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Prairie Fare: Are You Getting Your Omega-3 Fats?

PRAIRIE FARE

seafood and fish did you eat during the past week?

The presenter posed this question to attendees.

Unfortunately, I was not meeting the goal.

Would you meet the goal of two servings of fish or seafood a week? That's about eight ounces weekly.

The palm of an average adult's hand is the visual representation of a "serving" for fish or seafood.

I put fish on my home menu that day to join our usual mix of meat, poultry, beans, nuts and seeds as protein sources.

Fresh, canned and frozen fish and seafood all count toward the goal. Canned and frozen fish usually offer money savings too.

Why do nutrition experts recommend eating more fish and seafood? This high-protein food is somewhat unique compared with other foods in its significant content of omega-3 fats

Let's stroll back to biology or chemistry class for a minute. "Omega-3" refers to the placement of the double bond in the long chain of carbon atoms that make up fats. "Omega" means "the end." Omega-3 means the double bond in the carbon chain is third from the end of the chain.

You might see EPA, DHA or ALA on supplements or in some cases, on baby formula containers. We find EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) naturally in fish and seafood. ALA (alpha-linolenic acid) refers to the omega-3 fats in plants.

Usually labels list the abbreviation instead of the tongue-twister scientific names, fortunately for us. You can impress your friends with these details.

Infant formula is supplemented with DHA because of its role in brain and eye development during infancy. Breast milk naturally contains this fatty acid, but the mom's diet also determines the amount of DHA in the milk produced.

For adults, adequate amounts of omega-3 fats in our diet can help prevent heart

In fact, research has shown that these powerful fats can reduce risk of blood clots and

"How many servings of help prevent sudden cardiac death among those with abnormal heart rhythms. It also helps keep our arteries free from damaging plaque deposits. In some cases, more omega-3 fats may reduce your triglyceride levels.

Other researchers have shown that eating more foods high in omega-3 fats may increase our HDL "good" cholesterol levels and even lower our blood pressure.

However, don't throw out any heart-related prescriptions you might be taking. Talk with your healthcare provider or dietitian about changes in your diet. If you are thinking about a fish oil supplement, visit with your healthcare provider about safe amounts before you begin.

Pregnant or nursing women also should visit with their healthcare provider about fish and seafood consumption. They should avoid eating swordfish, tilefish and king mackerel due to higher levels of mercury. However, canned fish and smaller fish are healthful options.

Some of the best sources of omega-3 fats are mackerel, salmon (especially wild caught), oysters, herring, sardines, lake trout, tuna (albacore), freshwater white fish, halibut and striped bass.

Get a little creative with fish choices. Try fish tacos, grilled or baked fish on a salad or salmon patties. Yes, the Midwestern staple, "Tuna Noodle Hotdish" counts.

Have a tuna salad sandwich for lunch. Maybe you like sardines or herring. Yes, these foods count toward the recommendation too. Enjoy them with whole-grain crackers for a snack.

What if you do not like fish or seafood or cannot eat them because you have allergies? Some plant foods also provide omega-3 fats. Chia seeds, Brussels sprouts, hemp seeds, walnuts and flaxseeds all provide omega-3 fats.

Foods such as eggs may contain omega-3s depending on the chicken's feed. Grassfed animals produce milk and meat higher in omega-3 fats.

Bottom line, enjoy a wide range of foods from all the food groups, and consider adding some fish, seafood or other sources of omega-3 fats to your diet.

This week's recipe and

nutrition analysis is courtesy of the Iowa State University's Spend Smart. Eat Smart. program. Baking instead of deep frying reduces calories and fat.

Baked Fish and Chips Chip ingredients:

4 cups potatoes (4 medium, unpeeled)

1 tablespoon oil (canola or vegetable)

1/8 teaspoon salt

1/8 teaspoon ground black pepper Fish ingredients:

4 fish fillets, thawed (salmon

or other fish, about 3 oz. each)

3 cups cornflakes 1 egg

2 tablespoons water 1/3 cup flour

Note that the potatoes take longer to cook, so prepare potatoes/chips first. While potatoes are baking, prepare fish.

