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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. 35, No. 30

Monday, Dec. 2, 2019

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Join Underwood for a hometown holiday!

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CREATE ORNAMENTS FOR THE CITY'S CHRISTMAS TREE

Wednesday, December 4th @ City Hall 4:30-7pm
**KIDS SHOPPING DAY
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Saturday, December 7th @ City Hall 10am-3pm
**HOLIDAY CRAFT AND BAKE SALE
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Sunday, December 8th @ Underwood School 5-7pm
**SOUP SUPPER FREE WILL DONATION 5-6PM
COME SEE SANTA 5-6PM
HOLIDAY CONCERT 6PM**

Thursday, December 12th @ Underwood School
**UTOPIA DANCE COMPANY CHRISTMAS SHOW 7PM
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Sunday, December 15th
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EXTENSION NEWS

Christmas plants

BY CALLA EDWARDS
MCLEAN CO. EXTENSION AGENT

Thanksgiving is officially over and I hope that everyone has recovered from the food coma that always seems to follow. Christmas is right around the corner and with the change in the season Christmas plants are becoming common at stores everywhere you look. Around the area cut Christmas trees are for sale and while they smell wonderful and look even better, there are some dangers with using cut trees in your house. I have a few tips and ideas that can keep your Christmas plants beautiful throughout this holiday season and ways to keep your Christmas tree looking great all through the month of December.

Nothing says Christmas like a fresh cut Christmas tree, and picking the right one is a major key to success. As you look for your tree, not only should you be looking at the shape but you should also be checking to see how freshly cut the tree is. If the tree isn't frozen, run your finger up and down the branches or in the cases of a small tree pick it up and shake it. The needles on a fresh tree shouldn't fall off, and if a large number of needles fall off that is a sign the tree is starting to dry out, which can be a major hazard inside your house. Store your tree outside or in a cool spot till you are ready to bring it inside. Before you bring the tree in, cut the bottom of the tree off at a diagonal about 1" above the original cut. This allows the tree to draw water up and keep it hydrated throughout the season. Keep your tree away from drafts or hot areas as they dry trees out faster and always keep water in the reservoir. Dry Christmas trees are a fire hazard so keep your tree hydrated and always check your lights before putting them on. A recent trend is to use a Christmas tree in a pot. This is an excellent way to have a live tree that you can enjoy for years to come. Caring for these trees when they are inside is easy, simply keep the plant watered, however you will have to transition the tree to the outdoors once you are done with it for the holidays. Place the tree in a cooler location so it can go dormant and be sure when you move it outside you water it well and surround the trunk with mulch or plant material to insulate it from the cold temperatures. With proper care these trees can provide enjoyment for years to come.

Poinsettias are another popular Christmas plant, and despite what is commonly thought, they are not poisonous but I wouldn't recommend eating them since they do cause upset stomach and in pets can cause vomiting, drooling and diarrhea. Poinsettias are fairly easy to take care of, they prefer bright direct light so a sunny window is ideal but be sure to keep them away from drafts and temperature fluctuations. Remember that



Calla Edwards



Michelle Effertz

the temperature close to a window will be cooler than in other parts of the room. Be sure to water thoroughly and don't let the poinsettias dry completely out as that will shorten their flowering time. If you would like you can keep your poinsettias, and try to get them to bloom next year. Once they have stopped flowering cut the plant back to 4-6 inches tall and water sparingly. Treat your poinsettia like a houseplant till late September. Since Poinsettias bloom in response to long nights after October 1st provide your poinsettia with 14 hours of uninterrupted darkness, even a few minutes of light can mess up their flowering schedule.

One final thought when bringing Christmas Trees and other blooming plants into a house is that often these plants bring in tiny visitors which can spread to your houseplants. Try to keep your new plants and tree separated from your current houseplants to prevent bugs from spreading. Live Christmas trees are notorious for having a few bugs hidden inside so be aware before you put them near your houseplants. With a few simple tips your Christmas plants can bring you cheer throughout the Christmas season and all year long. I've just talked about a few of the more common plants, but there are others that you can enjoy all season long. If you have any questions be sure to call your local extension office at 701-462-8541.

