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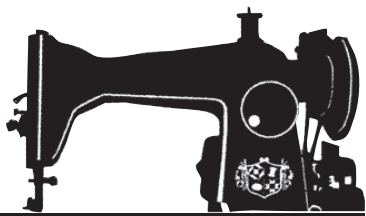
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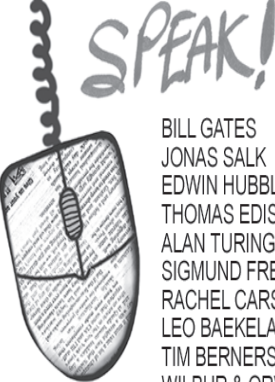
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DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

Outdoor Notes:

- Check all PLOTS signage before driving on with vehicles when waterfowl hunting to ensure landowner allows vehicles.
- Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.
- Waterfowl hunters reminded to follow ANS regulations when hunting from boats.
- Applications such as Onyx now have updated electronic posting information for the 2022 hunting season.
- Oct. 22: Mink, muskrat, & weasel trapping seasons open.
- Oct. 23: Pronghorn season closes.
- Oct. 28: Dakota Roughriders Friends of the NRA banquet, Baymont Inn, Mandan, 5:30 p.m.
- Oct. 29: Halloween Hike, Fort Stevenson State Park, Garrison, 7 p.m.
- Oct. 30: Moose season closes.

Fishing:

Lake Sakakawea elevation, Oct. 17: 1,833.59 feet above mean sea level; 14,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 6.58 feet.

Missouri River gauge height, Washburn: River stage, 8.17 feet.

- N.D. Game & Fish Dept.

game wardens: No new reports.

- Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Deepwater Bay continues producing walleye on the east end of Lake Sakakawea.
- Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: 3-foot drawdown continues on Lake Audubon into Lake Sakakawea so work around the culvert by the pumping station along the U.S. Highway 83 embankment for walleye. Douglas Bay continues producing walleye in 15 to 40 feet depending on wind. Try jigging raps or jigs and minnows. Continued salmon activity from shore around Government Bay. Try pitching jigs and minnows along points or back bays in 2 to 8 feet on Lake Audubon for walleye or the east side culverts going into Sakakawea. Continued bass success, as well. Try top-water baits in the early morning hours.
- Lake Sakakawea, New Town: A few anglers continue working the Van Hook Arm but generally slow walleye success.
- Missouri River, Dakota Tackle, Bismarck: Missouri River tailrace fair for a mix of species. Limited access south of Bismarck-Mandan with low water levels but some shore success for walleye. Try casting from shore for salmon in bays east and west of Garrison Dam on the east end of Lake Sakakawea. Work crankbaits deep on Lake Sakakawea for walleye but look for the lake to turn over soon and fish to move into shallower water. Lake Audubon OK for walleye.
- Missouri River, Enerbase of Washburn: Missouri River quiet with little activity throughout area lakes, as well.
- Missouri River System, Scott's Bait & Tackle, Pick

City: Limited activity on the Missouri River tailrace. Look for improving walleye success in shallower water with recent winds circulating water on Lake Sakakawea and potentially turning the lake over with cooler water and air temperatures. No new reports, however, after last week's winds. Try Scoria or Government bays for salmon from shore using variety of presentations.

- McLean Co. area lakes, Cenex of Wilton: Try Nelson Lake for walleye and bass.

Hunting:

- Deer: Becoming more nocturnal but still spread out.
- Pheasants: Continued fair success in many areas along with increasing hunting pressure.
- Waterfowl: Continued fair success for Canada geese and ducks around the east end of the Missouri River System with more snow geese starting to move in scattered flocks and more numbers in southern Ward County. First snow geese starting to move into the northwest with good numbers of whitefronts remaining. Good local duck numbers around north-central N.D. Northern mallards starting to move into the northern tier of the state with continued good success around the Devils Lake area.

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).

CALENDAR

Saturday, October 22
Piecemakers Quilt Guild Membership Drive, SACA Lodge, 9 a.m.
The Thrift Store, Garrison Area Resource Center, 10 a.m. to 1 p.m.
Max Community Club Fall Festival, Max City Hall, 3-7 p.m.
Community Cupboard of Underwood - Food Pantry from 10 am to 12 p.m. McLean County Residents in need are welcome to receive food. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.
Lord's Pantry food distribution is held at Trinity Lutheran Church in Turtle Lake from 10 pm - Noon. No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

Sunday, October, 23
Open Door Community Kitchen, Senior Center, Turtle Lake ND at 11:30 am to 1 pm.

