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Farmer's market open

The annual area Farmer's Market, hosted by the Lewis & Clark Interpretive Center, is open for shoppers. From 4-7 p.m. each Friday through September, the Farmer's Market will be open in the parking lot of the interpretive center. The market is open from 3-6 p.m. each Friday in October. The market offers fresh, locally-grown produce from area farmers.

PRAIRIE FARE



Fire up the grill safely

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION SPECIALIST - NDSU

July is the peak month for grilling-related fires.

I have a healthy respect for grills.

We received a gas grill for our wedding and my husband kept rebuilding it periodically for almost 25 years.

I'm not sure if he was being nostalgic, romantic or frugal. I think the latter. At least I didn't say "cheap."

I decided I should learn how to use the grill several years ago. Lighting it involved quite a protocol. I followed the protocol and tried to ignite the grill. That didn't work.

I "primed" it some more. The grill practically exploded upon ignition. I didn't know that I could jump backward that fast.

Fortunately, I still had eyebrows and hair after the incident. I didn't set the house on fire, either.

I turned all grilling duties over to my husband. Forever. I also bought him a new grill. Maybe that was his underlying motive. I do enjoy his outdoor cooking.

Lately, the aroma of grilled food has been wafting through my neighborhood and my own backyard.

Safety is paramount in several ways while grilling, from fire prevention at the grill to food safety in the kitchen.

According to the National Fire Protection Association (NFPA), 70% of adults have a grill or a smoker. Unfortunately, 8,900 home

fires involving grills or other outdoor cooking equipment occurred between 2014 and 2018. Of those, 3,900 were structure fires.

July is the peak month for grilling-related fires. It's also National Grilling Month.

As we move cooking outdoors, I have a true/false quiz for you based on information from the NFPA.

True/false. You never should leave your grill unattended.

True/false. You should keep children and pets at least 3 feet away from the grill.

True/false. You should position your grill away from your home, deck railings and under overhanging branches.

True/false. You only should use propane and charcoal barbecue grills outdoors.

True/false. After grilling in a charcoal grill, you should be sure the coals are completely cool before disposing of them in a metal container.

As you might have guessed, all of those statements are true.

If you prefer to "burn" or blacken your protein foods, I encourage caution. According to the National Cancer Institute, compounds called "heterocyclic amines" (HCAs) can form in muscle foods (beef, poultry, pork, fish) during exposure to open flames or high temperatures during grilling. HCAs could increase your risk of colon, breast and stomach cancers.

However, you can take some steps to maintain the flavor, juiciness and safety of grilled foods:

Cook foods to a safe temperature using a food thermometer to gauge doneness. The U.S. Department of Agriculture recommends an internal temperature of 165 F for poultry and 160 F for hamburgers. Yes, you can enjoy a rare steak if you prefer, but eating rare hamburgers is not recommended.

Try a marinade to add flavor and reduce the amount of HCAs that form. Allow about 1/4 cup of marinade per pound of meat. Marinades containing acidic ingredients such as salsa, vinegar or lemon juice seem to be particularly effective at reducing the formation of HCAs. When researchers marinated chicken breasts in a mixture containing lemon juice, vinegar and flavorings, they noted a reduction in HCA

formation by more than 90%.

Marinate meat and poultry in a refrigerator, not on the counter. Turn the meat in the marinade occasionally for even flavoring.

For good quality, don't overdo the marinating process. For tender cuts, such as tenderloin, rib eye or sirloin, allow up to two hours for marinating. For less tender cuts, such as flank, skirt, chuck shoulder or top round, allow at least six hours (up to 24 hours) for marinating.

If you want to use some of the marinade for sauce after the meat is cooked, reserve some before you put the meat in it.

Avoid flare-ups when grilling by using lean meats and trimming excess fat from the meat.

Whether you like marinated or plain meat, cook at a lower heat setting or raise the grate on your grill. If you happen to char the edges of the meat, trim the burned parts prior to serving.

