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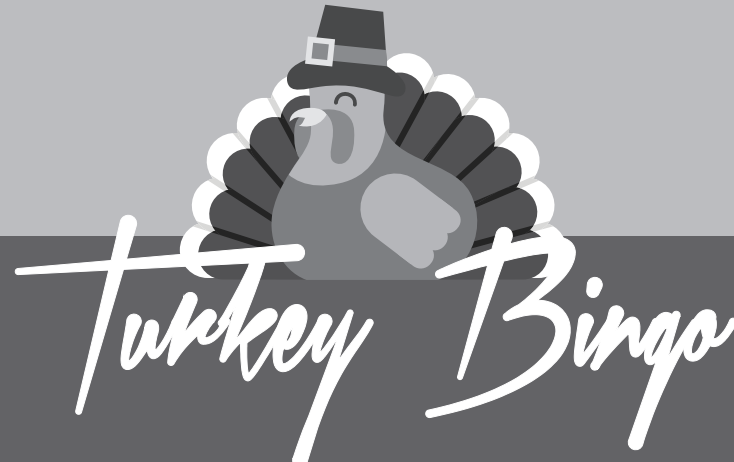
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PRAIRIE FARE

How to tame a snack attack

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION SPECIALIST
NDSU EXTENSION

I broke the cardinal rule of healthful snacking the other night.

Can you guess what I did?

I was watching TV when I remembered I had a bag of dill pickle potato chips in the kitchen. The thought of a crunchy snack motivated me to leave the living room. I grabbed the bag on the counter, opened it and carried it to the couch.

Actually, then I did a couple of things wrong. I ate out of the bag and I watched TV while eating. This was mindless snacking at its best.

During a commercial, I noticed the bag was feeling lighter in my hand. I paused. I realized that if I didn't slow down, I would eat an entire bag of chips in one sitting.

Did I mention this was a large bag?

How many servings had I just eaten? I flipped over the bag to check the Nutrition Facts label. The bag had eight servings at 150 calories per serving. I had eaten about three servings at 150 calories per serving. That's 450 calories.

If a person eats 100 extra calories per day, theoretically that person can gain about 10 pounds in a year. A pound of body fat equals about 3,500 calories.

Let's do the math about potential weight gain after eating 450 calories extra per day. No, let's not do the math.

OK, I did the math. Gaining 45 pounds in a year from excessive daily snacking is not conducive to good health. I would need a new wardrobe, too.

I tightened a twist tie on the bag and brought it back to the kitchen, well out of my reach. Then I got a glass of water, which has zero calories. I trudged back to the living room.

What should I have done to manage my snack intake?

Nutrition Facts	
2 servings per container	
Serving size 2 cups (26g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	19%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 45mg	2%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	2%
Potassium 60mg	0%

INGREDIENTS: Popcorn, Butter (Pasteurized Sweet Cream, Salt), Chili Powder, Garlic Powder.
CONTAINS: MILK.

New Nutrition Facts labels will list calories more clearly and serving sizes more prominently. (NDSU photo)

I should have put a serving of those tasty, crunchy chips in a bowl. Then I should have savored them one by one instead of going on a munching fiesta. This particular snack noted 17 chips per serving.

I also could have opted for the crunchy carrots and apples in my refrigerator.

In flipping over the potato chip bag, I discovered that the company was ahead of its time.

It had the brand new Nutrition Facts label, which will be required by July 2020 on food packaging for all major food manufacturers who sell more than \$10 million in food yearly. By July 2021, you will see the new label on all food products required to carry nutrition labels regardless of the annual sales of the food manufacturer.

The new Nutrition Facts labels have some key changes from the previous labels.

First, you will notice the number of calories per serving more clearly. Calories are listed in a larger bold font.

The serving size also is more prominent, and serving sizes for many foods have been updated.

Maybe that's why I felt a little guilty. This was easy to read.

We used to have to make some calculations to determine calorie and nutrient content on some types of foods. For example, previously the label on a 20-ounce bottle of soda might have noted that it had 2.5 servings. If you drank the entire bottle, you would have to "do the math" and multiply calories and other nutrients by 2.5.

Now, a 20-ounce bottle will be listed as having one serving. This might be a reality check if you drink regular soda. A 20-ounce bottle of regular soda has about 240 calories.

This is a test. How many pounds could you gain in a year from a daily bottle of pop above your daily calorie needs? That would be more than 24 pounds.

Remember that water has no calories.

We also have some new items listed on all upcoming nutrition labels. One of them is added sugars. Many foods, such as fruit juice and milk, contain some sugar naturally. The new required declaration lets us know how much sugar is added to the foods to enhance flavor and other attributes.

For example, that 20-ounce bottle of cola has 65 grams of "added sugars." That's about 17 teaspoons.