Monday, October 24
Yoga, First Congregational Church, Garrison, 8 a.m.

Tuesday, October 25
Bone Builders, Garrison Senior Center, 10 a.m.
The Annual Hospital Supper, Turtle Lake-Mercer School Gym from 5 - 7:30 p.m.

Wednesday, October 26
Yoga, First Congregational Church, Garrison, 8 a.m.
The Thrift Store, Garrison Area Resource Center, 10 a.m. to 4 p.m.

Thursday, October 27
Bone Builders, Garrison Senior Center, 10 a.m.
Alcoholics Anonymous, Garrison hospital cafeteria (enter through ER), 8 p.m.
The Mclean County Implement Customer Appreciation day is Thursday October 27th. Join us from from 11 a.m. to 2 p.m. for fun, food, and door prizes.
Food Pantry Distribution Day, Garrison Area Resource Center, 12-2 p.m. and 5-7 p.m.

Satruday, October 29
Vote! from 8 a.m. - noon at McLean County Courthouse in Washburn

Sunday, October 30
The First Lutheran Church will be hosting a Super Sunday Supper on Sunday October 30th from 4:00 p.m. to 6 p.m. It is a free will donation. Everyone is welcome to attend. If you have any question please call Judy at 220-4410 or Rhonda at 315-0656.

Thursday, November 10
Lord's Pantry food distribution is held at Trinity Lutheran Church in Turtle Lake from 2 pm -4 pm. No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

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.
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October 29, 2022

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November 5, 2022 **8:00 a.m. – Noon**

If you have any questions please contact the
McLean County Auditor's Office
at (701) 462-8541.

Keep your immune system strong this fall

PRAIRIE FARE

BY JULIE GARDEN-ROBINSON,
FOOD AND NUTRITION SPECIALIST,
NDSU EXTENSION

“Oh, no,” I thought to myself. I woke up with a stuffy nose and a headache. I have been on many plane trips lately. I heard some people in the airport coughing and sneezing. Some of the people sounded as though they should be in a hospital.

Did the prowling germs they were expelling find their way to me? Did I have a cold, the flu or something worse on the way?

With all the isolation and social distancing of the past couple years, I haven’t had a cold or the flu in a long time. I had my annual flu shot later that week as a precaution.

We had turned on our furnace and the dry air probably led to my issues. I felt better after having a steaming hot cup of tea. To be on the safe side, I took it easy that day, drank a lot of warm beverages and let my immune system do its work.

Most of us get a cold or the flu on occasion. What’s the difference, anyway? I visited the Centers for Disease Control and Prevention website for some clarification.

Flu is caused by influenza viruses, while colds can be caused by rhinoviruses, parainfluenza and seasonal coronaviruses. COVID-19 is caused by SARS-CoV-2, and

that illness is different from the common cold or the flu.

Colds and flu share some symptoms such as fatigue, sneezing, cough, stuffy nose and sore throat, but the symptoms can be variable. See <https://www.cdc.gov/flu/symptoms/coldflu.htm> to learn more.

Getting the flu is more serious than getting the common cold. Flu symptoms often include fever, chills, cough, sore throat, runny nose, body aches, headaches, and sometimes, vomiting and/or diarrhea.

The flu can result in inflammation of the heart, brain and muscles. Serious bacterial infections, such as pneumonia, can occur after having the flu.

Specific testing is needed to determine if you have the flu or COVID-19.

Fortunately, for us, our bodies have a variety of disease-fighting cells and organs, including our spleen and bone marrow. Keep your immune system strong by following these tips.

Wash your hands for at least 20 seconds. Handwashing is considered the single most important way to prevent the spread of infection. If you are not close to a sink, use an alcohol-based hand sanitizer according to the directions.

If you have a cold, be sure to cover your cough with your arm, not your hands. Better

yet, stay home when you are ill and recuperate.

Eat a healthful diet full of colorful fruits and vegetables with lean protein, healthful fats, low-fat dairy and whole grains to round out your plate. Drink plenty of water too.

Be active at least five days per week, aiming for at least 30 minutes of physical activity per day.

Get plenty of rest. In general, people need seven to eight hours of sleep per night.

Search online for “NDSU Extension Nourish Your Immune System” for some of the specific nutrients your body needs to defend itself. Protein, vitamin D and antioxidants are among the key nutrients.

Soup is an excellent autumn food to enjoy. A steaming bowl of soup may help fight respiratory illnesses. This step-by-step recipe from our “Pinchin’ Pennies in the Kitchen” series allows you to use what you have on hand to create a personalized soup.