Add some grilled fruits and vegetables to your menu. Because fruits and vegetables are low in protein, HCAs do not form during the grilling process.

Bring a clean plate or serving tray to collect your delicious meal.

See <https://www.ag.ndsu.edu/food/food-preparation/grilling-1> for more grilling information from NDSU Extension.

Here's a simple marinade to try on chicken, beef, pork or poultry.

Zesty Italian Marinade

- 2/3 c. prepared Italian dressing
- 2 Tbsp. coarsely chopped fresh cilantro
- 1 Tbsp. chili powder
- Combine all ingredients and mix well.

Depending on the brand of dressing, each tablespoon of marinade has about 50 calories, 5 g fat, 0 g protein, 1 g carbohydrate, 0 g fiber and 150 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)

HELPING WORDS

BY ANNIE LANGSETH
GARRISON

For we who proclaim to follow in the way of Jesus, where does that way lead us? I suppose for many of us we might think first and foremost of heaven. That is, eternal life with God. But following in the way of Jesus has implications for our lives here and now. That Jesus slipped into skin and lived and moved among us, ministering to the needs of people is telling: life on earth matters to our God. And in this regard, the way of Jesus particularly has implications for our relationship with others. It's not just about Jesus and me. It's about Jesus and me and my neighbor.

So then, where does the way of Jesus lead us here on earth? Or rather, where does it call us?

The way of Jesus calls us out of ourselves and into relationship with the people and world God so loves. (Which, by the way, is all people and the whole world.) As such, it calls us out of our comfort zones, out of familiarity, and out of security. It calls us to those places in the world where sin, suffering, and death do all they can to separate us from one another and from God. Those places in the world scarred by abuse and violence, sickness and disease, oppression and prejudice. Where power is misused. Where lives are neglected or disregarded.

Where hatred festers.

In short, we are called to follow Jesus straight to the cross.

He who lost his life for our sake, calls us to lose our life for his sake; and truly, this is a call to die to ourselves and be raised again in lives that are lived for the sake of the neighbor. That the hungry would be fed, the thirsty would receive something to drink, the stranger would be welcomed, the imprisoned would be visited (Matthew 25:34-40). That the love of God in Christ Jesus would be shared lavishly with the least of these. That God's will would be done on earth as it is in heaven.

CALENDAR

Monday, June 29

Yoga, First Congregational Church, Garrison, 8 a.m.
Bone Builders, Garrison Senior Center, 10 a.m.

Tuesday, June 30

GHS Prom, 4 p.m. pictures at City Park, 7:15 p.m. Grand March down Main Street, 7:30 p.m. dance at Garrison Auditorium

Wednesday, July 1

Garrison City Landfill open, 1 p.m.- 5 p.m.
Wilton City Commission meeting at 7 p.m.
Underwood Civic Club meeting, noon, city hall.

Thursday, July 2

The Community Share Exchange at 221 Main St., Turtle Lake is open each Thursday in July (2, 9, 16, 23, 30).
 New Hours noon to 6 p.m.
Bone Builders, Garrison Senior Center, 10 a.m.
Community Cupboard of Underwood, 4 p.m.- 6 p.m.
Alcoholics Anonymous, SACA Lodge at 11 Central Ave. NW, 8 p.m.

Friday, July 3

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

Monday, July 6

Bone Builders, Garrison Senior Center, 10 a.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

JUNE 29: Swedish meatballs, whipped potato with gravy, country trio vegetable, pineapple.

JUNE 30: Chef's salad, cook's choice dessert.

JULY 1: Ham, scalloped potatoes, creamed corn, gelatin, cherries.

JULY 2: Cheeseburger deluxe, tater rounds, macaroni salad, watermelon, cook's choice dessert.

JULY 3: Closed



HAVE A RECIPE YOU WANT TO SHARE?

contact the Leader News and have your recipe in the paper!

