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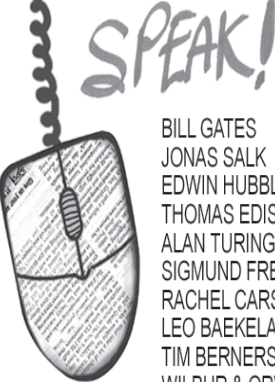


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DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

Outdoor Notes:

- Reminder that it’s illegal to chase, harass, or pursue any wildlife species with motorized vehicle.
- 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.
- Jan. 14: Bottoms Up Delta Waterfowl chapter banquet, Wilton.

Tournaments:

- Jan. 7: Missouri River, Bismarck-Mandan.

Fishing:

Lake Sakakawea elevation, Jan. 2: 1,830.23 feet above mean sea level; 20,900 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 11.61 feet.

Missouri River gauge height, Washburn: River stage, 13.83 feet.

- N.D. Game & Fish Dept. game wardens: No new reports from area lakes or the Missouri River System.
- L a k e s A u d u b o n & Sakakawea, Cenex Bait & Tackle, Lakes Audubon & Sakakawea: Access available at East Totten boat ramp on Lake Audubon but tracked vehicles needed to move around. Beware of major pressure ridges, as well.

Limited reports so far.

- *L a k e s A u d u b o n & Sakakawea, Hwy. 83 Lawn & Leisure, Lakes Audubon & Sakakawea: Fair walleye success on Lake Audubon with best activity in low light around sunrise or sunset.

Tough moving around on the lake itself but access is available off the East Totten boat ramp.

Anglers accessing Steinke and Centennial bays on the east end of Lake Sakakawea. Try 28 to 35 feet for walleye in early morning or around sundown.

- Lake Sakakawea, New Town: Tracked vehicles needed to access Van Hook Arm with generally slow walleye success.
- Missouri River, Dakota Tackle, Bismarck: No new reports.
- Missouri River, Enerbase of Washburn: Stable weather bringing activity throughout area lakes.
- Missouri River System, Scott’s Bait & Tackle, Pick City: Missouri River tailrace remains quiet. Moving around on Lake Audubon difficult without tracked vehicles, although access is available off the East Totten boat ramp.
- McLean Co. arealakes, Cenex of Wilton: Activity on West Park Lake and Lake Audubon. Try minnows for walleye or wax worms for perch.

Downhill skiing:

- Big Sky Ski Resort, Big Sky, Mont.: 46- to 64-inch base with 34 lifts and 263 runs open.
- Bottineau Winter Park, Bottineau: 12– to 24-inch base with good conditions. 2 Magic Carpets and 1 lift, 3 runs, and tubing park open.
- Frostfire Ski Area, Walhalla: Closed for season.
- HuffHills Ski Area, Mandan: 20- to 35-inch packed powder base with all runs, 1 tow, 2 lifts, and Green Lift open in Terrain Park.
- Terry Peak, Leads, S.D.: 24- to 34-inch base. All trails and lifts open.

Snowmobile ND:

- Cattail (Barnes, Cass, Steele, & Traill counties): 16- to 20-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- East-central Valley (Cass & Richland counties): 12- to 16-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- Lake Region (Nelson & Ramsey counties): 10- to 14- inch base. Trails open but ungroomed yet.
- Missouri Valley (Emmons

- & Burleigh counties): 16-to 22-inch base. Trails open. Watch for snow piles along approaches and road crossings. Beware of 2 areas where groomers got stuck in December.
- North-central (Benson, McHenry, Pierce, Ramsey, & Towner counties): 8- to 12-inch base. Trails open.
- Northeast (Cavalier, Pembina, & Walsh counties): Trails closed.
- Peace Garden (Bottineau & Rolette counties): Trails closed.
- Red River North (Walsh & Pembina counties): 12- to 16-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- Red River South (Grand Forks & Walsh counties): 8- to 10-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- Sakakawea (McLean & Ward counties): 8- to 12-inch base. Trails open. Watch for snow piles along approaches and road crossings.
- Sargent County (Richland & Sargent counties): 10-inch base. Trails open but ungroomed yet. Watch for snow piles along approaches and road crossings.
- Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Stutsman counties): 16- to 25-inch base. Trails open but ungroomed yet. Watch for snow piles along approaches and road crossings.
- Sno-trails (Bottineau, McHenry, Renville, & Ward counties): 8- to 15-inch base. Trails open.
- Southern Valley (Richland County): 12- to 20-inch base. Trails open. Watch for snow piles along approaches and road crossings.

