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CALENDAR

- Sunday, November 6**
McLean County Farmers Union Annual Convention, at 6 p.m. at Totten Trail, Garrison
- Monday, November 7**
Bone Builders, Garrison Senior Center, 10 a.m.
Yoga, First Congregational Church, Garrison, 8 a.m.
- Tuesday, November 8**
 Election Day
- Wednesday, November 9**
Yoga, First Congregational Church, Garrison, 8 a.m.
The Thrift Store, GARC, 10 a.m. to 4 p.m.

- Thursday, November 10**
Bone Builders, Garrison Senior Center, 10 a.m.
The Lord's Pantry, from 2 to 4 p.m. Trinity Lutheran Church, 515 Kundert St., Turtle Lake ND at 10 a.m. to noon. No referrals or pre-registration required. All in need are welcome to receive food at no cost.
Alcoholics Anonymous, Garrison hospital cafeteria (enter through ER), 8 p.m.
- Friday, November 11**
Veterans Day Pancake & Sausage Dinner, from 5:30 p.m. to 7 p.m. at the Turtle Lake Legion Hall, Everyone welcome to come!

- Tuesday, November 15**
The Washburn American Legion Victor B. Wallin Post #12 and Auxiliary will be meeting Tuesday, November 15, 2022, at the Memorial Building. There will be a 5:00 social, 5:30 potluck in recognition of Veterans' Day with meetings at approximately 6:30 pm. New members are always welcome.

- Sunday, November, 13**
Open Door Community Kitchen, Senior Center, Turtle Lake ND at 11:30 am to 1 pm.

- Wednesday, November 16**
Thrift Store at Community Cupboard of Underwood will be open to the public from 1 p.m. to 5 p.m. at 208 Lincoln Avenue. Shop for winter clothing, household items, toys, books and more. Donations for all items and proceeds go to the food pantry. We are accepting winter clothing and boots.

- Saturday, November 16**
Scandinavian Supper, starting at 5:30 p.m. at Camp of the Cross Ministries Fellowship Center, Reservations are required

- Saturday, November 19**
Community Cupboard of Underwood - Food & Turkey Distribution from 10 a.m. to Noon. Food Pantry: McLean County Residents in need are welcome to receive food. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

- Saturday, November 26**
The Lord's Pantry, from 10 to Noon, Trinity Lutheran Church, 515 Kundert St., Turtle Lake ND at 10 a.m. to noon. No referrals or pre-registration required. All in need are welcome to receive food at no cost.

- 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.

Incumbents rule county ballot

Days away from the 2022 general election, it's smooth sailing ahead for a slew of largely-incumbent candidates running unopposed in McLean County.

Results of races within McLean County are set to be overwhelmingly predictable, as local candidates within the Nov. 8 ballot are running unopposed across the board.

Incumbent commissioners Steve Cottingham and Steve Lee don't have any filed opposition standing in the way of reclaiming District 1 and District 3 seats on the McLean County Commission.

Also running unopposed are current McLean County Auditor Beth Knutson, State's Attorney Ladd Erickson, Recorder Heidi Anderson and Sheriff Jerry J.R. Kerzmann.

District Court Judges

WHERE TO VOTE
Garrison City Auditorium, 15 Main Street South, Garrison, ND
Turtle Lake American Legion Auditorium, 23 Second Avenue East, Turtle Lake, ND
Washburn Memorial Hall, 805 Main Avenue, Washburn, ND
White Shield Community Center, 1501 South Main Street, White Shield, ND
Polling locations are open from 7 a.m. to 7 p.m. on Nov. 8.

runs unopposed as a newcomer for a director position.

Soil Conservation District races will bring one newcomer, as Dan Buresh is on the ballot as a first-time supervisor for West McLean. For the South McLean Soil Conservation District, Doris Wall is running unopposed to remain a supervisor.

The final county race is for the official county newspaper, with longtime official newspaper the McLean County Independent of Garrison on the ballot against its sister paper the Leader-News of Washburn.

Polls will be open from 7 a.m. to 7 p.m. on Nov. 8. McLean County voting locations are the Garrison City Auditorium, Turtle Lake American Legion Auditorium, Washburn Memorial Building and the White Shield Community Center.

Douglas Bahr, Cynthia Feland, Pamela Nesvig and Bobbi Weiler are also running unopposed to retain the role in their respective districts.

For the Garrison Diversion Conservancy, Margo Knorr

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Is your evening meal “dinner” or “supper”?

PRAIRIE FARE

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

When I was in grade school, I used to walk the short distance home for dinner around noon. After school, I was really hungry, so I had lunch at 3 p.m. About 6 p.m., we had supper.

When I went away to college, I began referring to “dinner” as “lunch” and “supper” as “dinner.”