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GARDENING TIPS

Got a swamp plant it!

BY BEV JOHNSON M.G.
University of Minnesota Extension

George, Bunkey's neighbor, has a swampy area in the back of his yard. It is too wet to mow so it always looked messy and George doesn't do messy. He decided that this year he was going to beautify that area one way or the other. He started in the library researching flowering plants that grew in wet or moist soil and were zone 3 or 4. He discovered that there were at least 6 native flowering plants that actually loved wet feet. There are grasses too but his take on planting grass is "I dig the darn stuff out of the flower beds, why would I plant more?"

(If it blooms, it is female.) It took most of last summer to be sure all the vegetation was really dead. This spring he was able to start on his swamp flower bed. Most of the plants that would do well were either white or pink. Here is a list of the native perennials he planted. By the way, they all did very well.

Queen of the prairie, also called meadowsweet, (*Fillipendula rubra*) looks like a very tall astilbe. Very queen-like she is 3 to 6 feet tall depending on how well she likes her planning site. A native, she wants wet to moist

soil and will reward you with a crown of pink, fluffy blooms in full sun. She will put up with light shade.

Another pink-purple bloomer is Swamp milkweed, (*Acleppias incarnate*). If you have the ordinary milkweed you may be a bit leery of this girl. She isn't invasive like her sister but it is a good idea to remove the seedpods before they open. Pollinators love the fragrant flowers and Monarchs are attracted to her too. She's a bit shorter, 3 to 5 feet tall and likes full sun and wet to moist soil.

The third native bloomer is Culver's root (*Veronicastrum virginicum*). Attractive, elegant and pretty much disease and pest free, this tall girl blooms with tall slender spikes of white on sturdy stems. The blooms have been compared to candelabra. Bees flock to her flowers. This is one plant that you could put in a rain garden as she will tolerate dry conditions but really prefers moist soil, full sun to part shade.

You may have killed a few of these plants before you realized they are happier in a bog or along a stream, and not in a regular flowerbed. Cardinal flower (*Lobelia cardinalis*) has gorgeous, showy red blooms that

attract butterflies and hummingbirds. She blooms late summer, grows 2 to 4 feet tall in full sun or part shade.

For a long blooming perennial, if a bit of a wanderer, (she can be invasive) plant wild Bergamot (*Monarda fistulosa*). She has pretty lavender flowers that are pollinator friendly. She is powdery mildew resistant unlike some of her hybrid cousins. She doesn't want to stand in water but does want moist toes. She's a bit shorter than some of the others only 2 to 4 feet tall. Give her full sun to part shade.

Another white bloomer is white turtlehead (*Chelone*). She is a head turner in any garden. The snapdragon-like flowers appear in late summer and last into fall. She will do well in a rain garden as she will tolerate dry soil but prefers moist soil. She grows 2 to 4 feet tall depending on the variety. A cultivar named "Hot Lips" has stunning deep pink flowers. Both want part sun or part shade.

All these plants are native perennials. Some can be invasive but if you can't grow anything else there, who cares. George got his wild Bergamot from a lady who warned him that it was "evasive". Could be.

SCHEDULE

10-11:30 a.m. Registration
 Noon Parade
 12:30 p.m. USACI
 1x Audio Competition
 12:30-3 p.m. Car show
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DAKOTA GARDENER

The importance of bees in vegetable gardens and backyard orchards

BY ESTHER MCGINNIS
NDSU Extension Horticulturist

June 22-28 is National Pollinator Week.

Why do we celebrate bees and other pollinators? Ever hear the expression “busy as a bee”? One out of four bites of human food is courtesy of hard working bees.

While bees do not pollinate cereal crops such as wheat and barley, they are responsible for pollinating the majority of our vegetable, fruit and nut crops grown in the U.S. If bees disappeared from the Earth, we wouldn't starve.

However, our diets would be a whole lot less colorful and nutritious.

