

# Xtra

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Vol. 34, No. 46  
Monday, March 25, 2019

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**Informational Event**  
**Kannaway CBD Oil**  
Garrison Senior Center  
Saturday, March 23<sup>rd</sup>  
3 pm & 7 pm  
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# Gardening Tips

There is no such thing as a brown thumb

**BY BEV JOHNSON M.G.**  
UNIVERSITY OF MINNESOTA EXTENSION  
MASTER GARDENER

Bunkey's niece just moved into her first apartment. She thought it looked cold and bare, so she went to a local grocery store and bought a cart full of house plants. It is now 3 months later and half of them have given up the ghost. "Uncle Bunk, I think I've got a brown thumb." "No, you just picked the wrong plants for your conditions. And, you didn't read the instructions that came with them. You have north and west windows, and, like most new house plant mom's, you over watered them. Let's go shopping for plants that will thrive in your windows." This is what they came home with. For the north window, several ferns. They do well in low light and appreciate the cooler temperatures there. She also got a

start of her grandma's Christmas cactus. It likes a cooler spot so the north window will be ok, but it will need more light before it will bloom. The west window is a perfect spot for succulent. They love the hot bright light. For a big accent, she got a fiddle leaf fig. It will stand near the west window for now. Eventually it will need a new home, as these can become huge.

Now that the plants are in their proper places, Bunkey gives Verna a watering lesson. "Read the instructions on those succulent plants. What does it say about watering?" "Ahh, water rarely. What does that mean, every week or every month or what?" Notice the thick leaves, they are water holding machines. When they are nice and fat, they are full of water, if they start getting wrinkled, they are too dry. Right now, right from the nursery, they are just right. So, stick your finger into the soil to see how wet it really is. Not very much, is it? Never let it get wetter than that and most of all don't water



Bev Johnson M.G.

on a schedule. Now to the ferns. They will need more water, but again, only if your finger, buried to the first knuckle touches dry soil. Never let any plant sit in water. It rots the roots. Plant all plants in pots that have a drain and empty the saucer 20 minutes after you water.

Later, a boyfriend gave Verna a sansevieria, known more commonly as mother in law's tongue. At least he gave her the smaller version as the tall ones can really get to be ugly. They grow slowly but you can tell when they need repotting, as they will break out the side of a pot if it is too tight. This plant is almost impossible to kill. Even overwatering it as it will just take what it needs and let the rest drain out. It is a low light girl. In a bright light it burns but just keeps growing.

Growing house plants has nothing to do with brown or green thumbs. It's a question of care. Of learning what works, observing what doesn't and just muddling along with the survivors. The sad truth is that like all living things, house plants die. Those you don't destroy by accident you might have to kill. Euthanasia is unavoidable and murder is par for the course. If it's ugly, kill the darn thing. Be brave. They aren't kittens.

General hospital for houseplants

Is your philodendron droopy? Has your prayer plant given up the ghost? Is your spider plant full of spiders - the live crawly kind? If your house plants look like you should call a floral ambulance, don't despair, help is here.

The first step in reviving a cruddy looking house plant is a good shower. If you didn't repot the plant with fresh potting soil last fall, dump it out of the pot, wash all the soil off the roots and put the whole naked plant in the sink, or tub, if it is huge, and give it a good bath with slightly warm water. Be sure to get the underside of the leaves. Look carefully at the roots. White roots are alive. There should not be any brown, dry or slimy roots. Cut them off.

Now is the time to divide the plant if it is too big. If repotting in

Gardening page 5

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## Extension news

### Spring seed starting

BY CALLA EDWARDS  
MCLEAN CO. EXTENSION AGENT

Are you dreaming of spring? With the warmer temperatures and the snow melting it's beginning to look like spring will actually arrive at some point this year. I love to garden and work outdoors with flowers so each winter I start dreaming of warmer weather, fresh vegetables and colorful flowers attracting bees and butterflies. Every year the arrival of plant and seed catalogs in the mail seems to be encouraging these thoughts with the color pictures of tomatoes and dahlias on their front cover. Even though there is still ice on the lakes, now is the time to be planning your garden for the coming year and it's not too late to start your vegetable or flower seeds inside, especially as the weather warms up!! There are a few key pieces of information that will help you be successful this spring. Here are some tips to starting seeds inside:

- Lighting is key. If you have too little light or it is too far above the seedlings they will reach for light resulting in long, weak stems that are prone to falling over. In the spring when I start seedlings I use grow light bulbs and have them roughly 1-2" above the tops of the seedlings. As the seedlings grow I slowly move the light up so I have strong stems for my vegetables and flowers.

- Use a high quality potting mix, not garden dirt, to start seedlings in. I often see people starting seedlings or growing houseplants in dirt brought in from the garden. Often that dirt has weed seeds, insects or diseases that can negatively affect the growing seedlings. The dirt can also turn into a rock after being watered just a couple times. You can buy a seed starting mix or use regular potting soil to start your seeds in. I've also used the peat pellets to start seedlings in as well and they work well for short term seed starting. Keep the soil slightly moist, but not overly wet. Too much moisture will encourage diseases.

- Transitioning the seedlings outside is key. The first year I started seedlings I had some beautiful tomatoes and marigolds which promptly burned when I moved them outside. Inside I have started to use a fan on low to strengthen the stems and get the seedlings used to wind. Once temperatures warm up I stick my seedlings outside in a protected location where they will only get a few hours of morning sun at a time then slowly lengthen the amount of light they are exposed to till they are getting full sun.

As you start your seeds this spring be sure to check the frost free date in your area and use that to help determine when you need to be starting seeds. In Washburn our average Frost Free date is approximately April 19. With just a little patience and work you can get a head start on your garden for the spring!!! If you have any questions please contact our Extension office for the publication on Seed Starting at 462-8541. Happy Seed Starting!!!

Interested in being  
a recipe person?

