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As an active farmer and landowner he recognizes the challenges facing agriculture and rural North Dakota. He will use that experience to keep moving our great state forward.

Paid for by Jeff Delzer for House

Your city's business is YOUR business.

We encourage you to vote "YES" on the publication of city government proceedings at the annual city election.

Vote YES. Be Informed.

This message paid for by this newspaper.

McLean County Primary Election

McLean County residents will be receiving an absentee application in the mail from:

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Due to the COVID-19 pandemic, McLean County Commissioners passed a resolution on April 2, 2020, to administer the Primary Election on June 9, 2020, **SOLELY VOTE BY MAIL (VBM)**.

This means **MCLEAN COUNTY WILL NOT HAVE ANY OPEN POLLING SITES** on Election Day. All McLean County residents in the current voting system will receive an application to complete and return by mail to the McLean County Auditor's Office. If you do not receive an application by April 30, 2020, please contact the McLean County Auditor's Office.

When completing the application, if you wish to VBM in the City, School, Special and General Elections please mark the **All Statewide Elections**. This will allow the Auditor's office to automatically take steps to insure you receive ballots for the elections you are requesting and does not require the voter to fill out another application for the November General Election.

Upon receipt of the completed application, the voter will be mailed a ballot for their precinct, along with a secrecy envelope, a return envelope and instructions for completing and returning.

The Express Vote equipment for anyone needing assistance with voting will be available at the McLean County Courthouse upon appointment, please call 701-462-8541 to make arrangements.

If you have any questions or concerns about this process, please contact the McLean County Auditor's Office at 701-462-8541. Thank You!

Beth A. Knutson
McLean County Auditor

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PRAIRIE FARE



Take an international educational tour in your kitchen

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION
SPECIALIST - NDSU

Kitchens can be a learning laboratory.

“Mom, do you know how to make spaetzle mac and cheese?” my son asked via text message.

Fortunately, I knew he was hungry for German egg noodles (spaetzle). One of our favorite local restaurants that specializes in the dish is closed temporarily.

“I think we need a special tool to make spaetzle,” I replied. “I will see what I can do.”

My son still thinks I can cook or bake anything. I need to maintain my “Mom cred.”

I learned a lot doing a Germans from Russia food project with the NDSU Library last year. However, we hadn’t made these free-form noodles at home.

The local specialty kitchen gadget store is closed for a while. I went online and found a tool for about \$10.

This tool allows you to push dough droplets into boiling water through a sieve. The tool arrived within a couple of days. I could have improvised with a cheese grater and a spoon.

I think my kids inherited a lot of German genes from their dad. I am primarily of Scandinavian ancestry. However, I prefer German food. Don’t tell my relatives.

I made the cheese sauce and I supervised my son and daughter as they made the noodles, with lots of laughing in the process. It was a bit of a mess, but the time together reminded me of when they were kids.

Most people have spent more time at home in the last few weeks. Parents have become teachers for their children even more than usual. Kitchens can be a learning laboratory.

For example, reading recipes teaches language

skills, including words in other languages.

I looked up the pronunciation of “spaetzle” online and found it pronounced with a long “a” and a short “e” sound. OK, I still don’t know the actual pronunciation.

I increased the size of the spaetzle recipe for my family by 50%. Downsizing and upsizing recipes teaches math skills.

Here’s some homework. If you want to halve a recipe calling for 3/4 cup of sugar, how much sugar would you use? How many tablespoons would that be?

You also can learn about science while exploring foods. For example, why do some recipes call for baking powder and others call for baking soda?

Both are leavening agents. Baking powder includes an acid and baking soda (sodium bicarbonate) to allow for carbon dioxide to be produced. Baking soda is used in recipes that include an acidic ingredient. If you are making chocolate chip cookies, the brown sugar includes molasses, which is acidic.

Here’s your homework answer: Half of 3/4 cup is 3/8 cup, which equals 6 tablespoons.

You also can explore cultural traditions through recipes. Do you have recipes from a distant grandparent, who may have immigrated from another country? In this challenging time we are experiencing in our present world, we can learn from our ancestors, who often faced great hardships in their lives. They made do with the ingredients that were available.

