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Monday, Oct. 12, 2020

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Be a Fan of Cows PRAIRIE FARE



BY JULIE GARDEN-ROBINSON
 FOOD AND NUTRITION
 SPECIALIST - NDSU

“Do you want to go see the cows?” my grandpa asked me when I was a young child.

Well, of course, I did. I was halfway out to the barn by the time he finished his sentence.

I especially enjoyed interacting with the calves that licked my hands with their silky smooth tongues. I wanted to bring one home with me. That didn't happen, unfortunately.

Yes, I washed my hands after being in the barn playing with the calves. My mom made sure of that.

Although I didn't grow up on a farm, I lived within a mile of a dairy farm. My relatives lived a few more miles beyond that farm.

During the pandemic, you may have seen news coverage of farmers dumping their surplus milk when restaurants and schools were closed.

While cow's milk is highly nutritious, it also is perishable.

You may be tempted by other beverages at the grocery store. We have lots of choices displayed near cow's milk in the grocery store, which may include almond, rice, coconut, cashew, soy and hemp milk.

Why do we have so many “milklike” beverages, anyway?

Some people are allergic to the proteins in milk and must avoid it. Look carefully at the ingredient statements on foods to learn about the potential allergens in any food. Allergens can have very serious consequences for those who have allergies.

Other people follow a vegan diet, and alternative plant-based beverages provide options. Others have issues with the natural sugar (lactose) in milk and experience bloating,

gas or other symptoms.

In some cases, those with lactose intolerance can add an enzyme to the milk to break down the sugar. An intolerance is less serious than an allergy. Others with lactose intolerance can try smaller amounts of milk with food.

The highly popular almond milk might appear to have more calcium than cow's milk; however, cow's milk provides the most absorbable source of calcium. Calcium is necessary for healthy bones and teeth. Calcium also is needed for muscle contracting and nerve firing.

Most of the plant-based milk products are highly fortified, meaning that the nutrients were added and were not there in the first place. Check out the ingredient statement for nutrients that have been added.

These “formulated” beverages were developed to imitate cow's milk, which should be flattering to cows.

A cup of cow's milk provides about one-fourth of the daily calcium recommendation naturally. As a public health measure, milk is fortified with vitamin D to help your body use the calcium. Vitamin D also has many other health-promoting functions.

Cow's milk provides ample proteins that support building and maintaining our muscles and the rest of our body. It naturally provides B vitamins such as riboflavin and B12. Cow's milk provides minerals such as phosphorus, magnesium, potassium and zinc. All of these nutrients have “jobs” to do in our body.

Milk is fortified with vitamin A to help promote healthy skin and eyes.

For example, a cup of nonfat cow's milk has 8.3 grams (g) of protein. Plant-based milk beverages have less protein present naturally.

Soy milk is closest to milk in protein content, with 7 g protein per cup. Soy milk and soy formula often are recommended for people who cannot drink cow's milk due to allergies.

Some plant-based milk-type beverages also have added sweeteners. Although the sweet flavor may appeal to children, keep in mind that early exposure may fuel their “sweet tooth” as they grow older.

The health benefits of cow's milk also stand up to scientific scrutiny.

Researchers reviewed more than 100 published research studies about cow's milk. They reported that cow's milk consumption may reduce our risk for diabetes, heart disease, and colon, bladder and breast cancer. Consumption of dairy products may help promote weight loss or maintenance.

If you have an athlete in your home, be aware that chocolate low-fat cow's milk is considered the ideal exercise-recovery, “refueling” drink for athletes of all ages. It has a ratio of three parts carbohydrate to one part protein.

Based on all of this information, I continue to be a fan of cows and the dairy farmers making my family's favorite daily beverage possible.

Milk always has a place in my family's refrigerator on the top shelf, not in the refrigerator door, which is warmer. Remember that excess milk can be frozen followed by thawing in the refrigerator. Shake thawed milk before using.

This recipe is adapted from the American Dairy Association. It provides a healthful snack on the go. To freeze bananas, simply peel and place them in freezer bags or freezer containers.

