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## CALENDAR

- Saturday, September 10**  
**The Thrift Store**, Garrison Area Resource Center, 10 a.m. to 1 p.m.
- Monday September 12**  
**The Washburn City Commission** will hold its regular scheduled meeting on Monday; September 12, 2022, at the City Hall immediately following the budget public hearing. The public is invited to attend.
- Tuesday, September 13**  
**Bone Builders**, Garrison Senior Center, 10 a.m.  
**The Wilton Pioneer Center meeting**, 1:00 pm. Discussion of Saturday night bingo October through April.
- Wednesday, September 14**  
**Yoga**, First Congregational Church, Garrison, 8 a.m.  
**The Thrift Store**, Garrison Area Resource Center, 10 a.m. to 4 p.m.

**Thursday, September 15**  
**Bone Builders**, Garrison Senior Center, 10 a.m.  
**Alcoholics Anonymous**, Garrison hospital cafeteria (enter through ER), 8 p.m.

**Saturday, September 17**  
**Community Cupboard of Underwood Food Pantry and Distribution days**, 10 am to noon, 208 Lincoln Avenue, Underwood. McLean County Residents in need are welcome to receive food. No referrals or pre-registration required.

**Tuesday, September 20**  
**McLean Sheridan Rural Water District**, 9:30 a.m., Turtle Lake City Hall, annual operating report, election of director

**Saturday, September 24**  
**Lord's Pantry food distribution** is held at Trinity Lutheran Church in Turtle Lake from 10 am -12 pm. No referrals or pre-registration required. All in need are welcome to received food at no cost.

**Thursday, October 6**  
**Community Cupboard of Underwood Food Pantry and Distribution days**. 4 pm to 6 pm. McLean County Residents in need are welcome to receive food. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

**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.  
**McLean-Mercer Regional Library**, Riverdale Open Mon-Fri 8 a.m.-5 p.m.

## Dakota Recreation Report



BY PATRICIA STOCKDILL

### Outdoor Notes:

- Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.
- PLOTS guide now available online at the Game & Fish Dept. website with printed editions also available at vendors.
- Anglers reminded to follow ANS regulations, including draining live wells and removing plugs.
- Applications such as Onyx now have updated electronic posting information for the upcoming 2022 hunting season.
- Sept. 10: Grouse partridge, and squirrel seasons open.
- Sept. 16: Youth deer season opens.
- Sept. 17: Youth waterfowl season opens.
- Sept. 24: Resident waterfowl season opens.
- Sept. 24: Sakakawea Pheasants Forever Fall Pheasant Fest, Garrison City Auditorium, 5:30 p.m.
- Sept. 25: Youth deer season closes.

### Tournaments:

- Sept. 10 & 11: Lake Sakakawea, Dakota Waters Resort.

### Fishing:

- Lake Sakakawea elevation, Sept. 5: 1,835.21 feet above mean sea level; 21,500 cubic feet per second (CFS) Garrison Dam average daily releases.
- Missouri River gauge height, Stanton: River stage, 7.67 feet.
- Missouri River gauge height, Washburn: River stage, 10.38 feet.
- N.D. Game & Fish Dept. game wardens: No reports

from area lakes or the Missouri River System.

- Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea slowed but try working slow presentations in 30 to 35 feet. Also try longlining with crankbaits.

- Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Tougher walleye bite on the east end of Lake Sakakawea. Try early morning hours with better success starting to come off of minnows. Work deep for walleye on Lake Audubon with good smallmouth bass success.

- Lake Sakakawea, Dakota Waters Resort, Beulah: Switch to minnows for walleye in deep water, as far down as 40 to 45 feet but plan on keeping anything taken that deep. OK success around the resort with better success along the north shore around the Indian Hills area.

- Lake Sakakawea, Indian Hills Resort, Garrison: Prior to the windy weekend anglers working around Medicine Stone in 18 to 20 feet with nightcrawlers found nice walleye activity with some success along the beacon, as well. Also try minnows.

- Lake Sakakawea, New Town: Generally slow and scattered walleye success in the Van Hook Arm. Farther west around New Town also slowed.

- Missouri River, Enerbase of Washburn: Not many anglers out with limited reports, including from the Missouri River.

- Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River tailrace continues producing catfish from both boat and shore with small walleye success. Best trout and salmon success is at night. Wing walls remain slow. Walleye remain deep along the east end of Lake Sakakawea with nightcrawlers still producing success. Better success is still farther west more so than the east end. Fair

to good salmon success on the east end of Lake Sakakawea in 70 feet and deeper yet using white on white flashers and squids. Also try herring. Most activity is around Scoria Bay but look for them to start moving around more and throughout the entire water column with some walleye anglers now finding some.

- McLean Co. area lakes, Cenex of Wilton: East and West Park lakes continue seeing activity using nightcrawlers and a switch starting with minnows. Some activity on Lake Sakakawea, as well.

### Hunting:

- Archery deer: Limited movement yet with warm weather.

- Doves: Good numbers of birds with warm weather holding them in the state yet. Look for harvested canola or grain fields and nearby water. Birds aren't significantly bunched up yet.

### Numbers to know:

- N.D. Game and Fish Dept., main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- N.D. Game and Fish Dept., Riverdale office: (701) 654-7475.
- Report All Poachers: (800) 472-2121 or (701) 328-9921.
- Friends of Lake Sakakawea, the region's only organization working for quality lake access, weed control and effective partnerships, ([www.lakesakakawea.com](http://www.lakesakakawea.com)).

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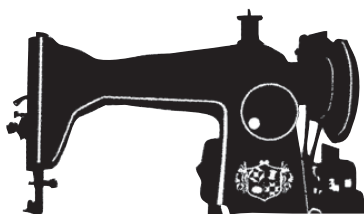
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# "Keeping on the sunny side of life" PRAIRIE DOC® PERSPECTIVES

BY ANDREW ELLSWORTH,  
M.D.

After a visit about aches, pains and various medical issues, a patient was commenting on getting older. Similar to other patients, I expected him to say something like, "It's no fun getting older." To my surprise, the patient said, "I'm 85. That means I have a lot to be thankful for."

Some people are almost always positive, and some are usually negative. Those that are positive have been found to have better outcomes and seem to enjoy themselves more while unfortunately, those that tend to be more negative do not do as well. Granted, factors such as poor health and misfortune can diminish anyone's attitude. Thankfully, with a little effort, anyone can change their mindset. It really is amazing how much gratitude and a positive demeanor can improve your health.

There are many small ways to brighten your outlook. To start with, begin and end your day listing what you are

grateful for.

Stop comparing yourself to others. This is one of the reasons social media has been shown to make people unhappy. If one is constantly looking at how others are doing, dressing, and where they are traveling, one cannot resist comparing themselves and thinking they are missing out.

Exercise helps you feel better. Getting fresh air, some sun, and getting that heart pumping creates endorphins in your brain that can help improve your mental health in addition to the benefits to your physical health.

Look to build lasting relationships. Studies have shown that people who have satisfying relationships with friends and family are happier, have fewer health problems, and live longer. Start building those relationships now. It takes time to gain trust, to listen, and show you care.

As we get older, our world tends to get smaller. The places we go may decrease, the people we see may become fewer, and our daily activities

may become more limited. However, that does not need to lead to less happiness. In fact, quite the contrary.

There is a poem that starts with "When I am an old woman I shall wear purple," It draws on the wisdom of being yourself. When the pressure to perform and impress has passed, it can be liberating to know more about yourself, what you like, and what you do not like. Then you will be free to just enjoy your day, and maybe wear purple with a red hat, if you feel so inclined.

*Andrew Ellsworth, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show based on science, built on trust for 21 seasons, broadcast on SDPB and streaming live on Facebook most Thursdays at 7 p.m. central.*

