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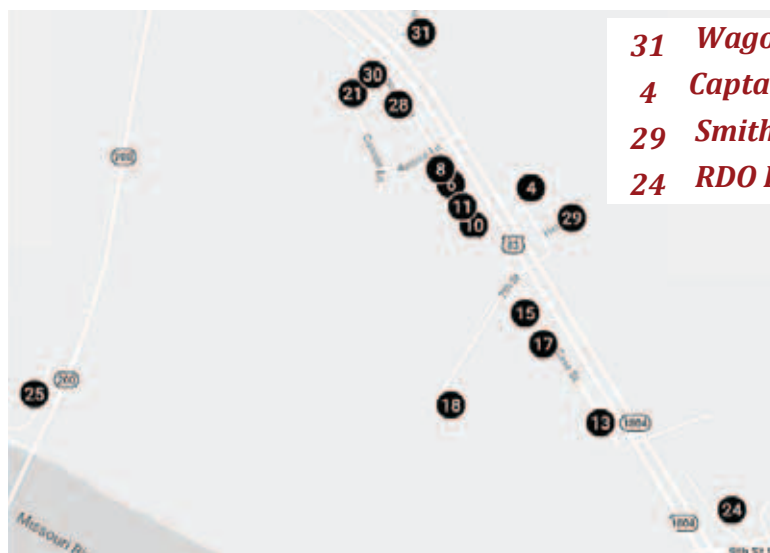
Postal Patron

Deliver By Monday

Vol. 35, No. 25
Monday, Oct. 28, 2019

*The best circulation
for your dollar*

- 25 River Ag
- 21 New Reflections
- 30 Superpumper
- 28 Scotwood Motel
- 8 Dakota West CU
- 6 CHI Washburn Clinic
- 11 Farm Credit Services
- 10 Eyecare Professionals
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- 13 Hiway 83/ Java Rose



- 31 Wagon Wheel Lumber
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4TH ANNUAL WASHBURN CANDY CARAVAN

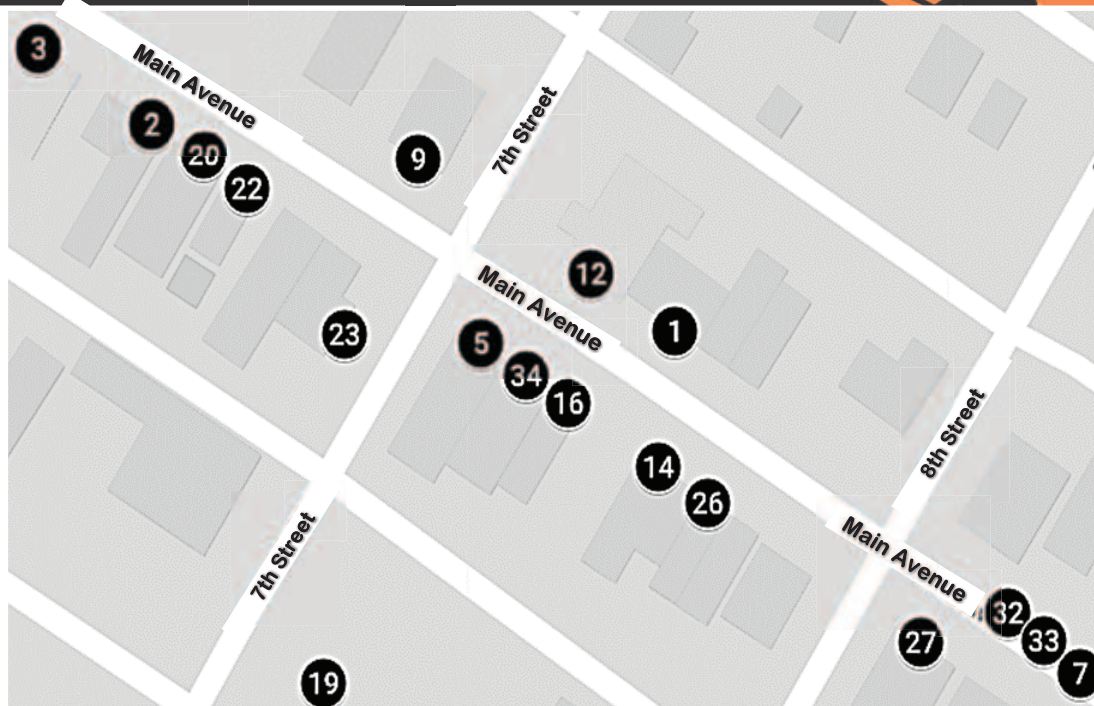
3:30 pm to 5:00 pm

Thursday

October 31, 2019

**ORGANIZED BY THE
WASHBURN CIVIC CLUB**

- 3 Café 77
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GARDENING TIPS

Spiders

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

According to Jeff Hahn, Extension Entomologist i.e. bug identifier, there are essentially no dangerous spiders native to Minnesota. There is always an exception however. There is a northern widow spider found only in the southeast corner of the state. Even with this information several spiders show up in the Extension office every summer for identification. A person, seeing a round web on the outside of her house was sure it housed a brown widow spider. She had looked it up in the internet. Yup, it matched the picture of a brown widow including a red

hourglass shaped marking on the underside of its abdomen. When Jeff Hahn got the spider, he identified it as an orb weaving spider. The coloration wasn't even close to a brown widow. They are similar in shape and form, and are in the same family. An expert can tell the difference by the arrangement of their eyes and the hairs on their legs. If you chose not to look that closely at your spider, the orb spider makes a round web and the brown widow makes an irregular, tangled web.