Chip directions: Preheat oven to 425 F. Scrub potatoes under running water using a clean vegetable brush. Cut in half and then into 1/4-inch slices. Combine potatoes, oil, salt and pepper in a bowl. Stir so potatoes are coated with oil. Spray a cookie sheet with cooking spray and lay slices out in a single layer. Bake for 15 minutes. Turn potatoes over and bake for 15 minutes more (for a total of 30 minutes)

Fish directions: Cut each fillet into two strips. Place cornflakes in a plastic zip-close bag. Crush by rolling a glass, can or rolling pin over the bag. Beat egg and water together in a bowl. Spray a cookie sheet with cooking oil spray. Put flour in a dish. Dip each strip into flour, then egg mixture, then cornflakes. Place fish on the sheet and bake in oven for 15 minutes until fish reaches an internal temperature of 145 F or flakes easily with a fork.

Makes four servings. Each serving (two fish strips and one cup potatoes) has 410 calories, 7 grams (g) fat, 26 g protein, 63 g carbohydrate, 6 g fiber and 300 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)

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Transit Bus WILL NOT be going to 4-BEARS CASINO Wed., Nov. 24 Нарру Thanksgiving!

West River

CALENDAR

Saturday, November 20

The Community Cupboard of Underwood will be open from 1 to 3 p.m. at 208 Lincoln Avenue. This will be the food and turkey distribution. All in need are welcome to receive food and household goods at no cost. Note the time change due to the Otter Tail power outage for Underwood.

Sunday, November 21

The Turtle Lake Community Thanksgiving Service will be held at United Methodist Church at 7 p.m.

Monday, November 22

Early Deadline - Due to the Thanksgiving Holiday, all news, classifieds, advertising and area announcements must be in the Leader-News/Central McLean News-Journal office by 9 a.m. for the November 25 issue.

Underwood City Meeting

Tuesday, November 23

A Community Thanksgiving worship service will be held at the First Presbyterian Church of Wilton at 7 p.m. Everyone is invited. The worship experience is provided by the Wilton/Regan/Wing Ministerial Association.

Saturday, November 27

The Lord's Pantry is open from 10 a.m. to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.

MEALS ON WHEELS

Nov. 22: Steak with mushrooms and onion sauce, mashed potatoes with gravy, creamed mixed vegetables, peaches.

Nov. 23: Sausage and sauerkraut, mashed potatoes with margarine, pickled beets, strawberry applesauce.

Nov. 24: Meat lasagna, Italian, vegetable blend, side salad with dressing, bread stick, cherries.

Nov. 25: Closed-Thanksgiving

Nov. 26: Closed.

Home Not-So-Sweet Home

DAKOTA DATEBOOK

Dakota Datebook written by Tessa Sandstrom

November 22, 2021 — "Home sweet home" was not a term used to describe some of North Dakota's newest homeowners today in 1921. These prospective homeowners were to have modern, affordable homes built for them by the Home Building Association. The Association's laws said city homes were to cost no more than \$5,000, but homeowners soon found that the Association had exceedingly underestimated this cost. In fact, on average, many of the homes cost 61 percent more than the estimated cost.

Among the unhappy homeowners was the NPL Commissioner of Agriculture and Industrial Commission member, John Hagan. After Hagan's house was completed and he had moved in, Hagan found the house cost nearly \$2,000 more than estimated. Like others who were outraged by the high cost of the houses, Hagan refused to pay the extra amount and moved out.

At this time the Home Building Association was just beginning their work, but its work would also soon be over. Officially established in 1919 by the Non-Partisan League, the Association was just one of the programs initiated under the Industrial Commission. The program intended to build 700 homes for farmers and working men, but poor

planning, and even worse political actions, led to the end of the Association. In fact, during its short existence, the actual work of building homes both began and ended under the same administration, and the Association's failure would become one of the factors in the decline of the NPL.

Several factors contributed to the Association's failure, but among the most important was the poor planning of the Association. No contracts were drawn up for the 54 homes that were completed by the Association, but instead, the houses were built only on verbal agreements. Furthermore, the Association failed to keep track of the expenses, material and labor used, and the cost of each building during construction. This led to the inflated prices of the homes, and the refusal by homeowners to pay for them. Many of the cases were taken to court, and the homeowners were able to obtain them for little over the estimated cost. This resulted in a \$320,000 loss for the Association.

