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ECRWSS

Postal Patron

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Wellcare and Medicare Blue RX part D have changed their prescription benefit managers for the plan year 2024. We anticipate that they will only allow us to fill a 30 day's supply. If this isn't convieniant for you, call us to schedule a plan review. Thank you!



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CALENDAR

SATURDAY, NOVEMBER 25

LORD'S PANTRY FOOD DISTRIBUTION is held at Trinity Lutheran Church in Turtle Lake from 10 a.m -12 p.m. No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

THE THRIFT STORE, Garrison Area Resource Center, 10 a.m. to 1 p.m

MONDAY, NOVEMBER 27

YOGA, First Congregational Church, Garrison, 8 a.m.

BONE BUILDERS, Garrison Senior Center, 10 a.m.

THE WASHBURN PUBLIC LIBRARY would like you to join us Monday mornings at 10:30 am for our weekly children's story time Puppy Tales with Ichabod.

TUESDAY, NOVEMBER 28

THE WASHBURN PUBLIC LIBRARY BOARD of the Washburn Public Library will be holding a regularly scheduled quarterly board meeting on 11/28/23 at 7PM in-person at the Washburn Public Library.

WEDNESDAY, NOVEMBER 29

YOGA, First Congregational Church, Garrison, 8 a.m.

THE THRIFT STORE, Garrison Area Resource Center, 10 - 6 p.m

THURSDAY, NOVEMBER 30

COMMUNITY CUPBOARD OF UNDERWOOD - FOOD PANTRY from 4 p.m. to 6 p.m. McLean County Residents in need are welcome to food. No referrals or pre-registration required. 208 Lincoln Avenue, Underwood.

COMMUNITY CLOTHING SHARE-EXCHANGE at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

BONE BUILDERS, Garrison Senior Center, 10 a.m.

ALCOHOLICS ANONYMOUS, Garrison Hospital cafeteria (enter through ER), 8 p.m.

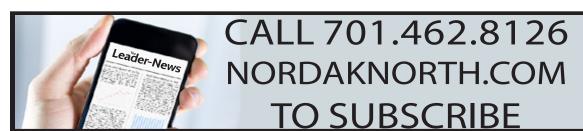
FRIDAY, DECEMBER 1

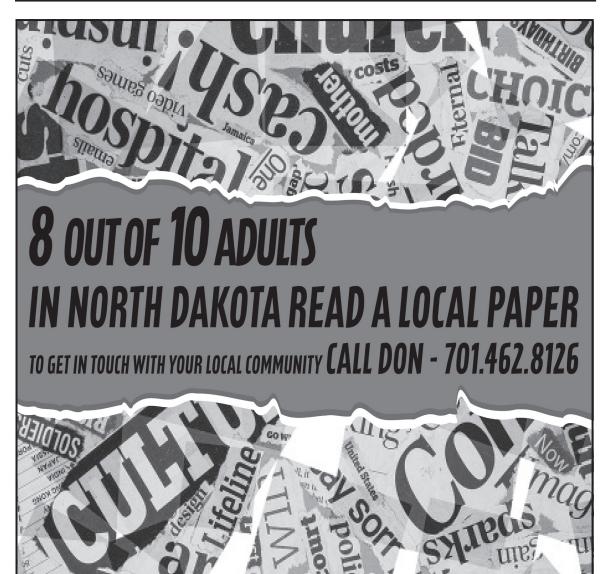
TURTLE LAKE SENIOR CENTER, 1:30 p.m. at Turtle Lake City Hall.

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, Wednesday and Friday 10 a.m. to 2 p.m. -Tuesday and Thursday 2 p.m. to 6 p.m.

TURTLE LAKE PUBLIC LIBRARY - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m. MCLEAN-MERCER REGIONAL LIBRARY - Riverdale Open Mon-Fri 8:00 – 12:00 & 1:00 – 5:00 GARRISON LIBRARY - open Mondays from 10 a.m. to 5 p.m., Tuesdays-Thursdays 10 a.m. to 6 p.m., and Fridays 9 a.m. to 1 p.m.





