

# Xtra

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## PRAIRIE FARE



**BY JULIE GARDEN-ROBINSON**  
FOOD AND NUTRITION SPECIALIST

I noticed my husband sliding his back on the doorframe near our living room. I knew the reason.

"Where's the back scratcher?" he asked.

I retrieved it and handed it to him. Evidently, the doorframe wasn't doing the trick.

Yes, it's winter, I thought to myself.

As I watched him scratch his back, I became aware of the itchiness of my skin.

I reached down to scratch my lower legs. Driving around with hot air blowing on my legs from our vehicle's heater wasn't doing my skin a favor.

However, heat is a necessity in the winter.

The palms of my hands were rough like fine-grade sandpaper. I had ventured outside without mittens the other day, and my skin did not approve.

I got up out of my easy chair to get some lotion for my hands and legs.

Actually, my back was feeling itchy, too.

We all need to take care of our skin all year long, but especially in the winter. Skin is the largest organ in the body. It serves as a protective barrier to help prevent harmful substances from entering the body. Sun and the dry air of winter can be damaging to our skin.

For example, wearing sunscreen throughout all seasons of the year helps protect our skin from the sun's damaging rays. Applying moisturizer helps keep our skin hydrated to serve as an effective protective barrier.

Staying hydrated can help prevent wrinkles and lines from becoming noticeable, too.

Two of the most important barriers protecting the skin are sebum, a substance secreted by sebaceous glands to reduce water loss and prevent infection, and pH (alkalinity or acidity). The low pH of the skin's surface helps protect against disease-causing bacteria.

Most of us maintain a supply of moisturizers especially during the cold, dry winter months. We also can nourish our skin from the inside by enjoying a variety of foods:

\* Include about 4 to 5 cups of colorful antioxidant-rich fruits and vegetables in your daily diet. All forms of fruits and vegetables, including canned, fresh and frozen, count toward the daily goal.

\* Get your omega-3 fatty acids from fatty fish, such as albacore tuna, halibut, mackerel and sardines, and nuts and seeds, such as walnuts and pumpkin seeds.

\* Make half your grain choices whole grains for a variety of vitamins. Grains provide a variety of vitamins.

\* Enjoy lean meat, poultry, fish, low-fat dairy, beans and other protein-rich foods to provide your body with a variety of nutrients for building and repairing tissues.

Stay hydrated during the winter months and all year. Monitor your hydration by checking the color of your urine. It should be light yellow, about the color of straw.

On average, women need 9 cups of liquid from beverages and food, and men need 13 cups daily. Fruits and vegetables are very high in water. Keep a pitcher of cold water in your refrigerator to promote water consumption, and drink warm beverages such as herbal tea.

We have many other ways to take care of our skin during dry, cold months, according to these tips that I adapted from the American Academy of Dermatology:

\* Shorten your baths or showers to five to 10 minutes. Use warm water instead of hot water, which is more drying. Use a limited amount of a gentle fragrance-free cleanser, and blot skin gently dry.

\* Choose gentle skin care products. Deodorant soaps and/

or products with alcohol and fragrances tend to be harsh on your skin.

\* Apply a moisturizer right after washing your hands or face or drying off after taking a shower. Ointments, creams and other moisturizers work by trapping moisture in your skin.

\* Read the ingredients on the moisturizer. Shea butter, glycerin, lanolin, mineral oil and petrolatum are among the ingredients that are most effective in trapping moisture.

\* Don't forget to wear lip balm to help prevent your lips from cracking.

\* Don't forget your mittens. Protect your skin when you go outside in cold weather.

\* Use a humidifier to add moisture to the air in your home.

\* Remember that cozying up to a heater or fireplace can be drying to your skin. Keep a little distance and keep your moisturizers nearby.

Here's a nutrient-rich, colorful salsa that will have your holiday guests requesting the recipe. It's also fairly low in calories and will help balance the treats of the holidays.

### Festive Corn Salsa

4 ears fresh corn, kernels removed (or 2 c. frozen corn, thawed)

1 c. green bell pepper, chopped

1/2 c. red onion, chopped

2 tomatoes, chopped

2 garlic cloves, chopped

2 Tbsp. lemon juice (fresh squeezed) or vinegar

1/2 tsp. black pepper

1/4 tsp. salt

Prepare ingredients as directed. Combine all ingredients in a large bowl.

Refrigerate for at least one hour before serving. Serve with chips or crackers.

Makes 10 (1/2-cup) servings. Each serving has 60 calories, 0 grams (g) fat, 2 g

protein, 14 g carbohydrate, 2 g fiber and 60 milligrams sodium.

## Sales Tax funds to cover street repair overage

**BY ALYSSA MEIER**  
EDITOR

With repairs to Main Avenue costing more than initially anticipated, the Washburn Sales Tax Committee allocated an additional \$18,000 to cover the project during its meeting last week.

The committee met for approximately three minutes on Dec. 17 to address \$18,250 in additional construction costs for a Main Avenue repair that took place this fall.

The committee had previously allocated \$238,805 for the project, with \$224,305 in construction costs and another \$14,000 in engineering fees.