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)

DAKOTA DATEBOOK

Anton Klaus

BY LANE SUNWALL

It was this day in 1829 that the “Father of Jamestown,” Anton Klaus, was born in Brutting Prussia. Like many other Germans of his era, Klaus saw great opportunity across the Atlantic and so set sail for America, arriving in Green Bay, Wisconsin, November 1849. The mid-nineteenth century was generally good for Green Bay, and as the city prospered, so did Anton Klaus. In the late 1850s Anton invested in the lumber business, buying up local sawmills. He eventually moved into the shingle business and by 1870 was the largest shingle merchant in the country.

The poor immigrant Anton Klaus was now wealthy beyond his dreams and one of the most influential men in Wisconsin. Yet Klaus not only invested in lumber and shingles, but in his

community as well. In 1855 he was elected city treasurer and in 1868, mayor. He donated liberally to community projects, tirelessly striving to improve his adopted home. However, disaster struck in 1873 with the stock market crash and the following depression. As Klaus’ investments collapsed one by one, the once wealthy civic leader was made destitute.

But Klaus wasn’t one to sit and mourn the destruction of his financial empire. In 1874, the forty-four-year-old packed up his few belongings and moved to the newly established frontier town of Jamestown, Dakota Territory. In Jamestown, Klaus prospered as he had in Green Bay. He started a general store in 1878 and shortly thereafter purchased a quarter section of land just south of town, which he divided into lots and sold for a profit. By 1880, Klaus owned two hotels and a sawmill. In 1882

he added a brick factory to his holdings and soon Jamestown was full of brick houses. While he would never again achieve the financial heights of his time in Green Bay, by the mid-1880s Klaus was once again a wealthy man. And once again Klaus worked to improve his community. He invested heavily in the city’s infrastructure and was very generous on behalf of local projects; donating land and money for parks and a new county courthouse.

Thus his death in 1897 was a sudden blow to both family and community. Yet Anton Klaus’s legacy lives on, alive and well in the memories of both Green Bay and Jamestown, which remember him still as one of their earliest and most influential supporters. He’s even immortalized in stained glass at St. James Basicilica in Jamestown.

CALENDAR

Sunday, January 8
OPEN DOOR COMMUNITY KITCHEN, Senior citizens at Turtle Lake from 11:30 to 1 p.m.

Monday, January 9
YOGA, First Congregational Church, Garrison, 8 a.m.
THE WASHBURN CITY COMMISSION will hold its regular scheduled meeting on Monday; January 9, 2023, at the City Hall at 6:30 pm. The public is invited to attend.

Tuesday, January 10
BONE BUILDERS, Garrison Senior Center, 10 a.m.
THE WASHBURN AMERICAN LEGION Victor B. Wallin Post #12 and Auxiliary will be meeting Tuesday, January 10, 2023, at the Memorial Building. There will be a 5:30 social with pizza and meetings to begin at 6:30 pm. New members are always welcome

Wednesday, January 11
YOGA, First Congregational Church, Garrison, 8 a.m.
THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m.

Thursday, January 12
THE LORD’S PANTRY, from 2 to 4 p.m. Trinity Lutheran Church, 515 Kundert St., Turtle Lake ND. No referrals or pre-registration required. All in need are welcome to receive food at no cost.

Saturday, January 21
COMMUNITY CUPBOARD OF UNDERWOOD - Food Pantry from 10 a.m. to Noon. McLean County Residents in need are welcome. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

Sunday, January 22
OPEN DOOR COMMUNITY KITCHEN, Senior citizens at Turtle Lake from 11:30 to 1 p.m.

Saturday, January 28
THE LORD’S PANTRY, from 10 a.m. to Noon. Trinity Lutheran Church, 515 Kundert St., Turtle Lake ND. No referrals or pre-registration required. All in need are welcome to receive food at no cost.

