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ECRWSS

Postal Patron

Deliver By Monday Vol. 36, No. 31 Monday, Nov. 23 2020

> The best circulation for your dollar



Hardware's



Drawings everyday for 10 door prizes from daily entrants Grand prize drawings, December 5th at 4:00 p.m. All entrants from the week - including past winners!

Nov. 27 -KFYR KAFE

Nov. 28 -

drawing for shopping sprees

Hear it on the radio come get it - give away
Find Claudia tomorrow and tell her "Todd sent me" and get something special

SBS cloth bags while supplies last

10% off store wide (excludes the special buys) 10 door prizes drawn from that day's entrants

Get paddled (draw a paint paddle , get a surprise) 10 door prizes drawn from that day's entrants Nov. 30 -

Dec. 1 -10% off all Christmas Decorations 10 door prizes drawn from that day's entrants Customer Appreciation Dinner – 6-8 PM

10% off all Paint and paint supplies Dec. 2 -10 door prizes drawn from that day's entrants

10% off winter needs (hats, gloves, snow shovels, ice melt, ice scrapers) 10 door prizes drawn from that day's entrants Dec. 3 -Kid's Craft Night – Build a wooden Gingerbread house 2 sessions – 5:30 to 6:30 and 7:00 to 8:00 Limit of 12 per session Must preregister

Dec. 4 -Pick a card, any card –(draw a card, get a surprise) with each purchase 10 door prizes drawn from that day's entrants

Dec.5 -\$5 gift card with every \$50 in purchases 10 door prizes drawn from that day's entrants All entrants from the week will be then mixed (including past winners) and drawings for the large door prizes

EVERYDAY Saturday November 28th – Saturday, December 5th.
Calendars, key chain, pens, balls, license holders continue all week
Other vendor small give away while supplies last
Special buys up to 60% off. –until OOS Pick free product from the cart – while supplies last

Customer appreciation dinner

Tuesday, December 1st 6:00p.m. - 8:00p.m.

New color paint matching technology coming soon!

Kid's craft night

Thursday, Dec. 3 5:30-6:30 & 7:00-8:00 Limit 12 per sessio

Must preregister @ https://www.eventbrite.com/e/129222390649





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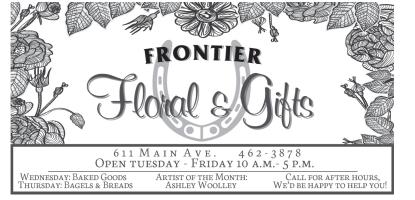
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Try the food storage quiz

PRAIRIE FARE

BY JULIE GARDEN-ROBINSON FOOD AND NUTRITION SPECIALIST

NDSU EXTENSION

"I had the leftover stuffing for lunch," my daughter texted. It was cleverly hidden behind the milk and at the outer limit of its shelf life. Cleaning the

refrigerator was on my list.
Therefore, I couldn't tell her not to eat the "old stuffing." Fortunately, she was OK.

My family has a love-hate relationship with leftovers. One daughter loves them, and the other one prefers freshly made food. Sometimes, however, she has no choice but to eat reheated leftovers.

Our son used to avoid leftovers until he began living on his own. Now he explores the refrigerator for food. Buying your own food definitely affects your willingness to waste it.

My husband and I eat leftovers almost every day. I make extra food so we have lunch for the next day to save time, effort and money. Unfortunately, too much

food is wasted annually. According to the Economic Research Service, between 30% and 40% of food is wasted yearly. That amounts to 80 billion pounds of food worth \$161 billion. That's about 219 pounds of food waste for every person. Along with buying

what we can use within a reasonable time, we need to keep safety in mind, too. How long is fresh food and leftover food "safe" in your refrigerator or freezer? Try this quiz. You can download a free "food keeper" app on your smartphone or visit https:// www.foodsafety.gov/keepfood-safe/foodkeeper-app and use the information online.