Commission president and

Sales Tax committee member Larry Thomas said during the Dec. 17 meeting that there were some unanticipated costs to the project that meant the initial allocation wouldn't quite cover it.

"There were overages in some areas and underages in some areas," Thomas said. "When you add it all together, the overage was \$18,250 basically."

Commissioners had noted earlier this year that tree removal for the project ended up being far more expensive than anticipated.

The committee approved a motion to allocate \$18,249 to cover the remaining bill for the street repair. The matter next goes to the Washburn City Commission for formal approval.

## Miller joins BHG staff



Science degree.

Miller will be working on the Leader-News, Central McLean News-Journal, Xtra and other BHG products and projects. She is passionate about photography and, of course, design.

"My favorite part of design is being able to be creative for a living. I also love that graphic design is an odd mix of problem solving and creativity," Miller said.

In her spare time, Miller is fixing up and cleaning her grandparents' Underwood home, which she recently moved into.

Miller graduated from Washburn High School in 2014 and is the daughter of Monte and Wendy Miller of Washburn.

Kenzie Miller of Underwood has joined the Leader-News office as a full-time graphic designer.

Miller is a Graphic Design and Communications Program graduate from Bismarck State College and has both an Associate in Arts and Associate in Applied



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# TL-M updates vision, mission statements

**BY SUZANNE WERRE**  
Editor

While much of Wednesday's Turtle Lake-Mercer School Board meeting involved discussion about the Central McLean co-op, the board did discuss other matters as well, with Principal Steve Heyd taking the opportunity to praise the school for what it offers.

"People in other parts of the state don't get to receive what we had today," he said, noting the students had a pajama day at the school that it seemed like the students were enjoying.

"Who gets that," he said. "The student council is doing a clothing drive for the needy students, taking clothes to the Share Exchange - and Rachel Goven is one of two students in the state to win a senatorial award."

Goven is one of two North Dakota students chosen to attend the 58th Annual United States Senate Youth Program, earning a trip to Washington, DC and a \$10,000 scholarship, he noted. "Only two kids in the state, and we have one of them."

He also briefly discussed the multi-tier system of support (MTSS) the school is looking into, hoping to address any additional needs students have, including behavioral and emotional needs. The MTSS will help teachers identify students who may be facing difficulties that are affecting their school, and address those needs.

"I don't want Turtle Lake to be a good school - I want it to be a great school where we have 100 percent of our students graduating," said Heyd.

Following his report to the board, Activities/Athletic Director Wes Jacobson was given the go-ahead to start an elementary girls volleyball program, noting that varsity coach Amy Lee is on board and has indicated she will help find high school girls to officiate and line judge.

Supt. Sheila Schlafmann updated the board on the school's strategic planning and the school's updated mission, vision and beliefs.

The Mission is as follows - Providing learning

opportunities, becoming productive citizens.

The Vision is - We will create a community of lifelong learners in collaboration with our school, parents, and community. In a safe and caring environment, we will engage students in meaningful and relevant educational experiences. Graduates will be critical thinkers who can solve problems and effectively communicate striving for their full potential in an ever-changing world.

The Beliefs are as follows - Where Excellence is Expected - Growth, Responsibility, Respect, Commitment.

The school is holding a logo design contest for students K-12, with students voting to choose a winner. The Bank of Turtle Lake is donating a gift card to the winner.

In other business, the school board:

Discussed the change in venue for the football playoff game, wondering why practice had been held on the Turtle Lake-Mercer field in advance of the game when the field was so wet.

"It looked like a cattle rancher had worked his cattle on there. . . Our field looked terrible, I've never seen it look like that," commented board member Brent Christensen. Noting that the field would probably have been in better condition had it not been practiced on that week, he urged Jacobson to make sure that type of situation doesn't happen again. "To many of us, it was just a blatant using it as a practice field when the conditions were bad. That's kind of what we took issue with," Christensen said.

Was informed the co-op committee briefly discussed the option of forming a trapshooting co-op, but no official action was taken.

Briefly discussed whether there should be a minimum of students to hold a sport, particularly for sports like golf and cross country, which are individual competition. "It probably shouldn't matter to the board how many students are participating in the sport - if one student wants to participate, it should be allowed," said President Gerard Goven. "The board has to

pay for a coach whether it's one student participating or five."

Approved reallocating Title 1 funds in the amount \$3010, a decrease of just over \$1100 from the budget; approved acceptance of a grant of \$2000 in library funds in the form of a grant; and approved comprehensive grant funds in the amount of just shy of \$3500, an increase to the original budget.

Approved the work agreement with Speech Advisor Chelsea Laswell.

Approved the tuition reimbursement request from Special Education Teacher Courtney Graf, noting that Laswell will be entering into a five-year contract with the Turtle Lake-Mercer School.

Approved the purchase of an 8-passenger Honda Odyssey van with side air bags, which will put the school in compliance with current safety regulations for drivers-ed. The new van will replace a 2003 Venture with more than 200,000 miles.

Briefly discussed the upcoming 20-21 school calendar.

## Wildlife Funding: Then and Now

**BY JOHN BRADLEY,**  
NDWF Executive Director

As I close out my hunting season, the 2019 calendar year, and I suppose the decade, I find myself looking back at the history of conservation in the United States along with how far we have come and where we need to head. It's easy to take for granted the bounty of deer, turkey, walleye, and waterfowl in our state and it's hard to imagine a time when game species weren't so abundant.

