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- Roughly 3,500 users and 7,000 sessions per month
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Bill of Rights Day

DAKOTA DATEBOOK

Dakota Datebook written by: Sarah Walker

January 15, 2020 — Today is Bill of Rights Day. It was on this day in history that the Bill of Rights was ratified in 1791 in Virginia, and in 1967, the Minot Daily News ran an article expressing the importance of this day.

"With (the Bill of Rights), the Constitution is a transcendent assertion of freedom from the tyrannies and excesses of authority that have plagued men down the centuries. A cautionary word must be urged upon those who pause to think about this, however...in the

matter of freedoms, society cannot rest on its laurels."

The same paper reported on another document of freedom very important to the youth of 1967—a personal freedom of style.

The Minot School board, "acting on the theory of majority," continued to insist that long hair was "taboo" at schools.

The board members used two petitions to decide this. One, signed by approximately 83 students from Jim Hill Junior High and 225 from Ramatad Junior High, was decidedly against the long-hair ban. The

other, signed by 680 students from Jim Hill Junior High, accepted the policy on hair as being fair, but requested that they be allowed to wear blue jeans.

"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.

Airports

HAT TIPS



BY DEAN MEYER

Hello, I hate airports.

Well, maybe I don't hate them. They aren't too bad if you didn't have

to get there two hours early. Then wait a couple hours on a delayed flight. Or maybe have a three or four hour layover in another city. The chairs and benches in airports are modeled after the chairs in the holding area at the local jail. Experience. Never mind. That's another story.

I don't fly often. I would much rather drive, stop at a restaurant in a small town, visit with some of the local folks, and spend the night in a little family owned motel.

One time, years ago, when Shirley and I were going somewhere, probably a cattlemen's convention, I was in charge of the tickets. Now I like a ticket like you get at a beer stand or something. One where you just have your tickets stuck in your pocket; pull it out, rip it off, and you are done. Well, at the airport

you get this envelope full of stuff. It's like picking up the Sunday paper. A lot of stuff I don't need. I just want the news.

Anyway, I have this envelope full of rental car ads and unnecessary stuff. I think. So I quickly go through it, discard all the stuff I don't need in a trash can, and procede to our gate. When it comes time to board, Shirley asked for our boarding passes. You guessed it.

Remember that ad with OJ running through the airport? That was me. OJ and I are a lot alike, except I am much better to my wife.

And then there is this security officer who questions why a guy runs through the airport, dumps a trashcan in the aisle, and rifles through the garbage? But he did assist me when he found out I was from North Dakota.

We have friends who fly a lot. World travelers. A couple weeks ago they took off for Southeast Asia. They flew, I would imagine from Dickinson to Denver to Las Angeles. Now they each have their own luggage they check. And their own carry on. In fact, the

husband has two carry on pieces. One for the overhead and one to place under the seat.

The one under the seat has passports, medication, itinerary, and so forth. Very important stuff.

After arriving in L.A., they grab a cab and take off. A few miles later, he realizes he left his carryon sit on the curb. A violent U turn and back they go. The cabbie sees a big tip in this and is setting records.

They arrive at LAX and upon explaining where they left the bag, find that upon finding the unattended bag sitting on the curb, the bomb squad had been called in and they are minutes from closing down one of the busiest airports in the world!

Thankfully, they headed this catastrophe off and did not upset airline travel across the civilized world.

But still, wouldn't it have been nice to just drive, stop in Wibaux for a bit. Then maybe have a burger in Ekalaka, and overnight in Hulett? Would take a long time to get to Laos, but would be relaxing!

Later, Dean

FROM THE FRONT PAGES

Commission debates approach to CARES Act funds

As 2020 wraps up, so does the payments the county has received through the CARES Act, which is designed to help offset some of the costs facing counties with the ongoing pandemic. - The Beacon

Drought concerns raised for local producers, ranchers

Winter is normally a time to be concerned about blizzard conditions with heavy snowfall. It's not normally a time to worry about the dangers of drought. "You don't usually think of December as being in a drought," Craig Askim, North Dakota State University Extension Agent with Mercer County, said. "We're in a drought." - Center Republican

Zoning board approves landfill expansion for Basin Electric

With about four years remaining for their existing landfill's capacity, Basin Electric Power Cooperative is looking to expand the Antelope Valley Station special waste landfill. - Hazen Star

Police chief gives update

Police Chief Travis Tesch drew criticism from one council member during his departmental update at the Garrison City Council meeting on Jan 5. Alderman Curt Olson once again questioned Tesch on why there's no night coverage of Garrison. Olson previously addressed this at last month city council meeting. - McLean County Independent

