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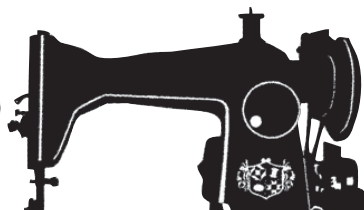
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PRAIRIE FARE

Is intermittent fasting good for your health?

BY JULIE GARDEN-ROBINSON
FOOD AND NUTRITION SPECIALIST
NDSU EXTENSION

I had a meeting approaching in just minutes while I was at work, and my stomach alerted me that it wanted food.

Having a roaring stomach at a quiet meeting is more than a little embarrassing.

By the way, these stomach noises are called “borborygmi” (pronounced bawr-buh-rig’-mahy).

We might hear these sounds as food moves through our digestive system because of muscle contractions called “peristalsis.” We also have these gurgling, rumbling sounds when our stomach is empty.

I think my stomach was digesting itself. I looked in my desk drawer for snacks. I found none.

I thought I had some yogurt in the office refrigerator. No, I didn’t. I raided my lunch bag. Unfortunately, my leftover food needed heating to be appealing.

I found a somewhat dried-out flour tortilla wrapped in plastic at the bottom of my lunch bag.

I sighed and unwrapped the tortilla as I walked down the hallway. It formed a glue-like ball in my mouth, but it kept my growling stomach in check for an hour.

I vowed to replenish the snacks in my drawer with the dried fruit and nut mixture I usually keep on hand.

I have been trying to trim my calories during the day because of evening holiday events. However, my body doesn’t agree with food deprivation.

On that morning, I had skipped my usual breakfast and left quickly with a cup of coffee.

Yes, I know better. Some days, life is hectic.

I hadn’t eaten since the previous evening’s meal, and that was about 16 hours earlier. My body wanted some immediate nourishment.

I wasn’t really trying to “fast,” but essentially, that is what I was doing. “Fasting” refers to eating no food or a very small amount. Ironically, fasting was slowing my ability to function in my work.

Although I hadn’t planned it, I had jumped right into a popular weight-loss diet trend known as “intermittent fasting.” My body did not approve.

If you look up information online about intermittent fasting, be cautious of what you read. Proponents of the diet make many promises, and not all of the information has been



Here’s a festive-looking dip for the holidays that’s low in calories but high in flavor. (NDSU photo)

vetted by nutrition experts. Some people lose weight in the short term while on fasting diets, but the research is in progress regarding long-term effects.

According to the Academy of Nutrition and Dietetics, several types of fasting schedules have been followed by people on intermittent fasting diets.

“Alternate day fasting” typically means you eat on one day and do not eat anything the next day. This is challenging and the long-term effects on your health are not known. You could lose weight, but some studies have shown that people eat more than usual on the nonfasting days. Therefore, they might make up for the skipped calories.

In “modified fasting” plans, during fasting days, people eat about one-fourth of the calories they typically need, perhaps 500 calories per day. They follow a regular diet the other days.

Some people on a modified fasting plan follow a 5:2 plan. They eat normally five days a week and do not eat two days a week (or limit their calories to a small amount).

In “time-restricted fasting” plans, people fast about 12 hours per day. Most of the fasting time occurs during sleeping hours. In studies, some people lost more weight following this plan than traditional weight-loss diets. Other studies showed no difference.

More research on the safety and effectiveness of the diet is needed. If I had a history of medical issues such as diabetes, skipping meals could be a recipe for disaster. Before changing your eating plan, work with a health-care provider and a dietitian to develop a healthful



Julie Garden-Robinson

eating pattern.

For now, I will stick with eating regular meals with moderate portion sizes, and keep a stock of healthful snacks nearby. Fruits, vegetables, nuts, yogurt, low-fat cheese and whole-grain, protein-rich granola bars are good snacks to keep hunger at bay.

Before going to a holiday party, enjoy a small snack or a bowl of chicken soup. Broth-based soups can help tame hunger and prevent overeating.

Here’s a festive-looking dip for the holidays that’s low in calories but high in flavor.