But in the 1930s, ill-advised farming practices encouraged by the federal government had led to the Dust Bowl. At a time when millions of Americans stood in soup lines and politicians focused on reviving economically depressed communities, the idea of restoring depleted populations

of ducks and other wild animals seemed far-fetched. But that's exactly what happened. Hunters and anglers came together to pass legislation to restore wildlife and secure their outdoor heritage. The Pittman-Robertson Act and the Dingell-Johnson Act a decade later, put an excise tax on sales of firearms, ammunition, archery equipment, fishing equipment, boats, and marine fuel. This revenue is distributed to state governments for wildlife and fisheries projects, habitat management, game and fish surveys, species reintroduction, and hunter education. The "user-play, user-pay" approach to conservation was revolutionary at the time and the dedicated funding from the acts helped to whitetail deer, antelope, turkeys, and many more species recover

and become abundant in North Dakota today.

Unfortunately, non-game species have never received that same amount of attention or funding. North Dakota has seen declines in numerous grassland and prairie species. The North Dakota Game and Fish Department (NDG&F) has 12 species listed as threatened or endangered on the Endangered Species List and 115 species of concern, including our state bird, the western meadowlark. NDG&F does an incredible job of managing non-game species with the limited budget that they have. This isn't a knock on them. The message here is that conservation funding matters. Ducks, deer, turkey, and other game animals have benefited from decades of on-the-ground

habitat efforts funded by hunters. We now need that dedicated funding for non-game species too.

Luckily, there is legislation moving through Congress right now that would address this issue. The bipartisan Recovering America's Wildlife Act would provide the kind of consistent, dedicated funding that would help non-game species and other wildlife that is in decline. The bill would provide North Dakota with an estimated \$13.2 million annually for proactive, voluntary efforts that would reverse the decline of non-game species like the meadowlark. Keeping the many other North Dakota species that are in decline off the Endangered Species List is good for wildlife, good for hunters, and good for farmers, ranchers, and energy producers.

Whenever I go out on our wild lands and waters, close to home or across the state, it's hard for me not to feel optimistic that we

can rise to the challenges facing wildlife today. Just think about the generations of people who worked so hard to restore our nation's wildlife and fish. They sacrificed their time, energy, and money for us - and we need to do the same for future generations. It's our duty to keep pushing forward and thinking proactively. Securing more dedicated funding for non-game species is one way we can do just that. Nearly 150 representatives from both sides of the aisle have already signed onto this common sense, cost-effective bill which shows that even in these divided times, Congress can still work together on something that will help to secure North Dakota's wildlife and strengthen its outdoor heritage.

John Bradley is the Executive Director of the North Dakota Wildlife Federation and a Dakota Edge Outdoors contributing writer.



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Dec. 27 & 28 ..... 7:30 p.m.

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**Downton Abbey, PG**  
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Jan. 3 & 4 ..... 7:30 p.m.


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# CALENDAR

**Saturday, Dec. 28**

Lord's Pantry open 10 a.m. to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.  
Eric Stebbins and Alison Schaper wedding dance celebration, 7 p.m., Riverdale High Lodge.  
Everyone welcome.

**Monday, Dec. 30**

McLean Co. Commission meeting, 8:30 a.m.  
WAEDA meeting, 2:30 p.m., Washburn City Hall.

**Monday, Jan. 6**

McClusky Job Development meeting, 7 p.m.  
WIC nutritionist available at the Washburn office. Please call 462-3330 to schedule an appointment.  
RTC is collecting new or gently used hats, mittens and gloves through Jan. 6. Items collected will be donated to local area schools. Drop-off at RTC offices in Parhsall, New Town or Garrison.  
McClusky Fire Department meeting, 8 p.m.  
Goodrich City Council meeting, 5 p.m.  
Martin City Council meeting, 7 p.m.

# PRAIRIE FARE



**Julie Garden-Robinson**  
Food and Nutrition  
Specialist

## Put New Appliances to Work

As I did some last-minute shopping in preparation for the holidays, I noticed a wide range of coffee drink makers, multifunction cookers (pressure cookers) and air fryers lining the aisles of retail stores.

Think back to when you were a kid. What were some of the gadgets used in the kitchen in your home?

I remember when my mom got an electric knife. That knife was used for several holidays to cut turkey and ham. It was among the many potentially hazardous items in our kitchen that I wasn't allowed to touch.

After a while, I guess we figured that a plain old sharp knife cut just as well.

The electric knife probably was sold at a garage sale.

I asked some staff and college-age students about appliances they remember from their younger years. They mentioned items such as air poppers, slow cookers, hand-held mixers and electric can openers as innovations.

They also reminded me of some items that I vaguely remembered. Does anyone remember the french fry cutters that allowed you to slice thick or thin fries by lowering a lever?

How about the "Veg-O-Matic" that appeared in many TV ads? It had steel cutting blades that allowed you to make slices or strips.

We had a Veg-O-Matic while growing up, but I wasn't strong enough to cut a potato with it. After almost knocking it on the floor, I didn't get to touch that, either.

