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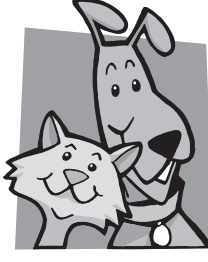
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# Mercury Mistake

## DAKOTA DATEBOOK

Dakota Datebook written by Jayme L. Job

January 7, 2020—The plight of a Grafton, North Dakota girl was reported on this day in 1916. The girl, Miss Helga Thompson, had made a devastating mistake that nearly ended in tragedy.

Thompson arrived in Grand Forks from Grafton on January 4 in order to enroll in a commercial course at one of the schools there. She secured a room at the city's Y.W.C.A. and soon began to feel ill. Thinking that she needed a laxative, but too modest to request one

from the pharmacy, Thompson asked a younger girl at the Y.W.C.A. to pick her up an 'antiseptic', which she had been told was another word for laxative.

The pharmacist, when asked for an antiseptic, gave the girl bichloride of mercury tablets. Although the tablets were labeled as 'Poison', Thompson took the medication and was removed from her room an hour later after someone had heard her groaning in pain. She was taken to the Deaconess Hospital, where she convalesced for over a week, but made a fortunate

recovery. The girl claimed that she thought all medications were labeled as 'Poison', so she did not think twice about the warning.

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

## Frazer HAT TIPS



BY DEAN MEYER

Hello, I've always enjoyed rodeos. I grew up attending the Y's Mens rodeo in Minot and the Blaisdell rodeo every year. I don't imagine I missed more than a handful of those rodeos the first thirty or forty years of my life. But one of my favorites was the NDRA rodeo finals in Watford City.

They not only put on a great rodeo with great stock, they always added a little extra. Be it the "wild ride" or a dedication to something special. I'll never forget the program they put on following the attack on 9/11.

One year they put on kind of one act play. Here is how it went.

It was like an old time roundup. Cowboys sitting around a fire, talking of great cowboys and great bucking horses. Old time cowboys probably didn't have "Strawberry Roan" playing in the background, but who knows, I wasn't there.

As the narrative wound down, the cowboys snubbed a bronc up, put a blind on, and just as we told the crowd to

sit back and enjoy the rodeo, Nolan screwed himself into the saddle, and they pulled the blindfold off.

They couldn't have done it any better in Hollywood. That bronc let out a squeal and blew up! He made about four good jumps, jumped straight in the air, and flipped himself over on top of Nolan! It was truly awesome! Well, I thought so. Nolan didn't like it quite as well. But he did escape with only bruises. Then the bronc jumped up and bucked right through their campfire! Just like Charlie Russell painted it. It brought tears to my eyes.

Reminded me of my younger days. I wasn't a bronc rider. But, I got on some. The ground wasn't near as hard forty years ago. And I wasn't so top heavy.

I was riding a horse named Frazer. Big, good looking palomino gelding. A mouth like a feather. But he was just a colt and was inclined to test you early in the morning. I was a hell of a lot more scared of him than I let Hal and Dennis see.

We were going riding on the res. I thought I'd top Frazer off at home, so when he bucked me off, we wouldn't have to spend the morning looking for him. I crawled on him in front of the barn and let him stand there

awhile. Then I started easing him around the corral.

All of a sudden he jumped in the air and let out a beller. He crashed into the fence and I started grabbing ahold. I grabbed for leather, hair, anything... I just wanted something to hang on to. My levi jacket hooked over the saddle horn and he kept jerking me down by his head. His head hit me in the face and loosened some teeth and gave me a bloody nose. I tell you what, those buttons on those old denim jackets don't tear out easy. It was like being welded to that saddle. After a few seconds, which seemed like a hell of a long time to me, Frazer stopped to catch his wind.

Hal and Dennis were laughing there heads off. I didn't think that was very nice.

I didn't find out till days later, that they had thrown a halter under Frazer to set him off that morning! Ah, to be young again.

Now, this morning, I have a colt tied in the barn, and we are heading for the yearling gather over by Yates. And I am too scared to spit. It's lucky Shirley is here, to top off Boa.

