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Attitude . . . By Charles Swindoll

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you ... we are in charge of our Attitudes"

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PRAIRIE FARE



Food storage questions abound in COVID-19 Pandemic

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION
SPECIALIST - NDSU

"We're eating out of the freezer," one of my Facebook friends said. "What do you think of this really, really old pizza we bought from a kid who was fundraising?"

A picture of an ice-covered, dried out, grayish pizza sitting on a pan accompanied his Facebook post. He's a funny guy.

It looked very freezer-burned to me and not appetizing at all. "Scrape the ice from the pizza so you don't get a soggy crust," some advised.

Later, my Facebook friend reported the pizza was "really nasty," even with extra cheese.

He didn't report getting sick but, obviously, he didn't enjoy the product.

Others commented about the nearly "antique" food they are finding in their homes.

Freezer burn is a quality issue, not a safety issue. It occurs when the surface of food dehydrates due to exposure to the air, usually because of packaging issues. Freezer-burned food does not cause foodborne illness.

On another day, the same Facebook friend posted a picture of 10-year-old frozen ground beef. On a positive note, the meat was wrapped in white butcher paper and was clearly marked.

I think he was expecting me to fall off the couch in my home as I browsed his Facebook posts.

Many people have "stocked up" during the pandemic, while others are exploring the dark recesses of cupboards, refrigerators and freezers.

How long does food "last" anyway?

Most food lasts longer than we might think, but not forever. Unfortunately, confusion about what dates mean can cause people to throw away food unnecessarily. A date on a package may prompt them to throw away the product on that date, even if the food is safe to eat.

Keep in mind that product dates are not an exact science. The storage length of food depends on many factors, including packaging and storage conditions such as temperature. Be sure to

maintain your refrigerator at 40 F and your freezer at 0 F, as checked with appliance thermometers.

Unfortunately, people discard a lot of food. In fact, an estimated 40% of food is wasted, and that's not a good thing.

For years, we have seen "sell by" and "best if used by" on packages. The "sell by" date is a date meant for stores. The food industry is making efforts to standardize the term "best if used by" on products, so you will see this quality date more often. The industry wants you to enjoy the food at its best.

If you like high-tech solutions, the U.S. Department of Agriculture (USDA) teamed up with Cornell University and the Food Marketing Institute to create the "Foo Keeper App" to download on your phone or other device. It allows you to browse by category.

Keep in mind that bacteria can grow at refrigerator temperatures. Freezing food such as meat does not kill bacteria, but it stops bacteria from growing. If thawed improperly, bacteria can grow quickly.

Therefore, be sure to thaw meat in the refrigerator or microwave, not on your countertop.

According to the USDA, ground beef can be stored in your refrigerator for up to two days for quality and safety reasons. If you cannot use fresh meat within a reasonable time, freeze it for longer-term storage.

Frozen ground beef retains its best quality if used within four months but retains its safety as long as it remains solidly frozen.

Canned vegetables, by the way, last up to five years on your shelf and canned fruit lasts up to 18 months, according to the USDA. Be sure to label the cans with the purchase date and arrange them in a first-in, first-out order on your

shelves.

Here's a recipe for my Facebook friend and you for using ground beef when it is at best quality. You also can freeze this soup in meal-size amounts.

Check out <https://www.ag.ndsu.edu/food/food-preparation-for-the-Pinchin-Pennies-in-the-Kitchen-series>, which shows how to use what you have on hand to create new recipes for soup, casseroles and many others.

Ground Beef Stew

1/2 pound lean or extra-lean ground beef

1 medium onion, diced

1/8 tsp. salt (optional)

1/8 tsp. pepper (to taste)

1 (10 3/4-ounce) can tomato soup

Water, one soup can full

6 medium carrots, peeled and sliced

2 medium potatoes, sliced

Brown meat with onion in pot. Drain fat. Season with salt and pepper if desired.

Add soup and one can of water. Add vegetables. Bring to a boil, then simmer, covered, about 25 minutes or until vegetables are tender. Remove from heat.

Cover for last 10 minutes to thicken.

Makes four servings. Each serving has 280 calories, 10 grams (g) fat, 15 g protein, 36 g carbohydrate, 5 g fiber and 470 milligrams sodium.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences. Follow her on Twitter @jgardenrobinson)



OUR OUTDOORS

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

Tackle tips for netting more northerns

In the crystal-clear bays after the last of the gray ice has disappeared, they lurk on the edge of visibility. In the running creeks, channels and coulees they swarm in the relative warmth of muddy spring runoff. They are northern pike, and at this time of year, with spring just beginning, they can provide incredibly fast fishing for those who have been longing for openwater action through the chilly days of winter. What follows are some top tackle tips to connect with and land more toothy critters swarming the shallows this season.