For older generations, toasters were a major innovation in the 1930s. Toasters became affordable and present in most homes by the 1960s.

"Tupperware" parties became a sensation in the 1950s because of home-based parties.

As more women entered the

workforce, slow cookers became very popular in the 1970s and remain popular today.

Microwave oven sales were heating up in the mid-1970s, too. About one-fourth of households had a microwave oven by the mid-1980s.

In more recent years, vegetable juicers, spiralizers, immersion blenders, indoor grilling appliances and, of course, single-cup coffee pods for use in Keurig (or similar) coffee makers have been popular.

I distinctly remember coming home from school to the sound of a jiggling pot on the stove. This meant we were having some kind of soup or stew made in a pressure cooker. I was a little afraid of that hissing device. Yes, I had to leave the kitchen when pressure cookers and canners were in operation.

I survived my childhood without a serious cut or burn, by the way.

The first pressure cooker (called a digester) was invented in 1679 by a French physicist. Increasing pressure allows you to raise the boiling point of water and cook food quickly. Unfortunately, the early devices were prone to explosions.

Pressure cookers, which were widely used in the 1950s and 1960s, have been made "new" again. They are much safer than the original devices.

You might have an "Instant Pot" or similar brand appliance in your own kitchen. Maybe you have one still in its box.

Note that pressure "cookers" and pressure "canners" are two different things, and you cannot can food safely in a pressure cooker (even though late-night infomercials might tell you otherwise). Use the right appliance if you decide to can food.

Pressure cooking allows you to save time and, potentially, money. The appliances vary in price, size and function. If you are thinking about getting one, be sure to check the reviews, read the directions and, perhaps, watch a video or two online.

Many main-dish meals can be cooked in less than 30 minutes, and you can tenderize less-expensive cuts of meat with a pressure cooker.

Our NDSU Extension staff and students made some tasty dishes in pressure cookers, including this stew. It received a "two thumbs up" rating from all the testers. You might consider measuring and chopping the ingredients ahead of time, except the potato, which will brown.

**Beef and Veggie Stew**  
(Pressure Cooker)

3 lb. beef chuck roast stew meat pieces

- 3 Tbsp. all-purpose flour
- 1 Tbsp. Italian seasoning
- 1/2 tsp. salt
- 1 tsp. pepper
- 1 tsp. smoked paprika
- 2 Tbsp. canola oil, divided
- 2 c. low-sodium beef stock
- 1 c. water
- 2 Tbsp. tomato paste
- 2 medium (12 oz.) Yukon gold potatoes, cut into 1-inch cubes
- 2 medium carrots, peeled and chopped

- 1/2 c. chopped onion
- 3 stalks of celery, chopped
- 4 large garlic cloves, minced
- 1 c. frozen peas
- 2 Tbsp. fresh parsley, chopped

In a large plastic bag, combine beef, flour, Italian seasoning, 1/4 tsp. salt, pepper and smoked paprika. Shake to coat all the beef. Set aside. Using the saute function, allow the pot to heat. Once heated, add 2 tsp. oil and a third of the meat. Cook until browned on both sides, about five minutes total. Remove browned meat to a plate and repeat until all oil is used and meat browning is complete.

While the meat browns, combine beef stock, water and tomato paste in a medium bowl. Whisk to combine. After the browning is complete, turn the saute function off. Add the sauce mixture to the pressure cooker. Add the meat and its juices, potatoes, carrots, onion, celery and garlic to the pot. Stir to combine. Cover and fasten lid. Place the steam valve in the "sealing" position. Set to high pressure and cook for about 30 minutes. When cooking ends, carefully release the steam valve manually by switching it to the "venting" position. Once depressurized, remove the cover and turn off. Stir in peas, parsley and remaining salt, and allow to stand until peas are warmed, about five minutes.

Salt and pepper to taste.

Makes 12 (1-cup) servings. Each serving has 230 calories, 8 grams (g) fat, 27 g protein, 13 g carbohydrate, 2 g fiber and 260 milligrams sodium.

**15th Annual BLIZZARD BLUEGRASS**

**BLUE MOON**

Bismarck State College  
Sidney J. Lee Auditorium

**Friday & Saturday, January 3 & 4, 2020**  
Concerts start 7:00 p.m. - doors open 6:15 p.m.

Opening both nights  
**Cotton Wood**

Bluegrass Workshops with Blue Moon Rising  
Bring your instrument!!!  
Hands on demonstrations will be held Saturday, Jan. 4, at BSC band room.

There will be workshops for fiddle, guitar, mandolin, dobro, bass & banjo. Classes include "Learn a bluegrass song" 3 to 6 p.m.  
No pre-registration required  
In case of inclement weather go to [www.cottonwoodbluegrass.com](http://www.cottonwoodbluegrass.com) for any concert changes

**Tickets \$20**  
are available on December 2, at Eckroth Music, Jacobean Music, Night Life Music in Bismarck, Cappuccino on Collins in Mandan, Chase Drug & Java Rose in Washburn, at the Corner Express in Center and at the door if available.

For more information call Jill Wiese at 315-0017

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**What is it?** BHG newspapers are launching All-Access advertising, where advertisers can pay a small upcharge to get any print ad placed on the BHG website.