Later, Dean

## FROM THE FRONT PAGES

### Medical leaders receive the COVID vaccine

Just two days before Christmas, the medical leaders of the community each received a dose of the COVID vaccination. - The Beacon

### Carrying on a legacy of coordinating care

As CEO of both Sakakawea Medical Center and Coal Country Community Health Center, Darrold Bertsch worked with the boards of those two organizations to create a health care model based on coordination, both between the hospital and clinic and with other entities in the region and state. - Center Republican

### Setback concerns are raised as wind ordinance debated

After a two month hiatus, the Mercer County Planning and Zoning Board resumed meeting with new board members to rehash some familiar topics. At the core of the meeting is the ongoing attempt to draft an ordinance governing how Mercer County will approach the development of wind energy going forward. Currently, a moratorium is in place on permits for wind facilities while the ordinance is being created. - Hazen Star

### New Ag room project a go

Garrison Superintendent Nick Klemisch is working on more improvements at the school. He's coming up with options to overhaul the GHS's Ag room and turn it into a multi-function lunch room and multi-purpose room and find a new home for the metal shop. - McLean County Independent

### 2020 wrap up

McClusky School's Vo-Ag Instructor Michael Axt has developed one of the finest vocational agriculture classrooms and FFA Clubs in the area. The many subjects he teaches are those he has used all of his life. - The McClusky Gazette

### Hospital workers, patients get first round of Moderna vaccine

The first doses of the COVID-19 vaccine were being administered in the Central McLean area Dec. 23 as staff and patients at CHI Turtle Lake Hospital started receiving the first dose of the Moderna vaccine Wednesday morning. The hospital received its first 40 doses of the first part of the vaccine, which will first go to staff members and patients. - Central McLean News-Journal

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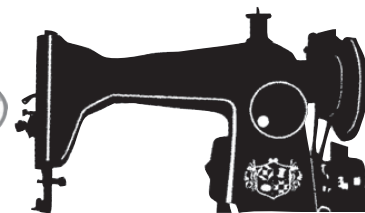
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# CALENDAR

**Wednesday, Jan. 6**

Yoga, First Congregational Church, Garrison, 8 a.m.  
E-Youth, Evangel Church Garrison, 6- 8 p.m.

**Thursday, Jan. 7**

Bone Builders, Garrison Senior Center, 10 a.m.  
Hand gun shooting, Garrison indoor range, 7 p.m., masks required

**Friday, Jan. 8**

Yoga, First Congregational Church, Garrison, 8 a.m.  
Garrison Sportsmen's Club annual meeting, Hunter's Bar, 5 p.m.-social, meeting to follow  
Hiddenwood Sportsmens Club Coyote Hunt rules meeting, K-Bar in Makoti, 7 p.m.

**Saturday, Jan. 9**

Hiddenwood Sportsmens Club Coyote Hunt, weigh in at K-Bar in Makoti, 7:30 p.m.

**Monday, Jan. 11**

Yoga, First Congregational Church, Garrison, 8a.m.  
Bone Builders, Garrison Senior Center, 10 a.m.

**Tuesday, Jan.12**

Garrison Lamplighters business meeting, Lamplighters building, 2 p.m.

**Wednesday, Jan. 13**

Yoga, First Congregational Church, Garrison, 8 a.m.  
E-Youth, Evangel Church Garrison, 6- 8 p.m.

**Thursday, Jan. 14**

Bone Builders, Garrison Senior Center, 10 a.m.  
Hand gun shooting, Garrison indoor range, 7 p.m., masks required

**Friday, Jan. 15**

Yoga, First Congregational Church, Garrison, 8 a.m.

## MEALS ON WHEELS

**Jan. 11:** Chopped steak smothered with green pepper and onion, whipped potatoes, corn, pears.

**Jan. 12:** Beef taco salad with tortilla chips, lettuce, cheese, olives and onion, salsa and sour cream, tropical fruit.

**Jan. 13:** Open face hot roast beef sandwich with brown gravy, mashed potatoes/gravy, carrots, apricots.

**Jan. 14:** Lemon pepper tilapia, rosemary potatoes, broccoli, pineapple.

**Jan. 15:** Chili with cheese over baked potato, sour cream, peas and cheese salad, mandarin orange.

## 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](mailto:leadernews@westriv.com); phone: 701-462-8126.

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# Social Factors Impact Wellbeing

## PRAIRIE DOC

**BY DEBRA JOHNSTON, M.D.,**

Some health problems are much larger than the health care system and cannot be fixed by doctors, nurses, hospitals, and the rest of the traditional health care team.

In our physician peer group sessions, my colleagues and I often share the agony we feel when sending people out of the emergency room, knowing that the patient is going right back into the conditions that contributed to their crisis in the first place. Perhaps they could not afford their insulin or have no refrigerator in which to keep it cold. Perhaps they are going home with the person who hurt them. Perhaps they don't have a home to go to and are trying to care for their wound while living on the street. These situations are real, and they exist in rural areas, small towns, and big cities alike.