Why are bees so important for vegetable, fruit and nut production? Try not to blush: I am going to discuss plant reproduction.

Take cucumbers as an example. If you look closely in the garden, you will notice two types of flowers on the vines. The female flowers have a small ovary beneath the petals that resembles a tiny

cucumber. In addition to the ovary, the female flower has a structure called a stigma to receive pollen grains from the male flower.

The male flower lacks an ovary and bears pollen-producing structures called anthers. If you have separate, immobile male and female flowers on the vine, how does pollination happen? That's where bees come into play. As they visit flowers on the cucumber vine, they accidentally pick up pollen grains from the male flower and bring them to the female flower. If bees are scarce in your area, you may have fewer cucumbers setting fruit.

Bees are absolutely essential for the production of apples. Unlike cucumbers, apples do not have separate male and female flowers.

However, to produce apples, you need bees carrying pollen between two separate apple trees that are different cultivars. For example, a 'Honeycrisp' apple blossom will not set fruit if a bee deposits pollen from a second 'Honeycrisp'

apple tree. However, if pollen from a second cultivar such as 'Haralson' is deposited, a fruit may develop.

As you can see, bees are necessary to carry pollen between flowers and even between entire trees. Bees are an elegant solution to the problem of plants that cannot move.

To celebrate National Pollinator Week, consider incorporating native and ornamental flowering plants in your landscape to provide food for honey bees and native bees. Bees need flower nectar (a source of carbohydrates) and pollen to nourish their young and for a balanced diet. You can plant flowers and nourish your pollinators.

To learn more, download the NDSU Extension Publication titled "Pollination in Vegetable Gardens and Backyard Fruits" at <https://tinyurl.com/FruitPollination-NDSU>.

For more information, contact your local NDSU Extension agent. Find the Extension office for your county at <https://www.ag.ndsu.edu/extension/directory/counties>.

Blue Flint project funding OK'd

BY ALYSSA MEIER
BHG NEWS

After a brief return to the Lignite Research Council, a carbon recapture project at Blue Flint Ethanol has been approved for funding.

The North Dakota Industrial Commission approved the project this month, after a little back and forth with the Lignite Research Council, which initially added a contingency to the \$3.4 million allocation. After the commission asked the council to reconsider, the

LRC removed the condition that demanded the full amount of funding needed to be returned if the project was unsuccessful.

In turn, the Industrial Commission passed the funding request.

The project, costing \$7 million total, aims to study the possibility of CO2 capture at Blint Flint Ethanol, the neighbor of Coal Creek Station. The project will work to determine if it is possible to store CO2, which is used by the ethanol plant, underground.



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The Xtra has strict deadlines. We need the following items sent to us by the following deadline time...

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- **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

58540

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 5pm. CT at St. Paul Lutheran Church 794-3381; in Garrison, Thursdays at 8 pm at SACA Lodge, 11 Central Ave NW (1 block west of auditorium); in Washburn Sundays at 7 pm. First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 pm at Sacred Heart Church (734-6533). Open meeting Butte, call 626-7402 or write Box 244, Butte, ND 58723; in McClusky at Grace Lutheran Church, 402 4th St. W, Sundays at 8 pm. Positive Changes NA, Fridays at 7 pm, Washburn United Methodist Church 701-460-0663.

15-TFNPI

58540

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

58577

LIVESTOCK

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out July 13. Have them there by 11 a.m. Call Darin, 701-315-0144.

43-TFN-E-X

58577

HORSE BUYER at Stockman's East Barn, Dickinson, Thursday, July 2 and Rugby Livestock, Friday July 3 from 8 a.m. to 4 p.m. Buying all horses good, bad, ugly or pretty! Top dollar paid on the spot! Licensed and bonded buyer. 612-839-9568

8-P-PD

58576

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

NOTICES

HAVE YOU BEEN in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant.