Call 462-8126  
or email us at  
leadernews@westriv.com

Sowing Dates	
Using last frost date of May 12	
Plant	Sowing date
Broccoli/cabbage	March 10-24
Tomato/pepper	March 31-April 14
Cucumber/squash	April 28-May 5
Snapdragon	March 3-17
Marigold	March 24-April 7
Zinnia	April 7-14

### Reflect on your food choices during National Nutrition Month

BY MICHELLE EFFERTZ  
4-H YOUTH EXTENSION AGENT

Only 25 percent of the U.S. population consumes adequate amounts of fruits and vegetables. Does that percentage include you? If not, that is OK. Small changes can add up to big improvements in our health.

Socially, we have become invested in health and nutrition. You hear about the next best diet on the local news station, your Facebook friend sells a new product, and meanwhile, your cousin tells you that sugar is the key to living longer. We are consumed by several different recommendations and guidelines, so how do we know what we really should be eating?

Nutrition is a science. The topic consistently is being researched to ensure optimal health. One thing we do know is that a magic pill and cure-all diets just do not exist. Finding reliable sources is important when looking for nutritional advice.

The U.S. Department of Agriculture created a guide to

healthful eating called My Plate (choosemyplate.gov). The guide separates the plate into five categories, which represent all the food groups. The five groups are fruit, vegetables, grains, protein and dairy.

Despite the fact that you should eat from all the food groups, you should put an emphasis on fruits and vegetables. Healthful eating patterns that include vegetables and fruit are associated with a decreased risk of Type 2 diabetes and heart disease.

Half of your plate should be filled with an array of colorful fruits and vegetables. Fresh, frozen, canned and dried fruits and vegetables all count in helping us meet that guideline.

Fruits and vegetables add flavor and texture to a meal. Fruit is naturally sweet and can reduce the amount of added sugar sources you consume. Vegetables taste great in cold or hot dishes, and make a delicious snack and an easy side dish.

During March, which is National Nutrition Month, reflect on the food you typically eat. Where could you add in extra fruits and vegetables? Start with one meal at a time and focus on including more produce in place



Calla Edwards



Michelle Effertz

of other less healthful options. Here are some ideas to help you increase your fruit and vegetable intake:

- For safety, rinse all produce under running water before cutting.
- Keep colorful fruit and vegetables where you can see and grab them easily for an on-

the-go snack.

- Fill your freezer with frozen vegetables to steam for an easy side dish.

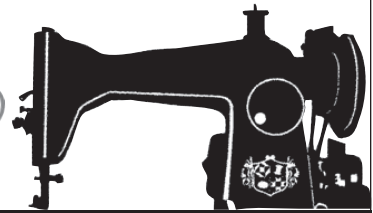
- Blend fruits and vegetables into a smoothie.
- Use vegetables as pizza toppings.
- Replace chips with a crunchy vegetable and low-fat dressing.

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2:00 pm to 4:00 pm

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# Feeding the hungry

Wilton Food Pantry aids 24 households a month

BY ALYSSA MEIER  
BHG NEWS

When the Wilton Food Pantry opened in October of 2013, the volunteers behind the effort had no idea what they were in for.

“When we first started, we thought maybe 12 families a month,” Pastor Paul Schauer said. “It’s double that and sometimes triple that. We really underestimated the need.”

In 2018 alone, the pantry gave out just over 25,000 pounds of food, or roughly 9,000 meals.

Schauer, who works with a group of volunteers to keep the pantry running smoothly, said he’s been blown away by the amount of traffic at the food pantry.

“New people come each month,” Schauer said.

The pantry, located at the Wilton Senior Center on Dakota Avenue, distributes pre-sorted boxes of frozen and non-perishable food on the third Thursday of each month. Schauer said volunteers get together to sort out the boxes in the basement of the building in order to prepare for distribution each month.

“We usually get anywhere between 1,000 and 1,500 pounds of food at a time,” Schauer said. “There will be six of us down here when the truck comes and a half

*“If you were here on distribution days and you saw the smile on people’s faces, and the gratefulness, that part is amazing to me.”*

*Paul Schauer*



Pastor Paul Schauer stands in the Wilton Food Pantry, located in the basement of the Wilton Senior Center on Dakota Avenue.

## Wilton Food Pantry

42 Dakota Avenue

Donations accepted weekdays from 9 a.m. to 1 p.m.  
Distribution from 4-6 the third Thursday of each month

hour later everything is put away.” Schauer said the pantry is stocked each month by Great Plains Food Bank and by community donations. He said donations tend to peak in November and December, then slowly wane through the summer, but that the community is always responsive to need.

“Last year we were running low on funds, and we put the word out and within a few weeks, he had enough money to get through,” Schauer said.

Schauer said the pantry feeds people from Wilton, Regan, Wing, Tuttle and Baldwin primarily, but that anyone is welcome.

“There are no eligibility



Non-perishable food lines the shelves of the Wilton Food Pantry. Pasta products and ready-to-eat meals are especially popular with patrons. PHOTOS BY ALYSSA MEIER

requirements and no one is turned away,” Schauer said. “There’s not really a stereotype about who is using the food pantry. It’s a little bit of everyone.”

Schauer said the pantry is a labor of love, requiring a lot of man hours to organize and distribute the food, but that it’s all worth it on distribution days.

“If you were here on distribution days and you saw the smile on people’s faces, and the

gratefulness, that part is amazing to me,” Schauer said.

For Schauer, keeping the Wilton Food Pantry running is part of being a good Christian.

“Jesus told us to feed the hungry,” Schauer said. “That’s the ultimate reason why we do it.”

Schauer said any checks for the food pantry should be written out to Sunne Lutheran Church, with the food pantry noted in the memo line.

**COLD, HARD FACT:**  
There are families in our county who are hungry and they are being turned away by our food pantries because there isn’t enough food.

**Please help us Fill the Shelves in March.**  
Please encourage your students and parishioners in announcements to collect canned goods and non-perishables in March for the McLean County food pantries.

These are the current drop off locations. Please help us give a little to our neighbors and get back so much more.

**UNDERWOOD:** Community Cupboard (by appt.), Underwood City Hall, Cottingham Insurance, Underwood Warehouse Grocery.

**TURTLE LAKE:** The Lord’s Pantry (by appt.), Bank of Turtle Lake, Turtle Lake’s Trinity Lutheran Church, Main Street Market.