Holidays got you stressed?

BY MICHELLE EFFERTZ
4-H YOUTH EXTENSION AGENT

Holidays can be joyful but also stressful for some people. If you're worried about overdoing it on calories and spending, here are some tips that might help.

- Make time for at least 30 minutes of exercise three to five times per week, but preferably daily, because it reduces and prevents stress and promotes well-being.

- Drink a glass of water before grabbing a snack. If the holiday foods are tempting, have ready-to-eat foods such as cut-up vegetables, Greek yogurt, low-fat string cheese and whole-grain crackers available for a pick-me-up instead of cookies or candy.

- Get seven to nine hours of sleep each night to keep yourself in balance. Sometimes people who think they are hungry really are tired.

- Keep your finances in check because worrying about money problems can cause issues with sleep, appetite, etc. If you overspent your budget, consider returning some of the items.

- Try learning some relaxation techniques and make time for fun.

- Try making some of your gifts or offer gifts of your time.

NDSU Extension has some excellent resources on homemade food gift ideas that can save you money: Go to the home page and type in the title of the publication at <https://www.ag.ndsu.edu/publications/food-nutrition/mix-it-up-to-expand-your-gift-giving-dollar-with-food-mixes-in-a-jar>

"Mix It Up" (FN1494) features Country Chili, Homemade Cornbread, Cranberry-Oatmeal Cookie and Friendship Soup mixes.

"Give the Gift of Joy With a Quick Bread Mix" (FN1888) features Quick Herb Bread, Snickerdoodle Muffins, Cherry Chocolate Scones and Peanut Butter Bread.

"Beverage Mixes in a Jar" (FN1625) features Double Chocolate Peppermint Candy Hot Cocoa, Spiced Tea and French Vanilla Coffee mixes.

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Underwood Holiday Craft, Vendor & Bake Sale

10 a.m. - 3 p.m. | Sat., Dec. 7 | Underwood City Hall

Come out and do some shopping, have lunch, bring the kids. Santa will be there from 12:30-1:30 p.m. Concessions sold by Kountry Kids 4-H.

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Country Kitchen Recipes



Brunch burritos

1 pound bulk pork sausage, cooked and drained
1/2 pound bacon strips, cooked and crumbled
18 large eggs, lightly beaten
2 cups frozen shredded hash brown potatoes, thawed
1 large onion, chopped
1 can (10-3/4 ounces) condensed cheddar cheese soup, undiluted

1 can (4 ounces) chopped green chiles
1 teaspoon garlic powder
1/2 teaspoon pepper
2 cups shredded cheddar cheese
10 flour tortillas (10 inches), warmed
Optional toppings: Jalapeno peppers, salsa or hot pepper sauce

In a large bowl, combine the first 9 ingredients. Pour half of the egg mixture into a 4- or 5-qt. slow cooker coated with cooking spray. Top with half of the cheese. Repeat layers.

Cook, covered, on low 4-5 hours or until center is set and a thermometer reads 160°.

Spoon 3/4 cup egg mixture across center of each tortilla. Fold bottom and sides of tortilla over filling and roll up. Add toppings of your choice.

Cranberry meatballs and sausage

1 large egg, lightly beaten
1 small onion, finely chopped
3/4 cup dry bread crumbs
1 tablespoon dried parsley flakes
1 tablespoon Worcestershire sauce
1/4 teaspoon salt
1 pound bulk pork sausage
1 can (14 ounces) jellied cranberry sauce
3 tablespoons cider vinegar
2 tablespoons brown sugar
1 tablespoon prepared mustard

1 package (1 pound) miniature smoked sausage links
In a large bowl, combine the first six ingredients. Crumble bulk sausage over the mixture and mix well. Shape into 1 in. balls. In a large skillet, cook meatballs over medium heat until a thermometer reads 160°; drain.

