

# Xtra

[www.bhgnews.com](http://www.bhgnews.com)



Published by BHG Inc.,  
to serve McLean and  
Sheridan Counties

PRSR STD  
US POSTAGE  
PAID  
Permit No. 22  
Garrison, ND

ECRWSS

Postal Patron

Deliver By Monday

Vol. 34, No. 35

Monday, Jan. 7, 2019

*The best circulation  
for your dollar*



**Boneless  
Skinless  
Chicken Breast**  
Fresh

**\$1.99** lb



pork

**Hormel  
Boneless Pork Loin**  
Whole in the Bag

**\$1.77** lb



**Dole  
Iceberg Lettuce**  
Fresh

**98¢** ea



**Honeycrisp  
Apples**  
Fresh

**\$1.49** lb



**Tide  
Laundry Detergent**  
50 oz liquid or 15-20 ct Pods,  
Selected Varieties

**\$4.99**

**SALE PRICES GOOD JANUARY 7-13, 2019**

**KRAUSE'S**  
Hazen, ND 748-2444 Garrison, ND 463-2215 Washburn, ND 462-8561  
**Market**



**CHECK OUT  
OUR AD  
ONLINE AT**  
[KRAUCESSUPERVALU.COM](http://KRAUCESSUPERVALU.COM)





**CONFUSED**  
about where to go to  
sell your unwanted?



or maybe you're  
**WORRIED**  
about your business?



Call one of our **FRIENDLY**  
Advertising Representatives  
at 701-462-8126.



We'll be **HAPPY**  
to help you  
place an ad.



And we hope you'll be  
**OVERJOYED**  
with the results.

# SERVICE DIRECTORY

## MEDICAL



**Turtle Lake - Dental**  
701-448-9111  
Hours: Mon 8-6:30; Tues-Thurs 8-5  
**Turtle Lake - Medical**  
701-448-9225  
Hours: Mon 8-6:30; Tues-Fri 8-5  
**Turtle Lake - Mental Health**  
701-448-9225  
Hours: Tues 8-4; Every other Wed, 9-2

## SPECIALTY

### ALL SEASON HEATING, AIR CONDITIONING, INC. & SHEET METAL

Serving the Garrison & Minot areas

*25 yrs locally owned & operated*

Randy Bertsch

Bus. Ph. 701-852-6826

## SPECIALTY



Full Service Auto Repair for  
diesel, gas & transmission

**Dynamometer testing**  
for horsepower  
& torque

615 Burleigh Rd, Wilton  
734-6011 • robisrepair.com

## SPECIALTY



**Joshua Benjamin**  
Owner & Operator, Ruso, ND  
701-833-2884 • 701-448-2883

- Clean All Types of Flooring
- Carpet/Upholstery Cleaning
- Janitorial • Wall Cleaning • Air Ducts
- Flood & Fire Restoration
- Radon Test & Mitigation

Low Rates • Cash/Check/CC/Trade or Barter

## INSURANCE



**Mike Matteson, Managing  
Partner/Agent**  
**Jean R. Witt, Agent**  
Joetta Magandy,  
Customer Service Representative  
Dennis Hoffer,  
Property Management Assistant  
(701) 463-2099 Phone 152 N. Main Street  
(701) 463-2899 Fax P.O. Box 339  
gsbair@rtc.coop E-mail Garrison, ND 58540



- Pole Building
- Foundations
- Flatwork

15601 16th St. SW  
Minot, ND 58701

**Lorn**  
701-721-2630

## HAUGEN'S DRAIN SERVICE



"For those sluggish drains and backed-up mains"  
Residential-Commercial-Industrial

**Washburn • 462-3730**  
**Cell 315-0600**

**Advertise online  
at bhgnews.com**

Contact your advertising  
representative for details  
or email [news@bhgnews.com](mailto:news@bhgnews.com).

## K & L BOBCAT & HAULING

Trenching • demolition • landscaping • fence removal • rock racking •  
gravel • rock • black dirt • clay • fill sand • heavy equipment hauling •  
cattle hauling • Post holes • scrap iron clean up • Site Preparation •  
hay hauling  
**Keith Landsiedel • (701) 391-1569**  
**Underwood, ND**

## OPTOMETRISTS

Optometrist  
**Dr. Schindler & Dr. Deis  
& Hellebush**

**N. Main Street • Garrison**  
Monday, Tuesday, Thursday 9 a.m. - 5 p.m.  
463-2224 • 1-800-876-1067 (Bismarck)

## EYECARE PROFESSIONALS

**Dr. Daniel Long**  
**Dr. James Helmers**  
**Dr. John Helmers**  
**OPTOMETRISTS**



**Phone 462-8636**  
**New Location**  
1137 Border Lane  
Washburn, ND

## PHARMACY

Monday thru Friday, 9 a.m. - 6 p.m.  
Saturday 9 a.m. - 5 p.m.  
Pharmacy Open 9 a.m. - 1 p.m. Sat.  
We guarantee low prices.  
Computerized pharmacy.  
All records kept for  
your insurance & tax purposes.  
**Deliveries Mondays  
& Thursdays**  
**Chase Pharmacy**  
31 N. Main Street  
Garrison • 463-2242

## REAL ESTATE

**WEST INKSTER REALTY**  
**Mike Matteson, Owner/Broker**  
152 N. Main, Garrison, ND 58540  
[www.mikematteson.com](http://www.mikematteson.com)



(701)463-2099 (office)  
(701)337-6433 (cell)  
**"Rocco the Realty Dog"**  
"We are proud to stake out  
this property!"

## GARRISON DENTAL

51 North Main St. • Garrison

463-2884 or 509-6387

Hours: Tues. & Wed.

8 a.m. to 5 p.m.

*Available 7 days a week to schedule*

## Jessen Roofing, INC.

Minot, North Dakota  
Don Jessen, Owner ▶ 833-4759  
Doni Jessen, Sales Manager ▶ 833-4758  
[www.jessenroofing.com](http://www.jessenroofing.com)

**Residential • Commercial**

- Lifetime warranty on G.A.F. shingle system
- Specializing in rubber roofing

## JB REPAIR, INC.

[www.jbrepairinc.com](http://www.jbrepairinc.com)



Golf Cars

- Hunter Precision Alignments
- Road Force Tire Balance
- Tire Sales
- Full Service Automotive Repair

**701-463-2054**

5 SW 2nd St.  
Garrison, ND 58540



• Caps • Shirts • Jackets

Complete Art Department 1-800-658-3485

**One Stop  
Custom  
Screen  
Printing &  
Embroidery**

**463-2566**

## GASOLINE AND DIESEL FUEL



**FARSTAD  
OIL, INC.**

Are you receiving the best price on your Fuel?  
Call me for a Transport load quote today.

**LORI THOM**

cell: (701) 720-1195

business: (701) 852-1194

e-mail: [lthom@spfenenergy.com](mailto:lthom@spfenenergy.com)

Agriculture/ Construction/ Oilfield



**PLUMBING**  
*Service LLC*

**Owner  
Steve Zacharias**

PO Box 1174  
Garrison, ND 58540

701-460-7471 (Steve)  
701-460-7472 (TY)

[szach@restel.net](mailto:szach@restel.net)

Master Plumbing License #0012

**Call 463-2201  
or 462-8126**

to place your ad in the  
Business & Professional  
Directory.

