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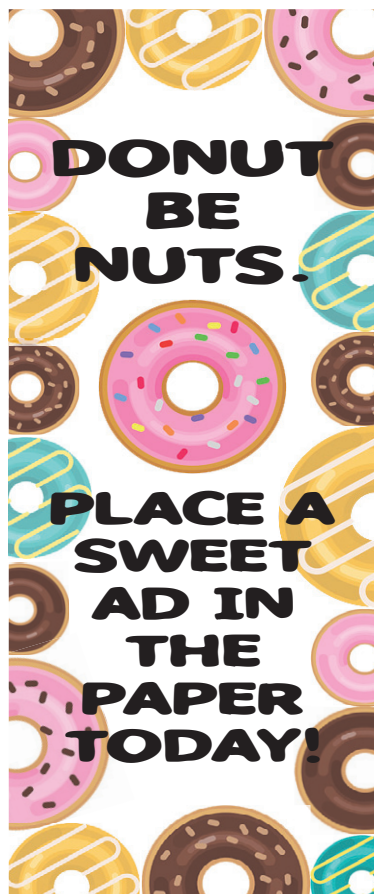
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Deliver By Monday

Vol. 38, No. 33
Monday, Dec. 12, 2022

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Tuesday, December 20th, 2022 @ 1:00 PM CT

Driving Directions: From Beulah, ND - 5.5 miles on County Rd 20 on the East Side of Beulah,
proxibid 2 miles South on 55th Ave SW and 1 mile West on 13th St. SW. **proxibid**

Live onsite Auction with Available On-Line Bidding powered by Proxibid

**LOT 1- (2014) FEATHERLITE 7.6' X 26'
GOOSENECK STOCK TRAILER**, Model
8127-7626-STD, Tri-Ax, Slide rear door, 2
Gates, very good cond.

**LOT 2- (2014) JD 6170R MFWD
TRACTOR**, C.A.H., 3 pt., 3 hyd., 3058 Hrs.,
Front & Rear Wts., Rear Rubber 480-80-46 @
75%, Front Rubber 420-90-30 @ 60%, Du-
als like new, New Turbo just installed, SN#
013599 w/ JD H-380 Loader/8' Bucket &
Grapple. (Note: 3 pt. Gooseneck Hitch Not
Included)

LOT 3- (2007) JD 4320 MFWD TRACTOR,
C.A.H., 930 Hrs., 3 pt., JD Quick Hitch, Rear
Rubber 13-6-28 @ 75%, New Front Rubber,
SN# 420107, w/ JD 400X Loader/6' Bucket



LOT 4- (2015) JD 569 BALER, Net Wrap/
Twine, Bale Kicker w/ Monitor, est. 8000
Bales

**LOT 5- (2008) VERMEER 2300 TWIN
RAKE**, SN# 1VR3201B081001629

LOT 6- (1997) JD 750 15' NO-TILL DRILL,
needs updates, SN# 025682

LOT 7- H+S 8' HAY TEDDER

Auctioneer's Note:
The Equipment has been stored inside
and well maintained.
Sellers: Kelly and Jennifer Neuberger

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Garrison Community Chest Fund Drive

Thanks to the generosity of the Garrison area residents and merchants, the Community Chest
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drive while keeping the number of charitable drives in the community at a minimum.
We would appreciate your consideration for a generous contribution in order to meet these needs.



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2022**

Below is a list of the charities supported this year.
Please indicate which charities your contribution
is to support and drop off or mail to:

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P.O. Box 339
Garrison, ND 58540

Make your check payable to
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and return by December 31, 2022.

We thank you for your past support and request
your generous support with the 2022 Fund Drive.

Name _____ Total Donation _____

Please complete and return with check made payable to: **Garrison Community Chest**

____ Garrison Ambulance
____ Gifts From the Heart
____ Heritage Park
____ Garrison Senior Citizens
____ Meals on Wheels
____ Cub Scouts (local)
____ McLean Co.Resource Center
____ Girl Scouts (local)

____ Benedictine Living Center Activity Fund
____ Garrison Hospital Activity Fund
____ Camp of the Cross
____ Garrison Food Pantry (GARC)
____ Dolly Parton Imagination Library
____ Garrison School Hot Lunch Program
____ Little Lunches Back Pack
____ Max Food Pantry