High Visibility, Low Hassle Lures

Pike are creatures of sight. Their long muscular bodies are designed to shoot out at anything edible that comes into view, and they rely on their strong vision to stay full. In spring, while some areas of still water where pike may lurk are clear, many times these fish are found in muddy stretches of creeks and the bays below them where water is turbid, and visibility is decreased. Thus, providing the biological senses of pike that trigger a strike with high-visibility offerings is important in triggering a strike. Bright colors, such as pink, orange, yellow, red and white are classic hues for springtime pike, and don't be afraid to go bigger – it's not uncommon to watch pike slam offerings half their size – especially in spring.

With the idea of providing a brighter, bigger bait to make things easier for pike to see, provide yourself with an easier bait to unhook. Large jig-and-twister or swimbait combos that have only a single hook are perhaps the best option and can often entice spring walleyes lurking in the area too. The one point removal makes for a quick turnback on those fish to be released, and don't tangle in the net on those bigger specimens that come to shore. Single-treble lures like spoons and large inline bucktail spinners raise the complexity level a bit especially when a landing net is involved, but those options still aren't too difficult to deal with. Avoid multi-hook offerings like stickbaits and crankbaits, as two or even three treble hooks are prone to snagging in eyes and gills, hindering a healthy release,

and when they get wrapped in the mesh of a landing net as part of a classic northern gator roll, the extraction process can be exhausting.

Leader of the Pack

The sharp and plentiful teeth in a pike's mouth are capable of cutting through most superlines under thirty-pound test, and can still do some damage to thicker options as well, making a leader a must have when targeting these fish. Any standard wire leader of six- to 12-inches in length will help eliminate bite-offs and are particularly useful when casting spoons and bucktails for northerns. In those areas where the water happens to be a bit clearer, fine wire leader may be a better choice. In recent years, many anglers are turning to thicker fluorocarbon leaders for their near invisibility in the water as well, with their thicker-diameter material providing shock resistance without the visibility of monofilament or thick wire.

Easy Landing

For quick and effective landing of northern pike, nothing beats a rubber net. Where teeth, gills and fins can easily tangle in the standard mesh of a normal net, a rubber net or one with mesh that has been coated in a rubberized seal will prevent damage to the fish. Additionally, hooks are much easier to remove from the more rigid rubber material as opposed to the yarn-like mesh of standard nets which reliably traps many hooks down past the barb and requires some work – or worse, cutting – to get them back out. A needlenose pliers and a jaw spreader are also two important tools to have on hand to get fish out of the net and back into the water quickly. Putting these three relatively inexpensive and indispensable tools together for a spring outing will ensure fast fishing, and less time wrestling with a gator on the shoreline of any favorite place where pike run.

Key in to the strong sense of sight pike use to find their prey and your lure, adjust the presentation to their sharp teeth with a leader that works to the given situation and be prepared for the unhooking process to find the most success when pike are on the move.

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CALENDAR

Thursday, April 9

GARC food pantry, Main Street, 12 p.m.- 2p.m. And 5 p.m. to 7 p.m., drive through only

Saturday, April 11

Texas hold 'em poker tournament at Garrison Golf Course is canceled

Drive up lunch with the Easter Bunny, Cubby Hole on Main Street, 11:30 a.m.- 12:30 p.m.

Sunday, April 12

Happy 80th Birthday to Earl "Joe" Goven. Cards may be sent to 1751 9th ST NW, Turtle Lake, ND 58575.a

Monday, April 13

Lamplighters county senior meeting is canceled
The Washburn City Commission will hold its regular scheduled meeting at 6:30 p.m. The public is invited to attend.
Turtle Lake City Commission Meeting 7:30 p.m.

Tuesday, April 14

Lamplighters meeting canceled
Post 12 American Legion or Auxilliary meetings have been cancelled.

Post 133 Turtle Lake American Legion or Auxilliary meetings have been cancelled.

Wednesday, April 15

Wilton City Commission meeting 7 p.m.

Submit an event

To announce your free public event in the Xtra Calendar, simply fill out the form below. The form must reach the Washburn office by Wednesday. Mail to the Xtra, PO Box 340, Washburn, ND 58577; email: leadernews@westriv.com; phone: 701-462-8126.

