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McLean County Primary Election

McLean County residents will be receiving an absentee application in the mail from:

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Due to the COVID-19 pandemic, McLean County Commissioners passed a resolution on April 2, 2020, to administer the Primary Election on June 9, 2020, **SOLELY VOTE BY MAIL (VBM)**.

This means **MCLEAN COUNTY WILL NOT HAVE ANY OPEN POLLING SITES** on Election Day. All McLean County residents in the current voting system will receive an application to complete and return by mail to the McLean County Auditor's Office. If you do not receive an application by April 30, 2020, please contact the McLean County Auditor's Office.

When completing the application, if you wish to VBM in the City, School, Special and General Elections please mark the All Statewide Elections. This will allow the Auditor's office to automatically take steps to insure you receive ballots for the elections you are requesting and does not require the voter to fill out another application for the November General Election.

Upon receipt of the completed application, the voter will be mailed a ballot for their precinct, along with a secrecy envelope, a return envelope and instructions for completing and returning.

The Express Vote equipment for anyone needing assistance with voting will be available at the McLean County Courthouse upon appointment, please call 701-462-8541 to make arrangements.

If you have any questions or concerns about this process, please contact the McLean County Auditor's Office at 701-462-8541. Thank You!

Beth A. Knutson
McLean County Auditor

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PRAIRIE FARE



Eating together as a family has many benefits.

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION
SPECIALIST - NDSU

"We're going to gain 10,000 pounds if you keep cooking and baking like this," my husband said as he glanced in my direction.

Did I mention he tends to exaggerate a little?

"How many pieces of banana cake have you had?" I asked.

"This is my second piece," he replied without even a slight bit of remorse.

"The cream cheese frosting is really good," he added as he placed a large piece on his plate.

I think we will gain only 5,000 pounds. Or perhaps 5 pounds.

I won't add to your family's weight by printing the recipe. However, I know people will ask me for it, so check out <https://www.allrecipes.com> and search for "Banana Cake VI."

Like any treat, cut the pieces small. Store the remaining cake in your refrigerator. Actually, you might want to put a lock on the refrigerator. However, my sweet-toothed husband would figure out how to dismantle a lock.

Cooking and baking are stress relievers for me, especially during this time of uncertainty in the coronavirus pandemic. Our kids appreciate the fancier meals that happen when we have more time to focus on food preparation.

For example, we had a Thanksgiving dinner the other day. My kids looked at me a bit oddly but loved it. We also had a lot of leftover turkey to use in planned-over meals.

Another day, we enjoyed a beef roast and all the fixings. We made barbecue beef sandwiches the next evening.

We continue to support our local restaurants as well, so we order drive-up or delivery at about the same rate as pre-COVID-19. We want the restaurants to be in business later, so they need our support.

Families and individuals are spending more time at home and eating together more often, sometimes "seeing" each other using technology. That's a silver lining as we huddle in place.

As numerous studies have shown, eating more meals as a family has numerous benefits.

According to researchers, eating more family meals may have more benefits than some extracurricular activities. However, kids who have missed attending the prom and sports tournaments, and participating in music and theater performances might not agree at this point in their lives.

Eating as a family is a routine that is reassuring for everyone.

Researchers have shown that children who eat more meals with their families are more likely to earn mostly A's and B's, compared with kids who eat fewer times with their families. Children who eat with their families improve their communication skills and build their vocabularies. Even the occasional bickering session among siblings builds communication skills.

Family meals provide structure, stability and feelings of belonging. As a result, children who eat meals more often with their families are less likely to engage in risky behavior, such as drinking alcohol, smoking or drug abuse. They're also less likely to be depressed and less likely to have eating disorders.

A family who eats together enjoys more nutritious meals, too. Kids who eat more often with their families eat more fruits and vegetables, more calcium-rich foods and less high-fat, highly sweetened foods. They're more likely to meet their needs for fiber, iron, vitamin E and folate, too.

Do you ever run out of conversation topics during meals? We can help. My colleague Kim Bushaw, family science specialist, created 60 conversation starters. You can access them on the Family Table website: <https://www.ag.ndsu.edu/familytable>.

Here are a couple of conversation starters from the collection: What is your super power (something you do really well)? What food would you like to try if you were feeling extra brave about trying something new?