____ Garrison Fire Department
____ SACA
____ Garrison Community Foundation
(St. Joseph Fund)
____ Wilderness Park
____ General Distribution

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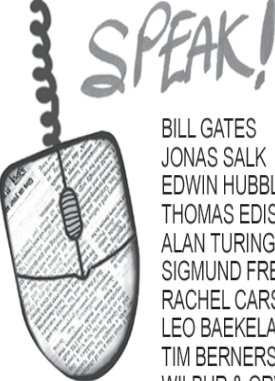


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DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

Outdoor notes:

- Ice is never completely safe. Avoid areas with vegetation, moving water, pressure ridges, and springs. Check conditions as you go along on the ice and don't move around at night.
- Reminder that most roads and trails closed to hunting if posted on both sides.
- Hunters reminded to put identification on tree stands and blinds when set up on N.D. Game & Fish Dept. WMAs.
- Dec. 10: High Plains Unit duck, coot, and merganser seasons open.
- Dec. 11: Muzzleloader deer season closes.
- Dec. 17: Canada Goose Eastern Zone season closes.

Fishing:

- Devils Lake elevation, Nov. 29: 1,449.24 feet above mean sea level (MSL).
- Stump Lake elevation: 1,449.2 MSL.
- Lake Sakakawea elevation: 1,832.24 MSL; 15,100 cubic feet per second average (CFS)

Garrison Dam daily releases.

- N.D. Game & Fish Dept. Dist. game wardens: No reports from east-central area lakes, Devils Lake, or Lake Sakakawea. Occasional walleye at best from Lake Audubon back bays, including Nelson and 3-Mile bays, and Velva Point. Walking access only yet.
- Devils Lake, Ed's Bait Shop, Devils Lake: Some walk-on activity on Lake Washington and north end of 6-Mile Bay. Ice depths vary so test depths and use caution.
- Devils Lake, Woodland Resort, Devils Lake: Little activity on Devils Lake yet as most anglers wait for better ice. Main lake iced over but no activity.
- Foster County area lakes, Dry Dock, Carrington: No activity yet but look for some walk-on activity with better ice conditions.
- Jamestown Reservoir, Sooper Stop, Jamestown: Some walk-on activity on area lakes but limited early season reports yet.
- Lake Ashtabula, Bayshore, Valley City: No reports.
- Lake Sakakawea, Cenex Bait & Tackle, Garrison: Some walk-on activity on the east and north sides of Lake Audubon but use caution with variable ice, including along shorelines. No activity on Lake Sakakawea.
- Lakes Audubon &

Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Lake Audubon iced over but no activity yet. Back bays of the east end of Lake Sakakawea have some ice but not walkable yet. Main bays and lake itself have open water.

- Lake Sakakawea/Lake Audubon/Missouri River, Scott's Bait and Tackle, Pick City: Little to no activity on the Missouri River and back bays of Lake Sakakawea.

Hunting:

- Deer: A little late season rut activity lingering for late season muzzleloader and archery hunters.
- Pheasants: Birds remain in heavy cover and becoming flighty.
- Waterfowl: Good numbers of Canada geese remain along the open water along the east end of Lake Sakakawea. More birds moving onto the open water of the Missouri River, as well.

Numbers to know:

- N.D. Game and Fish Department, main Bismarck office: (701) 328-6300, website: (<http://gf.nd.gov>).
- N.D. Game and Fish Department, Devils Lake office: (701) 662-3617.
- N.D. Game & Fish Department, Jamestown office: (701) 253-6480.
- Report All Poachers: (701) 328-9921.

CALENDAR

Saturday, December 10
DICKENS VILLAGE FESTIVAL, Garrison
THE THRIFT STORE, GARC, 10 a.m. to 7 p.m. Special hours during the Dickens Village Festival.
MILK AND COOKIES WITH SANTA, SACA Lodge, Garrison 1-3 p.m.

Sunday, December 11
OPEN DOOR COMMUNITY KITCHEN, Senior citizens at Turtle Lake from 11:30 to 1 p.m.
CHRISTMAS CONCERT, Faith Evangelical Church in Underwood, 4 p.m. soup dinner, 5 p.m. concert

Monday, December 12
YOGA, First Congregational Church, Garrison, 8 a.m.
BONE BUILDERS, Garrison Senior Center, 10 a.m.
THE WASHBURN CITY COMMISSION will hold its regular scheduled meeting on Monday; December 12, 2022, at the City Hall at 6:30 pm. The public is invited to attend.