Event: _____

Date: _____ **Time:** _____

Location: _____

Contact: _____

MEALS ON WHEELS

APRIL 13: Pork loin, whipped potato with gravy, beets, pears in gelatin.

APRIL 14: BBQ ribs, rosemary garlic potatoes, creamy coleslaw, gelatin with mixed fruit.

APRIL 15: Crispy baked chicken, whipped potato with margerine, carrots, banana, chocolate refrigerator dessert.

APRIL 16: Beef tips in gravy over buttttered egg noodles, green beans, Romaine salad with dressing, escalloped apples.

APRIL 17: Meat sandwich, soup, potato salad, fruit salad, cookie.

Mixed bag for planting plans

According to the United States Department of Agriculture North Dakota spring wheat producers intend to plant 6.10 million acres, down 9 percent from 2019, according to the USDA's National Agricultural Statistics Service. Area planted to durum wheat is expected to total 640,000 acres, down 11 percent from last year and a record low if realized. Winter wheat acres seeded last fall totaled 60,000 acres, down 29 percent from last year.

Soybean planted acreage is expected to be 6.60 million acres, up 18 percent from last year. Corn planted acreage is expected to be 3.20 million acres, down 9 percent from 2019. All hay acreage to be harvested is expected to total 2.60 million acres, up 7 percent from last year's acreage.

Canola planted acreage is expected to be 1.66 million acres, down 2 percent from last year.
Sunflower producers expect to plant 570,000 acres, up 7 percent from 2019. Oil varieties account for 500,000 acres, up 6 percent from a year ago. Non-oil varieties made up the balance at 70,000 acres, up 8

percent from a year ago.

Barley producers intend to plant 640,000 acres, up 10 percent from last year.

Dry edible bean acreage intentions are estimated at 650,000 acres, up 6 percent from 2019.

All chickpea planted acreage intentions are estimated at 17,000 acres, down 59 percent from last year. Large chickpea and small chickpea planting intentions were withheld to avoid disclosing data for individual operations.

Dry edible pea planting intentions are estimated at 325,000 acres, down 24 percent from last year.

Lentil intentions are estimated at 85,000 acres, down 11 percent from last year.

Flaxseed planted acreage is expected to total 190,000 acres, down 31 percent from last year.

Sugarbeet growers expect to plant 214,000 acres, up 1 percent from last year.

Oat intentions are estimated at 320,000 acres, down 10 percent from last year.

Estimates in this report are based on a survey conducted during the first two weeks of March.

I-BAND: Cattle markets need more than bailout

The Independent Beef Association of North Dakota (I-BAND) today expressed its gratitude to North Dakota's congressional delegation for passage of the federal Corona Virus Stimulus Package, which includes support for the U.S. cattle industry. I-BAND President Dwight Keller said the aid for cattle producers is welcome and comes in the midst of catastrophic market conditions, yet called the measure a "short term remedy for a long term problem."

"Fed cattle have lost \$140 to \$200 per head in recent weeks, equating to losses of \$5,000 to \$7,000 or more for a load of cattle," said Keller, "and still we see plenty of evidence on social media of empty meat cases in a majority of states and retail meat prices are soaring. Just since the outbreak of COVID-19 in America, \$8 billion to \$9 billion in equity has been drained from the live cattle industry according to Kansas State University Economist Glynn Tonsor," noted Keller (as reported by the High Plains Journal on March 25, 2020.) "We're starting to see liquidation at a level where producers will be forced to sell off cows, heifers and other assets in order to pay bills and meet financing obligations. It's simply not sustainable. Now it is more obvious than ever that the packing industry is exploiting U.S. ranchers and putting an entire segment of the beef supply chain at dire risk."

On March 20, Tyson Foods announced the company would pay \$5 per hundredweight

more than the agreed upon price for all cattle harvested beginning March 23, 2020. Tyson's announcement came on Friday of a week that saw boxed beef values increase by \$42 per hundredweight. "On a 900 pound carcass this boxed beef price translates to almost \$400 more in profit for the packing industry on top of the already obscene profits they're reaping and none of those profits are trickling back to cattle ranchers. Tyson's meager offer is viewed nothing more than a distraction from the real issues at play in our markets," said Keller. "A \$5 per hundredweight increase from packers, which translates to about \$60 per head for feeders, is nothing more than an insulting handout when retail meat sales are up 77% over 2019 levels."