You can advertise your  
business in the Business &  
Professional  
Directory for only  
\$5 an inch per week.



# Support Democracy. Subscribe to Your Local Newspaper.

## From the Front Porch

Grandparents  
Christmas aftermath

BY KATHY TANDEBERG  
BHG News

It's quiet in our house today, now that Christmas is over for another year. But then our house is usually quieter this time of year in the aftermath of Christmas now that we live closer to two of our daughters and families.

I look out my office window at a sea of white skies, soft, fluffy snow falling to the ground. It's a perfect day to stay inside, but I know some grandkids that will be ready to get their sleds out this afternoon.

I don't even hear any vehicles driving through our neighborhood. It's so quiet you could hear a pin drop.

Living close to some of our children means the need to stay overnight during Christmas no longer exists, which means the washing machine is quiet today because we have no extra bedding or towels to wash.

While they didn't drive for a couple hours or more to come home for Christmas, we will, however, have a grandchild or two sleepover during the school break. The granddaughters still want to bake more cookies at Grandma's house!

With family living so close, there's also no need to clean out the refrigerator from all the leftovers because we didn't host Christmas Eve/Day dinner this year, which means we have no leftovers. The younger generation cooked the meals and we took our



Kathy Tandberg

contributions to their homes. If there was anything left, it stayed there.

We do have the sounds of the pitter-patter of little feet though, the four little feet of one of our granddogs, the mini-dachshund Ella. Her family is now in sunny but not so warm Arizona visiting the other grandparents.

Ella is happily cozy in either my lap under a blanket, or on the lap of the hands that feed her all kinds of extra treats like jerky, and, well anything the grandpa in our house is eating: salmon patties, lefse, steak and even a grape here or there. Don't worry, these are tiny bites because she is a tiny dog of 11 years.

I know we're not the only grandparents who have quieter houses, but you know, we are perfectly OK with that because there is so much less to do to get the house ready and then to undo it and put it back together once everyone goes home again.

Oh, who am I kidding! I do miss having a houseful for a little while. That's how my family home

was when I was a child. With five brothers and lot of aunts, uncles, cousins and neighbors sharing the holidays it's hard to get totally accustomed to a quieter house. My parents and my husband's parents went through it and now it's our turn.

Don't get me wrong, we are not abandoned. We see our North Dakota kids and grandkids every week. Our south daughter and family usually come home when it's warmer in the summertime, though they come for a taste of snow from time to time. Then we go there for a taste of warmer as well!

After the New Year has passed I'll once again have a busy house for a little while because I'll be putting out the word that Grandpa and Grandma could use help to undecorate the house from Christmas.

It goes so much quicker when there are younger hands and feet to bring everything to me while I pack it up for next year. It also helps clean out the last of those Christmas goodies in the kitchen.

A New Year is just around the corner! It's still hard for me to wrap my mind around the number 2019. For our family, 2019 won't come too soon. It means in just four weeks our grandson will be returning home from the Middle East with his squadron. It will be a blessing to have him home safe and sound away from bombs and terrorists.

May each day of the New Year bring you luck, joy, happiness and prosperity. Here's wishing you and your family a happy New Year.

## Blizzard Bluegrass next weekend

BY ALYSSA MEIER  
BHG News

Blizzard Bluegrass will return to Bismarck State College next weekend for the 14th annual event.

Washburn-area band Cotton Wood will be one of two acts performing during the two-day event, scheduled for Jan. 11 and 12. The band also host of the event, with bassist Jill Wiese serving as one of the organizers.

Wiese said she is excited for Cotton Wood to open for headliner Special Consensus, who is set to perform in the evening on both days.

"We are a band now for 18 years and are so excited to be opening for one of the best bands in the country," Wiese said.

The Special Consensus, a grammy nominee and recipient of the Best Bluegrass album of the year and best instrumental song of the year from the International Bluegrass Music Association, will also lead a workshop on Saturday afternoon from 2 to 4 p.m.

"To be able to sit down with (thee) best musicians/singers of

bluegrass music in this country in Bismarck, N.D. is just priceless," Wiese said.

Wiese said she hoped to see both bluegrass enthusiasts and first timers come to the event.

"I feel people who have never heard bluegrass music before should very definitely attend as each year we visit with the 'new people' to bluegrass music and they are always so very surprised at how well everyone performs and is able to song-write and sing harmony as well as play their instruments so well," Wiese said.

A concert will also take place Friday morning at the N.D. Youth Correctional Center in Mandan, with Cotton Wood donating two new guitars to the school's music program.

Tickets to Blizzard Bluegrass are \$15 each. The concert will take place at BSC's Sydney J. Lee auditorium on both nights.

The event is sponsored by H.A. Thompson and Son's-Mark and Claudia Thompson of Bismarck, and is supported by North Dakota Council on the Arts and Dakota West Arts councils financial grants.

## Gardening Tips

Petunia's choice

BY BEV JOHNSON M.G.  
University of Minnesota  
Extension Master Gardener

Petunia likes fresh flowers on her table every day. This can get expensive if she buys all of them from the florist, so this summer Bunkey is going to grow a cutting garden for her. To be sure that her garden bouquets fit her fancy, he gave her a Christmas gift of a class on arranging flowers. This resulted in one of their closets turning into a flower arranging area. It is fitted with many shapes of vases, frogs, clippers and books on flowers. Now it's up to Bunkey to supply the flowers. To that end he has been perusing the seed catalogs that keep showing up in the mailbox from December to March. Cut flowers must generally have a fairly long stem. That means he is looking for tall flowers and those that last after cutting. He plans to plant: several varieties of asters, bells of Ireland, calendula, the taller carnations, clarkia, the short cleome as the tall ones get 2 to 3 feet and take up a lot of room, cosmos, bachelor buttons for filler, dahlias, short sunflowers, tall lobelia, annual larkspur, several types of snapdragons, gloriosa daisy, sweet peas and at least 3 types of zinnia. Some of these he will direct seed, some he will get from the local nurseries as they need to be started indoors for summer bloom. If he can find lissianthus, a favorite of Petunias, he will buy at least 12 of them. These tall plants produce a white, pink or blue flower that looks like



Bev Johnson M.G.

a rose. They last several weeks when cut and aren't very fussy as long as they get full sun and are watered regularly. The problem with them is that they are quite expensive for an annual as they take months in a green house before they are ready to bloom. Marigolds can be cut but not too many people like the strong smell of them, especially on the dining room table. Daffodils and iris also have strong smelling flowers but more pleasant to the nose.

Of course there are many perennials that are great cut flowers. The problem with them is that most of them only bloom for about 10 days to 2 weeks while annuals, if religiously deadheaded, will bloom from planting to frost. Snapdragons will even bloom after that and still look good. Mums that have been frosted will develop a brown center. OK if they are dark colors

but the light-colored ones look half dead. Annual flowers, on a row around the vegetable garden do double duty. They not only brighten up the area, the blooms attract pollinators. If you have an area you can contain her, plant Queen Ann's Lace, a strong draw for lady bugs. They lay eggs on umbrella type blooms. The little dragon looking larvae are bottomless eaters cleaning up any critters smaller than they are. Queen Ann is a voracious spreader. She is biannual, beautiful, a heavy seed producer and will pop up every place you don't want her unless you can plant her well away from any cultivated soil.