Sunday, January 29
TURTLE LAKE FIRE DEPARTMENT PANCAKE & SAUSAGE FEED, at Turtle Lake Fire Hall, 216 Putnam St, 10 a.m. to 2 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

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DAKOTA GARDENER

Garden plans for 2023

BY CARRIE KNUTSON,
*Horticulturist, NDSU
Extension*

Another year of gardening is in the books. As I enjoy some downtime and plan for next year, I remember a few struggles in the garden that will change a couple of my gardening practices in 2023. Maybe my changes will help you get the most out of your garden too.

This year, I had more zucchini than I knew what to do with. I even thinned blossoms at one point. My plan for next year is to plant one or two zucchini plants. I will use the extra space for other vegetables.

In 2021, my daughter planted a row of cosmos seeds in one of our garden beds. It did wonderfully and the bees loved it. I didn't clean up the flowers and left them to self-seed.

Fast forward to 2022. When I planted my broccoli, I left all the small cosmos seedlings. I was so happy to see something green. I didn't weed them out other than around my transplants. I should also

mention I had a crop of volunteer dill seedlings that I didn't weed out either.

I know better. I should have weeded out more volunteers. My broccoli didn't grow well under the shade and competition from the dill and cosmos. The cosmos and dill formed a thick mass in the garden. The flowers were beautiful to look at, and it was fun to watch the bumblebees work, but I only harvested one head of broccoli.

Volunteer seedlings will be weeded out next year. I remembered to collect cosmos and dill seed this fall so that I don't have to rely on volunteers. I can seed the plants where they can grow without taking over my vegetables.

I didn't have enough time this past summer to devote to working in the garden. In addition, I frequently had more produce than I could harvest, eat and process. It was a stressful time, eating vegetables round the clock, canning, freezing and drying.

The plan for next year is to focus on succession plantings. Succession planting is planting

a crop at intervals of seven to 21 days or planting a new crop after harvesting the first crop. It is really hard to hold back on planting in the spring. I want to get everything in the ground and growing. Creating a succession planting plan this winter will help limit my need to plant large amounts of everything, hopefully reducing the time spent stressing over too much produce at one time.

Potatoes were coming out of my ears this fall. As I harvested the potatoes, some of them rather large, I knew I needed to dig earlier in the growing season. In 2023, I will harvest new potatoes and enjoy at least 50% of my potato crop during the summer.

Finally, I didn't spend enough time enjoying my yard. I plan to spend more time in my yard simply being outdoors and enjoying the space around me. I will try not to think about all the weeding and other chores that need to be done. Somehow, I think this will be the hardest change to accomplish.

I wish you a happy new gardening year!

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WRT Scholarships Due March 1, 2023

WRT 2023 scholarship applications are now available online at www.westriv.com. WRT provides internet, voice, and security services to 25 local communities in North Dakota and South Dakota. Area students are encouraged to apply for the \$1,000 WRT Scholarships, as well as the \$2,500 WRT-sponsored industry scholarships.

The 2023 WRT Scholarships include one \$1,000 scholarship per each of the seven WRT districts and one \$1,000 WRT Technology Scholarship to a student entering a technology-related field, such as telecommunications, electronics and computer technology, network systems administration, network and communications management, information technology and web development. In addition, students that are the dependent of a WRT employee or director are also eligible for a separate \$1,000 scholarship. WRT scholarships are available to high school seniors who will be graduating this spring, as well as students in college/postsecondary institutions. WRT Scholarships are only available to current WRT members and/or their dependents. *(A member is defined as someone who receives phone &/or internet service from WRT.)* Students can reapply each year but may only receive the scholarship once.

Area students are also encouraged to apply for the WRT sponsored NTCA/ Foundation for Rural Service (FRS) College Scholarship Program. This telecommunications industry program offers graduating high-school seniors a chance at \$2,500 scholarships. Applicants must receive local service from and be sponsored by WRT. Preference will be given to individuals expressing an interest to return to a rural community following graduation. The 2023 WRT Scholarship application is available online on WRT's website at <https://westriv.com/scholarship-application/>. Application deadline is March 1, 2023.