1. Maintaining food at the proper temperature is key to food safety. At what temperature should you maintain your refrigerator, according to the U.S. Department of Agriculture (USDA)?

b) 40 F

c) 45 F

2. At what temperature should your freezer be maintained, according to the USDA?

a) minus 5 F

b) 0 F

3. You bought a turkey to enjoy for the holidays and froze it. For the best quality, within how many months should you use your frozen turkey?

a) 6 months

b) 9 months

c) 12 months

4. You have a frozen turkey in your freezer maintained at the proper temperature. It has been stored frozen for two years. Is it safe to eat?

a) Yes

5. To save time, you purchased refrigerator cookie dough for the holidays. How long is the dough of high quality and freshness?

a) 4 days from purchase

b) 7 days from purchase

c) Consult the use-by date on the package

6. You made a casserole and refrigerated the leftovers. How long is the casserole safe and high quality?

a) 2 days

b) 4 days

c) 7 days

7. You found a can of cranberry sauce that you purchased 18 months ago. Is it safe to use?

a) Yes

b) No

Most leftover food is good for three to four days after preparation as long as the food was prepared safely and refrigerated promptly. If you will not use leftovers within this time period, consider freezing the food. Frozen food is "safe" for long periods of time, but the quality will decline with time.

Visit https://www.ag.ndsu. edu/food/food-safety/ home to learn more about home food safety and visit https://www.ag.ndsu.edu/ food/food-preservation/ freezing to learn about freezing food for best quality.

Here's a tasty way to creating something "new" from leftovers.

7 Steps to Making a Quesadilla

Heat a nonstick frying pan to medium-high heat. Add 1/2 teaspoon of olive or canola oil and spread around frying pan. When the oil is hot, place one whole-wheat tortilla in the pan.

Sprinkle 1/4 cup of your favorite low-fat shredded cheese, such as mozzarella, Monterey jack or cheddar, over the top of the tortilla, making sure that the cheese does not land on the pan.

Add 1/2 cup of protein, such as canned beans (drained and rinsed), cooked The answers are 1. b; chicken, turkey, shrimp,

2. b; 3. c; 4. a; 5. c; 6. b; 7. a. shredded pork or beef, or tofu.

Add $1/\bar{2}$ cup of veggies for flavor, fiber and extra nutrition. Try tomatoes, spinach, mushrooms, bell peppers, corn, onions, avocados or your favorite veggie of choice. Add cilantro, pineapple, hot sauce, jalapenos, black olives or salsa for an additional boost of flavor.

Sprinkle 2 tablespoons of cheese on top of the fillings and place the other whole-wheat tortilla on top. Cover pan and cook for approximately two to four minutes or until cheese begins to melt and tortilla browns.

Using a spatula, carefully flip the quesadilla over and cook for approximately two more minutes.

Cut into six pieces and top with guacamole, salsa and low-fat sour cream or plain or Greek yogurt.

The nutritional value varies depending on the ingredients you choose.

(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)











CALENDAR

Thursday, November 19 Mercer City meeting at 7 p.m.

Friday, November 20

EARLY DEADLINE - All news, events, classifieds, advertising and public notices must be in the Leader-News/ News-Journal by 5 p.m. for the Nov. 26 issue.

Saturday, November 21

The Community Cupboard of Underwood will be open from 9 a.m. to 1 p.m. at 208 Lincoln Avenue. All in need are welcome to receive food and household goods at no cost.

MEALS ON WHEELS

Nov. 23: Salisbury steak, scalloped potato, green beans, fruit cocktail.

Nov. 24: Spanish rice, corn, tossed salad with dressing packet, mandarin oranges, banana cup.

Nov. 25: Roast beef, mashed potatoes with gravy, carrots, apricot.

Nov. 26: Closed-Happy Thanksgiving.

Nov. 27: Closed.

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:		

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What is it? BHG newspapers are launching All-Access advertising, where advertisers can pay a small upcharge to get any print ad placed on the BHG website.

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What size ads can be uploaded online? Any print ad can be put on the website. Each ad will have a pop-out display where they can be viewed in a larger size.

Why should you be online?

Over 3,000 users visit

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All-Access Advertising rates:

Individual newspaper home: \$5 BHG home page: \$7 All home pages: \$10

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Fast Facts about BHGnews.com

• Roughly 3,500

users and 7,000 sessions per month

 An average of 650 new users in one week

Roughly 600

e-edition views per week -- and growing.