For example, my Norwegian relatives figured out how to make lefse from potatoes, flour, butter and cream. Germans made noodles from flour, eggs and milk. These recipes remain popular today.

I have a couple of resources to share with you this week. These resources will take you on a world trip without leaving your kitchen:

See <https://tinyurl.com/NDGermansfromRussiaFood> to view “Exploring North Dakota’s Foodways: Germans from Russia.”

See <https://tinyurl.com/NDFoodCulture> to view

“North Dakota Food and Culture,” which includes recipes from 11 regions of the world. Most of the recipes were gathered from NDSU international graduate students and community members.

Here’s the spaetzle recipe, with high marks from my family members, along with some cook’s notes from me. White pepper is used in this recipe to prevent your noodles from having specks from black pepper, but the noodles will taste the same if you use black pepper.

In addition, some spaetzle recipes call for a pinch of nutmeg, which we didn’t add. While specialized tools are available, many people have success using a large-holed cheese grater and a spoon.

Spaetzle (German Egg Noodles)

- 1 c. all-purpose flour
- 1/8 tsp. white pepper
- 1/2 tsp. salt
- 2 eggs, beaten
- 1/4 c. milk

Begin heating about a gallon of water in a large pot. Meanwhile, mix dry ingredients in a medium-sized bowl. Beat eggs in separate bowl. Add beaten eggs and milk alternately while mixing thoroughly. The dough should be smooth and thick. Push the dough through a spaetzle tool directly into the boiling water. Alternately, use a large-holed cheese grater and a spoon to push the “dough droplets” into the hot water. Cook about one-third of the noodles at a time, and allow the noodles to cook until they float (about two minutes). Remove the noodles with a slotted spoon and drain well. Add more dough until all the dough is used. Top with butter or your desired sauce.

If desired, fry the finished noodles in butter and season as desired.

Makes four servings. Without toppings, each serving has 160 calories, 3 grams (g) fat, 7 g protein, 25 g carbohydrate, less than 1 g fiber and 340 milligrams sodium.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences. Follow her on Twitter @jgardenrobinson)



The dining room at Dakota Farms has been vacant of customers for over a month, but that will change Monday as the restaurant reopens in-house serving. (Alyssa Meier)

Businesses prep to reopen

BY ALYSSA MEIER
EDITOR

For the first time in over a month, North Dakota bars and restaurants will be allowed to open their dining rooms on Friday.

Local restaurants were busy this week scheduling staff and ordering supplies for the anticipated reopening, which was given the green light by Governor Doug Burgum on Monday. Burgum outlined guidelines on Tuesday for businesses that chose to reopen, requiring increased hygiene and social distancing practices.

Bars and restaurants have been closed since March 19 due to COVID-19 concerns, though

many continued to operate as delivery or carry-out facilities only.

Kathy Key of Dakota Farms said it’s been a stressful adjustment, but getting ready to re-open the restaurants dining areas comes with challenges of its own.

Distributors are now answering to hundreds of businesses scrambling to be ready for a Friday opening. Dakota Farms won’t open its dining room until Monday.

Businesses previously closed by executive order -- dine-in restaurants, bars, personal care businesses and theaters -- are able to open on May 1, though entities can elect to remain closed.

Delzer has our Support

It is our privilege to write a letter of support for Rep. Jeff Delzer, a legislative colleague that we admire and respect.

Rep. Delzer is a budget genius. We know how complicated it can be to manage one’s own finances. Imagine overseeing the state’s \$4.8 billion general fund budget!

It is comforting for the GOP Caucus to have Delzer’s knowledge, experience and care working for all of us. He has a steady hand in controlling spending during good times while balancing a budget and making difficult decisions during volatile times. COVID 19 has created great economic pain along with uncertainty and fear. Delzer’s leadership for the next legislative session would be sorely needed.

Delzer’s success at State finances isn’t by accident. He is hardworking and dedicated. Daily, we see Jeff at his desk working early in the morning extending late into the night. He does this because he loves North Dakota. His purpose is unwavering; leave the State a better place than how he found it.