The NTCA/FRS scholarship application is due February 8, 2023, and is available online at <https://www.frs.org/programs/youth-programs/scholarships>.

For additional information or questions, contact WRT Executive Assistant, Andrea Scharbach at WRT's Hazen office by calling 701-748-2211 or emailing andreas@wrtc.com. Information is also available at www.westriv.com or www.facebook.com/myWRT.

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Vitamin D is a nutrient of concern in winter

PRAIRIE FARE

BY JULIE GARDEN-ROBINSON,
FOOD AND NUTRITION SPECIALIST,
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The other day the sun was shining brightly as I peered out the window before choosing my outerwear. I grabbed my lighter winter coat. I was expecting the temperature to be slightly warmer than the previous day.

The temperature was not warm by any stretch of the imagination. It was colder.

I went back inside and changed into my full-length coat, added a hat and scarf, and I changed from gloves to warm mittens.

In warmer weather, when our skin is exposed to sunlight, our bodies can generate vitamin D.

Vitamin D is called the “sunshine vitamin” for this reason.

However, in cold climates, we cover ourselves. Only our eyes may be peeking out. Sunglasses on sunny days are a good addition to protect our eyes too.

Like many, I do the “penguin hustle” as I waddle quickly over icy paths to my vehicle or indoor destination. I am barely exposed to sun at all, much less getting 10 to 30 minutes of midday sun on my skin to make vitamin D.

Unfortunately, some medical experts believe that as many as half of us are deficient in vitamin D. People with darker skin may have more difficulty making vitamin D because the natural pigment, melanin, can block the action of sun.

Older adults, infants who are exclusively breastfed, obese individuals and those who have undergone gastric bypass surgery also are at

greater risk for low vitamin D levels.

You probably have noticed Vitamin D on cartons of milk. Vitamin D was first added to milk as a public health measure in the 1930s. Vitamin D acts with calcium (found naturally in milk) and other nutrients to help build and maintain strong bones and teeth.

If we lack sufficient vitamin D and calcium throughout our lives, we can face debilitating conditions. Children may face rickets leading to bowed legs and other malformations. Adults can face osteomalacia (softening of bones) or osteoporosis (“porous bones” that break easily).

The functions of vitamin D extend far beyond bones and teeth, though. It plays a role reducing inflammation and helping with our immune function. During the COVID pandemic, many people with the most severe outcomes were deficient in vitamin D according to some research.

Having adequate vitamin D may be protective against heart disease, certain types of cancer and diabetes according to some studies. However, the results are not always conclusive.

Many medical experts recommend that we take a vitamin D supplement, especially during the winter. Visit with your medical care provider for their recommendations for you.

Laboratory tests can determine the quantity of vitamin D in your blood.

The Recommended Dietary Allowance for vitamin D is 600 International Units (IU) for people from ages 1 to 70, but healthcare providers may prescribe a higher dose.

Vitamin D is found in some foods, including fortified milk and cereal. “Fortification” means the nutrient is added to the food because it was not present in the first place.

You may have heard stories of children getting a spoonful of cod liver oil in earlier generations. One tablespoon of cod liver oil provides 1,360 IU. Having a spoonful of fish oil, however, may have been perceived as a punishment.

The latest version of Nutrition Facts labels now provides an up-to-date “percent daily value” for vitamin D. You may notice that many foods contain no vitamin D.

Fatty fish is a notable vitamin D source. Salmon has 570 IU per 3 ounces. Milk has about 120 IU per cup, and eggs provide 44 IU per egg.

Although it is not my role to “prescribe” vitamins, I will say that my family members and I take a vitamin D-3 supplement throughout the cold, gray months. Some one-tablet-a-day supplements include 100% of the daily recommendation for vitamin D. Staying within 100% of the daily recommendation is considered safe for dietary supplements, even when consuming food sources.

If you choose to take a supplement, visit with your healthcare provider because vitamin D may interact with some medication. Read the information on the medication information provided by pharmacies.

More isn’t “better” with vitamin D supplements, or supplements in general. The “Upper Tolerable Intake Level” is set at 4,000 IU for vitamin D.