My family thought I had turned in to a “city slicker” with my change in the names of our meals.

After all, we had a supper club in the next town, and church suppers drew a large crowd.

“Breakfast” was always named breakfast, though. Sometimes, however, we would have “lunch” between breakfast and dinner. Now, the lunches would be considered “snacks.”

I suggested having “brunch” as a meal between breakfast and lunch. I was really “highfalutin” with that eye-rolling term.

What did you grow up calling the midday and evening meals? The names of meals vary a bit depending on where you grew up and how old you are.

Years ago, most people were doing more physical work than many of us do now. People needed to keep their energy levels high if they were outside doing farm work, for example.

Where did the various meal names originate? Was this a Midwest term or a small-town phenomenon?

Traditionally, dinner was the largest meal served in the middle of the day, and supper was a lighter meal served in the evening. Dinner was a more formal, complete meal.

The historians at Merriam Webster Dictionary provide some context for the names of our meals.

“Dinner” comes from a Middle Eastern word meaning “to dine” while “supper” comes from an Anglo-French word meaning “to sup.” “Sup” sounds like “soup,” and a pot of simmering soup was a welcome lighter meal in the

evening.

The names of our meals evolved with the changes in society. As more people began working a distance from their homes, having a large noon meal with family was not very practical. The evening meal became the heavier meal and was known as “dinner.”

Whatever you call your meals, eating a variety of healthful food regularly is important for all of us. Finding time for meal preparation can be a challenge for some, regardless of the time of day the meal is served. Which of these time-saving tips do you use?

I plan menus and write grocery lists, so I have meal ideas and the food I need.

I sometimes prepare portions of a meal in advance.

I sometimes use leftovers as the basis for another meal.

Other people in my household help with meal preparation and cleanup.

I focus preparation efforts on one portion of the meal. For example, if the main course is time-consuming, I fix a simple vegetable or salad.

I assemble equipment, cooking utensils and ingredients before I begin meal preparation.

I use time-saving equipment, such as slow cookers and microwave ovens.

I use the one-pot method. For example, I add vegetables to pasta that is cooking.

For more information, visit www.ag.ndsu.edu/food and click on “Meal Preparation.” Check out our free monthly e-newsletters too.

Looking for tasty recipes? I plan to give away at least 25 copies of our 2023 calendar based on random drawings by Nov. 25. This colorful calendar

includes recipes, tips and information to explore.

To enter the drawing, visit bit.ly/PrairieFare-drawing and answer the questions. If the link does not work for you, please email me at julie.garden-robinson@ndsu.edu with “Calendar Drawing” as the subject. Please provide a topic of interest and your complete mailing address for a chance to win a free 2023 calendar.

Here’s a quick recipe that can become the basis for a second meal when served with baked potatoes topped with cheese.

30-minute Chili

½ cup chopped onion
½ pound lean ground beef
2 teaspoons chili powder
pepper (to taste)
1 can (16 ounces or 2 cups) tomatoes, plain or stewed
1 can (8 ounces or 1 cup) tomato sauce
1 can (15 ounces or 2 cups) kidney beans, undrained
Optional add-ins (potato chunks, corn, peppers)

Chop the onion. Brown the ground beef and onion in a pot. Skim the fat. Stir in the rest of the ingredients. Heat for 10 to 15 minutes and serve. Leftovers can be used to top baked potatoes.

Makes four servings. Each serving has 230 calories, 3.5 grams (g) fat, 20 g protein, 30 g carbohydrate, 8 g fiber and 540 milligrams sodium.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences. Follow her on Twitter @jgardenrobinson)



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AT

McLean County Courthouse

712 5th Ave

Washburn, ND 58577

October 29, 2022 8:00 a.m. – Noon

November 5, 2022 8:00 a.m. – Noon

If you have any questions please contact the
McLean County Auditor’s Office
at (701) 462-8541.

NOTICE FOR BIDS

Notice is hereby given that the Board of County Commissioners of McLean County will receive sealed bids for the lease/purchase of one 3 yard loader at the office of the County Auditor until 9:00 AM, Tuesday, November 15, 2022. The proposal must be mailed or otherwise deposited with the County Auditor and it shall be sealed and endorsed “Proposal for furnishing one 3 yard loader”.

Each bid shall be accompanied by a Bidder’s Bond in the amount of five percent (5%) of the net sum bid. Bids must be submitted on the forms furnished by McLean County and in accordance with the specifications and conditions contained. Copies of the proposal forms may be obtained from the County Auditor’s office in Washburn, ND.

The Board reserves the right to reject any and all bids, to waive informalities or technicalities and to accept the bid or bids which appear in the best interest of McLean County.

By order of the Board of County Commissioners of McLean County, North Dakota this 6th day of October, 2022.