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Medicare Part D Open Enrollment

It's that time of the year again!

From October 15th through December 7th Medicare Part D members can assess and change their part D plan for the upcoming year.

Chase Pharmacy staff can do an evaluation for our customers provided we have a complete and accurate profile of your medications.

Plan configurations can change from year to year and this year's plan may not be the best for you in 2024.

Call Chase Pharmacy and get your name on the list to have a comparison done and we'll let you know when it's ready.

NOTE TO EXISTING CHASE PHARMACY CUSTOMERS:

WELLCARE and MEDICARE BLUE RX part D have changed their prescription benefit managers for plan year 2024. They have apparently moved to contracts which we are only able to fill 30 day prescriptions.

If this is not convenient for you, consider checking into changing your plan for 2024.

Kim Essler, RPh

Chase Pharmacy

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IMPORTANCE OF SUPPORTING SMALL BUSINESS SATURDAY

By Al Haut, SBA North Dakota District Director

My small business roots run deep. While the hardware store my great grandfather started in 1906 no longer operates, we now have five generations that have owned various small businesses in North Dakota. I have seen first-hand the importance of the community to the success of their local small businesses and vice versa. Neither thrives without

Small businesses drive our local economy by hiring workers, providing essential goods and services and giving back to our communities through supporting everything from area non-profits to the little league baseball teams.

According to SBA's Office of Advocacy, there are 73,822 small businesses accounting for 98.7%

of all North Dakota businesses. Nationally, there are more than 33 million small businesses and startups in the United States. Small businesses create two-thirds of net new jobs, making them crucial pillars of communities across the

This year, Small Business Saturday will be held Nov. 25, marking the 14th annual Small Business Saturday. Small Business Saturday is an opportunity creating awareness of the important role small business play in our communities and in our local, state and national economies.

Last year, shoppers came together to support their local communities, and Small Business Saturday drove an estimated \$17.9 billion based on projections from

1 tablespoon fresh mint

2 teaspoons fresh lemon juice

Place grapes in a food processor

Each serving has 130 calories,

with mint, honey, lemon juice and

salt. Puree. Place in freezer until

3 tablespoons honey

Pinch of coarse salt

firm, at least four hours.

U.S. consumer-reported spending.

Please help me support our local small businesses who support our main streets by shopping at a small retailer, eating at an independent restaurant, or hiring a small business service company. Together we can keep our communities vibrant and our small businesses successful.

0 grams (g) fat, 1 g protein, 34

g carbohydrate, 1 g fiber and 65

(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

milligrams sodium.

and Exercise Sciences.)

PRAIRIE FARE

By Julie Garden-Robinson, Ph.D., R.D., L.R.D.

Tempering a sweet tooth during holiday festivities

A few years ago, my kids informed me that they really didn't like turkey all that much.

I had a 15-pound turkey thawing in the refrigerator for Thanksgiving dinner. We had turkey for dinner.

My kids primarily liked the mashed potatoes, stuffing and pumpkin pie. Fortunately, leftover turkey freezes well.

The next year I made a large roasting hen. Having a chicken instead of turkey resulted in no leftovers.

What are your family's favorite foods during holidays? We don't all share the same cultural traditions and preferences. We may celebrate a variety of holidays. Even among traditional Thanksgiving celebrations, sometimes a turkey is not the centerpiece.

We are entering a couple of months filled with opportunities to enjoy various foods, and sweets often play a prominent role.

People of Scandinavian descent tend to like their sweets. I have an entire cookbook of Scandinavian sweets. "Kransekake" may be the preferred dessert. It's an almondshaped layered cake that looks like a tree.

If you celebrated in Peru, you might be enjoying sweetened hot chocolate with the addition of spices.

Those celebrating Hanukkah might enjoy latkes, a fried potato pancake with onion, egg, and matzo or breadcrumbs. They are often topped with sweetened applesauce.

