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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 it's illegal to chase, harass, or pursue any wildlife species with motorized vehicle.

•Dec. 30: Missouri River Canada Goose Zone season closes.

•Dec. 30: Light goose season closes.

•Dec. 31 & Jan. 1: Free fishing weekend. N.D. residents can fish for free.

•Jan. 1: Pheasant, grouse, partridge, turkey, and archery deer seasons close.

Fishing:

Lake Sakakawea elevation,

Dec. 19: 1,831.31 feet above mean sea level; 16,000 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 11.48 feet.

Missouri River gauge height, Washburn: River stage, 13.39 feet.

•N.D. Game & Fish Dept. game wardens: Little activity throughout area lakes with difficult access across many areas. Be prepared with shovels and winter emergency gear.

•Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Garrison: Little to no activity on Lake Audubon and the east end of Lake Sakakawea with difficult to no access on both lakes depending on wind. Some anglers took their houses off to avoid having them stuck.

•Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Garrison: Access could change rapidly with recent snow on Lake Audubon, including the main access points at the east cabin site and East Totten. Be prepared with likelihood of getting stuck. No reports from Lake Sakakawea.

•Lake Sakakawea, New

Town: No new reports.

•Missouri River, Dakota Tackle, Bismarck: No new reports.

•Missouri River, Enerbase of Washburn: No activity with snow creating difficult access on area lakes.

•Missouri River System, Scott's Bait & Tackle, Pick City: Missouri River tailrace remains quiet.

•McLean Co. area lakes, Cenex of Wilton: Weather and access conditions permitting, some anglers finding occasional walleye on Lake Audubon and New John's Lake. Conditions could change greatly depending on wind, however.

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).

CALENDAR

Saturday, December 24

CHRISTMAS EVE

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.

CHRISTMAS EVE WORSHIP, from 2:30 & 4:30 at St. Paul Lutheran Church in Garrison

TURTLE LAKE METHODIST CHURCH Christmas Eve Candlelight Service Saturday, December 24 7:00 PM

Sunday, December 25

MERRY CHRISTMAS

TURTLE LAKE LEGION CHRISTMAS DINNER, Serving turkey & ham with all the fixings from 11 a.m. to 1:30 p.m.

Thursday, January 5

COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY

from 4 p.m. to 6 p.m. McLean County Residents in need are welcome. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

Monday, December 26

YOGA, First Congregational Church, Garrison, 8 a.m.

BONE BUILDERS, Garrison Senior Center, 10 a.m.

Wednesday, December 28

YOGA, First Congregational Church, Garrison, 8 a.m.

THE THRIFT STORE, GARC, Garrison, 10 a.m. to 4 p.m.

Thursday, December 29

BONE BUILDERS, Garrison Senior Center, 10 a.m.

ALCOHOLICS ANONYMOUS, Garrison Hospital cafeteria (enter through ER), 8 p.m.

Friday, December 30

YOGA, First Congregational Church, Garrison, 8 a.m.

BONE BUILDERS, Garrison Senior Center

Saturday, December 31

THE THRIFT STORE, GARC, Garrison, 10 a.m. to 1 p.m.

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

Turtle Lake votes to incorporate app

BY: CAMMIE WRIGHT

Cammie@nordaknorth.com

schedules and more.

The Living Local app is free to municipalities due to American Rescue Plan (ARPA) funds for the first two years. Communities such as Underwood, which have already integrated the app, are aiming to integrate its school's information with the municipality's Living Local app to streamline the user experience, so updated game times, public meetings, Non-profit fundraisers, holiday events and more all in one central location.

During its monthly meeting on Monday, the Turtle Lake City Commission voted to approve Kat Communications Company, located out of Bismarck, to develop a Living Local app for the community of Turtle Lake. The Living Local app is used in Washburn and Underwood, providing a central community calendar as well as important resources for residents such as weather updates, changes to event times, cancellations,

DAKOTA DATEBOOK

A White Christmas

BY TESSA SANDSTORM

Those dreaming of a white Christmas got more than they bargained for on this day in 1916. In what was considered at the time the worst storm in 48 years, western North Dakota was bombarded with 20 inches of snow and 36 mile an hour wind gusts.