In a large saucepan, combine the cranberry sauce, vinegar, brown sugar and mustard. Cook and stir over medium heat until cranberry sauce is melted. Add the meatballs and sausage links. Bring to a boil. Reduce heat; simmer, uncovered, until sausage links are no longer pink and sauce is slightly thickened, 10-15 minutes.

Layered candy cane dessert

1 package (14.3 ounces) Oreo cookies
6 tablespoons butter, melted
1 package (8 ounces) cream cheese, softened
1/4 cup sugar
2 tablespoons 2 percent milk
1 carton (12 ounces) frozen whipped topping, thawed, divided
3/4 cup crushed candy canes (about 7 regular size), divided
2 packages (3.3 ounces each) instant white chocolate pudding mix
2-3/4 cups cold 2 percent milk

Pulse cookies in a food processor until fine crumbs form. Add melted butter; pulse just until combined. Press onto bottom of a 13x9-in. dish. Refrigerate while preparing filling.

Beat cream cheese, sugar and milk until smooth. Fold in 1 cup whipped topping and 1/2 cup crushed candies. Spread over crust.

Whisk pudding mix and milk 2 minutes; spread over cream cheese layer. Spread with remaining whipped topping. Refrigerate, covered, 4 hours. Sprinkle with remaining candies just before serving.

Sweet potato crostini

2 tablespoons sugar
1/2 teaspoon ground cinnamon
24 slices French bread baguette (1/4 inch thick)
2 to 3 tablespoons butter, melted

TOPPING:

2 cups mashed sweet potatoes
1/4 cup chopped pecans
3 tablespoons packed brown sugar
2 tablespoons butter, melted
1-1/4 cups miniature marshmallows, halved

Preheat oven to 375°. Mix sugar and cinnamon. Arrange bread slices on an ungreased baking sheet. Brush with butter; sprinkle with sugar mixture. Bake until lightly browned, 5-7 minutes. Remove from oven; preheat broiler.

Mix sweet potatoes, pecans, brown sugar and butter; spread over toasts. Top with marshmallows, pressing lightly. Broil 3-4 in. from heat until marshmallows are lightly toasted, 1-2 minutes.

PRAIRIE FARE

Take steps to avoid getting sick during cold and flu season

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION SPECIALIST
NDSU EXTENSION

"I'm kind of a germophobe," the woman said. "Do you want a sanitizing wipe?"

We were passengers on a plane settling into our spots. I was in the middle seat and she was in the window seat.

I never had wiped down my entire passenger area. However, I followed her lead and wiped the tray, seat back and armrests. I think she wiped the window, too.

I was happy to get the sanitizing wipe. I had just passed a woman vomiting into the wastebasket by the boarding area of the plane.

I buckled my seat belt to settle in place. Then I noticed someone walking toward me who looked kind of familiar. She sat down next to me. She was the woman I had seen vomiting.

The flight attendant handed her a half-dozen "barf bags."

"I hope you feel better," she said.

Another attendant came by with another fistful of bags.

This can't be happening, I thought to myself.

My germophobic neighbor looked over at our seat companion. I think she was glad I was her human buffer.

I had a 3 1/2-hour flight ahead of me. I plugged in my earbuds and turned the video screen speaker fairly high. I was wishing I had a curtain to pull between us.

As I watched the safety video, I wondered if they could go

ahead and drop the oxygen mask on me without a flight emergency. I didn't want to breathe recycled air.

My ill neighbor said, between bags, "I bet I'm the nastiest thing you have ever sat next to on a plane."

How do you respond to that? I wanted a parachute.

She used all the bags during the flight. I escaped getting sick, but I felt kind of ill leaving the plane.

We are in the midst of the flu season, and I had gotten a flu shot a few weeks prior to the airplane trip. Getting vaccinated to help prevent flu is important for all of us, regardless of age.

I also had taken another step due to the courtesy of my healthy seatmate on the plane: I had disinfected common surfaces. Surprisingly, viruses can survive on surfaces for three days.

My ill neighbor had handed me a cup of water from the flight attendant. I thought about that the entire trip and avoided touching my face, eyes and mouth.