I often urge my patients to get more exercise, and we brainstorm ways to overcome the barriers they face. But options are limited for the person whose neighborhood has no sidewalks or isn't safe to stroll through. We talk about good nutrition, and

most patients know it's best to eat plenty of fresh fruits and vegetables. But what if the only store they can reach is the convenience store which doesn't stock healthy options?

Some of my patients come to me having researched their symptoms, and we talk about how to find reliable medical information on the internet. But what happens if they don't have access to the internet? Sometimes I print out educational material, but that has no value for the patient who cannot read.

Almost everyone has stress in their lives, but for some people the stress is unremitting and severe. They deal with poverty and the attendant evils of housing and food insecurity, with limited education that restricts their options. They lack reliable transportation which keeps them from school or work or regular healthcare. They suffer from chronic diseases, racism and other forms of discrimination while separated from the support of family and community.

Research reveals that these chronic stressors have significant adverse effects on the health of not only the individual, but their

descendants as well. We have a label for these stressors. They are called "social determinants" and we are increasingly aware that they play an even bigger role in a person's wellbeing than all the things that health care providers do.

Protecting and promoting the health of our patients and our communities is a sacred mission, but we need to expand our perspective beyond medicine and surgery and helping one individual at a time. Health is larger than the health care system. We each have a role to play in recognizing and reducing the impact of social determinants for the wellbeing of our entire community.

Debra Johnston, MD is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. For free and easy access to the entire Prairie Doc® library, visit [www.prairiedoc.org](http://www.prairiedoc.org) and follow Prairie Doc® on Facebook, featuring On Call with the Prairie Doc® a medical Q&A show streamed most Thursdays at 7 p.m. central.

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# OUR OUTDOORS

Takeaways from 2020



**BY NICK SIMONSON**  
DAKOTA EDGE OUTDOORS

The ball had dropped, the calendar had turned. 2020 was officially in the rear-view mirror. As I made my way through the field-side tree rows and up the winding draws, however, the year did not seem over until I returned to the truck on the final day of the upland hunting season.

In tow were a pair of rooster pheasants that held tight in the brush, with the unseasonably warm southerly gales giving the auditory cover for my dog and I to get close enough for the final shots of the season.

It was a memorable trip, and unlike most other adventures with the shotgun in hand this season, a fairly accurate outing. The setting sun signaled the official completion of the previous hunting year, even if its terminus was a few days later than the end of the calendar year.

Whether they were my last birds of the fall of 2020 or my first birds of 2021 really didn't matter, though. They served as a reminder on the importance of just being outside.

This year, more people than

in recent memory availed themselves of the outdoors. From early discussions, it's likely that numbers from many agencies across the nation will show upticks from five to 25 percent or more across all pursuits in terms of license sales.

With all that was going on — the stress, the quarantine time, or perhaps the sudden surge of hours away from work, which left a gaping hole in many people's schedules and likely their psyches — it was easy to understand why.

While my passion requires me to be out there, I too felt those pressures and again turned to the outdoors in 2020 to find respite from a world which seemed to have run amok. From the orange vests that dotted the countryside in the fall to the bundled-up anglers along the just-opening shores of spring waterways, I saw thousands of others who did as well.

Additionally, those people brought people with them. Older family members, young children, friends from within their personal bubble and likely those from outside of it. As difficult as the previous year was for many reasons, it was important to the future of the outdoors and the pastimes and passions of hunting and fishing.

It served to not only highlight the need for increased conservation, which preserves clean waters and strong habitat for fish and game, but also to stress the requirement of

access to those resources for the people seeking them.

Where the future of hunting and fishing goes from here depends on where those people go. Life will undoubtedly return to normal or at least something similar to it in the coming months and all those things from the time before 2020 will likely come back, calling for our attention.

It's up to us as the sporting public to continue to foster use and enjoyment of the outdoors and to keep inviting — and more importantly, taking new and returning hunters and anglers into the field and on the water. Through these actions we build on what was likely the best aspect of what many have dubbed the worst year in several generations.

Whether the calendar turned for you on January 1, ended with the final retrieval of a brightly colored bird, or you plan on keeping the outdoors year rolling on the ice fishing perch and walleyes or in the brush jumping rabbits and squirrels, take someone with you. Spread out as needed, drive separately, and shout across the snow banks as required.

While the challenges from the previous year remain, the opportunities do as well. Let 2021 be the year we all build on what we've learned, what we've overcome and what we've deemed necessary for a full and healthy life, coming after a good long look at ourselves, our habits and how important it is just being ... in our outdoors.