Create a Soup in 7 Steps
1. Choose one fat.
2 tablespoons canola, sunflower, olive, vegetable (soy) or other oil
Heat in large pot on stove.
2. Rinse and chop one medium onion.
Add to pot and cook over

medium heat until tender.

3. Choose one broth. Add to pot.

2 (16-ounce) cans chicken, beef or vegetable broth

4 cups water plus chicken, beef or vegetable bouillon or soup base prepared according to manufacturer’s directions

1 (16-ounce) can crushed or diced tomatoes and 3 cups water

4 cups milk and chicken bouillon or soup base prepared according to manufacturer’s directions

4. Choose one protein. Add to pot.

1 pound cooked (or leftover) chopped/diced beef, chicken, ham, lean sausage, firm tofu, etc.

1 (16-ounce) can beef, chicken, ham

1 (16-ounce) can beans (pinto, kidney, navy, black, etc.), drained and rinsed

5. Choose one starch. Add to pot.

3 to 4 cups diced potatoes
4 ounces egg noodles, macaroni, pasta (or 1S cups leftover cooked noodles)

1/2 cup uncooked rice (or 1 1/2 cups leftover cooked rice)

6. Choose a mixture of 2 to 3 cups chopped vegetables (fresh, frozen or canned). Add to pot.

7. Choose one or more

seasonings, add to pot and simmer 20 to 25 minutes or until vegetables are tender.

1 to 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)

Bay leaf (remove before serving)

Minced garlic

1 to 2 Tablespoons fresh herbs (add five minutes before serving)

Nutritional content will vary depending on ingredients used.

(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)




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2023 NextBlue Benefit Seminar	11/07/2022	1pm-2pm	Bottineau Senior Center, Bottineau, ND
2023 NextBlue Benefit Seminar	11/10/2022	2pm-3pm	Town & Country Credit Union
2023 NextBlue Benefit Seminar	11/15/2022	2pm-3pm	Town & Country Credit Union

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Annual Enrollment Period: October 15 – December 7

Belle Mehus

DAKOTA DATEBOOK

A city is ever-changing and ever-growing. Businesses move around and eventually, one place becomes another, until soon, the city's face is transformed from what it has been a decade, a year or even just a month ago.

In Bismarck, there is a spot along Eighth Street and Rosser that housed many different activities. It was once the old Baptist Church. From there, it became the North Dakota Education Association. And finally, it was remodeled into a Conservatory—into Miss Belle Mehus' very own dream-conservatory.

On this day, movers were still unloading items into the new studio that would soon blossom under the guidance of her "family": It would become the personal quarters of Belle Mehus and her cat Rene, as well as a haven for the teaching staff of the Mehus Conservatory and their scads of students.

It was not the auditorium that Bismarck now knows; that's located on 6th Street. It was a little space full of her

"own ingenious, practical and imaginative ideas."

There was the curved staircase; the multi-colored, irregularly checked pattern of the carpet; the wrought iron railings; the soft green wallpaper "with gold floral tracery" adorning the walls. A mirrored wall in the reception room and the abundance of mirrors throughout the building "reflect Miss Mehus's conviction that they lend dignity and have a quieting effect on students."

Royal Hopkins selected "red corduroy for upholstery and drapery, modern paintings and a green carpet" in one room, while David Christiansen had not yet chosen what he wanted for décor in another, and in yet another, "Mrs. Bonnie Evans has the third studio, where tapestries and hangings will be used for decorative and acoustic effect."

In the "center of the stage" in each studio sat a grand piano, "with an upright in a supporting role." Each door also had soundproofing.

And in her own, specially

contrived space, Belle Mehus had a small but efficient kitchen, a bathroom with pink faucets, a display of her treasures throughout her personal domain, a picture of herself in her youth. No space seemed wasted.

The move in was six weeks behind schedule because everything was to be "just so," and there was a planned open house for November, but a behind-the-scenes preview of Belle Mehus' new conservatory was "interesting and revealing." Revealing, perhaps, because the choices reflected Belle Mehus herself.

"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.

Mike Rudolph Moving

AUCTION

Saturday, Oct. 29, 2022 11 a.m.