While calcium and iron remain on the new label, vitamins A and C no longer are required because they are not nutrients of concern for

most people. We can get these nutrients by eating plenty of fruit and vegetables.

Potassium and vitamin D are the newest additions to the label.

Potassium helps our muscles, including our all-important heart muscle, contract and relax. Vitamin D plays a variety of roles, including keeping our bones strong. Other researchers have linked vitamin D to helping prevent certain types of cancer, diabetes and depression, and keeping our immune system strong.

Now you will know the percent of the daily vitamin D you are getting from the food you choose.

Keep in mind that we all have room for some "treats" in our diet, whether of the savory, crunchy type or the type that satisfies a sweet tooth. The new labels will help us be better-informed consumers.

Here's a crunchy snack recipe that is much lower in calories, fat and sodium than most packaged snacks. Popcorn is a whole-grain food that provides fiber.

Savory chili popcorn

4 c. air-popped popcorn
1 Tbsp. butter, melted
1 tsp. chili powder (or to taste)

Dash garlic powder
In a bowl, drizzle popcorn with melted butter. Mix seasonings in a smaller bowl and sprinkle over popcorn. Serve immediately.

Makes two (2-cup) servings. Each serving has 110 calories, 6 grams (g) fat, 2 g protein, 13 g

carbohydrate, 2 g fiber and 45 milligrams sodium.

Fall and winter darkness may affect health

We've reached the point in autumn when many of us leave home for work in the dark and return to our homes in the dark.

We are not necessarily working on special projects requiring early mornings and late nights. That's just how the seasons work in the Midwest.

What's your comfort level with darkness? My family is all about living in a bright, well-lit environment. I feel like I live in a department store because nearly every lamp, overhead light and undercabinet light tends to be "on."

In fact, I typically walk around our home turning off lights in rooms with no one present.

"Alexa" or some other electronic helper is not attempting to maintain a well-lit ambience in our home. My family has the "lights on in every room" habit.

When I finish my rounds of seeing where everyone is and extinguishing light bulbs, the lights already are back on in some of the unoccupied rooms.

Maybe my family is just messing with me. I was raised to save on power by flipping off lights. My parents taught me correctly, according to Energy.gov.

If you are going to be out of a room for 15 minutes, you

Prairie Fare page 4

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SIMPLY DIFFERENT

Country Kitchen Recipes



Baked omelet

- 8 eggs
- 1 cup milk
- 1/2 teaspoon seasoning salt
- 3 ounces cooked ham, diced
- 1/2 cup shredded Cheddar cheese
- 1/2 cup shredded mozzarella cheese
- 1 tablespoon dried minced onion

Preheat oven to 350 degrees F (175 degrees C). Grease one 8x8 inch casserole dish and set aside. Beat together the eggs and milk. Add seasoning salt, ham, Cheddar cheese, Mozzarella cheese and minced onion. Pour into prepared casserole dish. Bake uncovered at 350 degrees F (175 degrees C) for 40 to 45 minutes.

Banana bread

- 1 cup sugar
- 1/2 cup margarine or butter
- 2 eggs
- 3 bananas, mashed
- 1/4 cup walnuts, chopped
- 1/4 cup chocolate chips
- 2 cups flour
- pinch of salt
- 1 teaspoon baking powder
- 1/2 teaspoon soda

Mix all ingredients and pour in loaf pans. Bake at 350 degrees approximately an hour depending on size of pans.

Hash brown casserole

- 1 (32 ounce) package frozen hash brown potatoes
- 8 ounces cooked, diced ham
- 2 (10.75 ounce) cans condensed cream of potato soup
- 1 (16 ounce) container sour cream
- 2 cups shredded sharp Cheddar cheese
- 1 1/2 cups grated Parmesan cheese
- 1 teaspoon salt
- 1/2 teaspoon pepper

Preheat oven to 375 degrees. Lightly grease a 9x13 inch baking dish. In a large bowl, mix hash browns, ham, cream of potato soup, sour cream, salt, pepper and Cheddar cheese. Spread evenly into prepared dish. Sprinkle with Parmesan cheese. Bake 1 hour in the preheated oven, or until bubbly and lightly brown. Serve immediately.

Amish breakfast bake

- 1 pound sliced bacon, diced
- 1 medium sweet onion, chopped
- 6 large eggs, lightly beaten
- 4 cups frozen shredded hash brown potatoes, thawed
- 2 cups shredded cheddar cheese
- 1-1/2 cups 4% cottage cheese
- 1-1/4 cups shredded Swiss cheese

Preheat oven to 350°. In a large skillet, cook bacon and onion over medium heat until bacon is crisp; drain. In a large bowl, combine remaining ingredients; stir in bacon mixture. Transfer to a greased 13x9-in. baking dish. Bake, uncovered, 35-40 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

You can use chicken, ham, sausage, bacon or any mixture. I just use minced onions from a jar. It is a 9 by 13 pan so will last a while and can easily be heated up in the microwave. You could leave the meat out and cook meat to go with it as you eat the rest. Probably would use a smaller pan then.