We do occasionally run into a brown recluse spider. You would really have to work at it as they are reclusive. Wonder if that is why they got their name. You can usually tell a brown recluse by a distinctive violin shape on its body, but



Bev Johnson M.G.

that is not a reliable I.D. mark. To tell if it is the deadly one, count the eyes and observe the arrangement on the spider's

face. Most spiders have eight eyes while a brown recluse has six arranged in three pairs of two. One gardener was sure he had one. (He probably hadn't looked into the spider's face to count eyes). The spider he found did have a brown body however it also had red banded legs, a bulbous body and lacked the dark colored markings on the body that identifies the recluse.

The lesson here is don't depend on the internet to I.D. a spider or other bug. The Extension office can send a picture of the spider or the actual corpse to the University for Jeff Hahn to identify. The best thing to do with a spider is to leave it alone to collect its bug lunch. You are much too large for it to eat.

Spiders in the house are an indication that there is food for

them. So, do you want spiders that you can see or the smaller ones they are eating? Basement spiders or daddy long legs are great predators. The only downside is that they leave spots of excreted inedible bits in the corners. Petunia discovered that these leftovers are really hard to wash off. She usually makes Bunkey do it as, if you remember, she has a horror of any kind of bug, especially spiders.

This is the time of year to collect seeds for planting next summer. Pick a dry day for your harvest. Any heirloom plant, flower or fruit will produce the same plant next year. Hybrids won't. They have been crossed, maybe even several times, to produce bigger, brighter

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PRAIRIE FARE

Add some pumpkin
to your menu

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION SPECIALIST
NDSU EXTENSION

As I was picking up some dog treats, I stopped in my tracks when I saw the new flavor for fall.

You probably guessed it: pumpkin spice dog treats.

Seriously?

Our three dogs certainly would eat these treats. However, they would eat almost anything that hovers near their mouths.

Pumpkin pie spice remains an ongoing autumn food trend for humans, too. We can enjoy pumpkin spice coffee creamer, coffee drinks, yogurt, pancake mix, cookie straws, candy bars, granola bars, cereal, ice cream, flavored almonds, toaster pastries and dozens more seasonal products available in some locations.

However, having some actual pumpkin with a sprinkle of your favorite spice would be better for your health than some of the high-fat and high-calorie options enticing us in restaurants and grocery stores.

Pumpkins, squash and gourds are part of the family known as Cucurbita. In fact, pumpkins and gourds are types of squash.

Technically, pumpkins and squash are fruits, according to botanists. They are the seed-bearing structure of flowering plants, botanists say.

However, we in nutrition consider pumpkins and squash to be vegetables.

Are you confused yet? Regardless of how you categorize them, enjoy more pumpkin and squash. Most of us do not eat enough dark



This fiber-rich recipe with pumpkin has an ethnic flair. (NDSU photo)

orange and gold vegetables.

Pumpkin and squash are good sources of fiber to help our digestion. These orange-fleshed fruits of the plant are rich in pigments (called carotenoids) that our body converts to vitamin A. We need vitamin A for healthy eyes and skin.

Pumpkin and winter squash have a long shelf life. Try a variety of winter squash, including butternut, buttercup, acorn, hubbard or spaghetti squash, with these tips:

* Store it correctly. Store pumpkin and squash in a cool, dry place. Do not wash it before storing because that can shorten its storage life. When stored correctly, it can

last several months.

* Bake it. To bake a pumpkin or squash, rinse it with running water and scrub with a vegetable brush if needed. Poke holes in the skin with a knife. Place it in a baking pan and bake at 350 F until tender. Bake small squash/pumpkin for about 45 minutes or large squash for about 90 minutes. Remove the skin and seeds, then mash, season as desired and serve.

* Microwave it. Rinse the squash and cut it into chunks. Place in a microwave-safe container and cook on high for about seven minutes until tender. Note: Raw squash and

Prairie Fare page 4

Wagon Wheel Lumber

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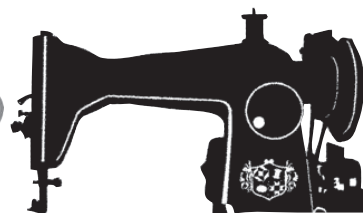
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- **If you know someone who could benefit, please contact us:**
P. O. Box 941, Garrison ND 58540 or at our email garrisongiftsfromtheheart@gmail.com. We will send a form and information.
- **Giving non-perishable food items:** collection bins at Post Office, Krause's Market, Camp of the Cross offices and churches in our community.
- **Giving Trees:** These will be located in Garrison State Bank and BNC bank. Take a star and bless a family with a gift.
- **Donations:** If you would like to donate please send donations to – Gifts From The Heart, P. O. Box 941, Garrison ND 58540.