While Bunkey is busy planning next summers' cutting garden, Petunia keeps buying florist bouquets. That 10\$ bite every week hurts Bunkey right in the wallet. Wait till he buys all those seed packets at 2 to 4 dollars apiece. His wallet will be begging for help.

**The COAL BIN**  
ANTIQUE  
CONSIGNMENT

BUY SELL TRADE

SHARPENING SERVICE ALSO NOW AVAILABLE  
• Mower blades • Kitchen knives • Fillet knives • Axes  
• Hunting knives • Pocket knives • Chainsaw blades  
• And more

217 LINCOLN AVE., UNDERWOOD  
OPEN MON. - SAT.  
CALL FOR HOURS OR TO MAKE AN APPOINTMENT  
**JOE 602-569-7907**

**Random Roadhouse**  
107 Main St S, McClusky, ND 58463  
Phone # 701-363-2234

*Food ♦ Fun ♦ Spirits*  
**RESTAURANT & BAR**

Wed. and Thur. 5 p.m. to midnight  
Fri. and Sat. 5 p.m. to 2 a.m.

**Be sure to try our fresh homemade pizzas!**



**Promiseland Designs**  
Upholstery, Repair, Leather Wear, Tack & Gifts

Dana & Rita Wright  
owners/designers

14 Main Street E  
Hazen, ND 58545

701-748-2261

**promiselanddesigns@westriv.com • www.promiselanddesigns.com**




**Totten Trail**  
BAR & GRILL

*Mondays:*  
Smoked Sandwich

*Tuesdays:*  
Indian or Regular Tacos

*Wednesdays:*  
Buy 1 Burger, Get One ½ Price!

*Thursdays:*  
Broasted Chicken

*Fridays:*  
Fish/Seafood

*Saturdays:*  
Steaks/Prime Rib

*Sundays:*  
Pizza & Wings

**BINGO!**  
Tuesdays at 7 p.m.  
1st Blackout: 56#s for \$1,279<sup>00</sup>  
2nd Blackout: 56#s for \$1,160<sup>00</sup>

**HAPPY HOUR**  
Monday-Friday 5-6 p.m.  
\$1.00 Off All Drinks





### McLean Electric Cooperative - Items For Sale on Bids

**SEALED BIDS MUST BE RECEIVED BY JANUARY 11, 2019 BY 4:00 P.M.**

**Please mail sealed bids to the following address:**

ATTN: Keith Thelen  
McLean Electric Cooperative  
PO Box 399  
Garrison ND 58540

We reserve the right to refuse any or all bids

Items Are Sold As Is – No Warranty –

\*All electronics were NOT tested but worked when last hooked up

1. 2006 M317 John Deere Skid Steer with Dirt Bucket – 2363 Hours
2. 2011 – 8.5' x 12' Sport Club 2 place Aluminum Snowmobile Trailer drive-on/drive-off model with ramps and front rock shield
3. Dell 22" Monitor – Qty. 5
4. Dell 19" Monitor – Qty. 4
5. Printer #1: Brother HL-5370DW
6. Printer #2: HP Color LaserJet CP1518ni
7. Printer #3: HP LaserJet 1320tn
8. Set of 4 Samsung outdoor cameras and DVR (SEB-1005R & SDE4001N)
9. Linksys 24-port switch (SR2024)
10. Cisco 48-port Switch (Catalyst 2948G-GE-TX)
11. Nikon D3 Camera with flash, sun shield, 2 Nikor Lenses (18-200 mm & 80-200 mm),  
• software, charger, 2 sets batteries, tripod, back pack,

## from the FRONT PAGES

### GARRISON – School presses forward for action

"I continue to pursue options on our buildings." That was the word from Nick Klemisch, Garrison superintendent, speaking to the school board Dec. 20. – *McLean County Independent*

### WASHBURN – The bottom of the barrel

Even though McLean County sits on the very edge of Bakken country, not breaking the top ten for North Dakota's oil producing counties, it is feeling the brunt of oil prices that continue to drop. – *Leader-News*

### CENTRAL McLEAN – More co-op no go for now

Discussion over the suggestion to expand the existing sports to include all sports in the three schools: Underwood, Turtle Lake and McClusky, filled the largest portion of this item on the December 17 school board agenda. – *Central McLean News-Journal*

### BEULAH – 15th Annual Big Buck here again

A contest that took place in Beulah for 14 years was put on hold for a year. Now, 2019 is the year the Big Buck Contest will host its 15th year. – *Beulah Beacon*

### HAZEN – Major changes to county policies

The Mercer County Planning and Zoning Committee presented their recommended amendments to the county's zoning policy to address medical marijuana as well as stipulated the need for Custer Health approval for individual on-site systems residence applications, with collector or centralized sewer systems requiring state approval. – *Hazen Star*

### PARSHALL – Mountrail Co. sausage making class

The Mountrail County Ag Agency had its annual sausage making class at the Mountrail County South Complex on Dec. 19 in Stanley. – *Mountrail County Record*

### NEW TOWN – MHA to offer tribal license plates

The MHA Nation will soon begin offering tribal license plates to tribal members living on the Fort Berthold Reservation. – *New Town News*

### CENTER – Projected profit

Despite prices for soybeans declining, returns are expected to be up in 2019, according to the North Dakota State University Extension. – *Center Republican*

### McCLUSKY – Christmas favorites

Goodrich School's music department held its Christmas concert on Tuesday evening at the Goodrich School, under the direction by LaDonna Erdmann. – *McClusky Gazette*

## Germann joins Leader-News staff

The new year brings in a new reporter for the Leader-News. Machaela Germann will be covering news and sports in the Wilton area.

Germann grew up in Rhame, a small town in the South West corner of the state. Germann graduated high school from Bowman County in 2017 and obtained her Associates of Arts degree from Bismarck State College in 2018.

"When I was attending BSC, I had an amazing advisor that pushed me out of my comfort zone and got me into writing for the student newspaper," Germann said.

She wrote a column called "Small Town Struggle," and worked as a general reporter during her last two semesters for The Mystician.

While pursuing a job in Communications, it only seemed fitting for Germann to write for a small town newspaper.

"I love the small town feeling and having genuine relationships with the people in the community. All small towns have their own unique quirks that make living there fun," Germann said. "I look



Germann

forward to writing stories for all of the readers and getting to know people."

Outside of writing, Germann's hobbies include hunting, kayaking and cheering on the Minnesota Vikings (even though that can be tough at times, she said). Germann also enjoys travelling all around the United States, with hopes to venture outside the country soon.

# Seize the Deal

• **FREE** online subscription with any new print subscription or renewal of a print subscription

• **FREE** classifieds on any item for \$500 or less in any BHG paper or shopper.

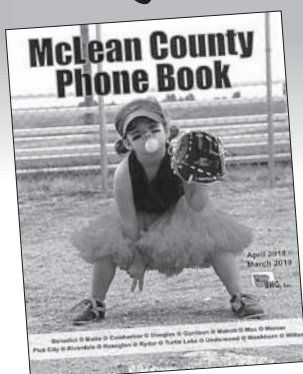
• **FREE**

upgraded mobile-friendly website to give you the best online experience.

