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# Taste of Washburn set for March

The annual Taste of Washburn event will bring some extra flavor this year as organizers add a twist to the local favorite.

New and unique dishes are expected to be served up during this year's International Taste of Washburn event, set for March 25.

Rhonda Johnson of the Washburn Area Improvement Association told attendees of the Jan. 9 Washburn City Commission meeting that this year's event was reinvented

with its international spin.

"Businesses should make something that comes from another country," Johnson said about the event, which gathers local businesses with homemade dishes at the Washburn Memorial Building.

Attendees of the event will have a passport, Johnson said, and be able to vote for their favorite dish of the event as well as favorite booth design.

"We'll try to get with the Leader-News to try to get the top three business get the

recipe in," Johnson said.

The event will be a fundraiser for Mike Nelson's youth program, with youth volunteering at the event, Johnson said.

Taste of Washburn is set for March 25 from 4-7 p.m. at the Washburn Memorial Building.

Businesses interested in signing up should contact a WAIA representative. The deadline for reserving a booth is March 18.

# DAKOTA RECREATION REPORT



BY PATRICIA STOCKDILL

### Outdoor Notes:

•Be mindful of parking when accessing area lakes; not blocking roadways or snow removal operations.

•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. 21: Flakes of Fury fat tire bike race, Fort Stevenson State Park, Garrison. Registration begins at 10 a.m. Contact the park, (701 337-5576) for more information.

### Fishing:

Lake Sakakawea elevation, Jan. 16: 1,829.22 feet above mean sea level; 23,600 cubic feet per second (CFS) Garrison Dam average daily releases.

Missouri River gauge height, Stanton: River stage, 11.56 feet.

Missouri River gauge height, Washburn: River stage, 15.76 feet.

•N.D. Game & Fish Dept. game wardens: Lake Sakakawea hit-and-miss for walleye. Lake Audubon spotty for walleye with improving access on and around the ice. Crooked Lake has some pike spearing activity.

•Lakes Audubon & Sakakawea, Cenex Bait & Tackle, Lakes Audubon & Sakakawea: Some walleye success on the east end of Lake Sakakawea in Steinke and Douglas bays. Try 12 to 28 feet with jigs and minnows. A few pike mixed in with some spearing success, although water is somewhat muddied up. Lots of activity on Lake Audubon but overall walleye success is spotty.

•Lakes Audubon & Sakakawea, Hwy. 83 Lawn & Leisure, Lakes Audubon & Sakakawea: Lake Audubon hit-and-miss for walleye with best success at night. Some pike spearing success in Steinke and Centennial bays on the

east end of Lake Sakakawea. Work the mouth of Douglas Bay, Camp of the Cross, or Rattlesnake for walleye but overall success still somewhat slow.

•Lake Sakakawea, New Town: Van Hook Arm remains slow with better success still around the river near New Town, including Sanish Bay. Try jigs and minnows or tipups.

•Missouri River, Enerbase of Washburn: Lots of anglers on Lake Audubon for walleye using jigs and minnows.

•Missouri River System, Scott's Bait & Tackle, Pick City: Warmer weather bringing more boat anglers onto the Missouri River tailrace but limited reports. Best Lake Sakakawea and Lake Audubon walleye bite in the early morning and early evening hours but overall success is spotty.

•McLean Co. area lakes, Cenex of Wilton: Lots of activity using wax worms or minnows on area lakes. Downhill skiing (conditions can vary):

•Big Sky Ski Resort, Big Sky, Mont.: 47- to 50-inch packed powder, machine groomed base with 29 lifts and 290 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.

•Huff Hills Ski Area, Mandan: 20- to 35-inch machine groomed base with all runs, 2 lifts, and Green Lift Terrain Park open.

•Terry Peak, Leads, S.D.: 20- to 30-inch base. 30 trails and 5 lifts open. Snowmobile ND (conditions can vary): \*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 and in good condition. Watch for snow piles along approaches and road crossings.

•Lake Region (Nelson & Ramsey counties): 10- to 14-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.

•Missouri Valley (Emmons & Burleigh counties): 16- to 22-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings. Beware of

2 areas with deep holes where groomers got stuck.

•North-central (Benson, McHenry, Pierce, Ramsey, & Towner counties): 8- to 12-inch base. Trails open and in good condition but large trenches on portions of the Rush Lake Trail to Towner.