1-E-TFN-NC

58577

THANK YOU

THANK YOU everyone for the beautiful cards, flowers, gifts and phone calls for our Anniversary. A special thank you to Cathy and Cindy for making it a wonderful day. Bud and Joyce Engel

9-ITPDIX

58540

WANTED

HAYLAND TO CUT hay on, in the Garrison, Douglas or Max area. Large or small area. Call 701-337-6344 or leave message 701-337-5466.

9-3TPDXI

58540

HELP WANTED

BENEDICTINE LIVING CENTER OF GARRISON
Benedictine Health System

HELP WANTED
Come Join Our Team!

- **Homemaker**

Apply at
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Any questions, call
(701) 463-2226
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Immediate full-time & part-time openings!

HELP WANTED

CHI St. Alexius Health
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Turtle Lake Hospital

Clinic Nurse (LPN/RN)
Clinical Services Assistant
Hospital Nurse (LPN/RN)

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

HELP WANTED
Housing Manager

Looking for a full-time Housing Manager at "The Meadows" Assisted Living located in Garrison, ND. Duties include: Organize, supervise and direct the work of staff; manage vendor or campus-wide services received by the site. Create and maintain a high level of tenant, staff, and family satisfaction. Develop and implement marketing and strategic plans, budgets, and quality improvement initiatives. This position also has fiscal accountability for the site.

Apply on-line www.BLCgarrison.com
Questions contact Scott Foss,
Executive Director 701-463-2226.

Check us out on Facebook - www.blcgarrison.com

THE MEADOWS ASSISTED LIVING
Benedictine Health System

REAL ESTATE FOR RENT

COUNTRY LIVING for immediate rent. A quiet and serene newly remodeled 2 bedroom/ 1 bath house w/ 2 car detached garage. Setting on 10 acres surrounded by trees. Located 15 miles NW of Garrison. Interested inquiries, please call 701-897-1351.

9-2TPDLIX

58540

FOR RENT: 16 x 80 3 bedroom, 2 bath mobile home in Washburn, No pets. Call for free application and information. 701-315-0034.

5-X-TFN

58577

NOW RENTING

Heritage Heights Apartments
1040 Custer Dr., Washburn

New management, remodeled rooms, lower rates. 1 or 2 bdrm. apts. All utilities paid including cable.
701-527-4739 or Manager 701-220-8145

REAL ESTATE FOR SALE

FOR SALE: TWO bedroom home with single attached garage on 3 lots. Located at 211 3rd Street West in McClusky, ND. Includes stove, refrigerator, washer and dryer. Sale price \$25,000. For more information call 701-641-7785.

9-4TPDLIX

58540

HELP WANTED

HELP WANTED FOR Housekeeper and front desk clerk for the Northshore Inn & Suites/Garrison Motel.

7-2TCHIX

58540

BENEDICTINE LIVING CENTER OF GARRISON
Benedictine Health System

HELP WANTED
Come Join Our Team!

- **Registered Nurse**

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

HELP WANTED

HOT STUFF PIZZA

OF GARRISON
Full Time & Part Time Help

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

Coaching Positions Available at GHS

We are currently seeking applicants for all levels in the following areas with a total of 23 openings! Head coaching starts @ \$5,500 for tier I activities with sub-varsity coaches receiving a percentage. Contact Dr. Klemisch or Mr. Ermer at Garrison High School 463-2818 for more information.

JV- 70%, JH 60%, EL 50%

Fall Activities:
Football • Volleyball • Cross Country • 1-Act • Elem GBB

Winter Activities:
JH/HS GBB • JH BBB

Spring Activities:
JH/HS Track • Baseball • Softball • Elem BBB • Elem VB

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WE DELIVER!

NOW HIRING!

- **SERVERS**
- **DELIVERY DRIVERS**
- **ASST. MANAGER**
- **ALL POSITIONS**

Call 701-898-8991 or stop in at North Shore Inn & Suites to pick up an application.