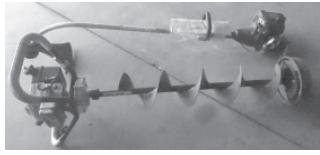
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40" Lawn Rake
19" Lawn Boy Mower w/Bagger
21" Yardman w/Bagger
M/W Snowblower w/Cab
Fertilizer Spreader
2-Wheeled Boat Mower
Lawn Tractor w/Mower Deck
Viper Roto Tiller
Homelite Weedeater
Jiffy Ice Auger
10'x10' Gazebo
Electric Power Washer
2 Chain Saws
Turtle Lawn Sprinkler
120 v Security Lite
1000w Generator
Portable Air Tank
Misc. Tarps, Gas Cans, Rakes, Shovels, Axes
19' Aero Lite Camper, Sleep 4, A/C Mult. Fridge, Heater
19' Alumacraft Fishing Boat w/ Trailer,
w/50 hp Mercury & Elect Trolling Motor
w/ Eagle Fishmark 480
Electric BBG Grill
Car Polisher, electric
800 watt Mobile Power Outlet
4 Camper/Topp Clamps



10" Craftsman Table Saw
10" DeWalt Radial Arm Saw
Quartz Lamp
2 Lamp Quartz
Hedge Trimmer, Electric
4 Plastic Lawn Chairs
2 CB Radios with Antenna
Shrimp/Crab Broiler
w/Turkey Roaster, Pan, Basket
Bug Zapper, Efficiency Range 1 Acre
Whole Shop Dust Collector
24 Goose Decoys
Camping Stuf
3 tents, lanterns, stove, cookware
Commercial Sewing Machine/Stand
Button maker
Projector
Screen
Cam-Corder
Camera 35 mm
Bean Bowl
3 Platters
Roaster
Tupperware
Lefsa Griddle & Tools
Omelet Maker
Electric Blender
Canister Set
Krumkake Baker
Salad Shredder



Electric Deep Fryer
Food Saver
Dehydrator, Trays
Set of 12 Fiesta Dishes
Bowls, Serving Trays & Silverware
2 sets of 12 Glasses
Cups
Sipper Cups
8 Plastic Plates & Soup Bowls
2 End Tables
2 Bar Stools
TV Stand
Green Plant
Outdoor Decorations
Sea Gulls
Boy Fishing
Snowshoes
Skis
Brother Personal Embroidery machine
Thread Approx. 200 Spools
PED - Basic
Handy Quilter
Quilting Books
Patterns
Misc. Sewing Items
Christmas Decorations
Queen Size Wildlife Quilt w/3 Pillows
2 Table Size (Wildlife)
Table Runners
Wall Hangings, etc.



Rita Mautz Moving Sale

Full Size Bed with Headboard & mattress
Storage Cabinet
Electric Remington Chain Saw
Electric McCollah Chain Saw
Propane Burners
Small Lawn Roller-Packer
Checker Plate Pickup Tool Box
Old Large Saw Blade
Antique Scale
Old Ice Cream Maker

Lunch available from
Lenore's Outdoors and Catering
(formerly Kyle's Catering)

Plant Stand
Camping Picnic Table
2 15 gal Crocks
Waste Container
Master Forge Grill
2 Lawn Benches
Land Measuring Wheel
Large Ext. Ladder
Many Old Horse Bits
Hames with Metal Balls
Pressure Washer
Gun Rack
Lawn Edging
Galvanized Tub
Craftsman Push Mower

Lawn Edger
D.R. Weed Eater
Small Tiller
Set of Texas Long Horns
Musket Powder
Screened Tent Top
Fertilizer Spreader
Old Winchester Shot Gun
BB Guns
Fishing Rods
Shepard's Pole
Paintings
Corner Office Desk
Plastic Lawn Chairs
Patio Chair

1969 World Books
Gas Driven Water Pump
Bubble Gum Machine
Whirlpool Fridge
Crosley Chest Type Freezer
Carpet Shampooer
Old Coast King 2 Wheel Bike
Old Sythe

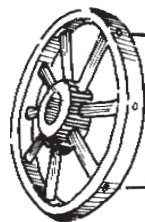
Auctioneers Note:
Many more items on this sale,
everything in storage unit,
unable to see everything

List can be found online at www.nordaknorth.com

Not responsible for accidents. No items removed until paid for.
Any announcements made on sale day take precedence over printed matter. All Sales Final

SJ Auction Service

Spencer Flath, Lic. #613, 337-5410, Cell: 898-1381; Clerk #441, Garrison, ND



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

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

TOYO TIRES

FALL REBATE

\$70

Oct 1st - 31st, 2022

Get A \$70 Mail In Rebate
on any set of 4 Toyo Passenger
or Light Truck Tires
In Stock Only

