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Drinking Evidence

DAKOTA DATEBOOK

Written by Jayme L. Job
January 4, 2020 — An unusual case of missing evidence occurred in Cando on this day in 1904. The story begins a few weeks earlier in Bisbee, North Dakota, when a blind pig, operated by a father and son by the name of Gilmer, was broken up by the authorities there. The father and son were brought to the jail in Cando until their case could be heard in the courts. While waiting for the pig case to come up on the court docket, Clerk of Court Peck, in charge of court records and evidence, requested Professor Ladd of the North Dakota Agricultural College to perform an analysis on a quart of moonshine that had been taken as evidence in the raid on the Gilmer's blind pig. Professor Ladd conducted his analysis on the bottle and traveled to Cando at the request of Clerk Peck. The professor was to give testimony as to the alcoholic content of the beverage, but, as the court was busy with other cases, the Gilmer pig case never came up for trial. Ladd was forced to return home to take care of other business until court could be reconvened at the beginning of the new term on January 18. Since the Gilmer case would not be heard until after the winter break, Peck was in charge of holding onto the court's evidence. He placed the bottle into his office vault, and went into another room to enter the bottle and Ladd's analysis into the court's records as exhibit A. While Peck was away, the court's janitor, Paul Gransaulky, came into his office to tidy up. Gransaulky saw the bottle sitting on a shelf in the vault, and thought that "...he'd go in and take a look at it." Moments later, Deputy Henderson walked by Peck's office and saw the janitor drinking the evidence, a tag reading "Exhibit A" still dangling from the bottle. He went into see Peck and "...asked him if he knew that the janitor was drinking that stuff in the vault." Peck, outraged, dashed to his office to find the bottle completely empty. Upon questioning, Gransaulky denied drinking the entire quart of whiskey, but when confronted by the deputy, who had seen him drinking from the bottle, he finally confessed to drinking the evidence. Fortunately for the Gilmers, since the evidence was destroyed, it could not be used in the case against them when court reconvened on January 18.

"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 shoppairiepublic.org.

Country Kitchen Recipes

NEW YEARS CUPCAKES - COUNTDOWN CUPCAKES

By Somewhat Simple

Ingredients

- 1 Box Cake Mix, plus ingredients from back of box
- 1 Tub Whipped Vanilla Frosting
- 24 Oreo Cookies
- Sprinkles
- Black Food-Safe Marker/Pen

Directions:

Cook cake-mix according to cupcake directions on the back of the box. Let them cool completely. Frost the cooled cupcakes with a decorating bag and tip. Carefully remove one side of the Oreo cookies, exposing the frosting. If cookie crumbs are present on the frosting, use a sharp knife to carefully scrape a thin layer off of the frosting, removing the crumbs with it. Using a food safe marker or pen, draw a clock face onto the frosting of the Oreo cookies. Place cookie clocks on top of frosted cupcakes. Finish off the cupcakes with colorful sprinkles.

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SPINACH DIP BITES

By Lil Luna

Ingredients

- 2 cups frozen spinach chopped and thawed
- 6 oz artichoke hearts drained and chopped
- 1/2 tsp garlic minced
- 2 tbsp parmesan cheese grated
- 4 oz cream cheese softened
- 3/4 cup mozzarella cheese shredded and divided
- 1/2 tsp garlic salt
- pepper to taste
- 1 can seamless crescent dough


Directions

Preheat oven to 375. In a bowl, combine spinach, artichoke hearts, garlic and Parmesan cheese. Blend in cream cheese and half of your mozzarella cheese. Season with Salt and pepper and set aside. Using a rolling pin, lay out dough on a cutting board and lightly stretch to a 8 x 12 rectangle. Cut dough into 2 inch squares, so you have 24 squares total. Lightly grease a mini muffin tin and place a square in each slot, gently pushing down to create an indent. (you don't need to mold to the cup.) Scoop one teaspoon of your spinach mixture on top of each crescent square and gently push in, (bites will mold to your tin while baking). Spread the remaining mozzarella cheese over the tops of each cup. Bake at 375 for 15 - 17 minutes, until golden brown. Let cool for 5-10 minutes before moving from tray. ENJOY!

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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.