•Northeast (Cavalier, Pembina, & Walsh counties): 8- to 12-inch base with trails open except for Moonlighter Gorge and NESCA trails. Trails in fair condition.

•Peace Garden (Bottineau & Rolette counties): 12- to 16-inch base with trails 7, 7A, 7B, and 7C open but poor ice conditions on areas where slush is on top of thin ice.

•Red River North (Walsh & Pembina counties): 12- to 16-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.

•Red River South (Grand Forks & Walsh counties): 8- to 10-inch base. Trails open and in good condition. 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. Watch for snow piles along approaches and road crossings.

•Sheyenne Valley (Barnes, Dickey, LaMoure, Ransom, & Stutsman counties): 16- to 25-inch base. Trails open and in good condition. Watch for snow piles along approaches and road crossings.

•Sno-trails (Bottineau, McHenry, Renville, & Ward counties): 8- to 15-inch base. Trails open and in good condition.

•Southern Valley (Richland County): 12- to 20-inch base. Trails open and in good condition. 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](http://www.lakesakakawea.com)).

# CALENDAR

## 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.

## Wednesday, January 25

**THE UNDERWOOD AREA ECONOMIC DEVELOPMENT CORPORATION** will host a public hearing to present a new Comprehensive Plan for the City of Underwood, January 25th at the commons area of the Underwood Public School, starting with a light meal at 5:30 pm followed by the presentation at 6 pm. The engineering firm of Burian and Associates compiled information from meetings with a steering committee and from community surveys, and is seeking public input for the final draft.

## 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.

**SUPER SUNDAY SUPPER** is a free will donation held at First Lutheran Church on Sunday, January 29th from 4:00-6:00 p.m. If you have question or would like to schedule a meal delivery, you can contact Judy at (701) 220-4410 or Rhonda at (701) 315-0656.

## Tuesday January 31

**THRIFT STORE AT COMMUNITY CUPBOARD OF UNDERWOOD**: 1 pm - 5 pm Open to the public at 208 Lincoln Avenue. Shop for clothing, household items, toys, books and more. Donations for all items and proceeds go to the food pantry.

### 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

### The waiting game

BY ZOE ZELEZNIK,  
*Forester, NDSU Extension*

So far, this winter has been great for hoarfrost photos.

I don't quite understand the meteorological conditions behind its formation, but it's been beautiful. Close-up, the ice crystals weave intricate patterns. From a distance, we see trees and forests that are silhouetted in a white cover, standing out against the background.

I see some parallels between the trees themselves and the hoarfrost. Looking at an entire tree, I envision the strength of its wood, supporting a crown that holds a network of branches, twigs and summertime leaves. But those same twigs and leaves are small and flexible, and more susceptible to breakage than the larger branches.

We've already had several snowstorms and blizzards this winter. The one in mid-December was especially bad, starting with a thick layer of ice. After that came the heavy wet snow. Finally, the light fluffy snow came and eventually the storm moved on further east.

Three weeks later, my driveway is still covered in ice. Even the salt that I've applied doesn't seem to be making much of a difference.

How are the trees doing with all of these challenges?

Most trees have weathered this just fine, while others sustained a good deal of damage.

Generally, trees that hold their leaves into the winter have had it the worst. Both the ironwood trees and the ponderosa pines in my own yard are still bent over from the extra weight of that ice and snow. Surprisingly, though, the spruce are still pretty upright.

I've been debating what to do here. Should I knock off that snow and ice? Would pruning out the deformed branches be a good approach? Heck – can I even reach the top of that 25-foot-tall pine tree?

Remember, “do nothing” is always a management option. It just has its own set of consequences.

I don't know if the leader on the pine tree will straighten out next year, even if I remove the snow. The stem could be permanently kinked, which would provide some visual interest, for sure.

What would happen if I cut out that bent-over leader? While a new leader will certainly develop, I worry that multiple leaders will form. Such a situation on a conifer can be a structural nightmare. Quite simply, the connections are weak and more susceptible to breaking in the future.

Apparently, a lot of multi-stemmed arborvitaes and junipers were nailed by that storm as well. They're bent over and sometimes going in different directions. Is there any hope of salvaging them, structurally?

Recovery might be possible, though it'll likely take a couple of years.

First, the stems will have to be drawn back together and supported with some type of strap or flexible material such as a bungee cord. Wait until temperatures are a bit warmer – the high 20s or even 30s – and the stems are more flexible.