The poor planning, however, was just part of the problem. An investigation conducted in December 1921 found that the Association and the Non-Partisan League were conducting business in violation of state statutes. Many of the homes had been built for government officials, which violated a statute that forbade officials helping themselves to

public money or property. This was especially controversial since the houses were intended for more disadvantaged people. The Investigation Committee of 1921 said, "The League bosses pretended to enact this law for the poor working man who had no home. The story of the Home Builders Association shows that it was only political bait."

Moreover, the Association borrowed money from another Industrial Commission program, the Bank of North Dakota. This activity was not allowed by law, and the action resulted in added debt for taxpayers. The Association had accrued a debt of over a half a million dollars by the time its laws were repealed and the Association liquidated in 1923. The Association did last two years longer than many responsible for its creation. Governor Frazier, Attorney General Lemke, and Commissioner Hagen were recalled from office over the controversy in a special election in 1921.

"Dakota Datebook" is a radio series from Prairie Public 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.

Houseplant Fungus Gnat Woes

DAKOTA GARDENER

By Joe Zeleznik, Forester NDSU Extension

I'm in my early 50s. To my three-year-old grandson, that's really old. But to my mom, who's in her 80s, I'm still a kid. She has 14 grandkids and 11 greatgrandkids, but I'm still her baby.

When my dad turned 60, he got a T-shirt that read "60 isn't old...if you're a tree!" It was a fun, teasing gift from a good friend.

My thoughts have often gone back to that T-shirt over the years. Is a 60-year-old tree young? For some tree species, yes. For other tree species, even a 30-year-old tree is an old-timer, especially in a tough climate like North Dakota.

Last week, I received a question from a colleague who read that the maximum lifespan

of green ash trees in the Badlands was 100 years. Did I agree with that statement?

The short answer was no, I didn't agree. I've cored dozens of green ash trees in the Badlands, and two of them were more than 100 years old. One tree was more than 125 years old when I took a core in 2010. The other tree was more than 138 years old back in 2018. Both trees were very healthy.

In other parts of North Dakota, I've found a number of green ash trees that were in their 160s and 170s. The oldest one I've found was 185 years old. That tree was harvested for timber in 2007.

So, how old is old? What's the maximum age that a green ash tree will live to? The only way we can know for sure is to wait until trees die from natural causes, and then count the rings. That doesn't happen too often. I wonder how long that 185-year-old tree would have lived if it hadn't been harvested.

Though the Badlands provide a harsh environment, so do our cities. I doubt that a green ash tree would survive to 185 years along an urban street. In 'tree-planting pits,' those small enclosed areas with limited soil volume, trees are often doomed to a very short life. One report estimated that trees in these situations live an average of only seven years. That's short, especially when we consider the amount of time and money spent on planting and maintaining trees in our downtown areas.

Butit's notall doom and gloom. times. People needed building firewood.

Ponderosa pines are native to southwestern North Dakota, on the edge of the Badlands. Some trees in this area have lived for more than 500 years. Two trees killed by a wildfire in 2004 dated back to the 1670s. They were over 430 years old when they died. Amazing!

Back in 2014, researchers found a 383-year-old cottonwood along the Little Missouri River. Most people don't think of cottonwood as a long-lived species, because they grow so fast. However, the research has clearly shown that cottonwoods can live several hundred years.

Another long-lived tree species is bur oak. The majority of the 'old' bur oak trees in North Dakota date back to settlement times. People needed building

material and fuel, and the small forests took quite a hit as more and more people arrived. Very few trees were spared, though we occasionally find an oak tree that dates to the 1840s, 1820s or even into the 1700s. But those are rare. The oldest bur oak we ever found dated to the 1550s. It was over 450 years old when it came down. Wow!

So, is a 60-year-old tree considered to be 'old'? Like most things, it depends. A lot of tree species can live long lives, even in the midst of a broader prairie environment.

In my early 50s, I still feel like a kid. I won't live as long as those ash, oak or cottonwood trees, but I've got many years left in me. Unless someone harvests me for firewood.





HAT TIPS Coondog



BY DEAN MEYER

Hello.