Apple juice

- 1 ice cream pail of quartered apples
- 1 ice cream pail of water
- 2 tablespoons cream of tartar

Boil water and put in a larger container before adding cream of tartar or it will boil over. Add water with cream of tartar to cut apples. Let set 24 hours. Drain. Add sugar to taste. Heat and seal in jars or containers.



PRAIRIE FARE

continued from page 3

should turn off the lights to save energy. Somehow, I think this 15-minute rule will be difficult to police in my home.

I agree that artificial lighting makes living spaces inviting. However, having access to natural light can affect our mental and/or physical health.

You may be aware of a condition known as "SAD," or Seasonal Affective Disorder, which has symptoms that appear in the fall and can become more severe in the winter. A person with SAD may feel depressed, have low energy or trouble sleeping, or experience changes in appetite.

Be sure to discuss persistent SAD symptoms with a health-care provider to access appropriate treatment. Special lighting and other interventions are available.

Our lack of regular sunlight in the Midwest can have other effects on our health, too.

Without access to sunny days and adequate food or vitamin supplements, we may become "deficient" or at least "insufficient" in vitamin D. Vitamin D is known as the "sunshine vitamin" because sun exposure causes our skin to go into "vitamin D manufacturing mode."

People in the northern U.S. are more likely to be vitamin D deficient than people in other parts of the country, especially during October to April.

For example, in a study of more than 2,839 women who had given birth in a Michigan hospital, 92.5 percent had insufficient blood levels of vitamin D.

Vitamin D is produced in our body by the action of sunlight on our skin. The process also requires naturally occurring conversions by the liver and kidneys to become active. In general, depending on where you live and the color of your skin, getting adequate vitamin D may take only 15 minutes of sunlight exposure in the summer and 30 minutes in the winter.

Standing outside with bare



Julie Garden-Robinson

arms in the winter in North Dakota is not advised, though.

Vitamin D is important in maintaining strong bones and helping prevent rickets, osteomalacia and osteoporosis.

Vitamin D also has roles in immune function and functioning of our neuromuscular system. Some researchers have linked vitamin D deficiency to various forms of cancer, heart disease, depression, chronic pain, diabetes, high blood pressure and other health issues, but the researchers haven't established that the lack of vitamin D causes the disease. More research is needed.

In the meantime, when sunlight is sparse, make efforts to get adequate vitamin D all year through food or supplements. The Food and Nutrition Board recommends 600 international units (IU) of vitamin D for ages 1 to 69 and 800 IU for people over the age of 70. However, the Vitamin D Council and the Endocrine Society recommend higher daily doses.

Visit the National Institutes of Health Office of Dietary Supplements at <https://ods.od.nih.gov/> to learn more about dietary supplements.

Check in with your health-care provider about taking a vitamin D supplement, particularly during winter months. Taking a vitamin D



This easy recipe features vitamin D-rich salmon. (NDSU photo)

supplement certainly won't hurt you and probably will help maintain your vitamin D status. Stay within the limit of supplementation recommended by your health-care provider or pharmacist.

New nutrition labels that include the amount of vitamin D per serving in foods will be appearing in 2020. Some companies already use the new format.

Unfortunately, few foods naturally contain vitamin D in high amounts. Fatty fish such as swordfish, salmon, tuna and mackerel are among the best natural sources of vitamin D. A 3-ounce portion of cooked salmon, for example, has 447 IU. An egg has about 41 units of vitamin D. Fortified foods, such as milk and some types of orange juice and cereal, have added vitamin D.

Here's an easy recipe featuring vitamin D-rich salmon. Try it with your other favorite fish.

Breadcrumb-crust salmon (or Cod)

- 1 pound salmon (or cod) fillets (fresh or, if frozen, thawed)
- 1/4 c. Italian-seasoned breadcrumbs
- 1 Tbsp. dried parsley
- 2 Tbsp. olive oil
- Salt and pepper, to taste
- Cooking spray

Preheat oven to 425 F. Grease small baking dish or pan with cooking spray. In a small bowl, combine breadcrumbs, parsley, salt, pepper and olive oil. Place fish in pan and spread mixture over the top. Bake 20 to 25 minutes or until fish flakes easily with fork and reaches 145 F.

Makes four servings. Each serving has about 180 calories, 8 grams (g) fat, 5 g carbohydrate, 21 g protein and 180 milligrams sodium.

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CALENDAR

Saturday, Nov. 9

Carl and Heather Riemer baby boy shower, 2 p.m., Douglas Senior Center.

Annual soup, sandwich and bake sale, 11:30 a.m. to 1:30 p.m., St. John's Lutheran Church, McClusky.