To help with a collaborative family meal, here's an easy recipe courtesy of the North Dakota Wheat Commission (<https://www.ndwheat.com>).

This recipe is featured in "7 Steps to Making a Pizza," which is a publication in our "Pinchin' Pennies in the Kitchen" series of 26 handouts. The handout lists a variety of toppings and more recipes, including a cauliflower crust. Try setting up a make-your-own pizza buffet with a variety of toppings.

Visit <https://www.ag.ndsu.edu/food> and click on "Food Preparation" to view a wide range of free materials, including the "Pinchin' Pennies" series, as we navigate our present journey.

Whole-wheat Pizza Crust

- 3/4 c. whole-wheat flour
- 3/4 c. all-purpose flour
- 1 package quick-rising yeast (2 1/4 tsp.)
- 3/4 tsp. salt
- 1/4 tsp. sugar
- 1/2 c. warm water (120 to 130 F)
- 2 tsp. extra-virgin olive oil or other oil

Combine whole-wheat flour, all-purpose flour, yeast, salt and sugar in a mixing bowl. Stir to mix dry ingredients. In a separate bowl, combine hot water and oil (water should be 120 to 130 F); gradually combine water mixture with dry ingredients until a sticky ball forms. If dough is too dry, add 1 to 2 Tbsp. warm water; if dough is too sticky, add 1 to 2 Tbsp. flour. Using a stand mixer, process dough for one minute to knead. Spray a sheet of plastic wrap with cooking spray and cover bowl, allowing dough to rest for 10 to 20 minutes before rolling. Preheat oven to 450 F and roll out dough (13-inch circle). Brush crust with olive oil and poke with fork. Top with your favorite toppings and bake for about 15 minutes or until cheese has melted and crust is browned.

Makes 10 servings (slices). Each serving of the crust has 80 calories, 1.5 grams (g) fat, 3 g protein, 14 g carbohydrate, 1 g fiber and 180 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)

Deadline extended for applications

BY ALYSSA MEIER
EDITOR

The Washburn City Commission is extending the window for deputy auditor applications to the end of the month.

Originally closing on April 3, commissioners voted Monday night to allow applications for the position through May 1.

The decision was based on the number of applications received, as well as concern over conducting interviews at this time.

"I don't feel it's a good time to be interviewing during this event, and also bringing outside personnel in, creating more risk than I think we need to at this point," Commissioner

Kollin Syverson said. "I feel we should advertise a couple weeks and extend this out a couple weeks until this blows over."

The commission voted to extend the deadline for applications to May 1 and evaluate at the May city commission meeting.

Also during the meeting, the board:

Voted to advertise for a full-time public works employee.

Appointed Jeff Schmidt to the Washburn Library Board.

Hired a summer employee.

Approved board of equalization valuations as presented.

Approved a motion to purchase new membranes for the water treatment plant at the cost of \$292,410.

Local crime rates declining

BY ALYSSA MEIER
EDITOR

One possible positive ripple effect from COVID-19 is being observed within the McLean County dispatch center, which is seeing roughly a 10 percent decrease in activity.

Calls for service have dropped from over 1,000 per month in January and February to 941 in March, a decline that Sheriff JR Kerzmann credits to people staying inside due to the ongoing pandemic.

"When you run around even up and down Highway 83, the traffic is way less," Kerzmann said. "You go out at night and hardly see cars."

January numbers from the department showed 18 total 911 calls in January, 20 in February and 13 in March.

Speeding tickets and warnings both declined between February and March, with issued tickets down by roughly 40 percent and warnings declining by 27 percent.

House checks dropped from 52 in January to 22 in March, with calls for motorist

Calls for service by month

January: 1027 calls

February: 1040 calls

March: 941 calls

(Numbers courtesy of the McLean County Sheriff's Department)

assistance declining from 60 to 45 in the same time period.

Ambulance requests increased from 57 in January and 67 in February to 86 in March.

"I think people are erring on the side of caution a lot more with that,"

Also on the rise are abandoned vehicle calls, of which there were four in January, three in February and 13 in March.

Drug and narcotics violations stayed roughly steady, with five in January, 9 in February and 6 in March. Drug equipment violations increased between January and March.

Kerzmann said officers are working to limit any unnecessary contact with the public and using gloves, masks and hand sanitizer to help stop the spread of germs when on duty.