With installation (must be stated on receipt).
No cash and carry. Must be post marked by November 15, 2022
Washburn Auto Body LLC - 101 Main Ave - Washburn, ND

Community Memorial Hospital Presents

The Annual Hospital Supper

Tuesday, October 25
5pm - 7:30pm

At the Turtle Lake-Mercer
School Gymnasium

Serving:

Family Style Turkey and Meatballs
With all the trimmings, potatoes & gravy,
stuffing, salads, dessert, coffee or water

Home Delivery Available by calling
Brenda Blasius 448-2331 x 207
By Noon (leave message)
Cost is \$15 per person
(5 - 10 years \$7)
(4 and under - free)

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

NEW IN the area? Get better acquainted with the Garrison Community. Welcome Wagon booklets are available at City Hall, the Firefighter's Museum/CVB or by calling 463-2600 or 463-2345.

36-TFNNCI 58540

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680- 0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 8 p.m., Sacred Heart Church, 734-6544.

15-TFNPI 58540

DELIVERY PROBLEMS? If you're having any problems getting your XTRA - when and where you want it, we want to know. Call 1-800-229-5028 to report problems.

52-TFNPI 58540

"WANT TO Save some Money?" Check out the specials in this week's XTRA. If you're not receiving the XTRA, call this newspaper and we'll make sure you do.

24-TFNPI 58540

AUCTIONS

Mike Rudolph Moving Auction, Rita Mautz Moving Auction, Saturday, Oct. 29, 2022 11 a.m. Garrison City Auditorium, Garrison. SJ Auction Service, Spencer Flath, 337-5410, Cell: 898-1381 Garrison. List can be found online at www.nordaknorth.com

23-4TNCGRXT 58540

FARM RELATED

HEATED SHOP FOR RENT by the day, week or month. 50x100, has welder, torches and lots of tools. 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.

21-1TCHG 58540

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

21-1TCHG 58540

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

21-1TCHG 58540

BULK FUEL sale and delivery. Premium Clear #2 fuel, \$4.88/gallon; Premium Dyed #2 fuel, \$4.40/gallon; Unleaded Gas, \$3.60/gallon. Call for current pricing. Call Jason, 701-870-0415.

21-1TCHG 58540

Place an Ad today!

GIVEAWAY

23"x35" WHITE SHEETS of tracing paper. Good for packing sheets when moving, kids drawing sheets, wrapping glassware, gift wrapping, etc. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.

21-TFNNGC 58540

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday October 17th and October 31st. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions.

43-TFN-E-X 58577

HELP WANTED

SEASONAL HELP WANTED for 2023: The Turtle Lake Cemetery Bd has an opening for a seasonal groundskeeper at the local cemetery. Spring-Fall. Equipment provided. Responsible for mowing, trimming and maintaining an overall neat appearance of the property. Wage based on experience. For further info, contact Tim Larson. 701-737-9903.

WHITE SHIELD School is seeking head and assistant coaching positions for all sports in elementary, Jr. High and High School. Head positions for football and wrestling are already filled.

13-TFNCHCMLNGRXT 58540

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 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 wayne.fox@k12.nd.us or more information call White Shield School @ 701-743-4350. Visit our Employment link @ https://www.whiteshield.k12.nd.us/page/employment

9-TFNCHGGCMWX 58540

MISC FOR SALE

FOR SALE: ELECTRIC wheelchair, under two years old. Quantum 6 Edge 3, Cadillac of chairs, \$1800 OBO. Scooter Store Chair \$900 OBO. Call/text 701-527-0303 will send pictures.

24-5TPDXTDS 59540

55 gallon barrels for sale. Metal and plastic. Some ink residue. \$8 each. McLean County Independent, Garrison. 463-2201.

13-TFNGR 58540

From Us To You Every Week

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

REAL ESTATE FOR RENT

1 Bedroom studio apartments available in Garrison. Furnished, all utilities included. Monthly rates. Call 701-220-7477.

26-1TCHX 58540

1 Bedroom & Studio Apartments for rent. Call Larry 701-463-2320, 701-421-5002

1-TFNCHGX 58540

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-TFNCHWCMBHCG 58540

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

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

HELP WANTED

HELP WANTED

Golf Course Manager

\$20/hr regular hours, DOE overtime paid at time and a half. Wage increases looked at quarterly. Free single golf membership to GGC.

Discounted food, beverages & Pro Shop items. Paid vacation.

Email application/resume to: garrisongolfcourse@hotmail.com or stop by GGC.