Chunky Monkey Smoothie
 1 medium frozen banana
 1/2 c. plain nonfat yogurt, or substitute vanilla-flavored yogurt
 1 c. low-fat chocolate milk

Combine ingredients in a blender and mix well.

Makes two servings. Each serving has 180 calories, 2.5 g fat, 8g protein, 33g carbohydrate and 130 milligrams sodium. It also provides 20% of the daily recommendation for calcium.

(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)

Hi, I am Matthew Kannianen. I hope you vote for my dad, Jordan, who is running for re-election as your State Senator. Look for his ad with the District 4 Republicans.



Paid for by District 4 Republicans, Chuck Walden, Chairman

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THE **LEADER-NEWS**

CALENDAR

Monday, October 12

Washburn School Board meeting 7 p.m.
Mercer Senior Citizens meeting 2 p.m.
Turtle Lake City Commission meeting 7:30 p.m.

Tuesday, October 13

Washburn Life meeting is at noon at Cafe 77.
Lawrence Stephenson Post 133 of the American Legion to meet a 6:30 p.m. for supper with meeting to follow in Turtle Lake.

The Washburn American Legion Post #12 and Auxiliary will meet at the Memorial building. Social 6:30 p.m. with meeting at 7 p.m. No meal. Snacks will be provided.

Wednesday, October 14

Turtle Lake Chamber of Progress meeting, noon at Bev's Cafe.

Thursday, October 15

Mercer City meeting at 7 p.m.

Saturday October 17

11a.m. to 1p.m. Bring a decorated pumpkin for the contest. Photo booth, free cookie, hot dog and hot apple cider. Roxinne 701 989 4117. Txt is best.

Pastor Sondra is retiring from Trinity Lutheran Church in Turtle Lake after seven years of dedicated service. Her last Sunday will be October 11. Due to Covid 19 she has requested no public retirement party. To let her know how much she is appreciated and how much she will be missed in the community send wishes to: Sondra Krogstad, PO Box 583, Turtle Lake, ND 58575.

The Community Clothing Share Exchange will be open each Thursday from noon to 6 p.m. at 221 Main St., Turtle Lake. They will be following the CDC and ND Smart Restart guidelines.

There is a food pantry located outside the Mercer Baptist Church open 24 hours a day. Access to anyone.

Library Hours: Washburn Public Library - Monday-Thursday 10 a.m. to 6 p.m.; Saturday 10 a.m. to 1 p.m. Underwood Public Library - Monday and Friday, 10 a.m. to 2 p.m.; Tuesday and Thursday, 3 p.m. to 7 p.m. Closed Wednesday. Turtle Lake Public Library - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.

Active shooter Drill in Washburn Nov. 12 at court house.

MEALS ON WHEELS

Monday, Oct. 12: Meat lasagna, Italian vegetable blend, lettuce salad with dressing packet, breadstick, cherries.

Tuesday, Oct. 13: Sausage with sauerkraut, mashed potatoes with margarine, pickled beets, strawberry apple sauce.

Wednesday, Oct. 14: Roast turkey with dressing, mashed potatoes with gravy, corn, pumpkin crunch.

Thursday, Oct 15: Steak with onions, dutchess potato, creamed mixed vegetable, diced peaches.

Friday, Oct. 16: Chicken salad on a croissant, bean with ham soup, coleslaw, mixed fruit, pudding.

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: _____

Don't Stop Composting During the Winter

DAKOTA GARDENER

BY CARRIE KNUTSON
NDSU EXTENSION AGENT

Composting is a great way to recycle waste from the yard and kitchen.

However, adding kitchen waste and maintaining a compost pile during the winter can take a lot of motivation, especially when walking outside requires cold weather gear and shoveling snow.

In an effort to learn more about composting, I participated in an online composting course. During that course, I learned I could collect kitchen waste during the winter to compost during the summer. The idea takes advantage of our cold temperatures by storing kitchen waste in a garbage bin.

Examples of kitchen waste that can be composted are coffee grounds and filters, tea bags, eggshells, and vegetable and fruit trimming and peelings.