Community Food Pantry, Ryder, 10 a.m. to 2 p.m., free lunch provided.

SACA Soup & Bread Lunch, SACA Lodge, 11 a.m. to 1 p.m.

Friends of the Library Bake Sale, SACA Lodge, 11 a.m. to 1 p.m.

Holiday bazaar, 9 a.m. to 4 p.m., Hazen City Hall.

Fall frenzy, 11 a.m. to 4 p.m., Wilton Memorial Hall.

Sunday, Nov. 10

SACA Singers rehearsal, Kota Theater, 1 p.m.

Harvest fest, 10 a.m., Birka Lutheran Church.

Sausage and pancake dinner and turkey raffle, 11 a.m. to 2 p.m., Turtle Lake Legion Hall.

SCiPY ham dinner and silent auction, 11 a.m. to 1 p.m., McClusky City Hall.

Loren Trueblood is celebrating his 90th birthday from 2-4 p.m. at Garrison Senior Center.

Monday, Nov. 11

McClusky City meeting, 7 p.m.

Goodrich Fire Department meeting, 7 p.m.

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

Albert Block Post #56 annual pancake and sausage fundraiser, 11 a.m. to 1 p.m., Goodrich Legion Hall.

Dickens Village Festival tickets go on sale, North Dakota Firefighters Museum

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

Bone Builders exercise, Garrison Senior Center, 10 a.m.

Veterans Day meal and service, Butte Legion, 6 p.m.

All veterans and guest are welcome to a free special breakfast honoring your service, 8:30-10:30 a.m., The Meadows, Garrison. RSVP to 701-463-2223 or blcgarrison.com.

Bring your projects, sewing machine and lunch to the Chat and Sew sewing group, 10 a.m., at First Lutheran Church, Washburn. 462-3306

Mercer senior citizens meeting, 2 p.m.

Washburn American Legion Post 12 Veterans Day potluck. Social, 5:30 p.m. Meal 6 p.m. Legion and Auxiliary meetings, 7 p.m. All veterans and families welcome.

Turtle Lake City Commission meeting, 7:30 p.m.

Tuesday, Nov. 12

McClusky School Board meeting, 7:30 p.m.

Goodrich School Board meeting.

Washburn Civic Club meeting, noon, Dakota Farms.

Garrison Lamplighters Business Meeting, Garrison Senior Center, 2 p.m.

Pickleball, Garrison elementary gym, 7 p.m., beginners welcome

Adult Coloring Club, Garrison Library, 7-9 p.m.

Washburn City Commission meeting, 6:30 p.m.

Lawrence Stephenson Post 133 of the American Legion to meet at 6:30 p.m. for supper, meeting to follow, Turtle Lake.

Wednesday, Nov. 13

Washburn School Board meeting, 7 p.m.

Adult health services and foot care clinic, Butte. Please call 363-2506 to schedule an appointment.

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

Turtle Lake Chamber of Progress meeting, noon, Bev's Cafe.

Thursday, Nov. 14

Community Clothing Share-Exchange open 10 a.m. to 6 p.m., at 221 Main St., Turtle Lake.

Sheridan County Water Resource District meeting, 9 a.m., in the commissioners room.

Sheridan County Senior Citizens potluck at the center.

Hazen Bottle Shop annual fall wine tasting at the Hazen Golf Course.

Bone Builders exercise, Garrison Senior Center, 10 a.m.

Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.

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

Friday, Nov. 15

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

Steak Night Fundraiser, Garrison Golf Course, 5 p.m.-8 p.m., call for reservations 701-337-5420.

Community coffee social, 2-4 p.m., BLCG coffee nook, Garrison.

Saturday, Nov. 16

Community Cupboard of Underwood open 10 a.m. to noon at 208 Lincoln Avenue.

The Fued fundraiser, 7 p.m., Garrison High School.

Washburn Helping Hands applications are now available on the community bulletin board in the Washburn Post Office Lobby and at Central Dakota Social Services in the McLean County Courthouse. Application deadline is Nov. 16.

Sunday, Nov. 17

SACA Singers rehearsal, Kota Theater, 1 p.m.

Turkey Bingo, 2 p.m., St. Edwin's Catholic Church, Washburn.

St. Paul Lutheran Sunday School kids will be going door to door in Garrison to collect cans for Gifts from the Heart from 11 a.m. to 12:30 p.m. Any donations would be appreciated. If you won't be home, you can leave a bag with items on your step and they will pick it up.

GARDENING TIPS

Bunkey's deer problems

BY BEV JOHNSON M.G.