The snowfall began early afternoon on Christmas day, and continued through the night, dropping eighteen inches of snow by noon. Trains were snowbound for nearly two days, and taxis and cars in Bismarck were forced to drive on sidewalks in places where snow was too deep on the streets. It wasn't long before travel in the city was restricted entirely to sleighs and bobsleds. Because streets were totally impassable from downtown to the capitol, even the governor and other state officials bundled up for a sleigh ride to their offices.

Perhaps the sleigh ride was cold, but businessmen could work in their warm offices. Other workers, however, had to battle the elements. As the storm raged, adults found themselves busy with making snow tunnels and ice fortresses—activities that are usually reserved for children and their imaginations. But these adults had to make their snow creations on a much larger scale. Snow plows

were busy across the state carving tunnels through 13- to 15-foot tall snow banks for trains. Meanwhile, Bismarck firefighters faced a larger task: forming a giant ice shield on a building to protect it from a downtown fire.

Late on the night of the 26th, a fire broke out in downtown Bismarck. Firefighters were called down to battle the flames that were fanned by the strong gale. Fighting fire with water was difficult in the subzero temperatures, as water froze instantly to their clothes. "Firemen in jackets of ice, moving about as human icicles, fought the fire under the direction of Chief Thompson in a blizzard considered the worst since 1896," reported the Bismarck Tribune. The fire was already burning about a quarter of a block and firemen struggled to keep it from spreading. The only way to stop the flames, according to the Tribune, was for the firemen to turn their water hoses to a building in path of the flames.

"As water lashed the building, it froze almost

instantly, preventing the flames from the yards from taking a hold," said the Tribune. "This morning ... the structure looked as though a temporary ice palace had been erected by the firemen to stave their drive ... The coat of ice given this building held the fire in its limits of devastation, and was a remarkable piece of work on the part of the firemen."

For those who experienced the blizzard of 1916, the lyrics, "I'm dreaming of a white Christmas, just like the ones I used to know," just might not have the same meaning for others. This is especially true for those who are disgruntled by the memories of brown Christmases of the last few years!

"*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 shopprairiepublic.org.

Stay motivated to maintain your fitness this winter

PRAIRIE FARE

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

Every morning when I arrive at work, I come to a fork in my path.

It's not a real fork. This week's column is not about food.

As soon as I walk into my building, I have to make a choice.

I can take the elevator, which is a few steps directly to my right. Or, I can walk up the stairs, which are directly ahead of me.

My office is on the third floor of my building. Accumulating some steps when taking the stairs is better for my health.

Some days, the elevator wins. After navigating the sometimes-icy sidewalks on the way to my building, I may not be motivated. The soles of my boots often may be caked with snow and ice.

I use the elevator when I have several bags or a cartload of supplies to return to my office.

I am glad the elevator is convenient for everyone who enters our building. Some people have injuries or disabilities.

I just have excuses some days.

Winter is a time when

accumulating 30 minutes of moderate physical activity on most days of the week can be challenging. Maintaining healthful eating and regular physical activity go hand in hand with maintaining or improving our health throughout the year.

According to the Centers for Disease Control and Prevention, physical activity has immediate and long-term benefits.

A single time of getting moderate to vigorous physical activity can improve the quality of our sleep. It can reduce anxiety and lower our blood pressure.

If you want to reduce your risk for several chronic diseases, aim for regular physical activity. It can be accumulated in small chunks throughout the day.

For example, getting regular physical activity can reduce your risk for depression, dementia and potentially Alzheimer's disease. Regular physical activity can help prevent heart disease and diabetes.

If you want to reduce your risk for eight types of cancer, get regular physical activity. Researchers have shown that regular physical activity can reduce your risk for cancer of the bladder, breast, colon, endometrium, esophagus,

kidney, lung and stomach.