# Xtra

**701-462-8126**  
leadernews@westriv.com

## We're beginning our search for the 2019 McLean County Phone Book Cover



Email a high resolution, in-focus photo to:  
[news@bhgnews.com](mailto:news@bhgnews.com) put "Phone Book photo" on the subject line or mailed to Phone Book Contest,  
PO Box 309, Garrison, ND 58540

**Winner: \$100 Gift certificate to Viking Screen Prints**

**Tips:** We don't like snow photos.  
We like children. We like faces,  
not shadows. We like scenery.

**Deadline is March 15, 2019!**



**BHG, Inc.**



### If you find mistakes

in this publication, please consider that they are there for a purpose.

We publish something for everyone, and some people are always looking for mistakes!!!



# Calendar

## Saturday, Jan. 5

Texas Hold'em tournament is at Hebron Community Center. Registration begins at 11 a.m. with first card dealt at noon. Preregister by calling 701-974-3980.

## Monday, Jan. 7

McClusky Job Development Authority meeting, 7 p.m., city hall.

McClusky Fire Department meeting, 8 p.m.  
Goodrich City Council meeting, 5 p.m.  
Martin City Council meeting, 7 p.m.  
WIC Nutritionist available at the Washburn office. Please call 462-3330 to schedule an appointment.

The Christian Women's CClub of Harvey and surrounding area will be having a "What Is Your Favorite Soup?" luncheon from noon to 1:30 p.m. at Assembly of God Fellowship Hall, Harvey. For reservations, call 324-4728 or 324-4553.

Yoga, First Congregational Church, Garrison, 8 a.m.  
Bone Builders exercise, Garrison Senior Center, 10 a.m.  
Hunter Education class Garrison High School, 6:30 p.m.-9 p.m., register at "gf.nd.gov"

## Tuesday, Jan. 8

Sheridan County Commission and Park Board meeting, 12:30 p.m.

Goodrich School Board meeting, 6 p.m.  
McClusky School Board meeting, 8 p.m.  
The Washburn Civic Club will meet at noon at Dakota Farms.  
Butte Seniors Tuesday Club – Every Tuesday at 1 p.m. Get together with the crowd over 55, sing and play games.  
Lawrence Stephenson Post 133 of the American Legion to meet at 6:30 p.m. for supper, meeting to follow.  
Turtle Lake Chamber of Progress meeting, noon.  
Underwood School special board meeting, 7:15 p.m.  
Pickleball, elementary gym, 7 p.m., beginners welcome

## Wednesday, Jan. 9

Adult Health Services and Foot Care Clinic, Butte. Please call 363-2506 to schedule an appointment.

The Washburn Study Club soup and sandwich luncheon is set for 11:30 a.m. to 1 p.m. at the Washburn Memorial Building.

Kids Club will meet after school in the school lunchroom in Underwood.

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

## Thursday, Jan. 10

Sheridan County Senior Citizen potluck.  
Washburn School Board meeting, 7:30 p.m.  
Bone Builders exercise, Garrison Senior Center, 10 a.m.  
Pickleball, elementary gym, 7 p.m., beginners welcome., Garrison.

Hunter Education class Garrison High School, 6:30 p.m.  
The Share-Exchange (clothing and household items as needed) will be open from 1 to 5 p.m. at 221 Main St., Turtle Lake.

The Lord's Pantry is open from 2 to 4 p.m. at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.

The McLean County Fair Association will hold their annual meeting at 7:30 p.m. at the Underwood City Hall. Board elections will be held for four expired three-year terms, one unexpired one-year term, one expired two-year term and the 2019 officers. For more information on how you can volunteer, contact any of the current Fair Board members; Diane Schell, Vince Iglehart, Amanda Huettl, Paul Schulz, Vernon Edinger, Dalyce Balk, Dallas Erickson, Kathy Neumiller, Dennis Erickson, or Darcy Klain.

## Friday, Jan. 11

The 14th Annual Blizzard Bluegrass is set for 7 p.m., Friday, Jan. 11, and Saturday, Jan. 12, at Bismarck State College Sidney J. Lee Auditorium, featuring the Special Consensus and Cotton Wood. Tickets available at Chase Drug and Java Rose in Washburn, and at the door if available. A workshop is set for 2 p.m., Jan. 12, at the BSC band room. Call Jill at 315-0017 for more information.

Yoga, First Congregational Church, Garrison, 8 a.m.  
January Swap & Show, 10 a.m. to 6 p.m., Mini-Mall Main St. Butte. See ad for full details.

## Saturday, Jan. 12

Community Food Pantry, Ryder Community Gym, 10 a.m. to 2 p.m., free soup and sandwiches.

Craig Talbott breakfast benefit with silent auction, 7:30 a.m. to noon, Max City Hall. Craig was diagnosed with testicular cancer. If unable to attend, donate to a special account at Garrison State Bank & Trust with location in Garrison and Max.

Hiddenwood Sportsmen Winter Fishing Derby, 10 a.m. to 2 p.m., Makoti Lake. Prizes for top fishing winners.

## Monday, Jan. 14

Goodrich Fire Department meeting, 7 p.m.  
McClusky City meeting, 7 p.m.  
The Washburn City Commission will meet at 6:30 p.m. at city hall. The public is welcome.

Turtle Lake City Commission meeting, 7:30 p.m.  
Mercer senior citizens meeting, 2 p.m.  
Washburn Area Economic Development Association will meet at 5 p.m. at the WAEDA office, 611 Main Avenue. Open to the public to give ideas and input.

Bring your projects, sewing machine and lunch to the Chat and Sew sewing group from 10 a.m. to whenever at First Lutheran Church, Washburn. Will provide help with troublesome projects, and show and tell projects are welcome to inspire the group! 462-3306. Small charge for meeting space.

The Washburn American Legion Auxiliary will meet at 7 p.m. at the Washburn Memorial Building Legion Room. New members are always welcome. Come join us!

## Tuesday, Jan. 15

McLean County Commission meeting, 8:30 a.m.  
McClusky Park Board meeting.  
Goodrich School Board meeting, 6 p.m.

# Prairie Fare

Beware of health  
scams in 2019

**BY JULIE GARDEN-ROBINSON**  
*Food and Nutrition Specialist  
NDSU Extension*

"Hi, this is your grandson," the caller said to a friend of mine.

"Oh, is this my grandson Sam?" she asked.

"Yeah, yeah, this is Sam!" he responded.

"Well, I don't have a grandson named Sam," she told the caller before hanging up.

My friend is one clever woman.

"We had someone call and say she was our granddaughter," another person said.

He doesn't have a granddaughter. These scam callers are looking for prey.

Scams are all around us. The scammers may approach us by phone, email, text or online. If you "bite," often they can affect your finances. Sometimes scams can affect your health.

At the start of a new year, diet promotions beckon us from many directions. Some diets promise rapid-fire weight loss through pills, teas, patches and exercise devices. Some programs promise weight loss in specific areas of your body. Others promise weight loss without effort, with fat melting from your body.

Yes, obesity remains a medical concern in the U.S., affecting an estimated 93 million people, according to the Centers for Disease Control and Prevention. Carrying excess weight can increase our risk for high blood pressure, Type 2 diabetes, stroke and certain types of cancer.

However, miracle weight loss measures have no long-term success. In fact, if you see false claims, you can report scams to the Federal Trade Commission.

According to the National Institutes of Health, safe and successful weight-loss programs should include several factors. If you are contemplating paring some pounds in the new year, first see a health-care provider to discuss medical issues, medications, your current body mass index and a weight that is healthy for you.