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<b>SHOP / MISC</b> Kobalt 60 gal air compressor, air tank 2) 220v elect shop heaters, anvils acetylene torch/cart/tanks, trailer balls jumper cables Craftsman router, Rockwell miter saw 10" Tool Kraft table saw, circ saws Dremel scroll saw, parts washer wood clamps, sawhorses, misc lumber 3) vertical B&S motors-NIB, tap n die Craftsman welder & rods, car ramps Craftsman metal bandsaw, wrenches 5500 Chicago Elect generator, casters 1100 MW generator, bench grinders 40's points & condensers, auto manuals Allen eng analyzer, engine stands generator/alternator tester, creepers armature checker, angle grinders 30's/50's wiper blades- NIB, tuneup kit 2) porta powers, paint shaker, chains sand blasting sand & hoods, binders auto body tools, sm engine parts, oils plumbing/elect supplies, bolt bins/bolts Comet air comp, floor & bottle jacks anti-freeze, washer fluid, bull float, tool chest, battery charger, car stands Challenger tool display boards Blue Streak, Shurhit & GP cabinets	212 JD tractor w/snowblower 212 JD tractor, cement mixer Snapper mowers, leaf vac 4) 2 wheel trailers, patio swings 2,3&4 pc wicker patio sets, 3) picnic tables, garden wagon sev patio tables/chairs, shovels patiotable w/6 chrs/cushions-nib Poulan chainsaw, ladders McCulloch chainsaw, coolers Portland leaf blower, tree saws Go Cart, bikes, trikes, chain link fence, hammock donkey planters, rakes, hoes live animal traps, screen, axes wheel barrows, vinyl fence posthole diggers, garden fence	3) '57 Chevy hub caps-NIB, records 1 bottom plow, GM parts clock galv funnels/pails/water can, wringer insulators, nail pullers, hay ropes kerosene lamps, Regulator clock record cabinet, apple canisters bamboo fishing pole, fishing rod 20's NY Empire hat, Stetson hat box auto radios & mirrors, sad irons Fairbanks 50# weight, Fender amp Spartan & Juliette radios, marbles camera/reel to reel collection, lamps kids folding table/chairs set, 17 mgz Aurora AFX HO race car set Tyco HO train set, Harmony Ukulele Eldon Indianapolis 8 Road Race tinker toys, American Bricks & Logs Tonka trencher, top, toys, USA bowls Lustro-ware canister set, utensils RW Dancing Peasants cookie jar nesting bowls, piano plate/harp Treasure Craft barrel canister set cast iron dutch oven, popcorn popper pitcher/basin, crystal, glassware J&G Meakin/other dinnerware sets McCoy, Mandan Beverage wood box cistern pump, cream can, well pump metal child stool, 8 track player maqaz rack/end table, enamelware
<a href="http://www.midwestauctions.com/gandg">www.midwestauctions.com/gandg</a> <a href="http://www.globalauctionguide.com">www.globalauctionguide.com</a> <a href="http://www.ndauctioneers.com">www.ndauctioneers.com</a> <a href="http://www.auctionzip.com">www.auctionzip.com</a>	<b>HOUSEHOLD / MISC</b> 3 pc TV/stereo center, Sony TV wingback chair/ottoman, rugs china hutchess, misc furniture 3 pc bedroom set, twin bed Maytag window AC w/remote elect fireplace, office chair, Pyrex food dehydrator, 24" Element TV Little & Big Green Bissels Eden Pure heater, crock pot bread maker, cook/bake ware Nikken items, eagle/other pics stoneware dinnerware set Rhapsody power wheelchair-new large giraffe & owl, kids rocker	

\*TERMS: Cash/Bankable Check \*Lunch Served  
\*More items too numerous \*Not Responsible  
for accidents \*Statements on day of sale take  
precedence over printed material \*Owner  
reserves the right to reject any and all bids  
\*Sold as is, where is with no guarantees or  
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\$13 x \_\_\_\_\_ = \_\_\_\_\_ Total

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\$15 x \_\_\_\_\_ = \_\_\_\_\_ Total

Total Quantity \_\_\_\_\_  
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## Squeeze more space out of your kitchen

### PRAIRIE FARE

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

“I’m going to get these super-cute pig canisters that are half off,” my younger daughter texted, along with a link to a picture.

“They are cute!” I replied.

“Where are you going to fit them on your counter?” I thought to myself.

However, I restrained from being the negative influence.

“I think you will need a shelf,” I texted back.

“We’re thinking about it,” she replied.

I am kind of practical.

As we moved our daughter into her first apartment, I carved out some space for food preparation in the fairly small kitchen. I swapped a microwave oven to another part of the kitchen to allow preparation space near the sink.

As long as she and her roommate keep their dishes cleaned and put away, they will have a couple of compact areas to prepare food.

In my younger years, I was not very diligent about doing dishes. Fortunately, they have a dishwasher.

I think she and her roommate will learn much in the coming months as they juggle competing demands on their time.

Life transitions can lead to changes in your daily activities. Whether you are a young adult just starting out or an older adult in the midst of downsizing, you may find yourself living in a smaller space.

Young adults, in particular, are learning how to manage money for food, gas and entertainment. Many are working part-time and going to post-secondary education.