Staying well-hydrated also is a key to helping prevent the flu.

As soon as I left the plane, I made a beeline to the bathroom to wash my hands. I washed my hands three times. Washing our hands for at least 20 seconds with warm, soapy water is one of the most important ways to help prevent colds and the flu.

According to the Food and Drug Administration, antibacterial soaps are part of the category known as "antiseptic wash products." They are used with water and washed off after use. "Rubs" are leave-on products (also known as "hand sanitizers"). The "rub"

category also includes antiseptic wipes.

In a pinch, such as when you are in the middle seat in a plane, a hand sanitizer can be used. Be sure the sanitizer is at least 60 percent ethanol alcohol. Use the amount recommended on the label, cover all surfaces of your hands and rub your hands until the sanitizer is dry.

However, proper handwashing is considered the most effective way to prevent the spread of infections. According to a study conducted in Japan, hand sanitizers would have to be in contact with viruses on hands for four minutes to kill the germs.

By the way, when you are purchasing soap, remember that antibacterial soap is not more effective than regular soap. As a budget bonus, regular soap often is less expensive than antibacterial soap. Regular soap also does not kill healthy bacteria on the surface of skin.

Stay well with healthful food choices, too. Chicken, vegetables, lentils and broth are a comforting blend of ingredients. This recipe is inspired by Indian cuisine and can be made ahead of time as a freezer meal for heat-and-eat meals.

See <https://www.ag.ndsu.edu/food/recipes> and check out the variety of soup recipes to enjoy this winter.

Lentil chicken curry

1 pound chicken, cubed
4 c. vegetables, chopped or diced (for example, leek, carrot, celery, bell pepper, zucchini)
2 cloves garlic, minced
1/3 c. red lentils, dry (cooked according to package directions)
2 Tbsp. red curry paste
1 c. coconut milk
Salt and pepper (optional)

Note: Red curry paste is available in the ethnic foods section in many grocery stores.

Cook the chicken, vegetables and garlic until cooked through. Cook lentils according to package directions. Add the lentils, curry paste and coconut milk. Stir to combine; season to taste. Let cool completely in shallow pans in the refrigerator. Place in a labeled freezer bag, flatten and freeze, or divide into single-serving freezer containers if desired and freeze. Thaw in a refrigerator and heat. Or from frozen, remove from bag and microwave for four to 4 1/2 minutes, stirring occasionally. Serve over rice or with naan (flat bread).

Makes five (1-cup) servings. Each serving has 270 calories, 12 grams (g) fat, 25 g protein, 17 g carbohydrate and 270 milligrams sodium.

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CALENDAR

Zaderaka card shower

Card shower for Margaret Zaderaka's 80th birthday. Send cards to: 2983 30th Ave NW, Max, ND 58759.

Saturday, Nov. 30

Jacob Olson benefit fundraiser, dart tourney and potluck, 1 p.m., sign up at noon, silent auction, Douglas Bar.

Celebration of lights annual parade and tree lighting, 4 p.m., Washburn Memorial Building. Lighted parade, 6 p.m. Tree lighting and caroling to follow. Family movie night, 7 p.m.

A Magical Medora Christmas featuring past and present stars of Medora, 7:30 p.m., Washburn HS Gym.

Monday, Dec. 2

McClusky Fire Department meeting, 8 p.m.

Goodrich City Council meeting, 5 p.m.

Martin City Council meeting, 7 p.m.

Underwood Hometown Holiday week. See ad for full details. WIC nutritionist available at the Washburn office. Please call 462-3330 to schedule an appointment.

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

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

Tuesday, Dec. 3

McLean County Commission meeting, 8:30 a.m.

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

Butte Seniors Tuesday Club - Every Tuesday at 1 p.m. Get together with the crowd over 55, sing and play games.

Food Bank at Sheridan County Courthouse is open from 9 a.m. to noon.

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

Missouri River Community Band winter concert, 7:30 p.m., Legacy High School Auditorium.

