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Garrison, ND	1

Postal Patron

Deliver By Monday Vol. 37, No. 39 Monday, Jan. 31, 2022

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SERVICE DIRECTORY





Enjoy the Health Benefits of Music PRAIRIE FARE

By Julie Garden-Robinson, Food and Nutrition Specialist NDSU Extension

"Did you crank up the music?" my friend asked.

"No. Music distracts me when I am writing," I said. "I tend to focus on the music."

I was alone in my work office finishing up some projects. No one else was in the building. Maybe instrumental music would have been OK.

If I had been cleaning my office, energetic music would have motivated me.

The clicking sound of my keyboard punctuated the silence. After I finished my projects, I tuned my radio to celebratory tunes on my drive home.

Music has always been part of my life. A few years ago, I joined a community band, and the members range in age from about 24 to 94. This experience has convinced me that I will aspire keep playing my flute for sheer enjoyment and also for its many benefits.

Unfortunately, the 2020 pandemic was not a good year for our band. We took the year off from playing.

Singing and playing ome musical instruments

age, music has physical and psychological benefits. Some of music's effect on health is related to the brain, but music's effects are far-reaching.

Music can promote relaxation and improve our mood. In fact, depending on the music, your heart rate and your blood pressure may decrease as you relax to music. Stress hormones decrease as we relax.

Music can motivate people in their workout routines, whether you are walking briskly or dancing.

In fact, dancing to music is not only a good workout for the heart. It also is a workout for the brain as you learn foot patterns.

Some researchers have shown that music may have benefits for people with various health conditions. For example, patients with Parkinson's Disease have shown improvements in their ability to speak, swallow and manage their breath control when they participate in singing.

Premature infants in the hospital have shown improvements when music is part of their therapy. Listening to someone singing was particularly helpful for the premature infants. For children, playing a musical instrument tends to improve school performance in a variety of subjects. Music teaches you to listen closely. For people with long-term illnesses, music can divert vour brain from focusing on the pain. It also can conjure memories of happy times, especially for people with dementia or Alzheimer's disease. Put on some music as you enjoy a meal. The volume and tempo, or speed, of music influences how quickly or slowly we eat. Listening to soft music may help us eat more mindfully and enjoy each bite. We might eat less as a result. During the holidays, my college-aged daughter invited several friends over for a visit.

They arrived with musical gaming equipment. I didn't know what foods to make for them, but these Sheet Pan Nachos were a big hit. Some Mexican fiesta music would have been ideal, but I stayed out of the way of the group of teens.

This recipe is courtesy of Texas A&M AgriLife Extension.

Sheet Pan Nachos with Chipotle Sauce

Step 1. Preheat oven to 375 F. Make meat mixture: Cook ground beef with onion until meat is well browned and reaches an internal temperature of 160 F. Drain excess fat. If you like crisp onions, add them after cooking the meat. Add remaining meat mixture ingredients.

Meat Mixture

1 pound 90 to 93% lean ground beef, cooked

- 1 cup onion, chopped
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

1 (15-ounce) can black beans, rinsed and drained

Step 2. Cover a sheet pan

with aluminum foil and add 13 ounces of corn tortilla chips.

Step 3. Prepare toppings. 1 cup Roma tomatoes, diced

FROM THE FRONT PAGES

Stories you may have missed in last week's BHG newspapers

Feeding those in need

A group of about one dozen students from Nichole Beyer's third grade class from Bob Callies Elementary School marked down the Main Street sidewalk, ready to help at the Garrison Area Resource Center.

And Dawn Kolden, coordinator of GARC's food pantry, was ready for them.

Kolden had smaller tubs, filled with non-perishable food items, ready to go for the elementary students. The items contained in the tubs included small boxes of cereal, fruit cups and snacks.

The students would be tasked with helping to fill these bags. During GARC's distribution day, these bags would be given out as part of the Little Lunches Program.

McLean County Independent

Wind on the horizon

Previously untouched by wind turbine farms, McLean County is expected to soon host the largest wind energy project in the state.

Great River Energy, the Minnesota-based owner of Coal Creek Station, announced Tuesday its intent to establish a partnership for a 400-megawatt wind project to be located in the vicinity of the Underwood-area coal plant.

'Great River Energy has reached an agreement in principle with Apex Clean Energy to receive renewable energy from a 400-megawatt (MW) wind energy project in McLean County, North Dakota," GRE said in a press release.

The project would utilize Coal Creek Station's connected high-voltage direct current transmission (HVDC) line, which is set to be purchased by Nexus Line before May 1 of this year. The transmission line acquisition is in association with the purchase of Coal Creek Station by Rainbow Energy.

Central McLean News-Journal

Washburn Ambulance secures full-time paramedic

As rural communities find it increasingly harder to hire qualified emergency medical technicians (EMTs), the Washburn Ambulance Service has recently added veteran paramedic Keith Hapip Jr. to the mix as a full-time contributor.

Shortly after moving to Washburn in 2019, the happily married father of one began volunteering with the local ambulance corps, while serving as a weekend paramedic in Standing Rock, and also moonlighting as a wood-carving entrepreneur from his home basement.