As we move toward New Year's resolutions, be aware that physical activity, along with healthful eating, can help with weight management. Weight-bearing exercise such as walking can improve your bone strength and can reduce your risk of falls.

How are you doing with physical activity? The experts at CDC recommend accumulating 150 minutes of moderate intensity physical activity every week, along with two times of muscle-strengthening training. For example, the moderate activity could be a 30-minute walk one day and a 15-minute jog another day.

We face some obstacles to outdoor fitness during winter months in the Midwest, so these are some ideas to keep yourself moving even when the thermometer dips.

Park farther from your destination. In cold weather, bundle up with a heavy coat, boots, mittens, hat, hood and/or scarf.

Take the stairs when possible.

Make wintry weather your friend. Consider learning how to cross-country ski, snowshoe or ice skate. Remember that snow shoveling is exercise, but follow the tips in the NDSU Extension publication, "The

Scoop on Snow Shoveling Safely" at ndsuhq.org/shoveling.

Find a buddy to keep you motivated. Schedule physical activity with your buddy. The walks can be indoors at a school or mall or other facility that allows walkers. If you have a gym membership, a friend can help you stay motivated.

If you have a sedentary job, try to stand up a few minutes every hour. Even better, get up and walk around a few times a day.

If you have a sedentary job, have "walking meetings" instead of sitting at your desk. Adjust your camera and stand or walk in place during online meetings.

Consider getting a standing desk and/or using an exercise ball as your chair for part of the day. An exercise ball may help with good posture because you could "roll off" your chair if you are not supporting yourself.

If walking is a challenge or not possible for you, consider chair exercises and strength exercises. See the NDSU Extension publication "Stretching Toward Better Health" at ndsuhq.org/stretching. It includes photos of easy physical activities to motivate you to retain your range of motion and flexibility regardless of your physical

abilities.

Be sure to stay hydrated regardless of the season of the year. A warm beverage such as hot cocoa or herbal tea can warm you after being outside. Here's an old recipe that still remains popular.

Spiced Tea Mix

- 1 1/2 cups orange breakfast / drink powder (such as Tang)
- 3/4 cup iced tea mix (unsweetened)
- 1 1/2 cups white sugar
- 3 teaspoons ground cinnamon
- 2 teaspoons ground cloves

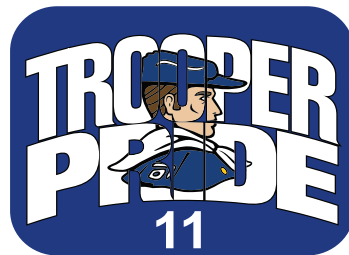
Mix contents in a large bowl. Store mixture in an airtight, quart-size container. Decorate container as desired.

For each serving, place 1 cup boiling water in a mug and stir in 1 to 3 teaspoons of mix (to taste).

Makes 64 servings. Each serving (3 teaspoons of mix) has 60 calories, 0 grams (g) fat, 0 g protein, 10 g carbohydrate, 0 g fiber and 0 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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DAKOTA GARDENER

End of the year reporting

BY JOE ZELEZNIK,
Forester, NDSU Extension

For the next couple of weeks, I'll be working on my end-of-the-year reports. It's a great time to reflect on what went well and what could have gone better. I thought that the reports would provide a good foundation for this month's column.

But let's face it – reports are boring. Instead, how about some highlights!

This was the 30th straight year that I planted at least one tree in the spring. In 2022, I helped plant nearly a dozen new trees at the Myra Arboretum near Larimore, in western Grand Forks County. I'm excited to see how the Northern Empress® Japanese elm does in the coming years. This cultivar is an NDSU release that has outstanding burgundy color in the fall. Check out Myra next summer; it's a great place to visit.

During late summer, I helped some colleagues at the University of Minnesota on a genetics study of our native highbush cranberry, also called American cranberrybush. This is not the cranberry that we eat at Thanksgiving. Instead, it's a viburnum. The fruit is a beautiful red color and very tart. The study aims to determine how closely related the American cranberrybush and

the European cranberrybush are. The berries from the European shrub are poisonous.