Wednesday, Dec. 4

Whatever Wednesday - Trinity Lutheran Church, Turtle Lake, each Wednesday from 2-4 p.m. 448-2551

Underwood Civic Club will meet at noon at city hall.

Free well baby clinic, 1:30-3:30 p.m., Northland Health Center, 416 Kundert St., Turtle Lake. 701-448-9225

Wilton City Commission meeting, 7 p.m.

Our Savior's Church Christmas concert, 7:30 p.m., Mercer. Featuring occasional gospel quartet with fellowship afterwards.

Turtle Lake Santa Day. See ad in News-Journal/Leader-News for full details.

Thursday, Dec. 5

Washburn Elementary Christmas concert, 7 p.m.

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

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

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

Community Cupboard of Underwood open 4-6 p.m. at 208 Lincoln Avenue.

Thelma Johannes, formerly of Underwood, will celebrate her 90th birthday with a card shower. Send cards to: 110 1st Street NW Apt. #200, Mandan, ND 58554.

Friday, Dec. 6

Sheridan Memorial Home Christmas bazaar and pie social, 2-5:30 p.m.

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

Angel of Hope Memorial, Wilderness Park, 7:30 p.m.

Saturday, Dec. 7

Santa Day craft and vendor show, 10 a.m. to 2 p.m., Washburn Memorial Building. Free lunch served.

Grace Lutheran Church, WELCA, annual bazaar, 10 a.m. to 2 p.m., McClusky.

Card shower for Marilyn Saueressig's 70th birthday. Send birthday greetings to: 841 Center Ave N, McClusky, ND 58463.

Underwood holiday craft, vendor and bake sale, 10 a.m. to 3 p.m., Underwood City Hall.

Sunday, Dec. 8

Washburn Baptist Church mother-daughter Christmas tea, 5 p.m. Music by Gene and Cindy Putnam.

Monday, Dec. 9

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

Mercer senior citizens meeting, 2 p.m.

Washburn School Board meeting, 7 p.m.

The Washburn City Commission will meet at 6:30 p.m. at the city hall. The public is encouraged to attend.

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

McClusky City meeting, 7 p.m.

Goodrich Fire Department meeting, 7 p.m.

The Christian Women's Club of Harvey and surrounding area will be having a "Massage for Christmas" luncheon from noon to 1:30 p.m. at Assembly of God Fellowship Hall, Harvey. Call 324-4728 or 324-4553 for reservations.

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

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

Garrison-Max Athletics Banquet, Bob Callies Elementary School, 6:30 p.m.

Tuesday, Dec. 10

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

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

Goodrich School Board meeting.

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

GARDENING TIPS

New annuals for 2020

BY BEV JOHNSON M.G.
UNIVERSITY OF MINNESOTA
EXTENSION MASTER GARDENER

If you love Calibrachoa, the flowers that look like little petunias, you'll be over the moon with this year's selections. The Million Bells Cabaret line has one called Good Night Kiss. This is very dark, bright pink with a white ray center. Another is from the Minifamous line, Neo Double Orangetastic. This is a double with orange petals with a wide yellow edge. The nice thing about these plants that, unlike petunias, they are self cleaning so they stay neat and tidy all summer. These are pot plants specially designed for hanging baskets. The singles attract humming birds, especially the red colored blooms. To keep them at their best, fertilize every 2 weeks.

If you like petunias, the newest one is called Midnight Gold. This is a basket plant with huge double flowers of dark purple edged in yellow. Another is Lavender Sky-Blue, one of the Easy Wave series. They bloom all season and tolerate both heat

and cooler weather. This series is a little more mounded than the Waves. The color of this one will be darker in cool temps and lower light. She is 5 to 7 inches tall and up to 4 feet wide. For best blooming, keep them moist and fertilize every 2 weeks. Petunias are a full sun plant.

The Galaxy series of zonal geraniums produce mounded plants that keep their large semi-double blooms all summer. They look great all by them-selves in a large pot. They come in dark red, red, watermelon, pink purple, salmon, white and violet. They are 16 to 20 inches tall and are great for a spot that gets dry. That doesn't mean not to water them but they will tolerate a dryer area.