Short-term fixes usually don't stick. In fact, the typical "gold standard" for weight loss is 14 sessions led by a trained professional during the course of at least six months.

Ask yourself these questions if you are considering a weight-loss plan:

- Does the plan include behavioral treatment, also called lifestyle counseling, which can teach you how to develop more healthful eating and physical activity habits? Many programs have you keep food and activity



This tasty recipe features potassium-rich potatoes. (NDSU photo)



Julie Garden-Robinson

records or journals.

- Does the program provide information about getting enough sleep and managing stress?

- Does the program offer feedback, monitoring and support in person, by phone, online or through a combination of these approaches?

- Is the rate of intended weight loss slow and steady? In general, a weight loss of 1 to 2 pounds per week is more likely to be maintained.

We have two updated resources to promote health among men and women. Check out our two websites, "Healthwise for Guys" and "Healthwise for Women," which provide resources and links to promote good health and a healthy weight. Visit <https://www.ag.ndsu.edu/food> for links to both sites.

If you get a "phishing" call, don't bite. If you are looking for diets that promote good health, consider the DASH diet, short for Dietary Approaches to Stop Hypertension, and the Mediterranean Diet. Both are among the top-rated health-promoting diets, not necessarily weight-loss diets.

Both of these diets promote eating more vegetables, among many other things. Most of us fall

short of eating enough vegetables, which are naturally low in calories.

Here's a tasty recipe featuring potassium-rich potatoes. No, potatoes aren't fattening, but be careful about loading them with high-calorie toppings or deep-frying them. A medium-sized potato including the peel has about 110 calories, plus fiber, vitamin C and other nutrients. Try roasting potatoes with another nutrition powerhouse, sweet potatoes, for a flavorful, satisfying side dish with your favorite protein food.

### ROASTED PARMESAN GARLIC POTATOES

2 large red potatoes  
1 large russet potato  
1 large sweet potato  
1 medium red onion  
2 Tbsp. olive oil  
2 Tbsp. unsalted butter, melted  
5 cloves of garlic, minced  
1 tsp. dried thyme  
1/2 tsp. dried oregano  
1/2 tsp. dried basil  
1/3 c. freshly grated Parmesan cheese

1/8 tsp. salt  
1/8 tsp. pepper  
2Tbsp. parsley leaves, chopped  
Preheat the oven to 425 F. Wash and slice potatoes and onion into 1/4-inch slices. In a round pie plate, line the potatoes and onion alternately. Try to match the size of potatoes and onions when arranging them in the pie plate. In a bowl, combine melted butter, olive oil, herbs, salt, pepper, Parmesan and minced garlic. Drizzle the mixture over the potato and onion round, brushing the herbs and Parmesan over the top. Place in the oven for one hour or until fork tender with crispy edges. Serve warm with a little fresh parsley and a dash of Parmesan.



### KOTA THEATRE

Main St., Garrison  
\$7 - Adults \$5 - under 13  
Now featuring Digital Cinema  
"Where popcorn is still only 50¢!"

### Fantastic Beasts:

### The Crimes of Grindelwald - PG 13

The second installment of the "Fantastic Beasts" series set in J.K. Rowling's Wizarding World featuring the adventures of magizoologist Newt Scamander. 2 hr. 12 min - Warner Brothers.

Jan. 4 & 5..... 7:30 p.m.

### Ralph Breaks the Internet - PG

Six years after the events of "Wreck-It Ralph", Ralph and Vanellope, now friends, discover a Wi-fi router in their arcade, leading them into a new adventure. Disney.

Jan. 11-12 ..... 7:30 p.m.

**Tickets \$15 -available at Eckroth Music, Jacobsen Music, Night Life Music in Bismarck, Cappuccino on Collins in Mandan, Chase Drug & Java Rose in Washburn, & at the door if available. Tickets are non-refundable**

**Bluegrass workshops with Special Consensus . Bring your instruments!!! Hands on demonstrations will be held Saturday, Jan. 12 at BSC band room. Workshops for fiddle, guitar, mandolin,bass, & banjo. Classes include 'Learn a Bluegrass song' 2 to 4 p.m. ~ \$5 No pre-registration required.**

**14TH ANNUAL BLIZZARD BLUEGRASS**  
BISMARCK STATE COLLEGE  
SIDNEY J. LEE AUDITORIUM

**The Special Consensus**

**Friday & Saturday , January 11 & 12, 2019**  
Concerts start at 7:00 p.m. - doors open at 6:15 p.m.

**Opening both nights**

**Cotton Wood**

In case of inclement weather go to [www.cottonwoodbluegrass.com](http://www.cottonwoodbluegrass.com) for concert changes  
For more information call Jill Wiese at 315-0017



# THE CLASSIFIEDS

• **DEADLINE:** 9 a.m. Thursday.  
 • **CLASSIFIED WORD ADS:** Terms – Cash, Check, Visa or Mastercard.  
 • **COST:** \$8 a week for 20 words, each additional word is 25 cents. Half price for each additional week. Can be placed in other papers for half price. Giveaway ads are FREE one week only.  
 • **CLASSIFIED DISPLAY RATE:** \$9 per column inch.  
 • **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

**GUN SHOW:** Dakota Territory Gun Collector's Association Annual Winter Bismarck Gun Show. Saturday, January 19, 9 a.m. to 5 p.m.; Sunday, January 20, 9 a.m. to 3 p.m. Bismarck Event Center. Laura Ennen, 701-214-3388.  
 35-C3TALL 58540


**WANT TO SAVE** some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call this newspaper and we'll make sure you do. 701-463-2201 or 1-800-658-3485.  
 1-E-TFN-NC 58540

**SUPPORT GROUPS:** Alcoholics Anonymous Hotline, 888-680-0651. AA meetings in Center on Sundays at 5 p.m. CT at St. Paul's Lutheran Church (794-3381); in Garrison, Garrison Memorial Hospital Cafeteria, Thursday at 8 p.m.; in Washburn on Sundays at 7 p.m. at First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6533. Open meeting, Butte, Call 626-7402 or write Box 244, Butte, ND 58723; in McClusky, Grace Lutheran Church, 402 4th St. W, Sundays at 8 p.m. Positive Changes NA, Fridays at 7 p.m., Washburn United Methodist Church.  
 1-E-TFN-NC 58540

## Farm Related



www.finkenfarmsandseeds.com

Douglas, ND	701.529.4421
Yellow Peas	Oats
AC Agassiz	CS Camden
AAC Carver	Soybeans
CDC Amarillo	ND17009GT
CDC Saffron	Flax
HRSW	AC Prairie Thunder
MS Camaro	Canola
MS Barracuda	CS2100
ND VitPro	CS2300
LCS Breakaway	
Durum	Chick Peas
ND Grano	CDC Orion

Custom conditioning and seed treating.  
 Legacy corn and soybeans, inoculant and cover crop sales.






Tired of High Seed Prices?

## SAVE 50% NOW!

Keep your own  
 RR1 Soybean Seed  
 ND 17009 GT

(701) 720-1808  
[finkenfarmsandseeds.com](http://finkenfarmsandseeds.com)

## Help Wanted



## HELP WANTED

- Registered Nurse
- CNA - Full time

Not a CNA but are interested?  
 We will provide training!