**WASHBURN:** McLean Family Resource Center (by appt.), Leader-News Washburn, Krause’s Market.

**WILTON:** Wilton Public School, Wilton Food Pantry (by appt.)

**GARRISON:** BHG/Viking Screen Prints, Krause’s Market.

**MAX:** Our Saviors Lord’s Food Pantry (by appt.)

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## Helping Words

Buy five more

BY PASTOR CORY THRALL  
UNITED METHODIST CHURCH, WASHBURN

Bunkey’s niece just moved into her first apartment. She thought it looked cold and bare, so she went to a local grocery store and bought a cart full of house plants. It is now 3 months later and half of them have given up the ghost. “Uncle Bunk, I think I’ve got a brown thumb.” “No, you just picked the wrong plants for your conditions. And, you didn’t read the instructions that came with them. You have north and west windows, and, like most new house plant mom’s, you over watered them. Let’s go shopping for plants that will thrive in your windows.” This is what they came home with. For the north window, several ferns. They do well in low light and appreciate the cooler temperatures there. She also got a start of her grandma’s Christmas



Pastor Cory Thrall

cactus. It likes a cooler spot so the north window will be ok, but it will need more light before it will bloom. The west window is a perfect spot for succulent. They

Helping Words page 8

# Calendar

## Saturday, March 23

Piecemakers Quilt Guild meeting, SACA Lodge, 9 a.m.  
Community Food Pantry, Ryder, 10 a.m.- 2 p.m., lunch provided at no cost

Max Museum Auction, 11 a.m.  
Kannaway CBD Oil informational meeting, Garrison Senior Center, 3 and 7 p.m.

The Community Cupboard of Underwood will be open from 10 a.m. to noon at 208 Lincoln Avenue. All in need are welcome to receive food and household goods at no cost.

The Lord's Pantry is open from 10 a.m. to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.

Hazen Figure Skating Club 2019 annual ice show 2 and 7 p.m. at Hazen Winter Sports Rink.

## Sunday, March 24

SACA Community Choir rehearsal, SACA Theater, 4 p.m.  
Hazen Figure Skating Club 2019 annual ice show 3 p.m. at Hazen Winter Sports Rink.

## Monday, March 25

Ryder-Makoti Rural Fire District annual meeting, supper, 7:30 p.m., meeting, 8 p.m.; Makoti Senior Citizens Center. All patrons of the district are invited to attend.

Yoga, First Congregational Church, Garrison, 8 a.m.  
Bone Builders exercise, Garrison Senior Center, 10 a.m.  
Garrison High School Winter Sports Banquet, Elementary Gym, 6:30 p.m.

The Mercer City meeting is set 7 p.m. at city hall.

## Tuesday, March 26

Washburn Area Economic Development Association will meet at 7:30 a.m. at the WAEDA office, 611 Main Avenue. Open to the public to give ideas and input.

WIC Nutritionist available at the Garrison office. Please call 463-2641 to schedule an appointment.

CBD Oil informational meeting, North Shore Inn-conference room, 5:30 p.m.

Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.  
Napa oil and filter special day. Activities all day with lunch beginning at 11:30 a.m. at McLean County Implement.

## Wednesday, March 27

Adult Health Services and Foot Care Clinic available at the Public Health office, Garrison. Please call 463-2641 to schedule an appointment.

Preregistration of preschool and new kindergarten students for the 2019-20 school year, 9 a.m. to 3 p.m., Garrison Elementary School. Appointments are encouraged. Please call 463-2213 for info or set up appointment.

Yoga, First Congregational Church, Garrison, 8 a.m.  
Bible Study, The Meadows, 2 p.m.

Coffee, caramel rolls and conversation: Edgewood and Outlook Ridge Apartments in Bismarck and Mandan will have senior living experts available to chat beginning at 8 a.m. at Dakota Farms in Washburn.

The Sakakawea Chapter of Pheasants Forever monthly meeting begins at 7 p.m. at Totten Trail Trophy Room, Lake Audubon. The chapter is planning 2019 habitat projects. Any interested landowners are invited to contact habitat chair Rod Stockdill, 337-6252. Anyone interested in food plot seed can contact him as well.

Lenten worship service is set for 7 p.m. at both Augustana Lutheran Church, Underwood and First Lutheran Church, Washburn. Everyone welcome.

## Thursday, March 28

McClusky Merchant's Association meeting, noon, Union Grill.  
McClusky Ambulance Service District meeting, 7 p.m.  
Students and parents night, 6 to 8 p.m. at Gooseneck Implement Store in Harvey. Meal provided.

FFA Banquet and David Townsend Presentation, Garrison Auditorium, 6:15 p.m. meal, 7 p.m. meeting

Auditor Les Korgel Open House 2-4 p.m. County Courthouse  
Pickleball, elementary gym, 7 p.m., beginners welcome  
Garrison Sportsman range open, indoor range, 7 p.m.

The Community Clothing Share-Exchange will be open from 1 to 5 p.m. at 221 Main St., Turtle Lake. All sizes of clothing from infants to adults are available at no cost.

Enerbase will hold their 91st annual meeting at 11 a.m. with lunch to follow at the Lewis and Clark Interpretive Center; and at a 6 p.m. dinner with meeting to follow at the Grand Hotel in Minot.

A retirement open house in honor of McLean County Auditor Leslie D. Korgel is set for 2 to 4 p.m. at the McLean County Courthouse ground floor conference room, Washburn.

## Friday, March 29

Max Public School preschool registration, 10 a.m. to 3:30 p.m., preschool room. Please bring birth certificates and shot records. Questions, call 701-679-2685.

## Saturday, March 30

Underwood School prom, 7 p.m.  
The Community Cupboard of Underwood will be open from 9 a.m. to 1 p.m. at 208 Lincoln Avenue. All in need are welcome to receive clothing, food and household goods at no cost.

Gardening Saturday, 8 a.m. to 4:15 p.m., North Central Research Extension Center, 5400 Hwy 83 South, Minot. Call 701-624-5252 to register.

Pinocle tournament at Rusted Rail in Underwood with sign up at 11 a.m.