Current food costs are a concern for all ages. We in the nutrition field often encourage

people to use unit pricing, such as the cost per ounce found on grocery store shelves. For example, a 10-pound bag of rice may cost less per unit than a 1-pound bag, but you may not have the storage space. In other cases, you may get tired of the food before you eat all of it. Perishable food can become unsafe, and you may need to toss it. Therefore, sometimes the smaller package is a better deal even though it may cost a bit more.

When preparing food in a smaller space, be sure to consider your cookware needs. You may need a frying pan, sauce pan, pasta pot, measuring cups and spoons, and a spatula. A slow cooker often comes in handy.

Maximize the space you have. Nest all your frying pans and bowls in a stack. Can you place your toaster on top of your microwave oven? Could small appliances that are used now and then go in a closet or upper cupboard?

Be cautious about storing things in the oven. Some unsuspecting cook may preheat the oven and discover it is full of dishes or pots and pans. That is not a good discovery to make.

Planning meals is an effective strategy for all of us. When living in a small space, consider planning meals around what is on sale at the grocery store. Buy groceries for the week based on your plan, depending on your storage space availability.

Make leftovers your friend. Consider leftovers as “planned overs” because you can use them in different ways. For example, chili can be eaten with crackers one day. The next day, chili can top a baked potato. Try to make your planned overs into a “different meal” when possible.

Finally, try to wash dishes after each meal or at least daily. A sink full of dishes can

make a small space seem even more cramped.

Here’s an easy recipe that makes tasty leftover sandwiches. It can be prepared in a microwave oven or conventional oven.

#### Microwaveable Meatloaf

1/3 cup rolled oats  
1 egg, slightly beaten  
1 clove garlic, minced  
1/3 cup finely chopped onion  
1 (8-ounce) can tomato sauce  
1/8 teaspoon pepper  
1 S pounds lean ground beef  
1/4 cup ketchup

Mix oats, egg, garlic, onion and pepper. Crumble ground beef into mixture and blend thoroughly. Press into a 9- by 5-inch loaf pan (microwaveable) and cover loosely with microwavable paper towel. Microwave on high seven minutes, rotate pan and microwave seven more minutes. Rotate once more and microwave five more minutes or until internal temperature reaches 160 degrees Fahrenheit. Spread with ketchup and cover loosely with paper towel. Microwave at medium (50%) until ketchup is heated, two minutes. You also can bake this at 350 degrees for about 60 minutes, until it reaches an internal temperature of 160 F. Spread the ketchup on top about 10 minutes before the end of cooking.

Makes eight servings. Each serving has 140 calories, 4.5 grams (g) fat, 18 g protein, 7 g carbohydrate, 1 g fiber and 140 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)*

## Sharing Agriculture DAKOTA DATEBOOK

In 1947, in the midst of the “red scare,” the Cold War and the Bay of Pigs, it is easy to focus on the United States and Russia’s power struggles. However, China was also undergoing great upheaval.

Since it had become a republic in 1912, the country had been embattled both internally and externally. The country was mostly unified under the KMT, the nationalist forces. Thereafter, it was caught in power struggles with various warlords, Japan, and other groups, specifically—or perhaps, especially—the communist party of China.

This led to the Second Sino-Japanese war, a major Asiatic battle that, after the bombing of Pearl Harbor, was incorporated into World War II. When the war ended, however, the communist forces in the country and the nationalist forces were still at conflict, and they once again resumed the Chinese Civil War. With nationalist forces in the south and communist forces in the north, the battle continued until 1950, when communist China, aided in part by Japan, won out over the Nationalists.

In the midst of all these struggles, the agricultural “scene” was pretty desolate; war-time destruction affected farm tools, draft animals and seed, and the land was left unworked. It was reported that in the Kiangsi province, on the south banks of the Yangtze River, Japanese armies devastated the lands, leveled the villages and forced out the farmers, who

had to wait out this 8-year occupation and the threat of flooding. However, efforts by the United Nations Relief and Rehabilitation Administration brought some aid to the region. On this day in 1947, readers of the Bismarck Tribune learned of those ongoing efforts and of the assistance of a “slightly-built” young man, Maurice Richards, who was once native to Carrington.

Richards volunteered his time abroad and was working with the Chinese in the south. “Under his tutelage, 65 grease-smudged young Chinese farmers” learned the “modern methods of farming.” They were turning overgrown wastelands into rice fields, unfamiliar to native North Dakotans, but also to vegetable and to wheat fields, our own familiar crop.