Apply at [www.blcgarrison.com](http://www.blcgarrison.com)  
 Call Jody Lawson @ (701)463-2226  
 "equal opportunity employer"

## HELP WANTED



is looking for

## SALES ASSOCIATES

Full Time or Part Time

Stop in for an application  
 200 5<sup>th</sup> Ave SE, Garrison

To place a classified ad call  
 462.8126 or fill out the form  
 online at [bhgnews.com](http://bhgnews.com)



## HELP WANTED AT

**CHI St. Alexius Health - Turtle Lake**  
 Imagine better health.™

## Turtle Lake Hospital

- Full-time Nurse Aide

Experience preferred but not required. Contact Jessie Martin, Director of Nursing at 701-448-2331 ext. 206 or [jmmartin@primecare.org](mailto:jmmartin@primecare.org).

This institution is an equal opportunity provider and employer.

**HELP WANTED:** Temporary Work – 2 Job Openings – Starting: 03/01/2019 and ending 11/15/2019

We need a seasonal employee to assist with the planting, spraying and harvesting of corn, wheat, pinto beans and peas. Employee will need to operate tractors and drive trucks to haul harvested crops to storage. Will also need to complete routine maintenance on equipment. Require 3 months' experience and a regular driver's license. The employer, Michael Sheldon from Washburn, ND will pay the adverse effect wage rate of \$14.38/hr. The employer guarantees 3/4 of the workdays in the work contract. The work tools, supplies and equipment are provided without cost to the worker, if applicable. Free housing is provided to workers who cannot reasonably return to their permanent residence at the end of the workday. Transportation and subsistence expenses to the worksite will be provided or paid by the employer upon completion of 50% of the work contract or earlier. Workers interested in the job should contact the North Dakota Office Representative Sydney M at 1601 E Century Ave, Bismarck, ND 58503. Phone number: 701-328-5000 or contact your nearest local State Workforce agency. Please mention job order number: ND553505

## HELP WANTED - CHAPLAIN

McLean County will accept applications until 4:00 P.M. on Wednesday, January 9, 2019, filling one (1) position as a **part-time Chaplain in the Sheriff's Department** with a pay rate of \$15.35/hour. 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>. Resumes 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.

# WANTED

## McLean County Jailer/E-911 Dispatcher

McLean County will accept applications until 4:00 P.M. on Wednesday, January 9, 2019, filling one (1) or more positions as full-time Jailer/E-911 Dispatchers.

Flexible Hours! Starting salary is \$36,279 annually; the full salary range for the position is \$36,279 - \$54,420 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>. Resumes 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.**

## Help Wanted

## HELP WANTED



is looking for  
**BARTENDERS AND COOKS**

Apply in person or  
 call 701-337-2070

Lake Audubon • Hwy 83  
 337-2070

## WANTED!

**Loving, Caring, Foster Parents**

Licensed to...

Inspire Love Uplift Cherish Protect  
 Comfort Foster Teach Nourish  
 Guide Strengthen Encourage

Contact  
**Dakota Central Social Services**  
**701-462-3581**

## Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Jan. 14 and Feb. 11. Have them there by 11 a.m. Call Darin, 701-315-0144.  
 43-TFN-E-X 58577

## Misc. for Sale

**FIREWOOD:** mixed hardwoods, cut – cured – split. You haul or we'll deliver and stack. 448-2504, 448-2883, 833-2883  
 19CTFNALL 58540

**USED ALUMINUM PRESS** Plates. 23 x 35, two for \$1 available at the McLean County Independent, Garrison. 463-2201.  
 1-E-TFN-NC 58577

**ORDER QUALITY REPRINTS** of pictures from area newspapers at your local newspaper office.  
 1-E-TFN-NC 58577

## Notices

HAVE YOU BEEN in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., M-F.  
 1-E-TFN-NC 58577

## Real Estate for Rent

**FOR RENT:** 1 bedroom furnished apartment, or 2 bedroom refurbished basement apartment with 1 stall garage, no pets, no smoking, in Washburn. Contact Morris at 462-3204 or 315-0399.  
 31-TFN-E-X 58577

1, 2 and 3 BEDROOM apartments for rent in Beulah, Hazen and Washburn starting at \$500/mo. Call Kelly at Orange Property Management. 701-861-6095.  
 34-TFN-E-X 58523

## NOW RENTING

**Heritage Heights Apartments**  
 1040 Custer Dr., Washburn  
 New management, remodeled rooms, lower rates. 1 or 2 bdrm. apts. All utilities paid including cable.  
 701-527-4739 or Manager 701-220-8145

## Real Estate for Sale

**FOR SALE BY** United Quality Cooperative: Two (2) Commercial Buildings on Main Street in New Town, ND. United Quality's old energy office and old Ag Hardware. Call 701-500-4900.  
 25-PTFN GRNTPRXT 58540

## Real Estate for Sale

ALL REAL ESTATE advertising in this newspaper is subject to the Fair Housing Act that makes it illegal to advertise "any preference limitations of discrimination based on race, color, religion, sex, handicap, familial status or national origin or any intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians; pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

## Services

**WE HAUL BROKEN** vehicles/boats/scrap for free! Cash for some. 701-833-2884  
 19 CTFNALL 58540

**JUST A NOTION!** is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831.  
 35-8-E-PD 58577

**WE CLEAN** and install all types of flooring including carpets, upholstery, walls, air ducts. Let us clean your boat, camper, under appliances. We have a dump trailer for debris removal. Low rates, cash/check/credit. Prairie Carpet Services, (701) 833-2884 or 448-2883.  
 46-PTFNALL 58540

## Work Wanted

THIS NEWSPAPER offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com.  
 1-E-TFN-NC 58577

## 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/>. **BORDER AG AND ENERGY** Job openings: 1) Currently looking for 2 full time driveway employees in a north central ND Grain & Oil Cooperative. Advancement is a possibility for the right person. Position is open until filled. 2) Maintenance Technician (Diesel Mechanic), Newburg, ND. Hours are Monday thru Friday, 40 hours a week with some OT. 3) Shop attendant in Newburg to perform oil and filter changes and other preventative maintenance services along with tire repair and changes. Benefits include, medical, dental and vision insurance, 401K, paid holidays and vacation. Send resume to: Wayne Johnson, email: [wjohnson@borderag.coop](mailto:wjohnson@borderag.coop)

**FARMERS UNION OIL** in Portland is looking for a full-time truck driver in the propane department. CDL required, hazmat and CETP training preferred. Full single benefits, paid vacation and 401k. Pick-up application at Portland station or call 701-788-3760.

**RAW (COOPERSTOWN, ND).** Full-time traveling Commercial Applicators for railroad vegetation control, 60-80 hours/week, competitive wage and benefits, plus meal allowance, paid lodging. 888.700.0292 | [www.rawapplicators.com](http://www.rawapplicators.com) | [info@rawapplicators.com](mailto:info@rawapplicators.com)

**2018 ND MEDIA GUIDE:** Names, addresses, phone numbers, e-mails of all ND newspapers, radio/TV stations, specialty publications. Only \$25. ND Newspaper Association, 701-223-6397.



**Statewides**

**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.

**LAND FOR SALE**  
AT TOBACCO GARDENS in McKenzie County. Approximately 2 acres. House, garage, shop with loft, outbuildings. Private well, rural water, established trees. Serious inquiries 701-770-5456.