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**What size ads can be uploaded online?** Any print ad can be put on the website. Each ad will have a pop-out display where they can be viewed in a larger size.

**Why should you be online?** Over 3,000 users visit [bhgnews.com](http://bhgnews.com) each month, with over 600 new viewers visiting the site each week. Online ads offer the opportunity to reach new customers and make an additional connection with print subscribers or those viewing the e-edition.

**Fast Facts about BHGnews.com**

- Roughly 3,500 users and 7,000 sessions per month
- An average of 650 new users in one week
- Roughly 600 e-edition views per week -- and growing.
- 65-70 percent of users are new users, with 30-35 percent being return visitors.

**All-Access Advertising rates:**

- Individual newspaper home: \$5
- BHG home page: \$7
- All home pages: \$10

Contact your BHG advertising representative today to take advantage!

**BHG, Inc.**  
92 N Main St • Garrison, ND  
701-463-2201

# 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@westriv.com • Website: bhgnews.com  
 Mailing address: The Xtra, PO Box 340, Washburn, ND 58577  
**• DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

## Announcements

WANT TO SAVE some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call 701-463-2201.  
 1-E-TFN-NC 58540

SUPPORT GROUPS: Alcoholics Anonymous Hotline, 888-680-0651. AA meetings in Center on Sundays at 5 p.m. CT at St. Paul's Lutheran Church (794-3381); in Garrison, Garrison Memorial Hospital Cafeteria, Thursday at 8 p.m.; in Washburn on Sundays at 7 p.m. at First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6533. Open meeting, Butte, Call 626-7402 or write Box 244, Butte, ND 58723; in McClusky, Grace Lutheran Church, 402 4th St. W, Sundays at 8 p.m. Positive Changes NA, Fridays at 7 p.m., Washburn United Methodist Church, 701-460-0663.  
 1-E-TFN-NC 58540

## Farm Related

IN SEARCH OF pasture to rent for up to 50 head of gentle cows. Willing to fix fence, etc. I live in Baldwin and would like to keep close, but anything will do. Please call me at 701-223-6807 or text 701-391-3532.  
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MW HAULING, LLC, cattle hauling 8.5x53 spread axel cattle pot, 7x32 stock trailer. Licensed/insured for ND. Max Waloch, 701-516-3117.  
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**LS0239N RR2X "Extend"**  
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 • Great offensive variety  
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**CLEAN - TREAT - INOCULATE**  
**BEST DISCOUNTS OF THE SEASON**  
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## Giveaway

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

## Help Wanted

EQUIPMENT OPERATOR/TRUCK DRIVER POSITION OPEN: The Board of Sheridan County Commissioners will be accepting applications for an Equipment Operator/Truck Driver. Qualifications are to have experience in performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Must have a CDL license or can acquire one. Wages \$16-21.50 per hr. - negotiable upon experience. Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 or

## Help Wanted

701-363-2205. Shirley A. Murray, Sheridan County Auditor.  
 32-34-E-X  
 58463

THE SOUTHWEST SPECIAL EDUCATION UNIT is looking for a Special Education Director for the 2019-2020 school year. The position begins on July 1, 2019, and offers a regionally competitive salary. The unit includes the schools of Mott-Regent, Elgin/New Leipzig, Carson, and Flasher. We are particularly interested in candidates who may have early childhood education, school psychologist, school social worker, or other qualifications. The position is full-time but applicants interested in part-time are also encouraged to apply. If interested, you can get more information at <http://www.gcs.k12.nd.us/employment-opportunities/> or call the president of the unit, Daniel Ludvigson, at 584-2374. Applications can be mailed to 110 West St Elgin, ND 58533.  
 32-35-E-PD  
 58523



## HELP WANTED

Come Join Our Team!!

• RN/LPN

• CNA

Apply at [www.blcgarrison.com](http://www.blcgarrison.com)

or call Jody Lawson

at (701) 463-2226

"EQUAL OPPORTUNITY EMPLOYER"



West River Telecom (WRT), a growing telecommunications cooperative, has a position opening for a full-time Sales Account Associate. A complete job description of each position can be found at [www.westriv.com](http://www.westriv.com)

### Sales Account Associate (Full-time)

**Job Responsibilities:** Position is primarily responsible for contacting existing and potential customers on WRT's equipment, products and services. The incumbent will be expected to be a self-starter/self-motivated as this position works remote 85% + time with a flexible work schedule. Travel within the WRT market service area is required with overnight stays.

**Qualifications:** Associate or Bachelor's degree is required, preferably in a marketing, telecom, mathematics, or a business-related field. Experience in customer service, installation and repair, marketing, or sales experience is preferred.

WRT offers an excellent wage and benefits package including: medical/dental/vision, life/dependent insurance, 401K, a retirement plan, student tuition reimbursement, PTO, sick leave, flex spending, and free phone/internet

**Application Deadline: Open through January 31, 2020.**

**Complete application online and submit with resume via [www.westriv.com](http://www.westriv.com) or Send cover letter, WRT**

**Application and resume to the following address:**

**West River Telecommunications Cooperative**

**Attn: Michelle Perreault, PO Box 467, Hazen, ND 58545**

WRT is an Equal Opportunity Employer



## SECURITY OFFICERS

GENERAL SECURITY SERVICES CORPORATION™

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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!