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GARDENING

continued from page 2

or more productive plants. If you plant these seeds you never know what will result. If your squash and pumpkins or cucumbers had a romance this summer, the seeds you save may result in an unexpected fruit next year. They do cross pollinate.

The lesson for the day is, if you don't want to look a spider in the eye, just leave them to do their thing. They are the good guys.

Know your zone

A gardening friend of Petunia's moved from Minnesota to southern Indianapolis. Last week she planted 80 daffodils in her heavy clay soil. Then she remembered that bone meal is a good fertilizer for bulbs, so she went to her local nursery for some. She mentioned her struggle to plant bulbs in clay as she was used to our nice black dirt. "Oh no, you planted bulbs now?" the gal asked. "You plant here in October. By the way, how deep did you plant your daffs? Only 6 inches deep? Here we plant at 9 inches and 2 inches deeper if you put bone meal in the bottom of the hole as you should." One would

think that in zone 5 where our gardener lives, that bulbs would be planted shallower than the 6 to 8 inches recommended for our zone 3B/4A. The thinking is that in a warmer zone, planting deeper prevents the plants from coming up too soon and getting frozen in a warm spell. The lesson here is check with a local nursery about planting conditions if you move to a different zone.

Here in our zone it is the time to cut down iris and peony leaves, plant bulbs, and pull weeds. If you have had problems with squirrels or chipmunks digging up your tulips, dig a hole 8 to 9 inches deep then dribble an inch or so of chicken grit on top of the bulb before you cover it; and never leave the brown skins lying on top of the soil. It yells to the little diggers "lunch is here". The reason for the chicken grit, ground up granite, is that the sharp edges hurt their feet when they attempt to dig up the tulips so they give up and look for an easier meal. If you are planting quite a few bulbs, it may be a good idea to get an augur that fits on a drill. This makes planting a hundred bulbs a snap. You may still have to clean out the bottom of the hole but it beats digging by hand.

When you are picking up leaves, dump a foot of them on your flowerbeds. This will keep the soil warmer for a little while giving your plants a longer summer. It also keeps it cooler in the spring preventing premature sprouting. Although this doesn't kill the plants, popping up in a warm spell then getting frozen when the temps drop does hurt them. Mulching your flowers keeps the weeds down, the soil cooler in summer and helps hold any rain we get. As the mulch breaks down, it adds micro nutrients to the soil. Actually the only down side to mulch is among the Martha types. They like bare soil. "Mulch looks so messy". They also braid their daff leaves when the plant is done blooming thus reducing the blooms for the next year. Oh well, we can't all be perfect. Do leave the mulch on in the spring only lifting it away from plants as they pop up through it. A pitch fork is perfect for this as you can get under the leaves and not damage the emerging leaves.

There are 2 mulches to stay away from in flowerbeds, rocks and bark. Rocks heat up in the summer and fry the sub surface roots. Bark is great for around shrubs and trees but it takes a long time to break down and is usually not dense enough to keep weeds from germinating in it. Of course, if you like to pull weeds, you probably need an intervention.

PRAIRIE FARE

continued from page 3

pumpkin are very hard; be cautious when cutting it to avoid injuring yourself.

* Freeze it. Cooked, mashed squash can be preserved by freezing but not by home-canning. Chunks of cooked squash can be preserved by pressure canning. Visit www.ag.ndsu.edu/food and follow the directions for safe food preservation.

Try some new recipes. Have you ever made pumpkin pancakes or pumpkin fruit leather? How about pumpkin or squash soup or pumpkin bread pudding? See www.ag.ndsu.edu/food for recipes to try. Click on "Recipes," then "Breads" or "Snacks, Appetizers and Beverages."

Don't toss out the seeds. Roast squash or pumpkin seeds. After baking or cooking a squash or pumpkin, remove the seeds and rinse them with water and pat dry with a paper towel. Preheat oven to 300 F. Line a baking sheet with aluminum foil (for easy cleanup). Place the seeds in a bowl, add a small amount of oil and stir. Sprinkle with seasoning salt, Cajun spice or your favorite spice. Bake on the baking sheet for about 45 minutes, stirring every 15 minutes, until the seeds are golden brown.

What recipes do you think of when you hear the word pumpkin or squash? Are you

thinking of pumpkin pie or pumpkin bread? Pumpkin and squash can be used in many ways on our menu. Visit www.ag.ndsu.edu/food for a variety of pumpkin and squash recipes.

Here's a fiber-rich recipe with an ethnic flair. Don't be afraid to try something a little unique now and then.

Pumpkin chickpea curry

2 Tbsp. canola oil
1 red onion, diced
1/2 pumpkin or squash, chopped into chunks
2 to 3 garlic cloves, minced
1 small piece of fresh ginger, minced
2 Tbsp. yellow curry powder
5 ounces spinach
1 (14-ounce) can chickpeas, rinsed and drained
1 (13-ounce) can low-fat coconut milk

Lemon juice, if desired
Salt, pepper to taste
Topping (optional):
4 Tbsp. cashew nuts
1 to 2 Tbsp. sesame seeds
Heat the canola oil in a pan or wok. Saute the pumpkin and onion for about three minutes, stirring occasionally. Add garlic, ginger and curry powder and cook for about one to two minutes longer. Then add coconut milk; bring to a boil and simmer 10 minutes over medium heat, stirring occasionally. Add spinach and chickpeas and simmer for five minutes until the spinach has wilted. Add a little water, as needed. Season with salt and pepper to taste. Add a squeeze of fresh lemon juice, if you like. Serve with rice (or other grain of your choice) and top with cashews and sesame seeds.