If you grew up with rodeo as your favorite sport, this is the week! The National Finals is on every night at 8. Now, for me, 8 is pretty late. But thanks to modern technology, I can watch it early in the morning. And I have lots of friends enjoying the show in

And last night was really special. Because on another station they were celebrating Frank Sinatra! How can you beat that? I suppose that does kind of age me. But dang it was good watching and listening.

A funny thing happened to me this week. I was visiting some friends in a nursing home in Nebraska. It happened to be lunchtime, so most of the residents were seated in the dining room awaiting their meal. I guess in Nebraska, you don't get a lot of visitors wearing a silver belly cowboy

 $A \, couple \, of \, elderly \, gentlemen \,$ mentioned my hat so I stopped by to visit with them. Now, I'm not real tall. But I suppose if you are chairbound for a few years, a guy over six feet wearing a cowboy hat looks pretty big. One of these old boys asked, "Just how tall are you"? I replied that I was about sixtwo, but gravity was starting to

pull me down a little. The other gentleman replied that he had noticed, "As you get heavier, you also get a little shorter." Those of you that know me, probably have noticed that I am a bit heavy. Like about sixty or seventy pounds heavy. And I thank you for not mentioning it to me. As these two old boys discussed this phenomenon, one mentioned that he had gone to school with a guy that was six-two and weighed about 220. I just wish I weighed 220. Anyway this guy went on a diet. About five years later, he

ran into this friend. The guy had gone from 220 to 170. And he had grown from six-two to six-eleven! Six foot eleven inches! Had lost fifty pounds and stretched out another nine inches! I was going to call bullon that, but I am too kind.

Carm sent me a note last night. They were visiting about tagging calves. They have a neighbor nicknamed Coondog. You people in Harding County are aware of this guy. Last spring, Coondog was tagging a calf. And the mama cow didn't take kindly to this. The calf was

bellering and mama was bound and determined that Coondog was torturing this calf. She got the best of Coondog and ran him off.

Well, Coondog decided he'd go grab a shovel and educate this cow. He's kind of a cow whisperer. He said he took this long handled shovel out to whack this cow over the head.

When he came to, the cow, calf, and shovel were gone. And so was one of his boots!

Later, Dean

AUCTION:

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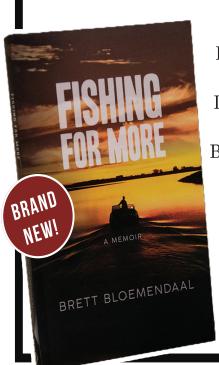
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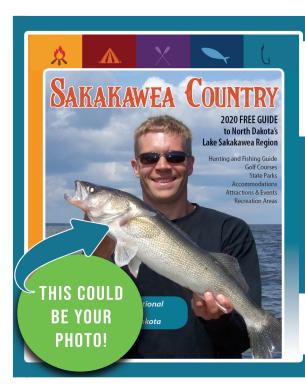


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- DELIVERY PROBLEMS: If you're having any problems getting your Xtra when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800 658-3485 when you want to report problems.

ANNOUNCEMENTS

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1-e-tfn-nc

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 5 pm. CT, St. Paul Lutheran Church (794-3381); in Garrison, Thursday at 8 pm at SACA Lodge, 11 Central Ave NW, 1 block West of the City 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, United Methodist, Washburn (701-460-0663).

46-TFNPI 58540

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

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We Are Hiring!



The Leader-News at 607 Main Avenue, Washburn, ND send an email to news@bhgnews.com

or call 701-463-2201.

Front Desk

<u>Associate</u>

Immediate opening for a full time front desk associate at the Leader-News office in Washburn. Four days a week, working Monday-Thursday each week as regular schedule. Duties include file

management, proofreading, answering phones, assisting customers and keeping front office clean and organized. Potential for extra income through commission on special order clothing sales.

HELP WANTED

Benedictine LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!

Cook

We are looking for a person that enjoys preparing food and interacting with Elders. We offer very competitive wages, Health, vison, Life, and 401k packages. Please apply on line at <u>blcgarrison.com</u> or contact Jill Borth with any questions 701-463-2226.