## Start a new adventure in 2020

Join our team!

**Flexible hours, advancement opportunities, GREAT benefits!**  
 McLean County will accept applications until 4:00 P.M. on Friday, January 3, 2020, filling **one (1) or more positions** as full-time **Jailer/E-911 Dispatchers**. Starting salary is \$37,295.59 annually. A full benefit package is offered including paid health insurance (family and single), paid retirement, annual leave and sick leave. For further information on the position or to obtain a McLean County job application form, interested individuals may contact the McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577 or call (701) 462-8541. **Only official McLean County application forms will be accepted.** An application form can be accessed from the county's website: <http://www.mcleancountynd.gov/employment>. Resumes may be included with the application but will not be accepted in place of an approved application form.

**To be considered, all applications and related items must be submitted to the McLean County Auditor.**

## HELP WANTED



is looking for

## Cooks, Servers & Bartenders

Apply in person or call  
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Lake Audubon • Hwy 83  
 337-2070

## HELP WANTED



is looking for

## SALES ASSOCIATES

Full Time or Part Time

Stop in for an application  
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## HELP WANTED

Come Join Our Team!!

• **Accounts Payable Coordinator & Foundation Development**  
 Full-time/ 32 hrs per wk  
 Benefit Eligible

Apply at [www.blcgarrison.com](http://www.blcgarrison.com)  
 or call Jill Borth at (701)463-2226  
 "equal opportunity employer"

## HELP WANTED

Steve's Plumbing Service, LLC in Garrison, ND is looking for **full-time Apprentice or a Licensed Journeyman plumber.**

Competitive wages and benefits D.O.E.  
 Call 701-460-7471  
 or email a resume to [szach@restel.net](mailto:szach@restel.net)



## Help wanted

### Coaching Positions

Garrison Public School District is seeking applications

- **BOYS BASKETBALL - SPRING Elem. Head & Assistant**
- **TRACK COACH - SPRING Two Assistant Coaches**

Please stop by Garrison High School for an application.

Applicant must include a resume and three references.

Contact Nick Klemish at 463-2818 for more information.

## HELP WANTED



## Turtle Lake Hospital

**Part-time Clinic Nurse**  
**Full-time Nurse Aide**

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

This institution is an equal opportunity provider and employer.

## Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Dec. 30, Jan. 13 and Jan. 27. Have them there by 11 a.m. Call Darin, 701-315-0144.

43-TFN-E-X 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

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at [bhg.smugmug.com](http://bhg.smugmug.com).

35-P-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.

1-E-TFN-NC 58577

## Real Estate for Rent

COUNTRY LIVING. 16x80 mobile home for rent on 10 acres. 3 bedrooms and 2.5 bathrooms. Storage shed. Fenced pasture area with waterer. Rent \$1200/month, deposit required. Email: [jlazysranch2012@gmail.com](mailto:jlazysranch2012@gmail.com) or phone 701-286-6214 for more information.

30-6TPDCMMCLNX 58540

HOUSE FOR RENT. 304 Main Ave Washburn N. Dak. 3 bedroom, 2 bath, full size basement, 2 car garage, nice size yard. For more details call John 701.220.5942 or Lorraine 701.805.5070. Available January 1st 2020.

34-PD-P-X 58577

## NOW RENTING

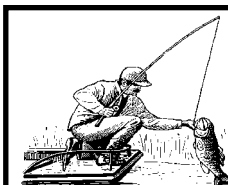
Heritage Heights Apartments  
 1040 Custer Dr., Washburn

New management, remodeled rooms, lower rates. 1 or 2 bdrm. apts. All utilities paid including cable.

701-527-4739 or Manager 701-220-8145

## Real Estate for Sale

ALL REAL ESTATE advertising in this newspaper is subject to the Fair Housing Act that makes it illegal to advertise "any preference limitations of discrimination based on race, color, religion, sex, handicap, familial status or national origin or any intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians; pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.



Catch the Great Bargains in the Classifieds!

462-8126

**Services**

**I HAUL** away broken vehicles and scrap metals for FREE! Ca\$h for \$ome. 833-2884. U call, I Haul. 44-TFNALL 58540

**JUST A NOTION!** is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831. 9-34-E-PD 58577

we clean and install all types of flooring including carpets, upholstery, walls, air ducts. We clean your boat, camper, under appliances. We have dump trailer for debris removal. Low rates, cash/check/credit. Prairie Carpet Services, (701) 833.2884 or 448.2883. 46-TFN-P-X-PD 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

**LOOKING FOR** farrier work. Horse trimming wanted. Call Sam Reiser at 701-315-0826. 31-34-E-NC 58577

**Statewides**

**HELP WANTED**  
**ELEMENTARY PRINCIPAL** opening at May-Port CG School (August 2020). Send cover letter, resume, principal credentials to Superintendent Bradner: 900 Main St W, Mayville, ND 58257; 701-788-2281; Michael.bradner@may-portcg.com. Deadline January 31.

