

IT'S PASTA TIME!

Twirl, taste and enjoy your favorite pasta dish during National Pasta Month in October! Find your favorite pasta shapes, sauces, ingredients and cooking utensils in the word search below! Send in your completed puzzle for a chance to win a pasta prize package!

S Q R A V I O L I T E C S B S N P Z S Q
R E M B H Q K N Z T U K Y P A S T A A E
D G Q R I G A T O N I R B Y J Q I A V R
E B C O L A N D E R N M W N L D G F U M
M C E R P Z D R I A H L E G N A E Q E F
T W N A L F R E D O G Y Z G F T M Q B C
B G N L Q M T S P V I M A A T E P A V C
D Z E W F E A U P T I R U U N L Z A W X
T Q P A F A T O G A L N C R S G T F T J
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A M G S I W D P A R M E S A N V S G S I
I Q A L I N G U I N E J E R K R O F S N

Word List:

ALFREDO
ANGEL HAIR
COLANDER
DELICIOUS
DURUM
FETTUCCINE
FORK

GARLIC
LASAGNA
LINGUINE
MACARONI
MARINARA
MEATBALLS
OLIVE OIL

PARMESAN
PASTA
PENNE
POT
RAVIOLI
RIGATONI
SALT

SEMOLINA
SPAGHETTI
TASTE
TOMATOES

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City: _____ State: _____ Zip: _____
Phone: _____
Email address: _____

Send your completed puzzle by Monday, Oct. 27 to: Lakota American, PO Box 98, Minnewaukan, ND 58351.
The answer key and winners will be published in the October 30 issue.

A grown-up twist on a childhood favorite



When you're looking for recipe inspiration, don't be afraid to take things back to your childhood with a little home cooking. Even better, now you can enjoy those kid favorites as the main course (with an adult touch, to boot) in this baked broccoli mac.

It's a warm, cozy solution that pairs with bread and a salad for dinner or can be halved and served as a side.

Visit Culinary.net for more

ways to turn childhood classics into family dinners.

Baked Broccoli Mac

Courtesy of "Cookin' Savvy"

Servings: 4-6

1 box (1 pound) pasta noodles, such as cellentani, elbow or penne

2 cups chopped broccoli
2 cups chicken broth
1 cup heavy whipping cream or half-and-half

2 cups mozzarella
1/2 block pasteurized cheese product, cubed

1 tablespoon garlic powder
1 tablespoon onion powder
Salt, to taste
Pepper, to taste

Topping:

2 cups breadcrumbs
1/2 stick butter
1/2 cup grated Parmesan cheese

Heat oven to 350 F.

In large pot, cook pasta according to package instructions. Drain well then add broccoli, chicken broth, cream, mozzarella, pasteurized cheese product, garlic powder and onion powder. Season with salt and pepper, to taste. Mix well.

To make topping: In bowl, mix bread crumbs, butter and Parmesan cheese.

Pour macaroni mixture into large baking dish, then sprinkle with breadcrumb mixture. Bake 30 minutes.

--Family Features

MINUTES OF REG. MEETING/
TAXABLE VALUATION MEETING
LAKOTA SCHOOL BOARD

September 10, 2025

Taxable Valuation Meeting -- Chairman Sorlien called the tax valuation meeting to order at 6:30 p.m.

A motion by Kris Rainsberry, seconded by Trent Matejcek, to approve the estimated valuation as presented. The motion carried unanimously.

Audience -- Sam Preble.

A motion by Travis Schmidt, seconded by Derrick Marquart, to adjourn the meeting at 6:42 p.m. The motion carried unanimously.

Regular Board Meeting -- Chairman Sorlien called the regular school board meeting to order at 7 p.m. Board members Travis Schmidt, Derrick Marquart, Trent Matejcek and Kris Rainsberry were present.

A motion by Kris Rainsberry, seconded by Trent Matejcek, to approve the agenda with no additions. The motion carried unanimously.

A motion by Kris Rainsberry, seconded by Travis Schmidt, to approve the August 13 minutes as presented. The motion carried unanimously.

Audience -- Thomas Nybo, Jill Wall, Cassandra Sundeen, Kristie Sundeen, Jessica Haugen, Joshua Haugen, Brent Lloyd, Preston Sundeen, Breanna Haugland, Sam Preble, Beau Snyder.

Cassandra Sundeen, representing the Lakota Education Boosters, introduced the newly formed booster club, with an overview of what it entails and how it can help enhance the school district with curriculum and extracurricular activities. This booster club has its own 501(c)3 set up and would like to work together with the school district, community and businesses to promote fundraisers within the community to help out with the financial side of the clubs and curriculum.