If you lived in the United Kingdom, plum pudding may be the dessert course. Sometimes a coin is baked into the pudding. When I read about the coin, "choking hazard" came to my

In France, you might have "Buche de Noel." That's a cake shaped and decorated to look like

As you may have noticed, many holiday traditions center around

I recognize the appeal of sweet foods. Our collective sweet tooth probably saved our distant ancestors. Sweet foods found when foraging were safe to eat. Poisonous plants typically are bitter, so our ancestors steered clear of eating them, and we exist as a result.

Besides adding flavor, sugar plays a role in preserving food and providing texture. The browning of caramel candies, for example, is made possible by the addition of sugar. Cookies become light brown as a result of the chemical interaction of sugar, protein and heat. The browning also provides

The sugar in yeast bread recipes provides food to the yeast, so the dough rises. Most jams and jellies are at least partially preserved by the sugar they contain.

Unfortunately, we typically

eat more than the recommended amount of added sweeteners during the holidays and all year long. On average, many people eat the equivalent of 60 pounds of sugar annually.

The latest version of Nutrition Facts labels includes "added sugars." Read and compare labels. The American Heart Association recommends no more than 100 calories, or 6 teaspoons, of added sugars for women and not more than 150 calories of added sugar for men.

Regardless of your preferred sweet treat, be sure to slow down and enjoy what you are eating. Remember that it takes your brain a while to get the idea that your stomach is full. Have a piece of pumpkin pie or enjoy your favorite cookie, but avoid having two servings of each.

Choose naturally sweet fresh fruit. Try a fruit salad, dip, kabobs or parfait cup. Kiwis, oranges, persimmons, mandarins, apples, pears and grapefruits are some

fruits that are in season in the U.S. during December. Many of these are delicious with a yogurt-based dip or make a great winter fruit

foods can be devoured easily when you are hungry. Make sure to eat a small meal or snack, such as soup, before heading to holiday gatherings. If this isn't an option for you, try snacking on the meat, cheese or veggie tray before stopping by the cookie tray.

Human Nutrition and Dietetics examined the dietary benefits of consuming plain water. They found that drinking more plain water was associated with reduced overall calories, and reduced sugar-sweetened beverages and other discretionary foods.

Here's a high-water, refreshing

Grape Sorbet

or red grapes

Eat before the party. Sugary

Drink plenty of water or fruit-infused water. The Journal of

dessert after a heavy meal.

3 cups frozen seedless green



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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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58540

HOLIDAY CRAFT, craft and vendor sale, 10 a.m. to 2 p.m., Saturday, Dec. 2, Underwood City Hall. \$20 per space. To reserve table space, call Janel, 442-5265.

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680- 0651. Alcoholics Anonymous and Al-Anon meetings in Center, Sundays at 5 p.m. CT, St. Paul Lutheran Church, (no Al-Anon) 794-3381; in Garrison, Thursday at 8 p.m. at Garrison Hospital Cafeteria, enter through ER; in Washburn, Sundays at 7 p.m. First Lutheran Church, Harold call 460-1373 or Rachel 202-6716; in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6544.

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24-TFNPI

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LLC 12-TFN-CH,XT

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The McLean County Independent is seeking a FREELANCE WRITER

for the Max area. Duties include covering events in that area that are happening. Would also research stories and obtain facts, interviewing individuals, providing photographs, investigating newsworthy stories, covering sporting events. If interested, please call 463-2201 or email resume or application to: darla@nordaknorth.com

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Washburn & Center, ND

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ACADEMIC COUNSELOR Primary duties include helping facilitate students' career, educational, and personal growth by providing academic support and guidance for current and/or prospective students and faculty in the areas of academic counseling, registration, student referrals, career counseling, academic standing, and other student issues and related activities. Salary: \$52,000 - \$56,000 commensurate with education and experience. Screening begins immediately. Interested candidates must submit the NDSCS employment application at: www.ndscs.edu/joinour-team EOE

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HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Asso-