Helm gives up post on park board

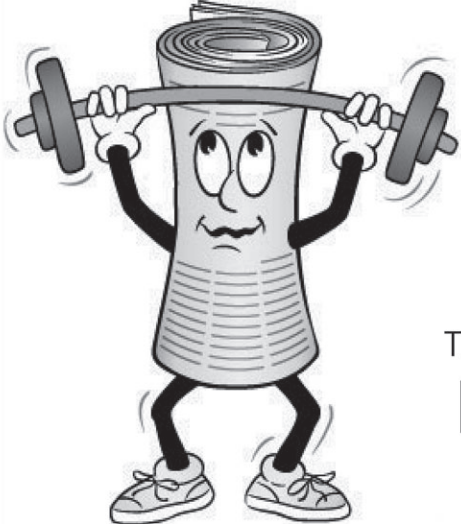
Arlington Helm gave up his remaining duties with the Sheridan County Park board and the commissioners will try to find a replacement for him at the next regular meeting on Jan. 5 - The McClusky Gazette

Crosswalk plans nearly complete

The Underwood City Commission made quick work of its agenda Monday night, making progress on the crosswalk issue that has been on the agenda for the past few months. - Central McLean News-Journal

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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!!!

YOUR NEWS

Leader-News

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; phone: 701-462-8126.

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Date: _____ **Time:** _____

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When the Heart Whispers

PRAIRIE DOC

BY JILL KRUSE, D.O.

One definition of the word murmur is “to express one’s discontent in a subdued manner.” So, it makes sense that a heart murmur is often a soft-spoken signal that something may be going on in the heart. The heart does not always shout to get our attention like it does with a heart attack. Sometimes it quietly whispers to those who will listen that there might be an issue. The murmur itself is not the problem, rather, the murmur is telling us to look for one.

Some murmurs are called innocent or benign. These are murmurs when the heart is normal, but the blood is flowing over the valves rapidly which causes a sound. About forty to forty-five percent of children will have a murmur at some point in their life. No treatment is needed for these murmurs and children will often outgrow them, but up to ten percent of them do persist into adulthood.

Murmurs that indicate more serious issues are often

associated with valve disorders in the heart. The valves are the areas that open when the chamber of the heart beats and close when the heart is between beats, to allow the chambers to relax and refill with blood. Sometimes a valve does not fully close, or it will balloon backwards and allow blood to backflow across the valve. This back flow causes a murmur. This is called valve prolapse that leads to blood regurgitation or “regurg” which requires medical attention.

A different type of murmur is caused by mitral or aortic valve stenosis. Stenosis is when the valve does not fully open, so the same amount of blood is forcing itself through a narrower opening in the same amount of time as it does in a normal valve. That extra pressure causes the murmur because the heart must work harder to push the blood through the valve. Over time if this is untreated it can lead to damage of the heart muscles.

The most common murmur is aortic sclerosis, which happens when the aortic valve

develops scarring, stiffening, or thickening. This can occur with age or after infections such as rheumatic fever or endocarditis. This is not dangerous by itself, but if it progresses to stenosis, it can be cause for concern.

Often when a doctor hears a murmur, we may want to get a better look with a special ultrasound called an echocardiogram to see if we can find the cause of the noise. Once the cause is found, a follow up plan can be made.

When the heart whispers, we must always listen. By doing so, we may avoid further discontent, forcing the heart to raise its voice over a larger problem.

Jill Kruse, D.O. 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 and follow Prairie Doc® on Facebook featuring On Call with the Prairie Doc® a medical Q&A show streaming most Thursdays at 7 p.m. central.

Gardening in the Winter

DAKOTA GARDENER

BY ESTHER MCGINNIS

HORTICULTURIST, NDSU EXTENSION

Gardening catalogs are arriving in the mailbox and my inbox is flooded with emails from seed companies touting the newest vegetable cultivars.

I’m starting to get the itch to get my hands dirty, but my garden is covered in 6 inches of snow.

What can a gardening addict do? Grow microgreens indoors!

Pioneered by the Chicago chef Charlie Trotter, microgreens are young, densely seeded vegetables or herbs that are grown in containers for one to four weeks before being harvested. Microgreens are sometimes called vegetable confetti and are a flavorful and nutritious topping for sandwiches, soups, pizzas and salads.

Easy-to-grow microgreens include radish, cress, kale, cabbage, kohlrabi, broccoli and mustard greens.

From seed to harvest, these crops take seven to 14 days, depending upon the temperature of your house. Mixes of different microgreen seeds also are sold and usually labeled as mild or spicy in flavor. I like the spicy mixes because they usually contain peppery mustard greens.