## Sunday, March 31

The Washburn Volunteer Ambulance Service will hold its annual pancake breakfast from 9 a.m. to 1 p.m. at the ambulance bay at 917 Main Avenue, Washburn. Serving pancakes, scrambled eggs, sausage, coffee and juice.

## Forever young

Arden Haner is celebrating his 80th birthday with a card shower. Send cards to: 34491 72nd St. SW, Douglas, ND 58735.

# Prairie Fare

Where's your food thermometer?

BY JULIE GARDEN-ROBINSON  
FOOD AND NUTRITION SPECIALIST  
NDSU EXTENSION

"Hi, I'm Julie. What's your name?" I asked the woman sitting at the table at a food safety conference.

She responded with her name and place of work, and asked me where I work.

"I work at North Dakota State University," I replied.

"I went to college there," she said enthusiastically.

"What was your major?" I asked.

"I majored in food science and minored in food safety almost 20 years ago," she said.

"I must have been your instructor," I replied as I held up my name badge.

I was feeling fairly ancient now. I've worked with a lot of students in the past couple of decades.

"Yes, you were my instructor," she noted. "I have a story about you that you would not know."

I was wondering where we were headed with a story about me. I was young back then. What had I done in class?

"I remember you coming to a restaurant with your family where I worked," she said. "It was 'two for Tuesday' burgers."

This person had an incredible memory. My kids would have been 1 and 4 back then.

"We had burgers going back to the kitchen because they were undercooked," she said. "I told the cooks that they could not undercook the burgers for my food safety instructor! I told them they better use a food thermometer."

I laughed when I heard the story. Obviously, our burgers were sufficiently cooked.

Unfortunately, as I learned in our conference talks, many people still undercook or overcook meat. Undercooking is a safety issue, while overcooking is a quality



Julie Garden-Robinson

## GARDENING

continued from page 2

the same pot, be sure the container is very clean. Scrape off any white minerals that have stuck to the rim. You may need to use vinegar or a lime remover to do the job. Once the container is clean, and the plant is re-potted, water it until water runs freely from the bottom of the pot. This ensures that there are no air holes that will kill any roots that hit them. Now, get nasty with the scissors. If it is a vine, remove any vine that has "poodle tailed". That is there are leaves only on the end of the vine. Cut it back either to the soil level or back to where there are leaves all the way down. If you end up with nothing, don't get your knickers in a knot. It will re-grow and fill out quite rapidly.

Upright plants should have any dead or dying leaves removed and if it has gotten lanky from too little



Make sure this recipe for stuffed peppers, which contains ground beef, reaches an internal temperature of at least 160 F. (NDSU photo)

issue.

So, I need to ask my readers a couple of questions: Where is your food thermometer? When was the last time you used it?

If you don't have a food thermometer, you need to get one. I make this recommendation based on what I heard from research scientists, regulators and educators at the national food safety conference.

According to the U.S. Department of Agriculture (USDA) and Food and Drug Administration, only about one out of three people uses a food thermometer when cooking hamburgers.

Using a food thermometer doesn't mean that you are cooking food to a blackened, rubbery state. Food thermometers ensure safety and quality. Here are the temperature rules from the USDA:

- Hamburgers, sausages and other ground meats should reach 160 F.
- All poultry should reach a minimum of 165 F.
- Whole cuts of pork, lamb, veal and beef should be cooked to 145 F, as measured by a food thermometer placed in the thickest part of the meat, and allowed to rest for three minutes before eating. A "rest time" is the amount of time the product remains at the final temperature after it has been removed from a grill, oven or other heat source.

During the three minutes after meat is removed from the heat source, its temperature remains constant or continues to rise, which destroys pathogens.

- Fish should be cooked to 145 F.
- Meat and poultry cooked on a grill often browns very fast on the outside. By using a food thermometer, you can be sure items have reached a safe minimum internal temperature needed to destroy any harmful bacteria that may be present.

I told my husband the story of meeting one of my students.

"You never know the influence you have on someone," he commented.

I thought back to our early parenting adventures with an infant and toddler in tow, braving a restaurant and child seats. We even added a third child along the way during the past two decades.

We always have had several food thermometers in our kitchen drawer, and they get used daily.

Here's a fun recipe that a child or grandchild could help you make.

### STUFFED BELL PEPPERS

- 3/4 c. brown rice
- 1 Tbsp. canola oil or other cooking oil
- 1/2 small onion, minced
- 1 tsp. garlic, minced
- 2 Tbsp. fresh cilantro, chopped
- 1 pound extra-lean ground beef
- 1 tsp. cumin powder
- 2 Tbsp. Italian seasoning
- 1/2 c. tomato paste
- 1 c. low-sodium chicken broth
- 1/4 c. cheddar cheese, shredded
- 3 large bell peppers (red, green or yellow)

Prepare brown rice according to package instructions. Preheat oven to 400 F. Heat oil in a pan over medium heat; add onion, garlic and cilantro. Saute for two minutes. Add the ground beef and brown with cumin and Italian seasoning. Add tomato paste and 1/2 c. of the chicken broth, and simmer five minutes. Stir in the cooked rice and cheese. Cut the top off the bell peppers and remove seeds.

Place the peppers standing up in a baking pan. Fill each pepper with the beef mixture. Pour the remaining chicken broth into the pan. Cover top of pan with aluminum foil and bake at 400 F for 35 minutes. Be sure the internal temperature of the meat and rice mixture is at least 160 F.

Makes six servings. Each serving (1/2 stuffed pepper) has 260 calories, 9 grams (g) fat, 20 g protein, 22 g carbohydrate, 4 g fiber and 220 milligrams sodium.

sun, you can cut it down, too. Do move it to better quarters after it shows signs of life.

If the plant had bugs, there are two ways to go. Scale is very difficult to get rid of. Better to discard the plant before it contaminates your other plants. Mealy bugs and spider mites can be treated. Do isolate them until they are bugless - unless you don't mind the whole jungle full of creepy crawlers.

If you have had bugs in the soil - fungus gnats - removing all the soil from the house, including what is on the roots of the plant, washing the pot and replanting in fresh potting

soil takes care of that problem. It is often caused from overwatering so don't do that anymore.