The UNRRA also contributed 1,136 tractors to the Chinese, helping them eliminate the “centuries-old time-consuming methods of hand plowing their fathers used.” They had plowed 2,000 acres of land by the time the article was printed, and could handle the mechanics of a tractor with ease.

*“Dakota Datebook” is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from Humanities North Dakota. See all the Dakota Datebooks at [prairiepublic.org](http://prairiepublic.org), subscribe to the “Dakota Datebook” podcast, or buy the Dakota Datebook book at [shopprairiepublic.org](http://shopprairiepublic.org).*

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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

**JAM SESSION** will be held at 6 p.m. Sunday, Sept. 4 at Hazen City Hall. Free to attend for all ages. Open invitation for musicians to join in, contact Linda Eslinger at 873-5695 for information  
19-1THZBHDSCRWUXTGR 58540

**WANT TO SAVE** some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call 701-463-2201.  
1-E-TFN-NC 58540

**SUPPORT GROUP:** Alcoholics Anonymous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 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.  
46-TFNPI 58540

## FARM RELATED

**BULK FUEL** sale and delivery. Premium Clear #2 fuel, \$4.68/gallon; Premium Dyed #2 fuel, \$4.20/gallon; Unleaded Gas, \$3.60/gallon. Call Jason, 701-870-0415.

**CUSTOM SPRAYING** with 4930 John Deere sprayers 121', auto steering, swath control, 15" spacing, \$5 an acre (plus fuel surcharge). Will supply chemicals or use your chemicals. Have plenty of Roundup. Will travel. Call Jason, 701-870-0415.

**TRAILER FOR RENT:** Hopper bottom flatbed with hay racks, goosenecks with or without racks. Call for prices. Call Jason, 701-870-0415.

**EQUIPMENT FOR RENT:** Hay Hiker, self-loads 14 bales; portable diesel welder on trailer. Call Jason, 701-870-0415.

## LIVESTOCK

**HORSE BUYER** at Stockman's Livestock, West barn, Dickinson, Wednesday September 14th 8am-4pm. And Rugby Livestock Thursday, September 15th 8am-4pm. Buying all horses good, bad, ugly, or pretty! Top dollar paid on the spot! Licensed and bonded buyer. 612-839-9568.  
W18-3T,PD,XT 58540

We have the following ship dates scheduled to ship cows and bulls, Monday September 19th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions.  
43-TFN-E-X 58577

**place a classified ad here**

## GARAGE SALE

**MOVING SALE:** 123 1st St SE, Sept. 9-10. Starting at 10 a.m.  
19-2TPDGRXT 58540

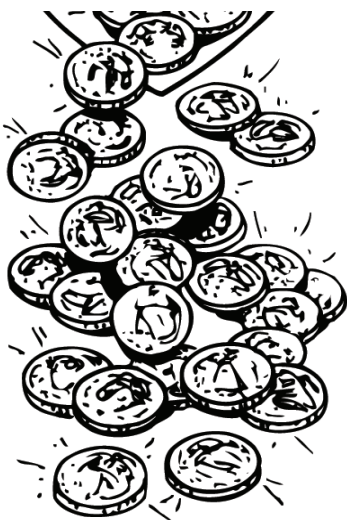
## HELP WANTED

**CITY OF TURTLE LAKE PUBLIC WORKS SUPERINTENDENT** This position is responsible for a wide variety of public services, including daily operation of the public works department. Further information or to obtain a job description or application, contact citytl@westriv.com or 701-448-2596. Applications accepted until 4pm September 16th, 2022.

**WHITE SHIELD School** is seeking head and assistant coaching positions for all sports in elementary, Jr. High and High School. Head positions for football and wrestling are already filled.  
14-TFNCHCMLNCRXT 58540

**GENERAL CONSTRUCTION LABORERS**, no experience needed. Pay based on experience. Most work is in Garrison & surrounding area. Contact Kevin Katt @ 701-898-0544 Katt's Construction & General Contracting LLC  
12-TFN-CH,XT 58540

**WHITE SHIELD ELEMENTARY SCHOOL** has 2 Teachers positions, 5-8 Math/General Education Teacher & 5-8 ELA/Librarian Teacher. Interested applicants can send cover letter, resume, certification/ability to obtain certification; to Anthony Esquibel (anthony.esquibel@k12.nd.us) or for more information call White Shield School @ 701-743-2237. Visit our Employment link @ <https://www.white-shield.k12.nd.us/page/employment>  
9-TFN, CH, IN, LN, CM, XT 58540