• 65-70 percent of

users are new users, with 30-35 percent

> being return visitors.

The Warmth of a Good Fire and Good Friendship

DAKOTA GARDENER:

BY JOE ZELEZNIK

FORESTER NDSU EXTENSION

As we all know, 2020 has been an interesting year.

My wife and I have been very fortunate; we're healthy and we've been able to visit with a few of our neighbors about once a month. These get-togethers have all been outdoors and usually there's a small bonfire involved.

One of our friends already is worried about winter, though. Will we be able to see each other at all? My response is, "Absolutely! We just need warmer clothes and bigger bonfires."

Relatively few households use wood as their main source of heat, although the percentage has increased in the last 20 years as outdoor wood furnaces have become more common. Indoor wood stoves also are relatively uncommon, although not unheard of.

When I was in graduate school in West Virginia, we actually had a wood-burning stove as a secondary source of heat for our small rental house. Otherwise, we used electric baseboard heating. That wood stove saved us a lot of money when funds were tight.

A very unique wood-heated facility in North Dakota is at Bismarck State College. The BSC Aquatic Center burns wood waste from the Bismarck Forestry Department's pruning program. It's a great use of a resource that otherwise might go to waste. Many municipal forestry programs offer wood to residents, although you'll probably have to do the cutting and splitting yourself.

How much heat does wood give out? I've looked into this question a lot through the years and I'm always surprised by the answers. Pound for pound, most hardwood (deciduous) tree species contain roughly the same amount of heat about 8,600 British thermal units (BTUs) per pound (https://extension.missouri. edu/media/wysiwyg/ Extensiondata/Pub/pdf/ agguides/forestry/g05450.pdf). Bur oak, boxelder and even cottonwood all hold a similar amount of heat by the pound.

But firewood is rarely sold by the pound. Instead, it's usually sold by volume – by the cord. What's a cord? It's a stacked pile of wood, bark and air space that measures 4 feet high by 8 feet wide by 4 feet deep. A "face cord" is a stacked pile that's 4 feet high by 8 feet wide by X feet deep. X is usually 16, 20 or 24 inches, based on what size a given stove or fireplace can take.

For my own firewood, I'll take the oak instead of cottonwood any day. Oak is much denser than cottonwood and we have limited storage space. Although boxelder is pretty abundant, oak is a lot easier to split.

I like to let my firewood dry for at least a year before using it. Cottonwood contains an amazing amount of water, and once the wood dries, it's very light and puts off very little heat.

There's an old saying about firewood that goes like this: Firewood heats you three times. The first is when you cut it. The second time is when you split and stack it. The third time is when you finally burn it.

My wife and I likely will have a few fires in the fireplace this winter. It's very comforting on a cold, windy night. And maybe on those occasional calm days, we'll go outside and have a bonfire with our friends. That'll keep us warm.

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



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OUR OUTDOORS

The Weight of the Wait



BY NICK SIMONSON

DAKWINE PINE QUITANPRIKE weight of a deer tag becoming more and more tangible in the right leg pocket of my camouflage hunting pants and that heft spurring much of my recent outdoor activity, I catch myself thinking ahead. Beyond the quiet morning sits and windy sneaks through the countryside as I wait for a buck – at this time, I'd take any buck – to magically appear in front of me.

As I do, I listen to the

as chickadees, nuthatches, woodpeckers and other birds of the creek and river bottoms herald the opening hour. And then, once I've followed the sun through the sky from my vantage point on the grassy hillside, they again warn me of the approaching end of each day afield, pointing out that I have yet to set my crosshairs on my target. In my slow hikes, the ones where I hope to gently nudge my quarry from his daytime hiding spot in the tangled ground cover, other birds greet me, most notably the coveys of sharptailed grouse, which abound this particular season, along with a good population of pheasants.

Their whirring wings spark a muscle memory from September and October and despite the dozens of encounters

winged world around me, their hunting seasons, it takes a second for my synapses to override the mechanical motion of my shoulders and biceps raising the unfamiliar firearm in an instinctive snap.