Most house plants die either from over or under watering rather than from diseases. Forget scheduled watering. To properly water most house plants, stick your finger in the pot. If it is dry down to the first joint of your finger, water, not before. A droopy faded looking plant is usually yelling for water. A just droopy plant may be overwatered. Treat your plants with T.L.C. and they will reward you with cleaner air and a more welcoming room.

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**FirstLink**

**Text your zip code to 898-211**  
A specialist will return your text

Text for resources/referrals such as food pantries, help with rent, behavior health assessment.  
Text for crisis intervention



# 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@westriv.com • Website: bhgnews.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

**MAIN STREET MARKET** is a unique way to catch some customers. It is a free way to display your home based business. Space available for your displays, your business cards and samples of products. No charge for space, but we recommend only samples or promotional material in your booth. Inquire at BHG/Viking Screen Prints office, 91 N. Main St., Garrison.  
 42NC4TXT 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. 701-463-2201 or 1-800-658-3485.  
 1-E-TFN-NC 58540

**SUPPORT GROUPS:** Alcoholics Anonymous Hotline, 888-680-0651. AA meetings in Center on Sundays at 5 p.m. CT at St. Paul's Lutheran Church (794-3381); in Garrison, Garrison Memorial Hospital Cafeteria, Thursday at 8 p.m.; in Washburn on Sundays at 7 p.m. at First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6533. Open meeting, Butte, Call 626-7402 or write Box 244, Butte, ND 58723; in McClusky, Grace Lutheran Church, 402 4th St. W, Sundays at 8 p.m. Positive Changes NA, Fridays at 7 p.m., Washburn United Methodist Church.  
 1-E-TFN-NC 58540

**48TH ANNUAL  
 MINOT RIFLE &  
 PISTOL CLUB  
 MINOT GUN  
 SHOW**  
 ND STATE FAIR CENTER  
**MARCH 30 & 31**  
 SHOW HOURS: SAT. 9 A.M.-5 P.M.,  
 SUN. 9 A.M.-3 P.M.  
**BUY - SELL - SWAP - TRADE**

## Farm Related

**GOOD QUALITY GRASS** Alfalfa mix in round bales. Located in Dickinson. Can deliver 38 bales per load. 290-2195  
 45-P6T GBHNTPTXDS 58540

## Tweeten Seed Farm

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Washburn, ND

Certified scale on the farm  
 for your convenience.

## Farm Related

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Barracuda Rebel  
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Keep your own seed

*Full line Legacy Corn,  
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### FARMS & SEEDS

701-529-4421 Bob  
 651-792-5920 Chris  
[finkenfarmsandseeds.com](http://finkenfarmsandseeds.com)

## Help Wanted

**SPECTRUM HEALTHCARE RESOURCES** is seeking Mental Health Techs to work at Minot Air Force Base. Full benefits, competitive salary in unique, non-traditional setting. Contact Crystal at crystal.curry@spectrumhealth.com, 314-744-4110, or visit spectrumhealth.com.  
 46-P6T GRNTPRLNCRMCCMXT 58540

## HELP WANTED AT



## Turtle Lake Hospital

### Part-time cook

Contact Margie at 701-448-2331.

### Social service designee Full-time nurse aide

Experience preferred but not required. Contact Jessie 701-448-2331 ext 206.

*This institution is an equal opportunity provider and employer.*

## Help Wanted

# HELP WANTED

Full-Time position for responsible, dependable workers

**Hot Stuff & Cooper's Chicken**  
 1804 C-Store in White Shield

Revolving Hours:

7 am - 9 pm Winter

6:30 am - 10 pm Summer

Call for more information:

701-743-4879 or 701-421-8534

## FRONT OFFICE ASSISTANT

Want a part-time position in a busy, interesting place with great co-workers? The Leader-News is looking for a front office assistant to work with customers and staff. Attention to detail and ability to proofread are helpful. This is your chance to put your talents to work producing a newspaper that makes your community proud. Apply at [news@bhgnews.com](mailto:news@bhgnews.com) or by filling out an application at the Leader-News.

# THE LEADER-NEWS

607 Main Ave. • Washburn • 701-462-8126

McLean County Implement Washburn, ND is accepting applications for the following positions:  
**Parts Specialist, Service Technician**

Send resume to: **McLean County Implement**  
 Box 250, Washburn, ND 58577  
 or email to: [sswanson8889@gmail.com](mailto:sswanson8889@gmail.com)  
 or call 701-315-0037 for more information.



McLean County Implement is an Equal Opportunity Employer

## McLean Electric Cooperative has an opening for a full-time Accountant at the Cooperative's headquarters in Garrison, N.D.

A qualified candidate will be responsible for a variety of Accounting functions, including but not limited to payroll, fleet management, asset management and depreciation as well as handle federal and state reporting functions. Must be able to multi-task and meet deadlines. Requires a high school diploma, 2-year degree in a related field and/or applicable job related experience. Experience in RUS Accounting preferred but not required. This position offers a competitive salary and a comprehensive benefit package. Qualified applicants should fill out an application which can be obtained at the McLean Electric Cooperative office in Garrison or on our website at [www.mcleanelectric.com](http://www.mcleanelectric.com). The applications with resume should be mailed or emailed to:

Mclean Electric Cooperative,  
 PO Box 399 Garrison, ND 58540 Attn: Wendy Kinn

Or email to [wendylk@mcleanelectric.com](mailto:wendylk@mcleanelectric.com)  
 or call 701-463-6700 for more information

The position will remain open until filled.



Your Touchstone Energy® Cooperative  
 The power of human connections®

MEC is an Equal Opportunity employer.