Do not include meats, fats, dairy products and starches because they can attract flies and rodents when turning the kitchen waste into compost

during the summer. These items need good compost pile management to decompose quickly. Do not include any items that might contain disease organisms, such as diseased plants and pet feces.

The first step is to collect a supply of browns, such as dead, dry leaves, to layer with your kitchen scraps during the winter. Other examples of browns that would work are sawdust, straw or hay. Keep the browns dry and store them in a place that is easy to get to in the winter. I store my dried leaves in a sturdy plastic garbage bin right next to the backyard garage door. Heavy-duty trash bags also would work to store the browns.

Next, you need a container to layer the kitchen scraps with the collected browns. Anything with a cover will work as a container. Sturdy, flexible garbage bins, 5-gallon pails or storage totes are good examples. During the winter, simply add kitchen scraps and top with a layer of the collected browns and repeat.

I like garbage bins for storing

my kitchen waste during the winter. The garbage bins are fairly easy to move as long as they don't get too heavy. They can be moved out of the way once the weather gets nicer. I can drill holes in the bottom and sides so I can compost right in the container.

Once the weather warms, add the winter composted materials to your existing compost pile or start anew one and mix well.

This was my first year of saving kitchen waste through winter, then turning it into compost once summer arrived. I would say it was a success. The kitchen compost was ready to work into my garden this fall.

What are you waiting for? Get your bins ready and start collecting leaves. Happy gardening!

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



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OUR OUTDOORS

FOMO



BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

FOMO is the acronym for the "fear of missing out." The term was coined in the mid-2000s as shorthand for a growing form of social anxiety about not being in on the latest happenings and events, particularly as online displays of all the fun other people were having increased through channels such as Facebook, Twitter and Instagram being delivered directly to developing smartphone technology.

While I've never particularly cared much about those avenues or many of the things that happen on them — I'm just thankful that my columns and stories about the outdoors are automatically posted to them for my readers — I do experience this phenomenon, sometimes on a daily basis and particularly in fall.

It's not because I don't have tickets to Coachella, or the Red Bull sky surfing series or some other social media status-worthy event, but rather because I, like many hunters this time of year, find myself thinking about all the options available in the field. Take last Friday for example. All around me, singles and doubles of sharp-tailed grouse were flushed by my hard-working dog along the edge of the cut wheat field. One would get up, I'd take a shot or two and then ten feet closer another pair would flush. Ole would work the grassy border of the field and go on point at some unseen target, and with the command would dive in to send another up. I shot so poorly on the amazingly close birds, I could have coined a new term by the end of the walk, and just gone with FOM for "fear of missing."

Perhaps it was because my mind was elsewhere, like on my deer stand 15 miles away. Especially as the wind began to drop and a stillness settled in over the rolling hillsides as evening approached, I found my mind wandering there, thinking of the five-by-five whitetail that certainly was standing broadside in front of my perch at 11 yards, setting up an ideal chip shot that even a half-experienced archer like myself could have made. Even though the recent set of trail camera pictures showed most antlered activity in the area happening around two in the morning, I couldn't shake the idea that I was missing out on tagging up. As I finally bagged a bird and made the turn back toward the truck, I began to think that the sweat developing in the slight heat

of the hike was less about physical exertion and more from the stress of imagining what was going on in another realm of hunting.

As an outdoorsman — and one who is high strung to begin with (the fact I bowhunt at all I consider a small miracle due to the patience and stillness required) — I possess that heightened gene which makes it not just a requirement, but almost second nature, to always be thinking ahead.

Living in the moment can be difficult when one is already planning for pheasant opener, the start of deer season, or thinking about first ice, when it's only late September. Even when standing in the middle of the field watching a dog curl and charge on fresh scent, I'll find myself considering the options I may have months down the road. And while the element of time and planning for it is the challenge that all people face, the fear of missing out is doubled when you add in the concept of space.

Should I hunt this PLOTS or that WMA? Stand A or Stand B? Head north to the draw or south to the river bottom? Geez, I haven't even snuck in a fall trout trip this year — would that be a better option? The many places and pursuits available this time of year make a form of FOMO real, but instead of comparing social media feeds, it's more about wondering what the next best alternative would be, and I'm not going to get into the opportunity cost lessons from a macroeconomics class I've long since forgotten and save that for another column. Oh, and the trail camera photos from the time during the Friday afternoon grouse hunt? Just grass blowing in the wind which confirmed I did make the right choice, but they led me into a little bit of an existential deep dive.