**BULLS FOR SALE**  
150 RED ANGUS & Charolais bulls for sale. Yearlings & 2-Yr-Olds.

**Statewides**

Wintering & Delivery available. MooseCreekRedAngus.com for more information. Call Darren 306-577-8970

**MISCELLANEOUS FOR SALE**  
EVERY NORTH DAKOTA newspaper. That's where your 25-word classified ad will appear for only \$160. Contact this newspaper for details.

**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 or you can email sharip@ndna.com



**Saturday, January 5, 2019 @ 10:00 AM CT**, Ralph Renner Collectible Gun Auction AND Guest Steve Gowin. Online Bidding Powered thru Proxibid 150 plus guns, more information coming soon....Baymont Inn & Suites, Mandan, ND. [www.wolffauctioneers.com](http://www.wolffauctioneers.com)

**Saturday, January 25, 2019 @ 1:00 PM CT**, Heinle/Preisinger/Gomke - Hebron Community Center - 160 acres Absolute Real Estate. G&G Auctioneers 701-878-4001 [www.midwestauctions.com/gandg](http://www.midwestauctions.com/gandg)



**Free classified ads  
for items priced  
\$500 or less  
in any BHG newspaper  
or Shopper**

- Must list price
  - Must be 20 words or less
  - Must include telephone number
- List up to 3 ads per week**  
Place your ad in person, by mail, or email. No phone orders. Runs 1 week.

**Beulah Beacon:** 324 2nd Ave NE Beulah, ND 58523

[coalnews@westriv.com](mailto:coalnews@westriv.com)

**McLean County Independent:** 91 N. Main St. Garrison, ND 58540 [bhgoffice@bhgnews.com](mailto:bhgoffice@bhgnews.com)

**Hazen Star:** 26 E. Main St. Hazen ND 58545 [coalnews@westriv.com](mailto:coalnews@westriv.com)

**The Leader-News** PO Box 340, 607 Main Ave. Washburn, ND 58577 [leadernews@westriv.com](mailto:leadernews@westriv.com)

**The McClusky Gazette:** 203 Main St. S McClusky, ND 58463 [gazette@westriv.com](mailto:gazette@westriv.com)

**Central McLean News-Journal:** PO Box 340, 607 Main Ave. Washburn, ND 58577 [leadernews@westriv.com](mailto:leadernews@westriv.com)

**Center Republican:** 26 E. Main St. Hazen, ND 58545 [coalnews@westriv.com](mailto:coalnews@westriv.com)

**New Town News:** 372 Main St., Suite 2 New Town, ND 58763 [ntadvertising@bhgnews.com](mailto:ntadvertising@bhgnews.com)

**Mountrail County Record:** 372 Main St., Suite 2 New Town, ND 58763 [ntadvertising@bhgnews.com](mailto:ntadvertising@bhgnews.com)

**Xtra:** PO Box 340, 607 Main Ave. Washburn, ND 58577 [leadernews@westriv.com](mailto:leadernews@westriv.com)

**Coal Country Dollar Saver:** 324 2nd Ave NE Beulah, ND 58523 [beulahadvertising@bhgnews.com](mailto:beulahadvertising@bhgnews.com)

# AAA illuminates dangers of driving with clouded headlights

## Deteriorated headlights produce 80 percent less light

New research from AAA reveals that clouded or yellowed headlights generate only 20 percent of the amount of light that new headlights do, leading to dangerous nighttime driving conditions. AAA urges drivers to check their headlights for signs of deterioration and invest in new headlights or, at a minimum, a low-cost service to boost the safety of driving after dark.

"Headlights, even when new, don't produce a sufficient amount of lighting for highway speeds," said Gene LaDoucer, North Dakota spokesman for AAA-The Auto Club Group. "Any reduction in performance of headlights is a real safety issue."

AAA examined the impact deterioration can have on the amount of light produced by conducting research using an accredited laboratory to test headlights from two popular sedans, approximately 11 years in age. Results from the degraded headlights were measured against new headlights to quantify the amount of light produced for each. All testing was done in accordance with the Federal Motor Vehicle Safety Standard 108 as set forth by the Department of Transportation.

Research revealed that deteriorated headlights, when used on low beam, provided just 22 percent of the amount of light a new headlight does when operating at full capacity. AAA also examined the effects that replacing or restoring a headlight can have on improving the amount of light produced. Replacing headlights with original equipment manufacturer parts is the most effective method to restore light output back to 100 percent.

Aftermarket parts also performed well, restoring light output between 83 and 90 percent;

however these did fail to meet certain requirements for light intensity and were found to be more likely to produce glare for oncoming traffic. Restoring headlights, while the most cost effective option, offered less of an improvement in light output than replacement. Professional and DIY restoration returned light output back to approximately 70 percent. Both restoration methods, however, produced more glare than is acceptable according to DOT criteria.

Compounding the problem of driving with deteriorated headlights is the fact that U.S. headlights have significant shortcomings. Previous AAA research found that halogen headlights fail to safely illuminate unlit roadways at speeds as low as 40 mph, with high beam settings offering only marginal improvements. Even the most advanced headlights tested illuminated just 40 percent of the sight distances that the full light of day provides. By not maintaining headlights, drivers are unknowingly operating in dangerously dim conditions.

### AAA RECOMMENDATIONS

- When driving at night on unlit roadways, use high beams whenever possible.
- Monitor and adjust driving speeds when traveling on unlit roads at night to allow enough time to detect, react and stop the vehicle in order to avoid striking pedestrians, animals or objects in the roadway.
- If your car's headlamp lenses are not crystal clear, have them restored, this will provide a noticeable increase in visibility, and reduce the glare from other motorists.

- If you are 60 or older and headlight glare is an issue, have your eyes checked by a medical professional. Cataracts that cloud the eye's lens may be contributing to the problem.

Unlike batteries or tires, most drivers are not in the habit of routinely inspecting their headlights. AAA suggests drivers check their headlights for changes in appearance such as yellowing or clouding. If the bulb is difficult to see, it is time to have the lenses replaced or restored. AAA recommends replacement since this method offers the most improvement in the amount of light produced. Both replacement and restoration services are provided by many repair shops, including many AAA Approved Auto Repair facilities.

### METHODOLOGY

Headlight assemblies used in testing were for the left (driver's) side of the vehicle. To quantify headlight performance, AAA contracted an accredited testing laboratory with expertise in automotive headlights and conducted testing according to industry standards. Headlights were tested according to FMVSS-108 standards with no modifications to the headlight assemblies under test or to the test procedures.

The professional headlight restoration systems used a power sanding technique to remove the original protective film from the headlight lens. The resulting scratched surface of the polycarbonate was then polished using increasingly finer grades of sanding discs and a protectant film applied to the entire surface of the headlight lens. Full methodology available in the research report found here.

**Your community paper.**



**Just a click away.**

[www.bhgnews.com](http://www.bhgnews.com)



# N.D. 4-H archery circuit — A L&C Journal —

Youth interested in archery can start signing up for the 2019 North Dakota 4-H archery competition circuit.

The North Dakota State University Extension Center for 4-H Youth Development's 4-H shooting sports program started the district circuit in the winter of 2014 after 4-H archers asked to do more than just practice.