## Help Wanted

**GARRISON PARKS & RECREATION** is accepting applications for lifeguards, maintenance personnel and recreation positions. Rainy day incentive offered. Pick up applications at BHG or send resume to PO Box 850, Garrison, ND 58540. Must be postmarked by April 5th.  
 46-C2T INX 58540

**JOB OPENING:** The City of Coleharbor is looking for a city auditor. Make your own hours. Job duties include payroll, water bills, financial statements, quarterly and yearly reports. Quickbooks knowledge helpful but not necessary. Some computer and accounting skills helpful. Contact Kim via text message at 661-0185 or leave message at city hall at 442-3454.  
 46-47-E-X 58577

## HEAD COOK

Underwood School District is seeking applicants to serve as the Head Cook for Underwood School for the remainder of the 18-19 School Year. Pay will depend on experience. If interested, please email letter of interest and resume to Brandt Dick, [brandt.dick@underwoodschool.org](mailto:brandt.dick@underwoodschool.org), or call Superintendent Dick at (701) 442-3201.



## HELP WANTED

Come join our team!

- **Homemaker**
- Casual

Apply at [www.blcgarrison.com](http://www.blcgarrison.com)  
 Call Marie Porter @ (701)463-2226  
 "equal opportunity employer"

## Custodian

Full-time custodian position with competitive salary and benefits. Work day consists of approximately eight hours from 12:30 PM to 8:30 PM during the school year and adjusted schedule for summer months. Pre-employment background check required. This position will be open until filled. Please contact the superintendent, Mr. Brandt Dick, at 701-442-3201, or email—[brandt.dick@underwoodschool.org](mailto:brandt.dick@underwoodschool.org) if interested in filling out an application.

## HELP WANTED

Scheresky Ag Service is looking to hire **full time custom applicator and seasonal truck drivers.**

- **Overtime pay**
- **Full Benefits**
- **Competitive wages**

Apply online at [schereskyagservice.com](http://schereskyagservice.com)  
 or call Galen or Duran  
 701-509-2922



To place a classified ad call 701.462.8126 or fill out the form online at [www.bhgnews.com](http://www.bhgnews.com)

**Help Wanted**

**Redwood Village, Wilton**

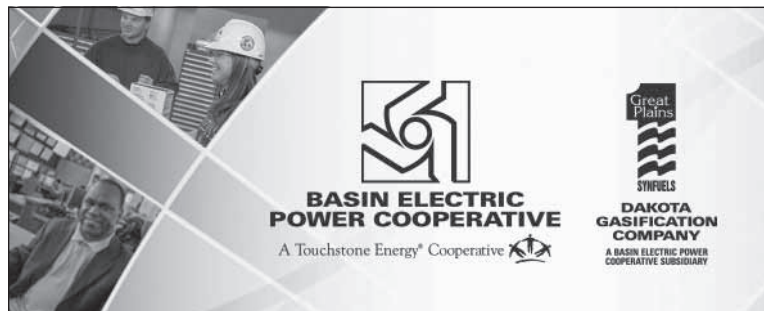
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New hire bonus, 401K and benefit options available. Apply online at [prideinc.org](http://prideinc.org).

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**Help Wanted**



At Basin Electric, our employees are the heart of our organization. Together with our subsidiary Dakota Gasification Company, we employ more than 1,800 people across multiple Midwestern states. In addition to competitive salaries, we offer an incredible benefits package.

Please check our website for the closing dates of these job openings.

**Basin Electric Power Cooperative**

- **Student Intern - Maintenance (Mechanical) (LOS) (Summer 2019) (4 Positions) - Stanton, ND**
- **Student Intern - IST (Hardware) (Summer 2019) - Bismarck, ND**
- **Student Intern - Instrument & Control (LOS) (Summer 2019) (2 Positions) - Stanton, ND**
- **Student Intern - Financial Services (Financial Operations) - Bismarck, ND**
- **Student Intern - Engineering (TSM) (Summer 2019) - Menoken, ND**
- **Student Intern - Engineering (Structural (Summer and Fall 2019) - Bismarck, ND**
- **Student Intern - Engineering (Performance) (Summer and Fall 2019) - Bismarck, ND**
- **Student Intern - Electrical (LOS) (Summer 2019) (2 Positions) - Stanton, ND**
- **Student Intern - Communications (Summer 2019) - Bismarck, ND**
- **Student Intern - Surveying (Summer 2019) - Bismarck, ND**

For job details, go to [jobs.basinelectric.com](http://jobs.basinelectric.com)

Questions? Call 701-557-5603

**Dakota Gasification Company**

- **Student Intern - Process Operations (Summer 2019) (8 Postions) - Beulah, ND**
- **Student Intern - Machine Shop (Summer 2019) - Beulah, ND**
- **Student Intern - Chem Lab (Summer 2019) - Beulah, ND**
- **Student Intern - Electrical & Instrumentation Maintenance (Summer 2019) - Beulah, ND**
- **Student Intern - Engineering (Process) (Summer and Fall 2019) - Beulah, ND**
- **Student Intern - Engineering (Maintenance) (Summer and Fall 2019) - Beulah, ND**

For job details, go to [jobs.dakotagas.com](http://jobs.dakotagas.com)

Questions? Call 701-557-5603

*Equal Employment Opportunity Employer of Minorities, Females, Protected Veterans, and Individuals with Disabilities.*



**Real Estate for Sale**

violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

**Services**

I HAUL away broken vehicles and scrap metals for FREE! Ca\$h for \$ome. 833-2884. U call, I Haul. 44-TFNALL 58540

PRAIRIE CARPET Services, Air duct & ventilation cleaning, carpet shampoo/cleaning, debris removal, janitorial services, upholstery shampoo/cleaning, wall and ceiling cleaning, water damage cleanup. 833-2884/448-2883. 44-TFNALL 58540

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831. 35-8-E-PD 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](mailto:leadernews@westriv.com). 1-E-TFN-NC 58577

**Statewides**

**HELP WANTED**

HERREID (SOUTH DAKOTA) School District is looking to fill a Superintendent/Principal position for the 2019-2020 school year. Emails of inquiry may be directed to [lance.vandervorst@k12.sd.us](mailto:lance.vandervorst@k12.sd.us) and/or phone calls can be made to 605-437-2263. Cover letters/resumes may be sent to: Herreid School, Attn: Mr. Vander Vorst, PO Box 276, Herreid, SD 57632.