On a totally different note, diagnosing tree health problems takes up a lot of my time each year. This past summer was no different.

Drought-related tree stress dominated in 2022. Besides direct damage from the drought, two pests in particular increased this year – bronze birch borer (BBB) and Valsa canker of spruce.

Both of these pests are strongly associated with drought. If there's enough moisture, the trees can fight off the pests. Therefore, management is pretty simple – prevent the pests in the first place by properly watering your birch trees (BBB) or spruce trees (Valsa).

On a positive note, emerald ash borer has still NOT been found in North Dakota. Thank you to all the cooperators out there who've been keeping a great lookout for this pest. Someday, when this destructive insect establishes in North Dakota, it will have the potential to substantially change our native forests, urban forests and shelterbelts. Thanks especially to the North Dakota Department of Agriculture and the North Dakota Forest Service for their

efforts at insect monitoring and trapping.

All end-of-the-year reports include a section on next year's plans and goals. I enjoy that part of the process as it allows me to think big. It's funny though – the calendar year is different from the fiscal year. And the state's fiscal year is different from the Federal fiscal year. It can get a bit complicated.

Do trees have a fiscal year? Sort of.

The amount that trees grow in our region is strongly linked to available moisture. However, soil moisture and its availability do not follow the calendar year. Instead, they follow the "water year," also known as a hydrologic year.

Precipitation that falls in October through December of a given year isn't going to help trees grow that year. Instead, it's best-linked to growth the following year. Thus, the amount of precipitation in the water year – October through September of the following year – is the best predictor of tree growth in our area.

It's like a carryover from one year's annual budget to the following year.

May you have a big carryover of peace and joy in your annual budget for 2023. Wishing you all a great new year.

Helping Words

By Rev. Doug Fuller
Chaplain for McLean County Jail in Washburn
Trinity



In the season of good will toward men, we find our world full of dissension, destruction and division. The answer is to reconcile our hearts back to God; while forgiving each other. Good will toward all kindreds, nations and tongues. Seeking peace and holiness with all of God's creation.

No "woke choke." Proverbs 30:12 describes the woke attitude: "There is a generation that are pure in their own eyes and yet is not washed from their filthiness." Their agenda is against God. The Lord gives us free will. We can't deprive other people of their free will and speech. They have a right to speak, but so do the people of God. Praying and forgiving all people because we're all sinners; falling short of God's glory.

In Matthew 7:3-5 Jesus gives a parable of human flaws in blaming others. While not acknowledging our own short comings.

"And why see you the twig that is in your brother's eye, but considers not the log that is in your own eye? Or how will you say to your brother, Let me pull out the twig out of your eye and behold, a log is in your own eye? You hypocrite, first remove the log out of your own eye and then shall you see clearly to remove the twig out of your brother's eye."

We all want people to be happy and healthy, living in God's love. We all have to forgive the slave owners and treaty breakers from hundreds of years ago because none of us were there. God will deal with them.

We can't allow negativity to

effect our lives today. Carrying anger and hatred in our hearts with no forgiveness, only hurts us. Climbing the mountain of life with a backpack full of anger and resentment weighs us down into negativity and bitterness.

In Luke 23:34 Jesus said, Father, forgive them; for they know not what they do. In Mark 11:25-26 Jesus added the necessity of forgiving. "And when you stand praying, forgive, if you have something against any: that your Father also which is in heaven may forgive you your trespasses. But if you do not forgive, neither will your Father which is in heaven forgive your trespasses."

Proverbs 18:21 and Matthew 12:35 "Death and life are in the power of the tongue...A good man out of the good treasure of the heart brings forth good things: and an evil man out of the evil treasure brings forth evil things." Purify your hearts with thoughts of mercy, goodness and hope.

Speak life and encouragement into a persons life today. And let your self talk be positive. Learn to "thought convert," by turning your negative thoughts into a positive thoughts. Whenever negative evil thoughts creep in to your mind; transfer them into trusting the Lord. Trust the Lord for refuge and safety with your soul, body and mind. With thoughts of love, forgiveness, goodness and mercy! Merry Christmas!