Here’s a recipe that was originally used in Kansas State

————— WINTER on page 7

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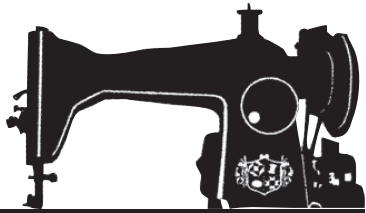
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Washburn Park Board Request for Bids

The Board of Park Commissioners of the Washburn Parks and Recreation District will receive sealed bids for plumbing upgrades, electrical upgrades, carpentry roof remodel, metal roof application, and rafters for the Washburn Swimming Pool.

All bids will be received by the Board of Park Commissioners of the Washburn Parks and Recreation District at PO Box 1106, Washburn, ND 58577, until 6:00 p.m. on January 25, 2023, at which time the bids will be publicly opened and read.

All bids shall be sealed and endorsed “Washburn Swimming Pool”. Bids must be submitted in accordance with specifications and conditions therein contained. Copies of bid proposal forms and general specifications and conditions may be obtained from the Washburn Parks and Recreation District. For information on bid specifics, contact Park Board Chairman, Mark Lelm, at 701-460-0145.

The Board of Park Commissioners of Washburn Parks and Recreation District reserves the right to hold all bids for a period of thirty (30) days after the date fixed for the opening thereof and to reject any or all bids and to waive irregularities whenever it is for the best interest of the District.

Dated this 29th day of December, 2022.

Mark Lelm, Chairman

Washburn Parks and Recreation District

(12-29-22, 01-05-23, 01-12-23)

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

GUN SHOW 2023: Dakota Territory Gun Collectors Association BISMARCK Show, Saturday, Jan. 21, 9 a.m. to 5 p.m. and Sunday, Jan. 22, 9 a.m. to 3 p.m. at the BISMARCK EVENT CENTER. Laura Ennen 701-214-3388.

37-2XCHXT

58540

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.

15-TFNPJ

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-TFNPJ

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-TFNPJ

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

FERTILIZER FOR SALE: Urhea \$650 delivered, Map \$800 delivered. 25 percent down and balance paid by March 15 for April-May delivery. Call Jason, 701-870-0415.

36-1TCHG

58540

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-TFNNCG

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:
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Dylan 701-500-7227
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finkenfarmsandseeds.com

LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday January 9th, and Monday January 23rd. As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions, also follow us on Facebook.

43-TFN-E-X

58577

PUPPIES

Border Collie/Sheltie Cross
9 puppies, 4 males/5 females. Good working class, good with children, Loveable, medium sized friends. Please call Kim Vincent 701-462-1838

REAL ESTATE FOR RENT

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

1-TFNCHGX

58540

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NOW HIRING
Service Technician
Pay \$20-30

Plus great benefits
Washburn, ND

Send Resume to
scolter@inclube.com

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-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-TFNCHGGCCMWX

58540

HELP WANTED

White Shield School


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

Applications and Background check forms can be found on our school website <https://www.white-shield.k12.nd.us/>
Any questions please contact the business office at 701-743-2201.

HELP WANTED

HELP WANTED

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


 **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:

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

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

 **CHI St. Alexius Health Garrison Hospital**
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**SECURITY OFFICERS**
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 (BILL@GSSC.net) for more information.
EOE/AA/Disability/Veterans/M/F Employer
Immediate full-time & part-time openings!



\$5,000 sign on bonus

Mechanic/Service Manager Needed!

- Full Benefits/PTO/Insurance
- 8am-5pm (overtime available)
- Positive work atmosphere
- Wide range of machinery and equipment
 - New and Used


For questions call Duran @701-509-2922

**Benedictine**
LIVING COMMUNITY | **GARRISON**
HELP WANTED
RESTORATIVE SERVICES CNA
Full-time Days/ M-F

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

Apply at www.blcgarrison.com
Call Julie Snyder at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

**Benedictine**
LIVING COMMUNITY | **GARRISON**
LIFE ENRICHMENT

Benedictine Living Community | Garrison has a FT opening in Life Enrichment/Activities. This individual serves a big role in making sure our Elders are given the opportunity to engage in music, crafts, reading, movies, one-on-ones, board games, parties, etc. We have a fantastic Life Enrichment team and we are looking for an individual that enjoys busy days. We offer competitive wages, 401-k, and health benefits. Please apply online www.blcgarrison.com or contact Deb Foss for questions 701-463-2226.