An impatient that is resistant to downy mildew is every shade gardener's dream. Well, dream no more. Panamerican seed company has one called Beacon. It comes in 6 colors and 2 mixes. They say that this series is reliable, fast filling, and adds season long color to shade gardens or hanging pots. Sales of these plants support the OI foundation for brittle bone disease

For a bright accent on the edge of the garden or in a pot, you

might want to look at Concertina Cockscomb. You can start these at home. All they need is good starting mix, warmth, sunlight and good drainage. The plant is only 8 to 10 inches tall and 8 inches wide. The blooms are bright colors and the flower looks like you squished a bigger flower into a ball, all curly and round. The word cute comes to mind.

For a bright "thriller" in a large pot, how about a dahlia? The Venti series are about 16 to 18 inches tall and 14 to 16 inches wide. This is a uniform, vigorous series of double flowered blooms in a broad range of colors. They will keep blooming all season if you religiously deadhead them; they are great planted in the flowerbed too.

There is no common name for Osteospermums. It's that daisy like flower with the blue center. The Zion series has a new earth tone bloom. It is a soft peach with gold tips and a greenish center. Another new one is Zion Purple Sun. This may not be for everyone as it is orange and purple.

Spring is coming, really! Look for these plants at your local nursery then. In the meantime, we can dream about the perfect garden. (It never happens).

HELPING WORDS

The kingdom IS here

BY PASTOR TRISH DEBOER
BETHLEHEM EVANGELICAL
LUTHERAN CHURCH, WING

My family and I recently went on vacation down to Minnesota and Illinois to see our families. On our way home, we drove as long as we could from my younger sister's house in rural central Illinois and we made it to central Minnesota-ish before stopping for the night at a hotel. The children were at the end of their ability to sit in their car seats for the day, and honestly, we were at the end of our ability to sit in the car, too.

At one point after the children had fallen asleep, I bent down to retrieve something off the floor, and it happened. WHAM! I whacked my head on the bedside table. It's been about a week, and my poor noggin still hurts a little.

I was kicking myself for that mistake. I KNEW that table was there. I'd already set a glass of water and my phone charger on it. We almost always stay in that particular chain of hotels, and so I KNEW the layout of the room. I wondered to myself, "WHY didn't I see that table!?"

How often do we KNOW something is there, but we bash our head on it, or stub our toe, or you name it? I didn't see that night stand, but it was there. Sometimes, the kingdom of God is like that...Christians have FAITH that the kingdom of God is near, just as Jesus says, but we don't always see it.

The season of Advent begins on Dec. 1 this year. This season is one where we wait and hope and watch for Jesus, who has come, IS here, and will come again. In the Gospels, Jesus speaks in many places about how the kingdom has come near because Jesus brings it. The kingdom IS here already, even

if we don't see it.

We won't always see the kingdom among us. Right now, we receive a foretaste of the feast to come...we catch a GLIMPSE of the kingdom. Particularly in Advent, we wait in eager anticipation for Jesus to bring that kingdom in a way that the whole world can see. The kingdom of God is present when Jesus is made known through the Good News; through hungry people being fed, lonely people being visited, and naked people being dressed. The kingdom of God is present when we love each other, despite the many ways we all continue to fail each other. Those are ways that we can SEE the kingdom of God at work among us.

This Advent and always, be on the lookout. Jesus shows us the kingdom come close. And he invites us to be a part of it. Thanks be to God.

Peace,
Pastor Trish

SANTA DAY CRAFT & VENDOR SHOW

SATURDAY, December 7 2019 || 10AM to 2PM

WASHBURN MEMORIAL BUILDING

805 MAIN AVENUE || WASHBURN ND

Check out the Craft and Vendor Show tables for GREAT DEALS for the Holidays!!