But as a result of now being a full-time employee in Washburn, Hapip will no longer be subjected to weekly 140-mile car trips to the reservation town situated at the border of North Dakotā and South Dakota.

The transition, says the 31-year-old, has been a "blessing," in that he can now continue offering Washburn and its surrounding areas his life-support services four days a week, with the added bonus of working shoulder-to-shoulder with highly-skilled medical professionals with decades of experience.

The Leader-News

CALENDAR

The Community Clothing Share Exchange will be open each Thursday from noon to 6 p.m. at 221 Main St., Turtle Lake.

The Community Cupboard of Underwood will be open Jan. 22 & Feb. 5 from 10 a.m. - 12 p.m. All in need are welcome to recieve. 208 Lincoln Ave, 701-595-0320.

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

in particular can release aerosols, which is a concern for spreading COVID-19. Trumpets, oboes, trombones and clarinets generated the most aerosols according to a study by the University of Minnesota.

In 2021, we were back playing. I want to be able to move my fingers, have the breath control to make a pleasant sound, and an agile brain to count the rhythm and follow a conductor's lead.

After all, who wants to be the person in the band who plays a few notes after a piece ends?

Did you take piano lessons or play in a band as a child? If an instrument is available, remember it is never too late to learn a new skill or renew an old skill.

From infancy to advanced

(or substitute favorite ripe tomato)

1/2 cup green onion tips, diced

1 cup yellow bell pepper, diced

1/3 cup cilantro, chopped 2 cups nonfat mozzarella, shredded (or other cheese) Step 4. Prepare sauce. 1/2 cup Greek yogurt, plain, nonfat

1 tablespoon fresh lime juice 1-2 tablespoons canned chipotle peppers in adobo sauce, diced (available in Mexican food aisle in some stores) or substitute picante sauce or salsa

Distribute the meat mixture evenly over the chips, then top with tomatoes, other toppings and cheese. Place the baking sheet in the oven and bake until cheese is melted, 15 to 20

Library Hours:

Washburn Public Library - Monday-Thursday 10 a.m. to 6 p.m., Saturday 10 a.m. to 1 p.m. Underwood Public Library - Monday, Wednesday and Friday -10 a.m. to 3 p.m. -Tuesday and Thursday 1 p.m. to

6 p.m.

Turtle Lake Public Library - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.

If you have a calendar submission please send to leadernews@ westriv.com and label "Calendar Event" in the subject line. Thanks!

minutes.

Remove nachos from oven and top with the yogurt sauce.

Makes 12 servings, about 1 cup per serving. Each serving has 320 calories, 13 grams (g) fat, 21 g protein, 31 g carbohydrate, 4 g fiber and 420 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)



Public Housing Assistance: or Veterans & Survivors Pension Benefit. Individuals whose household income is at or Function below 135% of the Federal Poverty Guidelines are also eligible for Lifeline assistance. Toll blocking at no charge and reduced deposits are also available. Additional Tribal Lifeline and Tribal Link Up support is available to those qualify ing individuals living on Tribal Lands. Tribal Lifeline/Link Up provides for additional telephone services discounts, and addition to the previously cited programs, for those individuals residing on Tribal Lands, participation in the Bureau of Indian Affairs (BIA) general assistance program, Head Start, Food Distribution Program on Indian Reservations or Tribal TANF qualifies them for this support. Only eligible consumers may enroll in the Lifeline program. Lifeline applicants must present documentation demonstrating eligibility either through participation in one of the qualifying federal assistance programs or through income based means. Lifeline recipients are required to recertify their eligibil ity every year. The Lifeline program is limited to one benefit per household, consisting of either wireline or wireless service. Lifeline is a government benefit program, and consumers who willfully make false statements in order to obtain the benefit can be punished by fine or imprisonment or can be barred from the program.

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ADDITIONAL INFORMATION AVAILABLE AT WRT, PO BOX 467, HAZEN, ND 58545 OR CALL 701-748-2211

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Leader-News

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462-8126

McLean Family Resource Center

24-Hour Crisis Line 701-462-8643

Domestic violence advocacy Sexual assault advocacy Victim witness advocacy Crisis intervention Information and referrals Food pantry Clothing outlet



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PHG Jim Beam J14 Gunner 947G x Xavier X812 93.5% Gelbvieh, Homo Polled BW· 77, WW· 747

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STATEWIDES

HELP WANTED

SACA

KOTATHEATRE

Main St., Garrison

Where popcorn is still only 50¢

Movies start @ 7:30 pm

The King's Man, R

In the early years of the 20th

Century, the Kingsman Agency

Feb. 4 & 5..... 7:30 p.m.

Moonfall, PG-13

Earth and sends it hurdling on

A mysterious force knocks the Moon out of its orbit around

a collision course that could end

life as we know it. 2 hrs. 11 min.

Feb. 25 & 26..... 7:30 p.m.