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CALENDAR

Monday, April 20

Turtle Lake-Mercer School Board meeting at 7 p.m.
Max Food Pantry, 1 p.m.-3 pm. and 5 p.m.- 7 p.m., curbside pick up only

Tuesday, April 21

The McLean County Commission will meet at 8:30 a.m. at the courthouse.

Thursday, April 23

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

Saturday, April 25

Ryder Community Food Pantry, 10 a.m.- 1 p.m., curbside pickup only

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 20: BBQ beef on a bun, potato salad, calico beans.

APRIL 21: Chicken dressing casserole, broccoli Normandy, three bean salad, pineapple.

APRIL 22: German meat loaf, baked potato with sour cream and margarine, mixed vegetables, fruit mix.

APRIL 23: Taco salad, breadstick, cookie.

April 24: Salisbury steak, scalloped potatoes, peas, Mandarin orange cake.

Names ready for city ballots

BY SUZANNE WERRE
Editor

All of the votes will need to be cast by write-in ballot in this year's state, county and city-wide elections. Instead of going to the polls on June 9, residents will be asked to cast their votes by write-in ballot as they vote for local representatives in their city government.

Residents had until April 6 at 5 p.m. to submit their petitions to run for local offices that will be elected in June.

Turtle Lake incumbent city commissioners Jeramie Love and David Freborg both returned petitions to be on the ballot for four-year commission terms.

Incumbent park board members Brad Hahn and Roby Anderson also turned in petitions to be on the ballot for four-year term.

The other issue on Turtle Lake's city ballot will be whether or not to publish the city commission minutes in the Central McLean News-Journal.

Underwood will be electing its new mayor by write-in vote as nobody turned in a petition to run for the top office Underwood's city government.

Turning in petitions to run for the city commission positions that are up for election

are Dan Saxberg and Paul Cabrera. Saxberg is currently filling out the unexpired term of former commissioner Jay Snyder, which is up for election, as well as the position currently held by Patti Werre.

Underwood voters will elect two people for two-year terms, and two for four-year terms.

On the ballot for a four-year terms will be incumbent Tyler Hotten, leaving the other four-year post a definite write-in. Running for two-year terms are incumbents Alix Auck and Brenda Schantz.

North on US 83, Coleharbor has two four-year positions open on its city council. No one filed a position for either of the positions.

Mercer will have a race for city council posts, as three people have filed to fill the two four-year terms. On the ballot will be Kenneth Thomsen, Kathrin Volochenko, and incumbent Randy Zinke.

Riverdale incumbents Garth Zimbelman and Richard Cheatley both filed for the two four-year terms that will be elected in Riverdale, and Toni Ganje will be on the ballot for the four-year municipal judge position.

Amy Orth has petitioned to fill one of the three open sports on the Riverdale Park Board.

SHERIFF'S REPORT

April 6, 1:20 p.m.: A call was received by dispatch in Washburn advising of a black dog running around the neighborhood. Caller did not know whose dog it was. Officer located the offending animal and took him into custody for temporary holding.

April 8, 2:00 p.m.: Washburn dispatch received a call that there was a male

going door-to-door selling meat. A special license is required to sell door-to-door. Officer was not able to locate vehicle.

April 8, 3:39 p.m.: Minot central called about a fire at an old radar base near Max. There was a handicapped individual that was inside and could not get out. Max fire truck responded.

April 10, 1:20 p.m. Dispatch

received a call from Minot requesting assistance on two Boston terriers which were taken from a female in Minot. A male reported seeing two females at the the Max gas station with two Boston Terriers in the back seat. The vehicle in question was located with the two canines.

GARDENING TIPS

Needle blight of pines

BY BEV JOHNSON M.G.

University of Minnesota Extension

When the landscape is white, we are especially appreciative of our beautiful green pine trees. Remember, pines are the ones with the long needles. However, like every other tree, pines are susceptible to diseases. *Dothistroma* needle blight, or red band disease for those of us who don't speak Latin, is common in Minnesota. It is relatively easy to diagnose as the needles turn to brown. As with many other tree diseases, it is caused by a fungus. It is primarily a problem on Austrian pine, Ponderosa, Red and Mugo pines; Scots pine are relatively resistant. It isn't difficult to recognize this disease. Usually the lower branches are either completely dead and brown or half brown at the tip and green at the base with a red band dividing the 2 colors. Usually the needles closest to the trunk are more severely affected than the younger needles at the ends of the branches. If you look closely, you should be able to see red spots and bands on the green sections of the needles. Fruiting structures, tiny black pimples, might be visible pushing through the surface of the needle in the red areas. These symptoms usually appear in September, however if a tree has been infected for several years,

dead needles and red spots may be seen at any time of the year.