On a personal note, we have found Rep. Delzer to be gracious and approachable. During the 2019 Session, there were many discussions surrounding the budget and at times, passions flared. But Jeff was quick to listen and explain all circumstances involved in budgeting. It gave us great comfort.

The State of ND needs Rep. Jeff Delzer. We encourage your support as he certainly has ours.

- | | |
|--------------------|------------------------|
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CALENDAR

Monday, May 4

McClusky Job Development Authority will meet at 7 p.m. at city hall. Subject to change.

McClusky Fire Department will meet at 9 p.m.

Goodrich City Council will meet at 5 p.m.

Martin City Council will meet at 7 p.m.

A free meal will be offered at the County-Line Cafe in Wilton from 5-7 p.m. and on Tuesday, May 5 10 a.m. - 1 p.m. and 5-7 p.m. Limit one meal per person per family. Place your order for curbside pickup. Hosted by Mission Evangelical Free Church.

Tuesday, May 5

County Park Board 8 a.m. at McLean County Courthouse

McLean County Commission meeting will be held at 8:30 a.m. in Washburn.

Sheridan County Commissioners and Park Board will meet at 12:30 p.m. See restrictions on courthouse access.

Food Bank at Sheridan Courthouse is from 9 a.m. to noon. See restrictions on courthouse access and please call ahead at least a day before to 363-2848. Boxed items will be available in limited numbers but requests need to be made in advance so adequate supplies can be assembled.

Wednesday, May 6

Garrison City Landfill open, 1 p.m. - 5 p.m.

The Wilton City Commission will meet at 7 p.m.

The Underwood Civic Club will be meeting, at noon at city hall.

Thursday, May 7

The Community Cupboard of Underwood will be open from 4 to 6 p.m. at 208 Lincoln Ave. All in need are welcome to receive food and household goods at no cost.

Friday, May 8

Garrison City Landfill open, 1 p.m. - 5 p.m.

Saturday, May 9

Garrison City Landfill open, 8 a.m. - 12 p.m. and 1 p.m. - 5 p.m.

Submit an event

To announce your free public event in the Xtra Calendar, simply fill out the form below. The form must reach the Washburn office by Wednesday. Mail to the Xtra, PO Box 340, Washburn, ND 58577; email: leadernews@westriv.com; phone: 701-462-8126.

Event: _____

Date: _____ **Time:** _____

Location: _____

Contact: _____

MEALS ON WHEELS

MAY 4: Sausage with sauerkraut, whipped potato with margarine, green beans, peaches.

MAY 5: Pepper onion steak, whipped potato with gravy, mixed vegetables, orange/pineapple cup.

MAY 6: Ham, scalloped potatoes, country trio vegetable, applesauce.

MAY 7: BBQ chicken, baked potato with butter and sour cream, squash, cherries.

MAY 8: Creamed turkey over baking powder biscuit, peas, tossed salad with ranch, fruit cup.

USED ELECTRIC BOILER and FUEL BOILERS FOR SALE

The Sheridan County Board of County Commissioners offers for sale for cash on sealed bids for a used electric boiler w/electric panel, (2) fuel oil boilers, (2) metal fuel oil storage tanks and a metal water storage tank.

Boilers and tanks can be viewed at the County Shop north of McClusky. When bidding on items include the item# you are bidding on with description, amount, name, and ph# into a sealed envelope. For more information call County Auditor's office at 701-363-2205. Bids must be submitted to the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 by noon on May 5. Bids will be opened at 2:00 P.M. May 5, 2020 in the Commissioner's room of the Courthouse. The Board reserves the right to reject any or all bids.

GARDENING TIPS

Want to live to 100

BY BEV JOHNSON M.G.

University of Minnesota Extension

What do the people in Okinawa, Japan, Costa Rica, Sardinia, Greece, Italy and Loma Linda California have in common? They are all famous for their longevity. They got that way by eating healthy, daily exercise, social support systems, and they gardened well into their 80s and 90s.