Makes five (1-cup) servings. Each serving has 250 calories, 11 grams (g) fat, 8 g protein, 35 g carbohydrate, 8 g fiber and 210 milligrams sodium.

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CALENDAR

Saturday, Oct. 26

St. Paul Lutheran Church's 2nd annual trunk-or-treat, 3-5 p.m. Open to community. Bring your kids out and enjoy an afternoon full of trick-or-treating, truck style. Sign up to decorate your vehicle at St. Paul's, Garrison.

Garrison City Landfill, 8 a.m. to noon and 1-5 p.m.
Piecemakers Quilt Guild meeting, SACA Lodge, 9 a.m.
Community Food Pantry, Ryder, 10 a.m. to 2 p.m.
Halloween ComicFest, Comic Realms, 106 N Mandan Street, Bismarck. 701-751-4540

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

Sunday, Oct. 27

Park Board Skating Rink fundraiser breakfast, Garrison Auditorium, 9 a.m. to 1 p.m.

Bethlehem Lutheran Church, Wing, moved their Harvest Festival. Worship, 10:30 a.m. with roast beef dinner served from 11:30 a.m. to 1 p.m.

Community pig roast, 5-7 p.m., Augustana Lutheran Church, Underwood. See ad for full details.

Monday, Oct. 28

Yoga, First Congregational Church, Garrison, 8 a.m.
Bone Builders exercise, Garrison Senior Center, 10 a.m.
East McLean Farmer's Union local will meet for supper and meeting to follow, 6 p.m., Bev's Cafe, Turtle Lake.

Tuesday, Oct. 29

WIC nutritionist available at the Garrison office. Call 463-2641 to schedule an appointment.

Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.

Wednesday, Oct. 30

Yoga, First Congregational Church, Garrison, 8 a.m.
Garrison City Landfill, 1-5 p.m.

Thursday, Oct. 31

Community Clothing Share-Exchange open 10 a.m. to 6 p.m., at 221 Main St., Turtle Lake.

Bone Builders exercise, Garrison Senior Center, 10 a.m.
Sakakawea Optimist Club Halloween Party, Garrison Auditorium, 4-6:30 p.m.

Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.

Candy caravan, 3:30-5 p.m., Washburn. See ad for location map.

Halloween carnival, 3:30-6 p.m., Turtle Lake American Legion Hall. Free event.

Faith Evangelical Church community carnival, 5-7 p.m., Underwood City Hall. The event will include food, games, bounce houses, cake walk and prizes. All free!

Trunk or treat, 5:30-7:30 p.m., Washburn United Methodist Church parking lot. Anyone is welcome to decorate their trunk and come participate in the event.

Hazen Concert Series is presenting Double Double Duo, 7 p.m., Hazen High Theater.

Coffee, 9:30 a.m., Denhoff Community Center.

Friday, Nov. 1

Yoga, First Congregational Church, Garrison, 8 a.m.
Garrison City Landfill, 1-5 p.m.
Wagon Wheel Lumber closed for inventory, Nov. 1-2, Washburn.

Saturday, Nov. 2

Garrison City Landfill, 8 a.m. to noon and 1-5 p.m.
German Supper, St. Paul Lutheran Church, Garrison, 4-7 p.m.

Sunday, Nov. 3

Immaculate Conception Church, Max, fall festival, 10:30 a.m. to 1 p.m.

BLFG annual meeting at Totten Trail. Social, 5:30 p.m. with dinner at 6 p.m. See ad for full details.

Submit an event

To announce your free public event in the Xtra Calendar email leadernews@westriv.com or call 701-462-8126.

Marina View urged to form district

BY SUZANNE WERRE
BHG NEWS

McLean Co. Commissioners did seemingly everything they could do short of offering Garrison-area Marina View property owners funding to help with road repair in the development.

At the Oct. 15 regular commission meeting, the commissioners agreed that offering to pay for any repairs on the development's road would be setting a precedent the county couldn't follow up on with future requests that would undoubtedly come its way.

Representing the Marina View residents, Jane Schonauer noted there are four particular areas on the stretch of 14th St. on the way to the development that are breaking up badly and are in need of repair.

One of the concerns of some of the residents in the area, she added, is that when the original agreement was drawn up with the county in 2002 there were only 37 homeowners in the area. At that time, the county agreed to do snow removal on the road.

Now there are about 62 homes in the development, and the road is deteriorating much more quickly, prompting the homeowners to ask for more help than just snow removal. It has taken a real beating recently because of all the trucks hauling gravel and fill dirt on the road as new homes are built.

"The biggest issue has been the amount of overweight trucks," said Commissioner Barry Suydam, adding that the property owners involved with the first contract are the ones

“How big of a can of worms would this open. How many other stretches of road . . . once we start, somebody else is going to want us to pick theirs up.”