"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

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

RN - Acute/ER \$5,000,00

Employment Incentive For more information call 701-463-6503

Apply online at www.commonspirit.careers

CHI St. Alexius Health **Garrison Hospital** The institution is an equal opportunity provider and employed

HELP WANTED

Culinary Aide Full-Time (35 hrs per week)

Come Join Our Team!!

Benedictine

CNA Full-Time, Days Laundry Aide

Full-Time (30 hrs per week) Apply at www.blcgarrison.com



Call Jill Borth at (701)463-2226 "EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

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

RN/LPN -**Nursing Facility** \$5,000.00

Employment Incentive For more information call **701-463-6503** Apply online at

CHI St. Alexius Health

www.commonspirit.careers

Garrison Hospital The institution is an equal opportunity provider and employer

WANTED: FEDERAL PRISONER

McLean County will accept applications filling one (1) or more positions as part-time, non-benefitted Federal Prisoner Transport Officers in the Sheriff's Department with a pay rate of \$33.00/hour. Hours are variable on an as-needed basis and capped at 19 hours/week. Applications will be accepted until 4:00 P.M. on Wednesday, December 1, 2021.

TRANSPORT OFFICER(S)

Successful candidates will be required to submit to applicable background checks.

For further information or to obtain a McLean County job application, interested individuals may contact Lori by phone at (701) 462-8541; via email at lfoss@nd.gov; or visit www. mcleancountynd.gov/employment. Résumés may be included with the application, but will not be accepted in place of an official application.

McLean County is an Equal Opportunity Employer.

HELP WANTED

CHI St. Alexius Health Garrison Hospital & Nursing Facility

Lab Tech (MT/MLT) Physical Therapist • Radiology Tech **Cook • Dietary Aide • Dietary Helper Activies Aide • Housekeeping CNA • Nurse Aide**

Now offering higher starting wages!

CHI St. Alexius Health **Garrison Hospital** The institution is an equal opportunity provider and employer

For more information call 701-463-6503. Apply online at www.commonspirit.careers



SECURITY OFFICERS

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 (BillL@GSSC.net) for more information. EOE/AA/Disability/Veterans/M/F Employer Immediate full-time & part-time openings

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phone 462-8126 • fax 462-8128 • email leadernews@westriv.com

leadernews@westriv.com

STATEWIDES

HELP WANTED

ADVERTISING COORDINATOR. SEEKING detail-orientated, organized multi-tasker with great customer service skills to act as a liaison between North Dakota newspapers and advertisers, including state agencies, advertising agencies, and private businesses. Individual must be able to juggle multiple emails and advertising requests, process orders, update advertising data, oversee tear sheeting and order confirmations, and some billing. Must be proficient in Excel, Microsoft Word, and possess general math skills. This position will work in our Bismarck office and enjoy a generous benefits package. To apply, send a resume and cover letter including at least two work references to: sarahes@ndna.com. NDNA is an equal opportunity employer.

I N F O R M A T I O N A N D COMMUNICATIONS TECHNOLOGY INSTRUCTOR – Fargo. NDSCS - Fargo has a FT, 9-month, benefited, tenure-track teaching position beginning January 2022. Primary focus will be programming, databases, networking, and hardware. Salary DOE, plus excellent benefit package, including fully paid Health insurance. Screening begins Immediately. Interested candidates must submit the online application. EOE. For more information go to: www.ndscs.edu/join-our-team

MAKE A DIFFERENCE AND SO MUCH MORE. Wishek Living Center in Wishek, ND has multiple employment opportunities. Visit www. wishek-nd.com/wlc or call 701-452-2333.

C.N.A.s- \$30/HR!! Crisis pay for psychiatric units in Jamestown and Grafton. All backgrounds will be considered, especially psychiatric, rehab, L.T.C. and homecare. Flexible and immediate start dates. All shifts. Call Vicki at Worldwide Staffing 866.633.3700 x 108.

THE CITY OF WASHBURN, ND is accepting applications for a full time. Public Works Employee/Water Plant Operator. A complete job description can be obtained by contacting the City of Washburn Auditor's Office by calling 701-462-8558; or emailing washaud@westriv.com. Resumes with a cover letter must be received at the City Office no later than 4:00 PM on Wednesday, November 24, 2021.