Beth A. Knutson, County Auditor
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Credit to plant roots

DAKOTA GARDENER

BY CARRIE KNUTSON,
Horticulture agent, NDSU Extension – Grand Forks County

After a productive year, my garden is finally at rest. When I clean out my garden, I usually cut my plants off at the soil surface instead of pulling them out of the soil. However, when I dug my carrots I did take a moment to admire the roots.

This got me thinking that we need to give more recognition to plant roots. Most often roots are the forgotten part of the garden. We are usually concerned with leaves, stems and fruits. Roots are taken for granted unless there is root rot, wilt or other root-related disease.

Plant roots are fascinating. They are responsible for anchoring the plant in the ground and collecting water and nutrients for plant processes. They can store and transport nutrients. Think carrots, beets and other biennial plants.

Roots also produce hormones that stimulate plant growth and development. Plant roots are not selfish. They help the environment by preventing soil erosion.

The two types of root systems are fibrous and taproot. Taproot systems have one root that is more dominate than the other roots. An example is a dandelion. In fibrous root systems, no root is more dominate than the others, and roots are all about the same size. Turfgrass is a good example of a fibrous root system.

Feeder roots are the roots that do the work when it comes to water and mineral uptake. A root's system size depends on soil moisture, temperature and type as well as plant characteristics.

Young roots and root hairs absorb the majority of water and nutrients. Root hairs are extensions of the outermost cells on roots. They provide a massive surface area for absorption. Root hairs are short lived and new ones are replaced as the roots grow.

The area around the root and extending a bit into the soil is called the rhizosphere. It is an area of action around the root. Roots produce a substance, think plant slime, that helps them move through the soil and maintain better contact with soil particles. This helps with nutrient absorption.

The rhizosphere also supports beneficial microbes for a healthy plant and soil environment. An example of a healthy microbe that thrives in the rhizosphere are mycorrhizae fungi.

Mycorrhizae fungi form a beneficial association with plant roots. The network of mycorrhizae fungi extends beyond the range of the plant roots. This network extension helps the plant get water and nutrients from a much larger area.

Give your plant roots the credit they deserve. Encourage root growth in your garden by preserving soil structure through reduced tillage, and add compost to feed plants and beneficial soil microbes.

Happy gardening!

Booster now available for children, but not many people taking it

BY JAMES C. FALCON
james@nordaknorth.com

McLEAN COUNTY – Two weeks after the Centers for Disease Control and Prevention signed a memo expanding the use of updated COVID-19 vaccine boosters to children between the ages of five and 11, no one in McLean County has taken advantage of this yet.

Lacey McNichols, RN, a public health nurse with First District Health Unit in Minot, explained that “as soon as the CDC signed off on it, we started offering it.”

On Oct. 12, Rochelle P. Walensky, MD, MPH, director of the CDC, signed the memo, which followed the Food and Drug Administration’s (FDA) authorization of updated vaccines from Pfizer-BioNTech for children ages five to 11 and Moderna for children and adolescents ages six through 17.

Two days later, on Oct. 14, First District Health Unit started to offer the Pfizer-BioNTech booster. They started with 20 vials, spread out within the health unit’s seven county reach, including McLean County.

“I still have 13 or 14,”

McNichols said. “That tells you, I haven’t given out very many.”

In all, the health unit has given out 14 doses of the booster, she said. “And that’s in the whole seven counties.”

And of those, none were given out to children in McLean County. That is not to say that boosters were not given out elsewhere by another party, such as a doctor or possibly First District Health Unit from their headquarters in Minot, McNichols added.

The reception First District Health Unit has received in regard to the booster varies. While McNichols said that FDHU doesn’t usually see pushback as “we only see the people that want it,” she noted that they have not given as many boosters “for the amount of people that are eligible.”

In North Dakota, 24 percent of the population – or 185,987 – are under the age of 18, according to statistics from the United States Census Bureau. More specifically, for McLean County, 22.6 percent of the population – 2,213 children – are under the age of 18.

When it comes to the original vaccination, 49.3 percent of children aged five to 11 in McLean County received the vaccination, McNichols said,

citing information from the North Dakota Department of Health. The NDDOH data does not include how many children received the COVID-19 booster.

“Parents aren’t either aware their child is eligible for this vaccine or it’s not as urgent for them to come out and get it,” McNichols said.

However, what is important to remember about this vaccine is that it offers protection against the omicron variant of COVID-19, which has caused “the majority” of COVID cases in North Dakota, she explained.

“That’s why it’s important for people to get it,” McNichols said. “Even if the child has the original booster, it doesn’t have the Omicron variant in it.”

Boosters are available at no cost. Appointments can be made by calling the local First District Health Unit office. McNichols noted that “scheduling is important” because vaccines are in multi-dose vials; “once it is open, we only have so many hours to use it.”