Steve Lee

getting stuck with all the costs of the road.

Schonauer asked if there is a possibility some of the county's portion of the Prairie Dog fund could be used toward the road, but commissioner Steve Lee noted that those funds probably won't be available until 2021, and even then it wouldn't be a good idea for the county to get involved with making improvements in developments.

"How big of a can of worms would this open, said Lee. "How many other stretches of road . . . once we start, somebody else is going to want us to pick theirs up."

In addition, if the county picks up the tab once, it would probably be stuck for continued repairs in the future.

Commissioner Steve Cottingham proposed what the commissioners think is the best option for the landowners in the development.

"I really think the best solution is to form a district," said Cottingham. "You should have a concrete system in place."

County Auditor Beth Knutson gave Schonauer the state's century code information to help the group move forward with establishing a district, which

would spread the cost of road repairs out among the different property owners.

Suydam urged Schonauer and the other residents to move on getting work on the road done this fall if possible so it doesn't deteriorate further.

"Just to make sure it gets done before it completely wrecks the road," he said.

The commissioners went on to briefly discuss an issue that has been plaguing the county for awhile, but is coming to a head following Suydam witnessing a filled truck leaving the Schafer gravel pit north of Roseglen. He checked to see if the gravel was paid for, and at that time it hadn't been.

He was later informed by Highway Supt. Jim Grey that gravel is often taken from the pits without being paid for.

"We have gravel leaving all the time," said Highway Supt. Jim Grey.

"That's theft," commented Lee.

The commissioners agreed to contact State's Attorney Ladd Erickson to follow up on the issue.

"I think they need a rather strongly worded letter from the state's attorney," said Lee.

"We give them a chance to come clean, and if they don't, we go to the contractors," added Suydam.

Gravel leaving the county's gravel pits unpaid for is eventually going to impact the county, he added. If there's no money coming in from the gravel the county sells, there's no money for the county to buy

District page 8



SATURDAY,
NOVEMBER 30

WASHBURN HS GYM
713 7th St., Washburn, ND

7:30 PM

RESERVED TICKETS

Sold at the Washburn Public Library

GENERAL ADMISSION TICKETS \$35.00/Ticket

Sold at RDO, Scott's Hardware, DWCU, Farmers Security Bank, Washburn Public Library, & Riverboat Saloon

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 Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
 • **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

Announcements

HOLIDAY CRAFT, bake and vendor sale, 10 a.m. to 3 p.m., Saturday, Dec. 7, Underwood City Hall. \$13 per space. To reserve table space, call Alice Landenberger, 701-442-5310.

24-29-E-X

58577

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. 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, 701-460-0663.

1-E-TFN-NC

58540

Auctions

LEONARD BALTUS and Keith Blom Auction, Saturday, Oct. 26 at 11 a.m. at the Garrison City Auditorium. Lots of misc. SJ Auction Service 337-5410. See bhgnews.com for auction poster.

23-3TPDX

58540

Giveaway

5 GALLON JUGS, for industrial purpose only: not to be used for human or animal consumption/food or beverage. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.

15-TFNXCIX

58540

Help Wanted

CUSTOMER SERVICE REPRESENTATIVE

Growing insurance agency in Wilton is looking to add a Customer Service Representative. Insurance experience helpful. Insurance producer license required within 180 days of hire. Please send resume to Todd: tnewton@westernfrontierins.com, Western Frontier Insurance Agency, PO Box 459, Wilton, ND 58579 or call 701-734-6318.

HELP WANTED

Steve's Plumbing Service, LLC in Garrison, ND is looking for full-time Apprentice or a Licensed Journeyman plumber.

Competitive wages and benefits D.O.E.
 Call 701-460-7471
 or email a resume to szach@restel.net



Help Wanted

HELP WANTED



Turtle Lake Hospital

Part-time Clinic Nurse

Experience preferred
 but not required. Contact Brenda
 701-448-2331 ext 207.
 This institution is an equal opportunity provider and employer.

Help Wanted



HELP WANTED Come Join Our Team!! Full-Time CNA

Not a CNA? We can help!
 Benefit Eligible
 Starting wage \$14.56

Apply at www.blcgarrison.com
 Or call Jody Lawson at (701)463-2226
 "EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED



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is looking for
**Cooks, Servers
 & Bartenders**

Apply in person or call
 701-337-2070

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 337-2070



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Do you enjoy working with people? Are you looking for a part-time position that allows you to make a difference in the lives of others?

We are currently hiring Direct Support Professionals in the MCLEAN COUNTY area to provide direct care to adults and children with disabilities in their homes and in the community. Starting Pay is \$14.50 an hour depending on experience. Hours are flexible and all training is provided.

If you are interested in a rewarding job opportunity with the Easter Seals Goodwill ND, Inc. team, please complete our online application and click "Submit" at the bottom of the form when finished.

Apply here: <https://www.esgwnd.org/direct-support-professional-minot>

You may also print off your application and drop off/mail to:

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Job Type: Part-time • Salary: \$14.50 /hour



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Help Wanted

DEPUTY AUDITOR POSITION

The City of Garrison, ND is accepting applications for the position of a Deputy Auditor.