This fungus produces spores from May through October. They can start new infections whenever we have cool wet weather for several days in a row. The infection may remain symptomless until the fall. In September, infected needles develop reddish-brown spots that grow into the red band that completely girdles the pine needle. The needle beyond the red band dies and turns brown. Eventually the needle dies and falls off. Infected needles are most common in the lowest 6 feet of the tree as this is where humidity is the highest.

This is a slow moving disease that takes over a full year to complete its life cycle and several years to build up into a serious problem. If you notice this on your tree, spray with a copper based fungicide just before the buds open in the spring, usually in mid May, than again once the needles have grown to their full length. Knock off and rake up infected needles. This

helps to reduce the number of fungi that are capable of survive from one growing season to another.

There are other things one can do that can protect your pines from needle blight. Because the fungus needs moisture on the needles to start a new infection, anything you can do to keep them dry will reduce the problems with the disease. Space your trees far enough apart so they have good air circulation. This may mean you will need to remove every other tree but isn't that better than losing all of them? They shouldn't be cuddled up to any building especially your house either as that prevents the air from circulating. Keep weeds from under or near the tree. You may need to cut a few of the lowest branches off so air can get under the tree. A bark mulch will keep the weeds down and help keep moisture on the roots.

If you have a low lying area that is usually cool and moist, plant Scots pines instead of the more susceptible species.

Darn! Another thing to look out for.

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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"

-Produced by BHG, Inc., a family of family newspapers and commercial printing business in North Dakota

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HELPING WORDS

Bittersweet Easter

REV. ERIN LYNN GULLICKSON

The Easter season has begun! Alleluia! This year the Alleluia is bittersweet; churches across the world have empty, echoing sanctuaries during this time of pandemic. The season of Lent was different as we experienced our lament separated, yet live-and-in-person. Another generation is marked with historical crisis. This has changed us all, forever.

Throughout scripture we are continually reminded that we have a responsibility to care for the “least of these” and to love one another as God in Christ loves us. What a glorious privilege to see the breathtaking examples of sacrifice and care all around us right now! And, what a shame to see continued name-calling, political nastiness and yuck spewed us around like sewage. Our human nature is inescapable, sin is as infectious as a virus. Wealth, power and status tend to control our hearts rather than the radical love commanded and campaigned for by Jesus. God knows we’re incapable of avoiding sin and gives us

Jesus; Jesus the Christ who dies to overcome sin, offer forgiveness and the promise of resurrection.

A viral pandemic has managed to help emphasize the power of radical love and invites us into a new way of life; one that forces us into creative ways of caring for each as roles are redefined. Suddenly you may be the one depending upon others to survive as the value of cashiers, food service and clerks in grocery stores, restaurants, gas stations and other essential businesses are emphasized. It’s pretty clear right now that caring for the “least of these” and loving others is not only the grateful, faith filled act of a Christian but also a powerful reminder that regardless of wealth, power and status we really need one another in this world. Whether you fully understand this reality or not, we are dependent upon the sacrificial, radical love of other. In the giving and receiving of this love we find True Life. The real hero and conqueror of death didn’t roll up to the party in a Rolls Royce, he rode into town on an ass. He suffered. He was

spat on. He stripped of dignity, abandoned by his friends and crucified. He did all of this in the name of Love. Our real-life heroes right now are not rich, powerful and famous, they are janitors, nursing assistants, delivery drivers, clerks, cooks, news reporters and more. If it were not for their efforts, even our everyday heroes (doctors, nurses, emergency response, law enforcement) would collapse under pressure. Their work and sacrifice is for the good of the world.

Church buildings are empty right now; let’s celebrate this temporary reality right now as loudly as we rejoice the empty tomb! Although the buildings are empty, the “church” is actively deployed in loving service and care of others. We will gather again safely one day. In the meantime, we are united in hope, radical love and the promise given us through the cross. Christ the Lord is risen! Alleluia! Easter blessings to you all, dear people, as our risen Christ rises again and again to shine in the faces, hands and feet of unsung heroes surrounding us!