Second, wait. These trees will need support for 1-2 years as they put on new wood underneath the bark. Those extra tree rings will give the tree more strength and stiffness in the long run.

The support strap should be flexible, providing short-term support without digging into the tree's stems. Check the straps every three or four months to make sure that they're not choking off the stems. Loosen the straps as needed.

I wish there was a third step, but at that point, all you can do is wait. And hope that we don't get another round of super-heavy snow and ice.

# Keeping a safe distance

Wildlife managers urge outdoor enthusiasts to consider where they recreate during North Dakota's leanest months to spare already stressed animals simply trying to survive the elements.

While this advice is true during any Northern Plains winter, it hits this year with some significance considering winter arrived in mid-November with purpose and no sign of when it will end.

State Game and Fish Department managers understand North Dakotans want to get outdoors and have fun in winter. Even so,

the tougher the winter is, it is important that people riding snowmobiles, shed hunting, cross-country skiing or doing whatever are cognizant about where wildlife are and to view them from a distance.

That means waiting to shed hunt until later in the spring so that you're not pushing deer in and out of thermal cover where they're trying to just conserve energy. Animals forced into

the open are exposed to the elements a lot more, which adds further stress.

Also, people need to realize that harassing wildlife from snowmobiles or other machines is illegal in North Dakota.

It's common for snowmobilers and others to ride in areas where snow has accumulated, such as near shelterbelts and other wooded habitat because that's where the drifts are, but people also must realize there could be deer or other wildlife within those areas to get out of the weather.

So, every time animals are pushed from those areas, it increases the amount of energy they expend to survive the next day.

These same warnings, for shed hunters, skiers and others, also apply on Game and Fish Department owned or operated wildlife management areas where many animals gather to weather the winter months.

**Call to get your classifies in**

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# Washburn man arrested for indecent exposure

**BY: ALYSSA MEIER**  
Aylssa@nordaknorth.com

A 24-year-old man has been arrested after admitting to publicly exposing himself to women in Washburn multiple times in 2022.

According to the McLean County Sheriff's Department, Luke Kjos of Washburn is facing five Class A misdemeanor counts of indecent exposure. Kjos reportedly admitted to exposing and touching himself in front of women in public

places in Washburn on five occasions in 2022, with three occurrences taking place at Washburn businesses.

Kjos was brought in for questioning after security footage from the Superpumper gas station captured him exposing himself to a female employee in November 2022. Kjos admitted it was him in the video and subsequently admitted to similar acts at Krause's SuperValu, Family Dollar and Riverside Park in Washburn.

Kjos is also facing an indecent exposure charge filed Jan. 4 in Burleigh County after reportedly admitting to exposing himself to women at Walmart and Ulta Beauty in 2022.

In his interview, Kjos told McLean County officers that he had attempted to expose himself on approximately 10 other occasions but did not encounter women during those instances.

Kjos reportedly admitted to authorities that he needs help.

## Helping Words

By Doug Fuller  
Chaplain for the McLean County Jail

### Pergamos

In Revelation 2:14, the church at Pergamos is accused by Jesus of having false doctrine and ungodly behavior: "But I have a few things against you. You have people there who follow the teaching of Balaam. Balaam taught Balak how to make the people of Israel sin. They sinned by eating food offered to idols and by committing sexual sins." In verse 13, Jesus added "I know your works and where you live, even where Satan's seat is." The name Pergamos is translated from three Greek words: peri meaning "with", gammio meaning "marriage," and cosmos meaning "world." Pergamos means: The church married with the world.

The church is warned in Revelation 18:4 to be separated from the evils of the world: "And I heard another voice from heaven, saying, Come out of her, my people, that you be not participants of her sins and that you receive not of her plagues." 2 Corinthians 6:17 focuses on not touching the unclean thing. While being separated and being accepted by the Lord. "Wherefore come out from among them and be you separate, says the Lord and touch not the unclean thing and I will receive you."

A simple definition of holiness is: Conforming to the nature and will of God. In Leviticus 10:10 and 1 Peter 1:16 the Bible expresses God's desire for the saints. "And that you may put difference between holy and unholy and between unclean and clean." "Because it is written, Be you

holy; for I am holy." Revelation 20:6 clarifies holiness as essential to be caught up with Christ in the rapture: "Blessed and holy is he that has part in the first resurrection."