**ACCOUNTS RECEIVABLE ASSOCIATE.** Lake Region State College – Devils Lake, ND. This is a 12-month position with full benefits, including paid family health insurance. Duties include collecting and maintaining accounts receivable for LRSC accounts, working with collaborative student accounts and billing for both student and third-party accounts. This

**Statewides**

is a frontline position with daily cashier duties. Must be responsible, proficient in word processing and spreadsheet software, knowledge of standard office machines, and strong customer service skills. Minimum qualifications are an Associate Degree or equivalent knowledge and experience. Go to lrsc.edu for more information.

**FARMERS UNION OIL** in Portland is looking for a full-time truck driver in the propane department. CDL required, hazmat and CETP training preferred. Full single benefits, paid vacation and 401k. Pick-up application at Portland station or call 701-788-3760.

**LOOKING FOR THE** most complete listing of ND Media? Get 2019 ND Media Guide for Only \$25! Call 701-223-6397, ND Newspaper Association.

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**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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**ANYONE CAN RUN STATEWIDE** with HELP WANTED ads in all ND

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**HEALTH/MEDICAL**  
**OPEN ENROLLMENT FOR HEALTH INSURANCE IS HERE!** Now is the time to save for 2020. We have the best rates from top companies! Call Now! 701-404-5823.

**A PLACE FOR MOM** has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 1-701-404-5808.

**ATTENTION: OXYGEN USERS!** Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 701-404-5994. (24/7)

**CASH SETTLEMENTS**  
Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 701-404-5389 today. Free Consultation. No Risk.

**MISCELLANEOUS**  
**WE MAKE IT** easy to place an ad in one or all 89 North Dakota newspapers. One order, one bill, one check. We provide the ad design and tear sheets. Call the North Dakota Newspaper Association, 701-223-6397.



**Country Kitchen Recipes**



**Chicken and cheese noodle bake**

- 1 package (16 ounces) spaghetti, broken
- 2 medium onions, chopped
- 1 medium green pepper, chopped
- 1 medium sweet red pepper, chopped
- 1/2 cup butter, cubed
- 6 tablespoons all-purpose flour
- 2 cups 2 percent milk
- 4 cups cubed cooked chicken
- 1 can (10-3/4 ounces) condensed cream of chicken and mushroom soup, undiluted
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 cup sour cream
- 1/2 teaspoon celery salt
- 1/2 teaspoon pepper
- 2 cups shredded part-skim mozzarella cheese
- 1 cup shredded cheddar cheese

Preheat oven to 350°. Cook spaghetti according to package directions.

Meanwhile, in a Dutch oven, saute onions and peppers in butter until tender. Stir in flour until blended; gradually add milk. Bring to a boil; cook and stir 2 minutes or until thickened. Stir in chicken, soups, sour cream, celery, salt and pepper.

Drain spaghetti; add to sauce mixture and toss to coat. Transfer to two greased 11x7-in. baking dishes. Sprinkle with cheeses. Cover and bake 20 minutes. Uncover and bake 5-10 minutes longer or until bubbly. Freeze option: Cover and freeze unbaked casseroles up to 3 months. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Cover casserole with foil; bake as directed, increasing covered time to 40 minutes or until heated through and a thermometer inserted in center reads 165°. Uncover; bake 5-10 minutes longer or until bubbly.

**Chili mac casserole**

- 1 cup uncooked elbow macaroni
- 2 pounds lean ground beef (90 percent lean)
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (6 ounces) tomato paste
- 1 can (4 ounces) chopped green chiles
- 1-1/4 teaspoons salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 2 cups shredded reduced-fat Mexican cheese blend
- Thinly sliced green onions, optional

Cook macaroni according to package directions. Meanwhile, in a large nonstick skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the tomatoes, beans, tomato paste, chiles and seasonings. Drain macaroni; add to beef mixture.

Transfer to a 13x9-in. baking dish coated with cooking spray. Cover and bake at 375° until bubbly, 25-30 minutes. Uncover; sprinkle with cheese. Bake until cheese is melted, 5-8 minutes longer. If desired, top with sliced green onions.

**Sausage, egg and cheddar farmer's breakfast**

- 6 large eggs
- 1/3 cup 2 percent milk
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon salt
- 6 ounces bulk pork sausage
- 1 tablespoon butter
- 1-1/2 cups frozen cubed hash brown potatoes, thawed
- 1/4 cup chopped onion
- 1 cup shredded cheddar cheese

Whisk eggs, milk, parsley and salt; set aside. In a 9-in. cast-iron or other heavy skillet, cook sausage over medium heat until no longer pink; remove and drain. In same skillet, heat butter over medium heat. Add potatoes and onion; cook and stir until tender, 5-7 minutes. Return sausage to pan.

Add egg mixture; cook and stir until almost set. Sprinkle with cheese. Cover and cook until cheese is melted, 1-2 minutes.



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**Wilton**  
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701.734.6318



**Washburn**  
1034 Northgate Rd  
701.462.8404

# 'Dear Santa'

Washburn and Wilton elementary students wrote letters to Santa this year, and Santa shared them with the Leader-News. One student was drawn to win a super stocking, which Santa delivered to the school last week. Check out page 1 for the photo of the stocking delivery!