The first match of the six-district circuit kicks off in Jan. 12 at the Nishu Bowmen Archery Complex in Bismarck, N.D. Watford City, Minot, Cando, West Fargo and Edgeley host the other North Dakota circuit events.

The archery event consists of three age divisions for youth from 8 to 18 years old. Youth can participate in two bow divisions: freestyle unlimited and bare bow.

Here is a breakdown of what's required in each division:

- \* Beginner, junior and senior bare bow - shoot six ends (rounds) of five arrows at an 80-centimeter (cm) target at 15 yards for a maximum score of 300

- \* Freestyle beginners and juniors - shoot six ends of five arrows at a 40-cm target for a maximum score of 150

- \* Senior freestyle - shoot 12 ends of five arrows at a single bull target at 20 yards for a score of 300

Youth can participate in just one match or compete in more matches to qualify for the indoor championship in April.

The dates and locations for the other district matches are:

- \* Jan. 26 - Watford City, Roughrider Events Center

- \* Feb. 2 - Minot, North Dakota State Fairgrounds

- \* Feb. 23 - Cando, Extension office for Towner County

- \* March 9 - West Fargo, Red River Valley Fairgrounds

- \* March 30 - Edgeley, National Guard Armory

The 2019 4-H State Indoor Championship will be on April 13 at the Nishu Bowmen Archery Complex. Archers must participate in two or more matches to score the points needed to compete in the championship.

The cost is \$15 per match. Visit the 4-H website (<http://www.ndsu.edu/4h/>) to register.

"The North Dakota 4-H shooting sports program helps youth gain skills in goal setting and problem solving, as well as safe handling of shooting sports equipment," says Adrian Biewer, the 4-H youth development specialist in NDSU Extension's Center for 4-H Youth Development who oversees the shooting sports program. "Youth also gain confidence and new friends through participation."

The circuit is popular and continues to grow. In 2014, it had 84 participants in the first match.

"We are fast outgrowing some of our match locations," Biewer says. "Our 2018 state indoor championship attendance was over

200, with many youth competing in both bow divisions."

He reports that parents like the circuit. One family says a match is a fun weekend activity and uses the trip to a match as a mini-vacation. Another parent likes archery because it isn't like other sports; youth who attend get to play, rather than sitting on the bench, waiting to see if the coach will let them play.

Scheels is a sponsor of 4-H North Dakota Shooting Sports through the North Dakota 4-H Foundation.

A brief respite

BY KEVIN KIRKEY  
Site Manager

On the eve of 1806, members of the Corps of Discovery had only been in their newly completed home for a little over a week. Not to rest on their recent accomplishment, they began to look forward to their continued journey up the Missouri River. On Dec. 31, Sergeant Ordway notes, "Three men went up to the 2nd village of Mandan in order to look in that bottom for timber to make pirogues." It seems they were steadfast in their mission of succeeding in crossing the continent, not just passing the days huddled around a fire. The New Year would soon be upon them and they were determined to be ready for their venture into the vast unknown between Fort Mandan and the Pacific Ocean.

On that New Year's Eve, the men of the expedition did not celebrate the past or make resolutions for the upcoming year. They did not overindulge in spirits or table fare. There was no party planning, not even a hunting party. Their neighbors were streaming through the doors loaded down with corn, beans, and squash as payment for the blacksmith's repair of their varied metal tools. That day was much like every other one in December. Not a hint of unconventionality surfaced in their journals.

However, on the morning of Jan. 1, the entire complement of men ushered in the New Year with the discharge of their cannon and a volley from their small arms. They drank a glass or two of whiskey and many of them made their way



Kevin Kirkey

to the village closest to Fort Mandan carrying their fiddle, tambourine, and sounden horn. Emboldened by the liquid courage, the men played tunes and danced nearly all day to an audience of their neighbors. The following day they repeated the activities – minus the alcohol.

After two days of these amusements, the men returned to their assigned duties and began the preparations for their westward trek. Over the next three months, their tasks were focused and purposeful. They hunted in order to stockpile meat and hides. They smoked some of the meat and fashioned clothing and moccasins from the leather. They traded with their neighbors for produce grown the previous summer. They built canoes to transport their stores and belongings.

I hope that like the men of the Lewis & Clark Expedition, you took some time to reflect on the past year. With any luck, you celebrated a little before heading back to work or your usual responsibilities. It is important to take a little time now and then as a respite from the daily grind. Happy New Year.

## Prairie Pleasures Gift Shop

January **SWAP & SHOP**

Friday, Jan. 11, 2019

Mini-Mall Main St., Butte, 58723



**Events** : 10 A.M. - 6 P.M.

**Shopping and Crafts w/Vicki,**

Complimentary coffee & cookies

**Book Signing w local Pride of Dakota author, Sandy Blanes**

**Board and Card Games all afternoon**

(including Pinochle)

**2:30 p.m. - SWAP your HOME DÉCOR treasure**

Bring 1-3 items and receive tickets to shop Ex: wall décor, artifacts, home-beautifying items.

Deliver at store before Swap time - 2:30 p.m.

More Info: 701-626-7160

*20th Annual*  
**REICH ANGUS**  
*Bull Sale*  
**Saturday, February 16, 2019**  
1 p.m. CST  
At the Ranch • Zap, ND  
4.5 miles south and 0.5 miles east of Zap, N.D., on County Road 13

**Selling:** 65 Angus Bulls  
20+ Reg. Angus Bred Heifers  
25 Fancy F1 Replacement Heifers

**Featuring Additional Progeny by:**  
Fairview Rito 7075 3084

**Free Watering & Delivery**  
Good Selection of Heifer Bulls  
Volume Discount  
100% Satisfaction Guarantee

**REICH ANGUS**  
ZAP, NORTH DAKOTA

Mardee Reich  
(701) 873-4173 • (701) 880-0422  
Adron Doerr • (701) 880-0630  
1605 63rd Ave SW • Zap, ND 58560  
[www.reichangus.com](http://www.reichangus.com)

*This will be our final bull sale...*  
After much thought and soul searching, we have decided this will be our last bull sale. We will remain in the purebred Angus business, but will find alternative marketing options for our bulls and females.

We appreciate your dedication to the Reich Angus program the past 20 years and value the friendships and partnerships that we have gained. Your support and trust in our genetics will always be cherished.

Please join us on Saturday, Feb. 16, for our 20th Annual - and final - Bull Sale

*Mardee, Adron and Will Reich*

**We do Banners & Signs**

**POSTED PRIVATE PROPERTY**  
HUNTING, FISHING, TRAPPING OR TRESPASSING FOR ANY PURPOSE IS STRICTLY FORBIDDEN  
VIOLATORS WILL BE PROSECUTED  
YOUR NAME AND ADDRESS HERE

**VIKING Screen Prints**  
1-800-658-3485  
or 463-2566

**JOB FAIR**

**bp**

**ADVENTURE OUTDOORS**  
what happens outside stays outside

**2007 Echo Park Holiday PARADE**  
SATURDAY Dec. 8 12-3PM

**Happy Holidays**  
from the Echo Park CHAMBER of COMMERCE, CD1 and CD13

**EXCELSIOR COLLEGE**  
40 YEARS

**JORDAN ENERGY**  
Call Us To Find Out the Power of the Power

**Church of St. Mary**  
ANNUAL GOLF CLASSIC

**Ask Us About Parties, Classes & Camps**