In 1 Peter 2:9, the Word describes what the church body should be. "But you are a chosen generation, a royal priesthood, an holy nation, a peculiar people." Peculiar is defined in Strong's Concordance, as an "abundant purchased possession." To consecrate from a common to sacred use.

The church should not dress and behave like the world. Women are supposed to dress modestly and not wear that which pertains to a man. The misconception that grace allows us to do whatever we want is unbiblical. There must be separation. Too many churches have let the world in. A lost sinner already has the world. They don't need to find it in the church.

1 John 2:15-17 "Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes and the pride of life, is not of the Father, but is of the world. And the world passes away and the lust thereof: but he that does the will of God lives forever." It was pride that changed the brightest angel Lucifer; into the darkest demon: Satan.

*Doug Fuller serves as chaplain for the McLean County Jail.*

## PRAIRIE FARE

BY JULIE GARDEN-ROBINSON

### Music, good for body and mind

Music can impact many aspects of health.

The young musical artists nodded at me, and I clicked on the stopwatch as they began playing. Each had 10 minutes to play a prepared piece of music.

My role was to stop them if they played too long. The judges were behind a curtain in the back of the room.

"Thank you!" I said loudly to one participant as my stopwatch hit the 10-minute mark.

The young person stopped despite being in the middle of a very complex section called a "cadenza." I could imagine how many hours the musician had spent practicing the piece. I felt bad about stopping the performance.

Timekeeping musical performances is not part of my day job. I am a proud member of the symphony board. I was helping with the contest one Saturday morning.

As I listened to these talented young people, I thought back to my children's early musical experiences and my own. Learning to play a musical instrument well takes years of practice and a lot of support.

When you begin to play a violin, trombone, saxophone or other instrument, unfortunately, your family members do not always have a pleasant listening experience. My children learned piano, viola, guitar and/or clarinet. I sometimes asked them to close the door.

That wasn't all that supportive, I guess.

"Check the key signature, please," I'd say when I heard a "clunker" note.

A few years ago, when becoming an empty nester was imminent, I joined a community band. I still use the flute my parents bought me when I was about 16.

I was struck by the range of ages in the community band, ranging from early 20s to early 90s.

You can enjoy and/or play music throughout your life.

Music plays some key roles in many aspects of health,

whether you are playing an instrument, singing, dancing or simply listening to music.

Playing a horn or wind instrument requires movement of your hands, pushing air out of your lungs, articulating notes with your tongue, reading with your eyes and, of course, interpreting all the notes and rhythms with your brain. If you are in a marching band, that adds another dimension.

Music can promote our ability to think.

Researchers studied the influence of different types of music or silence on intelligence test scores. The college students listened to Mozart, a relaxation tape or sat in silence. The Mozart sonata promoted greater scores.

Music may help patients be less stressed during surgery. When patients listened to music during an eye surgery that is performed while the patient is awake, their blood pressure stayed at normal levels.

Music sometimes is part of therapy among people with Parkinson's Disease, a neurologic disorder. It helps them retain balance and ability to move.

According to a study of leisure activities and brain health, dancing helped reduce the risk for dementia, better than golfing, swimming, tennis and seven other leisure activities.

In 2020, the AARP reported the results of a survey about music. Women were more likely than men to have participated in dancing or singing, and younger people were more likely to have played an instrument.

Interestingly, a majority of people (58%) sang alone and 38% had engaged in dancing in their lives.

Dancing to music is good for your heart health and brain health. The individuals in the AARP study who participated in music self-reported their general health and brain function as "excellent" or "very good." The people who listened to music were less

likely to report issues with anxiety or depression.

You might want to dust off your musical instrument or learn to play one. Exercise your vocal cords.

What kind of recipe goes well with music? I am featuring the "musical fruit" this week to enjoy with some music in the background. Eating more fiber-rich beans is good for your heart and digestive health. The more beans you enjoy through time, the less you "toot." Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) and click on "Food Preparation" to get to more information about beans and other pulse foods.

This delicious recipe was contributed by Janna Diggs and is featured in the Growing Together Community Garden cookbook.