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CALENDAR

Tuesday, January 5

Butte Seniors Tuesday Club meets every Tuesday at 1 p.m. to get together with the crowd over 55, sing and play games.

Wednesday, January 6

Wilton City Commission meeting 7 p.m.
Underwood Civic Club meeting, noon at city hall.

Thursday, January 7

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

The Community Clothing Share Exchange will be open January 7, 14, 21 and 28 from noon to 6 p.m. at 221 Main St. Turtle Lake. They will be following the CDC and ND Smart Restart guidelines.

There is a food pantry located outside the Mercer Baptist Church open 24 hours a day. Access to anyone.

MEALS ON WHEELS

Jan. 4: Cabbage roll, mashed potatoes, mixed vegetable, tropical mixed fruit.

Jan. 5: BBQ ribs, baked potato with sour cream and margarine, green beans, pears.

Jan. 6: Tuna noodle casserole, peas, peaches, biscuit, pudding.

Jan. 7: Beef tips in gravy over buttered egg noodles, Capri vegetable, orange.

Jan. 8: Oven baked chicken, sweet potato, mixed vegetables, fruit crisp with topping.

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: _____



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Paddy and the biker HAT TIPS



BY DEAN MEYER

that one lest not forget. It ranks above a Murphy birthday or anniversary, and rivals the importance of Christmas.

When Grandpa Jack was spending his final years at the Hilltop Home in Killdeer, on St. Patrick's Day, he called down to the Buckskin Bar and ordered a keg delivered. He ordered pitchers and green food coloring to color the beer a beautiful Irish green so all the residents could celebrate with him! I'm not sure if it is legal or not in most nursing homes, but in Killdeer, you didn't doubt Grandpa Jack. The keg was delivered and the home was filled with young Irish men and women once again. Even if only for a day! Which brings me to the tale of, you guessed it, Paddy.

Well Paddy was sitting in

a pub, with a pint of fine Guinness before him. The foam was still spilling over the edge of his cup, when a big, burly biker guy came in through the door. The biker guy looked around, spied wee little Paddy sitting there, and promptly went over, bumped him aside, and drained Paddy's beer in one tremendous gulp.

Now, Irish lads are brought up tough, and the biker guy expected that brouhaha would ensue. But Paddy just began moaning and crying uncontrollably!

The burly guy watched for a minute, and began to feel a spark of compassion rising from his inner being. As the sobbing continued, he began to apologize to the poor Irishman. "I didn't mean to upset you so deeply. I mean it was just a beer!"

Paddy wiped his eyes and began to explain. "It wasn't just the beer! I was feeling kind of sickly this morning and was late to work. Because I was tardy, I missed an important meeting. The boss found out, and promptly fired me. And me, only two weeks from being

eligible for my pension. I was devastated. I walked out to the parking lot and found my car had been stolen! No one had seen a thing. And me with no insurance. So I hopped on the bus and caught a ride nearly home. And then discovered I had not the fare! And the bus driver, callous as he was, put me off two blocks from home! As I walked up my drive, my own dog, not expecting me, came charging down the drive and bit me on me leg! And I had saved that dog from the pound, the ungrateful bastard! I walked into the house and there it was, a note from me wife of thirty years, saying she had left with that worthless O'Brien with the big smile! Me heart was going to explode. I couldn't take it anymore. I decided to end it all. So I came down here and spent me last change on this pint. I put the poison in and was waiting for it to dissolve, and then you laddie, you bump me away and drink it! But enough about me. How are you feeling laddie?

Erin go Bragh! Dean

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OUR OUTDOORS

Go with the Flow



BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

Here and there the frozen trickle of the creek bed shown through in the little draw. The last remnants of a dry summer and fall, it was fueled in places by tiny hillside seeps which were almost invisible, save for the change in density and variety of vegetation growing around them.

The golden grasses with just the slightest trim of white from the dusting of snow the night before created small pathways winding up the valley. In those spaces the trails of four-toed tracks would weave and merge in a central stretch, and then scatter back out.

Instead of water flowing down the natural funnel it was scent, and my lab, Ole, was overcome by the onrushing odors on the northwest breezes to the point. He became unruly and my late-season whistle checks turned to reluctant voice commands at times to slow him down.