GARRISON GOLF CLUB

337-5420

HELP WANTED

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

HELP WANTED

HELP WANTED

CHI St. Alexis 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. Alexis Health Garrison Hospital**
The 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

HELP WANTED

CHI St. Alexis 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. Alexis Health Garrison Hospital**
The 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"

**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"

HELP WANTED

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

We Are Hiring!

We Want YOU


on Our Team.

Reliable employee to work 8-16 hours a week in the

BINDERY/MAILING/ PRESS DEPARTMENT

Duties include sorting, inserting, packaging and bundling. Ability to stand for extended periods of time and lift 25-30 pounds helpful. Daytime hours, typically Wednesdays and Thursdays.

Mail your application to NorDak North, P.O. Box 309, Garrison or send materials via email to darla@nordaknorth.com



NORDAK NORTH PUBLICATIONS

HELP WANTED

CHI St. Alexis 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. Alexis Health

Garrison Hospital

The institution is an equal opportunity provider and employer.

GSSC

GENERAL SECURITY SERVICES CORPORATION™

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 (BILL@GSSC.net) for more information.
EOE/AA/Disability/Veterans/M/F Employer
Immediate full-time & part-time openings!

HELP WANTED

PT Bookkeeper

available at Garrison Golf Club

Familiar with Quickbooks, 1 monthly meeting, small business accounting a plus. General accounting duties. For information contact Lori at 460-7163.

GARRISON GOLF CLUB

337-5420

CHI St. Alexis 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.

CHI St. Alexis 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.

JOB OPPORTUNITY AT WASHBURN EYECARE PROFESSIONALS

Seeking part time high energy individual to assist doctors in a busy eye care practice. Desire strong people skills and technical ability. Duties include receptionist, scheduling appointments, fitting patients with eyewear and filing insurance. Competitive starting pay. Paid vacations and holidays. Send resume to: eyecareprowashburn@westriv.com or Eyecare Professionals PO Box 481 1137 Border Lane Washburn, ND 58577.

CHI St. Alexis 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.

363 Eatery

is looking for a part-time Cook & Waitress

Flexible hours, nights off. McClusky, ND

Call 701-363-9902 and ask for Patty.

CHI St. Alexis 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.

Looking for an Executive Assistant with 3 years minimum experience or Bachelors Degree.

Must be PROFICIENT in the following:

- Communications - Written letter or email response
- Payroll and/or paying vendors
- Excel or Google Sheets
- Organized
- Detail oriented
- Strong math and written skills

CT Logistics

The ideal candidate will be able to work autoimmunity and without supervision. After 3 months of training in the office the Executive Assistant will be able to work from home. This job is a part-time position with potential to grow full-time. Salary: \$17.00 - \$23.00 per hour Work Location: Hybrid remote in Washburn, ND 58577

Benedictine

LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!

- CNA
- Housekeeper

SIGN-ON BONUS

Apply at www.blcgarrison.com

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

Benedictine

LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!

Accounts Payable Coordinator & Foundation Development

FULL-TIME BENEFIT ELIGIBLE

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

PART TIME/CASUAL

Neighbor Assistant at The Meadows!

Come Join Our Team!

We offer:

- Flex scheduling
- 10-15 hrs/week
- Fun, Family Home Environment
- Starting at \$15/hr.

Contact Jenni B. at (701) 463-6237 for more information.

Benedictine

THE MEADOWS

EEO/AA.VET FRIENDLY

HELP WANTED

White Shield School

- Elementary Principal
- School Business Manager
- 2 Elementary Teacher
- 1 Title One Teacher
- 1 Gifted/Talented Teacher
- 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

CITY OF TURTLE LAKE PUBLIC WORKS SUPERINTENDENT

This position is responsible for a wide variety of public services, including daily operation of the public works department. Further information or to obtain a job description or application, contact citytl@westriv.com or 701-448-2596.

HELP WANTED

CHI St. Alexis 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. Alexis Health

Garrison Hospital

The institution is an equal opportunity provider and employer

Now Hiring – Jailer/Dispatcher(s)

Looking for a new career that is beneficial to you and your family? If your answer is yes, join the family at the McLean County Sheriff's Department. This position offers competitive pay; variable hours with a three-day weekend every other week; room for advancement; and EXCEPTIONAL insurance benefits for you and your family.

The successful applicant will perform duties relating to and assisting booking incoming prisoners and processing outgoing inmates while providing a safe environment for persons detained; dispatch and maintain radio contact with field personnel; record radio transmissions and phone calls; meet and assist persons coming to the Sheriff's Office for assistance; effectively dispatch required emergency personnel; and render emergency medical aid and instructions by telephone and information to dispatched emergency personnel.