PEST CONTROL: PROTECT YOUR ciation can help! One call does it all. HOME from pests safely and afford-Omega, Patek Philippe, Heuer, Day-701-223-6397. Meed some Lice suppli WE HAVE ALL YOUR BASIC OFFICE NEEDS: PENS, PAPER, INK, STAPLES, NOTES, AND MUCH, MUCH MORE! STOP BY THE LEADER NEWS OFFICE

TODAY OR CALL 701.462.8126



HELP WANTED

Washburn Editor Leader-News NorDak Publications seeks a full-time Editor in

Washburn, ND.
The ideal candidate will have strong communication skills and excel in writing news, feature, and sports stories, along with editing and proofing copy and planning coverage for the week. The right candidate will also be willing to become part of the local community. Most of all, the ideal candidate will have a passion for telling stories that engage and educate readers. This position offers an opportunity to become part of a growing newspaper group throughout North & South Dakota.

To apply, email your cover letter, resume, clips and three professional references to kelsey@nordaknorth.com



We're looking for someone with excellent customer service skills who is a quick learner. Experience with making bank deposits, ordering, stocking, and computers is helpful. We'll train the right person. Good work environment, great co-workers.

> health benefits, PTO. Hours: 8:30-5:30

> > **Monday-Friday**

Competative wages,



NORDAK NORTH

PUBLICATIONS

91 N. Main St, Garrison, ND or email Darla at darla@nordaknorth.com

REAL ESTATE FOR SALE

McLean County Land for Sale

Tract 1: NE1/4NE1/4, E1/2NW1/4, W1/2NE1/4 less Outlot A Section 18-149-86 Total Acres: 114 acres - more or less

<u>Minerals</u>: Sellers to reserve all oil, coal, gas and all other minerals the sellers may now own of record.

Terms: Cash, with 10% down as earnest money upon completion of bids and balance payable within 45 days.

Bids: Written bids, accompanied by a cashier's check or certified check for \$5,000 payable to Haugen Farm Realty, Inc., will be accepted until 5:00 pm on Tuesday, December 5th, 2023. The top 5 bidders will have the right to orally raise their bids at 10:00 a.m. on Friday. December 8th, 2023. Sellers will furnish an updated abstract. Sellers will pay the 2023 Real Estate Taxes and all prior years. Sellers and buyer will split the fee for the actual closing 50/50. The seller reserves the right to accept, reject or modify any and all bids and to modify the oral bidding requirements.

Information: Bids may be submitted to and further information, along with bid forms, may be obtained from:

Ryan Haugen, Haugen Farm Realty, Inc., 3108 S. Broadway, Ste. I, Minot, ND 58701, (701) 839-1451, or from our website at www.haugenfarmrealty.com



Call Today!

8 | 11.27.23 | Xtra

Advertise with us today! To place an ad call 462.8126 or fill out the form online nordaknorth.com

The Crossing

December 2, 2023 10:00 am (MT) 1770 19th St W Dickinson, ND

WALK IN COOLERS / FREEZER

Crown-Tonka 15'x15'x8' walk-in cooler w/1 door & condensing unit
Crown-Tonka 18'x18'x8' walk-in cooler w/1 door, NO condensing unit
Crown-Tonka 116'x14'3'X8' walk-in freezer w/1 door & condensing unit
RESTAURANT / BAR EQUIP
True T-49 com double door refrigerator

FURNITURE

Items to be removed connected to the building

True T-23F-HC com single door freezer
Turbo air 2 door undercounter refrigerator
True undercounter bar refrigerators w/bottle ope
Beverage Air 2 door undercounter refrigerator Advance Tabco 1 door undercounter refrigerator Turbo Air salad prep table w/3 door refrig base Scotsman ice maker w/344 lb storage bin 6 burner gas stove w/griddle & 2 ovens commercial kitchen exhaust hood Southbend charbroiler

True 4 drawer chef base Salamander double broiler oven Southbend Silverstar convection over Vulcan dble 2 basket deep fryer(4 baskets) 2)4 compartment stainless steel sinks stainless steel window for line