HELP WANTED

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

Full-time

- **CNA/Nurse Aide**
- **Dietary Aide**
- **Activities Aide**
- **RN/LPN**
- **CNA/Nurse Aide**
- **Housekeeper**
- **Cook**

For more information call **701-463-6503**.
Apply online at CHISTAlexiusHealth.org

CHI St. Alexius Health
Imagine better health.™
Garrison Hospital
The institution is an equal opportunity provider and employer

Start a new adventure -- join our team!
Flexible hours, advancement opportunities, GREAT benefits!

McLean County will accept applications until 4:00 P.M. on Wednesday, July 8, 2020, filling one (1) or more positions as

FULL-TIME JAILER/E-911 DISPATCHERS

Starting salary is \$37,295.59 annually. A full benefit package is offered including paid health insurance (family and single), paid retirement, annual leave and sick leave. For further information on the position or to obtain a McLean County job application form, interested individuals may contact the McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577 or call (701) 462-8541. Only official McLean County application forms will be accepted. An application form can be accessed from the county's website:
<http://www.mcleancountynnd.gov/employment>.

Resume's may be included with the application but will not be accepted in place of an approved application form.

To be considered, all applications and related items must be submitted to the McLean County Auditor.

HELP WANTED

- **Speech Pathologist Teacher**
- **Athletic Director**
- **Boys High School Basketball Coach**
- **Boys High School Assistant Basketball Coach**
- **Boys Jr High Basketball Coach**
- **Boys Elementary Basketball Coach**
- **Girls High School Head Volleyball Coach**
- **Girls High School Basketball Head Coach**
- **Girls High School Basketball Assistant Coach**
- **Girls Jr High Basketball Coach**
- **Girls Jr High Assistant Basketball Coach**
- **Girls Elementary Basketball Coach**
- **Boys and Girls High School Golf Coach**
- **Boys and Girls Cross Country Coach**
- **Boys and Girls High School Track**
- **Boys Jr High Football Coach**
- **Boys Jr High Football Assistant Coach**
- **Bus Drivers with CDL**

Contact: Wayne Fox, Superintendent
743-4350 ext. 2205

 
White Shield School

MISC. FOR SALE

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

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg.smugmug.com.
35-P-TFN-NC 58577

SERVICES

I HAUL away broken vehicles and scrap metals for FREE! Ca\$h for \$ome. 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.
34-9-E-PD 58577

WE CLEAN and install all types of flooring including carpets, upholstery, walls, air ducts. Let us clean your boat, camper, under appliances. We have dump trailer for debris removal. Low rates, cash/check/credit. Prairie Carpet Services, (701) 833.2884 or 448.2883.
46-TFN-P-X-PD 58540

PET BOARDING, daycare, home visits. Located rural Wilton. \$20/dog for overnight stay. Country Pets on Facebook. Text/Call June at 701.301.2516.
35-TFN-P-X-PD 58579

WORK WANTED

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

STATEWIDES

HELP WANTED

FARM MANAGEMENT INSTRUCTOR. Lake Region State College – Devils Lake, ND. This is a 12-month, non-tenured position with full benefits, including paid family health insurance. Duties include assisting students in developing sound farm financial and production records; submitting completed year-end farm business analysis; student advising; and curriculum development. Provide leadership to the Farm Management program, supervision of instructors and represent Lake Region State College within the ag community and the state farm management associations. Go to lrsc.edu for more information.

McLEAN COUNTY IS hiring full-time Jailer/E-911 Dispatchers. For more information regarding this position visit <http://www.mcleancountynd.gov/employment/>

\$5,000 SIGN ON BONUS. NAPOLEON CARE CENTER hiring 2 FT nurses, RN preferred. 12 hour shifts, flexible scheduling, competitive wages and benefit package. Contact Melissa Glatt RN, DON, 701-754-2381. NCC is an equal opportunity employer.