## Country Kitchen Recipes



### KALE, MUSHROOM AND ROASTED CHICKPEA RICE BOWLS

By Not Enough Cinnamon

#### Ingredients

- 1 cup of your favorite rice blend I used a blend of brown rice, red rice and black rice
- 1 can chickpeas 14 oz/400-g can, rinsed and drained
- 2 tsp olive oil divided
- 1/2 tsp hot paprika
- 1 pinch salt
- 1 medium onion chopped
- 7 oz baby bella mushrooms 200 g, sliced
- 5 oz oyster mushrooms 150 g, large ones cut in half
- 3 cups kale stem removed and chopped (about 5 large leaves)
- 2 small garlic cloves or 1 large, chopped
- 1 tbsp lemon juice
- 1 tsp soy sauce or tamari for gluten free

#### Directions:

Preheat oven to 400F/200C.  
Start by cooking rice according to package instructions. Drain (if needed) and set aside.  
In a medium bowl, mix together chickpeas, one teaspoon olive oil, paprika and salt. Spread chickpeas on a baking sheet and bake for 15 minutes, stirring halfway through baking. Remove from the oven and set aside.  
Heat one teaspoon olive oil in a large skillet. Cook onion on medium heat until soft, about 2 minutes. Add mushrooms, kale and garlic, and continue cooking for about 2 minutes, stirring occasionally. Turn off the heat.  
Stir in chickpeas, cooked rice, lemon juice and soy sauce. Adjust seasonings if needed and serve.

### STRAWBERRY BLUEBERRY SMOOTHIE

By Living Sweet Moments

#### Ingredients

- 1 Cup Frozen Strawberries
- 1/2 Cup Frozen Blueberries
- 1/3 Cup Raw Oats
- 1 Tablespoon Chia Seeds
- 1 Cup Almond Milk
- 1 Tablespoon Honey (optional)

#### Directions:

Combine all ingredients into a food processor or blender. Blend well.  
Serve and garnish with fruit.

### PEACH RASPBERRY SMOOTHIE

By Ninja Blend Recipes

#### Ingredients

- 6 oz plain fat free yogurt
- 1 peach
- 1/2 cup raspberries
- 1/4 teaspoon vanilla extract

#### Directions:

Combine all ingredients into a food processor or blender. Blend well.

**DONUT BE NUTS.**

**PLACE A SWEET AD IN THE PAPER TODAY!**

## Make your ads go further with All-Access Advertising

**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.

**Where do ads appear?** Advertisers choose between having their ad on the home page of an individual newspaper, the home page of the main BHG site or on every home page on the site. Ads will be at the top of the page, to the right of news stories and photos.

**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 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!



**NO ONE DELIVERS YOUR LOCAL NEWS BETTER THAN YOUR LOCAL PAPER**

Leader-News

**BHG**

Check us out online at [www.bhgnews.com!](http://www.bhgnews.com!)



# THE CLASSIFIEDS

- **DEADLINE:** 9 a.m. Thursday.
- **CLASSIFIED WORD ADS:** Terms – Cash, Check, Visa or Mastercard.
- **COST:** \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are free one week only.
- **CLASSIFIED DISPLAY RATE:** \$9.50 per column inch.
- **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128  
Email: leadernews@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 GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 5pm. CT at St. Paul Lutheran Church 794-3381; in Garrison, in Washburn Sundays at 7 pm. First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 pm at Sacred Heart Church (734-6533). In McClusky at Grace Lutheran Church, 402 4th St. W, Sundays at 8 pm. Positive Changes NA, Fridays at 7 pm, Memorial Hall, Washburn 701-460-0663.

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

## Farm Related

### SEED FOR SALE

#### Yellow Peas

Agassiz Carver  
Inca Spectrum

#### Chickpeas

Orion

#### HRSW

Baracuda Rebel  
Camaro Cannon

ND VitPro

#### Durum

ND Grano

#### Oats

CS Camden

#### Soybeans

ND17009GT

Legacy LS-0239N Xtend  
Legacy L0320E Enlist E3

Tops the Garrison  
yield trials

Full line Legacy Corn,  
Soybeans, Alfalfa

Custom conditioning,  
treating, inoculating



Chris 651-792-5920

Dylan 701-500-7227

Bob 701-720-1808

finkenfarmsandseeds.com

## 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.

18-TFNNCI 58540

## LIVESTOCK

TURTLE LAKE WEIGH STATION will have the following dates scheduled to ship cows and bulls. Mon. Jan. 11 & 25. Have them there by 11 a.m. Call Darin at 701.315.0144.