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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

## REAL ESTATE FOR RENT

**McLEAN MANOR**, 1 Bedroom & studio apartments for rent. Call Larry 701-463-2320 or 701-421-5002.  
1-TFNCHXI 58540

## 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

## WANTED

**WANTED OLD STUFF:** Advertising Signs, Clocks, Thermometers. Oil Cans, Gas Pumps, Crocks, Anvils, Tokens, Pottery, License Plates, Arrowheads, Road Signs. 701-220-5746  
15-8TCHCMLNCRXT 58540

## 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.  
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## HELP WANTED

**CHI St. Alexius Health -Turtle Lake -**

Hiring the following positions:

**RN-Charge Nurse**  
\$20,000 Sign on bonus.

Experience preferred but not required. Contact Brenda 701-448-2331 ext. 207.

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

## HELP WANTED

**White Shield School**



- Elementary Principal
- School Business Manager
- 2 Elementary Teacher
- 1 Title One Teacher
- 1 Gifted/Talented Teacher
- Basketball Coaches
- Volleyball Coaches
- Football Coaches
- Wrestling Coaches
- Golf Coaches
- Track Coaches
- Cross Country Coaches
- Elementary Teachers
- Bus Drivers

Applications and Background check forms can be found on our school website <https://www.white-shield.k12.nd.us/>

Any questions please contact the business office at 701-743-2201.

## HELP WANTED

### HELP WANTED



is looking for **Servers & Kitchen Staff**

Apply in person or call 701-337-2070

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**CHI St. Alexius Health -Turtle Lake -**

Hiring the following positions:

**LPN**  
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Experience preferred but not required. Contact Brenda 701-448-2331 ext. 207.

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**CHI St. Alexius Health -Turtle Lake -**

Hiring the following positions:

**Nurse Aid**  
\$7,500 Sign on bonus.

Experience preferred but not required. Contact Brenda 701-448-2331 ext. 207.

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## HELP WANTED

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  - **Housekeeper**
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"EQUAL OPPORTUNITY EMPLOYER"

## Health Information Management Specialist

Full Time at St. Alexius Hospital in Garrison, North Dakota

**\$1,500 Sign-On Bonus!**

Experience performing clerical and administrative functions preferred. High school degree or GED required.

Email [raphael.cavanna@coniferhealth.com](mailto:raphael.cavanna@coniferhealth.com) or apply online at [jobs.tenethealth.com/conifer](http://jobs.tenethealth.com/conifer) (Job ID 2205016327).



**Benedictine**

LIVING COMMUNITY | GARRISON

## HELP WANTED

### RESTORATIVE SERVICES CNA

Full-time Days/ M-F

The Benedictine Living Community | Garrison is seeking a Restorative Services CNA. This person serves as the liaison between Therapy Services and Nursing, and is responsible for implementing and maintaining resident restorative programs while assuring resident safety and care. We are willing to train & pay for CNA certification.

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

Call Julie Snyder at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

## HELP WANTED!

South Mclean County Soil Conservation District in Turtle Lake is hiring a

### WATERSHED COORDINATOR

We are looking for a self-starter who can take the initiative to pursue all available avenues for outreach, education, and implementation of water quality management within the District and work closely with agricultural producers and other private landowners to plan, develop and install best management practices which benefit water quality.

Must have the ability to communicate on a professional and personal level, to establish relationships and follow-up with producers. This is a unique opportunity to take ownership in a large, landscape scale project and have a positive impact on water quality, soil conservation, wildlife and agricultural practices.

Apply online through Indeed.com, email your resume to [southmcleanscd@westriv.com](mailto:southmcleanscd@westriv.com) or call 701-448-2474 for more details.



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 EOE/AA/Disability/Veterans/M/F Employer  
 Immediate full-time & part-time openings!

**HELP WANTED!**  
 South McLean County Soil Conservation District in Turtle Lake is hiring for a **DISTRICT TECHNICIAN/EQUIPMENT OPERATOR**  
 Duties include (but are not limited to): tractor driving, tree planting, fabric laying, grass seeding, customer service and office work. Wages are dependent upon experience. Apply online through Indeed.com, e-mail your resume to southmcleanSCD@westriv.com or call 701-448-2474 for more details.