DAYTIME COOK - LAKE REGION State College, Devils Lake. Full time 10 or 12 month contract, full benefits. Hours are 7:30am – 4:00pm Monday-Friday, rotating weekends. Salary depending on experience. For more information see our website at lrsc.edu.

CUSTODIAN - LAKE REGION State College – Devils Lake. Day shift working Monday - Friday 7:45 am to 4:45pm with rotating weekends. Responsibilities include cleaning, floor care including stripping & waxing and carpet extraction, upkeep and general maintenance. For more information go to lrsc.edu.

To place a classified ad call 462.8126 or fill out the form online at bhgnews.com

STATEWIDES

ANYONE CAN RUN STATEWIDE with HELP WANTED ads in all the newspapers of N.D. with the NorthS-CAN program! \$160 /25 words / all ND papers. NDNA, 701-223-6397.

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OVER \$10K IN Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief, 844-981-0006.

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SERVICES FOR HIRE
NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-859-6628.

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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 ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 701-929-9679 (M-F 8am-6pm ET).

WANTED TO BUY
WANTED TO BUY: Top cash paid for old clocks, radios, signs, toys, coins, watches, fountain pens, etc. Anything antique or old. Call Larry Long 386-785-3084.

REAL ESTATE FOR SALE
ND FARM LAND Values surge 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.

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

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IF YOU OR a loved one were diagnosed with OVARIAN CANCER or MESOTHELIOMA after use of TALCUM products such as BABY POWDER or SHOWER TO SHOWER, you may be entitled to compensation. Contact Charles H. Johnson 1-800-535-5727.

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)

LAND AUCTIONS
320 ACRE TOWNER CO ND Land Auction. Tues. Aug. 4, 10AM, Riediger Family, Sellers, Live & Online Bidding. Call Nikolaisen Land Company 844-872-4289. nikolaisenlandcompany.com

ANNOUNCEMENTS
NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-331-7577.

BOY SCOUT COMPENSATION FUND - Anyone that was inappropriately touched by a Scout leader deserves justice and financial compensation! Victims may be eligible for a significant cash settlement. Time to file is limited. Call Now! 844-347-7225.

MISCELLANEOUS
WE MAKE IT easy to place an ad in one or all the 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.

Country Kitchen Recipes



INSTANT POT "BAKED" ZITI

By Savory Nothings

Ingredients

- 1 tablespoon oil
- 1 pound lean ground beef
- 1/2 yellow onion (chopped)
- 1 teaspoon garlic powder
- 2 teaspoons Italian seasoning
- 3/4 teaspoon salt
- Black pepper (to taste)
- 2 tablespoons tomato paste
- 2 teaspoons Balsamic vinegar
- 4 cups low sodium beef broth
- 1 14.5- oz can diced tomatoes
- 16 oz dry ziti pasta
- 1-2 cups cheese (mix of mozzarella and parmesan)

Brown beef: Set instant pot to saute and add oil. Brown beef, then stir in the onion, garlic powder, thyme, salt, pepper, tomato paste and balsamic vinegar. Cook for 30 seconds, stirring constantly.

Deglaze: Pour the beef broth into the pot, scraping any bits off the bottom of the inner pot (not doing this correctly will trigger the burn warning!). Stir in the tomatoes and dry pasta.

Cook: Pressure cook for 3 minutes (for pasta that indicates more than 9 minutes of regular cooking time on the package, cook for 4 minutes), then quick release the pressure and open the pot. Stir in the cheese, cover with the lid and let sit for 3-5 minutes or until cheese has melted. Serve immediately.

ROASTED HERB MUSTARD POTATOES

By Whole Kitchen Sink

Ingredients

- 1-1.5 lbs small potatoes (fingerling, golden, cut length wise peeled or unpeeled)
- 3 tbsp butter
- 2 tbsp stone ground mustard (the grainy variety)
- 2 tsp minced garlic
- 1.5 tbsp fresh minced rosemary or 2 tsp dried rosemary
- 3/4 tsp salt
- 1/2 tsp pepper
- 1/8 cup chopped fresh parsley

Preheat oven to 400 degrees F. and spray a baking sheet with oil or line with parchment paper

Stir butter, mustard, garlic, rosemary, salt and pepper together to combine in a bowl

Add potatoes and stir to coat evenly with the mustard mixture

Arrange coated potatoes on the baking sheet, cut side down and bake for 15 minutes.