Tuesday, December 13
THE WASHBURN AMERICAN LEGION VICTOR B. WALLIN POST #12 AND AUXILIARY WILL BE MEETING Tuesday, December 13, 2022, at the Memorial Building. There will be a 5:30 social with meetings to begin at 6:30 pm. The Auxiliary will be providing Holiday treats for the social. The Auxiliary is also reminded to bring laundry detergent and food items for holiday food baskets to be donated to the McLean Family Resource Center. New members are always welcome.

Wednesday December 14
YOGA, First Congregational Church, Garrison, 8 a.m.
THRIFT STORE AT COMMUNITY CUPBOARD of Underwood will be open to the public at 208 Lincoln Avenue from 10 am. - 1 p.m. Shop for winter clothing, household items, toys, books and more. Donations for all items and proceeds go to the food pantry.
THE THRIFT STORE, GARC, Garrison, 10 a.m. to 4 p.m.
GIFTS FROM THE HEART GIFTWRAPPING, St. Paul Lutheran Church, 4 p.m.

Thursday, December 15
BONE BUILDERS, Garrison Senior Center, 10 a.m.
WILTON'S HIGH SCHOOL CHRISTMAS MUSIC CONCERT at 7 p.m

Friday, December 16
WHITE SHIELD CHRISTMAS CONCERT, White Shield School, 4 p.m.

Saturday, December 17
COMMUNITY CUPBOARD OF UNDERWOOD - Food Pantry from 10 a.m. to 12 p.m. All in need are welcome to receive food, household goods and clothing at no cost. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

Saturday, December 24
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 2 p.m. -Tuesday and Thursday 2 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 8:00 – 12:00 & 1:00 – 5:00

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Phone

Lloyd Rigler, Philanthropist

DAKOTA DATEBOOK

BY MERRY HELM

Lloyd Rigler, an entrepreneur and avid arts philanthropist, passed away on this date in 2003 in his home in California at the age of 88. He made his fortune with a recipe for a meat condiment.

Rigler was born in Lehr in 1915; when he was four, the family moved to Wishek, about 70 miles southwest of Jamestown. He learned about the business world in his parents’ general store; he started running his own counter, selling gift items and greeting cards, when he was only eleven.

Rigler packed four years of high school into three so that he could go to work to earn college tuition. In 1933, he headed for Chicago and stayed with relatives while he sold irons for the Edison Co. and shoes for Marshall Fields. Within two years, he had enough money saved up to go to the University of Illinois in Champaign.

After college, Rigler worked in market research, product demonstration, and sales. Then, he went into partnership with Lawrence Deutsch, conducting business as Rigler & Deutsch Food Brokers. In 1948, they happened upon a remarkable entree at a Santa Barbara restaurant owned by the chef, Adolph Rempp. When

they learned their meat had been tenderized with Rempp’s personal concoction, they asked about the recipe and ended up paying Rempp \$10,000 for it. They made payments of \$100 per month and named it Adolph’s Meat Tenderizer.

Over the next 25 years, Rigler and Deutsch acquired fortunes worth millions of dollars and jointly decided to develop the Lloyd E. Rigler – Lawrence E. Deutsch Foundation, which supports social programs and the arts. They were among the founders of the Los Angeles Music Center and the JFK Center for the Performing Arts in Washington, D.C. They also supported the Jofrey Ballet, the Los Angeles Philharmonic, the City Center of Music and Drama in New York and many more. At the time of his death, Rigler was the vice chairman of the New York City Opera.

Rigler and Deutsch sold their business in 1974, and in 1977, Deutsch died of lung cancer, leaving his estate to the foundation. Rigler now dedicated himself, full time, to supporting the arts. He launched perhaps one of his farthest-reaching legacies in 1994, when he created the Classic Arts Showcase, an eclectic television service that distributes performing arts films to public television stations free of charge.

Rigler and Deutsch also established a legendary

collection of rare music, including manuscripts signed by Beethoven, letters by Wagner and a first edition of a Mozart opera; these were tragically lost in a fire that gutted the foundation’s Burbank headquarters in 1992.

Rigler was proud of his North Dakota roots and often talked of how good life had been to him during his early years. And, he didn’t forget it when he was spending his money.

