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Vol. 40, No. 15
Monday, August 7, 2023

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CALENDAR

SATURDAY, AUGUST 5

- THE THRIFT STORE**, Garrison Area Resource Center, 10 a.m. to 1 p.m.
- GARRISON FARMERS MARKET**, Memory Fireworks parking lot, 9 a.m.- 11 a.m.
- SUICIDE PREVENTION/PTSD AWARENESS WALK**, Fort Stevenson State Park, 10 a.m.- noon
- Brooke Schroeder Memorial Walk/Run**, in Max, breakfast at 8 a.m. followed by walk/run at 8:30 a.m.
- Max Rodeo**, Max Rodeo Grounds, slack begins at 10 a.m., competition begins at 5 p.m.

SUNDAY, AUGUST 6

- A JAM SESSION** will be held at Hazen City Hall beginning at 6 p.m. Free to attend and welcoming of all musicians. Coffee and cookies will be served. Call Linda Eslinger at 873-5695 for more information.

MONDAY, AUGUST 7

- YOGA**, First Congregational Church, Garrison, 8 a.m.
- BONE BUILDERS**, Garrison Senior Center, 10 a.m.
- DOUGLAS ANNUAL PICNIC**, Douglas Senior Center, registration 12: p.m., Lunch 1 p.m.
- COLEHARBOR CITY COUNCIL MEETING**, Monday, August 7th at 7:00 p.m., Coleharbor Community Center

TUESDAY, AUGUST 8

- HARVEST MARKET** on Main, Main Street, Garrison, 4:30 p.m.

WEDNESDAY, AUGUST 9

- Yoga, First Congregational Church, Garrison, 8 a.m.
- The Thrift Store, Garrison Area Resource Center, 10 - 6 p.m.

THURSDAY, AUGUST 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.
- COMMUNITY CLOTHING SHARE-EXCHANGE** at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

Monday, August 14

- THE AMERICAN LEGION VICTOR B. WALLIN POST #12**, Washburn, will be holding its summer picnic at the 4-H Camp on Monday, August 14, 2023, at the main dining hall. The 4-H Camp is located 1-1/2 miles west of the Lewis and Clark Center. The Social time will start at 5 pm and the food will be ready by 6 pm with a program to follow. Food and drinks will be provided. Bring another veteran and their family with you. Drawings for door prizes will be held during the meal. There may be a surprise visit from Teddy.

THURSDAY, AUGUST 17

- COMMUNITY CLOTHING SHARE-EXCHANGE** at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

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 2 p.m. -Tuesday and Thursday 2 p.m. to 6 p.m.
- Turtle Lake Public Library** - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.
- McLean-Mercer Regional Library** - Riverdale Open Mon-Fri 8:00 - 12:00 & 1:00 - 5:00
- Garrison Library** is open Mondays from 10 a.m. to 5 p.m., Tuesdays-Thursdays 10 a.m. to 6 p.m., and Fridays 9 a.m. to 1 p.m.

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Aug. 1 until Aug. 29!

Tuesday Evenings
Starting at 4:30pm until gone!
Main Street | Garrison

Aug 8th Photo Contest
Dog days of Summer photo contest! One entry per family. Send your dog picture to otteson2316@gmail.com by July 21st. 1st- 3rd place, prizes from Dee-Oh-Gee Delights Dog Treats. Winners announced August 8th.

Aug 15th Kids Night
Bring the family down! There will be games and meet your 1st responders: EMS, Police and Firefighters

Interested in being a vendor?
SHOW UP & GRAB A SPOT!
Small tents, tables, or selling out of the back of vehicles are permitted; booths can be set up on the sidewalks. Only requirement is that you must make it, bake it, or grow it for the products to be sold. The event starts at 4:30pm; show up when you can & stay as long as you'd like!
QUESTIONS? 463-2345 • NDFM.RESTEL.COM

Party in the Park

Saturday, August 12th
Garrison City Park
Aw Shucks! Corn Fest
2 p.m. - 6 p.m.

JOIN US FOR AN AFTERNOON OF FUN!

- 2 p.m. Free Corn on the cob try our new toppings
- Corn Shucking Contest
- Watermelon eating contest
- Food and Shopping Vendors
- Face Painting
- Car Show on Main St. 12 - 4 pm
- Free Wally Trolley rides from 4-6
- 5:30 p.m. Pet & Doll Parade Route: City Park, down to TruCommunity Bank and back up to City Park

For more information contact: Garrison CVB at 701-463-2345

No outside food or beverages
\$10 admission starting at 6 p.m.
Kids 12 and under free

Food & Beer Gardens will be available

Bring your own lawn chairs

Performances by:
The Waddington Brothers at 5:30 pm
The Bromantics at 7:00 pm

Event Sponsored by: G.A.I.A., Garrison Chamber of Commerce, Trade Committee, and local Chamber Businesses.