Remove from oven, flip and place back in oven for an additional 15 minutes until the potatoes are tender and slightly crispy!

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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DAKOTA DATEBOOK

Gladys Gibson

BY MERRY HELM

On this date in 1935, a 12-man jury decided the fate of Gladys Gibson, a Dickinson woman on trial for murdering her husband a year and a half earlier.

The case would have delighted today's tabloid writers. Nathaniel Gibson's job as a mail carrier brought home \$200 a month; with this he supported his wife, Gladys, two teen daughters, Gladys's brother, the brother's friend, and a housekeeper. Gladys said Nathaniel had become despondent in the months before his death, and he spent a lot of time reading religious literature that stated people who died prior to Jesus' second coming would automatically go to Heaven.

On the evening of December 4, 1933, Nathaniel went to a National Guard meeting. Gladys said she heard him outside at about 1 in the morning and found him drunk; she needed her brother's help to get him inside. They got Nathaniel out of his vomit-covered clothes, and Gladys said they went to bed. She got up whenever he threw up, and overcome by the odor, she went upstairs to the bathroom at about 4 a.m. Then, she looked in on her girls, and as she started down the stairs she heard a gunshot. Moments later, she found Nathaniel dying from a bullet to his left temple.

The doctor arrived shortly after and found the room quite neat. The other side of the bed hadn't been slept in, and Nathaniel's left arm was extended down his side, with his hand clutching a pistol. The doctor said he smelled liquor on Nathaniel's breath but no smell of vomit.

The coroner's inquest called it suicide. But, State's Attorney Theodore Kellogg and his assistant, H.A. Mackoff, weren't convinced. They hired a detective, Jim Harris, who rented a room from Gladys. Harris posed as a Chicago gangster and slowly befriended Gladys.

Months later, Gladys and the detective went on a date, ending up in a cabin near Jamestown. The cabin was outfitted with a hidden dictaphone and a stenographer who took down their conversation. It was here that Gladys admitted she killed Nathaniel, saying he had gotten out of bed and

told her he wanted to have sex with his daughter and the housekeeper; so she killed him.

It was nearly a year after Nathaniel's death when Gladys was arrested. The news caused a sensation in Dickinson, and the trial was moved to Bismarck, with Kellogg and Mackoff as prosecutors. Kellogg surprised everyone with the news that Gladys had confessed to him, also - during a meeting in Washburn. Gladys swore the detective had forced her to confess at gunpoint, and Kellogg had hypnotized her into confessing by the way he "rolled his eyes."

Witnesses had said they'd heard Gladys run down the stairs to the main floor after the gunshot. Gladys's daughter, however, said she saw her mother walk past her door and go downstairs before the gun went off - a

story she later changed in favor of her mother's alibi.


Also damaging was the testimony of the housekeeper, whose 26-year-old brother, Joe, turned out to be Gladys's lover. Nathaniel had thrown Joe out and told him to never come back, but the housekeeper said Gladys would signal Nathaniel with a light in the window when the coast was clear for him to visit. It didn't help that Joe moved in with Gladys just a few days after Nathaniel died.

The last bit of incriminating evidence was Nathaniel's \$8,000 life insurance policy. Kellogg finished his closing arguments by saying, "She killed him because she

wanted his money and didn't want to live with him."

After deliberating for nearly 45 hours, the jury agreed. Gladys was found guilty of second-degree murder and sentenced to 15 years in prison. She made several appeals, but they all failed.

"Dakota Datebook" is a radio series from PrairiePublic in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.



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