He was birdy as soon as we crossed the fence, and when the first rooster broke cover two hundred yards up a small side rill and zoomed off over the horizon, my brother-in-law and I knew we were in for a good hunt even if the pheasants would be spooky, as is expected in late December.

The dog was bonkers from the start, as the scent consumed him. In past walks, where we struggled to pick up the trail of

a few birds, there was no doubt about the flow of information coming to his nose on the gusts and eddying in the brush and brambles along the edges of the gully.

Our pursuit produced rangy shots to start, as only a few birds held tight and provided points in the tight pockets of buffaloberry bushes. The crunching and snapping of branches preceded the thundering wingbeats of the unfortunate hen or rooster that decided to hang around and be roused by the dog's pursuit.

As we closed the distance to the final fence line in the first half of the walk, a group of hens took flight and spread out across the rising hill of the harvested bean field. I opened my gun to clear the barbed wire quickly in hopes of catching up to what I was sure were the remaining birds in the pocket slough.

By the time I swung my second leg over the top strand and reloaded my over-under, ten more pheasants – half roosters – were up and out, and only a pair of straggling hens remained as we finished surveying the area. Ole spent the time chasing the ghosts that lingered as pockets of scent drew him back along the far side of the cattails on the grassy hill where the dozens of birds had likely been sitting for much of the afternoon, warming themselves in the partly sunny conditions, and sending their smell down the valley.

Over the hills and back up the draw of another creek arm we went, to recapture the flow of air and the scent lines it carried. The valley was completely dry, save for the low pools along the two small stock dams, and the connecting rills between the two were ice-free walks, but still loaded with the

trails of pheasants.

As I made the turn around a large bush, a rooster rocketed out in front of Ole and I made the close left-to-right shot on the long-spurred bird. Twenty yards up, Ole locked on the side of the drain and a rooster rose between us and my brother-in-law closed the deal. As he fired, a bunch of pheasants took flight 100 yards ahead, but we were both comfortable, each having a bird in the hand, knowing such close flushes were premium moments on the hike.

A few stalwart hens remained on the bends and the rise of the stock dam, but the scent of the long-gone roosters kept Ole on task until the final steps of the walk.

With the sun approaching the horizon, we made the turn along the cut beanfield and I spied an unusual three-arch formation sticking in the dirt of the field edge. It was a nice four-point antler from a whitetailed deer, and after brushing it off, I hooked it on my vest and we headed for the truck, winding along the hilltops with the wind at our backs.

A few of the birds we had busted had relocated along the edge of the high ground. But now they benefited from the breeze as it carried our footsteps and slight end-of-day conversation, giving them the information they needed to make a far-off escape as we exited the field. While I hoped the walk wouldn't be the final one of this year's pheasant season, I was okay if it was.

The extra weight in our vest pouches was a good reward, the curling antler a great bonus find, and all the birds we saw made it memorable once again to be following a hard-charging dog chasing the flow of scent on the winter wind ... in our outdoors.

FROM THE FRONT PAGES

TruNorth Theater brings Santa to town

Last weekend, the TruNorth Theatre based out of Bismarck brought Santa to Beulah. The non-profit community theater organization held the event at Beulah's Energy Wellness Center to allow families to take their pictures with Santa in a safe way. - The Beacon

School leaders train to rapid screen

When it comes to figuring out a person's status related to COVID-19, the process can be lengthy. People who don't show symptoms aren't guaranteed to be COVID-free. Because many people with the virus might be asymptomatic, it's hard to know if and when the right time for testing should take place. - Center Republican

Carrying on a legacy of coordinating care

For more than a decade, one man has led the charge to change the way we think about local health care in Mercer, Oliver and Dunn counties. 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. - Hazen Star

A joyous time recalled

50 years ago, Garrison's well-known Kyle Giffey, owner of Giffey's Yard & Garden Center and Kyle's Katering, took part in an adventure that he would remember for a lifetime. - McLean County Independent

Bringing joy in younger packages

Joy in a younger version, was represented and performed by the kindergarten through sixth grade students on Thursday morning and afternoon, the day following the split performances of grades seven through twelve band and choir. - The McClusky Gazette