43-TFN-E-X 58577

HAY FOR SALE: 1st & 2nd cutting. Alfalfa also mixed hay and oat hay. Bales are not wrapped. Will load Ron Isaak 701-891-9999

44-TFN 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.

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. EEOC compliant.

1-E-TFN-NC 58577

## REAL ESTATE FOR RENT

Burlington Community Housing is always looking for applicants for our 1-bedroom apartments. Must be 62 and older or disabled, regardless of age. Rental assistance and utility allowance is available for qualified applicants. Free laundry facilities and community center on site. Wheelchair accessible. This institution is an equal opportunity provider and employer. Call Karen at (701) 852-5389 for an application. TDD 1-800-366-6888.

3TALL-PD 58540

## APARTMENT FOR RENT

Park View 2 bedroom Apartment in Washburn for rent. ALL utilities paid. FREE cable. Pay 30% of your income for rent. Call 701-240-3913 or lanas@lcdgroup.org



## REAL ESTATE FOR SALE

FOR SALE: 16X70 Trailer House, new washer/dryer, furnace, siding and windows. In Underwood, heated entry, shed (garden). 301-1717 or 337-5487, contact for questions/price.

35-3XPDX 58540

## 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

## BHG

Check us out online at  
www.bhgnews.com!

SPORTS REPORTER WANTED. Get paid to watch and record local sports action while serving as a sports reporter and photography for area newspapers. Duties include traveling to home games within McLean County, taking photos and writing stories on deadline. Hours will fluctuate with home game schedule. Part time position with potential for full time hours. Applicant must have valid driver's license and personal vehicle. Company can supply camera for use. Interested applicants can apply at the Garrison BHG office or the Leader-News office in Washburn, send an email to news@bhgnews.com or call 701-463-2201.

35-TFN-ILX 58540

FRONT DESK ASSOCIATE. Immediate opening for a part time front desk associate at the Leader-News office in Washburn. Three to four days a week, working Monday-Wednesday each week as regular schedule. Duties include file management, proofreading, answering phones, assisting customers and keeping front office clean and organized. Potential for extra income through commission on special order clothing sales. Interested applicants can apply at the Leader-News office at 607 Main Avenue, Washburn, send an email to news@bhgnews.com or call 701-463-2201.

35-TFN-ILX 58540

## Coaching Positions Available at GHS

We are currently seeking applicants for the following coaching areas. Head coaching starts @ \$5,500 for tier I activities with sub-varsity coaches receiving a percentage.

Contact Dr. Klemisch or Mr. Ermer at Garrison High School 463-2818 for more information. JV- 70%, JH 60%, EL 50%

**URGENT  
NEED FILLED ASAP:  
Elem BBB and  
JH BBB Asst**

## HELP WANTED

- Speech Pathologist Teacher
- Bus Driver w/CDL
- Science Teacher
- FACS Teacher

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



White Shield School

## 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

PET BOARDING, daycare, home visits. Located rural Wilton. \$20/dog for overnight stay. Country Pets on Facebook. Text/Call June at 701.301.2516.

35-TFN-P-X-PD 58579

## WORK WANTED

THIS NEWSPAPER offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com.

1-E-TFN-NC 58577

## HELP WANTED

# GSSC SECURITY OFFICERS

GENERAL SECURITY SERVICES CORPORATION™

## Washburn & Center, ND

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



LIVING COMMUNITY | GARRISON

## HELP WANTED

Come Join Our Team!!

### Full-Time CNA

Not a CNA? We Can Help!

Benefit Eligible

Starting wage \$15.20

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



Scan to be connected to job link

Call Jody Lawson at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

## HELP WANTED



# Turtle Lake Hospital

Hospital Nurse (LPN/RN),  
Nurse Aid,  
Part-time Radiology Tech/CT  
Capability, willing to be on call

Experience preferred but not required. Contact Brenda  
701-4485-2331 ext 207.

This institution is an equal opportunity provider and employer.

## Washburn Public School

### WASHBURN SCHOOL EMPLOYMENT OPPORTUNITIES

#### PARAPROFESSIONAL

DUTIES INCLUDE WORKING WITH SPECIAL EDUCATION STUDENT IN THE REGULAR CLASSROOM OR IN A SPECIAL EDUCATION SETTING. HOURLY WAGE RANGES FROM \$13.00 TO \$17.50 DEPENDING ON EXPERIENCE. DUTIES BEGIN ON JANUARY 4TH OR AS SOON AFTER AS POSSIBLE.