Applicants need to be self-motivated, highly organized, have excellent customer service skills and the ability to multi-task. Applicants should have knowledge of accounting procedures and Microsoft Office to include, Word, and Excel. Compensation is negotiable.

A complete job description can be obtained by contacting the City of Garrison Auditor's Office at PO Box 459 Garrison, ND 58540; by calling 701-463-2600; or by emailing garrisoncity@rtc.coop. Applications must include a resume and references. Submit applications to Garrison City Hall.

The City of Garrison is an equal opportunity and at-will employer.

HELP WANTED



OF GARRISON

Night Time & Weekend Cashiers



All Shifts Available

**Must be able to work weekends.
 Stop in for an application.**

HELP WANTED



is looking for

SALES ASSOCIATES

Full Time or Part Time

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

TEACHER'S AIDE

Underwood School District is seeking applicants to serve as a teacher's aide/paraprofessional for the remainder of the 2019-20 school year. If interested email brandt.dick@underwoodschool.org, or call Brandt Dick, 701-442-3201.

Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Nov. 4 and Nov. 18. Have them there by 11 a.m. Call Darin, 701-315-0144. 43-TFN-E-X

58577

Misc. for Sale

FOR SALE: Siemens 200 amp Heavy Duty Stainless Steel, 600 VAC HP Rated. NEMA 4/4x safety switch rated for outdoor use Model #hnf364S \$1150/each. Call Brad, 701-870-4228.

21-28-E-PD

58523

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 PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg.smugmug.com.

35-P-TFN-NC

58577

REMINDER
 Classified Deadline
 9 a.m. Thursday

HELP WANTED

Coaching Positions

Garrison Public School District is seeking applications

- BASKETBALL CHEER COACH
 Winter HS Head & JH Head
- BOYS BASKETBALL -SPRING
 Elem. Head & Assistant
- TRACK COACH -SPRING
 Two Assistant Coaches

Please stop by Garrison High School for an application. Applicant must include a resume and three references.

Contact Nick Klemisch
 at 463-2818 for more information.



HELP WANTED Come Join Our Team!!

• RN/LPN

Full Time days

Apply at www.blcgarrison.com
 Or call Jody Lawson
 at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

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., M-F.

1-E-TFN-NC

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

Services

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

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.

9-34-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. Email leadernews@westriv.com.

1-E-TFN-NC

58577

To place a classified ad call 701.462.8126 or fill out the form online at www.bhgnews.com

Statewides

HELP WANTED
CARPENTER: NDSCS has FT, 12 month benefited position with duties including carpentry and building maintenance in Wahpeton. Includes full benefits: Health/Life, Retirement, EAP, Leave, Tuition Waiver, Dependent Tuition Discount, etc. Screening begins immediately-applications accepted until filled. Interested candidates must complete the online application. EOE. For more information go to: www.ndscs.edu/hr/

FARMERS UNION OIL in Portland is looking for a full-time truck driver in the propane department. CDL required, hazmat and CETP training preferred. Full single benefits, paid vacation and 401k. Pick-up application at Portland station or call 701-788-3760.

LOOKING FOR THE most complete listing of ND Media? Get 2019 ND Media Guide for Only \$25! Call 701-223-6397, ND Newspaper Association.

FINANCIAL SERVICES
OVER \$10K IN Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief, 701-936-8487.

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

COMPUTER & IT TRAINING PROGRAM! Train at home to become a Computer & Help Desk Professional now! Call CTI for details! 701-929-9484 (M-F 8am-6pm ET).

REAL ESTATE FOR SALE
ND FARM LAND Values surge

Statewides

upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701.371.8538. Kevin Pifer 701.238.5810. Free valuation.

AUTOS FOR SALE
FOR SALE: RARE 2006 Toyota Sienna Limited Van. Navigation. New tires. Pearl White. Leather. 212K. \$4,000. 1-701-318-5696 Fargo.

MISCELLANEOUS FOR SALE
ANYONE CAN RUN STATEWIDE with HELP WANTED ads in all ND papers with NorthSCAN! \$160 /25 words / 89 papers. Contact your newspaper or NDNA, 701-223-6397.

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

HEALTH/MEDICAL
A PLACE FORMOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 1-701-404-5808.

ATTENTION: OXYGEN USERS! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 701-404-5994. (24/7)

SHOPPING EVENTS
JAMESTOWN'S 6TH ANNUAL small business "shop hop" November 2, 9 AM-5 PM - Prize drawings at all stores. Start Christmas gift buying at over 15 one-of-a-kind stores!

CASH SETTLEMENTS
Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be

Statewides

entitled to a SIGNIFICANT CASH AWARD. Call 701-404-5389 today. Free Consultation. No Risk.

MISCELLANEOUS
WE MAKE IT easy to place an ad in one or all 89 North Dakota newspapers. One order, one bill, one check. We provide the ad design and tear sheets. Call the North Dakota Newspaper Association, 701-223-6397.