Applications will be accepted in the McLean County Auditor's Office until 4:00 P.M. on Wednesday, November 2, 2022, filling one (1) or more positions as a full-time Jailer/E-911 Dispatcher. Salary range is \$40,497.60 – \$60,756.80 annually, dependent on experience. A full benefit package is offered including employer funded health insurance (low deductible for both family and single coverage), paid North Dakota Public Employees Retirement System (NDPERS) defined benefit retirement, annual leave and sick leave, a minimum of ten paid holidays per year, and access to excellent vision, dental, and life insurances. 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.

FULL

STACK

MARKETING

CALL US

www.nordaknorth.com | 701.462.8126

607 Main Ave, Washburn, ND 58577

STATEWIDES

HELP WANTED
WANTED: MANAGER FOR NEW COFFEE SHOP. Sahnish Development Authority is seeking a Full Time Manager in White Shield ND. We are looking for a skilled and experienced individual who is ready to embark on a new Coffee House business venture in management. We are looking for an independently motivated individual, with great customer service skills, strong work ethic, leadership & team building skills. To apply, email your cover letter, resume and three professional references to ulifox@sahnish-developmentauthority.com or frede@sahnishdevelopmentauthority.com.

AD COORDINATOR: Full time. Detail-orientated, organized multi-tasker with great customer service skills to act as a liaison between North Dakota newspapers and advertisers, including state agencies, advertising agencies and private businesses. Juggle multiple emails and advertising requests, process orders, update data, and oversee tearsheeting and order confirmations. Must be proficient in Excel, Microsoft Word, and possess general math skills. Generous benefit package including 13 paid holidays and paid single medical/dental/vision/life insurance. Submit resume, cover letter, and at least two references to: North Dakota Newspaper Association, director@ndna.com.

NOW HIRING: FT ENVIRONMENTAL HEALTH PRACTITIONER to conduct inspections and enforce health regulations in Minot. Bachelor's Degree required. Great people, competitive salary, excellent benefits! Starts at \$22.00/hr. Application information at www.fdh.u.org

STUDENT SUCCESS ASSISTANT. NDSCS has a FT, 10-month, position open in Wahpeton. This position serves as the first point of contact for the Student Success Center and providing administrative support for the Student Success Areas including Academic & Career Counseling, Tutoring and Career Services. Benefits include fully paid single or family health insurance premium, life insurance, retirement, etc. Screening begins immediately. EOE. Interested candidates must complete the online application at: www.ndscs.edu/join-our-team

HEFTY SEED IS SEEKING AN AGRONOMIST to join our sales staff as part of a three-store team with locations in New Rockford, Hurdsville, and Wilton, ND. These three locations work cohesively to deliver on the greatest service and recommendations in the region. This position includes traveling to farms, scouting fields, building and maintaining relationships with new and current customers and working with our team to coordinate sales deliveries. The right candidate for this position will be a self-motivated, positive team player with a minimum of 3 years experience in ag sales. Must have great interpersonal and communication skills and a commitment to customer service. This is a full-time, year-round position with an excellent benefits package and earning potential. If interested in this opportunity with our growing company, send resume and cover letter to mike.riehl@heftyseed.com or call Mike at 701-962-3343 for more information.

MCLEAN COUNTY IS hiring one or more Jailer/E-911 Dispatchers. Competitive pay/benefits. Visit https://www.mclean-county.nd.gov/employment/. EOE.

ADMINISTRATIVE ASSISTANT – TRIO/POWERSKILLS CENTER. Lake Region State College – Devils Lake, ND. This is a full-time, 12-month, grant funded position, grant funding renewed for 5 years. Fully paid family or single health insurance, life insurance,

sick leave, employee tuition waiver, spouse/dependent tuition discount, retirement, etc. The TRiO/PowerSkills Center Administrative Assistant is a collaborative position that supports advisors, departmental leadership, staff, and students. Go to www.lrsc.edu/jobopportunities for more information.

OFFICE ASSISTANT: Part time. Assistant needed as backup mainly for the Advertising Coordinator, 20 hours per week. Will process orders, tearsheets, confirm orders, have frequent contact with newspapers via phone and email, and other office duties as assigned, helping other departments as needed. Submit resume, cover letter, and at least two references to: North Dakota Newspaper Association, director@ndna.com.