Doug Fuller serves as Chaplain for the McLean County Jail.

PRAIRIE DOC PERSPECTIVES

BY DEBRA JOHNSTON, M.D.

Advances in surgery

My son is one of the many Americans with cleft lip and palate. The specifics of each affected individual's situation vary, but one thing they have in common is that they will be having surgery. Lots of surgery. Although most individuals with orofacial clefts, including my son, are otherwise healthy and lead normal lives, the process of restoring a normal smile, normal speech, normal chewing, involves many steps from birth into adulthood.

Most of his surgeries have blurred together in my mind, however, his first bone graft remains starkly vivid.

In this surgery, bone is removed from the hip for implantation in the ridge under the nose, where your front teeth are anchored. The pain where the bone was removed was excruciating. He was hospitalized for four days, and once home we struggled to keep him comfortable despite acetaminophen, ibuprofen, and two different opioids.

We were understandably dismayed ten years later to learn he would have to undergo this procedure again. Not enough bone had grown from the earlier graft to support the next stage of the repair.

It was with great trepidation that we checked into the hospital for surgery earlier this summer. Despite the reassurances of our surgeon, we both expected the same

gauntlet we had faced last time.

We were wrong.

In the intervening years, a new delivery system for an injectable anesthetic had been developed, and then approved for use in young people. His surgeon used this medication at the graft harvest site. The difference was almost inconceivable. He needed minimal supplemental pain medication during our single night in the hospital, and once discharged took only the occasional dose of Tylenol or Motrin. I suspect those doses were prompted mostly by the fear that it might start to hurt more, and not by pain itself.

Like all of medicine, surgery has experienced change at an ever-accelerating pace, but the apparent "revolutions" are built on a foundation of step-by-step science. In medical school, I watched the first laparoscopic nephrectomy performed at the University of Iowa, a major tertiary care center. This amazing "new" technology could trace its history back nearly 200 years, to a German doctor who invented a primitive precursor. Advancements in both medicine and technology have brought us to today, when endoscopic, laparoscopic, and robotic surgeries have become commonplace.

The path to developing new techniques and technologies

may not be smooth, but we are the beneficiaries of pioneers and scientists who move medicine forward. I am grateful for them all, as a doctor, and as a parent.

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 (701)301-1475
 121 E Main
 Turtle Lake, ND 58575

Farmers Union
INSURANCE

Mike Nelson Logan Staigle Travis Lee

Multi Peril - Crop Hail - Livestock - Forage

***Products not underwritten by Farmers Union Insurance

fumic.com

THE CLASSIFIEDS

- **DEADLINE:** 9 a.m. Thursday.
- **CLASSIFIED WORD ADS:** Terms – Cash, Check, Visa or Mastercard.
- **COST:** \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are free one week only.
- **CLASSIFIED DISPLAY RATE:** \$9.50 per column inch.
- **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128
Email: leadernews@nordaknorth.com • Website: www.nordaknorth.com
Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

ANNOUNCEMENTS

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-TFNCCI 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.

15-TFNPI 58540

DELIVERY PROBLEMS? If you're having any problems getting your XTRA - when and where you want it, we want to know. Call 1-800-229-5028 to report problems.

52-TFNPI 58540

"WANT TO Save some Money?" Check out the specials in this week's XTRA. If you're not receiving the XTRA, call this newspaper and we'll make sure you do.

24-TFNPI 58540

FARM RELATED

HEATED SHOP FOR RENT by the day, week or month. 50x100, has welder, torches and lots of tools. Call Jason, 701-870-0415.

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

21-1TCHG 58540

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

21-1TCHG 58540

BULK FUEL sale and delivery. Premium Clear #2 fuel, \$4.40/gallon; Premium Dyed #2 fuel, \$3.92/gallon; Unleaded Gas, \$2.90/gallon. Call for current pricing. Call Jason, 701-870-0415.

21-1TCHG 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

GIVEAWAY

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-TFNCCG 58540

Place an Ad here today!