Scan to be connected to job link

"EQUAL OPPORTUNITY EMPLOYER"

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:

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

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

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

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:

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

Totten Trail BAR & GRILL

is looking for Servers & Kitchen Staff

Apply in person or call 701-337-2070

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CHI St. Alexius Health -Turtle Lake -

Hiring the following positions:

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.

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"

SCHERESKY AG SERVICE

\$2,500 sign on bonus

Operations Assistant

• Full Benefits/PTO/Insurance

• Unload chemical trucks with forklifts

• Keep warehouse inventory organized

• Dump fertilizer trucks

• Assist in light mechanical work in the shop

For questions call Duran @701-509-2922

KRAUSE'S

LIQUOR

Garrison Location:

We are searching for a customer focused leader to operate Garrison Bottle Shop

This position will have bottom line responsibility for the business. Primary duties include: ordering and inventory control, display planning, merchandising, employee scheduling, training and development, assisting customers, stocking and cashiering. Prior experience a plus, not necessary. Must be able to frequently bend, stoop, and lift up to 50 pounds. This is a full time position.

Apply online at krausessupervalu.com or pick up an application in store.

STATEWIDES

HELP WANTED
NURSING INSTRUCTORS – DAKOTA NURSING PROGRAM – Grand Forks. This is a 9-month, benefitted position; MS in Nursing, current North Dakota RN license, and maintains continuing education as required by the ND Board of Nursing. Applicants with BSN working toward MSN will be considered. For more information go to www.lrsc.edu/jobopportunities.

PUBLIC WORKS SUPERVISOR. City of Cooperstown, ND. Must be 18+ years, have (or be able to obtain) a valid Class B license. Heavy equipment experience preferred. Salary DOE. Benefits. EOE. 701-797-3613/cooperch@cooperstownnd.com

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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.

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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 Niko-laisen Land Company. 844-872-4289.

REAL ESTATE FOR SALE
ND FARM LAND Values surge upward.

WINTER continued from page 5

University's Kids a Cookin' program. Pink salmon is a good source of vitamin D.

"Hooked on Salmon" Sticks
1 (16-ounce) can pink salmon, drained
½ cup crushed saltine crackers (about 16 crackers)
1 egg
1 tablespoon cooking oil
Nonstick cooking spray

Prepare ingredients as noted. Combine salmon, cracker crumbs and egg in a bowl. Divide into eight balls and shape into 4-inch sticks. Coat a skillet with cooking spray. Add oil and preheat the skillet on medium for one to two minutes. Add the fish sticks and

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

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

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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.

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.

cook for three minutes. Flip the sticks and cook another three minutes until golden brown.

Makes four servings (two salmon sticks per serving). Each serving has 224 calories, 10 grams (g) fat, 22 g protein, 10 g carbohydrate, 0 g fiber and 524 milligrams sodium. Choose lower-salt crackers if sodium is an issue.

(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).

To place a classified ad call 462.8126 or fill out the form online at nordaknorth.com

Helping Words

By Aaron Van Gorkom
Associate Pastor at Evangel in Garrison

Are in the manger?



Happy New year! I like to spend the last few days of the year reflecting on everything that has happened. This year was a rollercoaster of highs and lows and like many of us, there are some things I want to carry into the new year and some things I wish to leave behind. Maybe you have some new goals for 2023, new habits you want to pick up. A lot of us will make new years' resolutions related to things we would like to be better at. It is natural to desire to be better than you currently are and it is good to put effort behind that desire. We try new recipes in the kitchen, pick up a book to read instead of watching another movie, even wake up a little earlier to work out.

While I was reflecting on 2022, I remembered a conversation I had with a friend who had an absolutely terrible 2020-2021. He was excited to share how in 2022 he had been recovering from this valley he was in. His mental and physical health had been improving greatly but he still felt like he was in a pit at times. He wished he could see the same growth in every area of his life but felt like he was powerless to change his spirit. He kept going back to the same hangups that left him feeling like trash. We get this way about

our spiritual life, we feel that it is through great effort that we become better people.