"Congress and the Trump Administration must act quickly before many independent ranchers are forced out of business because that's the point we've reached," said Keller. Following are the steps that must be taken immediately.

1) USDA must suspend its decision to allow raw beef from Brazil.

2) Because federal inspectors have been idled due to the ongoing global health crisis, all beef imports into the U.S. must be re-evaluated with safety of the food chain the primary concern.

3) The Department of Justice must launch an investigation into the inexplicable market volatility and affect including severely depressed cattle

prices and skyrocketing retail beef demand and prices.

4) USDA must enforce the Packers and Stockyards Act and utilize its provisions as originally intended.

5) Prevent foreign ownership of U.S. packing plants, which, among other things, creates inherent bias in lobbying efforts that occur in the U.S.

6) Fix mandatory price reporting laws. Right now, the poorest quality cattle are used to base the price of all cattle in the U.S. This does not reflect appropriate values and yet it is used to establish base prices.

7) Prevent packers from owning cattle for more than seven days, including formula-based or contracted cattle, and set mandatory thresholds for packers to participate in cash markets.

8) Require all beef sold to be labeled as to where the animal it is derived from was born, raised and processed so American consumers can choose to put America FIRST by purchasing U.S. born, raised and harvested beef.

Keller advised there's no time to waste. "Ranches and farms across this nation are in deep financial trouble and many will not survive," he said. "The clock is ticking. We're sending a strong message to Washington, D.C. that this situation deserves long term solutions to enhance the security of our national food supply chain, keep independent ranchers in business and protect the viability of America's rural communities."

Elections to be mail-in only

BY SUZANNE WERRE,
BHG News

McLean County quickly moved on the governor's recent executive order allowing counties to forego polling sites for the upcoming June 9 primary election, approving holding the county and statewide primary election by mail only, at a short special meeting Thursday.

According to McLean County Auditor Beth Knutson, applications to receive absentee ballots will be going out in the mail starting in mid-April.

The applications will be sent out county-by-county, not all at the same time, noted Knutson.

"When they get one county done, they'll go the next one," she said. "Where we fall in that, I'm not sure, but they should have them all out by the end of April."

Typically the county has had polling sites in Washburn, Garrison, Turtle Lake and White Shield. This year locals

are urged to return their request for an absentee ballot so they can still vote.

The city of Underwood, which had planned on holding its city election separate from the county, will now be holding its city election via the county's mail-in ballots.

The county had already been feeling the effects of the COVID-19 virus stay-at-home recommendations in its efforts to find people to work the polling sites, noted Knutson.

"We already have trouble finding people to work the polling sites, and now with people not supposed to be going out, people were already saying 'no,'" said Knutson.

The county would also have had to limit access to the polling sites to about 10 people at a time. With between five and seven people needed just to run the polling site, that would have allowed only three to five people in to vote at a time, which would have meant there would be lines of people outside the polling sites, which

would also have been against the safety guidelines.

"It's just to keep everybody safe and not cause more of an issue by involuntarily or inadvertently ending up in a situation," Knutson said.

Voters will be able to indicate on the application which elections they would like to vote in, and the Secretary of State's office will determine which ballots will need to be sent to the voters.

Local residents will elect two county commissioners this year. The unexpired First District term currently held by Steve Cottingham of Underwood is up for election, as is the Second District seat currently held by Barry Suydam of Garrison. Both have submitted petitions to be on the ballot, with no other petitions having been turned in by Monday's deadline.

Anyone with questions regarding the upcoming election is invited to contact Knutson at 462-8825.