The realization of who I am, where I am, and what I love doing will always drive me a little bit crazy while trying to live in the moment. As I try to prioritize my activities, the growing enjoyment of each new one I've added to my autumn collides with the satisfaction of those I have pursued the longest and loved the most, which also occur in fall. That's why I, and likely you, keep coming back to as many outdoor opportunities as possible as the season shifts with the limited hours we all seem to have these days and doing any one of them means we're not missing out on anything (unless we're not shooting well).

In the end, the first step out of the truck is the first step toward living in the moment and overcoming FOMO, because the only real anxiety this time of year for any hunter should be the concern of ending up on a couch during daylight hours when all these opportunities abound ... in our outdoors.



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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

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

DELIVERY PROBLEMS? If you're having any problems getting your XTRA - when and where you want it, we want to know. Call 1-800-229-5028 to report problems.

52-TFNPI

58540

AUCTIONS

MATT and SARAH Matheny Auction, Saturday, Oct. 10, 11 a.m. From Garrison Cenex, 18 miles West, 1 mile South, 1/2 mile East. Pickups, Skidsteer, Tractors, Combine. (see www.bhgnews.com for auction bill) SJ Auction Service

19-6TNCIX

58540

FARM RELATED

MW HAULING, LLC - cattle & hay hauling 8.5x53 spread axel cattle pot, 7x32 stock trailer. Licensed/insured for ND. Max Waloch, 701-516-3117

28-39-P-PD

58577

GIVEAWAY

23"x35" WHITE SHEETS of tracing paper. Good for packing sheets when moving, kids drawing sheets, wrapping glassware, gift wrapping, etc. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.

18-TFNCCI

58540

LIVESTOCK

TURTLE LAKE WEIGH STATION will have the following dates scheduled to ship cows and bulls. Monday, Oct. 19 & Nov. 2 Have them there by 11 a.m. Call Darin at 701.315.0144.

43-TFN-E-X

58577

MISC. FOR SALE

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

1-E-TFN-NC

58577

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

35-P-TFN-NC

58577

MISC. FOR SALE

GIGANTIC DOWN-SIZING SALE with 67 years of accumulation: Now 1/2 priced to sell, until everything is gone. 1001 Otter Creek Loop, Hazen (twin home above RV Park). Use walk-in door. 748-2665

FOR SALE: POWER RECLINER, only used 1 1/2 months, has sleeping position, \$1000 OBO: Simons electric twin bed, has massage feature, \$225. Call 701-462-8660 after 5 p.m. You must have!

22-P-XT-PD

58577

HELP WANTED

JEFFREY INC is looking for maintenance personnel. Wage and # of hours will be discussed at time of interview. Please inquire at the North Shore Inn & Suites, Garrison.

24-2TCHIX

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

REAL ESTATE FOR RENT

1 Bedroom studio apartments available in Garrison. Furnished, all utilities included. Monthly rates.

Call 337-5169 or 701-220-7477.

23-2TCHIX

58540

REAL ESTATE FOR SALE

HOUSE AND LOT in Coleharbor, ND, McLean County - specifically: All of Block 13 and 60 feet of vacated West Main Street. This property has a 100% fair market value of \$75,000. This property is subject to a Life Estate. Call 701-527-2792 or 701-337-6869 for more information. Or you can write to: Roger or Deb Wilson, 4979 Iglehart Drive, Garrison, ND 58540

23-2TCHIX

58540

SERVICES

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

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

MISC. WANTED

OLD STUFF: Advertising, ND License Plates, Advertising Signs, old Style Gas Pumps, Old oil Cans, Thermometers, Clocks with Advertising, Arrowheads, Crocks, Animal Traps, ND Pottery, Salt & Pepper Shakers 701-220-5746.