A motion by Derrick Marquart, seconded by Kris Rainsberry, to approve the financial reports as presented. The motion carried unanimously.

Mr. Snyder, high school principal, reported the current enrollment of 76 students, PowerSchool training and back-to-school workshop in Bismarck, student registration, teacher in-service and Star 360 testing.

Mr. Preble, elementary principal, reported the current enrollment of 119 students, back-to-school night, Raider Rally, fire and tornado drills, CPI training, teacher in-service and Title I information meeting.

Dr. Peters, superintendent, reported on building updates, new bus ordered with fall of 2026 delivery, policy readings, psychology class, counseling and the athletic program. Old and Unfinished Business -- None.

New Business --

A motion by Kris Rainsberry, seconded by Travis Schmidt, to approve the second reading of Policy FFI--Cell Phone Policy as presented. The motion carried unanimously.

A motion by Travis Schmidt, seconded by Derrick Marquart, to approve the second reading of

Policy BCBA--Public Participation as presented. The motion carried unanimously.

A motion by Trent Matejcek, seconded by Kris Rainsberry, to approve the tuition waivers that were presented for students exiting and/or entering the district. The motion carried unanimously.

A motion by Derrick Marquart, seconded by Kris Rainsberry, to call for the 2025-26 snow removal bids. The motion carried unanimously.

The next meeting will be held on Oct. 8, 2025 at 7 p.m. in the meeting room of the Lakota High School.

A motion by Travis Schmidt, seconded by Trent Matejcek, to approve the September bills as presented. The motion carried unanimously.

Advanced Business	
Methods	\$1,899.50
Alken Glass Unlimited	450.00
Amazon Capital	
Services	2,256.19
Amazon Capital	
Services	268.44
Carolina Biological	
Supply Co.	153.27
City of Lakota	10.00
Cole Papers	912.65
Connecting Point	194.00

Crisis Prevention	
Institution, Inc.	155.07
Docu Shred, Inc.	55.81
Double Z Broadcasting	100.00
DRI	1,046.50
DRN ReadTeach	1,267.50
EcoLab Pest Elimination	
Division	108.09
ExploreLearning	1,843.50
Farmers Union Mutual	
Insurance	7,242.00
Farmers Union Oil Co.	4,189.20
Haugland Trucking	9,356.56
Heggerty	89.00

Johnson Controls Fire	
and Protection, LP	1,000.00
Lakota American	171.96
Lakota Hardware Store	608.01
Lakota Municipal	
Utilities	3,988.25
NAPA Auto Parts	22.99
ND High School	
Activities Assn.	102.60
ND School Boards	
Assn.	78.00
ND Council of Edu.	
Leaders	250.00

Pitney Bowes Global	
Financial Services	91.29
Polar Communications	571.16
Popplers Music Store	783.87
Premium Waters, Inc.	168.87
Purchase Power--	
Pitney Bowes Bank	500.00
Daniel Ryba	37.80
Solberg Motor Co.	1,429.30
William Solberg	60.00
Sundeen Ag	3,920.00
TreviPay--Walmart	5.47

Unum Life Insurance	
Co. of America	55.68
Total	\$45,442.53

A motion by Derrick Marquart, seconded by Kris Rainsberry, to adjourn the meeting at 7:40 p.m. The motion carried unanimously. Chairman Sorlien adjourned the meeting.

Tessa Varnson
Business Manager

Jason Sorlien
Board President

Fun pasta facts

1. This country used to be a major exporter of durum, but is an importer this year due to drought.

- a. Italy
- b. Canada
- c. China
- d. Mexico

2. Pasta existed for thousands of years before tomato sauce was used. It wasn't until tomatoes were introduced to Europe in 1519 from what country?

- a. Canada
- b. Brazil
- c. Mexico
- d. Japan

3. Which of the following countries is not in the top five for per capita pasta consumption?

- a. Italy
- b. Peru
- c. Canada
- d. Venezuela

4. Cous cous, a popular dish made from durum semolina, is commonly consumed in what country?

- a. China
- b. Morocco
- c. Mexico
- d. Italy

5. The first machines record-

ed to assist with pasta production were thought to be created around the year:

- a. 1650
- b. 1800
- c. 1905
- d. 1990

6. Which group was found to be making a noodle-like food as early as 3000 B.C.?

- a. Italians
- b. Mayans
- c. Chinese
- d. Russians

7. There are approximately how many shapes of pasta around the world?

- a. 100
- b. 275
- c. 600
- d. 1000

8. This was one of the first countries in Latin America to develop a pasta industry due to the largest amount of Italian and Spanish immigrants that came in the late 1800's.