More challenging crops, taking three to four weeks to mature, include beet, carrot, cilantro, basil, parsley and amaranth greens. The herbs tend to prefer warmer temperatures than the vegetables.

Not to be confused with sprouts, microgreens typically are grown in shallow containers with approximately 1 to 2 inches of new potting soil. A wide range of containers can be used. Some people prefer 10-by 20-inch seed flats. I’ve used shallow aluminum roasting pans and the plastic containers that once held lettuce mixes from the grocery store. Ensure that the container is clean for food safety purposes.

Seeds can be sourced from local garden centers or from online seed companies. Due to the large number of seeds used, buying seeds in bulk is more economical. Buying seeds labeled for microgreen use ensures that the seeds have not been treated with a fungicide and that they are appropriate for human consumption.

Microgreen seeds are scattered uniformly on top of the moistened potting soil at a density of approximately 10 seeds per square inch. Larger seeds will require lower densities.

Do not cover the seeds with potting soil. Instead, water them with a spray bottle and cover the container with a plastic dome or plastic wrap.

After the seeds have germinated, you must remove the cover to allow air movement and place the container near a sunny window or under grow lights. Check daily to make sure that the soil has not dried out.

Harvest the microgreens when they are 1 to 2 inches in height. They are at their most nutritious and tender when they are harvested at the cotyledon stage (first set of leaves) before the true leaves (second set) develop.

Harvesting is done by using clean scissors to clip the shoots just above the soil line. Microgreens should be rinsed and consumed raw like salad greens.

Fresh homegrown greens are a wonderful luxury in the middle of winter. Surprise your family with some microgreens for dinner. Happy gardening!

For more information about gardening, contact your local NDSU Extension agent. Find the Extension office for your county at <https://www.ag.ndsu.edu/extension/directory/counties>.

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OUR OUTDOORS

Just One



BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

“I bet you can’t eat just one” was the long-time slogan of Lay’s potato chips. And really with about half a century of food science and consumer studies behind the product at the time, the tagline for the easy-to-consume junk food was right on — and still probably is.

The light and airy chip covered in just the right amount of laboratory-balanced salts and oils was impossible to resist, especially after the first one — or handful — was consumed. Whether it was a snack-sized bag at some summer picnic or a party-sized sack during the Superbowl, I was lucky if I could get by with just eating one package back in my heavier days.

Even today, the temptation remains. Once I popped, the fun didn’t stop. Wait, that’s the Pringles tagline. Either way, I can see why I’ve been fighting the battle of the bulge for most of my adult life.

I have found some passions, however, that are less dangerous for my blood pressure. Once I get rolling this time of year, like destroying a sack of potato chips, I just can’t seem to stop. I caught myself halfway through a different type of bag this weekend.

But instead of the shimmer of grease on my fingertips, it was the sparkle of krystal flash in the webbing of my hands, along my desk, and at one point, sprinkled on the bridge

of my nose and eyebrows, with an errant touch of the face. Glancing over at the pile of nearly 80 jigs clustered in rainbow fashion as I mowed through each color in the grab bag of 1/16 ounce collarless heads, I had to stop and check myself.

I’d been tying up crappie jigs for nearly three hours, pausing only occasionally to locate another hank of flash amidst the mix of pheasant tails, dyed bucktail and other various dressing materials that were pulled from the unorganized bottom drawer of my desk and strewn about on the floor of my office.

When I caught my breath, I stared at the prism of sparkling minnow imitators that had appeared, and I began to rewind through them until I reached the beginning and began to deploy them on the spring waters in my mind.

First were the chartreuse tailed go-tos for the northern bay on the power plant lake which lights up with monster specks the first week in March. Their backups were all-orange models and gold-with-orange flash which seemed to do almost as well on the prespawn slabs, and sometimes even better when the sun was shining.

Next came the black-and-silver combination, which in the river days of my youth slammed smallmouth bass on the Sheyenne River, where my early fishing adventures began. When Northland discontinued the combination, I was without for many years until I began defying the fishing gods — who had obviously determined the pairing of jet black and twisted silver was far too powerful for mortal anglers — and created my own.

Since then, it’s the first jig I throw, particularly in those up-and-down days when cold fronts provide a case of lockjaw

for springtime smallies and the subtle shake is what it takes to turn their heads.

Following that, pink-and-pink and pink-with-moon were a perfect pairing for panfish and the occasional rogue walleye that wandered into a late-summer crappie frenzy at the cabin. I capped off the thread-wrapping bonanza with some all-white heads with pearl dressing for those nights I’m able to be out where my addiction all began on Lake Ashtabula, chasing the plentiful and powerful white bass that swarmed on warm summer evenings.