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

SERVICES FOR HIRE

SHELTERBELT SOLUTIONS. CRYSTAL ND. serving all of ND. Shelterbelt/farmstead windbreak removal. No sticks to pick. No dirt in pile. Vince 701-270-8717. Jay 701-367-1424. Shelterbelt solutions.com

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 844-254-7522.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 877-482-4836.

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 833-946-2482.

FINANCIAL SERVICES

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! 855-399-8165.

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF + 2 FREE Months! 877-583-0333.

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) The Mission, Program Information and Tuition is located at CareerTechnical.edu/consumer-information.

ATTENTION ACTIVE DUTY & MILITARY VETERANS! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, call 701-929-9679. (M-F 7am-5pm CT). The Mission, Program Information and Tuition is located at CareerTechnical.edu/consumer-information.

BUSINESSES FOR SALE

FOR SALE: The Hillsboro Cafe and Bakery, Hillsboro ND. Turn-key operation - ready to go! Details available at www.HillsboroCafe.com.

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

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/month with 190 channels and 3 months free premium movie channels! Free next day installation! Call 833-365-1362.

PROTECT YOUR HOME AND FAMILY with Vivint Smart Home. Call 866-391-9779 today to receive a FREE \$50 GIFTCARD with your purchase. Use promo code: FREE50.

YOU CAN PLACE a 25-word classified ad—like this one—in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details.

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

VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 855-559-1454.

ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-821-2831.

ANNOUNCEMENTS/EVENTS

GUN SHOW: STEELE, N.D. Saturday Dec 4th and 5th, 9am-4pm at Pifer Auction Center Public welcome Admission \$5 For more information call: 701-320-1986.

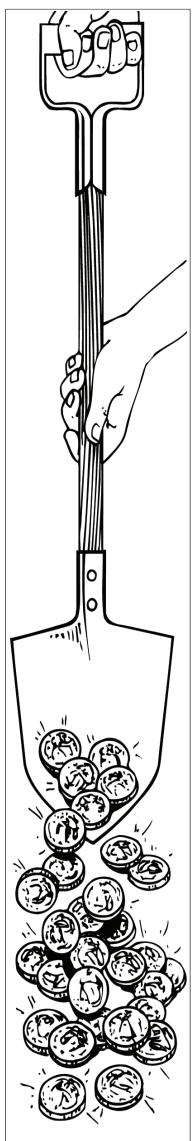
NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-331-7577.

MISCELLANEOUS WANTED

WANTED: STORIES ABOUT GERALD VANDEWALLE for use in a biography. Reminiscences, anecdotes, legal opinions all are welcome. Contributions used will be acknowledged. Please respond by Dec 10 to mjacobs@polarcomm.com

MISCELLANEOUS

HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.



Dig up Buried Treasure in the Classifieds

Advertise in your local newspaper to-day!

701.462.8126



APPLE CRANBERRY BAKED BRIE

By Sugar and Soul

Ingredients

Cheese:

- 1 8-ounce wheel Brie cheese
- 1 tablespoon light brown sugar

Compote:

- 2/3 cup apple juice or cider
- 2 tablespoons light corn syrup
- 1 tablespoon light brown sugar
- 4 tablespoons unsalted butter divided
- 1 red delicious apple peeled, cored, and finely diced
- 2/3 cup whole cranberries fresh or frozen
- 4 tablespoons granulated sugar
- 1 tablespoon pecan pieces (optional)
- 2 tablespoons maple syrup (optional)

Directions

Cheese: Preheat oven to 350°F. Lightly grease a 5-inch cast-iron skillet, or line a small baking sheet with parchment paper and set aside.

Slice the top rind off the wheel of Brie, leaving rind on the bottom and sides. Place the Brie bottom side down in the skillet or on the pan and sprinkle with 1 tablespoon of light brown sugar.

Bake for 12-15 minutes until cheese is bubbly and soft.

Compote: Meanwhile, begin making the compote by whisking together the apple juice or cider, corn syrup, and 1 tablespoon light brown sugar in a small saucepan. Boil over high heat until reduced in half, about 5 to 7 minutes.

Add in 2 tablespoons of butter and stir until melted, then remove from heat.