#### Black Bean Wraps

2 teaspoons olive oil  
1 large green or red pepper, diced  
2 cups diced Roma tomatoes (cored and seeded)  
1 (15-ounce) can black beans, rinsed  
2 tablespoons red wine vinegar or cider vinegar  
1 teaspoon cumin  
¼ teaspoon garlic powder  
3 (10-inch) whole-wheat flour tortillas  
3 tablespoons cream cheese or mashed avocado  
Heat oil over medium heat in a large saucepan; sauté pepper for two minutes. Add tomatoes, beans, vinegar, cumin and garlic powder. Cook, stirring occasionally, for about 10 minutes. Spread cream cheese or avocado evenly over warmed tortillas. Top each tortilla with the bean filling. Roll up each tortilla, cut in half and serve.

Makes six servings. Each serving has 300 calories, 11 grams (g) fat, 11 g protein, 45 g carbohydrate, 6 g fiber and 440 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.*

### 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 551, 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, 01-19-23)



# 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

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

**FERTILIZER FOR SALE:** Urhea \$655 delivered, Map \$805 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-TFNCCG 58540

## 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

## FARM RELATED

### SEED FOR SALE

**Yellow Peas:**

CDC Inca

**HRSW:**

LCS Buster, MS Charger, MS Barracuda, MS Ranchero

**Oats:** CS Camden

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Chris 651-792-5920

Dylan 701-500-7227

Bob 701-720-1808

[finkenfarmsandseeds.com](http://finkenfarmsandseeds.com)

## LIVESTOCK

We have the following ship dates scheduled to ship cows and bulls, Monday January 23rd, and Monday February 6th. 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

## 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

**NO ONE DELIVERS YOUR LOCAL NEWS BETTER THAN YOUR LOCAL PAPER**



## REAL ESTATE FOR RENT

\$850.00 per month. 3 Bedroom mobile home in Washburn. No Pets. Application required. \$1100.00 per month. 2 bedroom house with attached garage. NO Pets. Application required. Both properties include water, sewer and garbage. 701-315-0034

37-TFNCHGXT 58540

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

1-TFNCHGX 58540

## REAL ESTATE FOR SALE

Marv's Bar for sale in Turtle Lake. Price Reduced to \$150,000. Call Kim Sundquist, Bianco Realty 391-3189.

39-4TCHGXT 58540

## HELP WANTED

DAKOTA AGRONOMY Partners in Washburn, ND is hiring full time: Operational Workers and truck driver positions We are a full-service agronomy center with year-round work. Variety of tasks. Benefits provided. Call 701-720-0268 for job description and to apply. DAP is EOE.

Dakota Agronomy Partners in Washburn, ND is hiring full time: Operational Workers and truck driver positions We are a full-service agronomy center with year-round work. Variety of tasks. Benefits provided. Call 701-720-0268 for job description and to apply. DAP is EOE.

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

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

13-TFNCHCMLNGRXT 58540

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

12-TFN-CH.XT

WHITE SHIELD Elementary School has 2 teachers positions, 5-8 Math/General Education Teacher & 5-8 ELA/Librarian Teacher. Interested applicants can send cover letter, resume, certification/ability to obtain certification; to wayne.fox@k12.nd.us or more information call White Shield School @ 701-743-4350. Visit our Employment link @ <https://www.whiteshield.k12.nd.us/page/employment>

9-TFNCHGGCMWX 58540

**Place an Ad here today!**

## HELP WANTED



is looking for **Servers & Kitchen Staff**

Apply in person or call 701-337-2070

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## HELP WANTED

**Place an Ad here today!**

## 363 Eatery

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

## INDUSTRIAL LUBRICANT COMPANY

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Service Technician  
Pay \$20-30

Plus great benefits  
Washburn, ND

Send Resume to  
[scolter@inclube.com](mailto:scolter@inclube.com)

## 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](http://www.garrison.k12.nd.us) for an application, and email to Dr. Klemisch at [Nick.Klemisch@k12.nd.us](mailto:Nick.Klemisch@k12.nd.us)

## HELP WANTED

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

**COOK**  
**\$3,000.00**

**Employment Incentive for Full-time \$1,500.00**  
**Employment Incentive for Part-time**

For more information call **701-463-6503**  
Apply online at [www.commonspirit.careers](http://www.commonspirit.careers)

**CHI St. Alexius Health Garrison Hospital**  
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**\$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

## HELP WANTED!

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

## HELP WANTED!

South Mclean County Soil Conservation District in Turtle Lake is hiring a **WATERSHED COORDINATOR**  
We are looking for a self-starter who can take the initiative to pursue all available avenues for outreach, education, and implementation of water quality management within the District and work closely with agricultural producers and other private landowners to plan, develop and install best management practices which benefit water quality.  
Must have the ability to communicate on a professional and personal level, to establish relationships and follow-up with producers. This is a unique opportunity to take ownership in a large, landscape scale project and have a positive impact on water quality, soil conservation, wildlife and agricultural practices.  
Apply online through Indeed.com, email your resume to [southmcleanSCD@westriv.com](mailto:southmcleanSCD@westriv.com) or call 701-448-2474 for more details.