#### SUBSTITUTE PARAPROFESSIONALS

INDIVIDUALS WOULD BE WORKING WITH STUDENTS IN THE CLASSROOM SETTING, MONITORING RECESS AND LUNCH, ASSISTING TEACHERS, TUTORING, AND OTHER DUTIES AS ASSIGNED. HOURLY WAGE IS \$13.00.

SUBSTITUTE BUS DRIVERS RESPONSIBLE FOR TRANSPORTING STUDENTS SAFELY TO AND FROM SCHOOL USING A DISTRICT-OWNED SCHOOL BUS. CLASS B LICENSE WITH PASSENGER ENDORSEMENT IS PREFERRED, BUT NOT REQUIRED. COMPENSATION IS \$50 PER RUN, WITH A MAXIMUM OF \$100 PER DAY.

#### SUBSTITUTE TEACHERS

RESPONSIBLE FOR SUPERVISION AND INSTRUCTION USING LESSON PLANS PREPARED BY THE REGULAR TEACHER. COMPENSATION IS \$126 PER DAY. LONG-TERM SUBS ARE COMPENSATED AT BASE SALARY, PRORATED BY THE NUMBER OF DAYS TAUGHT. MUST HAVE A MINIMUM OF A NORTH DAKOTA SUBSTITUTE TEACHER'S LICENSE.

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/](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. ALL EMPLOYEES MUST SUBMIT TO A CRIMINAL HISTORY BACKGROUND CHECK.

## HELP WANTED



WE DELIVER!

### ALL POSITIONS AVAILABLE

Stop in at North Shore Inn & Suites to pick up an application.



Visit  
our  
Website

[www.bhgnews.com](http://www.bhgnews.com)



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](http://www.blcgarrison.com)



Scan to be connected to job link

Call Jenni Bakken for more information.

(701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"



**Statewides**

**HELP WANTED**

**DENTAL HYGIENIST:** Carrington Dental Care is looking to hire a full or part-time hygienist. Great benefits!! Must be licensed in ND. Contact Ashley @701-652-5620.

**TRUCK DRIVER.** Farmers Union Oil- Fessenden. Competitive pay/benefits. Send resumes to PO Box 217 Fessenden ND 58438 or call Robert at (701) 399-6262.

**ANYONE CAN RUN STATEWIDE** with HELP WANTED ads in all the newspapers of N.D. with the NorthSCAN program! \$160 /25 words / all ND papers. NDNA, 701-223-6397.

**SERVICES FOR HIRE**

**NEED NEW FLOORING?** Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-859-6628.

**FINANCIAL SERVICES**

**OVER \$10K IN Debt?** Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief, 844-981-0006.

**SAVE YOUR HOME!** Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line! FREE CONSULTATION! 855-504-4680.

**EDUCATION /TRAINING**

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

**COMPUTER & IT TRAINING PROGRAM!** Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 701-929-9679 (M-F 8am-6pm ET).

**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.

**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.

**AUTOS WANTED**

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

**HEALTH/MEDICAL**

**SAVE MONEY ON YOUR HEALTH INSURANCE!** Affordable rate on Health Insurance. Let us show you what you can save. Call now! 844-494-2086

**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)

**ANNOUNCEMENTS**

**GUN SHOW: STEELE, N.D.** January 9th & 10th, 9am-4pm at Pifer Auction Center Public welcome Admission \$5 For more information call: 701-320-1986.

**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**

**WE MAKE IT** easy to place an ad in one or all the 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.

Set a Health Goal for the New Year

**PRAIRIE FARE**

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

As we all experienced, 2020 was a year for the history books in many ways.

Back in October of 2020, we had an unseasonably early storm. The snow blanketed the region with several inches of snow, which melted to form a layer of ice.

I recall walking like a penguin to put my work bag and other items in the car at 7 a.m. that fateful morning. My husband followed me out the door. I heard some commotion behind me and turned to see my husband flipping backward on the ice.

He seemed to be moving in slow motion. By the sounds he emitted, I knew this was not just an annoying slip.

His arm was hanging awkwardly by his side when he managed to stand upright. Long story short, he had major shoulder repair surgery followed by ongoing physical and occupational therapy.

Even worse (for me, anyway): I have to shovel the snow this winter or find someone to do it. However, I would rather shovel snow than endure my husband's recovery process.

Fortunately, we did not have measurable snow from October through most of December.

We bought "cleats" to strap on our shoes or boots and help us navigate the ice in 2021.

Winter can be hazardous to our health in many ways. If you are the shoveler, be sure to warm up your muscles by walking in place and stretching your arms and muscles. You might want to do your warmups in the house away from the ice.