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

Yield Powerhouse ND21008GT20

Keep your own seed

Custom conditioning, treating, inoculating.

DISCOUNTS FOR EARLY ORDER/PAY



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: 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

REAL ESTATE FOR RENT

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

1-TFNCHGX 58540

COME JOIN OUR TEAM!

The Sheridan Memorial Home is now hiring for a night shift med aide. 3-4 nights a week with alternating weekends and holidays along with PTO. Certifications and trainings paid for by the home.

Please contact Missy Axt at 363-2203 for more information.

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

THE CITY OF GARRISON is accepting applications for a part time city road grader operator position. Submit application to City of Garrison, PO Box 459, Garrison, ND 58540.

35-3TCHX 58540

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-TFNCHMCLNGRXT 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



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"

To place a classified ad call **462.8126**

HELP WANTED

HELP WANTED

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

Lab Tech (MT/MLT) Radiology Tech CNA

Activity Aide Nurse Aide-Acute Care Maintenance Assistant

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

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



The institution is an equal opportunity provider and employer



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"



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"

NOW HIRING Accountant



The Falkirk Mining Company is seeking a high-energy, self-motivated, and safe team member to join the accounting group at The Falkirk Mine near Underwood, ND. This position will assist in completing accounting functions, work on month-end reports, assist purchasing group, and manage Intermittent Work Contracts (IWCs).

Duties would include, but not be limited, to:

- Assist in the preparation of monthly and year-end accounting and reporting functions (i.e. compile data, prepare and review journals and reports).
- Oversee inventory maintenance.
- Assist with preparation of daily production report and review purchase requisitions for mine cost coding.
- Assist with the annual budget program and long-range budget projections.
- Prepare company Miscellaneous 1099s.
- Prepare purchase orders.
- Perform job duties in accordance with MSHA law and regulations, state and federal accounting regulations, established company policies and procedures, employment law regulations, and state and federal environmental regulations.

The applicant should have a four-year degree in accounting or related business field and have knowledge of accounting principles and systems.

Apply today to join this fast-paced mining operation!



Scan To Apply

Generations of Dependability
www.NACoal.com/Careers

Falkirk is an Equal Opportunity Employer
EEO/M/F/disability/veteran

You must meet the specific minimum requirements listed to be considered a qualified applicant.

The Falkirk Mining Company is a wholly owned subsidiary of The North American Coal Corporation, a NACCO Company

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.

This 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

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.

HELP WANTED

Garrison Public School is accepting applications for **Paraprofessional**

position at our elementary 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

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

CHI St. Alexius 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. 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

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

CHI St. Alexius Health
Garrison Hospital

The institution is an equal opportunity provider and employer

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!

NOW HIRING Diesel Mechanic

North American COAL | **FALKIRK MINE**

The Falkirk Mining Company is seeking a high-energy, self-motivated, and safe team member to join the The Falkirk Mine as a Diesel Mechanic.

The Falkirk Mine is located 50 miles north of Bismarck, ND, near Underwood.

This full-time position requires experience in repair and maintenance of heavy equipment including ability to read, understand, and use prints and manuals. Knowledge of engine, transmission, drive train, pneumatic, hydraulic, electrical, and air conditioning systems is essential. Skill in diagnosing malfunctions, including the use of computers, is required. Vocational training and related experience are necessary. A written test may be given.

REACH FOR A NEW OPPORTUNITY AT A WORLD-CLASS SURFACE MINE!

- Work in a progressive maintenance environment with state-of-the-art indoor shop and tools provided
- Receive ongoing training to enhance your skills
- Enjoy a safety-first work environment
- Full benefits package with health and life insurance available
- Multiple pay grades achievable based upon expertise and performance
- Salary begins at \$45.05/hr with higher grades attainable
- Go home every day! All jobs are located on the mine site.


Scan To Apply

Generations of Dependability
www.NACoal.com/Careers

Falkirk is an Equal Opportunity Employer
EEO/M/F/disability/veteran

You must meet the specific minimum requirements listed to be considered a qualified applicant.