Pineapple pico de gallo

2 c. tomatoes, finely chopped
1 c. pineapple, finely chopped (or substitute canned pineapple, packed in juice)

1/2 c. sweet onion, finely diced

1/4 c. jalapeno pepper, finely diced

1/4 Tbsp. lime juice, freshly squeezed

1/3 c. cilantro, chopped

Salt to taste

Prepare as directed.

Combine all ingredients in a large bowl. Toss to combine.

Serve with tortilla chips.

Makes 16 (1/4-cup) servings.

Each serving has 20 calories, 0 grams (g) fat, 1 g protein, 4 g carbohydrate, 1 g fiber and 40 milligrams sodium.

HELPING WORDS

Advent

BY PASTOR ALAN O. HATHAWAY
RIVERDALE COMMUNITY CHURCH

The series of messages I am doing for Advent is titled, “God in Skin.” What does it mean for God to become flesh and walk among us?

Our skin contains millions of sensors that send messages to our brain. The well trained pianist by instinct, and long years of practice touches the keys with ever so slightly different pressure, and the result is wondrous sound. The skin on our fingers is so sensitive that we can detect a scratch on the surface of glass 1/2500 of an inch deep.

Without looking, bring your right finger down with a slight sleeping motion toward the back of your left hand. Your finger will feel nothing, but the moment it moves the end of a hair you will know it. The hair on the back of your hand is so sensitive that if you are not attentive to something else you



Pastor Alan O. Hathaway

will be aware of a 2 milligram mosquito landing there. An average mosquito will weigh about 2 milligrams. If I was to state my 170 pound weight in milligrams it would be in the neighborhood of 80 million. Our cornea is even more sensitive feeling pressure of only two

Helping Words page 5

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Dec. 20 & 21 7:30 p.m.
Dec. 27 & 28 7:30 p.m.

Downton Abbey, PG
The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century. 2 hrs. 2 min.

Jan. 3 & 4 7:30 p.m.

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UNDER THE COTTONWOODS

Mary Did You Know

BY DON WINTER
ADVERTISING MANAGER

I love the Christmas season. The lights and the decorations, the joyful wrappings of presents under trees and the joyous uplifting of the human spirit that the season tends to bring about.

But most of all I love the music, from the old traditional hymns and holiday favorites to the contemporary songs that fill the airwaves today. Nothing can portray the true spirit of Christmas like music can, and that's why I often start listening to it even before all the candles are blown out of the Halloween Jack-O-Lanterns, a slow steady buildup of song,



Don Winter

that progresses into a giant crescendo on Christmas Day and then gradually fades off

into silence sometime in the New Year.

And while I have many songs that I like, one of my all-time favorites is the modern classic "Mary Did You Know". To those who may not have heard it, the song is an imagined conversation between the composer and Mary, the mother of Jesus, where she is asked if she knew of all the miraculous achievements that her son would obtain throughout the course of his time here on Earth.

I think that I enjoy this song so much because there is nothing that I have that I consider being a greater gift than being a parent. As my own children grow I often catch myself between imaging

what deeds lay before them in the future with waxing nostalgia for what has already transpired in the past.

As children of a fallen humanity, we are all capable of the most amazing deeds of pure good, or the most horrendous deeds of abject evil. All that resides deep within all of us and often times it takes just a subtle gentle nudge to swing the pendulum one way or the other.

I wish for my boys to grow up to be men of honor and virtue. Men that my father, their grandfather and all their ancestors who have paved the way for our family will be proud of. My greatest fear is that somehow I will not be up to the challenge and that they will grow up to be like

Greta Thunberg, unintelligent followers abused and utilized by puppet masters whose nefariousness they cannot hope to comprehend.

And yet even in darkness there is light, in a smothering blanket of despair, a faint glimmer of hope. That redemption offered to us freely is the truest message and meaning of the Christmas season, and it is best epitomized in the spirit and hope for a better future that ever single child offers us.

May the pure joy of your inner child fill you this holiday season and God's blessings shine upon you. From the Winter family to yours, the merriest of Christmas's and a Happy New Year from under the cottonwoods.

MY WEARY WERRE WORLD

NYC Christmas

BY SUZANNE WERRE
CENTRAL MCLEAN NEWS-JOURNAL EDITOR

It is nigh around midnight Monday night, and I just got off the subway and had some delectable Indian food after the Adam Lambert concert near Soho. I'm not quite in heaven, but pretty close.