October 26 10:00 AM CT - 250+ Gun Auction-New Salem, ND. G&G Auctioneers.
November 1st, 2019 @ 6 PM CT Owner: Henry Miller Family, Offering 320 Acres in Eastern Mercer County, Legal Description: S2-SEC.19-145-84, Location: Civic Center, Stanton, ND. Wolff Auctioneers
Nov 3 - 12:00 pm CT - Underwood Warehouse Grocery - Business or Forklift, Butcher, Bakery, Store Items - G & G AUCTIONEERS- 701-878-4001 http://www.midwestauctions.com/gandg
Nov 2-10:00 am CT- Solen Consignment Auction- Solen, ND - G & G AUCTIONEERS 701-878-4001 www.midwestauctions.com/gandg
Nov 15-1:00 pm CT-ABSOLUTE Real Estate Auction- Hazen, ND - G & G AUCTIONEERS 701-878-4001 www.midwestauctions.com/gandg
Nov. 6 – 11 a.m. Loren and Kristen Henke Auction, Baymont Inn & Suites, Mandan. Pifer's Land Auctions, pifers.com • 877-700-4099.
December 7th, 2019 @ 10 AM MT Offering: 161 Guns, Buckskin Bar & Grill, 64 Central Ave S, Killdeer, ND. Wolff Auctioneers

Country Kitchen Recipes



Washburn churches Progressive dinner recipes

Italian mozzarella stuffed meatballs

For the meatballs:
1 1/2 pounds lean ground beef
1 small yellow onion finely chopped
1/2 cup breadcrumbs
1/3 cup freshly grated Parmesan cheese plus extra for sprinkling
2 eggs lightly beaten
3 cloves of garlic minced
2 tablespoons fresh parsley chopped
2 tablespoons fresh basil chopped
1/2 teaspoon kosher salt
1/8 teaspoon fresh black pepper
8 ounces mozzarella cheese ball cut into 1/2 inch square pieces

For the sauce
1 tablespoon olive oil
1/2 cup yellow onion diced
2 cloves of garlic minced
1/2 teaspoon cornstarch
1/4 cup Alamos Malbec wine
1 28 ounce can of crushed tomatoes
2 tablespoons fresh parsley chopped
2 tablespoons fresh basil chopped
1/2 teaspoon kosher salt

To prepare the meatballs, preheat the oven to 375 degrees F. Lightly grease 2 baking sheets with cooking spray or oil.

In a large mixing bowl, combine ground beef, onion, breadcrumbs, Parmesan cheese, eggs, garlic, parsley, basil, salt and pepper. Mix with a fork until combined. Using a spoon or scoop, roll meat into balls, about 2 tablespoons each. Using your thumb, press into the center to create an indent, place a piece of cheese in the center of the dough ball and then re-roll ball to cover the cheese. Don't be afraid to use a little extra meat mixture if you need to cover the cheese. Repeat with remaining meat and arrange on baking sheet.

Bake for 18 to 20 minutes, or until meatballs are cooked through.

While the meatballs are baking, prepare sauce. Heat olive oil in a large saucepan over medium heat. Add onion and garlic. Saut  for 2 minutes. Whisk in the cornstarch and wine. Let simmer for 2 additional minutes. Add crushed tomatoes, parsley, basil and salt. Stir to combine. Bring the sauce to a boil. Cover, reduce heat to low and let simmer for 15 minutes. Once baked meatballs are done, carefully add them to the sauce. On low heat, simmer uncovered for an additional 10 minutes. Serve as an appetizer or with pasta. Enjoy!

Pineapple upside down cake

For topping:
1/4 c unsalted butter, melted
1/2 c packed brown sugar
1 – 20 oz pineapple ring
6 oz maraschino cherries

For cake batter:
1 1/3 c flour
1tsp baking powder
1/2 tsp salt
1/4 c butter, softened
1/2 c sugar
1/4 c packed brown sugar
1 egg
1tsp vanilla extract
1/4 c sour cream
1/4 c pineapple juice

Mix topping – butter and sugar and add to prepared cake pan. Let mixture spread to the edges and add 7 pineapple rings. Place a cherry inside and in between pineapple slices. Make batter. In a bowl, whisk together flour, baking powder, and salt. Set aside. In another bowl, cream the butter with sugars. Beat in egg, vanilla and sour cream. Then, slowly beat in flour mixture and pineapple juice. Spoon over pineapple slices until an even layer. Bake until cake is golden (about 35 minutes). Remove from oven and wait 5 minutes and flip cake upside down onto serving platter. Wait 30 seconds and carefully lift pan off. Let cool before serving.



EDGE OF CHAOS

Vaping and nicotine

BY ALLAN TINKER
MCCLUSKY GAZETTE EDITOR

The nicotine sulfate-based pesticide grandma used is no longer legally available in the U.S. retail market. The Environmental Protection Agency took away the product registration from this pesticide years ago. Think along the lines of DDT, also deemed a "nasty pesticide."

Nicotine had other uses and was mixed with various substances for application for those uses.

Now used as a "safer" form of consuming nicotine than by smoking, the dangers of smoking were professed to be eliminated.

It appears that the form in which the nicotine is delivered is still lethal and now very harmful to those who vape.

Some of the principal nicotine uses were for killing sucking insects on plants and once was used in greenhouses as a fumigant and as a paint on roosts for chicken lice and mites.