Of the North Dakota Museum of Art in Grand Forks, he said, “Such quality. I can’t believe this kind of quality exists in the arts in North Dakota. I want to support the North Dakota Museum of Art.” And he did. Two weeks before he died, he issued a challenge grant of \$12,500 to help the museum gain new donors.

Rigler also gave more than \$100,000 in matching grants to the Northern Plains’ Ballet in Bismarck. In his hometown of Wishek, he donated money toward the city hospital and a golf course named for him.

“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, subscribe to the “Dakota Datebook” podcast, or buy the Dakota Datebook book at shoppairiepublic.org.

County Commission approves meteorological towers

Apex to construct two towers near Washburn

BY: CAMMIE WRIGHT
cammie@nordaknorth.com

The McLean County Commission approved the planning and zoning committee’s recommendation to allow Apex Clean Energy to construct two meteorological towers. The 197-foot towers will be located approximately four and seven miles east of Washburn.

The towers will further track wind resources in the area as plans for the Discovery Wind Project continue. The project was approved by the planning and zoning committee with a 5-1 vote.

“We used public data to prove the project’s feasibility,” Sean Stocker, Vice President of Development at Apex said. “Then we need to do site specific tests. The towers are going up on land that is already leased for the project by landowners.”

Stocker said that the towers will likely be up for two years collecting data. They will come down once operations begin.

“These towers are to measure the resources that

are available,” Commissioner Steve Cottingham said.

Alan Wagner, who lives near a tower site, said the construction should wait until all the land required for the proposed wind project is secured under lease from landowners.

“We live here for a reason,” Wagner said. “We don’t want to see this stuff. I ask that the commission deny this request until they [Apex] have all the land under lease.”

McLean County States Attorney Ladd Erickson noted that residents were concerned about the larger wind project during the planning and zoning meeting.

“The concerns at the planning and zoning meeting were that we were going to approve turbines with this vote,” Erickson said. “It’s not been determined if the wind project will go up. This is one step.”

The meteorological tower sites are located at SW portion of SW quarter of Section 14, Township 144 N, Range 81 west and SW portion of SW quarter of Section 12, Township 144 N, Range 80 west.

DAKOTA GARDENER

Monstera maintenance

BY CARRIE KNUTSON,
horticulturist,
NDSU Extension

I received an early Christmas present this year. I was recently gifted a monstera plant. Now that I own a monstera, I thought I had better do some research to make sure it stays happy in my office and doesn’t end up in the compost pile.

Monstera plants are also known as the “Swiss-cheese plant.” The plant is native to Central America and can be found outdoors in warmer climates. In our area, they are treated as houseplants.

If you are thinking about getting a monstera, you might need to invest in some additional plant equipment. Monsteras are a vining plant that will need support. A trellis or moss-covered stakes are common support methods. Plants will need to be trained to grow up the supports.

Monstera plants can become a massive plant. In their native environment, they can grow 50

feet long and may be considered somewhat invasive. Indoors, they can grow up to 16 feet or more if cared for properly. Therefore, heavier pots are often used with monstera plants to prevent the pot from tipping over.

The main attraction of this plant is the perforated leaves. However, young monstera leaves are heart-shaped and do not have perforations. As the leaves mature, they become deeply lobed and perforated and look more like Swiss-cheese. This design helps the plants withstand heavy rainfall and high winds in their native environment.

Monstera leaves can grow to several feet in width. Because of the large leaf surface, the leaves will need to be cleaned to remove any dust buildup. Use a clean cloth to gently remove dust from the leaves.

Monsteras prefer bright indirect light, warm temperatures (70 degrees F) and high humidity. The plant prefers moist soil, so water thoroughly, but let the top portion of the soil dry out in-between watering.

Monstera plants can be a financial investment depending on the size and type. Some variegated varieties can be harder to root and will be more expensive.


Monstera plants are in the same family as the peace lily which contains oxalic acid. So, all parts of the plant are poisonous except the fruit. There are specific instructions to follow in order to eat the fruit safely. The fully ripened fruit is usually eaten fresh or used in desserts. Indoor plants will rarely flower and produce fruit.

If you have a gardener or houseplant fanatic who seems to have it all, check to see if they have a monstera plant. If not, you know what to shop for. Or better yet, plan a tropical vacation to see the plant in its native habitat! Happy gardening!