Board meeting is cat's meow

The Underwood School Board had a 'purrfectly' quick meeting Dec.16, with board members and school patrons attending in person as well as via Zoom, including a cat that seemed content to sit quietly and listen as the board members conducted December's regular meeting in less than an hour. - Central McLean News-Journal



The Leader-News

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43-TFN-E-X

58577

MISC. FOR SALE

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

1-E-TFN-NC

58577

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

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

1 bedroom studio apartments available in Garrison. Furnished, all utilities included. Monthly rates. Call 337-5169 or 701-220-7477

35-1TCHIX

58540

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

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

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**



Benedictine
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



Scan to be connected to job link

Call Jenni Bakken for more
information.
(701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

CHI St. Alexius Health
Imagine better health."

**Turtle Lake
Hospital**

**Hospital Nurse (LPN/RN)
Nurse Aid**

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

*This institution is an equal opportunity
provider and employer.*

HELP WANTED



**ALL POSITIONS
AVAILABLE**

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

THE CLASSIFIEDS



**EVERYONE'S
MARKETPLACE**

HELP WANTED

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 or call 701-463-2201.

35-TFN-ILX

58540

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 or call 701-463-2201.

35-TFN-ILX

58540

HELP WANTED

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

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



White Shield School

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

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.



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 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
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.

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 or call 701-463-2201.

The
Leader-News



West River Telecom (WRT), a growing telecommunications cooperative, has a position opening for a full-time

Installer Repair Technician

A complete job description for the position can be found at www.westriv.com.

Job Responsibilities: Install, maintain, and operate all types of network communications equipment.

Qualifications: Degree in telecommunications, computer science, computer information system or related field or equivalent related experience is required.

WRT offers an excellent wage and benefits package including: medical/ dental/vision, life/dependent insurance, 401K, a retirement plan, student tuition reimbursement, PTO, sick leave, flex spending, and free phone/ internet. **Application Deadline:** January 4, 2021

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

WRT IS AN EQUAL OPPORTUNITY EMPLOYER

Are You Sitting Too Much?

PRAIRIE FARE

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

As I rose from my office chair after a day filled with Zoom meetings, I felt like the Tin Man with stiff joints in the “Wizard of Oz.”

Fortunately, my joints didn’t creak and squeak audibly. A can of oil was not necessary. I walked slowly to ease the stiffness from too much sitting.

Most of the time, I have little time between meetings to walk the hallways a few minutes to refresh my body and mind. Yes, I could stand during online meetings. I will have to start turning off my camera and standing.

Have you ever added up the time you spend sitting? Let’s try an activity. You might want to use a calculator to add the minutes and hours spent sitting.

Think about yesterday. After getting up in the morning, did you sit down while eating breakfast or watching or reading the morning news? If you commute to work, how many minutes did you spend in your vehicle?

How many hours did you spend sitting at a computer during work or leisure time? How many hours did you spend watching TV or playing video games? You probably ate a couple more times during the day while seated, too.

How many hours were you sedentary yesterday?

Some researchers say that reaching a level of 10 hours of sitting per day can increase your risk for heart disease and other medical conditions.

For many people, the pandemic situation has not helped our level of activity, especially for people who have been quarantined.

We have had many technological advances that have made being sedentary quite easy.

When I was young, remote controls on TVs did not exist. You had to get off the couch to change the channel. As the youngest family member, I was the remote control.

We didn’t have voice-activated devices to turn lights on and off. Our phones were not in our pockets but often were on the wall in another room.

The number of sedentary jobs has increased 83% since the 1950s, according to the American Heart Association. With changes in technology, many people have moved to “desk jobs.”

In 2017, researchers published a study about sitting in the Journal of the American Medical Association. The researchers noted that one in four adults sits for more than eight hours a day. Four in 10 adults did not exercise to any degree weekly.

Why are fitness experts concerned about sitting and other sedentary behavior, such as lying on a couch while watching TV?

Experts sometimes call this sedentary behavior the “sitting disease.” Too much sitting affects us at the cellular level, according to researchers. Being sedentary puts us at greater risk for weight gain, diabetes, heart disease, cancer, joint pains and others. Too much sitting also is not good for our mental health.