Here is some other advice: Dress in layers, with polypropylene as the inner

layer. Your outer layer should be wind resistant.

Avoid caffeine or nicotine before beginning outdoor activity. These stimulants increase your heart rate.

Drink plenty of fluids. Dehydration can be as big an issue in the winter as in the summer.

Let's look forward to 2021. On the bright side, I should be stronger and in better shape with my upcoming snow removal. Do you have a goal or two for the new year?

Remember the SMART acronym for goal setting in five steps. This process works whether you are saving for a house, vacation or retirement, or whether you are trying to lose weight or eat a more healthful diet.

1. Set a "specific" goal. For example, what exactly do you want to accomplish healthwise in the coming year? Do you want to get more exercise, eat a more healthful diet or lose weight?

2. Be sure the goal is "measurable." If increasing your amount of exercise is a goal, how will you track it? You can keep track of time spent exercising or number of miles walked, jogged, run or swum. You can track steps taken based on a wearable tracker.

3. Make sure the goal is "attainable." Start simple and be sure you need to "reach" a bit toward your goals. The goals should not be beyond your grasp. If you are starting an exercise program, be sure to talk with a health-care provider.

4. Be sure the goal is "realistic." Do you have what you need to accomplish the goal?

5. Finally, be sure the goal is "timely." When are you going to start? Schedule it on your

calendar.

If improving your nutrition is a goal, see <https://www.ag.ndsu.edu/food>

and check out the "Healthwise" and "Nourish" resources, along with healthful recipes. Be sure to sign up for the free electronic newsletters with motivating tips.

Warm your body and spirit with some nourishing soup such as this colorful and flavorful soup.

**Grandma B's Bean Soup**  
 3 carrots, peeled and shredded  
 2 medium potatoes, peeled and diced  
 3 stalks celery, sliced  
 1 medium onion, diced  
 2 c. cubed, cooked ham  
 4 (15-oz.) cans navy beans (low sodium) – can substitute soaked, cooked dry beans  
 1 tsp. garlic powder  
 1/2 tsp. onion powder  
 12 c. water  
 Salt and pepper to taste  
 Place carrots, potatoes, celery, onion and ham in a large pot. Rinse and drain the beans. Add to pot. Add water, garlic powder, onion powder, salt and pepper. Cook soup on medium heat until vegetables are soft, approximately three hours.  
 Makes eight servings. Each serving has 240 calories, 2 grams (g) fat, 17 g protein, 39 g carbohydrate, 12 g fiber and 350 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)*

**HELP WANTED**  
**Front Desk Associate**  
 Immediate opening for a part time front desk associate at the Leader-News office in Washburn. Three to four days a week, working Monday-Wednesday each week as regular schedule. Duties include file management, proofreading, answering phones, assisting customers and keeping front office clean and organized.  
 Potential for extra income through commission on special order clothing sales. Interested applicants can apply at the Leader-News office at 607 Main Avenue, Washburn, send an email to [news@bhgnews.com](mailto:news@bhgnews.com) or call 701-463-2201.

**The Leader-News**

**HELP WANTED**  
**Sports Reporter Wanted**  
 Get paid to watch and record local sports action while serving as a sports reporter and photography for area newspapers. Duties include traveling to home games within McLean County, taking photos and writing stories on deadline. Hours will fluctuate with home game schedule. Part time position with potential for full time hours. Applicant must have valid driver's license and personal vehicle. Company can supply camera for use.  
 Interested applicants can apply at the Garrison BHG office or the Leader-News office in Washburn, send an email to [news@bhgnews.com](mailto:news@bhgnews.com) or call 701-463-2201.

**BHG, Inc.**

**Don't be Late!**  
 The Xtra has strict deadlines.  
 We need the following items sent to us by the following deadline time...  
**10 a.m. Thursday**  
 Advertisements, calendar of events and classified ads

Not advertising is like winking at someone in the dark... only you know what you're doing.



TO GET SOMEONE'S ATTENTION CALL THE LEADER-NEWS 462-8126

**Sniff Out a Great Deal in the Classifieds**

Shoppers with a nose for bargains head straight for the Classifieds. In the Classifieds, you can track down deals on everything from cars to canine companions. It's easy to place an ad or find the items you want, and it's used by hundreds of area shoppers every day.

Call Don Winter for all your advertising needs. 462-8126

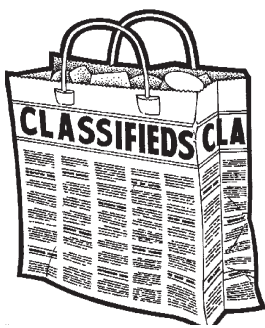


What is one inch tall And Will Move your vehicle?