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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

NEW IN the area? Get better acquainted with the Garrison Community. Welcome Wagon booklets are available at City Hall, the Firefighter's Museum/CVB or by calling 463-2600 or 463-2345.

36-TFNNCI 58540

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680- 0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 8 p.m., Sacred Heart Church, 734-6544.

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23"x35" WHITE SHEETS of tracing paper. Good for packing sheets when moving, kids drawing sheets, wrapping glassware, gift wrapping, etc. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.

21-TFNNGC 58540

FARM RELATED

SEED FOR SALE

Yellow Peas:
CDC Inca
HRSW:
LCS Buster, MS Charger,
MS Barracuda,
MS Ranchero

Oats: CS Camden

Flax: AAC Marvelous

Soybeans:
Legacy LS-0239N RR2X
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Chris 651-792-5920
Dylan 701-500-7227
Bob 701-720-1808
finkenfarmsandseeds.com

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls: Monday, December 12th, and Tuesday, December 27th, and Monday, January 9th. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions.

43-TFN-E-X 58577

MISC FOR SALE

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

HELP WANTED

Garrison Public School
is accepting applications for Paraprofessional

position at the Garrison High School. For more information call 701-463-2818 or visit www.garrison.k12.nd.us for an application, and email to Dr. Klemisch at Nick.Klemisch@k12.nd.us

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

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-TFNCHCMLNGRXT 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

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

363 Eatery

is looking for a part-time
Cook & Waitress
Flexible hours, nights off.
McClusky, ND
Call 701-363-9902
and ask for Patty.

HELP WANTED

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

Lab Tech (MT/MLT)
Radiology Tech
CNA
Nurse Aide-Acute Care
Activity Aide
Now offering higher starting wages!

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


The institution is an equal opportunity provider and employer

HELP WANTED

Place an Ad today!

HELP WANTED



- 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

CHI St. Alexius 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


The institution is an equal opportunity provider and employer.

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
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"



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

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701.462.8126



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.



CHI St. Alexius Health
-Turtle Lake -

Hiring the following positions:

LPN

\$10,000 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

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.



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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-Turtle Lake -

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

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HELP WANTED

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

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\$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

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HELP WANTED

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

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\$7,500.00

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

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

HELP WANTED

CHI St. Alexius 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. Alexius Health
Garrison Hospital

The institution is an equal opportunity provider and employer

STATEWIDES

HELP WANTED

DEAN OF LIBERAL ARTS AND EDUCATIONAL INNOVATIONS. NDSCS has a FT, 12-month, position available in Wahpeton, ND. The Dean provides strategic and collaborative leadership for the Division and oversees its academic, personnel, financial, and administrative affairs. Benefits include: Fully paid single or family Health Insurance, Life Insurance, Retirement, Tuition Waivers etc. Screening begins immediately. Interested candidates must submit the online application. EOE. For more information go to: <https://www.ndscs.edu/join-our-team>

ASSOCIATE VICE PRESIDENT OF STUDENT AFFAIRS. NDSCS has a FT, 12-month, position available in Wahpeton, ND. The Associate Vice President of Student Affairs has the opportunity and responsibility to lead and guide the Student Affairs division in continued enrollment growth, and to provide world-class customer service to our students. Benefits include: Fully paid single or family Health Insurance, Life Insurance, Retirement, Tuition Waivers etc. Screening begins immediately. Interested candidates must submit the online application. EOE. For more information go to: <https://www.ndscs.edu/join-our-team>

BENSON COUNTY ROAD SUPER-INTENDENT: Mandatory minimum requirements, variety of duties. Submit questions, applications, resumes to Benson County Auditor's Office, POB 206, Minnewaukan, ND 58351 (701-473-5340). Deadline: 12/19/2022, 4 p.m.

LAKOTA NELSON COUNTY Sheriff's Dept seeking two FT deputies Submit questions, applications, resumes to 210 B Ave W, Ste. 102, Lakota, ND 58344, email kmatejcek@nd.gov 701-247-2474.

ACCOUNTS RECEIVABLE ASSOCIATE. Lake Region State College – Devils Lake, ND. This is a 12-month position with full benefits, including paid family health insurance. Duties include monitoring and processing incoming payments? verifying and posting receipts, performing account reconciliations, investigating and resolving discrepancies, following up with delinquent accounts to collect payment, and answering customer inquiries. Minimum qualifications are an Associate Degree or equivalent knowledge and experience. Go to <https://www.lrsc.edu/jobopportunities> for more information.