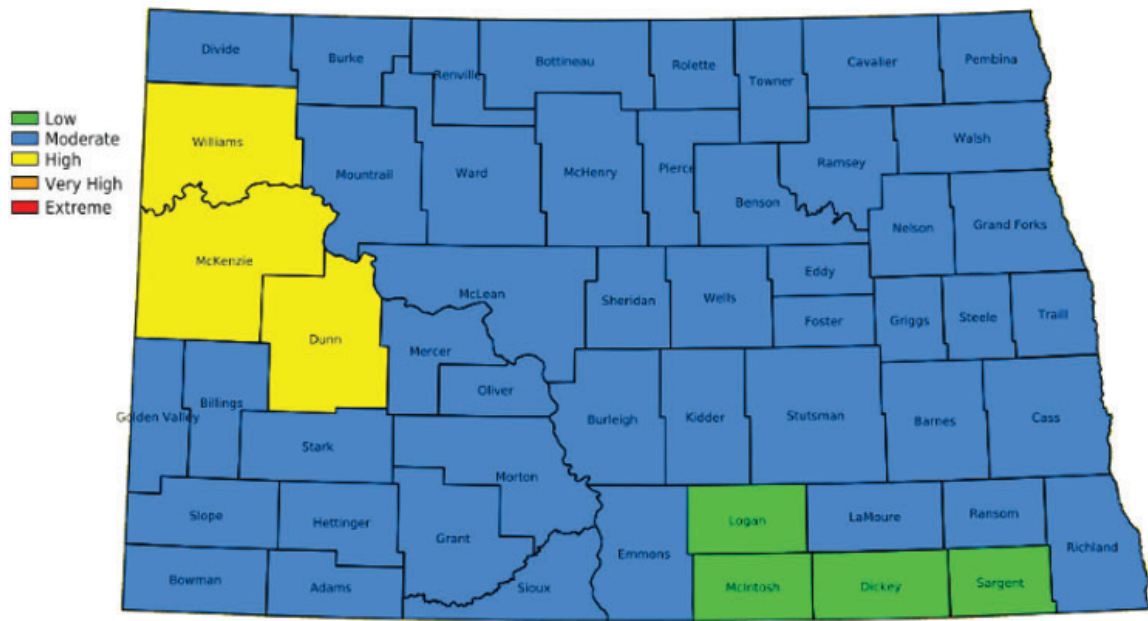


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(Graphic courtesy of the North Dakota Department of Emergency Services)

Tuesday's fire danger rating showed much of the state, including McLean County, with a low or moderate danger rating. Residents in McLean County will be able to legally use fireworks or start fires when the rating is low, moderate or high -- green, blue or yellow -- but a fire emergency instituted Tuesday makes those activities illegal when the index is at very high or extreme.

Burn ban implemented

Restrictions contingent on county fire danger rating

BY ALYSSA MEIER
BHG NEWS

For the sixth year in a row, McLean County Commissioners approved a fire emergency declaration and burn ban for the county, forbidding fires or fireworks on days when the danger rating is red or orange.

The county-wide fire ban was approved during Tuesday's McLean County Commission meeting. The

ban, which has been put in place every year since at least 2015, restricts the use of fire and fireworks to days in which the fire danger rating is low, moderate or high.

According to the fire emergency and burn ban declaration, when the fire danger rating is very high or extreme or the county has issued a Red Flag warning, farm or crop land ignition, campfires, fireworks, charcoal

grill use and garbage burning are prohibited. Violating the ban is a Class B Misdemeanor.

The commission approved the declaration, which takes effect immediately and extends through November 1.

The North Dakota Rural Fire Danger Guide can be accessed at www.mcleancountynd.gov, or by calling the McLean County Sheriff's Office.

HELPING WORDS

A reflection on maundy Thursday

BY ALAN L. HATHAWAY

This Thursday many Christians will pause to remember 2 events in the life of Christ, the Lord's Supper and Jesus' agony in the Gethsemane where he surrendered to the will of his Father.

My father and his submission to God has been on my mind a lot. My father Alan O. Hathaway was buried last Friday afternoon. I have comforted many people in the loss of a family member but it feels quite different when you are the one grieving. I deeply appreciate those who have reached out in kindness to bring comfort to our family at this time.

My dad had a beautiful and powerful singing voice. A gift that I and other family members deeply enjoyed. When I was a child, my dad produced an album which he named after the song "Submission".

I was surprised to find that this is a relatively unknown song. In fact, it is not even listed among songs of its writer C. Austin Miles [d. 1946]. The composer Mrs. R. R. Forman [d. 1937] is relatively unknown as well. The song was one of her last compositions produced in 1934.

C. Austin Miles was a prolific song writer. He worked as a pharmacist but, in 1892, left pharmacy work to write and publish songs. His most famous hymn, "In The Garden" produced in 1912, is a personal reflection on prayer

and relationship with Jesus Christ.

In his role as an editor for the music publisher Hall-Mack, he probably needed another song to fill a book of quartet and solo music published in 1934 and so wrote the song "Submission" and assigned it to a house composer. It may not have meant much to him, but, for our family, this became my dad's anthem.

Around 1965 my mom found the song and suggested it to my dad. He was, at first, resistant but came to love the song so much that he chose this little known hymn to headline his album.