I would like to share with you the same passage that helped him shake off the chains he was feeling stuck in. The passage that helped him feel like he was capable of becoming a "better" person. "This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! And all of this is a gift from God, who brought us back to himself through Christ." (1 Corinthians 5:17-18)

You are not a "good person" because you go to church, donate money to charities, volunteer your time, or show kindness to others. You may do those things because God loves you and you are sharing that love with others, but we do not become better people because we try really hard. The Bible promises that in a moment you become a NEW person! Not because you worked hard or really thought about it, but because of what God already did for you! If you are looking to improve this year and be a better person then do not look inward for answers. Look up towards heaven and ask God, the author and finisher of your faith.

PRAIRIE DOC PERSPECTIVES

BY JOANIE HOLM, CNP

Grief and Love

Writing about grief is like writing about life—huge! Where does one start? It is like describing love: basically impossible. The comedian and late-night host Stephen Colbert lost his father and two older brothers in a tragic accident when he was young, and said, about grief, "It is a gift to exist, and with that gift comes suffering. If I am grateful for life, I must be grateful for all of it. I hope that grief stays with me because it is all the unexpressed love I didn't get to tell you."

So even though grief may be difficult to describe, I'm working to do what Rick taught me: to share my grief publicly, as he did his death. As I've sought to live with my grief, I have found tips and ideas that have helped. Not every tip will be pertinent to every person, so use judgement as you address someone in grief.

Talk about the one who has died. They are generally the grieving person's favorite subject

Contact the person in grief

frequently. Loneliness can be consuming. Remember birthdays and anniversaries, which can be emotional triggers for the one grieving.

Include the grieving person in activities. Sometimes getting away from the grief can be a relief.

Offer to help a person in grief with household chores, as these tasks can become overwhelming. Better yet, just show up and help!

Be aware that grief can be like a roller coaster, high one day and low on another. Grief can be exhausting. Realize that a person in grief may need extra rest.

Consider the vulnerability it takes for a grieving person to ask for help. The grieving person may suffer in silence rather than admit defeat.

And last for this incomplete list: grief has no right or wrong and no timeline. Every individual is different.

The songwriter Nick Cave said "It seems to me, that if we love, we grieve. That's the deal. That's the pact. Grief and love

are forever intertwined. Grief is the terrible reminder of the depths of our love and, like love, grief is non-negotiable."

Rick showed us, courageously, how to face death while honoring life, with love and joy instead of dread. Now maybe those of us who grieve can see the shape of our love in our grief. The poet John Roedel wrote: "Your grief is a temple in your heart that honors that love."

I hope that I continue to find wisdom in this grief as I continue my journey.

Joanie S. Holm, R.N., C.N.P. is co-founder and president of Healing Words Foundation that supports Prairie Doc® programming. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust for 21 Seasons, streaming live on Facebook most Thursdays at 7 p.m. central.

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

Washburn
NORTH DAKOTA

The Washburn Park Board is looking to hire summer positions.

We are looking for a swimming pool manager, lifeguards, a Parks & Rec. summer program manager and coaches for little league, pee-wee, T-ball and softball. Please send a letter of interest to the Park Board and you will be contacted with interview dates and times. Application letters will be accepted until February 1, 2023. Interested individuals should send a letter of application and resume to:
Washburn Park Board , PO Box 551, Washburn ND 58577



Farmers Union
INSURANCE

Welcome Brandon!



Mike Nelson Agency in Washburn would like to welcome **Brandon Anderson** to the staff. Please stop by to make Brandon welcome and discuss all or your insurance needs with us.

Help Wanted

Requirements

- Ability to work well with others
- Experience with Adobe InDesign & Photoshop
- Ability to keep up with a fast paced work environment
- Ability to meet deadlines
- Passion for creativity & design
- Experience with website design is a bonus, but we are willing to train the right candidate!

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.



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- Pay based on experience
- Benefits include: Medical, life, dental, vision and 401K
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Send inquiries or resume to kelsey@mobridgepublishing.com