UNIVERSITY OF MINNESOTA EXTENSION
MASTER GARDENER

Two summers ago, the deer were using Bunkey's yard as a delicatessen. They ate his hostas to the soil line, ambled through the vegetable garden lurching on lettuce and later corn, nibbled on a few trees and just generally drove the poor man nuts. He tried every spray, human hair, predator scent and suggestion for anyone he could corner for suggestions. One day, as he was walking his neighbor's dog, (Petunia doesn't like dogs, too messy) he spotted a yard full of uneaten flowers and a perfect garden. Several days later he saw the gardener in her yard and got up the courage to talk to her. The 90 year old lady was happy to share her deer proofing methods.

She started with a lesson about the enemy. Deer live about 20 years in the wild. They eat about 10 pounds of food a day. Acorns are their favorite food so a scarcity of acorns in the fall makes them look to your gardens. Like cows, they are ruminants, mammals with four stomachs that chew and re-chew their food. They have no upper incisors. This makes for messy eating as they shred their food. And no, you really aren't paranoid; they really do find and eat your plants the very moment of peak bloom. That's when they are the most nutritious. Because they lack those upper teeth, they prefer soft, bland tasting plants with a high-water content. Their favorites are daylilies, hostas and roses and tulips.

The only good way to keep deer out of a vegetable garden is to fence it in. A few electric fence posts strung with a heavy, clear fish line really does the trick. As Bambi approaches the lunch counter, her chest runs into the unseen line. Since she has no way of knowing what it is, she looks for supper in the neighbor's garden. An electric fence works too, but to be really effective, bend throwaway pie plates in half, smear them with peanut butter and hang them on the line. Bambi or her friend Rocky raccoon, smell the peanut butter and put their noses or tongues on the pie plate. The resulting shock will send them into the next county never to return.

Now for the flower garden. Plant plants that are inedible to deer. You want foliage that is fuzzy, leathery, sharp-edged, spiny, prickly, strongly scented or poisonous. Oddly enough colors work too. Deer are creatures of habit so they are wary of "black" or other oddly colored varieties of plants that are usually green like silver, black or bronze colored plants. Dark burgundy or Lime Rickey, heuchera, and black lace elderberry are two examples of odd colors. Lamb's ears, scented geranium, yarrow, spiny, strong smelling cleome, coreopsis or blue oat grass, with its needle-like tips planted around the edge of a flowerbed will yell "don't have lunch here!"

Hellebores are full of alkaloid toxins. They have been used as poisons and a purgative and are deer resistant as are some ferns. Chinese brake fern accumulates high concentrates of arsenic from the soil. Snow drops and daffodils contain alkaloids--deer proof. Autumn crocus is highly toxic and probably fatal

if eaten by people. The crown imperial is both poisonous and it smells bad. Strong smelling plants work well too. Think Rosemary, lavender, catmint, salvias, monarda and the other mints. Peonies contain an acrid liquid. Artemisias are not only gray and hairy, they stink!

Next spring, you may want to re-plant your flowerbed to make it more deer resistant. It may not be as pretty with those spiky, stinky plants edging it, but it won't be eaten either. The other solution is to get a hunting license and eliminate the problem.

It's clean up time

The garden is getting ready for winter. Unfortunately, so are many of the pathogens that cause plant disease. These stinkers are fungi, bacteria, virus and nematodes. Bacteria, viruses and some fungi will spend the winter happily cuddled up in live tissue like perennial stems or inside dormant leaf buds where we can't get at them. Unlike the Martha types who cut everything down to the soil line, we like to leave perennial stems uncut for some types



Bev Johnson M.G.

of bees to use for their winter home. Some plants hold their seeds all winter making for a grocery stop for our hungry winter birds. Then there are the fungi. They will survive in a dormant state on plant debris or in the soil as reproductive spores or dormant mycelium. This type can live through a cold spell of several months without a host plant. One type of fungi form sclerotia, a hard

Gardening page 7

Make your ads go further with All-Access Advertising

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

Where do ads appear? Advertisers choose between having their ad on the home page of an individual newspaper, the home page of the main BHG site or on every home page on the site. Ads will be at the top of the page, to the right of news stories and photos.

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

Why should you be online?

Over 3,000 users visit bhgnews.com each month, with over 600 new viewers visiting the site each week. Online ads offer the opportunity to reach new customers and make an additional connection with print subscribers or those viewing the e-edition.

Fast Facts about BHGnews.com

- Roughly 3,500 users and 7,000 sessions per month
- An average of 650 new users in one week
- Roughly 600 e-edition views per week -- and growing.
- 65-70 percent of users are new users, with 30-35 percent being return visitors.

All-Access Advertising rates:

Individual newspaper home: \$5

BHG home page: \$7

All home pages: \$10

Contact your BHG advertising representative today to take advantage!