“With respiratory season, flu and cold season, we encourage everybody to get vaccinated for one more illness,” she added.

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North Dakota's unemployment rate 1.7 percent

BISMARCK – Job Service North Dakota reported that labor statistics released Oct. 21 show North Dakota's September not seasonally adjusted unemployment rate was 1.7 percent. The unemployment rate decreased 0.5 of a percentage point between August and September. September 2021's rate was 0.9 percentage points higher than the current rate.

Between August 2022 and September 2022 unemployment fell by 2,322, a decrease of 25.4 percent. North Dakota typically sees a decrease in unemployment numbers between August and September. The over-the-year decrease (September 2021 to September 2022) in unemployed labor force was 3,850, a loss of 36.1 percent.

The national not seasonally adjusted unemployment rate for September was 3.3 percent. It was 3.8 percent the prior month and 4.6 percent the prior year.

The nation's seasonally adjusted unemployment rate was 3.5 percent for the month, 3.7 the prior month, and 1.2 percentage points lower than the same period one year ago. The seasonally adjusted rate for North Dakota was 2.2 percent, 0.1 of a percentage point lower than the prior month, and 1.0 percentage points lower than the same period one year ago. The seasonal adjustment process uses a statistical adjustment to accommodate predictable fluctuations between months such as length of daylight and typical weather, allowing

for comparison between all months of a year.

In September, North Dakota ranked 4th among all states' unemployment rates, at 2.2 percent. Nebraska and New Hampshire tied with North Dakota. Minnesota came in 1st place, with an unemployment rate of 2.0 percent.

North Dakota's Nonfarm Employment

Preliminary estimates indicate North Dakota's September 2022 not seasonally adjusted employment increased 3.1 percent (+13,300) from the same period one year ago and increased 1.3 percent (+5,500) over the month.

Nine of the 13 major industries reported year-over-year employment increases, led by Construction posting a gain of 4,300 jobs (+15.2 percent). Mining and Logging posted the second largest employment increase, with a gain of 2,100 jobs (+14.8 percent). Retail Trade (+1,600), Professional and Business Services (+1,600), and Transportation, Warehousing and Utilities (+1,600) tied for the third largest employment increases.

Financial Activities (-300) and Educational and Health Services (-300) posted the largest numerical over-the-year drop in employment. Information posted the largest employment percentage decrease at 1.8 percent (-100). Wholesale Trade (-100) was the only other industry to post an over-the-year drop in employment.

Metro Areas

All three of North Dakota's metro areas reported increases in annual employment. Fargo posted the largest change in employment, with a gain of 1,700 jobs. Bismarck and Grand Forks trailed with employment gains of 900 and 100, respectively.

Grand Forks: Educational and Health Services (+200), Leisure and Hospitality (+200),

and Mining, Logging and Construction (+200) posted the largest employment gains. Employment reductions occurred in Government (-400), Retail Trade (-200), and Financial Activities (-100).

Bismarck: Prominent employment gains were reported in Educational and Health Services (+400) and Leisure and Hospitality (+300). Government (-300) and Financial Activities (-100) were the only industries to report

losses in employment.

Fargo: The most substantial employment gains took place in Professional and Business Services (+800), Educational and Health Services (+600), and Transportation, Warehousing and Utilities (+500). Employment losses occurred in Financial Activities (-800), Information (-100), Leisure and Hospitality (-100), and Mining, Logging and Construction (-100).

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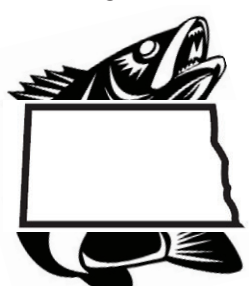
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Ballots and Bribery DAKOTA DATEBOOK

BY MERRY HELM

When Emmons County commissioner Henry Van Beck showed up at Inspector John Miller's house, he was hoping to get the best of some political opponents before the county elections held today in 1892. Little did he know, Miller and the Russian-German settlement would get the best of him.

Van Beck, along with republican candidates J.A. Cotton and Charles Lock, and democratic candidate S.E. Brindle went to Miller with a proposition. If Miller arranged for 75 votes from the Selz precinct for candidate H.A. Armstrong, Van Beck would give \$50 to the Catholic church near Selz. Cotton proposed the same deal if 75 votes were secured for both Lock and Brindle. The terms as reported by the Emmons County Reporter were as follows: "One hundred and fifty dollars were to be 'given' to the church--\$50 for Armstrong, \$50 for Brindle and \$50 for Lock. If all three received 75 Russian votes and were elected, the church was to keep the whole amount. If Armstrong was defeated, \$50 was to be returned. If Brindle was defeated, \$50 was to be paid back; and, if all three were defeated, the entire amount 'contributed' to the church was to be returned."