**HELP WANTED**

**HELP WANTED**

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

**RN-Nursing Facility**  
**\$20,000.00**  
**Employment Incentive**

For more information call  
**701-463-6503**  
 Apply online at  
[www.commonspirit.careers](http://www.commonspirit.careers)



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**HELP WANTED**

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

**CNA**  
**\$7,500.00**  
**Employment Incentive**

For more information call  
**701-463-6503**  
 Apply online at  
[www.commonspirit.careers](http://www.commonspirit.careers)



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**HELP WANTED**

**Golf Course Manager**

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

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**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. Alexis Health Garrison has the following positions available:

**RN - Acute/ER**  
**\$20,000.00**  
**Employment Incentive**

For more information call  
**701-463-6503**  
 Apply online at  
[www.commonspirit.careers](http://www.commonspirit.careers)



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**HELP WANTED**

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

**LPN-Nursing Facility**  
**\$10,000.00**  
**Employment Incentive**

For more information call  
**701-463-6503**  
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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 cashing. 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](http://krausessupervalu.com) or pick up an application in store.

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Call Jill Borth at (701)463-2226  
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**Housing Manager at The Meadows**

Assisted Living located in Garrison, ND. Full-time.

Duties include: Oversight of 18 Apartments; Organize, supervise, and direct the work of staff; lead the management of health care needs; manage vendor or campus-wide services received by the site. Create and maintain a high level of tenant, staff, and family satisfaction. Develop and implement marketing and strategic plans, budgets, and quality improvement initiatives. This position also has fiscal accountability for the site.

Apply online at [www.BLCgarrison.com](http://www.BLCgarrison.com)  
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**STATEWIDES**

**HELP WANTED**

**DIRECTOR OF ADMISSIONS AND OUTREACH.** NDSCS has a FT, 12-month, position available in Wahpeton, ND. The Director is responsible for student recruitment planning for both in-person, on-line programs, outreach activity, and office management. Benefits include: Fully paid single or family Health Insurance, Life Insurance, annual and sick leave, 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>

**ADMINISTRATIVE ASSISTANT – AP- PRENTICESHIPS.** Lake Region State College – Devils Lake. 12-month position, full benefits. Responsibilities include day to day secretarial, clerical and data entry duties as part of the program to include maintaining all data bases for federally registered apprenticeships. For more information go to [www.lrsc.edu/jobopportunities](http://www.lrsc.edu/jobopportunities).

**CITY OF CARRINGTON** seeks Police Officer \$50k-\$65k depending upon experience. Apply at [www.carringtonnd.com](http://www.carringtonnd.com)

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**ANNOUNCEMENTS**

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**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.

**HELP WANTED**

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

**Lab Tech (MT/MLT)**  
**Radiology Tech**  
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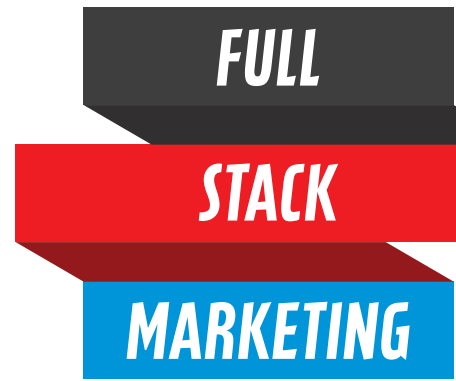


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# PRAIRIE DOC® PERSPECTIVES

BY DEBRA JOHNSTON, DP

## Extending the Golden Hour

When I was a young physician, we talked with almost religious zeal about the “Golden Hour.” Early on, this principally focused on the idea that within the first hour after an injury, a patient needed to receive definitive treatment in order to maximize the chances of survival, and recovery. We usually interpreted this to mean that the patient needed to be in the hands of the trauma surgeon before this hour was up. We took ATLS classes so we could make sure that the patient in our emergency room got the best treatment we non-surgeons could provide, until the surgeon could take over.