Melt the other 2 tablespoons of butter in a large skillet over medium heat. Add the apple pieces and cook for 2 minutes, coat them with the butter and stirring occasionally.

Add in the cranberries and sugar and stir frequently until cranberries begin to pop, about 2 minutes.

Stir in the apple juice mixture and boil until reduced to a syrup consistency. Use the back of the spatula to squish the cranberries.

Spoon compote over the baked Brie and sprinkle with nuts and drizzle with maple syrup just before serving. Serve with toasted baguette slices or crackers.

PUMPKIN WHITE HOT CHOCOLATE

By Gooseberry Patch Hometown Harvest

Ingredients

- 15 oz can pumpkin puree
- 14 oz can sweetened condensed milk
- 4 cups milk
- 1 teaspoon vanilla
- 1 teaspoon pumpkin pie spice
- 1 1/4 cup white chocolate chips
- whipped cream and cinnamon sticks for garnish

Directions

In a stock pot whisk pumpkin, sweetened condensed milk, regular milk, vanilla, and pumpkin pie spice until smooth. Heat over medium heat until simmering, being careful not to boil. Stir in white chocolate chips and stir until melted. Serve hot in mugs topped with whipped cream, cinnamon sticks, and an extra sprinkle of pumpkin pie spice.

JOIN OUR TEAM! METER TECHNICIAN

McLean Electric Cooperative (MEC) in Garrison, ND is seeking a full-time Meter Technician. The Metering Technician provides office and field support to the Cooperative's automated meter infrastructure (AMI) system. This position will program, install, test, and repair meters and metering systems utilized by MEC.



McLean Electric Cooperative is an **Equal Employment Opportunity** Employer regarding race, color, religion, sex, sexual orientation, gender identity, national origin, disability, and veterans status.

TO LEARN MORE, VISIT: https://www.mcleanelectric.com



7AM - 2PM FRIDAY, NOVEMBER 26TH |

715 Main Avenue | Washburn



Nov. 26-27 DEC. 3-4 DEC. 10-11

GARRISON, ND

2021

DICKENSFESTIVAL.COM 800-799-4242

9 a.m. - 7 p.m.

Tinsel & Treats al of Trees • Hot Drinks, Desserts, & Chili Garrison Lamplighters

Noon - 7 p.m.

Piccadilly Square & Dickens Store Open
Free • Craft Vendor Show & Cratchit's Café
City Auditorium

Ticket Center Open Tickets & Infor

Noon - 4 p.m.

Quilts & Cuppa Tea \$3 • Cubby Hole (West of Auditorium) cuppa genuine London tea by beautiful quilt Top Hat Decorating Free • Upstairs ND Firefighter's Museum

Noon - 5 p.m. 5 p.m. Ornament Making DIY Ceramic ornament making with Lewis & Clark Art Club. Prices vary. Foyer of Auditorium.

Tour Historic Ft. Stevenson Guardhouse Also, enjoy Ft. Stevenson State Park 4 participate in the Dickens Geocache. • 3 Miles South of Cenex.

Noon - 6 p.m.

Friends of Library Book Sale Located inside Piccadilly Square in Library

1 p.m. & 3:30 p.m. Queen Elizabus Trip to Ft. Stevenson Guardhouse \$3 Tickets at Ticket Center • Loading by Auditori

1 p.m. - 2 p.m.

Live Music at Piccadilly Free • Piccadilly Square- Thanks to MEC

1 p.m. - 5 p.m.

Carriage Rides Free, Thanks to RTC Networks. NE of Aud. at 1 Central Ave E

2:30 p.m. & 6:30 p.m.

Queen Elizabus Trip \$3 Tickets at Ticket Center • Loading by Auditorium 2:30pm: Short trip around town 6:30pm: Around town to view lighted homes.

2 p.m. - 7 p.m.

Kid's Corner at Evangel Church Fudge, Grinch Milk, Coffee, & Photo Booth • Main Street 4:30pm food & 5pm entertainment

3 p.m. - 4:30 p.m. Afternoon Entertainment

Jason Aldean by Travis Powell Tickets at Ticket Center: \$22 Adults, \$10 12 & Under At KOTA Theater

4:30 p.m. Street Food Vendors Until the last cup is sold • Main Street

Queen Elizabus Trip in Lighted Parade \$3 Tickets at Ticket Center • Loading by Auditorium

5:30 p.m.