Flatlining Crappies

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

While crappies aren’t known for adrenaline-inducing strikes or heart-pounding battles, they’re often some of the earliest angling excitement in spring as they stage to spawn and hang on the edge of shallow northern bays and other areas where they’ll beget the next generation of slabs.

While an EKG might not register the spike in pulse when one of these popular panfish is hooked, thinking of that heart monitor readout is a good way to remember a reliable tactic for catching them this time of year and well into the openwater season.

Flatline

Except in extreme moments of panic when being chased by predators, it’s rare to see a baitfish make a quick descent or upward rise in the water. Most often minnows will move in a relatively horizontal direction without much of a vertical component to their action.

Presentations for crappies should mimic this natural movement and creating a flat line of travel, instead of a dipping arc back to the boat, will help keep things looking more normal and draw the attention of specks seeking a quick meal all the way up to the end of the retrieve.

To create a horizontal line of travel with traditional tackle, such as tube jigs, small ballhead jigs, and even flashier offerings like jigs with small attached spinners, requires a combination of rod position and line management. Start the process of making this horizontal presentation by casting out and counting a lure down to the desired depth, estimating a foot of water for every second counted. Once the level at which crappies are holding is reached, begin reeling to retrieve the jig while slowly lifting up on the rod tip from a point parallel with the water at the moment of splashdown to about 60 degrees by the time the lure is next to the

boat. This allows room for a quick and snappy hookset while keeping tension on the line and maintaining a horizontal retrieve.

Irregular Heartbeat

During the retrieve, a slight twitch or jiggle in the rod tip provides a strike-triggering action or flutter in the lure and any tails, tentacles or flickering blades associated with its plastic or metal accessories like grubs, tubes and spinners.

Work these pulses into the horizontal retrieve to set off following fish, as the slight movements are a cue for feeding predator that something is amiss, and the prey is vulnerable. Note too that crappies will more often rise to a lure than drop down to it, so if the presentation rolls out slightly above the school, that will be fine. Be prepared for a hookset immediately after the movement in any area where fish are staging and get ready for a quick snap of the wrist to connect with fish that rise to take the bait.

Throughout the country and particularly in the south, crappies are often referred to as “papermouths” due to the soft, thin membranes that form the area around their jaws. As such, a powerful hookset is not required to get the point and barb into them and anything too strong is likely to tear the lure out and result in a missed strike. Remember that a quick snap is all it takes to connect, and any horsing of the fish may result in crappies falling off the line prematurely.

Practice the flatline retrieve this spring for crappies as they head up to spawn or settle into their summer patterns along weed lines and other habitat that allows for exploration of the water column. With some fine-tuning, it’s possible to drag a bait in a near-perfect horizontal line that mimics the movement of real prey and brings fish in for a look. Remember to add in the occasional twitch or pulse to simulate a flicker of distress to entice a strike as crappies close in.

Tackle tips for netting more Northerns

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

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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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 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.

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.

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in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes!!!

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Please stop by Garrison High School for an application.

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Contact Nick Klemish at 463-2818 for more information.

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Country Kitchen Recipes



BLUEBERRY CRUMBLE

Ingredients

- 3 1/2 cups frozen wild blueberries (no thawing required)*
- 1 teaspoon vanilla
- 1 cup old fashioned rolled oats
- 1 cup chopped pecans
- 1/2 cup almond flour/meal
- 1/3 cup maple syrup
- 1/4 cup melted extra-virgin coconut oil
- 1/4 teaspoon cinnamon
- 1/4 teaspoon sea salt

Directions

Preheat the oven to 375°F. Spray an 8-inch square baking dish with cooking spray. Add blueberries to the dish and drizzle vanilla over top. Sit aside.

In a medium bowl, stir together oats, pecans, almond flour, maple syrup, coconut oil, cinnamon and sea salt. Once combined, spoon oatmeal pecan topping over the blueberries. Gently press the mixture down using the back of the spoon.

Bake in preheated oven for about 30 minutes, or until topping has hardened and turned a lovely golden brown color. Cool for 10-20 minutes. Serve with whipped topping or ice cream.