While Mr. Miles' hymn "In The Garden" calls us to a prayer relationship with Christ, his song "Submission" calls us to a personal Gethsemane experience, surrendering our will to that of Christ. This is an aspect of Christian faith that our culture often ignores and even pans. But surrendering his will to that of Christ was central in my dad's faith and because of his example, became central in mine.

Submission to the will of Him who guides me still, is surety of His love revealed. My soul shall rise above this world in which I move, I conquer only when I yield... Not what I wish to be. Nor where I wish to go. But who am I that I should choose my way? My Lord shall choose for me, 'Tis better far, I know, so let Him bid me go, or stay. - C. Austin Miles [verse 3 and chorus of "Submission"]

GARDENING TIPS

Healthy grass, really

BY BEV JOHNSON M.G.

If you have decided that synthetic fertilizer isn't the way you want to go, you will need to think about your lawn a different way. For instance, what are weeds? Dandelions are the first pollen and honey bearing plants the early pollinators need. So, they aren't weeds. White clover is not only a nitrogen fixing plant, thus good for the soil, but also makes great honey. Not a weed. Creeping Charlie, now that is a weed and a really difficult one to get rid of. Treat him early in the spring then again about Labor Day and every week until the first heavy frost. Other weeds can be spot treated. Crabgrass is an annual grass; give it a good layer of corn gluten meal in the spring when the daffodils just start to show color then again when the lilacs start blooming. This is the time of year the soil warms up enough to start the crabgrass seeds sprouting.

The first step is to get a soil sample. This will tell you

what is missing or if you have too much of anything. Compost is your lawn's best friend if it has been treated by synthetics. It adds organic matter that helps improve water retention and soil health. Top dress with about 2 inches of it every spring. You should be able to see green leaves so don't go overboard.

Water wisely. Water early in the morning and give your grass a good drink, not just a sip. You need an inch of water a week, either from the hose or rain.

Cut it high. This will help shade out weeds and it helps keep the soil cool. Be sure your mower blades are sharp. If the grass looks a bit gray or has ragged edges, water will evaporate more rapidly, and it makes the grass more susceptible to infections. You will need to mow less often as grass grows slower between 2 and 3 inches than between 1 and 2 inches. Really! Never cut more than a 1/3 of the blades off at one time.

Unless they are very, very

thick, leave the clippings. As they decompose, they add valuable organic matter to the soil and about a pound of nitrogen per 1,000 square foot each mowing. This does not cause buildup of thatch. Actually, thatch is caused by over-fertilizing.

Feed the grass but use organic fertilizers. They come from natural plant, animal and mineral sources. These products are slow release. They break down into a form that the plants can easily take up. Do read the label as you can overdo these too.

If you can find it, powdered alfalfa is an excellent grass food. It adds micronutrients to the soil. It works equally well in the vegetable garden. It also comes in pellets; however they do take a long time to break down.

You will never have a golf course lawn if you use organics on it, but your kids can run barefoot anytime and you don't have to worry about those bare feet bringing chemicals into the house, just grass.

School continues pay for classified staff

Washburn Public School classified staff members will continue to be paid for their regular hours, despite building closures and education being done remotely.

The board approved the action during its meeting last week, agreeing to place classified staff on call or otherwise assign individuals to other duties in order to continue paying those employees as anticipated.

Some of these duties will include helping in the lunchroom and delivering meals.

Superintendent Brad Rinas said the decision was made in an attempt to avoid staff members having to file for unemployment.

Staff members whose hours decrease will be compensated through paid leave classified under COVID-19.

Rinas said the school budgeted for those wages and received foundation aid to fund the expense, so efforts are being made to continue paying those staff members normally, regardless of challenges the school faces during the pandemic.

During last week's meeting, the board also accepted the resignation of Earlene Rothmann, effective April 3.

In other school news, administration will be setting up a video conference with 2020 seniors in order to discuss options for graduation. Rinas said he hopes the restriction on gatherings is lifted before the end of May, but that the school will be putting a plan together for an alternative commencement in the event that traditional graduation is not possible.

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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

WANT TO SAVE some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call 701-463-2201.

1-E-TFN-NC

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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.

IF YOU WOULD LIKE to be included in the 2020 McLean County phone book and do not have a land line, please call us with your cell phone number. You don't want to miss some important calls from friends and acquaintances. We do not sell our list. Please call or email your local newspaper.