I tallied up five purple-headed patterns caped with silver, a sort of fathead minnow imitator, before I got to the end of my creations that had come from my vise in but one sitting. There were 77 in all. A scattering of the violet shaded jigheads remained amidst a couple of off-colors I’ve yet to decide what to do with.

The deep green would make a good perch pattern and use up the last of the chartreuse, orange and moon flash, while an odd off-gold left the last challenge I determined would be best saved for an hour later in the week.

Perhaps it was the way that all flies or lures take us back to the places we love, the bites we remember and the waters we wish to reconnect with, but once I started, I simply couldn’t stop. With each pattern, I found myself planning out the possibilities for fishing trips from the for-sure-stops on down to the hope-I-cans this spring and summer.

The optimism of reliving similar successes with the same shades leading me to those fortunate places where the only decision to be made will be whether to make one more cast...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.

Feature idea?

Call 701.462.8126 or email leadernews@westriv.com with any news tips

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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.

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 7pm. First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7pm at Sacred Heart Church (734-6533). In McClusky at Grace Lutheran Church, 402 4th St. W, Sundays at 8pm. Positive Changes NA, Fridays at 7pm, Memorial Hall, Washburn 701-460-0663.

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.

Farm Related

WANTED: Help for diversified farm/ranch operation. Wages DOE. Call 701-626-1838.

YOUNG beginning farmer looking for land to rent in the Ruso, Benedict, Turtle Lake area. Please call Tucker 701-578-4319.

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

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yield trials

Full line Legacy Corn,
Soybeans, Alfalfa

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FARMS & SEEDS

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.

LIVESTOCK

TURTLE LAKE WEIGH STATION will have the following dates scheduled to ship cows and bulls. Mon. Jan. 25 & Feb. 8. Have them there by 11 a.m. Call Darin at 701.315.0144.

MISC. FOR SALE

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

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg.smugmug.com.

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.

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.

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

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

SERVICES

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

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

HOUSEKEEPER & MAINTENANCE worker for the North Shore Inn & Suites Motel. Apply within at North Shore Inn & Suites, 430, 15th Ave. SW, Garrison. 37-4TCGX1 58540

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.

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.

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**



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.

**Reminder
Classified Deadline
Monday • 3 p.m.**

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!

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HELP WANTED
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Full-Time CNA
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Benefit Eligible
Starting wage \$15.20
Apply at www.blcgarrison.com



Call Jody Lawson at (701)463-2226
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CHI St. Alexius Health
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**Hospital Nurse (LPN/RN),
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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.

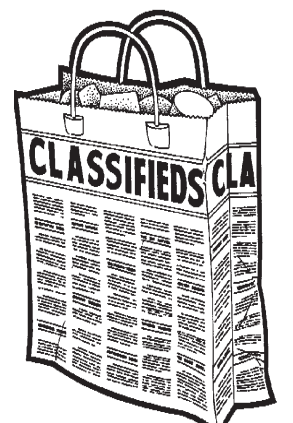
SUBSTITUTE TEACHERS
RESPONSIBLE FOR SUPERVISION AND INSTRUCTION USING LESSON PLANS PREPARED BY THE REGULAR TEACHER. COMPENSATION IS \$126 PER DAY. LONG-TERM SUBS ARE COMPENSATED AT BASE SALARY, PRORATED BY THE NUMBER OF DAYS TAUGHT. MUST HAVE A MINIMUM OF A NORTH DAKOTA SUBSTITUTE TEACHER'S LICENSE.

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/. 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
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WE DELIVER!
ALL POSITIONS AVAILABLE
Stop in at North Shore Inn & Suites to pick up an application.

The sky is the limit
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Call 462-8126

THE CLASSIFIEDS



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MARKETPLACE**

Statewides

HELP WANTED
 ENVISION COOPERATIVE OF Rugby / Mohall ND is seeking a qualified CEO / General Manager. This full service energy, agronomy, and farm supply cooperative with sales of \$70 Million and four branch locations located in Central ND. A background in finance, communication, and personnel management is desired. Send resumes to: Larry Fuller, 5213 Shoal Drive, Bismarck ND 58503 or larry.fuller@midco.net

MAYVILLE STATE UNIVERSITY is seeking applications for full-time, benefitted child care teachers in Hillsboro, Mayville and Grand Forks. Other full-time opportunities available. Visit www.mayvillestate.edu/employment

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
 CASH RESOLUTIONS FOR THE NEW YEAR! Free Small Business Financing Workshops from Jan. 25th to Jan. 29th. Register at www.JRECenter.com.