EXPERIENCED AGRONOMIST POSITION available with Hefty Seed's three-store team of locations in New Rockford, Hurdsville and Wilton. These three sites are locally managed and work cohesively to deliver on the greatest service and recommendations in the region. This position includes traveling to farms, scouting fields, building and maintaining relationships with new and current customers and working with our team to coordinate sales deliveries. The right candidate will be a self-motivated, positive team player with a minimum of 3 years of experience in ag sales. Must have great interpersonal and communication skills and a commitment to customer service. This is a full-time, year-round position with an excellent benefits package and earning potential. Hefty Seed also offers ongoing training for agronomists that is unmatched. If interested in this opportunity, send resume and cover letter to mike.riehl@heftyseed.com or call Mike at 701-962-3343 for more information.

HIRING CRANE RIGGER / LABORER, CDL License is a plus, Experience a plus but not necessary. Working in Gillette, WY. Contact 307.299.2401 / 307.299.3507 or email tandtcranes@gmail.com

WECKERLY FARMS OF Hurdsville, ND is hiring for a full-time, year-round farm employee. This position requires experience in planting, spraying and harvesting as well as mechanical experience required for maintaining and refurbishing agricultural equipment. This is an excellent opportunity for a motivated, reliable individual looking for a long-term position. This position offers a competitive salary and benefit package that includes health insurance and paid vacation. If you are interested in working for a progressive operation with a low turnover rate, contact Chad at 701-962-3343 for more information or to apply. Resumes may be sent to farmerchad@weckerlyfarms.com.

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YOU CAN PLACE a 25-word classified ad—like this one—in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details.

AUTOS WANTED DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 701-809-7415.

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ANNOUNCEMENTS NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-331-7577.

BIDS INVITATION FOR BIDS for Stanley Rural Ambulance District for service during the 2023 calendar year. Due 12/14/22. For full bidding details contact Lacey, laceyjemtrud@gmail.com 701.621.6022.

MISCELLANEOUS HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.

Enjoy holiday treats with moderation in mind

PRAIRIE FARE

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

I had the opportunity to take part in a holiday tradition in another state. All the downtown stores with many locally made products stayed open late. They had special sales to launch the holiday season.

I was looking forward to the evening. The stores offered treats including cookies, candy, cocoa and apple cider.

As fate would have it, I twisted my ankle that afternoon. My ankle was swollen.

I limped into two stores and had two treats. Despite the temptations of shopping and food, I wanted to go back to our hotel to ice my throbbing ankle.

As I hobbled to our car, we came upon an opportunity for a ride in a wagon pulled by a tractor. I was able to see the lights, anyway. The ice worked a miracle on my ankle.

The holidays present a wide range of temptations. These tiny tastes can add up quickly. Unfortunately, just 100 extra calories a day can add up to a 10-pound weight gain in a year.

If we keep moderation and balance in mind, we can manage our weight through the temptations during the holidays. Try to get some exercise during the holiday season too.

If you plan to serve or indulge in special treats during the holiday season, which of these tips might work for you?

Use smaller serving spoons. Using smaller serving spoons can decrease the amount of food served by 14%, according to Cornell University researchers.

As you plan menus for the holidays, be sure to fit in all the food groups. Include fruit, vegetables, whole grains, lean protein and low-fat dairy in your menus.

Bake more healthfully. When making your favorite muffins or fruit breads, try using some unsweetened applesauce in place of the fat. You'll add fiber, and you won't miss the fat and extra calories.

To decrease sugar, you can reduce sugar by one-quarter to one-third in baked goods and desserts. This works best with quick breads, cookies, pie fillings, custards, puddings and fruit crisps. Increase the amount of cinnamon or vanilla in a recipe to enhance the impression of sweetness. To see more suggestions, check out "Now You're Cookin': Recipe Makeovers" at ndsugardens.com/recipe-makeovers.

Cut the sweet goodies in smaller pieces or make the cookies small.

Make healthful options available. Have fresh fruit on hand. Try some fresh apple slices with a sprinkle of cinnamon. This spice enhances the natural sweetness of the fruit.

When choosing beverages for a holiday gathering, be sure to keep a pitcher of ice water as an option. Punches and drinks with alcohol add lots of calories to your menu. Add some zip to your water with a lemon or lime slice.