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 701-462-8126  
[www.bhgnews.com](http://www.bhgnews.com)

**THE CLASSIFIEDS**



**EVERYONE'S MARKETPLACE**





2020 EQUINOX

**DEPENDABILITY MATTERS.**

Eligible GM Cardmembers get

\$5,500 Cash Allowance

+\$1,000 GM Card Bonus Earnings

**\$6,500** Total Allowance

on most models<sup>†</sup>

Sale ends February 1, 2021

**2020 Chevy Silverado 1500 Crew 3.0 Diesel**

CT 2081



**REBATE \$5,500 • CHEVY LOYALTY \$750**

**2020 Chevy Traverse 3LT Leather**

CT 2082



**REBATE \$3,250 • CHEVY LOYALTY \$750**

**2021 Chevy Blazer RS**

CT 2112



**REBATE \$2,250 • CHEVY LOYALTY \$750**

**2021 Chevy Silverado 1500**

CT 2109



**REBATE \$4,250 • CHEVY LOYALTY \$750**

**GM Program Vehicles**

2020 Chevy Suburban LT 4wd dk gray, leather seats.....	37,000 miles.....	\$49,995
2020 Chevy Tahoe LT 4wd dk gray, leather seats.....	37,000 miles.....	\$48,995
2019 Chevy Equinox LT AWD certified Cajun Red, conv. pkg.....	18,000 miles.....	\$23,995
2019 Chevy Equinox LT AWD 2.0 Black, conv. Pkg.....	27,000 miles.....	\$25,995
2019 Chevy Malibu LT Sedan Dk. Gray, sunroof.....	31,000 miles.....	\$19,995
2019 Chevy Impala Premier Sedan Dk. Blue, sunroof, leather.....	31,000 miles.....	\$28,995
2018 Buick Envision AWD certified, silver, leather, sunroof.....	12,000 miles.....	\$28,995

**Used Trade-Ins**

2018 Chevy Silverado 1500 Crew Cab LT White.....	35,000 miles.....	\$38,995
2018 Chevy Silverado 1500 Crew Cab LT White.....	36,000 miles.....	\$38,995
2018 Chevy Colorado Z71 Crew 4x4 gray.....	72,000 miles.....	\$24,995
2018 Honda Accord 4 dr sport touring sedan white.....	15,000 miles.....	\$25,995
2018 Honda Civic 2 dr EXL white.....	31,500 miles.....	\$18,995
2017 Chevy Cruze LT Hatchback certified, maroon, sunroof.....	15,600 miles.....	\$18,995
2017 Buick Encore AWD SUV maroon.....	32,500 miles.....	\$18,495
2017 Chevy Impala LT brown.....	57,900 miles.....	\$18,995
2017 Honda Pilot white.....	54,000 miles.....	\$29,995
2016 GMC Canyon Crew 4x4 silver.....	45,000 miles.....	\$27,995
2016 Cadillac SRX AWD SUV black, sunroof.....	68,000 miles.....	\$23,995

**Used Trade-Ins**

2016 Buick Enclave AWD silver.....	71,000 miles.....	\$20,995
2015 Cadillac XTS AWD Sedan gold.....	84,000 miles.....	\$16,995
2014 Chevy Cruze 4 dr sedan silver.....	113,000 miles.....	\$6,495
2014 Chevy Cruze Diesel White.....	98,000 miles.....	\$8,995
2014 Buick Enclave AWD SUV pearl white, leather.....	76,000 miles.....	\$16,995
2014 Chevy Traverse AWD.....	72,000 miles.....	\$16,995
2014 Chevy Impala LTZ white, leather.....	66,000 miles.....	\$15,995
2013 Ford F150 4x4 XLT Crew white.....	57,000 miles.....	\$20,995
2013 Honda Pilot white.....	89,000 miles.....	\$16,995
2013 Buick Enclave silver.....	111,000 miles.....	\$13,995
2013 Buick Enclave CXL AWD silver, leather.....	131,000 miles.....	\$9,995
2013 Chevy Traverse LTZ AWD white, leather.....	152,000 miles.....	\$12,995
2012 Buick Lacrosse AWD sedan silver.....	89,000 miles.....	\$9,995
2009 Buick Enclave front wheel drive brown.....	155,000 miles.....	\$4,995
2005 Chevy Trailblazer 4wd silver.....	152,000 miles.....	\$4,995



**HAZEN MOTOR Co.**  
HAZEN, ND • 701-748-2750 • Toll Free 877-261-6646