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:** \$9.50 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

WANT TO SAVE some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call 701-463-2201.
 1-E-TFN-NC 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, 701-460-0663.
 1-E-TFN-NC 58540

**40TH ANNUAL
 MINOT RIFLE &
 PISTOL CLUB
 MINOT GUN
 SHOW**
 ND STATE FAIR CENTER
NOV. 30 & DEC. 1
 SHOW HOURS: SAT. 9 A.M.-5 P.M.,
 SUN. 9 A.M.-3 P.M.
BUY - SELL - SWAP - TRADE

Giveaway

5 GALLON JUGS, for industrial purpose only: not to be used for human or animal consumption/food or beverage. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison, ND.
 15-TFN-CIX 58540

Help Wanted



SECURITY OFFICERS

Washburn & Center, ND

Qualified applicants must be professional, punctual, engaged persons with an excellent work ethic. Employment contingent on passing a criminal background check. Please call (218-726-1606) or email Bill (BillL@GSSC.net) for more information.
 EOE/AA/Disability/Veterans/M/F Employer
 Immediate full-time & part-time openings!

LOAN OFFICER – BEULAH BRANCH

Join our growing team of full service agricultural financial experts in our Beulah, ND branch office.

We are seeking a motivated individual who fits our customer-service oriented culture to be responsible for marketing and providing all credit and related services for an assigned portfolio. Some travel required, minimal overnight stays. Bachelor's degree in agricultural economics, finance, business administration or other applicable field with appropriate finance and accounting courses required. Proven written and oral communications skills, time management skills, current knowledge of farm / ranch production methods, products and business management required.

We offer competitive compensation with base plus incentive pay structure; excellent benefit package; job training and continuing education and work/life balance flexibility.

Email resume and cover letter to Mandan.HRDept@farmcredit.com
 EEO/AAP – M,F, Veterans, Disability



Farm Credit Services of Mandan

Help Wanted

HELP WANTED



is looking for

SALES ASSOCIATES

Full Time or Part Time

Stop in for an application
 200 5th Ave SE, Garrison



BENEDICTINE LIVING CENTER
 OF GARRISON
 Benedictine Health System

HELP WANTED

Come Join Our Team!!

Full-Time CNA

Not a CNA? We can help!

Benefit Eligible

Starting wage \$14.56

Apply at www.blcgarrison.com

Or call Jody Lawson at (701)463-2226

"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED



BAR & GRILL

is looking for

Cooks, Servers & Bartenders

Apply in person or call
 701-337-2070

Lake Audubon • Hwy 83
 337-2070

Help Wanted

DEPUTY AUDITOR POSITION

The City of Garrison, ND is accepting applications for the position of a Deputy Auditor.

Applicants need to be self-motivated, highly organized, have excellent customer service skills and the ability to multi-task. Applicants should have knowledge of accounting procedures and Microsoft Office to include, Word, and Excel. Compensation is negotiable.

A complete job description can be obtained by contacting the City of Garrison Auditor's Office at PO Box 459 Garrison, ND 58540; by calling 701-463-2600; or by emailing garrisoncity@rtc.coop. Applications must include a resume and references. Submit applications to Garrison City Hall.

The City of Garrison is an equal opportunity and at-will employer.



Service Technician

Are you looking for opportunities to make an impact?
 Find your place at RDO!

Are you an experienced diesel technician looking for a better opportunity with a family owned company in the Washburn area that provides a work/life balance? Our Washburn location is looking for an individual who will be responsible for the repair of agricultural equipment and components at high levels of quality.

As a Service Technician, you will receive:

- Opportunity for a sign on bonus of up to \$15,000
- Competitive wages
- Profit sharing
- Company paid training
- Opportunities for advancement and growth

Founded in 1968, RDO Equipment Co. sells and supports agriculture, construction, environmental, positioning, surveying, and irrigation equipment from manufacturers including John Deere, Vermeer, Topcon, and senseFly. With 78 locations across the United States and partnerships in Australia, Mexico, Russia, and Ukraine, RDO Equipment Co. is a total solutions provider. Learn more at www.rdoequipment.com.

EOE/M/F/Disabled/Veteran



West River Telecom (WRT), a growing telecommunications cooperative, has a position opening for a Install Repair Technician. A complete job description of each position can be found at www.westriv.com

Installer Repair Technician

Job Responsibilities: Install, maintain and operate all types of network communications equipment which includes routers, ethernet switches, wireless access points, IP Phones, ONTs and other equipment related to broadband, internet, data, and voice services.

Qualifications: Degree in telecommunications, computer science, computer information system or related field or equivalent related experience is required. Two years of experience in the installation and maintenance of facilities and equipment associated with FTTP and two years of experience in the installation and maintenance of customer premise equipment is desired. Two years of specialized training along with a current recognized IT certification(s) is preferred.

Application Deadline: November 12, 2019

Complete application online and submit with resume via www.westriv.com or Send cover letter, WRT Application and resume to the following address: West River Telecommunications Cooperative Attn: Michelle Perreault, PO Box 467, Hazen, ND 58545

WRT is an Equal Opportunity Employer

Help Wanted

HELP WANTED



Turtle Lake Hospital

Part-time Clinic Nurse

Experience preferred but not required. Contact Brenda 701-448-2331 ext 207.
 This institution is an equal opportunity provider and employer.