The money was to be paid upfront and Van Beck was

preparing to write the check, when Miller stopped him, stating a check was "nicht goot." Van Beck was forced to give \$150 in bills to Miller. A receipt was written in both English and German, and Miller turned the money over to the church. The money was deposited in an envelope with a written account of the proceedings.

Miller then discussed the deal with the Russian settlement, but the settlers were leery of the deal and decided they would not be bribed so easily. They decided money with strings attached would not be returned, even if

Van Beck and Cotton asked for it, and they did not want to use bribery money for the church. They had other uses in mind.

When the Reporter recounted the events of what they called "one of the rankest and most barefaced attempts at wholesale bribery that it has ever been the duty of a newspaper to chronicle," Van Beck's choices were far behind. Both Lock and Armstrong had only secured 3 votes from Selz township, while their opponent each had 68 votes. Brindle fared little better with 25 of the Selz votes, while his opponent led with 47 votes.

Van Beck and Cotton were

obviously not getting their money's worth in the election, especially since few Russian voters could make it to the polls in the first place. With their conspiracy revealed by the Reporter, it would be difficult to get the money back legally. According to the Reporter, "The law is plain and the penalties severe where money is paid for any purpose in exchange for votes." But, if the penalties were not severe enough, Van Beck and Cotton would have to watch as their bribe money was used for something other than the church; the Russian settlers had decided before the election

that the bribe money was to be used for a grand New Year's celebration. It was not reported if Van Beck and Cotton, who inadvertently financed the celebration, would be invited.

Dakota Datebook written by Tessa Sandstrom

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

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AUCTION:

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Land Location: 351 74th Ave NW Golden Valley, ND 58541
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LEGAL DESCRIPTION:
E2 OF SEC.15-146-90
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Pastureland/Farmstead
& Other Acres: 153.15
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Seller: Marvin Mueller Family
Randy Becker - PR: (701) 870-2462

Auctioneers Note:
The Mueller Property offers good access off of Hwy 1806, 3 miles from Lake Sakakawea, scenic view, great hunting, well developed tree grove, a farmstead with power, (4) developed wells (1 currently being used), a 30 x 40 Quonset, older farmhouse & other misc. outbuildings - Ideal for anyone looking for county living.



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DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

Outdoor Notes:

•Reminder that most roads and trails closed to hunting if posted on both sides.

•Check all PLOTS signage before driving on with vehicles when waterfowl hunting to ensure landowner allows vehicles.

•Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.

•Waterfowl hunters reminded to follow ANS regulations when hunting from boats.

•Nov. 4: Deer gun season opens.

•Nov. 7: Fall crow season closes.

Fishing:

Lake Sakakawea elevation, Oct. 31: 1,833.36 feet above mean sea level; 13,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 6.6 feet.

Missouri River gauge height, Washburn: River stage, 8.2 feet.

•N.D. Game & Fish Dept.

game wardens: No Missouri River System reports.

•Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: East end of Lake Sakakawea continues producing walleye around Deepwater Bay. Missouri River tailrace improving in the chutes for walleye.

•Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Continued walleye success on the east end of Lake Sakakawea around Douglas Bay working shallow water 10 to 15 feet using jigs and minnows.

•Lake Sakakawea, New Town: Continued good walleye success throughout the Van Hook Arm and river area around New Town with fish moving shallower in about 20 feet.

•Missouri River, Dakota Tackle, Bismarck: Fair to good walleye activity around the midsection of Lake Sakakawea around New Town. Some shore-fishing around Bismarck-Mandan on the Missouri River for walleye and catfish.

*Missouri River, Enerbase of Washburn: Little activity on the Missouri River or area lakes.

•Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River tailrace elevation remains low with little activity. Walleye remain farther west around Beaver and Beulah bays more so than the east end on Lake Sakakawea.

•McLean Co. area lakes, Cenex of Wilton: Continued

activity on area lakes.

Hunting:

•Deer: Look for fair success although numbers will be likely down along the Missouri River System.

•Upland: Continued pheasant success with harvest closer to completion.

•Waterfowl: Increasing numbers of northern birds moving into areas east of the Missouri River System and farther south along the Missouri River, including whitefronts and lesser Canada geese. Most ducks around central N.D. are still puddle ducks and not much northern movement yet. Not much for northern movement yet in the Devils Lake area, although some snow geese moving in. Mostly local birds around the Towner-Rugby area yet although northern birds moving in along the northern tier around Bottineau. Increasing lesser Canada geese and snow geese in northwest N.D. with some whitefronts still lingering in the area with strong swan numbers 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).