Most of us cannot stop going to work and sitting at a computer, but we need to use some tricks and tools to keep us moving.

Here is some good news: 60 to 75 minutes of moderately intense physical activity per day can counter the effect of too much sitting. To reach that recommendation, researchers analyzed data from a million participants in various studies.

As we move into a new year, perhaps with a resolution or two, consider these tips:

Track your daily activity with a fitness tracker. Many cellphones have trackers, and many trackers are available to wear like a watch. See where you are with your activity level. If you get 3,000 steps per day, set a goal to increase a little each day.

If you are watching TV, get up and walk during the

commercial breaks every 30 minutes. Or pause your favorite commercial-free show and move a few minutes. Put your home exercise equipment near your TV.

While talking on the phone, walk around your home or other space.

At work, use a restroom on another floor.

While at work, consider participating in online meetings using a phone with the app downloaded. That way, you could walk and talk at the same time.

Consider getting a standing desk (or use a high counter) that allows you to stand while doing computer work. Or read while on a treadmill.

Make “breaks” active breaks. Take a walk instead of checking out Facebook or YouTube.

See <https://cdc.gov/physicalactivity/index.html> for details about physical activity.

Make your snacks count toward your overall healthful diet. Have some fiber-rich fruit with nut butter as a pick-me-up such as this easy snack you can eat while walking.

Apple Sandwiches

1 medium apple
3 Tbsp. nut butter (such as peanut butter, sunflower butter)
3 Tbsp. granola

Slice the apple into half-inch rounds. Using a knife or apple corer, remove the apple’s core. Spread 1 tablespoon of nut butter onto each apple round. Top with granola and enjoy.

Makes three servings. Each serving has 150 calories, 8 grams (g) fat, 5 g protein, 16 g carbohydrate, 3 g fiber and 75 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)

What is one inch tall


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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



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701-748-2261

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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!



UPCOMING ANNIVERSARY?

Surprise a loved one with an anniversary ad in the newspaper today!

CALL 701.462.8126 FOR MORE INFORMATION!



The Leader-News

Heather gray shirts with multicolor imprints on the front and choice of a roster or name on the back, or a name on the sleeve of long sleeve shirts and hoodies.

Shirts will be available for pickup at the Leader-News office 10 business days after your order is placed.

Make checks payable to Leader-News.

Name _____

Address _____

Phone # _____

Total Quantity _____

Total \$ _____

Prices Include Tax.

2020-21 Washburn Basketball Shirt Order Form

Short Sleeve T-Shirts

Youth Sizes
\$15.00

6-8 _____
 10-12 _____
 14-16 _____

Adult Sizes
\$16.00

S _____
 M _____
 L _____
 XL _____
 2X (\$17) _____
 3X (\$18) _____

Quantity _____ Total _____

Check one:

☐ Blank back, ☐ Girls Roster, ☐ Boys Roster,
☐ Vinyl Name on Back (Add \$6 per name) _____

Long Sleeve T-Shirts

Youth Sizes
\$17

6-8 _____
 10-12 _____
 14-16 _____

Adult Sizes
\$18

S _____
 M _____
 L _____
 XL _____
 2X (\$19) _____
 3X (\$20) _____

Quantity _____ Total _____

☐ Blank back ☐ Girls Roster, no name ☐ Boys Roster, no name
☐ Girls Roster, name down sleeve (Add \$6) _____
☐ Boys Roster, name down sleeve (Add \$6) _____
☐ Name on back, no roster (Add \$6) _____

Hooded Sweatshirts

Youth Sizes
\$29.00

6-8 _____
 10-12 _____
 14-16 _____

Adult Sizes
\$32.00

S _____
 M _____
 L _____
 XL _____
 2X (\$33) _____
 3X (\$34) _____

Quantity _____ Total _____

☐ Blank back ☐ Girls Roster, no name ☐ Boys Roster, no name
☐ Girls Roster, name down sleeve (Add \$6) _____
☐ Boys Roster, name down sleeve (Add \$6) _____
☐ Name on back, no roster (Add \$6) _____

Thank you for supporting your local business.

Feature idea?

Call 701.462.8126 or email
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 with any news tips

Support democracy.
 Subscribe to your local newspaper