If you are a guest at the holiday party, stand away from the buffet table. Nibbling all evening can add up to consuming a lot of calories.

Spend more time visiting than eating and drinking at parties. Remember the rule: Don't talk with your mouth full.

Use a napkin to gather your goodies. You are less likely to grab the higher-calorie sticky items on a napkin, unless you like to have a little tissue paper as a condiment.

Size up your servings with these visual cues showing common portion size recommendations compared to typical objects:

Beef, poultry or fish: 3 ounces (dollar bill, deck of

cards)

Bread: 1 slice (index card)

Cornbread or roll: 1 slice or roll (bar of soap)

Peanut butter: 2 tablespoons (ping pong ball)

Olive oil: 1 teaspoon (standard postage stamp)

Butter/margarine: 1 teaspoon (1 dice)

Cheese: 2 ounces (3 to 4 dice)

Nuts: 1 ounce (golf ball or 1 small handful)

Chips or pretzels: 1 ounce (2 small handfuls)

Pie: 1 slice (1/8 of pie or light bulb)

Mashed potatoes or stuffing: 1/2 cup (half of a baseball)

Gravy: 1/4 cup (golf ball)

Whole grains: 1/2 cup (light bulb or 2 golf balls)

Vegetables or fresh fruit: 1 cup (baseball or fist)

How about serving a tasty treat that will put a smile on everyone's face? Try this fun snack recipe with both red and green apples for a festive snack. See "Field to Fork: Apples!" (ndsugardens.com/apples) to view a picture.

Apple Smiles

1 tablespoon smooth peanut butter, SunButter or other nut butter

1 red or green apple, cored and sliced into eighths

1 lemon, squeezed (or bottled lemon juice)

20 miniature marshmallows

Rinse apples and cut as directed. To prevent browning if you will not be serving the apples immediately, dip the apple slices in lemon juice. Spread peanut butter or nut butter on one side of each apple slice. Place four to eight miniature marshmallows on apple slice (for the "teeth") then top with another apple slice, peanut butter side down. Secure with a toothpick.

Makes four servings. Each serving has 60 calories, 2 grams (g) fat, 1 g protein, 11 g carbohydrate, 2 g fiber and 20 milligrams of sodium.

Washburn bond election coming up

Voters will take to the polls next week to decide on a long-anticipated bond referendum that, if passed, would fund an extensive renovation of Washburn Public School.

Constituents of the Washburn Public School district have a little under a week until they make a decision on the school's \$7.9 million bond referendum, which will be up for a vote Dec. 13.

A final public information meeting was set to take place at Washburn Public School Wednesday, with officials from the school and representatives of Consolidated Construction and EngTech giving one last

presentation on the election and the proposed building project.

The renovation includes, among other features, a secure entrance to the school, a three-floor elevator and improvements to the auditorium and old gym.

The project is estimated to cost a total of \$7.9 million, which the school board is hoping to pay for through general obligation bonds that would mature over 20 years.

Voting will take place Dec. 13 at Washburn Public School from 9 a.m. to 7 p.m. Absentee ballots can be obtained by contacting the school office.

Tell pet scams to scat this holiday season

Who doesn't want to give their loved ones that perfect holiday postcard moment?

You know, the big box with a bow that has a furry new member of the family inside.

Unfortunately, that desire to create a cherished memory of a holiday pet leads many to a scam they won't soon forget.

Here are three ways you can avoid a pet scam this holiday season.

First, do your research and understand how much a certain breed costs. Don't trust websites that offer deep discounts on the going rate.

Second, use the photo of the pet you are offered to conduct a reverse image search online (search "how to do a reverse image search" in your favorite

browser). Scammers copy pet photos from other websites.

Lastly, if you can, shop local.

Meeting the breeder in person or touring the facility lets you know it is legitimate. A seller that invents reasons why you can't pick the pet up in person shouldn't be trusted.

(And consider adopting from a rescue, where many future beloved family members are waiting!)

The AARP Fraud Watch Network is a free resource for all. Learn how to proactively spot scams or get guidance if you've been targeted. Visit www.aarp.org/fraudwatchnetwork or call our dedicated helpline to speak to a fraud specialist at 1-877-908-3360.

**CATCH THE GREAT BARGAINS
IN THE CLASSIFIEDS!**
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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



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