**HELP WANTED**  
 Dakota Central Human Service Zone, located in Washburn, is actively accepting applications for enthusiastic and compassionate individuals to fill our Direct Care Associate position. The focus of this position is to aid and support community members with light housekeeping, personal care, companionship and respite care. This is a part-time position averaging 15-20 hours/week. If this sounds like you, please apply online through the North Dakota Career Website <https://www.omb.nd.gov/team-nd-careers/career-openings>  
 Position number 3022831  
 Please contact Dakota Central with questions 701-462-3581 and submit your application via the above website on or before **September 15, 2022**

**Benedictine**  
 LIVING COMMUNITY | GARRISON  
**LIFE ENRICHMENT**  
 Benedictine Living Community | Garrison has a FT opening in Life Enrichment/Activities. This individual serves a big role in making sure our Elders are given the opportunity to engage in music, crafts, reading, movies, one-on-ones, board games, parties, etc. We have a fantastic Life Enrichment team and we are looking for an individual that enjoys busy days. We offer competitive wages, 401-k, and health benefits. Please apply online [www.blcgarrison.com](http://www.blcgarrison.com) or contact Deb Foss for questions 701-463-2226.  
  
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 • Aides in the creation of content, production & distribution of internal & external communications  
 • Plans & executes events designed to promote the company, technology & services in WRT communities  
**INTERESTED:** Complete application online and submit with resume & applicable certifications via [westriv.com/about/careers/](http://westriv.com/about/careers/)  
**QUESTIONS:** Call 701-748-4213  
**APPLICATION DEADLINE:** 12:00 p.m. on Monday, September 12, 2022  
 WRT is an Equal Opportunity Employer

**Place an Ad today!**

**CHI St. Alexis Health**  
 -Turtle Lake -  
 Hiring the following positions:  
  
**RN**  
**\$20,000 Sign on bonus.**  
 Experience preferred but not required. Contact Brenda 701-448-2331 ext. 207.  
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**HELP WANTED**  
 CHI St. Alexis Health Garrison has the following positions available:  
**RN-Nursing Facility**  
**\$20,000.00 Employment Incentive**  
 For more information call 701-463-6503  
 Apply online at [www.commonspirit.careers](http://www.commonspirit.careers)  
  
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**HELP WANTED**  
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**CNA**  
**\$7,500.00 Employment Incentive**  
 For more information call 701-463-6503  
 Apply online at [www.commonspirit.careers](http://www.commonspirit.careers)  
  
 The institution is an equal opportunity provider and employer

**HELP WANTED**  
 CHI St. Alexis Health Garrison has the following positions available:  
**RN - Acute/ER**  
**\$20,000.00 Employment Incentive**  
 For more information call 701-463-6503  
 Apply online at [www.commonspirit.careers](http://www.commonspirit.careers)  
  
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**JOB OPPORTUNITY AT WASHBURN EYECARE PROFESSIONALS**  
 Seeking part time high energy individual to assist doctors in a busy eye care practice. Desire strong people skills and technical ability. Duties include receptionist, scheduling appointments, fitting patients with eyewear and filing insurance. Competitive starting pay. Paid vacations and holidays.  
 Send resume to: [eyecarewashburn@westriv.com](mailto:eyecarewashburn@westriv.com) or  
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 1137 Border Lane  
 Washburn, ND 58577.

**From Us To You**  
  
**Every Week**

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 -Turtle Lake -  
 Hiring the following positions:  
  
**SOCIAL WORKER DESIGNEE**  
 Experience preferred but not required. Contact Brenda 701-448-2331 ext. 207.  
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**HELP WANTED**  
 Garrison Public Schools is accepting applications for **Full-Time Custodian**  
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## A lesson in planting zucchini

## DAKOTA GARDENER

## BY CARRIE KNUTSON

HORTICULTURE, NDSU EXTENSION - GRAND FORKS

As most gardeners are, I am overly excited at planting time. If I have the room and the weather cooperates, I usually plant way more than I can eat and preserve. One never knows what the growing season will bring, and you don't want to be short on vegetables!

One vegetable that I have learned the hard way not to over plant is zucchini.

Zucchini is a member of the Cucurbitaceae or gourd family. This family includes pumpkins, squashes, cucumbers and melons. Zucchini is also called summer squash as it is harvested when it is immature and the skin is very soft.