WECKERLY FARMS OF Hurdsville, ND is hiring for a full-time, year-round farm employee. This position requires experience in planting, spraying and harvesting as well as mechanical experience required for maintaining and refurbishing agricultural equipment. This is an excellent opportunity for a motivated, reliable individual looking for a long-term position. This position offers a competitive salary and benefit package that includes health insurance and paid vacation. If you are interested in working for a progressive operation with a low turnover rate, contact Chad at 701-962-3343 for more information or to apply. Resumes may be sent to farmerchad@weckerlyfarms.com.

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

EDUCATION/TRAINING
TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 701-929-9679. (M-F 8am-6pm ET).

ATTENTION ACTIVE DUTY & MILITARY VETERANS! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, 701-929-9679. (M-F 8AM-6PM ET).

SERVICES FOR HIRE
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.

FINANCIAL SERVICES
BEHIND ON YOUR MORTGAGE PAYMENTS? Threatened with foreclosure? Denied a loan modification? Let us help! Call the Homeowner Relief Line to speak with a mortgage specialist. 877-242-2596.

BUSINESSES OPPORTUNITIES
LOOKING FOR A GREAT BUSINESS? Earl's Bar in Leeds, ND is for sale. Nice building, interior & clientele. Call Nikolaisen Land Company, 844-872-4289, 701-303-0392, www.nikolaisenlandcompany.com

LAND WANTED
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They are not all pines DAKOTA GARDENER

BY ZOE ZELEZNIK
FORESTER, NDSU EXTENSION

As I sat down to write this column, I realized that it might be a bit confusing. As a scientist and a communicator, I try to be precise and specific in my word choice. That's a great goal, but it's not always attainable when working in natural systems. Scientifically, there's always an exception. Nevertheless, I hope you find this useful.

It was my first year at NDSU, and I received a phone call from a client. He said, "I have a fir tree. I think it's a spruce and it's loaded with pine cones." He wanted to know if there was anything wrong with it.

I was taken aback at first, but through some back-and-forth discussion, we figured out what was going on. It was a spruce tree that had a lot of spent pollen 'cones'. This is normal behavior for a tree at that time of year and nothing to worry about.

But I was still confused about his use of the words fir, spruce and pine, to describe a single tree. Fir, spruce and pine are all conifers, but each one is unique and they can't interbreed. They're all different species.

So, it's time for a brief lesson on the conifers of North Dakota.

The most common conifer trees planted in North Dakota are pines (ponderosa and Scotch pines) and spruce, such as Colorado (blue) spruce and Black Hills spruce. Yes, there are certainly others mixed in, but these are the most common. They're all conifers but they're not all pines.

Pine trees are in the genus Pinus, and they have relatively long needles that are held in clusters called fascicles. Ponderosa pine generally has two or three needles per fascicle and the needles very long—4 to 9 inches long. Scotch pine trees have two needles per cluster, the needles are about 1.5 to 3.5 inches long and they're twisted around each other.

Spruce trees are in the genus Picea and they have shorter needles that are held individually on each twig. Colorado (or blue) spruce needles are about 1 to 1.5

inches long and are really sharp. Blue spruce is definitely a poky tree! Black Hills spruce has needles that are a little shorter, about 0.75 to 1 inch, and they're not sharp.

Unfortunately, not all blue spruce are blue. Sometimes they're more greenish and even the Black Hills spruce can be a little blue. So we use other characteristics to properly identify these species.

Correct tree identification is a challenge but it's critical. For example, tree species are sometimes very specific in where they can grow. If we tried to plant the spruce or the pines in a wet site, the trees would die. Only a limited number of conifer species can grow in wet sites. Most will drown out if their root systems get flooded.

Also, certain insects or diseases are specialists and hit only specific types of trees. Yellow-headed spruce sawfly is an insect that attacks only spruce trees. It doesn't hit pines. Western gall rust, on the other hand, can be found on ponderosa and Scotch pines, but not on the spruces.

I try not to get too bothered about improper usage of the scientific terms used in identifying trees. I'm a forester and trees are what I study, day in and day out. It's a pretty unique occupation, especially in North Dakota. And in all my 20 years at NDSU, I still haven't figured out how to tell the difference between wheat and barley. Something about the beards or the awns?

There's always something new to learn.

Fall pruning can sometimes result in desiccation of the pruning wounds over the winter.

If it has been a number of years since your last soil test, consider sending a sample from your garden to a local soil testing lab. We are seeing more and more vegetable gardens that have an excess of phosphorus which can lead to stunting of vegetable plants and a general failure to thrive.

Finally, make a list of your favorite vegetables or annual flowers that you tried this year. Trust me, you won't remember the names by next spring.

Happy fall!

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