23-4TPDALL

58540

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

HELP WANTED



Night Time & Weekend Cashiers

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

HELP WANTED



Hospital Nurse (LPN/RN) Nurse Aid

Experience preferred but not required. Contact Brenda 701-4485-2331 ext 207.

This institution is an equal opportunity provider and employer.

Coaching Positions Available at GHS

We are currently seeking applicants for the following coaching areas. 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%

URGENT NEED FILLED ASAP: JH GBB, Elem BBB, JH BBB Asst

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

HELP WANTED

- Speech Pathologist Teacher
- Bus Driver w/CDL
- Science Teacher
- FACS Teacher

Contact: Wayne Fox Superintendent 743-4350 ext. 2205



White Shield School

HELP WANTED



Washburn & Center, ND
Qualified applicants must be professional, punctual, engaged persons with an excellent work ethic. Employment contingent on passing a criminal background check. Please call (218-726-1606) or email Bill (BILL@GSSC.net) for more information. EOE/AA/Disability/Veterans/M/F Employer Immediate full-time & part-time openings!

Part-Time/Full-time Office Position

The Leader-News has an immediate opening for a front desk office associate. Duties include helping customers, answering phones, placing orders, general billing, proofreading and other office duties. Flexible position for anyone detail oriented, minimum of 20 hours per week with a full-time opportunity for the right candidate. To learn more, contact Alyssa at news@bhgnews.com or call 701-462-8126 office at 607 Main Avenue, Washburn, ND 58577



HELP WANTED

Come Join Our Team!! Full-Time CNA Not a CNA? We Can Help! Benefit Eligible Starting wage \$15.20

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



NOW HIRING Monday-Friday 9 a.m. to 4 p.m.

Stop in for an application.
Hwy. 37 • Garrison, ND

HELP WANTED

HOUSEKEEPER & FRONT DESK CLERK for the North Shore Inn & Suites Motel. Apply within at the

North Shore Inn & Suites
430 5th Ave SW, Garrison, ND



HELP WANTED

Come Join Our Team! • Registered Nurse

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

Statewides

HELP WANTED

SUCCESSFUL PRACTICE SEEKS Associate Dentist because of increase in patient volume. Potential earnings \$300K plus. Includes benefits. Email drb@friendlysmilesfargo.com

THE CITY OF MCCLUSKY has an immediate opening for the position of a public works/city maintenance person. Duties include street sweeping, water meter reading, snow removal and any other city water/sewer/maintenance issues that come up. Salary negotiable. Call 701-363-2345 for information or to obtain an employment application.

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

SERVICES FOR HIRE

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

FINANCIAL SERVICES

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

SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line! FREE CONSULTATION! 855-504-4680.

EDUCATION /TRAINING

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

COMPUTER & IT TRAINING PROGRAM! Train 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).

BUSINESSES FOR SALE

DAIRY QUEEN FOR SALE in Langdon, ND. Call 701-370-5252.

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.

HORSE BUYER

HORSE BUYER at BOWMAN Livestock, October 12: STOCKMANS LIVESTOCK East barn, Dickinson October 13th: SITTING BULL LIVESTOCK, Williston October 14th: RUGBY LIVESTOCK October 15th. 8a.m.-4p.m. Buying all horses - good, bad, ugly or pretty! Top dollar paid on the spot! Special interest in riding horses. 612-839-9568.

Statewides

AUTOS WANTED

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

HEALTH/MEDICAL

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)

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.

BOYSCOUT 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.

Ecklund Township Public Hearing

Take notice that the Ecklund Township Board of Supervisors will meet Wednesday, October 21, 2020 at 6:30 PM in the back meeting room of the Wilton Memorial Hall, 105 Dakota Ave., Wilton, ND to receive the final report and recommendations of the Ecklund Township Zoning Commission in connection with the listed matter and consider whether or not to:

Issue a Conditional Use Permit for property located on Section 18, Auditors Lot A of Section 1/4, Township 142, Range 79, Parcel 10-142-79-00-18-810, Burleigh County, North Dakota.