2)stainless steel wall mount handwash sinks-1 w/towel disp assorted stainless steel counters & tables 6+) end load bun/sheet pan racks stainless steel counter w/shelving & can opene

2) 3 compartment hot food tables 4) micro POS system screens for kitchen Sunkist elect juicer, double commercial panini press Smith M32 kitchen scale

2)McCall salad prep fridges-1)Non working
Moyer Diebel 44D commercial dishwasher w/CaptiveAir hood
stainless steel U shape soil dish table- right
stainless steel (clean dish table, sev dishwasher racks stainless steel 3 compartment commercial sink 3) 6 sm door work lockers, several shelving units

silverware trays, pots pans, stainless trays/pans bakeware, plates, cups bowls, food storage containers 2) Micro Matic 20 tap beer dispenser stainless steel portable bar, large bar, wash sinks cabinets, counter w/sink, assort racks & shelving lots misc too numerous to mention

Formitter Decorptions 3 States States and System that includes: 1) sound mixer wequipment rack, 8) Crown amplifiers, 8) Sonos zone players, 59 JBL speakers 2) tuffed back corner booths witables 9 section cushioned seating area for waiting area seated to the seating seating libratic seating area. crystal chandeliers & ceiling lights, wall sconces 2) 10'x5' custom barndoor doors w/track 2) 10x5 custom barndoor doors wirast open 9/wX7t door room divider, 17*x60" console table host stand/podium lighted, wood high chairs lge assortment of tables & pub tables lge assortment of chairs & pub chairs ATM machine, **Amsec** depository safe coat racks/hooks, fire extinguishers & signs paper towel & soap dispensers misc Rustic & Western décor

FURNITURE / DÉCOR / SOUND SYSTEM

www.midwestauctions.com/gandg Online bidding at www.gandgauctioneers.com

www.globalauctionguide.com www.ndauctioneers.com

www.auctionzip.com

Ross Glass Lic #183 701-290-4001 nance Glass Lic # 2075 701-870-0137 Chad Stoltz Lic #39

Auctioneers 701-290-0546 CLERK: Glass Auction Service, LLC Lic # 365

Garrison Community Chest Fund Drive

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.

Ready, Set, Give!

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:

> **TruCommunity Bank** P.O. Box 339 Garrison, ND 58540

Make your check payable to "Garrison Community Chest," and return by December 31, 2023.

We thank you for your past support and request your generous support with the 2023 Fund Drive.

Name		Total Donation	
Please complete and return with check made payable to: Garrison Community Chest			MM
Garrison Ambulance	Benedictine Living Center Activity Fund	Garrison Fire Department	10 + 0 " T
Gifts From the Heart	Garrison Hospital Activity Fund	SACA	- Donale Unine 🛶
Heritage Park	Camp of the Cross	Garrison Community Foundatio	n go to:
Garrison Senior Citizens	Garrison Food Pantry (GARC)	(St. Joseph Fund)	www.blfggarrison.com
Meals on Wheels	Dolly Parton Imagination Library	Wilderness Park	click on
Cub Scouts (local)	Garrison School Hot Lunch Program	General Distribution	Community Chest
McLean Co.Resource Center	Little Lunches Back Pack	McLean County Historical	tah
Girl Scouts (local)	Max Food Pantry	Society	
THANK YOU	I FOR YOUR DONATION!		Coming Community Chart

Contact Your Bank For An Automatic Monthly Payment From Your Account



is administered by Better Living For Garrison

Are you ready for the next step in your career?

Leader-News REPORTER

The Leader-News seeks a full-time Reporter in Washburn, North Dakota. The ideal candidate will be community oriented and have a strong desire to attend local events and share news to educate readers. We are willing to train the right candidate.

 Basic computer skills • Experience with local events • Desire and will to learn new skills. • Ability to shoot photographs. Must have a valid driver's license, insurance and dependable transportation.

The position offers a benefits package that includes health, dental, vision and 401K. EOE To apply stop in at the Leader-News or e-mail your resume and three professional references to kelsey@nordaknorth.com.