- a. Argentina
- b. Mexico
- c. Paraguay
- d. Colombia

9. Which U.S. President is credited for bringing the first

pasta machine to the U.S.?

- a. Thomas Jefferson
- b. George Washington
- c. Abraham Lincoln
- d. Franklin D. Roosevelt

10. Which U.S. city boasts the claim to fame for the first pasta factory located in the United States?

- a. Brooklyn, NY
- b. Bismarck, ND
- c. Minneapolis, MN
- d. Dallas, TX

ANSWERS: 1. d. Mexico. Drought has greatly reduced Mexican durum production, reducing their exports and making them a net importer of durum this year 2. c. Mexico 3. c. Canada -- Italy is the top consumer, Venezuela is 3rd and Peru is 5th 4. b. Morocco 5. b. 1800 6. c. Chinese 7. c. 600 -- and likely more if custom pasta shapes are included 8. a. Argentina 9. a. Thomas Jefferson 10. a. Brooklyn, NY -- it was opened in 1848 by French immigrant Antoine Zerega. He managed the operation with just one horse to power the machinery, and he dried strands of pasta in the sun

Delicious pasta recipes

The following recipes and many more can be found at sharethepasta.org.

Leftover Meatloaf

Pappardelle

Total Time: 30 minutes

Servings: 4

4 oz. pappardelle pasta
1 Tbsp. olive oil
¾ cup (3 oz.) onion, sliced
1 cup (5 oz.) frozen peas, thawed

6 oz. leftover meatloaf ½" diced

3 Tbsp. (1 ½ oz.) ketchup
4 tsp. Parmigiano Reggiano cheese

Bring a large pot of salted water to a boil. Cook the pappardelle according to package directions. Drain and reserve.

Heat a large pan over medium heat. Add the olive oil and sauté the onions until softened and starting to brown (about 3 minutes). Add the peas and meatloaf. Stir in the ketchup and ¼ cup water. Bring to a simmer. Toss in the pasta.

Divide between 4 bowls. Sprinkle with the Parmigiano.

Pumpkin Lasagna with Bolognese, Kale & Mozzarella

Total Time: 1 hour 30 minutes

Servings: 4

2 Tbsp. (1 oz.) extra virgin olive oil

1 cup (4 oz.) onion, roughly chopped

1 Tbsp. garlic, roughly chopped

½ tsp. Italian seasoning

8 oz. lean ground beef

½ cup (4 oz.) red wine

1 (28 oz.) can plum tomatoes

1 (approx. 1 lb. 4 oz.) small butternut squash or other pumpkin

2 tsp. vegetable oil

8 oz. kale, tough ribs removed

9 pieces oven-ready lasagna

2 cups (8 oz.) part-skim mozzarella grated

To make the quick bolognese, heat a large saucepan over medium heat. Add the oil and onion. Cook until the onion is soft and starting to brown (about 3 minutes). Add the garlic and Italian seasoning. Cook until aromatic (about 30 seconds). Add the ground beef, breaking



slices.

Place the butternut squash on a roasting pan. Sprinkle with salt and pepper and drizzle with oil. Roast until softened and starting to brown (about 15 minutes). Reserve.

Bring a pot of salted water to the boil and cook the kale until softened (about 7 minutes). Drain. When cool enough to handle, finely chop the kale. Reserve.

To assemble the lasagna, ladle about ¼ of the sauce over the bottom of a 9x13 pan. Arrange 3 pieces of lasagna over the sauce. Sprinkle the kale over the lasagna. Ladle another ¼ of the sauce over the kale and top with 3 pieces of lasagna. Stew the butternut squash over the lasagna and sprinkle 1/3 of the cheese over the squash. Top with 3 more pieces of the lasagna. Ladle the remainder of the sauce over the lasagna. Sprinkle with the remaining cheese.

Bake for 30 minutes or until the cheese is melted, bubbling and starting to brown.

Happy Boss Day
Denise!

From everyone at
the Benson County
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Lakota American



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Devils Lake, ND

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Chris Plummer - owner & manager

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- Tues., Oct. 28: Regular Sale, Yearlings & Feeder Cattle Special
- Tues., Nov. 4: Regular Sale & New Crop Calf Sale
- Tues., Nov. 11: Regular Sale & New Crop Calf Sale

► REMEMBER. SHOTS DO MAKE A DIFFERENCE.

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