Norwex	Teresa's Lefse	Avon's Grace
Scentsy	Forever	Sylvia's Crafts & Goodies
Tupperware	Then & Now Candy Store	Pampered Chef
Mary Kay	do Terra	Yellow Hen House Gardens
Origami Owl	Thirty One Gifts	Color Street
Pink Zebra	Crafts by Agnes	Beauty & Blankets Boutique
Tastefully Simple	Arts from the Heart	
Ruby Ribbon		



A FREE LUNCH will be served by the Washburn Civic Club: hot dogs, chips, pickles, coffee and water.

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 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, 701-460-0663.
1-E-TFN-NC 58540

Bids

McLean County is looking for an individual to refinish 4 Courtroom Benches located in the McLean County Courthouse – Please call Cathy @ 701-462-8829 by December 15th for details

Farm Related

MW HAULING, LLC, cattle hauling 8.5x53 spread axle cattle pot, 7x32 stock trailer. Licensed/insured for ND. Max Waloch, 701-516-3117.
28-39-E-PD 58577

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-NC 58540

Help Wanted



SPRING COACHES

Central McLean Cougars are asking for applicants for the following positions. Central McLean includes Underwood-Turtle Lake-Mercer-McClusky. If interested, or if you have questions, please contact Superintendent Brandt Dick at brandt.dick@underwoodschool.org or call (701) 442-3201.
Spring 2020
 Head Varsity Softball Coach,
 Head Boys Golf Coach

Help Wanted

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

Superpumper
 is looking for
SALES ASSOCIATES
 Full Time or Part Time
 Stop in for an application
 200 5th Ave SE, Garrison

Help wanted

Coaching Positions
 Garrison Public School District is seeking applications
 • **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 Klemish at 463-2818 for more information.

Help Wanted

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

CHI St. Alexius Health
 Imagine better health.
Turtle Lake Hospital
Part-time Clinic Nurse
Full-time Nurse Aide
 Experience preferred but not required. Contact Brenda 701-448-2331 ext 207.
 This institution is an equal opportunity provider and employer.

GSSC 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!

BENEDICTINE LIVING CENTER OF GARRISON

Culinary Services Director

Responsible for the direction, implementation, and supervision of all meal services and nutritional support for guests. Provides a quality assurance program that certifies guest therapeutic nutritional requirements are met. Manages the selection, training, development, and performance of assigned initial and ongoing clinical nutritional assessments and menu planning. Manages the department's budget.
 Eligible associates are offered medical, dental, vision and life insurance; disability coverage; paid time off (PTO), and 401(k). In addition, associates may also experience several other benefits, such as paid holidays, flexible scheduling, cookouts, holiday parties and much more.
 To learn more about BLC of Garrison and BHS, please apply online at blcgarrison.com
 EEO/AA/Vet Friendly

HELP WANTED

McLean County will accept applications filling **one (1) or more positions** as part-time Federal Prisoner Transport Officers in the Sheriff's Department with a pay rate of \$30.00/hour. Hours are variable on an as needed basis and are capped at 19 hours per week. 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>.
To be considered, all applications and related items must be submitted to the McLean County Auditor.
Successful candidates will be required to submit to applicable background checks.

Help Wanted

NORTHSHORE INN & Suites/ Garrison Motel is hiring for a Front Desk/Housekeeping position. Please apply within.
28-2TCHIX 58540

EQUIPMENT OPERATOR/TRUCK DRIVER position open: The Board of Sheridan County Commissioners will be accepting applications for an Equipment Operator/Truck Driver. Qualifications are to have experience in performing a variety of skilled and semi-skilled work in operation of medium to heavy equipment utilized in road construction, maintenance, and repair projects. Must have a CDL license or can acquire one. Wages \$16-\$21.50 per hr. - negotiable upon experience. Application forms are available at the office of the

Garrison-Max Ambulance is

accepting applications for **Drivers** with a valid drives license.
 Paid on call position,
 Stop at ambulance garage in Garrison.
 For applications go to website gmambulance.com



HELP WANTED

Totten Trail BAR & GRILL
 is looking for
Cooks, Servers & Bartenders
 Apply in person or call 701-337-2070
 Lake Audubon • Hwy 83 337-2070

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

CENEX OF GARRISON
Night Time & Weekend Cashiers
All Shifts Available
Must be able to work weekends.
Stop in for an application.