The application proposal is on a parcel of land consisting of 5 to 10 acres more or less. Copies of the application and description of the land proposed to be affected by the listed application is filed with the Ecklund Township Board of Supervisors and are available for review by the public. Persons desiring to review the application should contact Mary Ann Welder, Ecklund Township Clerk, at 701-527-5287 or 29862 12th St NE, Wilton, ND or Wilton City Auditor at 701-734-6707 or 121 Dakota Ave., Wilton, ND.

At the hearing the Ecklund Township Board of Supervisors will provide all parties in interest and citizens the opportunity to be heard on the matter.

Ecklund Township is currently zoned as a single A-Agricultural District. A copy of the zoning ordinance is on file with the Ecklund Township Clerk and Wilton City Auditor and is available for public review.

Ecklund Township Board of Supervisors Randy Schaffer, David, Gary Vennie, Mary Ann Welder, Ecklund Township Clerk (Oct. 8, 15, 2020)



Will now be taking appointments. Call ahead to reserve a time.

Tuesday October 13th & 27th

Mobile Veterinary Clinic will be in

Underwood at the Rose 3 - 4 p.m.

and Washburn Cenex 1 - 2:30 p.m.

Surgeries, Exams & Vaccinations
Call 720-8387

I am Elsa, My Grandfather Clayton Fegley tells me he is up for election as your state representative. I think it would be great if you voted for him. See his ad with the District 4 Republicans.



Paid for by District 4 Republicans, Chuck Walden, Chairman

Country Kitchen Recipes

MAPLE GLAZED APPLE BLONDIES

By A Latte Food

Ingredients

Blondies

- 2 cups all purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup butter softened
- 1/4 cup sugar
- 1 cup dark brown sugar
- 2 large eggs
- 1 1/2 tsp vanilla extract
- 1/2 tsp cinnamon

Apple Filling

- 2 large apples chopped finely
- 2 Tbsp brown sugar
- 1 Tbsp butter
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon

Maple Glaze

- 2 Tbsp butter
- 1/4 cup pure maple syrup
- 1/2 cup powdered sugar
- 1/4 tsp vanilla extract
- 1/8 tsp ground cinnamon

Directions

Preheat oven to 350 and line an 11x7 pan with tin foil (or spray with pan with cooking spray).

Apple Filling

On med-low heat, cook apple filling mixture for about 3-4 minutes. Pull off heat and allow to cool.

Blondies

Cream butter until light and fluffy, about 1 minute. Add in brown sugar and granulated sugar, and mix until well combined.

Add in eggs, 1 at a time, beating well after each addition. Add in salt and vanilla extract. Mix until combined.

In a separate bowl, mix flour, baking powder, and cinnamon together. Add to the wet ingredients and stir until combined.

In the bottom of the pan, spread half the blondie batter evenly, using a spatula (or your hands--batter is very thick, so I prefer to spread with my hands).

Spread apple filling all over the layer.

Top with remaining blondie batter and spread evenly.

Bake for 25-30 minutes, or until the top is golden brown and a cake tester comes out clean.

Maple Glaze

Melt butter, maple syrup, vanilla extract, and cinnamon over low heat. Once melted together, pull off the heat. Sift in powdered sugar, and whisk until fully combined. Allow to cool for 8-10 minutes so the glaze can thicken.

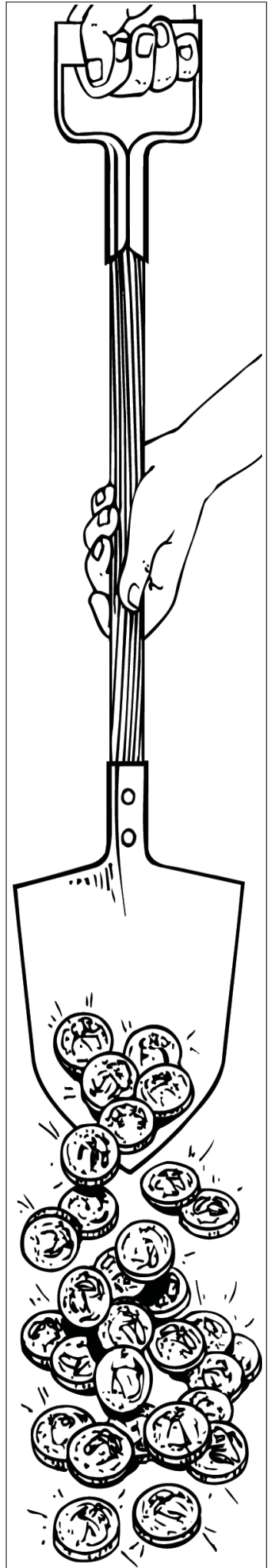
Allow bars to cool for about 10 minutes, then pour the glaze over the bars and allow it to set.