Zucchini gets a bad reputation because the plants can be so productive. The annual vines of some zucchini varieties can take up a lot of garden space, but there are

some varieties with a bushy growth habit that take up less garden space.

Zucchini flowers are bright yellow and large in size. The flowers are either male or female. The male flowers are born on long stalks and the female flowers will have a miniature zucchini at the base of the flower. Depending on the variety, there can be more male flowers than female flowers. Male flowers tend to appear before the female flowers.

Because of the separate male and female flowers, pollinators are needed to produce viable fruit and seed. Misshaped fruit and fruit drop can be a result of poor pollination.

Zucchini flowers are edible. A popular recipe is to drip the flowers in batter and deep fry.

Zucchini should be picked when it is 6 to 8 inches long. It is best, I think, when it is young and small. This requires daily checking to see what is ready to harvest. Zucchini seems like it

grows overnight. Miss one day picking and you have zucchini the size of a small dog.

While there are diseases and insects that affect zucchini, the main one in my garden was powdery mildew. I battled the disease for a few years before I invested in resistant varieties. Now, I don't have any issues with powdery mildew. As bad as it is to have too much zucchini, it's worse yet to not have any!

Zucchini used to dominate half of my gardening space. Now, I only have three hills of zucchini and despite the warm, dry weather, I am still eating at least one zucchini a day. Next year, I plan to reduce the number of zucchini hills to one or two.

Ultimately, if you have too many or if they get too big, don't be afraid to chop them up and compost them. I have added a few large zucchinis to my own compost system this summer. Well, I better go check my zucchini, happy gardening!

## Big Finish

## OUR OUTDOORS

## BY NICK SIMONSON

DAKOTA EDGE OUTDOORS

Often now it seems that summer extends past Labor Day weekend. Where I used to be sprinting around the front yard at the cabin in blue jeans and a sweatshirt, tracking down a lofted spiraling football in my youth, the warmth of the elongated summer has been more conducive to board shorts and tank tops in the sunshine. The fish too hold on to their summer habits, as bluegills remain around the dock, the forest of lake grass stays green and tall in the depths and species such as walleyes and bass hold on to their summer territories too. While it is inevitable that fall and colder conditions will descend on the region and hunting will take the forefront of my outdoor efforts; the shift - whether perceived from misty autumn memories of childhood or real - allows for a big finish to summer in conjunction with the holiday.

This weekend the continued stay of the season extended into the turn of the calendar like in more recent years, as my brother, my boys and I went out after crappies and bluegills along the still verdant weedlines, floating minnows under bobbers for the fish that still had their summer activity

levels. Later in the morning, we ripped Jigging Raps along the base of those green breaks, boating a number of nice walleyes, which took as aggressively to the lures as they have at any other time in the warm weather of the last two months.

In a flashback to those summer seasons long ago, framed by the fading sunlight of our Saturday evening, my youngest boated a sunfish that eclipsed his smiling face and reminded me of when I was his age and his size and every bluegill seemed that big and memorable. But that particular huge panfish was the biggest any of us had seen on our high-pressured lake in many years and capped off an exciting run from the dock to the deeper stretches for my son which was a blur of bait going on and bobbers going down for what could be the last such flurry of shallow panfish action, depending on when the first real cold front comes.

The walleyes too provided steady action, and no case of seasonal lock jaw due to lake turnover or frontal fussiness had set in just yet ahead of the change in the seasons. Upon tearing the lure away from them, they'd rocket up and smash it, aggressively jarring the rod in my hand making the hookset easier. The silver

blue bait coloration on the jigging lure was a suggestion of the shiner population in the clear, sandy waters below which served as their primary forage, but undoubtedly they opportunistically feasted on the schools of the season's new perch and bluegills along the weedlines which we located ahead of our late summer success.

The final walleye of Sunday evening was a heavy-set 20 incher which eclipsed my personal slot limit and went back into the water. Setting the back hook of the bait into the bottom of its lower lip was like hooking a cinderblock in freefall. Solid headshakes produced some sunset adrenaline surges, and the magnification of the gin-clear water had me thinking it was something bigger before it hit the net. Regardless of its middle-weight status, with the catch and the quick photo-and-release to cap the weekend fishing off before Monday's holiday cabin duties was fitting. We motored in toward the fire on shore and the voices and laughs of family and called it a night, knowing that while the days may be limited in what's left of summer, the warmth of this big finish and the activity to come in the field will likely sustain us until next year...in our outdoors.



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