Across the brown landscape, I watch the hens and roosters fly, pumping their wings and gliding softly over the rises. Their tailfeathers are growing long as the birds enter the back half of November, and the tips of their plumage wave out a goodbye as they disappear over the horizon. Marking each spot in my mind, if not on my GPS, I make note of the public land encounters so that I may return in the late season with my dog, when these birds likely will not flush so close. When in search of deer, it seems, all other species are near.

So it goes when you're focused on one pursuit and in this halftime of sorts in entering the final stretch of a

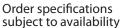
season, with the self-inflicted pressure of a paper tag weighing in on every outdoor decision. The guilt of even considering an outing with my dog for those birds during this stretch is enough to override that brought on by his excited brown eyes when I wake up early and sneak out to the truck in the pre-dawn light, dressed in the kind of hunting gear he has now come to recognize does not include him.

Still, it doesn't stop him from approaching the door, tail wagging excitedly as if its motion could change my mind as I sprint out into the garage, holding my breath and only exhaling as the mechanical door goes up and the engine turns over to drown out the pleading whine I'm certain I can still hear coming from up the wooden steps and behind the walk-out door.

The anthropomorphizing is ridiculous, but it doesn't stop there this time of year.

Just as it appears that all antlered animals learn to read posted signs on opening day or waterfowl can hone in on refuge sites in their migrations or pheasants know the safest spot in the world is next to the front porch stoop of any farm house, the end of the firearms season will bring with it a flip in the encounter ratio, and the buck I seek will come bounding from cover the day after, and probably bring three of his friends with him, laughing all the way.

In the process, they'll sprint off and probably send 150 pheasants flushing from the grass, cattails and brush at the end of his jaunt to add insult to the calendar-induced injury. In the meantime though, I'll continue the hunt and attempt to shed a few pounds by affixing the cast iron gym plate folded up in my wallet to some antler bone in these final days, hopeful for the recklessness of the rut to bring a deer my way... in our outdoors.







ATHLETIC HEATHER





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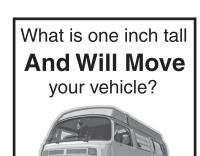
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- CONTACT INFORMATION: Phone: 462-8126 Fax: 462-8128 Email: leadernews@westriv.com • Website: bhgnews.com Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- DELIVERY PROBLEMS: If you're having any problems getting your Xtra when and if - we 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

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). 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.

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28-39-P-PD

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18-TFNNCI 58540

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43-TFN-E-X

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

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58579

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CHI St. Alexius Health **Garrison Hospital**

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Call Jenni Bakken for more information.

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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% <u>URGENT</u>

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HELP WANTED

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. November 25, 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.mcleancountynd.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.

Statewides

HELP WANTED

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

PT CNA INSTRUCTOR. Lake Region State College – Devils Lake, ND. The position is part-time and includes classroom and lab instruction and supervision of the students in the clinical setting. Must be a registered nurse with a minimum of two years of nursing experience, at least one year of which must be in the provision of long-term care facility services. Go to Irsc.edu for more information.

BUILDING SERVICE TECHNICIAN. NDSCS has 3 full time positions for custodial / minor maintenance duties in Wahpeton. Both day and evening positions available. Includes full benefits: Health/Life, Retirement, EAP, Leave, Tuition Waiver, Dependent Tuition Discount, and more. Interested candidates must complete the online application located at: ndscs.edu/join-our-team EOE

HOLLAND \$1500 SIGN-ON BONUS! Open Positions in our East Grand Forks, Ardoch & Moorhead locations: Class A CDL Truck Drivers, Laborers, & Mechanics. Full benefits package includes: medical benefits after 30 days, life insurance, matching 401(k), paid time off and tuition reimbursement. To find out more visit www.hollandco.com or call 708-295-2313.

COMMERCIAL APPLICATORS. Competitive wage and benefits, meal allowance, paid lodging. Railroad vegetation control,60+ hours/week. RAW (Cooperstown, ND). 888.700.0292 | www.rawapplicators.com | info@rawapplicators.com

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.

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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).

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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.