UNSTUFFED PEPPER SKILLET

Ingredients

- 2 tbsp olive oil, extra virgin
- 1 lb ground beef, or turkey or pork works also
- 1/2 onion, chopped
- 2 peppers (any color), chopped into 1 inch pieces
- 2 garlic cloves, minced
- 1 24 oz jar Marinara Sauce or tomatoe sauce
- 2 cups of rice
- 1 tsp oregano
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp thyme
- red pepper flakes, to taste

Directions

Heat 1 tbsp olive oil over medium heat. Add ground beef and cook 5-7 minutes until browned and cooked through. Remove from pan using a slotted spoon, and set aside.

Add another tbsp of olive oil to the hot pan and add peppers, onions, and garlic. Saute until they begin to become translucent.

Bring rice to a boil then add along with the salt, pepper, oregano, thyme, and red pepper flakes.

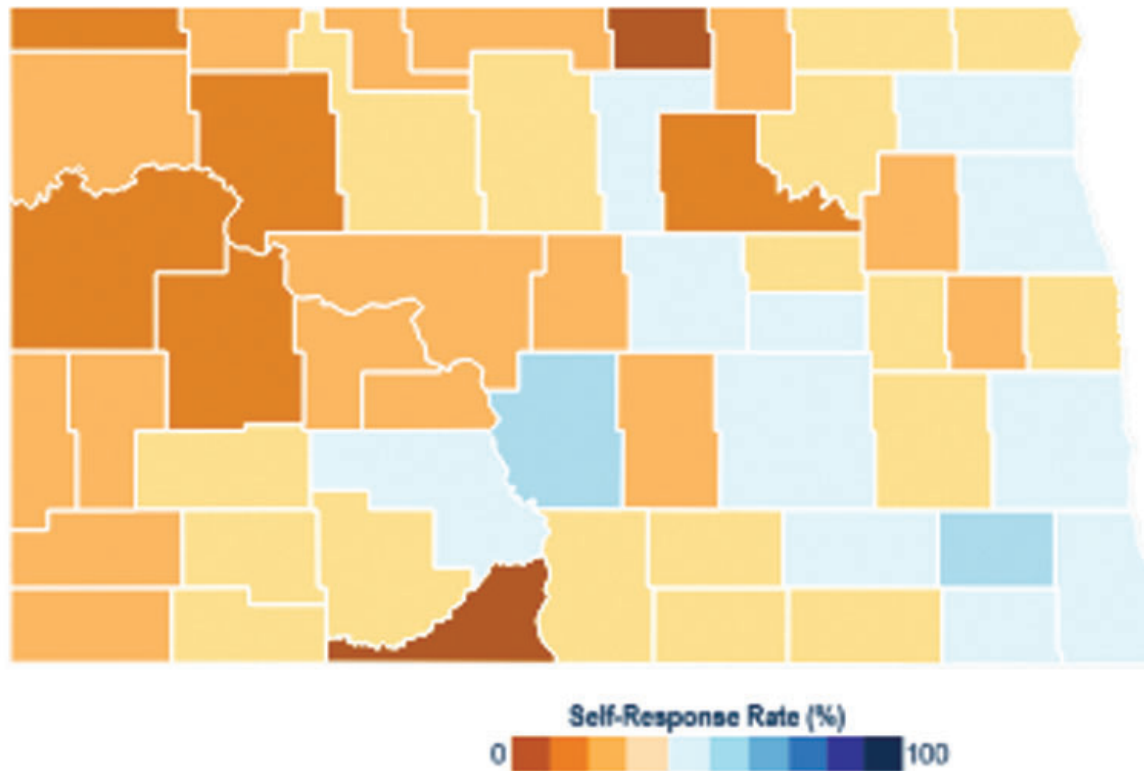
Sautee then add the ground beef back into the pan. Add the jar of marinara sauce, stir to combine, and simmer for 10-15 minutes.

Serve with cheese and fresh basil on top. Enjoy!

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.

Don't be Late!
The Xtra has strict deadlines.
We need the following items sent to us by the following deadline time. . .
9 a.m. Thursday
Advertisements, calendar of events and classified ads



McLean County is 33.2 percent complete with the 2020 census, as of Monday. The county is ranked 44th out of 53 counties in the state in regard to response rate. (U.S. Census Bureau.)