Gardening has been shown to reduce life shortening stress by lowering cortisol, the body's stress hormone. Want to keep all your marbles? A study done in Australia found that men and women who garden regularly had a 36% lower risk of dementia than their non-gardening neighbors. Gardening increases social connectedness known to be a factor in healthy ageing. Becoming a Master Gardener, joining a gardening club, or just competing with your neighbors keeps you connected with others. A diet high in fresh vegetables has well known health benefits. If you grow your own, you tend to eat more of both fruits and vegetables. Gardeners usually have a significantly lower body mass index (BMI) than non-gardeners.

It's all that lifting that bale, hauling flats, hoeing, weeding, hauling 100 feet of hose, usually around an obstacle that holds the darn thing captive that burns off those winter calories. All that exercise helps to maintain strength and dexterity as we get older.

Men who took up heavy gardening in their 50's cut the risk of early death by one half compared to their desk sitting friends. Of course, they had to keep gardening for at least 10 more years.

Harvard researchers discovered in a study of 100,000 American women that those who live in a home surrounded by lots of vegetation live longer than those with barer yards. Woman gardeners live an average of 14 years longer than their non-gardening peers.

To get the most benefit from gardening the Centers for Disease Control recommends a minimum of 2 and a half hours of moderate-intensity activity a week. Activities that meet that level are, pushing a lawn mower, digging holes, pulling weeds, raking and hoeing. In the spring, most gardeners got up to 10 hours a week and go

well past the 25 hours the rest of the gardening season. Our cardio consists of bending, stooping, stretching and lifting.

One interesting thing about gardening that working in the soil does for gardeners, is make you happy. There is a scientific explanation for this. The scientists from the University of Bristol in England, where everybody gardens, discovered that a common bacterium, *Mycobacterium vaccae*, stimulates the body's production of serotonin, the hormone that makes us relaxed and happy and is a natural anti-depressant. Gardeners are exposed to the bacteria through skin contact and inhaling it. Tip: don't wear your face mask in the garden. Serotonin effects last about 3 weeks after exposure. No wonder you seldom meet a grouchy gardener. So, pull up that carrot and eat it dirt and all. Its' good for you.

If you have never gardened, now is the time to start. You are just sitting at home watching TV and vegetating anyhow. Don't plow up a half acre, start small. You may hate it even though IT has been proven to be very good for you.

Planting lagging across the state

For the week ending April 26 there were 4.0 days suitable for fieldwork, according to the USDA's National Agricultural Statistics Service. Reports indicated that, on average, producers intend to begin fieldwork on April 28th. Topsoil moisture supplies rated 0 percent very short, 7 short, 61 adequate, and 32 surplus. Subsoil moisture supplies rated 0 percent very short, 3 short, 65 adequate, and 32 surplus.

Field Crops Report: Spring wheat planted was 5 percent, near 4 last year, but behind 18 for the five-year average.

Durum wheat planted was 3 percent, equal to last year, and near 6 average.

Winter wheat condition rated 0 percent very poor, 2 poor, 20 fair, 72 good, and 6 excellent.

Winter wheat jointed was 9 percent, ahead of 1 last year, and near 5 average.

Canola planted was 2 percent.

Sugarbeets planted was 1 percent, near 5 last year, and

well behind 36 average.

Oats planted was 4 percent, near 1 last year, but behind 15 average.

Barley planted was 2 percent, near 1 last year, but behind 13 average.

Dry edible peas planted was 1 percent.

Due to wet conditions impeding harvest last fall, some crops remained in the field for harvest over the winter and in the spring.

Corn harvested was 89 percent, up from 86 last week.

Pasture and Range Report: Cattle and calf conditions rated 1 percent very poor, 3 poor, 10 fair, 73 good, and 13 excellent. Cattle and calf death loss rated 2 percent heavy, 62 average, and 36 light. Calving progress was 66 percent complete, behind 72 last year.

Sheep and lamb conditions rated 0 percent very poor, 3 poor, 16 fair, 67 good, and 14 excellent.

Sheep and lamb death loss rated 3 percent heavy, 64 average, and 33 light. Lambing progress was 84 percent complete, equal to last year. Shearing progress was 92 percent complete, near 91 last year.

Hay and roughage supplies rated 5 percent very short, 21 short, 66 adequate, and 8 surplus.