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“The vital role that women play in men’s health” PRAIRIE DOC® PERSPECTIVES

BY ANDREW ELLSWORTH, MD

A hug when I come home after a long day. A smile that melts my heart. A song and a dance that are spontaneous and carefree. Those are some of the blessings that come to mind when I think about my daughter.

Daughters can be a blessing in so many ways, as can sons of course. However, when it comes to taking care of families, women often play a vital role. Whether it is a young mom with her baby, a concerned wife encouraging her husband to go to the doctor, or a loving daughter preparing her elderly father another meal, women are important for men’s health.

Certainly, men are important for the health and well being of children, spouses, and parents as well. However, women naturally tend to be

caregivers and stewards of a family’s health. Studies have shown that having a daughter increases their father’s life expectancy, while sons do not statistically contribute to paternal longevity. (Interestingly, having sons or daughters both decrease the life expectancy of their mothers, presumably due to the stress on the body.)

Thus, if one wants to promote men’s health and awareness, one must reach the women!

This November, you may see a few more mustaches than usual, for the annual “No-shave November” sometimes called “Movember” for the “M” from “mustache”, and intended to raise awareness of men’s health issues such as prostate cancer, testicular cancer, and suicide.

Oftentimes the key to detecting and treating cancer is

to catch it early. A preventative physical exam with a primary care provider can allow time to identify a person’s health risk factors and decide on a strategy for screening and detecting disease. This wellness visit should also promote healthy efforts at diet and exercise that may prevent some diseases altogether.

And who is it that often encourages men to get their preventative physical and see the doctor? It’s the mothers, wives, and daughters!

For this “Movember,” I want to give a “thank you” to the women and anyone taking care of the men in their life. Thank you for encouraging them to get their health checked out and seeking help for mental illness. Thank you for being caregivers. Thank you for being a blessing and saving lives.

Residents voice concerns over road maintenance

BY: CAMMIE WRIGHT
Cammie@nordaknorth.com

The McLean County Commission voted Tuesday to hold a public meeting regarding maintenance of a two-mile stretch 4th Street Southwest that several residents expressed concern over.

The county road runs from mile marker 16 on highway 41 to Ehler’s gravel pit, approximately eight-and-a-half miles south of Mercer near the canal bridge.

The road is used by Strata Corporation to haul gravel. Those who live and farm in the area say the amount of heavy truck traffic from Strata’s operations make the road unsafe and cause a large amount of dust in the area.

“I won’t even stack hay there because I would be feeding my cows dust,” Lamoyne Vossler said. “These trucks are coming out I don’t have a problem with that, but it is going to take maintenance. I want a road that is usable, which hasn’t been the case for the past few years.”

The commissioners agreed that the issue needed to be addressed.

“The reality is that the county is going to have to be

on it more than we have,” Commissioner Steve Lee said. “We need to be checking it regularly. They (Strata) don’t do anything for weeks unless we are out there hounding them on it. You shouldn’t have to drive on that.”

Arnold Wall, who attended the county commission meeting, says Strata should step up to take care of maintaining the road as well.

“The frequency of maintenance of that road needs to be increased, especially during construction. Or Strata needs to step up because they use the road the most.”

According to a contract

between the county and Strata, the company “will provide all maintenance gravel and dust control to and from the Ehler’s pit and provide a motor grader during times of above average hauling.”

“In the last 30 days the traffic on that road is unbelievable,” Wall said. “This morning I passed 12 belly dumps and side dumps on the road.”

The public hearing, set for 9 a.m. December 6 at the McLean County Courthouse, will allow Strata representatives to hear concerns and give the commission the opportunity to set specific rules the company must follow, per the contract.

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STATEWIDES

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36-TFNNCI 58540

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15-TFNPI 58540

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52-TFNPI 58540

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21-TFNNCG 58540

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43-TFN-E-X 58577

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1-3-LN-CM-IN-XT 58577

HELP WANTED

SEASONAL HELP WANTED for 2023: The Turtle Lake Cemetery Bd has an opening for a seasonal groundskeeper at the local cemetery. Spring-Fall. Equipment provided. Responsible for mowing, trimming and maintaining an overall neat appearance of the property. Wage based on experience. For further info, contact Tim Larson. 701-737-9903.

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.

13-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 wayne.fox@k12.nd.us or more information call White Shield School @ 701-743-4350. Visit our Employment link @ https://www.whiteshield.k12.nd.us/page/employment

9-TFNCHGGCMWX 58540

MISC FOR SALE

FOR SALE: 6'x10.5' chain link doge kennel with gate - \$50. 701-463-7428

28-2TTPD 58540

FOR SALE: ELECTRIC wheelchair, under two years old. Quantum 6 Edge 3, Cadillac of chairs, \$1800 OBO. Scooter Store Chair \$900 OBO. Call/text 701-527-0303 will send pictures.