The King's Daughter, PG

King Louis XIV's quest for

immortality leads him to capture

and steal a mermaid's life force, a move that is further

complicated by his illegitimate

March. 4 & 5 7:30 p.m.

creature.1 hr. 30 min.

daughter's discovery of the

millions. 2 hrs. 11 min.

is formed to stand against a cabal plotting a war to wipe out

Adults - \$7 Under 13 - \$5

INSTRUCTIONAL DESIGNER & COACH. NDSCS has a FT, 12-month, benefited position open in Wahpeton. Primary duties include providing instructional design leadership and support for faculty; providing oversight of the learning management system; and delivering professional development to enhancement teaching and learning. Salary DOE plus full benefit package, including fully paid health insurance premium. Screening begins immediately. Interested candidates must complete the online application. EOE. For more information, go to: www.ndscs.edu/ join-our-team

MAY-PORT CG SCHOOL is hiring: full-time ELEMENTARY MUSIC TEACHER, GrK-5. Send resume, ND teaching license to Michael Bradner, 900 Main Street West, Mayville, ND 58257 or Michael.bradner@ may-portcg.com; 701-788-2281, ext. 225.

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ANNOUNCEMENTS/EVENTS

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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 WANTED

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6 | 1.31.22 | Xtra

- 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. 58540

1-e-tfn-nc SUPPORT GROUP: Alcoholics Anony-

mous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 5 pm. CT, St. Paul Lutheran Church (794-3381); in Garrison, Thursday at 8 pm at SACA Lodge, 11 Central Ave NW, 1 block West of the City Auditorium; 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, United Methodist, Washburn (701-460-0663).

46-TFNPI

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-TENPI 58540

58540

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Street, Garrison, ND 58540, call 701-463-2201 or send an email to Alyssa at news@bhgnews.com. 58540

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday February 7th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any auestions. 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

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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

SERVICES

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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. 58577 1-E-TFN-NC



The Board of Sheridan County Commissioners will be accepting applications for a Road Foreman. Qualifications are to have experience in performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Other duties include leading and supervising road crew, performing general maintenance on roads within Sheridan County, maintain and manage county road equipment, manage county road budget, and attend regular county commission meetings with updates and requests. Has a commercial driver's license or will get one. Wages \$26.00-\$31.00 per hr. negotiable upon experience. Up to a 45-hour week. Starting date of hire is as soon as can be. Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 PH# 701-363-2205 or at the County website: www.co.sheridan. nd.us Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. March 4, 2022. 58577 39-5T-XT

The Board of Sheridan County Commissioners will be accepting applications for a Equipment Operator. Qualifications are to have experience in performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Wages \$17.00-\$19.00 per hr. - negotiable upon experience. Up to a 45-hour week. Starting date of hire is as soon as can be. Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 PH# 701-363-2205 or County website: www. co.sheridan.nd.us Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. March 4, 2022. 39-5T-XT 58577

HELP WANTED • Elementary Principal Elementary Teachers Speech Pathologist Teacher • Bus Driver - w/CDL Science Teacher High School Science Teacher Middle School Football Coach & High School Football Coach **Contact: Wayne Fox,** Superintendent



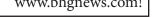
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HELP WANTED

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Apprentice or Journeyman Lineworker

- McLean Electric Cooperative in Garrison, North Dakota is accepting applications for a full-time Apprentice or Journeyman Lineman.
- To Learn More Visit: www.mcleanelectric.com/careers

Deadline: February 15, 2022 Email or Mail a Cover Letter, Resume & 3 References

> McLean Electric Cooperative Keith Thelen PO Box 399, Garrison, ND 58540 keithpt@mcleanelectric.com

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Newspaper Editor Wanted

BHG Inc is looking for a skilled and determined individual ready to take on local news for the Central McLean News-Journal. This is a challenging and rewarding position for someone looking to play a big role in an award-winning publication. Paper content ranges from personal features, meeting coverage, local events, sports and more, with something new to cover each week. Duties include covering events, writing content, taking photos, general editing, customer contact and overseeing design of the final paper each week. This local paper has maintained a steady circulation and a loyal readership and is looking for an editor to continue that legacy. Benefits include health insurance, paid mileage for travel, free admission to events and more. Vision and dental are also available. Interested? Contact us at <u>news@bhgnews.com</u>

Call 462-8126 to place an ad

leadernews@westriv.com



South McLean County Soil Conservation

District - Seasonal Help Wanted

The South McLean County Soil Conservation District is now taking applications for the 2022 seasonal work.

If interested please call Charlie or Wyat at 701-448-2474 for an application or stop into the district office in Turtle Lake.

Must be 16 years old or older and be available to work full days, some weekénds possible.

Job would start mid to end of April and run through June/July. Minimum starting pay \$15.00/hour with an increase mid-season.

WRT - Is looking for the ideal candidate that:

- Has skill in oral and written communications and can identify problems and prioritize multiple projects.
- Is a self-motivated, passionate about sales, is a problem solver, results orientated, and a team player.
- Is professional, positive, courteous, has good judgement and discretion, and can work independently

INTERESTED: Complete application online and submit with resume via westriv.com/about/careers/ QUESTIONS: Call 701-748-4277

APPLICATION DEADLINE: The first review of qualified candidates will commence on noon on Monday, February 7, 2022. This position will be open until filled.

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