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 or 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 want 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
 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 thead design and tear sheets. Call the North Dakota Newspaper Association, 701-223-6397.

Consider a Resolution to Recycle More Often

PRAIRIE FARE

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

"Mom, I used to pull all-nighters to get projects done," my older daughter said matter-of-factly. "We are going to finish this."

I wanted to take a break from reorganizing our cupboards. My daughter was behaving more like she was my mother.

"But I'm tired," I whined dramatically.

"You and Dad are hoarders," she added as she threw plastic containers in the recycle bag.

"Are you taking my name in vain?" my husband asked as he poked his head in the kitchen.

I noted that he exited the kitchen rather abruptly. I was going to engage him in the kitchen cupboard deconstruction that was underway.

I didn't realize that we were saving so many plastic items.

In the new year, I resolved to clean out the cupboard where we keep the storage containers. Now the project was taking on a life of its own.

Everything from the pantry and several other cupboards covered our countertops. We set up two card tables to help us with the food and container sorting process. We filled a large trash bag with plastic and glass items to be recycled.

Fortunately, we have order in the cupboards now. Even better, I won't be greeted with a plastic avalanche when I pull open the pantry door.

We have a recycling program in our city, and we already recycle a lot of glass, cans and plastics. In addition, large bins that collect newspapers, magazines and flattened cardboard boxes are a short drive from our home.

Recycling is good for the environment, reduces the amount of waste going to landfills and saves money in the long run, among its many benefits.

Unfortunately, only 8.5% of plastics were recycled in the U.S. in 2018. About 35 million tons of plastic waste are generated annually, according to the Environmental Protection Agency (EPA).

If you have a recycling program available where you live, check out the local guidance. On the bottom of most plastic items, for example, you will find a number and the resin identification code in a triangular illustration.

For example, you might see "PETE" or "PET" next to a triangle with the No. 1 inside. That means that the resin used is polyethyleneterephthalate.

Isn't PETE or PET a lot easier to pronounce?

Each number refers to a specific type of resin. High-density polyethylene, polyvinyl chloride and polypropylene are other common resins.

In community-based recycling programs, some but not all types of plastics might be recycled. The numbers help guide us. Local programs often specify the plastic numbers that are accepted, such as "plastics 1 to 7."

On the other hand, glass can be reused and recycled repeatedly. About one-fourth of the 12.3 million tons of glass used in 2018 was recycled.

Glass is a safer storage material than plastic, according to many experts. At home, food in glass containers is easier to recognize. An added benefit: Glass will not take on the aroma or color of the food being stored.

Try these tips gleaned from the EPA website to help you reduce plastic waste:

If you bring lunch to work, use reusable containers instead of disposable ones. Carry food in a reusable plastic or cloth bag. Use a reusable water bottle or thermos instead of disposable bottles for your beverages.

If you use plastic bottles, recycle them instead of tossing them in the trash.

Use reusable bags for groceries and other shopping trips, but check on the store's policy.

Check out <https://epa.gov> for more information and tips about recycling everything from paper to batteries to tires.

Our next project: We have a closet that spews plastic bags upon opening.

During the COVID-19 pandemic, we could not bring

our own reusable bags into the grocery stores where we shop. Plastic bags typically are not allowed in curbside recycling bins. However, some grocery stores have bins for recycling plastic bags.

While exploring the recesses of our pantry, I found a lot of pasta. I made a family-favorite recipe. The original recipe was fairly high in fat. By using a reduced-fat sausage and half and half instead of heavy cream, the amount of fat and calories dropped significantly.

Creamy Sausage and Vegetable Alfredo

1 (12-ounce) ring bologna, reduced fat

8 ounces bowtie pasta or penne pasta, cooked according to package directions*

2 c. half and half (cream)

2 - 3 tsp. Cajun seasoning, to taste

1 (12-ounce) bag frozen mixed vegetables (such as corn, carrots, beans)

1/3 c. grated Parmesan cheese

Pepper, if desired

*Use whole-grain pasta if desired.

Prepare pasta according to directions. Slice sausage in 1/4-inch slices. In a large pot, saute sausage until lightly browned. Add half and half, seasoning and vegetables. Cook for about seven minutes, until vegetables are fully cooked and mixture begins to thicken.

Note: If the sauce is not thick enough to your preference, add a commercial thickening agent such as "Wondra" according to the package instructions and continue cooking. Stir in Parmesan cheese. Add cooked pasta and toss well. Season with pepper if desired.

Makes eight servings. Each serving has 290 calories, 11 grams (g) fat, 15 g protein, 32 g carbohydrate, 3 g fiber and 730 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)


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The Leader-News

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