24-5TPDXTDS 59540

55 gallon barrels for sale. Metal and plastic. Some ink residue. \$8 each. McLean County Independent, Garrison. 463-2201.

13-TFNGR 58540

REAL ESTATE FOR RENT

1 Bedroom & Studio Apartments for rent. Call Larry 701-463-2320, 701-421-5002

1-TFNCHGX 58540

Apartment for Rent: One bedroom apartment furnished or unfurnished. All utilities paid. One block off of Washburn Main Street. \$500-\$600, call Ted Walker 480-262-3684.

47-TFNCHWCMBHCG 58540

WANTED

WANTED: Chrysler Town & Country Minivan with 65,000 miles or less. Please call 701-460-6713 or 701-861-6466.

27-5TPDGRXT 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.

1-E-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

HELP WANTED

HELP WANTED

CHI St. Alexis Health Garrison has the following positions available:

CNA
\$7,500.00
Employment Incentive

For more information call
701-463-6503
Apply online at
www.commonspirit.careers

CHI St. Alexis Health
Garrison Hospital
The institution is an equal opportunity provider and employer

HELP WANTED

PT Bookkeeper
available at
Garrison Golf Club

Familiar with Quickbooks,
1 monthly meeting, small
business accounting a plus.
General accounting duties.
For information contact
Lori at 460-7163.

GARRISON
GOLF CLUB
337-5420

**To place a
classified ad
call
462.8126**

HELP WANTED

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

CHI St. Alexis Health
Garrison Hospital
The institution is an equal opportunity provider and employer

HELP WANTED

CHI St. Alexis Health Garrison has the following positions available:

LPN-Nursing Facility
\$10,000.00
Employment Incentive

For more information call
701-463-6503
Apply online at
www.commonspirit.careers

CHI St. Alexis Health
Garrison Hospital
The institution is an equal opportunity provider and employer

HELP WANTED

Totten Trail
BAR & GRILL

is looking for

**Servers &
Kitchen Staff**

Apply in person or call
701-337-2070

Lake Audubon • Hwy 83
337-2070

Benedictine

LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!

- **CNA**
- Full-Time Days
- **Housekeeper**
- **Culinary Aide**

SIGN-ON BONUS

Apply at

www.blcgarrison.com

Call Jill Borth at (701)463-2226
"EQUAL OPPORTUNITY EMPLOYER"

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.

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
Call Julie Snyder at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

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 or contact Deb Foss for questions 701-463-2226.



Scan to be connected to job link

"EQUAL OPPORTUNITY EMPLOYER"

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.

This institution is an equal opportunity provider and employer.

HELP WANTED

Garrison Public Schools is accepting applications for **Full-Time Custodian**

We are seeking applications for a full-time custodian. Starting pay is \$15/hour plus full benefits and leave time. Duties in both buildings. Training will be provided and must be able to lift 50 pounds. To apply, please submit an application on our website to Dr. Klemisch at Nick.Klemisch@k12.nd.us or fill out an application at the high school.

HELP WANTED

CHI St. Alexius Health Garrison has the following positions available:

COOK
\$3,000.00
Employment Incentive for Full-time
\$1,500.00
Employment Incentive for Part-time

Dietary Aide
\$1,000.00
Employment Incentive for Full-time

For more information call 701-463-6503
Apply online at www.commonspirit.careers

CHI St. Alexius Health
Garrison Hospital
The 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.

From Us To You



Every Week

CHI St. Alexius 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.

This institution is an equal opportunity provider and employer.

Benedictine
LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!

- **CNA**
Full-Time Days
- **Housekeeper**
SIGN-ON BONUS

Apply at www.blcgarrison.com

Call Jill Borth at (701)463-2226
"EQUAL OPPORTUNITY EMPLOYER"

PART TIME/CASUAL

Neighbor Assistant at The Meadows!

Come Join Our Team!
We offer:

- Flex scheduling
- 10-15 hrs/week
- Fun, Family Home Environment
- Starting at \$15/hr.

Contact Jenni B. at (701) 463-6237 for more information.

Benedictine
THE MEADOWS
EEO/AA.VET FRIENDLY

HELP WANTED

Golf Course Manager

\$20/hr regular hours, DOE overtime paid at time and a half. Wage increases looked at quarterly. Free single golf membership to GGC.

Discounted food, beverages & Pro Shop items. Paid vacation. Email application/resume to: garrisongolfcourse@hotmail.com or stop by GGC.

GARRISON GOLF CLUB
337-5420

HELP WANTED

CHI St. Alexius 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

CHI St. Alexius Health
Garrison Hospital
The institution is an equal opportunity provider and employer

CHI St. Alexius Health
-Turtle Lake -

Hiring the following positions:


RAD TECH
\$15,000 Sign on bonus.

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

This institution is an equal opportunity provider and employer.

