMSTEADS FOR SALE

FARMSTEAD FOR SALE - 24.93 Acres. Butte Valley Twp., 12-154-69. 24.93 acres, 10 miles from Leeds. Century old house and outbuildings. Call James P. Wang, attorney, for further details. 701-473-5338.

FARM EQUIPMENT

OWN TILLABLE AND TIMBER LAND? Earn \$3,000 - \$5,000 Every Year. #1 Hunting Lease Company In America. Upfront payments from hunters. Base Camp Leasing | (888) 871-1982.

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.

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.

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

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

MISCELLANEOUS

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.

Dakota Recreation Report



BY BY PATRICIA STOCKDILL

Outdoor Notes:

•July 30: Club de Skinautique Water Ski Show & Lighted Boat Parade, Fort Stevenson State Park, Garrison, 5 p.m.

Tournaments:

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

•July 16: Lake Sakakawea, Fort Stevenson State Park, N.D. Jr. Governor's Cup.

•July 16: Lake Sakakawea, Parshall Bay: Lake Sakakawea, McKenzie Bay.

•July 20: Lake Sakakawea, 4 Bears.

Fishing:

•Lake Sakakawea elevation, July 11: 1,837.75 feet above mean sea level; 20,700 cubic feet per second (CFS) Garrison Dam average daily releases.

•Missouri River gauge height, Stanton: 7.73 feet.

•Missouri River gauge height, Washburn: 9.52 feet.

•N.D. Game & Fish Dept. game wardens: Better reports coming from Indian Hills and Deepwater Bay on the east end of Lake Sakakawea with improving walleye success around McKenzie Bay. New Town area slowed with muddy water. No Missouri River reports.

•Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Lakes Audubon & Sakakawea: East end of Lake Sakakawea producing walleye in shallow water. Try a variety of presentations.

•Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Lakes Audubon & Sakakawea: Nice walleye bite on the east end of Lake Sakakawea in 10 to 25 feet, depending on wind. Try 7 Sisters, main lake east end humps, or northeast corner of Mallard Island using slow death hooks and plain hook or bottom bouncers. Douglas Bay producing walleye with bottom bouncers. Decent walleye bite on Lake Audubon working weed edges using spinners tipped with nightcrawlers or leeches. Also try slow death hooks. Also fair to good smallmouth bass activity. Try top-water or swim baits.

•Lake Sakakawea, Dakota Waters Resort, Beulah: Improving walleye success along the north shore between Nishu and Red Boat bays in 20 feet.

•Lake Sakakawea, Indian Hills Resort, Garrison: Good walleye success using a variety of presentations. Try 8 to 15 feet, locating warm water.

•Lake Sakakawea, New Town: Van Hook Arm remains good for walleye using a variety of presentations.

•Missouri River, Dakota Tackle, Bismarck:

•Missouri River, Enerbase of Washburn: A few anglers working the Missouri River but limited reports. Most activity in on Lake Sakakawea with improving walleye success

•Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing catfish and walleye from boats and shore. Try spillway channel

for walleye and sort through for the keepers the tailrace rocks A little success from the wing walls. Try 8 to 18 feet for walleye on the east end of Lake Sakakawea inside the weed line with jigs and minnows or trolling with slow death rigs or Lindy rigs and nightcrawlers in deeper water around 7 Sisters or Douglas and Steinke bays. Some improving success along the south shore. Try Fisherman's Point or Scoria Bay from shore for walleye. Look for warm water. Not many anglers working salmon yet but those out are finding some early season success.

•McLean Co. area lakes, Cenex of Wilton: Most activity remains on New Johns and West Park Lakes with some anglers still going to Hofer Lake. Try nightcrawlers.

Additional North Dakota river gauges and streamflow:

•Heart River, Mandan: River stage, 2.58 feet; streamflow, 859 CFS.

•Knife River, Hazen: River stage, 3.27 feet; streamflow, 326 CFS.

•Little Missouri River, Long X Bridge: River stage, 5.39 feet; streamflow, 6,420 CFS.

•Missouri River, Williston: River stage, 9.35 feet; streamflow, 30,000 CFS.

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).

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hypervigilance; and problems with concentrating and sleep.

The reality is that PTSD is complex and affects everybody differently, so a treatment that works for one person may not work for another. Currently, the main treatments for PTSD are medications and/or psychotherapy. Support from family, friends and groups are crucial to recovery.

It can be difficult to take that first step to ask for help but with time and treatment PTSD can be managed and controlled. Research shows that the symptoms of PTSD last much longer for those not receiving treatment versus those that receive treatment. By creating more awareness and discussing the diverse nature of PTSD more people

will be inspired to get help or give help to those suffering. If you are unsure where to start, ask your family doctor or search for local mental health providers.

Veronica Radigan, M.D., a psychiatrist in Sioux Falls, South Dakota is a contributing Prairie Doc® columnist and a guest this week on the Prairie Doc® Q&A show. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show celebrating its twentieth season of truthful, tested, and timely medical information, broadcast on SDPB and streaming live on Facebook most Thursdays at 7 p.m. central.

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McLean County Highway Department
will begin mowing county roads and unorganized township roads
August 1, 2022.

Persons who plan to mow county or unorganized township ditches for hay should have this done prior to August 1, 2022.

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