Help Wanted

Sheridan County Auditor, PO Box 439, McClusky, ND 58463 or PH# 701-363-2205. Shirley A. Murray, Sheridan County Auditor.
28-30-E-X 58463

Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Dec. 2 and Dec. 16. Have them there by 11 a.m. Call Darin, 701-315-0144.
43-TFN-E-X 58577

Misc. for Sale

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 bhgsmugmug.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

COUNTRY LIVING. 16x80 mobile home for rent on 10 acres. 3 bedrooms and 2.5 bathrooms. Storage shed. Fenced pasture area with waterer. Rent \$1200/month, deposit required. Email: jlazysranch2012@gmail.com or phone 701-286-6214 for more information.
30-6TPDCMMCLNX 58540

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, 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 \$ome. 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

To place a classified ad call 701.462.8126 or fill out the form online at www.bhgnews.com

Statewides

HELP WANTED
ELEMENTARY PRINCIPAL OPENING at May-Port CG School (starting August 2020): Apply to Supt, Michael Bradner: 900 Main St W, Mayville, ND; 701-788-2281; x225 or Michael.bradner@may-portcg.com.

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

RURAL WATER OPERATOR. Must have or obtain Grade 02 Water Treatment and Water Distribution licenses. Stu Gullicks; Dakota Rural Water District; PO Box 476; Finley, ND 58230. 701-524-2393.

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.

MISCELLANEOUS FOR SALE
ANYONE CAN RUN STATEWIDE with HELP WANTED ads in all ND

Statewides

papers with NorthSCAN! \$160 /25 words / 89 papers. Contact your newspaper or NDNA, 701-223-6397.

AUTOS WANTED
DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 701-809-7415

HEALTH/MEDICAL
FARMERS, LANDSCAPERS or GARDENERS, did you or a loved one use Roundup Weed Killer and were diagnosed with **NON-HODGKINS LYMPHOMA (Cancer)?** You may be entitled to compensation. Call Attorney Charles Johnson 1-800-535-5727.

OPEN ENROLLMENT FOR HEALTH INSURANCE IS HERE! Now is the time to save for 2020. We have the best rates from top companies! Call Now! 701-404-5823.

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
 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.

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

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!



Make it count.

CUSTOM BUSINESS CARDS AS UNIQUE AS YOUR COMPANY.

EMAIL OR CALL TO ORDER TODAY



701-463-2201
 jobwork@bhgnews.com



RIVER CITY SPORTS PRESENTS THE 1ST ANNUAL ICE SHOW

Saturday, December 7th
at River City Sports from 9:00 a.m. to 4:00 p.m.

CHECK OUT ALL THINGS ICE FISHING

VENDORS

- PK Lures
- V-Line Custom Rods
- AND MORE!!!
- Eskimo
- Catch Cover

TOURNAMENT RAFFLE

Many local tournaments will be attending to answer questions about their upcoming events and selling raffle tickets

SEMINARS

- Ultimate Outdoor Adventures *Fishing on Lake Winnipeg*
- Neal Jensen *Ice Castle Maintenance Tips*
- Humminbird Ice Electronics **ongoing seminar all day!!!**

FOOD

Lunch will be served from 11:00 a.m. to 1:00 p.m. Free-will donation to support ON THE WATER INC (taking our wounded veterans fishing)

DOOR PRIZES

DOOR PRIZES will be drawn throughout the day. Don't miss your chance to win our **GRAND PRIZE** of 2 tickets to fish the **Mobridge Chamber Ice Tournament**

ICE CASTLE SALE!!!

ONE DAY ONLY!!! We will be offering the greatest incentives to purchase an Ice Castle in our history.



Don't miss this Sale!!!

ACCESSORIES SALE!!!



Eskimo Quickfish 3i

Was **\$279.99** **\$199.99**



20% OFF



Deals too good to Advertise