PRAIRIE DOC PERSPECTIVES

By Donald Bennett, MD
Nasal Congestion

One of the most common reasons a person comes to the Ear Nose and Throat clinic is a stuffy nose. The way the symptoms are described varies. The stuffiness or congestion can be present at all times, at certain times of year, worse on one side, alternate sides, and may or may not respond to medications.

Getting this clear history and taking a close look helps me determine what are the causes and how best to help.

The nasal passages are divided from left and right by the nasal septum, which is made of bone and cartilage. A deviation (or bend) of the septum is common, but can be more extreme in some cases and cause significant narrowing of the nasal passage on one or both sides. Some are born with this deviation, and it may worsen as the person grows. Sometimes a history of a nasal injury is present, which could have bent the septum or increased the chance it becomes more bent over time if the injury occurred in childhood.

Within the nasal cavity are outpouchings called turbinates. A job of the nose is to prepare the air for the lungs, and it has structures that allow the

air to be humidified, warmed and filtered. The turbinates are covered with a lining, called mucosa, which has numerous mucous glands and microscopic hairs. The turbinates are rich with blood vessels and periodically swell. This normal cycle of swelling can cause nasal congestion that alternates sides every few hours if the turbinates are excessively swollen.

The turbinates can become excessively swollen for several reasons, including viral infections, irritation from dryness, or allergies to name a few. Turbinate swelling can respond to topical medications such as steroid and antihistamine spray. Medical management of allergies if present, including allergy shots, can improve and control symptoms over time.

A less frequent cause of nasal congestion includes nasal polyps. These can be difficult to see from the front of the nose unless they are extremely enlarged. As an ENT, we often use a scope to see if these are present. A CT scan can also help.

An even less frequent cause of congestion includes weakness of the cartilage of your nose.

This can happen over time, or can be seen after an injury or prior surgery. A careful exam in the clinic can help determine if this problem is present. It is often managed with surgery.

In most cases there is more than one cause of a person's nasal congestion. If medicines do not improve symptoms, surgery can improve nasal breathing. A discussion with your surgeon on the risks and benefits to make an informed decision may be the next step.

Dr. Bennett has been trained to provide comprehensive otolaryngology care. Dr. Bennett practices at Midwest ENT & Allergy in Sioux Falls, SD. His special interests include disorders of the ear/hearing, endoscopic sinus surgery, pediatric otolaryngology, head and neck surgery, thyroid and parathyroid disorders, voice and swallowing disorders. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc®, a medical Q&A show providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.

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AUGUST 11, 2023

Garrison City Park
4:30 p.m.

Words of faith & remembrance for
MIKE GACKLE
who died 5/25/23

5-7 p.m. - Hamburgers, hotdogs, cash bar,
fun and fellowship

- DJ featuring all Mike's favorite Elvis songs and more
- Bring your lawnchairs and stories

*Goodwill donations will go to
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- Several Grain Augers
- American Automatic Grain Dryer

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- 2003 GMC 2500HD Sierra Duramax Diesel W/ Gooseneck Ball
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- 1977 Chevy Scottsdale 10 Squarebody 4x4, Not Running
- Dodge 100 Town Wagon
- Texas Bragg 33' Gooseneck W/ Beavertail, Dual Ramps, Tandem 12,000 Axles
- International 2000 Grain Truck Single Axle, Steel Box
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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-TFNCCI 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, 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 7 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

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24-TFNPI 58540

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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, \$3.68/gallon; Premium Dyed #2 fuel, \$3.25/gallon; Unleaded Gas, \$3.25/gallon. Call for current pricing. Call Jason, 701-870-0415.

21-1TCHG 58540

CUSTOM SPRAYING with 4930 John Deere sprayers 121', auto steering, swath control, 15" spacing, \$5.50 an acre. Will supply chemicals or use your chemicals. Will travel. Call Jason, 701-870-0415.

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-TFNCG 58540

Advertise with us!

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday August 7th, and Monday September 18th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions, also follow us on Facebook.

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

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 for rent. Call Larry 701-463-2320, 701-421-5002

1-TFNCHGX 58540

REAL ESTATE FOR SALE

House for Sale; Riverfront property, 2 1/2 bath, 4 bedroom 1/2 mile from 18 hole golf course. Call 701-400-7793.

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

WANTED

HORSE BUYER at Stockmans Livestock, West barn, Dickinson, Monday, Aug 14th 8am-4pm. And Rugby Livestock, Tuesday, Aug 15th 8am-4pm. Buying all horses good, bad, ugly or pretty! Top dollar paid on the spot! Licensed and bonded buyer. 612-839-9568.

12-5TPDXT 58540

WANTED OLD STUFF: Advertising Signs, Clocks, Thermometers, Old Gas Pumps, Oil Cans, Crocks, S&P's, Old Dishes, Old Indian Head Road Signs, Animal Traps, Arrowheads, License Plates, Metal Tokens, Anvils. Call 701-220-5746

14-TFNGRXTLNCMCHG 58540



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

Wanted:

Part-time Secretary needed for Underwood Lutheran Parish. Flexible hours @ **\$15.00/hr.**

Contact Bev @ 701.315.0422

HELP WANTED

CORPS OF ENGINEERS is seeking one Full-Time **Office Automation Assistant**

at Riverdale, ND. Vacancy Announcement closes on 8/7/2023. If interested, apply online <https://www.usajobs.gov/GetJobViewDetails/739365800>.