COUNTY ONE-THIRD DONE WITH CENSUS

Washburn leads McLean County in reporting

BY ALYSSA MEIER
EDITOR

A month after direct mailing began for the 2020 Census, a third of McLean County households have responded.

According to the U.S. Census Bureau, 33.2 percent of McLean County residents have taken part in the 2020 census either by mail or online. The county is 44th out of 53 counties in the state when it comes to responses as of Monday, with Burleigh leading the state at 61.4 percent completion.

Washburn leads the county with a 46.6 percent response rate, ranking at 86th in the state. Wilton trails shortly behind with a 46.4 percent completion rate. Garrison is 40 percent complete, Wing is 37.5 percent complete, Turtle Lake and Max have 35 percent of residents responding, Underwood is 32.7 percent

McLean County by the numbers
 Washburn: 46.6 percent responding, 86th in state
 Wilton: 46.4 percent responding, 88th in state
 Garrison: 40.4 percent responding, 120th in the state
 Wing: 37.5 percent responding, 132nd in the state
 Turtle Lake: 35.1 percent responding, 152nd in the state
 Max: 35.1 percent responding, 152nd in the state
 Underwood: 32.7 percent responding, 172nd in the state
 (Courtesy of the U.S. Census Bureau. Numbers current as of April 13. A total of 322 North Dakota cities are included.)

complete, Coleharbor is 28 percent finished responding and Riverdale is at 26.7 percent complete.

The state as a whole has a 48.4 percent response rate, which ties North Dakota with South Dakota at 24th in the country in regard to percentage completed for the census.

Roughly 48 percent of households in the United States have responded to the census so far.

North River, North Dakota leads the country as the city

Census reporting status
 United States: 48.1 percent
 North Dakota: 48.4 percent
 McLean County: 33.2 percent
 (Courtesy of the U.S. Census Bureau. Numbers current as of April 13.)

with the highest percentage response rate. The city, with a reported population of 56 at the 2016 census, is 91 percent complete with the census.

Starting in late May, Census takers will report to homes that haven't responded in order to complete the census.

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OUR OUTDOORS

Right behind

BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

Seeing a fish come in behind a lure is one of the most exciting moments in angling. When the water is clear and the shadow of a pike or muskie becomes a distinctive, magnified image of what I'd imagine Leviathan looked like in legend, few things in the outdoors get the heart racing as fast. When the wake forms on a largemouth zeroing in on the plop-plop-plop of a surface popper, it's hard to tune out the adrenaline rush. Even on a recent outing for crappies, angling over a shallow rocky area for pre-spawn fish that were stacked up from three-to-seven feet deep, it wasn't uncommon to have the flash of silver-green or dark black shoot up at a jig even if it was just a few inches below the surface and right alongside the boat. While I knew they wouldn't be bigger than the 11-to-12-inch fish that made up the top strata of the several dozen we had caught, it still provided a surge of endorphins and a quick flip back for a second chance at the nearly-missed slab.

Converting those opportunities provided by followers requires some discipline but can turn a top experience into the best one with a hooked and landed fish. While it's often easier said than done, tamping down the natural surge of energy that comes with a following fish is key in staying focused on what to do next. While muskies have a mythos all their own, much can be learned from what triggers them in terms of changes in speed and direction and some of those tactics spill over into other species. Speeding up or slowing down a retrieve can set following fish off and has been known to take their less picky kin, the northern pike, with spoons and other lures.