DONUT BE NUTS.

PLACE A SWEET AD IN THE PAPER TODAY!



AD COORDINATOR, & ASSISTANT

ND Newspaper Association has TWO positions available:

- **Ad Coordinator:** FT. Detail-orientated, organized multi-tasker with great customer service skills to act as liaison between ND newspapers/advertisers, including state agencies, advertising agencies and private businesses. Generous benefit package including 13 paid holidays & paid single medical/dental/vision/life insurance.
- **Office Assistant:** PT. Assistant needed as backup mainly for Advertising Coordinator, 20 hours per week, helping other dept's as needed.

Send resume & cover letter including at least two work references to: director@ndna.com

NDNA
NORTH DAKOTA NEWSPAPER ASSOCIATION

NEED HELP WITH YOUR RETIREMENT PLAN?

If you have questions about your pension, 401(k) or profit sharing plan, call the Trellis Pension and Retirement Rights Project at (866) 783-5021 to get free legal advice. Funded by the U.S. Administration on Aging, Trellis staff provides free legal assistance to anyone with a question about their retirement plan.

CALL US TODAY 1.866.783.5021

GSSC SECURITY OFFICERS

GENERAL SECURITY SERVICES CORPORATION™

Washburn & Center, ND

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

Washburn Editor Leader-News

NorDak Publications seeks a full-time Editor in Washburn, ND.

The ideal candidate will have strong communication skills and excel in writing news, feature, and sports stories, along with editing and proofing copy and planning coverage for the week. The right candidate will also be willing to become part of the local community. Most of all, the ideal candidate will have a passion for telling stories that engage and educate readers. This position offers an opportunity to become part of a growing newspaper group throughout North & South Dakota.

To apply, email your cover letter, resume, clips and three professional references to kelsey@nordaknorth.com

Help Wanted

Requirements

- Ability to work well with others
- Experience with Adobe InDesign & Photoshop
- Ability to keep up with a fast paced work environment
- Ability to meet deadlines
- Passion for creativity & design
- Experience with website design

is a bonus, but we are willing to train the right candidate!

Apply Today!

- Pay based on experience
- Benefits include: Medical, life, dental, vision and 401K
- Flexible schedule & ability to work remotely after initial training period.

Join our staff as a *Graphic Designer* at any of our locations across SD & ND!

Full Time | Monday-Friday

Ability to work from any of the following newspaper offices: Mobridge, Eagle Butte, Gettysburg or Pollock in South Dakota | Lisbon, Casselton, Linton, Garrison, Washburn, Beulah or Hazen in North Dakota.



Send inquiries or resume to kelsey@mobridgepublishing.com

Customer Appreciation Day!

Tuesday, Nov. 8 • 11 a.m. to 2 p.m.

Serving Lunch

Wagon Wheel Lumber and Dakota Custom Homes are a full service employee owned company that has been serving the Washburn area for over 40 years.

Stop in for all your residential, commercial, and agriculture building needs!



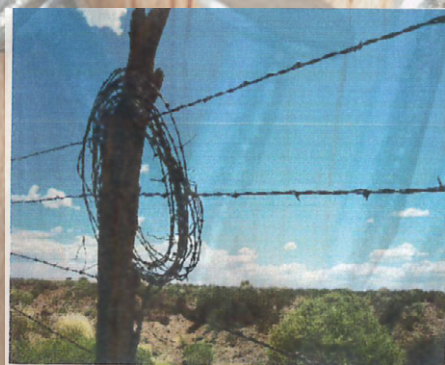
Just a few of the services we provide:

- Drafting
- Estimating
- Delivery Services
- Deck Design
- Cabinet/Countertop/Design



Let Wagon Wheel design the deck you have been dreaming of!

We have a variety of Trex colors to choose from!



Consider Wagon Wheel Lumber for all your farm and ranch essentials!

November 4-13

PRE-HOLIDAY REBATES
COLORFUL SAVINGS

Get up to \$60 back on your favorite Valspar® brand paint.

\$12 REBATE Valspar Pristine/ Pristine Plus per gallon container (interior only)	\$7 REBATE Valspar Expressions® per gallon container
\$10 REBATE Valspar Medallion® per gallon container/ \$50 per 5-gallon container	\$5 REBATE True Basics® by Valspar per gallon container/ \$25 per 5-gallon container

URL for rebate activation available in-store.

DIAMOND KOTE®
Preferred siding supplier for

Closed for Inventory Fri & Sat. Nov. 11th & 12th • Closed on Thursday, Nov 24th and Sat. Nov. 26th



Wagon Wheel Lumber

And Hardware Inc.

www.wagonwheellumber.com

For All Your Building Needs
Hwy 83 • Washburn, ND • 462-8355

An Employee Owned Company