For additional information please contact Arica Levey at (701)654-7765.



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THE MEADOWS

Neighbor Assistant /CNA

Full time with great benefits.

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

Apply online at www.blcgarrison.com

Call Tasha Jerome for more information.

(701)463-2226

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



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"

HELP WANTED



is looking for **Servers & Kitchen Staff**

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83 337-2070

HELP WANTED

White Shield School



• 1 Gifted/Talented Teacher • Elementary Teachers

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

Max Farm Services



Cenex C-Store Kitchen Help and Cashiers

Cross training for all positions. All shifts. Must be willing to work every other weekend.

Adult applicants preferred. Aflac. Ins., Paid time off, employee gas discounts. Great fast paced working environment. Apply at the store or call Mariah at 679-2203.

NOW HIRING – JAILER/ DISPATCHER(S)

Looking for a 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** 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, August 9, 2023**, filling **one (1) or more positions** as a full-time **Jailer/E-911 Dispatcher**. Starting salary is \$40,497.60 annually, adjustments may be made 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 (pension) 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.

STATEWIDES

HELP WANTED ACADEMIC COUNSELOR responsible for facilitating students' career and personal growth by providing support and guidance in the areas of academic counseling, registration, referrals, career counseling, academic standing, and other related activities. Fully paid single or family health insurance premium, life insurance, annual & sick leave, employee tuition waiver, spouse/dependent tuition discount, retirement, etc. Screening begins immediately. Interested candidates must submit the NDSCS employment application at: www.ndscs.edu/join-our-team EOE

HVAC/R INSTRUCTOR Responsible for teaching courses related to HVAC/R Technology, curriculum development and review, student advising, student recruitment, and participation in college committees and activities. Fully paid single or family health insurance premium, life insurance, annual & sick leave, employee tuition waiver, spouse/dependent tuition discount, retirement, etc. Screening begins immediately. Interested candidates must submit the NDSCS employment application at: www.ndscs.edu/join-our-team EOE

POSITIONS AVAILABLE, LINTON FOOD CENTER, Linton, ND: Full-time store manager and other positions. Apply at lintonfoodcenter.com/jobs or call David Bruns at 605-208-7211.

BUILD YOUR CAREER with McLean County—we are hiring one or more Jailer/E-911 Dispatchers. Competitive pay and benefits. Visit <https://www.mcleancountynd.gov/employment/> <<https://www.mcleancountynd.gov/employment/>> . EOE.

CITY OF LISBON is hiring Public Works General Laborer/ Water Assistant. Complete job description call 701-683-4140. Email cover letter & resume to kristina@cityoflisbon.net.

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.

BUSINESS OPPORTUNITIES TURN KEY BUSINESS for lease. Lube shop/oil change service. Lease includes, lube shop, car wash, living quarters and more. \$1,200.00 per month. For more info Google 701-927-1001. Look at the buzzfile article. Call 701-927-1001.

SENIOR SERVICES MY CARING PLAN'S local advisors have helped thousands of families with unique needs find senior living. Can you afford 2k a month in rent? We can help for free! 888-981-7556

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 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.

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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.

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.

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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.

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If you are reading this, you're one of the 2,000 plus people who see the Leader-News every week!
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Coaching Positions Available at GHS
We are currently seeking applicants for the following coaching positions:
VARSITY VOLLEYBALL JH FOOTBALL
for the 2023 Fall Season
Contact Dr. Klemisch or Malynda Iglehart at Garrison High School at 701-463-2818 for more info.

TRUCK DRIVER WANTED
Truck driver for propane & fuel. Should have current CDL, Health Insurance, 401k, paid vacation & sick time. Stop in and see Paul for application.



Hwy 37 • Garrison, ND

TECH HELP WANTED!
SEASONAL INSTALLER REPAIR TECHNICIANS (2):
1 in Hazen, ND / 1 in Washburn, ND
Looking for the fixer-type who comes to the rescue to find, fix, &/or install all things internet & telecom with a smile and willingness to help our members.



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Full job description & application available online
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 Adults - \$7 Under 13 - \$5
 Where popcorn is still only 50¢
 Movies start @ 7:30 pm

Sound of Freedom,
PG-13
 After rescuing a boy from ruthless child traffickers, a federal agent learns the boy's sister is still captive and decides to embark on a dangerous mission to save her. With time running out, he quits his job and journeys deep into the Colombian jungle, putting his life on the line to free her from a fate worse than death.
 2h 15m, Drama/Thriller 2023
Aug. 4 & 5..... 7:30 pm

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**Judy & Gary
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 starting at 5:30 with
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