Stock water supplies rated 0 percent very short, 2 short, 85 adequate, and 13 surplus.

Data for this news release were provided at the county level by USDA Farm Service Agency, NDSU Extension Service, and other reporters across the State.

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SPRING LAWN CARE

Green-Yellow-Red light

BY CALANDRIA EDWARDS

Extension Agent, Agriculture and Natural Resources NDSU Extension,

Spring Fever has officially arrived, both with the Spring Equinox on March 20th and with our current warm temperatures everyone is getting out into their yards and flowerbeds to get them ready for the growing season. After winter, often our lawns are looking less than perfect. Spring lawn and garden care often reminds me of the children's game Red Light, Green Light with the changes in temperature and yes the occasional late spring snow storm. In that spirit, here are some Do's and Don'ts of spring lawn care.

Green Light- Rake up the debris and snow mold off of your lawn

After the snow we had this winter our lawns might be flattened or matted and if your snow removal method was anything like mine, there are rocks, dirt and gravel scattered on the grass from attempts to keep our sidewalks clear this winter. To help facilitate quicker growth in your lawn be sure to rake up this material to make mowing easier for the year. Nothing is harder on your mower blades (and occasionally the windows of your house) than rocks in your yard. On that note, now is a good time to get your lawn mower ready for the year by sharpening your blades and changing your oil (if you didn't last year). Nothing is harder on a lawn than dull blades.

Green Light- Thatch and compaction mitigation

As your lawn starts to green up now is an excellent time to invigorate your lawn. Your first mowing of the year (and I've already heard lawn mowers out and about) should be shorter than your traditional lawn mowing height. This helps to clean up the clippings and leaves that might still be on your lawn. Bag the clippings from the first mowing to reduce thatch, but it is recommended to not bag your lawn clippings for the remainder of the mowing's. Your second step could be to use a spindle aerator. Your lawn should be aerated every three years or so, more if you have highly compacted or high clay soils. Aerating helps reduce thatch levels by approximately 10% and is needed in high traffic areas to reduce compaction and allow root growth. A final step could be to utilize a power rake to reduce thatch. Thatch levels are beneficial, however too much of a good thing is a bad thing. If your thatch layers get over 3/4" it is time to consider using a power rake. If you power rake your yard after aerating, the rake will help break up your plugs. Be sure to rake the resulting grass layer up otherwise it could shade out your yard.

Yellow Light- Spring Crabgrass Preventer

It is still a bit too early in the season to be considering applying crabgrass preventer. Crabgrass is an annual warm season grass and seeds will only start sprouting when temperatures reach 60-70 degrees. Right now our soil temperatures range from 47-49 degrees according to the NDAWN stations. Wait to apply your crabgrass preventer until the soil temperatures are 50-55 degrees.

Red Light- Spring Fertilizer Applications

The best time to fertilize your lawn is in the fall, however a spring application can have

some benefits. Now is still a bit too early to apply fertilizer to your lawn. Wait until the grass has fully greened up to apply your fertilizer. Our soil temperatures are still quite cool and turfgrass won't use the fertilizer till it is actively growing. Fertilizer applied too early is likely to run off and not help your lawn. Be sure to test the soil in your lawn to determine if a fertilizer application will be beneficial to your yard.

Spring lawn care can help you have a beautiful lawn this summer, however it is important to wait till the

correct time to work in your yard. Be sure to wait till your lawn starts to green up to do the first mowing, aerating and power raking. Starting too soon can actually encourage weeds in the lawn as it opens up the canopy and allows sunlight to reach the weeds on the soil surface. It is also too early to be watering our lawns. Watering your lawn too soon can actually be detrimental when the summer heat and potential dry season arrives. Lawn grasses should develop a deep root system to protect against drought and heat, watering it too soon doesn't

allow this to happen. Be sure when you start watering your lawn that you do so deeply and infrequently to encourage root growth. I know we all want a beautiful green lawn as early as possible, but time and proper care now will pay dividends later this year. We are putting out a quarterly newsletter. If you are interested in receiving the newsletter please contact our office. Check out our Facebook Page "NDSU Extension- McLean County", send me an email- calandria.jarboe@ndsu.org or call our office at 701-462-8541. Happy Growing!!!!