40-4-P-X-NC

58577

This is the month your subscription comes due. Please pay careful attention to notices that are sent to you in the mail. You don't want to miss a week. If you have questions, please call your newspaper office. To pay online, go to bhgnews.com. And for a bonus: Add a free online or a give a free print to a friend.

45-47-P-E-NC

FARM RELATED

Hay for sale: 1st & 2nd cutting. Alfalfa also mixed hay and oat hay. Bales are not wrapped. Will load Ron Isaak 701-891-9999

44-TFN

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LIVESTOCK

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out April 20. Have them there by 11 a.m. Call Darin, 701-315-0144.

43-TFN-E-X

58577

Reminder
Classified Deadline
Thursday • 9 a.m.

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15-TFN-CIX

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

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- CNA

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or call Jody Lawson
at (701) 463-2226
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HELP WANTED

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Turtle Lake Hospital

Part-time Clinic Nurse
Full-time Nurse Aide

Experience preferred
but not required. Contact Brenda
701-448-2331 ext 207.

This institution is an equal opportunity
provider and employer.

HELP WANTED



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

Help wanted

Coaching Positions

Garrison Public School District is seeking applications
URGENT* elem bbb start date to be determined & no coaches yet

- **HEAD AND ASST VOLLEYBALL** coaches need for 2020 season
- **ASST. FOOTBALL COACHES** for 2020 needed
- **JH FOOTBALL COACH** needed for 2020
- **CROSS COUNTRY COACH** for 2020 needed

Please stop by Garrison High School for an application.

Applicant must included a resume and three references.
Contact Nick Klemish at 463-2818 for more information.

WORK WANTED

THIS NEWSPAPER offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com.

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HELP WANTED

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

Full-time

•Facilities Manager

•CNA/Nurse Aide

Part-Time

•Dietary Aide

•Activities Aide

•RN/LPN

•CNA/Nurse Aide

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701-463-6503.

Apply online at

CHISTAlexiusHealth.org



The institution is an equal opportunity provider and employer

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- HS Track Coach
- FACS/Home Ec-HS
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Superintendent
743-4350 ext. 2205



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The
Leader-News



West River Telecom (WRT), a growing telecommunications cooperative, has a temporary position opening. A complete job description for the position can be found at www.westriv.com

Seasonal Construction Technician (Temporary)

Job Responsibilities: Position is primarily responsible for providing seasonal support to our Construction Technicians from spring thaw to fall freeze-up. Competitive salary and perfect for those who like working outdoors.

Application Deadline: Open through April 20, 2020

Complete application online and submit with resume via www.westriv.com Call 701-748-4277 with any questions.

WRT is an 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., Monday through Friday. EEOC compliant.

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46-TFN-P-X-PD 58540

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35-TFN-P-X-PD 58579

REAL ESTATE FOR SALE

FOR SALE: Two bedroom home with single attached garage on 3 lots. Located at 211 3rd Street west in McClusky, ND. Freshly painted, includes stove, refrigerator, washer and dryer. Sale price is \$35,000. For more information call 70L-641-7785. 44-47-P-X-PD 58577

FOR SALE: 3 BEDROOM, 2 bathroom house with single unattached garage. New windows, new furnace and new water heater. New doors and roof plus updated electrical, plumbing and sewer line. Located in Turtle Lake. Call 701-460-0836.

49-XT 58577

FOR SALE: 4 BEDROOMS, 1.5 bathrooms house. Updated electrical. New windows, doors and flooring. Unattached 2 stall garage and fenced in yard. \$42,000. Located in Turtle Lake. Call 701-460-0836.

49-XT 58577

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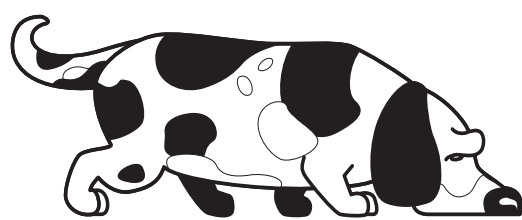
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Country Kitchen Recipes



GARLIC PARMESAN MACARONI AND CHEESE

Ingredients

- 8 oz cellentani or pasta of your choice
- 2 tbsp unsalted butter
- 2 tbsp all-purpose flour
- 1/2 cup + 2 tbsp low fat milk
- 3 large garlic cloves
- 1 cup heavy cream
- 1 cup shredded Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 tsp garlic powder
- 1/2 tsp dry mustard
- finely chopped parsley optional
- ground black pepper optional

Directions

Boil pasta until al dente. Drain and set aside. In a small saucepan, add milk and garlic cloves. Simmer for a few minutes until garlic softens and flavor infuses into the milk. Set aside. In a medium saucepan, add butter. Bring saucepan to low heat until butter is melted. Add in flour and whisk until smooth roux forms. Remove and discard garlic cloves from milk and then add milk into roux. Also add in heavy cream, parmesan cheese, mozzarella cheese, garlic powder and mustard. Bring saucepan to medium heat. Whisk and stir until cheese is completely melted and sauce is thick and smooth.