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-

Got a story idea? Contact Alyssa phone 462-8126 fax 462-8128 email washburned@bhqnews.com

HELP WANTED



West River Telecom (WRT), a growing telecommunications cooperative, has a position opening for a full-time Customer Sales & Service Representative. A complete job description for the position can be found at www.westriv.com

Customer Sales & Service Representative (Full-time)

Job Responsibilities: Individual serves as the primary point of

Job Responsibilities: Individual serves as the primary point of contact for assisting customers with any inquiries, service difficulties or service requests by phone calls, emails, or walk-ins.

Qualifications: Associate degree, preferably in computer science or related field, or equivalent work experience.

WRT offers an excellent wage and benefits package including: medical/dental/vision, life/dependent insurance, 401K, a retirement plan, student tuition reimbursement, PTO, sick leave, flex spending, and free phone/internet

Application Deadline: December 2, 2020.

Complete application online and submit with resume via <u>www.westriv.com</u>. Call 701-748-4213 with any questions.

WRT is an Equal Opportunity Employer

HELP WANTED

Want a position that's challenging and rewarding?

Bookkeeping/Computer Assistant

Part-time to full-time position available at BHG. We'll teach you how we get newspapers to our subscribers and how we care for our customers' accounts. Attention to detail, previous experience in a detailed position helpful. Flexible hours available such as evenings and weekends, if preferred, after training period. Stop by and fill out an application at BHG, 91 N. Main St., Garrison.



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12. People forget!



II. Frequent advertising helps maintain higher revenue levels in the off season.

10. You can devote more time to each customer if your store traffic is spread out evenly throughout the week.

9. Advertising frequently=higher than average results.

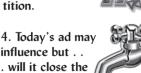
8. Advertising is your smallest business expense, yet without it, your business could fail.

7. You should count the day as a loss if • Your store doesn't ope • Your shelves aren't stocked • Your phone is disconnected • Your sales staff doesn't show up • Your ad didn't



6. Today's paper is easier to find than yesterday's.

5. Frequent advertising helps you beat your competition.



influence but . . . will it close the deal for a lukwarm prospect?



fordable rates.

2. Frequent advertising reaches

3. Fequency offers you the most af-



your customers

and the # I reason to advertise:
People have new
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For your advertising needs call your local BHG news office. **8** | 11.23.20 | Xtra leadernews@westriv.com

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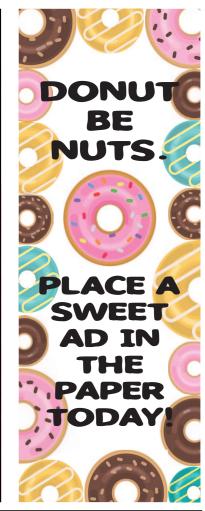
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Thanks to the generosity of the Garrison area residents and merchants, the Community Chest has been able to support local area and state charities through an earnest city and rural fund drive while keeping the number of charitable drives in the community at a minimum.

We would appreciate your consideration for a generous contribution in order to meet these needs.

Below is a list of the charities supported this year. Please indicate which charities your contribution is to support and drop off or mail to: Garrison State Bank & Trust (P.O. Box 339, Garrison, ND 58540).

Make your check payable to "Garrison Community Chest," and return by December 31, 2020.

We thank you for your past support and request your generous support with the 2020 Fund Drive.

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Please complete and return with check made payable to: Garrison Community Chest								
Garrison Ambulance	McLean County Resource Center	Little Lunches Back Pack	School Hot Lunch Balance					
Gifts From the Heart	Girl Scouts (local)	Max Food Pantry	Wilderness Park					
Heritage Park	Benedictine Living Center Activity Fund	Ryder Food Pantry	General Distribution					
Garrison Senior Citizens	Garrison Hospital Activity Fund	Garrison Fire Department						
State Red Cross	Camp of the Cross	SACA						
Meals on Wheels	Garrison Food Pantry (GARC)	Garrison Community Foundation						
Cub Scouts (local)	Dolly Parton Imagination Library	(St. Joseph Fund)						

THANK YOU FOR YOUR DONATION!

Contact Your Bank For An Automatic Monthly Payment From Your Account



Garrison Community Chest is administered by Better Living For Garrison