THE MEADOWS ASSISTED LIVING
 Benedictine Health System

HELP WANTED

• Resident Assistant

CNA preferred but will train the right person
 Part time/Full time

Call Becca at The Meadows to set up an interview 701-463-2226
 "EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

Steve's Plumbing Service, LLC in Garrison, ND is looking for full-time Apprentice or a Licensed Journeyman plumber.

Competitive wages and benefits D.O.E.
 Call 701-460-7471 or email a resume to szach@restel.net



HELP WANTED

Coaching Positions

Garrison Public School District is seeking applications

- BASKETBALL CHEER COACH Winter HS Head & JH Head
- BOYS BASKETBALL -SPRING Elem. Head & Assistant
- TRACK COACH -SPRING Two Assistant Coaches

Please stop by Garrison High School for an application. Applicant must include a resume and three references.

Contact Nick Klemisch at 463-2818 for more information.

HELP WANTED

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

Full-Time

- RN/LPN • CNA

Part-Time

- Housekeeper
- Dietary Aide
- Activities Aide
- Nurse Aide/CNA

For more information call 701-463-6503

Apply online at CHISTAlexiusHealth.org



This institution is an equal opportunity provider and employer

Help Wanted

BENEDICTINE LIVING CENTER OF GARRISON
Benedictine Health System

HELP WANTED
Come join our team!!

- **Maintenance Tech**

32 hrs. per week,
benefit eligible

Apply at www.blcgarrison.com
Or call **Jody Borth @ (701)463-2226**
"EQUAL OPPORTUNITY EMPLOYER"

BENEDICTINE LIVING CENTER OF GARRISON
Benedictine Health System

HELP WANTED
Come Join Our Team!!

- **RN/LPN**

Full Time days

Apply at www.blcgarrison.com
Or call **Jody Lawson**
at (701)463-2226
"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

CENEX OF GARRISON

Night Time & Weekend Cashiers

All Shifts Available

Must be able to work weekends.
Stop in for an application.

Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Nov. 18. Have them there by 11 a.m. Call Darin, 701-315-0144.
43-TFN-E-X 58577

Misc. for Sale

FOR SALE: Siemens 200 amp Heavy Duty Stainless Steel, 600 VAC HP Rated. NEMA 4/4x safety switch rated for outdoor use Model #hnf364S \$1150/each. Call Brad, 701-870-4228.
21-28-E-PD 58523

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 PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg.smugmug.com.
35-P-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., Monday through Friday.
1-E-TFN-NC 58577

Real Estate for Rent

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

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,

Real Estate for Sale

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

I HAUL away broken vehicles and scrap metals for FREE! Ca\$h for Some. 833-2884. U call, I Haul.
44-TFNALL 58540

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831.
9-34-E-PD 58577

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
NIGHT CUSTODIAN - LAKE REGION State College, Devils Lake Fulltime, full benefits, M-F, 3:00pm - 12:00am, rotating weekends. For more information see our website at lrsc.edu.

FOOD SERVICE PREP COOK - Lake Region State College, Devils Lake Fulltime 10 or 12 month contract, full benefits. Salary depending on experience. For more information see our website at lrsc.edu.

COMMERCIAL APPLICATORS. Competitive wage and benefits, meal allowance, paid lodging. Traveling position for railroad vegetation control, 60-80 hours/week. RAW (Cooperstown, ND). 888.700.0292 | www.rawapplicators.com | info@rawapplicators.com

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.

LOOKING FOR THE most complete listing of ND Media? Get 2019 ND Media Guide for Only \$25! Call 701-223-6397, ND Newspaper Association.

FINANCIAL SERVICES
OVER \$10K IN Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief, 701-936-8487.

EDUCATION /TRAINING
TRAIN AT HOME TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 701-929-9679. (M-F 8am-6pm ET)

COMPUTER & IT TRAINING PROGRAM! Train at home to become a Computer & Help Desk Professional now! Call CTI for details! 701-929-9484 (M-F 8am-6pm ET).

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.

Statewides

MISCELLANEOUS FOR SALE
ANYONE CAN RUN STATEWIDE with HELP WANTED ads in all ND papers with NorthSCAN! \$160 /25 words / 89 papers. Contact your newspaper or NDNA, 701-223-6397.

FUR BUYER
ATTENTION WESTERN North Dakota Hunters/Furharvesters. Petska Fur running Bi-Monthly routes. Actively seeking Coyotes, Lynxcats, Fox, Coons, Deer/Elkhides and Antler. Coyote market exceptional. 308-870-4887. www.petskafur.net.