Slice into squares and 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.



Dig up Buried Treasure in the Classifieds

Advertise in your local newspaper today!

701.462.8126

TOYO TIRES

\$50 REBATE

Some exclusions may apply

OCTOBER 1 - 31st, 2020

WASHBURN AUTO BODY
101 Main St, Washburn
701-462-3374



TRUCK MONTH

\$1,000 Accessory Allowance

when you purchase or lease a 2020/2021 Silverado 1500, Silverado HD, most Colorado pickups or 2020 Tahoe or Suburban with eligible accessories¹

Sale ends October 31st

2020 Chevy Equinox



\$4,750 REBATE + \$500 LOYALTY

2020 Buick Enclave



\$6,250 REBATE

2020 Chevy Silverado 1500 Crew Cab



\$4,500 REBATE + \$1,000 ACCESSORY ALLOWANCE

2020 Chevy Silverado 2500 Crew Diesel



\$3,500 REBATE + \$1,000 ACCESSORY ALLOWANCE

GM Program Vehicles

2020 Chevrolet Tahoe LT 4wd SUV dk gray, leather	37,000 miles	\$49,995
2019 Buick Enclave Essence AWD satin steel, leather	22,000 miles	\$34,995
2019 Chevrolet Equinox LT AWD SUV cajun red, conv. pkg	18,000 miles	\$23,995
2019 Chevrolet Equinox 2LT AWD SUV black, 2.0 engine	25,000 miles	\$25,995
2019 Chevy Impala Premier Sedan dk blue, sunroof, leather	31,000 miles	\$27,995
2017 Buick Envision AWD SUV lt brown, leather	25,000 miles	\$25,995
2017 Buick Envision FWD SUV white, leather	21,000 miles	\$22,995

Used Trade-Ins

2018 Chevrolet Suburban dk blue, leather	11,000 miles	\$55,900
2018 Chevy Colorado Crew 4wd gray, Z71	22,000 miles	\$27,995
2018 Chevrolet Silverado 1500 Crew LTZ red, leather	35,000 miles	\$38,995
2018 Honda Accord 4dr Sport Touring Sedan white, 2.0 engine	15,000 miles	\$29,995
2017 Chevrolet Cruze LT sedan black	88,000 miles	\$12,995
2017 Chevrolet Cruze Hatchback maroon	15,600 miles	\$18,995
2016 Ford Edge Titanium SUV blue	114,000 miles	\$12,995

Used Trade-Ins

2015 Chevy Sonic 4 dr sedan maroon	62,000 miles	\$8,595
2015 Chevrolet Silverado 1500 Crew Lt brown	74,000 miles	\$27,995
2014 Chevrolet Impala LTZ Sedan white, leather	66,000 miles	\$15,995
2014 Chevrolet Cruze Diesel 4 dr sedan white	99,000 miles	\$8,995
2013 Buick Enclave AWD CXL silver, leather	131,000 miles	\$9,995
2012 Chevrolet Traverse LT AWD white	143,000 miles	\$6,995
2009 Buick Enclave CXL FWD brown	155,000 miles	\$4,995
2008 Chevrolet Trailblazer 4wd blue	159,000 miles	\$4,995
2007 Pontiac Montana Van maroon	123,000 miles	\$3,995
2005 Chevrolet Trailblazer silver	152,000 miles	\$4,995
2005 Chevrolet Silverado 1500 Crew black	180,000 miles	\$7,995
2003 Chevrolet Malibu Sedan maroon	143,000 miles	\$2,995



HAZEN MOTOR Co.

HAZEN, ND • 701-748-2750 • Toll Free 877-261-6646

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