We are all in this together!

Please Note: We are using in-stock shirts only. We have too many colors to list, but please list your preferred color. If that color is not available, we will substitute the color of shirt.

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- 24 Month (\$9) _____ Preferred color _____
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- Price _____

TODDLER T-SHIRTS

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- 3T (\$9) _____ Preferred color _____
- 4T (\$9) _____ Preferred color _____
- 5/6 T (\$9) _____ Preferred color _____
- Total Quantity _____
- Price _____

YOUTH T-SHIRTS

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- 10-12 (\$10) _____ Preferred color _____
- 14-16 (\$10) _____ Preferred color _____
- Total Quantity _____
- Price _____

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- M (\$11) _____ Preferred color _____
- L (\$11) _____ Preferred color _____
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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.

FARM RELATED

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51-3TCIX

58540

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52-P-X-PD

58545

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TURTLE LAKE WEIGH STATION will be shipping cows and bulls out May 4 & May 18. Have them there by 11 a.m. Call Darin, 701-315-0144.

43-TFN-E-X

58577

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-TFNNCIX

58540

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USED ALUMINUM PRESS Plates, 23 x 35, two for \$1 available at the McLean County Independent, Garrison. 463-2201.

1-E-TFN-NC

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52-1t-X

58577

HELP WANTED

Help wanted

Coaching Positions

Garrison Public School District is seeking applications URGENT* elem bbb start date to be determined & no coaches yet

- **HEAD AND ASST VOLLEYBALL** coaches need for 2020 season
- **ASST. FOOTBALL COACHES** for 2020 needed
- **JH FOOTBALL COACH** needed for 2020
- **CROSS COUNTRY COACH** for 2020 needed

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.**

BENEDICTINE LIVING CENTER OF GARRISON

Benedictine Health System

HELP WANTED

Come Join Our Team!!

• **RN/LPN**

• **CNA**

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

HELP WANTED

CHI St. Alexius Health
Imagine better health.™

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.

BENEDICTINE LIVING CENTER OF GARRISON
Benedictine Health System

HELP WANTED

Come Join Our Team!!

• **Laundry Aide**

30 hrs. per week, Benefit eligible, Wage range \$12-\$16. Apply at www.blcgarrison.com Or call Jill Borth at (701)463-2226 "EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

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

Full-time

• **CNA/Nurse Aide**

Part-Time

• **Dietary Aide**

• **Activities Aide**

• **RN/LPN**

• **CNA/Nurse Aide**

For more information call 701-463-6503. Apply online at CHISTAlexiusHealth.org

CHI St. Alexius Health
Imagine better health.™
Garrison Hospital

The institution is an equal opportunity provider and employer

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

Reminder
Classified Deadline
Thursday • 9 a.m.

HELP WANTED

- **HS Track Coach**
- **FACS/Home Ec-HS**
- **Bus Driver w/CDL**

\$25 per hour w/benefits

Contact: **Wayne Fox**
Superintendent
743-4350 ext. 2205



White Shield School

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WASHBURN SCHOOL EMPLOYMENT OPPORTUNITIES

CLASSROOM PARAPROFESSIONAL

Duties may include working with K-12 students in the regular classroom or in a special education setting, recess and/or lunchroom supervision, tutoring, study hall, and assisting teachers with lesson preparation. Complete job descriptions are available upon request. Hourly wage ranges from \$13.00 to \$17.50 depending on experience. A prorated health insurance benefit, annual leave, and sick leave are available.

Submit a letter of application and a Washburn School "Classified Staff" application form to Brad Rinas; Washburn Public School; PO Box 280; Washburn, ND 58577, or email to brad.rinas@k12.nd.us. Application form is available in the high school office or on the school website at <https://sites.google.com/site/washburnk12/>. To inquire further, call 701-462-3221. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws. Deadline for application: Friday, May 15.