AUTOS WANTED
DONATE YOUR CAR TO CHARITY. Receive maximum value or write off for your taxes. Running or

GARDENING
continued from page 5

structure that can survive a wide range of temperatures and even years without a host plant to infect. There isn't much you can do to kill this one now. For much of the rest, we can at least reduce the amount of pathogens in the gardens by a good clean up of diseased plant material.

If you leave your tomato vines in the garden you may be harboring a white mold. It can live for years in the soil and on plant debris. Powdery mildew on your phlox can live through the winter and release spores in the spring to re-infect the plant. Another bad guy is tar spot on Maple trees. These spots are fungal stomata, fruiting bodies that will open in the spring to release spores.

Plant pathogens can survive quite nicely on plant tissue that they have already infected. As the leaves and stems die back for the year, the fungi that caused spots, rots and other problems either go dormant or, even worse, remain active feeding on plant debris. Then as the weather warms up in the spring, the fungi become active again and infect next year's stems and leaves. There is a solution. Cut any diseased plant to the soil line and bag the material. Infected tree leaves get the same treatment. Don't leave infected material near the garden as the pathogen can easily move back in for the winter through rain, wind, or even your feet.

Statewides

not! All conditions accepted. Free pickup. Call for details. 701-809-7415

HEALTH/MEDICAL
A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 1-701-404-5808.

ATTENTION: OXYGEN USERS!
Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 701-404-5994. (24/7)

CASH SETTLEMENTS
ATTENTION: If you or a loved one worked around the pesticide

AUCTION

December 7th, 2019 @ 10 AM MT
Offering: 161 Guns, Buckskin Bar & Grill, 64 Central Ave S, Killdeer, ND.
Wolff Auctioneers

Statewides

Roundup (glyphosate), for at least two years and has been diagnosed with non-Hodgkin's lymphoma, you may be entitled to compensation. To learn more, call now: 844-287-7314

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 701-404-5389 today. Free Consultation. No Risk.

MISCELLANEOUS
WE MAKE IT easy to place an ad in one or all 89 North Dakota newspapers. One order, one bill, one check. We provide the ad design and tear sheets. Call the North Dakota Newspaper Association, 701-223-6397.

Many pathogens can survive the winter on garden stakes or trellises. Clean these with a 10 percent bleach solution before you put them away for the winter. You may forget next spring. Don't use bleach on your tools as it is very corrosive. Instead use Lysol or mouthwash with alcohol in it. Clean and sharpen your tools as you clean them so you are ready for next spring.

To cut down on winter-kill of perennials, mulch your flower gardens with a nice thick blanket of disease free leaves. If you chop them up, they will behave themselves and stay in place all winter. Leave this

The Region's Leading Farm & Ranch Family Owned Land Office

ND FARMS FOR SALE

2,800 Ac Farm in 1 Block

Located along Lincoln Road East of Bismarck, North Dakota, 4-1/2 Contiguous Sections with 2,135 Ac Cropland of Class II Soils w/mostly 90's Pl. Expansive Fields, Wells, everything Fenced. Exceptional Improvements include a 100'X400' Machine Shed, 2 Homes, Livestock Building, Working Barns, Corral System, Hopper Grain Bins, Grain Elevator & More. NO USFW Easements & NO Farm Programs. Minerals Included. Asking: \$11,130,000 or \$3,975/ac avg.

3,120 Ac Farm in 1 Block

Located between Hwy's 14 and 3, SE of Wing, North Dakota, 20 Contiguous Quarter Sections with 1,600 Ac Cropland of Class II Soils with mostly 80's Pl & 1,500 Ac Pasture. Spacious 5 Bedroom/3 Bath Ranch Home, 2017- 42'X200' Hoop Barn, Hip Roof Barn, Machine Sheds, Pole Barns, Well Watered w/Good Fences & Grass. Asking: \$6,100,000 or \$1,955/ac avg.

Add'l. Land For Sale in Burleigh, Kidder, Stutsman, Sheridan, Foster, Sargent, Wells and Nelson Counties

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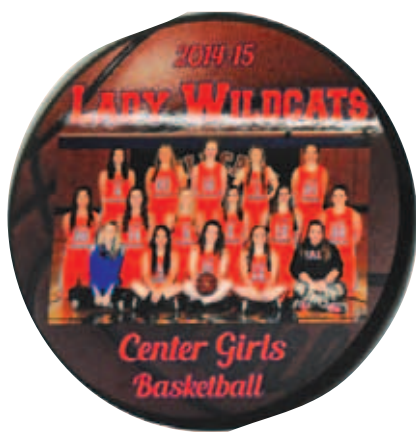
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Starting at **\$10.50**



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\$10.95



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Personalized with your
choice of message and picture. 8-10½"
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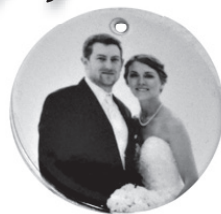
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