Lighted Parade Main Street • Watch for Free Hot Chocolate! Deck the House Christmas Light Contest
After dusk • Pick up a map at the Ticket Center to vote

6 p.m. - 7 p.m.

Live Music at Piccadilly Free • Piccadilly Square- Thanks to MEC

7:30 p.m.

Live Comedy Performance of A Christmas Carol Tickets at Ticket Center; \$18 Adults, \$10 12 & Under

online, go to: www.

9 a.m. - 7 p.m.

Tinsel & Treats Free Festival of Trees • Hot Drinks, Desserts, & Chili Garrison Lamplighters

10 a.m. - 7 p.m.

Piccadilly Square & Dickens Store Open Free • Craft Vendor Show & Cratchit's Café City Auditorium

Ticket Center Open
Tickets & Information • CVB/ Firefighter's Museum Kid's Corner at Evangel Church Fudge, Grinch Milk, Coffee, & Photo Booth • Main Street

10 a.m. - 6 p.m.

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1 p.m. & 3:30 p.m.

Queen Elizabus Trip to Ft. Stevenson Guardhouse \$3 Tickets at Ticket Center • Loading by Auditorium

1 p.m. - 2 p.m.

Live Music at Piccadilly Free • Piccadilly Square- Thanks to MEC

1 p.m. - 3 p.m.

Create a Gingerbread House \$5. Fort Stevenson Visitor Center, Limited Space

1 p.m. - 5 p.m.

Carriage Rides Free, Thanks to RTC Networks. NE of Aud. at 1 Central Ave E

2:30 p.m. & 6:30 p.m. Queen Elizabus Trip \$3 Tickets at Ticket Center • Loading by Auditorium

2:30pm: Short trip around town 6:30pm: Around town to view lighted homes. 3 p.m. - 4:30 p.m.

Afternoon Entertainment Elvis by Travis Powell Tickets at Ticket Center: \$22 Adults, \$10 12 4 Under At KOTA Theater

4:30 p.m.

Street Food Vendors Until the last cup is sold . Main Street

5 p.m.

Queen Elizabus Trip in Lighted Parade \$3 Tickets at Ticket Center • Loading by Audi

5:30 p.m.

Lighted Parade Main Street • Watch for Free Hot Chocolate! Deck the House Christmas Light Contest After dusk • Pick up a map at the Ticket Center to vote

Fezziwig's Feast 3 course Gourmet Meal with Beer & Wine Tasting Cubby Hole •\$25 Tickets at Ticket Center

6 p.m. - 7 p.m.

Live Music at Piccadilly Free • Piccadilly Square- Thanks to MEC

7:30 p.m.

Live Comedy Performance of A Christmas Carol Tickets at Ticket Center; \$18 Adults, \$10 12 4 Under

BLFG Annual Membership 1

Due to COVID-19 the BLFG Board has decided to cancel the annual meeting. Please complete this crossword puzzle and send in your membership dues for a chance to win the grand prize.



- Artic Cooler
- 22 Dozen Golf Balls
- Two Artic Travel Mugs

Yes, we want to be a 2022 member of ☐ Check box if you Better Living for Garrison. paid dues online. Here is our \$100 membership payment. Make checks payable to: Better Living for Garrison, Inc. Address

Deadline: Monday, Nov. 15th (if necessary, telephone 463-7447)

Please return to BLFG, PO Box 354, Garrison, ND 58540-0445

\$100 Membership provides you with

Mo

Everyone in the area is invited to become a 2022 member of Better

Proceeds will go towards: Pool Improvement Project

Your 2022 voting rights.

Living for Garrison.

Across

- 1. Perfect place in town to take a walk
- 3. These keep your seat comfortable while watching under the lights 6. This is your last stop after you catch the big one on Lake Sakakawea
- 8. Garrison Assisted Living Facility

- 2. This is named after Don Gackle
- 4. Our high school boys swing the sticks during the summer here
- 5. You go here for your medical services from physical therapy to ER vist
- 7. Don't forget your rackets, when you go to this place