Add cooked pasta to cheese sauce, stirring until pasta is evenly coated. Garnish with parsley and fresh ground pepper if desired before serving.

CROCK POT HAM & BEAN SOUP

Left over ham from Easter? Make this quick and easy soup.

Ingredients

- 1 ham bone with meat attached or ham hock
- 2 celery stalks with greens attached chopped
- 2 large carrots peeled, chopped
- 1 large onion diced
- 4 - 15 oz cans Great Northern Beans drained
- 2 Bay Leaves
- pepper to taste
- enough water to cover ham bone in crock pot

Directions

Place the ham bone in a 4 - 6 qt crock pot. put enough water into the crock to cover the bone. Add the celery, carrots, onion, pepper, and bay leaves in the crock. Cover with the lid and set the crock pot to the high setting. Cook on high for at least 7 hours. The longer you cook the ingredients the richer your broth will be.

After seven hours, remove the bone, remove any meat attached to it and add it to the pot. Discard the bone. Add the 4 cans of the northern beans. Cover the soup with the lid, heat the beans through. After the soup is finished cooking you can use a potato masher to mash some of the beans in the pot to make the soup a little richer. Remove the bay leaves before serving.

HAVE A RECIPE YOU WANT TO SHARE?

E-mail leadernews@westriv.com or give us a call at 701.462.8126 with your ingredient list and directions, and we'll include it in a future recipe column! We would love to share local, homestyle recipes from our readers.

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2019 GMC Acadia SLT AWD silver, leather	21,000 miles	\$30,995
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2019 Chevy Equinox LT AWD silver, power liftgate	16,000 miles	\$23,995
2019 Chevy Impala LT 4dr sedan black, V6	30,700 miles	\$20,995
2018 Chevy Malibu LT sedan black, sunroof	21,000 miles	\$17,995
2018 Chevy Tahoe LT 4wd white, sunroof, DVD	21,000 miles	\$47,995

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2019 Chevy Trax FWD SUV silver	6,600 miles	\$16,995
2018 Chevy Colorado Z71 4wd pickup gray	70,000 miles	\$27,995
2017 KIA Sportage LX AWD silver	46,000 miles	\$15,995
2016 Chevy Silverado 1500 Crew Cab LT 4x4 brown	72,000 miles	\$29,995
2016 Chevy Silverado 1500 Crew Cab LTZ 4x4 silver, leather	78,000 miles	\$29,995
2016 Ford Edge Titanium AWD SUV blue	114,000 miles	\$17,995
2015 Chevy Silverado 1500 Crew Cab LT 4x4 blue	83,000 miles	\$26,995
2015 Chevy Silverado 1500 Crew LT forest green	39,200 miles	\$28,995
2015 Chevy Silverado 2500HD Crew LTZ diesel, leather, maroon	82,000 miles	\$39,995
2015 Chevy Equinox LTZ AWD SUV dk blue	96,000 miles	\$14,995
2015 Chevy Cruze LTZ Sedan dk gray, leather, sunroof	44,000 miles	\$12,995
2015 Chevy Impala LT Sedan black	35,000 miles	\$15,995
2014 Chevy Silverado 1500 Crew 4x4 sandstone	51,000 miles	\$25,995
2014 Chevy Traverse 2LT AWD SUV dk gray	125,000 miles	\$14,995
2014 Chevy Impala LTZ Limited white	66,000 miles	\$15,995
2013 Chevy Traverse 2LT AWD SUV silver	101,000 miles	\$14,995
2012 Chevy Traverse LT AWD SUV white	143,000 miles	\$6,495
2012 Toyota Corolla Sedan maroon	94,000 miles	\$7,995
2012 Chrysler Town & Country Van tan	125,000 miles	\$5,995
2011 Chevy Tahoe LT 4x4 SUV maroon, leather	111,000 miles	\$15,995
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