Of course, in the rural upper Midwest, the nearest surgeon, and even the nearest emergency room, might be more than an hour away.

Fortunately for those of us living in more sparsely populated areas, time to the surgeon isn’t the only factor that impacts our chances in an emergency. The care we receive before we get to the hospital matters. In fact, it matters a lot.

Gone are the days of “scoop and run” when the only goal of

the first responders was to get the patient to the hospital as fast as possible. As with so many roles in modern society, a first responder today has a more complicated job. They need the training and flexibility to address what they see when they meet their patient. A person who has overdosed on fentanyl needs naltrexone, to reverse the opioid and get them breathing. A person in cardiac arrest needs a shock delivered, to restart their heart. A person who has lost a limb in a car accident needs the bleeding stopped. These things need to be done well before the patient could arrive in an emergency room, even if they were delivered there by helicopter.

Certainly, some emergencies require care that is still well beyond what could be provided outside of a hospital. If they can receive it in time, approximately 25% of stroke victims could benefit from clot busting medications. Another 10-15% have strokes that are actually caused by bleeding. It’s a distinction that can’t be made in an ambulance, and the wrong call could be

catastrophic.

We all know that the pandemic has radically changed the workforce. Employers around the country are facing a shortage of workers, from fast food to finance. Health care is no different. This includes ambulance services, where the situation is further complicated by the reality that many rural EMS providers rely on volunteer labor. Those volunteers need to know more than just how to drive the ambulance. They need to know how to provide effective interventions, to extend that “Golden Hour.” This particular labor shortage has grave consequences. It is quite literally a matter of life and death.

*Debra Johnston, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. Follow The Prairie Doc® based on science, built on trust, at [www.prairiedoc.org](http://www.prairiedoc.org) and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show, streaming live on Facebook most Thursdays at 7 p.m. central.*

# — DAKOTA DATEBOOK —

## Steamboat Park

BY CHRISTINA SUNWALL

A stroll along River Road next to the Missouri River in Bismarck presents walkers with an interesting lesson in North Dakota history. One of the stops is Steamboat Park, a site that was acquired by the State Historical Society of North Dakota on this day, January 16, 1941.

Steamboat Park marks the location of one of the largest river warehouses built by the Northern Pacific Railway. Constructed in 1883, the 300-foot stone and frame structure was built to store goods in transit between steamboats and freight trains.

The park, which today includes a historical marker on the site of the warehouse as well as a 60-foot replica of the Yellowstone Steamboat, serves as a reminder of the importance river transportation played in the development of North Dakota.

Steamboats operated on the Missouri River, Red River, Sheyenne River and Devils Lake carrying heavy freight and passengers. Much of the freight brought to the west on steamboats consisted of railroad building materials, machinery, dry goods and livestock.

Goods shipped back east included furs, grains and other products from Dakota Territory and western Canada.

As a result of this river traffic, the wharf in Bismarck played an important role as a distribution and transportation center. Frequently as many as twenty steamboats would be moored at Bismarck. Saloons, hotels, restaurants and other warehouses were constructed nearby to meet these travel demands.

Steamboat Park also serves as a reminder of the importance river transportation played during the early railroad era.

By 1873 the eastern segment of the Northern Pacific Railway had reached the Missouri River at Bismarck. However, it would take another nine years before a permanent bridge spanning the river would connect east and west. Until the railroad was built westward from Bismarck, the steamboat was the principle method of transportation to the west.

Additionally, until branch lines were added, steamboat traffic continued to play an important supporting role to the expanding railroad by serving as a north-south link. Steamboat traffic had access via the Upper Missouri River System to locations from St. Louis, Missouri to Fort Benton, Montana. In 1889 alone, 119 steamboats hauled nearly one million tons of freight and over 26,000 passengers on the Upper Missouri River System.

But steamboat travel was not without its problems. Ice jams on top of the river could stop traffic while sandbars or water-logged tree trunks presented unseen dangers beneath the surface. River travel was seasonal and also expensive. It was common for steamboats like The Far West to use \$100 of wood in a single day’s travel.

As a result, while railroads continued to expand, nearly all steamboats disappeared from the rivers of North Dakota by the end of the first decade of the twentieth century and with it came the end of one of the most colorful phases in the state’s history.

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

# Washburn

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