Two basic types of nicotine products have been marketed

Nicotine alkaloid is relatively volatile and acts both by contact and by fumigant action.

Nicotine sulfate is usually marketed as an aqueous solution containing 40 percent nicotine equivalent. When added to alkaline water or to soap solution, the alkaloid is liberated, being then more active than the sulfate alone.

Nicotine preparations, especially those using the free alkaloid, are well absorbed across the gut wall, lung, and skin.

Poisoning symptoms from excessive doses appear promptly. They are due to transient stimulation, then prolonged depression, of the central nervous system, autonomic ganglia, and motor end plates of skeletal muscle.

Central nervous system injury is manifest as headache, dizziness, incoordination, tremors, and then clonic convulsions leading to tonic-extensor convulsions, which are often fatal.

In some instances, convulsive activity is minimal and death by respiratory arrest occurs within a few minutes.

Effects on autonomic ganglia give rise to sweating, salivation,

nausea, abdominal pain, diarrhea, and hypertension. The heart is usually slow, and often arrhythmic.

Block of skeletal muscle motor end-plates causes profound weakness, then paralysis. Death may occur from respiratory depression or from shock.

Nicotine can be measured in blood and urine to confirm poisoning. Get medical attention immediately.

If inhaled, move the exposed person to fresh air at once. If breathing has stopped, perform artificial respiration. Keep the affected person warm and at rest. Get medical attention as soon as possible.

Though many think removing the other carcinogens from smoking tobacco has now developed a safe substitute, it appears that when mixed into oils or similar materials that accumulate the nicotine to a high level in the body is more quickly lethal than smoking tobacco.

Much like other harmful substances, the quantity of a harmful chemical in the body indicates how quickly the damage may occur, much like a weak water solution of

insecticide not killing bugs as quickly was a heavily saturated oil-based exposure.

Scientists and doctors are hurrying to find the link to the recent deaths and harm to people who vape. Many companies and other entities have banned vaping and the products from certain areas and for sale.

I recall using Black Leaf 40 on the roosts of the chicken house. It was for killing sucking insects.

About 40 years ago, it was no longer available and I was told it was found to be very harmful, much like DDT (and currently Round-Up) and other similar insecticides and herbicides.

We seem to not learn that putting anything into our air or soil that kills some plant, animal or insect, will likely be harmful for us as well. Hopefully, vaping will quickly be recognized as a killer and poisoner.

DISTRICT

continued from page 5

gravel, and that will eventually start affecting the county's roads.

In other business, the commissioners:

Approved the purchase request made by Lori Foss for new computers at the cost of about \$10,900, which is still within this year's budget.

Approved needed repairs on a motor grader and plow truck, requested by Grey.

Approved two boring permits for WRT.

Was briefly updated by Knutson on billing issues regarding medical services provided to the jail inmates are being clarified, and will result in billing corrections in the thousands of dollars.

Set minimum prices for the delinquent tax properties that have come back to the county, going along with Knutson's recommendation that the minimum price for the properties be the greater amount of the taxes owed or assessor's true and full value,

plus the additional fees of \$70. Knutson noted the county has been informed by two of the former property owners that they intend to pay the taxes on the properties in order to redeem their properties. The sale of those properties is set for Nov. 19 at 10 a.m. at the county courthouse.

Was informed by Suydam that the county is receiving \$250,000 from First District Health, which was a question when the commission was working through its 2020 budget, unsure if FDH was going to be contributing to the revenue side.

Approved the request from Falkirk Mine for closure of the section line located eight miles west and three miles south of Underwood for mining and pre-mining work in a new mining area.

Was updated by Knutson on the recent snow storm that led to several county employees taking the day off when it had not been officially approved. Those who took the day off will be required to use a day of paid time off, in accordance with county policy.

BLFG ANNUAL MEETING Sunday, Nov. 3, 2019

TOTTEN TRAIL

Proposed Indoor Fish Cleaning Station

**Social at 5:30 p.m.
Dinner at 6:00 p.m.**

**Two Item Buffet: Chicken & Beef
* Overview of Project by Keith Witt**

Presenting
North Dakota
Community
Foundation
Grants

If you're a member - Bring a new member and each get
\$25.00 off 2020 membership. All paid members will be in
a drawing for a Medora Package worth over \$500.00!

Yes, we want to be a 2020 member of Better Living for Garrison.
Here is our \$100 membership payment.

Make checks payable to: Better Living for Garrison, Inc.

- () I/we will be attending the Annual Meeting
() Sorry, I/we will be unable to attend

Name(s) _____

Address _____

Deadline for RSVP: Monday, Oct. 28th
(if necessary, telephone 463-7447)

Please return RSVP to BLFG, PO Box 354, Garrison, ND 58540-0445

Your 2020
\$100 Membership
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voting rights at
this year's annual
meeting and meals
for two at this event.*

Everyone in the area
is invited to become
a 2020 member of
Better Living for
Garrison and to
attend the Annual
Meeting and Dinner

Proceeds will go towards the New Indoor Fish Cleaning Station

Hazen Art and Craft Association's

Holiday Bazaar

Saturday, Nov. 9

9 a.m.- 4 p.m. CT

Hazen City Hall

Lunch served by
Hazen Art & Craft Association

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