I wot a LOL. I wot an elf. I wot an American girl doll. - *Gracie, Wilton*

I really really really want a cat outfit and a Elsa sled a toy cat a toy dog a toy horse. - *Tia, Washburn*

Why do you have randeer? I need apples. I want a vido game. - *Josh, Washburn*

Thank you for all the toys you gave us can I please have a guitar and a fox toy. - *Myla, Washburn*

I wish to be Bell. How are you doing. I want a mermaid doll will not rot. - *Lily, Wilton*

I wot a LOL? And I wot a pup? And I wot a cat? - *Kendra, Washburn*

I want boxygirls I also want baries have I been good or bad? Do your randeer eat candycanes? Have a good day. - *Ever, Washburn*

I feel like you are the best. I want a LOL. - *Adley, Wilton*

Wi do you need elvs? I need shus. I want a foon. - *Jace, Washburn*

I will give you cookiesland milk and will give your randeer carrots I love you Santa. - *Mckenzie, Washburn*

I love you so much. I always like Rudolph the Red nosed randeer and the

other randeer Santa I like you very much. - *Laken, Washburn*

I want a camera for Christmas, how are the elves doing? I want a LOL doll, I want an American girl doll. - *Piper, Wilton*

Why do you come don the chimney? I need gluvs. I want a new bankt. - *Carena, Washburn*

I wont a hamster for christmas. - *Blaik, Washburn*

Can you get a cell phone? - *Bristol, Washburn*

I want a robot for Christmas. How do your randeer fly? I want a pet seal. I want a dirt bike. I want one of your elves. - *Colt, Wilton*

How do your rander fli? I wont a Ipad. I need new gluvs. - *Jake, Washburn*

I want a xbox. - *Ben, Washburn*

All I want if you can bring me my awesome grandma JoJo? - *Mattie, Washburn*

I want beadsets for Christmas. When do your elves sleep. I am in a new house. - *Tate, Wilton*

How do you mak presen? I need new shoz. I want a indlRtR. - *Jazon, Washburn*

I want JoJo Siwa and unicorns and a iPad and

a littil phone. - *Teeonna, Washburn*

I want Luke and Liam. - *Joey, Washburn*

I want a kayak. Can I see your randeer? How is Mrs. Claus? How are you doing old saint Nick? - *Brett, Wilton*

How mne els do you hav? I need food. I wont a violin. - *Ava, Washburn*

I made a gift for you and my favrit munth is winter. - *Callie, Washburn*

I want a hoverbad and a hamsters and a chir. - *Hope, Washburn*

I want a Barbie dream house or a LOL dream house. Santa how do your randeer fly? If i can't have the others, I will take a LOL. - *Ellie, Wilton*

Why do you need radr? I need work. I wont a charzur. - *Harrison*

Thank you for my guitar last year I liked it. You have den working hard this year. I want a paw patrol lookout with ridr. - *Ayzlee, Washburn*

I wont a pet dog and a hoverboard and a LOL dol biggest and Beden and iscrem make. - *Lydia, Washburn*

I want presents. I want toys. I want elves. - *BamBam, Wilton*

Why do you hav sno? I need a dresser. I want a flat bed. - *Cooper, Washburn*

I don't want anything. - *Jake, Washburn*

I want a gem for Christmas. - *Laim, Washburn*

I want a robot for Christmas. How do your randeer fly? I want a dirtbike and one more thing I want an iPad. - *Maxwell, Wilton*

Why do you need elvs? I need new boots. I want a fon. - *Cameron, Washburn*

I am sorry at I stoldt a prezit but cane I hav a wish I wish I could be a red ranger. - *Theron*

I like a nooe Deske and a tare hoverboard. - *Auggy, Washburn*

How do you get the corret presents to the right children? I want a lego sets, old coins and a rubber band gun. Do your elves sleep? - *Caleb, Wilton*

Why do you hav randeer? I need a mitten. I want Rapunzel. - *Paige, Washburn*

I love you and thank you for givig me presid and my sisters. - *G rason, Washburn*

All I want for crismis is a two or thrrs crookes for you by the fire place - *Luke, Washburn*

How is the food? How is the North Pole? I want a nice Christmas. I want a gingerbread men. How do the elves make toys for the whole world? I want a stuffed elf. - *Noah, Wilton*

fast? I need mittens. I want domisreks. - *Rylan, Washburn*

I already saw you at the memorial hall. You know I want a little guitar. - *Cade, Washburn*

Who is on the naughi list and who is on the good list. I want a hoverboard and how do your rander fly. What is your elves do wen you are gone. - *Allison, Washburn*

I want a LOL and Hatchamules. I want a girl elf. I love you. - *Mia, Wilton*

Whi do you hav rader? I need showboos. I want hav fon. - *Myla, Washburn*

I want a hoverboard, a snow scooter and a elf on the shelf. - *Blake, Washburn*

I want a slp bracet. I would like mechanic penils. I want a white board to show my family all I have lerned in school. - *Arac, Wilton*

Wt or the raderz nem? I ned noo markers. I wot a new tractor. - *Kipp, Washburn*

I womte hoverboard. I love you. - *Ebby, Washburn*