West River Telecom (WRT), a growing telecommunications cooperative, has a temporary position opening. A complete job description for the position can be found at www.westriv.com

Seasonal Construction Technician (Temporary)

Job Responsibilities: Position is primarily responsible for providing seasonal support to our Construction Technicians from spring thaw to fall freeze-up. Competitive salary and perfect for those who like working outdoors.

Application Deadline: Open through May 6, 2020

Complete application online and submit with resume via www.westriv.com Call 701-748-4277 with any questions.

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HELP WANTED

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Duties within this position include general knowledge in framing, roofing and siding installation. The right individual needs to be reliable, motivated and have a valid driver's license. Wages depend on experience. For more information and to complete an application, contact Darren Lester at 701-460-0001.



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

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LICENSED CONTRACTOR ready to move or relocate your trees or shrubs! For a free estimate call Steve @ Huey's Tree Moving 701-460-7000.

49-TFNCHX 58540

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46-TFN-P-X-PD 58540

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MAY-PORT CG SCHOOL is hiring: Elementary Teachers (Gr3, Gr4); Head Boys Basketball, HS Hockey. Apply to MPCG School, Attn: Michael Bradner, 900 Main Street West, Mayville, ND 58257 or Michael.bradner@may-portcg.com.

PUBLIC WORKS EMPLOYEE, City of Washburn, ND. For complete job description: call 701.462.8558 or email cityofwashburn@westriv.com. Resume with cover letter accepted until May 8, 2020 at 4:00pm.

HELP WANTED: PATZER Truck Repair of Harvey, N.D, is looking to hire a self-motivated, experienced farm machinery mechanic. Full family health insurance paid, competitive pay & benefits, 40 plus hours weekly, year round guaranteed. Call Brad or Butch at 701-324-4442.

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COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Now offering a \$10,000 scholarship qualified applicants. Call CTI for details! 701-929-9679 (M-F 8am-6pm ET)

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

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DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 701-809-7415.

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ATTENTION: AUTO INJURY VICTIMS. If you have suffered a serious injury in an auto accident, call us! Our attorneys have the experience to get you the full compensation you deserve! Call Now: 855-543-9071.

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Country Kitchen Recipes



WHIPPED COFFEE

Ingredients

- 2 tablespoons instant coffee or espresso
- 2 tablespoons sugar
- 2 tablespoons hot water
- 1/2 teaspoon vanilla extract
- *optional
- 1 cup milk



Directions

Combine instant coffee, sugar, and hot water, and vanilla in a small bowl. Use a mixer to whip the mixture for a minute or two until it becomes thickened and light in color.

Pour ice and milk into a cup, and top with the whipped coffee mixture. Mix it in with a spoon, and enjoy! Feel free to add more milk, creamer, and/or sweetener as desired.



ROASTED SWEET POTATO, AVOCADO AND FETA SALAD

Ingredients

- 1 sweet potato, diced
- 1/2 red onion, cut into thin wedges
- 1 tbsp olive oil
- 2 cups spinach leaves
- 1/2 avocado
- 25 grams / 0.8 oz feta cheese
- handful chopped almonds

Honey Lemon Vinaigrette

- 2 tbsp Extra Virgin Olive Oil
- 1/2 Lemon, juiced
- 1 tsp Honey, sub for maple syrup or brown rice / rice malt syrup
- Salt + Pepper, to taste

Directions

Heat oven to 200C / 390F.

Place sweet potato and red onion on a baking tray lined with baking paper and cover with olive oil. Mix with your hands to ensure all pieces are coated.

Place tray in oven and bake for 20-30 minutes, until sweet potato is cooked through, flipping once half way.

Place honey lemon vinaigrette ingredients in a small jar, mix with a spoon (loosens the honey), then cover and shake until well combined.

To assemble, place all ingredients into a bowl and drizzle dressing on top, then toss gently.



HAVE A RECIPE YOU WANT TO SHARE?

E-mail leadernews@westriv.com or give us a call at 701.462.8126 with your ingredient list and directions, and we'll include it in a future recipe column! We would love to share local, homestyle recipes from our readers.

HELPING WORDS

Easter past

REV. JANIS SLOKA, III

Easter greetings to you and your families.