SUCCESSFUL PRACTICE SEEKS Associate Dentist because of increase in patient volume. Potential earnings \$300K plus. Includes benefits. Future ownership opportunity. Email [drb@friendlysmilesfargo.com](mailto:drb@friendlysmilesfargo.com)

NURSING INSTRUCTOR. HERE'S your chance to become part of the premier nursing program in the area. The NDSCS Nursing Dept is seeking innovative and student focused faculty for a FT, 9 month, tenure-track position beginning August 2019. Requires a Bachelor's degree in Nursing and willingness to obtain Master's in Nursing; an unencumbered ND registered nurse license (or the ability to attain); and two years recent clinical or related experience. Master's Degree is preferred. Salary is DOE. Screening begins immediately - open until filled. For complete posting or application go to [www.ndscs.edu/hr](http://www.ndscs.edu/hr)

PLUMBING INSTRUCTOR. WE have a FT, 9 month, benefited, tenure-track teaching position. Will teach courses related to plumbing installation, pipe sizing, code, print reading/design, etc, in Wahpeton beginning August 2019. Screening begins April 15th - applications accepted until filled. Benefits include: Health/Life Insurance, Retirement, EAP, Sick Leave, Tuition Waiver, Spouse/Dependent Tuition Discount, etc. Interested candidates must submit the online application. EOE. For more information go to: [www.ndscs.edu/hr/](http://www.ndscs.edu/hr/)

RN/LPN : Strasburg Care Center has an RN Leadership position and RN/ LPN direct care positions available (FT/PT/PRN). Health, retirement, & life insurance benefits. Wage varies with experience. Call 701-336-2651 or [www.strasburgcarecenter.org](http://www.strasburgcarecenter.org) for application.

2019 ND MEDIA GUIDE: Names, addresses, phone numbers, e-mails of all ND newspapers, radio/TV stations, specialty publications. Only \$25. ND Newspaper Association, 701-223-6397.



The Coteau Properties Company, Freedom Mine, is seeking candidates for the following position:

**FULL-TIME DIESEL MECHANIC(S)**

The Freedom Mine is the largest lignite, surface coal mine in the United States with large electric draglines, loading shovels and coal preparation facilities located ten miles north of Beulah, North Dakota and only minutes from Lake Sakakawea. Heavy equipment used in the Freedom Mines operation includes large bottom dump coal hauling trucks, large end dump trucks, large front end loaders, large back hoes, bull dozers, tractor scrapers, motor graders and more.

Qualified mechanic applicants must be qualified to perform all aspects of mechanical repairs to mining equipment to include knowledge of engines, cooling systems, undercarriage, electrical systems, hydraulic components, drivetrains, brake and air conditioning systems. The successful candidate must have good communications and interpersonal skills and be team oriented. Heavy equipment maintenance experience required and a diesel mechanic associates degree preferred.

The starting wage for this position is \$41.40 per hour. We offer a great benefits package for full-time regular hires to include 401K savings plan with employer match and retirement contribution, medical, dental, vision, life insurance, and other incentives. Benefits are offered on the first day of employment.

Applications and/or resumes will be accepted through March 29, 2019. To apply, please visit [www.nacoal.com/careers](http://www.nacoal.com/careers) or apply in person from 8 am CT to 3 pm CT, Monday through Friday at:

**The Coteau Properties Company**  
Human Resources Department  
204 County Road 15  
Beulah, ND 58523  
701-873-2281  
EEO/M/F/disability/veteran

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

**HELP WANTED**



is looking for

**SALES ASSOCIATES**

Full Time or Part Time

Stop in for an application  
200 5th Ave SE, Garrison

**Livestock**

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out March 25 and April 8. Have them there by 11 a.m. Call Darin, 701-315-0144. 43-TFN-E-X 58577

**Misc. for Sale**

USED ALUMINUM PRESS Plates. 23 x 35, two for \$1 available at the McLean County Independent, Garrison. 463-2201. 1-E-TFN-NC 58577

ORDER QUALITY REPRINTS of pictures from area newspapers at your local newspaper office. Pictures of area events and people published in area newspapers. Affordable prices. Speedy delivery. 1-E-TFN-NC 58577

**DEADLINE**

**9 A.M. THURSDAY**

**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. 1-E-TFN-NC 58577

**Real Estate for Rent**

FOR RENT: 1 bedroom furnished apartment, or 2 bedroom refurbished basement apartment with 1 stall garage, no pets, no smoking, in Washburn. Contact Morris at 462-3204 or 315-0399. 31-TFN-E-X 58577

**Real Estate for Rent**

**NOW RENTING**

Heritage Heights Apartments  
1040 Custer Dr., Washburn  
New management, remodeled rooms, lower rates. 1 or 2 bdrm. apts. All utilities paid including cable. 701-527-4739 or Manager 701-220-8145

**Real Estate for Sale**

FOR SALE BY United Quality Cooperative: Two (2) Commercial Buildings on Main Street in New Town, ND. United Quality's old energy office and old Ag Hardware. Call 701-500-4900. 25-PTFN GRNTPRXT 58540

**Real Estate for Sale**

**HOME FOR SALE IN TURTLE LAKE**

2,100 square foot all brick ranch home • Move in ready  
All new flooring • Nice, heated shop in backyard • Attached garage  
Fence yard • Concrete Pad with Jacuzzi and barbecue • Three lots

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~ Call Josh for viewing ~  
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**Statewides**

**BUSINESS FOR SALE OR RENT**  
**SUPER VALU GROCERY** business in Strasburg, ND for sale. Turnkey operation available now. Contact Joanne at 701-336-7364 for more information.

**NEWLY RENOVATED CAFE** for rent in Newburg Mall, Newburg, ND. Available immediately. Contact Kelly at 701-263-5688 for more information.

**REAL ESTATE FOR SALE**  
 ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and

**Statewides**

**Farm Land Management.** Bob Pifer 701.371.8538. Kevin Pifer 701.238.5810. Free valuation.

**MISCELLANEOUS FOR SALE**  
 EVERY NORTH DAKOTA newspaper. That's where your 25-word classified ad will appear for only \$160. Contact this newspaper for details.

**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 or you can email sharip@ndna.

# Bid accepted for chip sealing

BY ALYSSA MEIER  
 BHG NEWS

McLean Co. Commissioners accepted a bid Tuesday morning for a chip sealing project on two county roads.