The Falkirk Mining Company is a wholly owned subsidiary of The North American Coal Corporation, a NACCO Company

HELP WANTED

Are you looking for a rewarding career in public service that allows you to enjoy long weekends nine months of the year? If your answer is an enthusiastic yes then please keep reading!

Our McLean County Highway Department team is seeking to fill two (2) or more positions as full-time **EQUIPMENT OPERATOR II(S)** in the Garrison and Washburn areas. Applications will be accepted until **4:00 P.M. on Friday, December 30, 2022.**

New team members must reside within 40 minutes travel time of either the Garrison or Washburn Highway Shop. Under supervision, you will perform a variety of skilled and semi-skilled work in the operation of heavy equipment (primarily motor graders) utilized in road construction, snow removal, bridge projects, maintenance, and other repair projects. To view the complete job description, visit our website, www.mcleancountynd.gov/employment.

Advantages of working for McLean County government:

- Competitive starting salary starting at \$44,232.36 with a full salary range of \$44,232.36 - \$64,563.20 (adjustments may be given for verifiable and applicable previous experience);
- 100% employer-funded participation in ND Public Employees Retirement System defined benefit (pension) retirement program;
- 100% employer-funded low deductible, health insurance for either single or family coverage;
- Flexible work schedule;
- Access to employee funded dental, vision, disability, deferred compensation, and flexible medical spending accounts; and,
- Paid holidays along with annual and sick leave.

Preference will be given to applicants with prior experience in operation and routine maintenance of construction equipment. High school diploma and class A North Dakota Driver's License with tanker and air brake endorsement is **REQUIRED** on the first day of work.

For further information on the position or to obtain a McLean County job application, interested individuals may contact Lori by phone at (701) 462-8541; via email at lfoss@nd.gov; or visit www.mcleancountynd.gov/employment. Résumés may be included with the application, but will not be accepted in place of an official application.

McLean County is an Equal Opportunity Employer.

NOW HIRING Temporary Janitorial

North American COAL | **FALKIRK MINE**

The Falkirk Mining Company is seeking a high-energy, self-motivated, and safe team member to join the janitorial group at The Falkirk Mine near Underwood, ND. This temporary position will provide support to the janitorial and mining operations groups by cleaning and maintaining the main office building and several outbuilding facilities.

Duties would include, but not be limited, to:

- Clean and supply designated building areas (dusting, sweeping, vacuuming, mopping, restroom cleaning, etc.)
- Carry out heavy cleaning tasks and special projects.
- Stock and maintain supply rooms.
- Work cooperatively with the janitorial team and Falkirk staff.
- Follow all health and safety regulations.
- Notify management of occurring deficiencies or needs for repairs.
- Perform other general cleaning and light maintenance functions as directed.

The applicant should have previous janitorial experience and a high school diploma. Additional applicable experience and education are a plus. Apply today to join this progressive mining operation in North Dakota.

The janitorial position pays \$23.80/hour and includes vacation. Benefits include medical insurance and a 401K savings plan that employee can contribute to.


Scan To Apply

Generations of Dependability
www.NACoal.com/Careers

Falkirk is an Equal Opportunity Employer
EEO/M/F/disability/veteran

You must meet the specific minimum requirements listed to be considered a qualified applicant.

The Falkirk Mining Company is a wholly owned subsidiary of The North American Coal Corporation, a NACCO Company

STATEWIDES

HELP WANTED

DEAN OF CAREER AND TECHNICAL EDUCATION. 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>

WISHEK POLICE DEPARTMENT: Hiring Full-Time Police Officer. Retirement, Health, Vacation, Sick leave, Salary DOE. Call 701-452-2469 for Application or questions. Position open until filled.

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, Hurdsfield 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.