As I write this I continue to remind myself that Easter has happened and not just a week or so ago on a Sunday, but way back in the day Christ did rise from the dead for you and me. He rose from the grave so that we can have life, love and forgiveness. God's "Easter" love abounds around us, through us and by us. Each and every day, especially during these days of COVID.

Any other year, I truly think Easter would be much easier to understand and celebrate, but these days are truly different for us. Aren't they?

So how do we, in the midst of this different kind of Easter, still celebrate it? How do we share with others that we can still live out the joy of Easter and it's unconditional love God shared with us?

Believe me, I don't have the ultimate answers to these questions, but I will share with you some of the ways I am celebrating and sharing this new kind of Easter.

Are you struggling? Are you tired of what day is this? I just want it to be over? As I feel this way, I have been reminding myself that I am not the only one feeling this way. I am not alone. This isn't just a "Janis thing."

I also remind myself that I can at least get out of the house if I want to. But what if someone can't get out of their home. What if they are in a living center like the BLC, Meadows or at the hospital? How can I help them? How could you help them?

Obviously we can't go visit them nor can we call most of them. But could we send them cards or a note? Could we have our children or grandchildren send them cards or a note? I

am sure they would love to have a note even from someone they don't know that you are thinking of them. Especially wouldn't they love to hear from you if they aren't having any visitors these days?

There are many other ways to help out those in our community. Have you helped out our small businesses? I am sure you can think of something and make a difference!

It's okay to grieve the loss of many things during this time in our lives. I grieve with you. But, as Easter people, we look to the resurrected Christ. With that same hope, we live in the present ripe with new opportunities, and await a future that is brighter and more beautiful than anything we can imagine.

This community and our world needs us now more than ever. Blessings to you and your families.

Ballot set for June election

BY ALYSSA MEIER
EDITOR

There is little competition and a handful of open races set for this year's June 9 primary.

McLean County

McLean County has two commissioner races on the ballot this year.

The first is an unexpired three-year term in District 1. The seat is currently filled by Steve Cottingham, who is running unopposed for the position.

The second is a three-year term for District 2. Barry Suydam currently holds the seat and is running for re-election.

Washburn City

Washburn's City Commission President Larry Thomas is up for re-election in the four-year term. Thomas runs unopposed in the race.

There are two open city commission seats on the ballot, each for a four-year term. No one has filed to run in the race. The seats are being vacated by Kit Baumann and

Noelle Kroll.

Mark Lelm and Judith Beaudry are on the ballot for two open park board member positions, both four-year terms.

Lauren Hunze is running unopposed for the city's municipal judge.

Wilton City

For the City of Wilton, two individuals are on the ballot for the two four-year city commission terms.

William "Bill" Kary and Lisa Hedstrom have each filed to be on the ballot in the race.

Jamie Schurhamer is running unopposed for the four-year municipal judge term.

There are no filed candidates for the two four-year Sales & Use Tax Commission positions, nor for the two four-year Park Board positions.

Washburn School

Stacey Scheresky has filed to run for another three-year term on the Washburn School Board, as a city representative.

An unexpired two-year rural term is on the ballot with no filed candidate. The position was vacated by Neil Neukomm.

A three-year rural position is also on the ballot with no candidate. The position was vacated by Robyn Goven

Wilton School

Duane Johnson is running for re-election in the Wilton Public School board race. Johnson runs unopposed for the three-year city term.

Jason Gregoryk and Lodee Arnold have each filed to run for the open rural seat on the board. This is also a three-year term.

County receives Game and Fish dollars

McLean County has received \$116,000 from the North Dakota Game and Fish Department as compensation for land it owns or leases within the county.

McLean County was paid a total of \$116,089 by the department earlier this year in lieu of traditional property taxes.

The Game and Fish Department paid a total of

\$700,000 to N.D. counties this year through in-lieu-of property tax payments. McLean received the most compensation of all N.D. counties, with all but two receiving funds this year.

Payments were sent out in late February or March and are comparable to property taxes paid by residents, the department said.

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If you find mistakes

in this publication, please consider that they are there for a purpose.

We publish something for everyone, and some people are always looking for mistakes!!!

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