Commissioners went with the cheapest of three submitted bids Tuesday, opting to go with Morris Sealcoat and Trucking for a project on County Roads 22 and 29.

Morris was one of three contractors who submitted a bid before Tuesday's official

bid opening, coming in lowest at \$449,999. Asphalt Surface Technologies bid the work at \$471,740 and Bituminous Paving came in at \$498,581.

All three bids were under the engineer estimate of \$524,449.

Commissioner Barry Suydam made a motion to accept the bid from Morris for the chip sealing project. Commissioner Doug Krebsbach, participating via speakerphone, provided a second. The motion passed unanimously.

# Korgel open house next week

Co-workers and community members will bid farewell to McLean County's auditor next week during a retirement party at the courthouse.

Longtime McLean County Auditor Korgel will retire from his post next week after working for the county for more than 30 years. Korgel has served as the county

auditor for 12 years, following 20 years as the county treasurer. Korgel will now hand the position over to Beth Knutson, who was elected to the spot in 2018.

An open house in honor of Korgel's retirement has been set for March 28 from 2-4 p.m., at the McLean County Courthouse in Washburn.

# AUCTION

**April 13, 10:00 am Kinnischtzke & Guest Consignors AUCTION** - Glen Ullin. G & G AUCTIONEERS 701-878-4001 <http://www.midwestauctions.com/gandg>

**Saturday, June 15th, 2019:** Jerry and Edna Assel antique auction 6 miles west of Mandan ND. Wolff Auctioneers

**June 2019:** Gordon Isaak Sr. estate equipment and tool auction. West of Pick City ND. Wolff Auctioneers

**Tuesday, Sept. 24th, 2019** Dunn County Land Auction. Offering 516 Acres and Farmstead  
 Legal Description: S 1/2, & NW 1/4 of the NW 1/4 & S 1/2 of the NW 1/4 & S 1/2 of the NE 1/4 of Sec. 26-143-91.  
 Property Located: (From Dodge, ND) 7 mi. S on 81st Av. SW, 1 mi. E on 15th St. SW & 1 mi. S on 80th Av. SW. Seller: Larry Zarr. Wolff Auctioneers

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- 500 sq. ft. minimum
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- Price includes mileage
- Book by April 15<sup>th</sup>
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 701-833-2884 ask for Josh

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- Wall and ceiling steam cleaning
- Window cleaning (inside only)
- Carpet vacuum and shampoo  
\* Including pre-spray spot removals, hot water rinse and extraction, Scotch guard
- Draperies, blinds, other fabrics
- Detailing tiles, hardwood polishing, waxing and/or sealer

## Three McLean Electric Cooperative Director Seats Up for Election ARE YOU INTERESTED IN BEING A DIRECTOR?

This year, the three districts up for election are:

- District 1 - which includes the townships of Amundsville, Cremerville, 150-90, 150-91, 149-91, 149-90, 149-89, 149-88, 148-88, 148-89, 148-90, 148-91, 147-90, 147-89, 147-88 is currently served by James Odermann of Parshall.
- District 3 - which includes the townships of 150-83, Rosemont, McGinnis, 149-83, Snow, 148-84 is currently served by Rod Stockdill of Garrison.
- District 5 - which includes the townships of Medicine Hill, 148-80, Lake Williams, Wise is currently served by Troy Presser of Turtle Lake.



Pick up a petition at the McLean Electric Cooperative headquarters in Garrison and secure 15 signatures of members from within your district. You can start circulating the petition right away, but it must be filed not less than 60 days before the annual meeting. Petitions for the 2019 director election must be filed with McLean Electric Cooperative by Friday, April 19, 2019. If you have any questions, please call the office at 701-463-6700.

According to the bylaws, any member of McLean Electric Cooperative who is a member of this cooperative as a bona fide resident of the district he/she represents and is in no way employed by or financially interested in a competing enterprise, can become a candidate for the board of directors. Directors shall be elected by the members at large at the MEC annual meeting on June 18, 2019 in Garrison.

Directors have a fiduciary responsibility to the cooperative. They exercise care, time and responsibility in reviewing cooperative matters. Directors treat cooperative business as if it were their own. Directors devote a certain amount of time to the cooperative. At a minimum, a director attends each monthly board meeting. Directors learn about the industry as a whole by reading other materials and by attending state and national meetings. An understanding of the issues facing the industry is vital. To help directors with their responsibilities, training is offered through the electric cooperative's statewide organization. Courses cover director duties and liabilities, understanding the electric business, board roles and relationships, strategic planning and financial decision making. Directors currently serving the cooperative find the duty extremely rewarding.

## HELPING WORDS

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love the hot bright light. For a big accent, she got a fiddle leaf fig. It will stand near the west window for now. Eventually it will need a new home, as these can become huge.

Now that the plants are in their proper places, Bunkey gives Verna a watering lesson. "Read the instructions on those succulent plants. What does it say about watering?" "Ahh, water rarely. What does that mean, every week or every month or what?" Notice

the thick leaves, they are water holding machines. When they are nice and fat, they are full of water, if they start getting wrinkled, they are too dry. Right now, right from the nursery, they are just right. So, stick your finger into the soil to see how wet it really is. Not very much, is it? Never let it get wetter than that and most of all don't water on a schedule. Now to the ferns. They will need more water, but again, only if your finger, buried to the first knuckle touches dry soil. Never let any plant sit in water. It rots the roots.

**BAR & GRILL**  
**Mondays:**  
 Smoked Sandwich  
**Tuesdays:**  
 Indian or Regular Tacos  
**Wednesdays:**  
 Buy 1 Burger, Get One 1/2 Price!  
**Thursdays:**  
 Broasted Chicken  
**Fridays:**  
 Fish/Seafood  
**Saturdays:**  
 Steaks/Prime Rib  
**Sundays:**  
 Pizza & Wings

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**BINGO!**  
**Tuesdays at 7 p.m.**  
 1st Blackout: 56#s for \$1,020<sup>00</sup>  
 2nd Blackout: 55#s for \$1,080<sup>00</sup>

*Cheers!*

**HAPPY HOUR**  
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