HVAC/R Technology Instructor. NDSCS has a FT, 9-month, tenure-track position teaching courses related to HVAC/R Technology in Wahpeton. Benefits include: Fully paid single or family Health Insurance, Life insurance, Retirement, etc. Screening begins immediately. Interested candidates must submit the online application. For more information go to: <https://www.ndscs.edu/join-our-team>

CITY OF SPEARFISH, South Dakota has an opening for a Building Official. For more

information, please visit the career opportunities page at www.cityofspearfish.com

KRABbenhOFT AUTO SUPPLY & SERVICE, Northwood, ND, seeking Mechanic/Shop Assistant M-F 7:30-5:30. No weekends. Valid drivers license required. Call Pat at 701-587-5400.

MCLEAN COUNTY IS HIRING two (2) or more full-time Equipment Operator II in Garrison and Washburn. For more information regarding this position visit <http://www.mcleancountynd.gov/employment/>.

WECKERLY FARMS OF Hurdsfield, 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.

LOOKING FOR THE most complete listing of ND Media? ND Media Guide. Only \$25! Call 701-223-6397, ND Newspaper Association.

EDUCATION/TRAINING

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 701-929-9679. (M-F 8am-6pm ET).

ATTENTION ACTIVE DUTY & MILITARY VETERANS! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, 701-929-9679. (M-F 8AM-6PM ET).

SERVICES FOR HIRE

SHELTERBELT SOLUTIONS. CRYSTAL ND. serving all of ND. Shelterbelt/farmstead windbreak removal. No sticks to pick. No dirt in pile. Vince 701-270-8717. Jay 701-367-1424. Shelterbelt.com

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 844-254-7522.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 877-482-4836.

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 833-946-2482.

FINANCIAL SERVICES

TAX PROBLEMS? We help with filing late tax returns, payment plans, settlements, offers in compromise. Bulie Diaz Law Office 800-993-4307.

BEHIND ON YOUR MORTGAGE PAYMENTS? Threatened with foreclosure? Denied a loan modification? Let us help! Call the Homeowner Relief Line to speak with a mortgage specialist. 877-242-2596.

LAND WANTED

AG LAND PRICES Skyrocket to All-Time Highs! Thinking of selling? We have buyers! We offer the most competitive commission rate. No hidden fees! Call Nikolaisen Land Company. 844-872-4289.

REAL ESTATE FOR SALE

ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701-371-8538. Kevin Pifer 701.238.5810. Free valuation.

FARM EQUIPMENT

OWN RURAL LAND? Earn \$5,000+ Every Year From Hunting Leases. Upfront payments from our hunters. Reduce risk with FREE \$5M liability insurance. Call for a free quote (888) 871-1982 - Base Camp Leasing.

MISCELLANEOUS FOR SALE

DIRECT SATELLITE TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 866-530-1662.

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 855-754-3470

DISCOUNT AIR TRAVEL. Call Flight Services for best pricing on domestic & international flights inside and from the US. Serving United, Del-

ta, American & Southwest and many more airlines. Call for free quote now! Have travel dates ready! 866-530-1662.

PROTECT YOUR HOME AND FAMILY with Vivint Smart Home. Call 866-391-9779 today to receive a FREE \$50 GIFTCARD with your purchase. Use promo code: FREE50.

NEVER CLEAN YOUR GUTTERS AGAIN! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-354-0572.

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.

HEALTH/MEDICAL

VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00! 100% guaranteed. CALL NOW! 855-559-1454.

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-821-2831.

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.

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.

FULL

STACK

MARKETING

CALL US

www.nordaknorth.com | 701.462.8126

607 Main Ave, Washburn, ND 58577



SHOW OFF YOUR BEST CATCH!

NorDak Publishing is looking for the cover photo for the 2023 Sakakawea Country magazine -- and it just might be yours!

Priority will be given to photos featuring walleye fishing on Lake Sakakawea.

Send a high resolution photo of your catch to alyssa@nordaknorth.com for consideration!

Reliable. Relevant. Real.

The NDNC is a new nonprofit providing REAL journalism about North Dakota for North Dakotans.

To support local journalism, please make your charitable contribution at www.newscoopnd.org/donate

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

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.

Send inquiries or resume to kelsey@mobridgepublishing.com

Help Wanted

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.