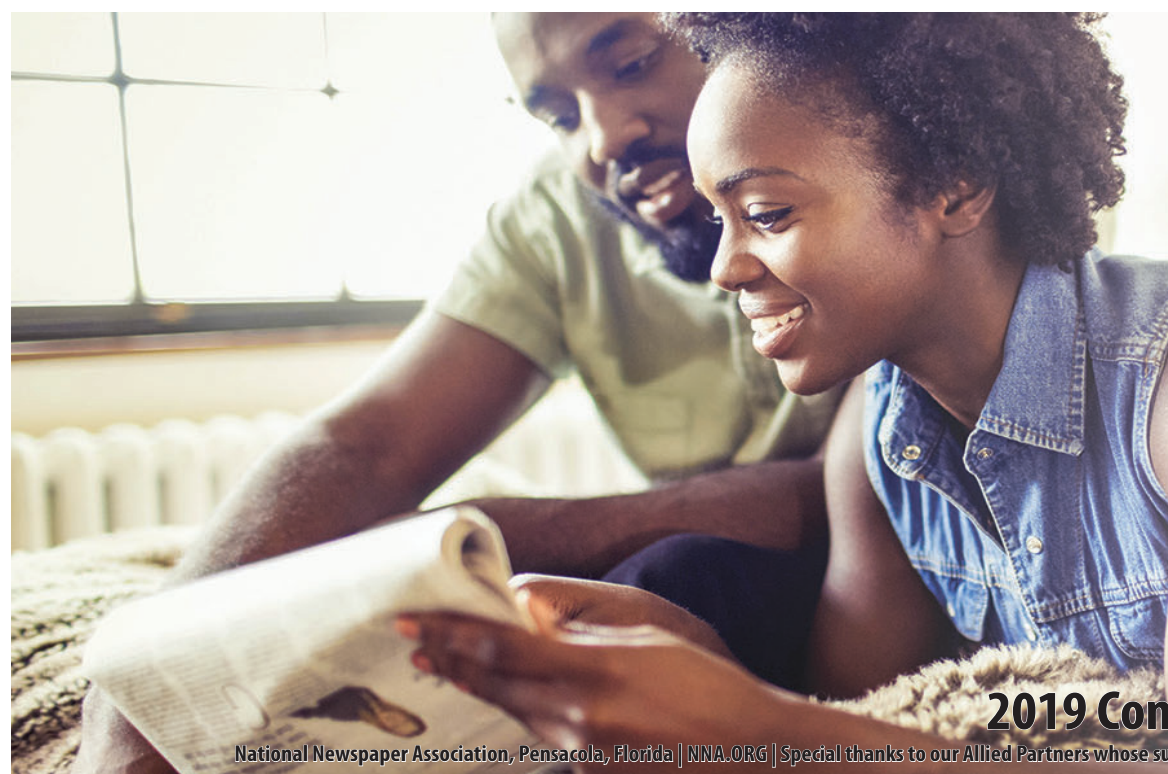
Other tactics that set off those trailing fish in hot-to-moderate pursuit of a lure incorporate breaking the steady rhythm of a retrieved lure—such as a spoon or spinner for trout and smallmouth bass—with a pause, twitch or jig. Incorporating a quick series of pulses or pauses can set

off fish and turn lookers and chasers into biters and landed lunkers. Allow bladed baits to pause, flutter and fall for a split second and the payoff can be arm-jarring.

For fish following topwater baits, or those near the surface that ignite a wake-inducing chase followed by an explosive strike that turns calm water into white water, give them a second before setting the hook. This makes sure that in all the commotion, the hooks find a home in the jaw of the fish. With the mounting rush of an oncoming fish coupled with an instinct-override delayed hookset, powering the bait into place on a topwater hit is one of the most challenging tasks to pull off consistently in the outdoors.

If none of those tactics connect with following fish, it's time to do some follow-up work of your own. Any close encounter typically means there's some sort of interest from whatever species is being angled for and if the fish turns, swings and misses or simply spots the boat or senses something is amiss and bolts with a last second 180, go back after it. Follow up with another cast to the same spot and work the lure back to the boat or shore, adding in a few tweaks to speed, rhythm and twitches to see if that fish comes back or another moves in on the excitement. If one is handy, try flipping another bait back into the area, substituting a tube when a bass nips at a spinnerbait, or a marabou jig when a trout spurns a spinner. These baits, typically with slower presentations, will often convert fish that just didn't have the energy to slam a fast-moving offering.

While following fish can be a lot of fun, and certainly provide their share of freak-out and frustrating moments on the water, getting the hooks into them make for mind-blowing memories. Try these tips out this spring in summer when fish come into sight, keeping your eyes out for fast approaching excitement that will be right behind your lure...in our outdoors.



Did you know ...

64% of survey respondents said they read a community newspaper either in print (43%) or online (6%) (15% reading both).

2019 Community Newspaper Readership Survey

National Newspaper Association, Pensacola, Florida | NNA.ORG | Special thanks to our Allied Partners whose support makes this survey possible: BurrellesLuce | Interlink, Inc. | Walterry Insurance Brokers