As anyone who reads this knows, concerts are "my thing." Actually, any type of show is my thing -- dance performances, musicals, plays -- if I'm in a theatre seat, I'm a happy camper.

I got a pretty major dose of

theatre this weekend. We took in a Cirque de Soleil Christmas show, The Nutcracker at the NYC Ballet Company, The Rockettes, and the piece de resistance was Adam's concert.

He even capped it with a Christmas song.

Betwixt the shows, we saw several beautiful Christmas trees and some pretty fabulous Christmas decor adorning the city blocks downtown. We even stopped in at The Plaza for a bit -- that was spectacular.

We did have our own little Miracle on 34th Street -- seriously.

We had just gone to the Cirque de Soleil show, stopped in at

Walgreens for some Benadryl because my allergies are bonkers, and Lisa got a phone call from American Express. Apparently she had lost her wallet a few blocks back, and didn't even realize it.

A good Samaritan had found her wallet, called American Express, and let her know where she could pick it up. He even counted the cash that was in it when he found it to ensure she got it all back from the people at the hotel desk where he turned it in.

And yes, this happened on 34th St., right by Macy's.

It kind of reinforces your

belief in people, right? Although I am of the belief that most people are nice, and honest, and decent.

Not a single person was rude to us while we were there. We did, however, see a Chinese woman reaming another Chinese woman out on the sidewalk. Seriously -- do people really do that? Yell at each other? And out in the middle of everyone?

I also got to meet up with one of my high school classmates while we were here, so it was the perfect weekend.

Here are a few observations from my few days in the city.

-- Sooooo many people; so

many cars; and so many horns being honked.

-- So many different aromas. I deduced marijuana must be legal in New York, because it smelled like it was everywhere.

-- Some people really think North Dakota is a frozen tundra, and I think it hurt my feelings.

-- I never bring my camera when I should, and I always bring it when I shouldn't.

-- Professional ballet dancers have rock-hard abs, calves, thighs and buns and can make six fouette turns look effortless -- incredible.

Werre World page 5

2019 Annual Community Chest Drive

Thanks to the generosity in the past of the Garrison area residents and merchants, the Community Chest has been able to support local, area and state charities, through an earnest city and rural fund drive, and to keep the number of charitable drives in the community at a minimum.

We would appreciate your consideration for a generous contribution in order to meet these needs.

Below is a list of the charities supported this year. Please indicate which charities your contribution is to support and drop off or mail to: Garrison State Bank & Trust (P.O. Box 339, Garrison, ND 58540).

Make your check payable to "Garrison Community Chest," and return by December 31, 2019.

We thank you for your past support and request your generous support with the 2019 Fund Drive.

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CALENDAR

Saturday, Dec. 21
Community Food Pantry of Ryder, 10 a.m. to 1 p.m., no cost lunch provided.
Underwood Community Cupboard, 208 Lincoln Ave., 10 a.m. to noon.
Live Nativity, Our Savior Church, Max, 7-8 p.m.
Community Cupboard of Underwood open 10 a.m. to noon at 208 Lincoln Avenue.

Sunday, Dec. 22
Live Nativity, Our Savior Church, Max, 7-8 p.m.
Community-wide blue Christmas service, a time to remember loved ones or past times, 7 p.m., Garrison First Congregational, UUC.

Monday, Dec. 23
Yoga, First Congregational Church, Garrison, 8 a.m.
Bone Builders exercise, Garrison Senior Center, 10 a.m.
Live Nativity, Our Savior Church, Max, 7-8 p.m.

Tuesday, Dec. 24
Underwood Library holiday closures – The Underwood Public Library will be closed Dec. 24-25 as well as Dec. 31 and Jan. 1 in celebration of the holidays.

Christmas church services
Augustana Lutheran Church – Christmas Eve worship service, 4 p.m.
Birka Lutheran Church – Christmas Eve candlelight service, 6 p.m.
Evangel Church Christmas Eve service, Garrison, 7 p.m.
Faith Evangelical Church, Underwood – Christmas Eve service, 4 p.m.
First Lutheran Church, Washburn – Christmas Eve, 4:30 and 10 p.m. candlelight worship service with holy communion.
First Presbyterian Church, Wilton – 11 a.m. Dec. 22, worship/children’s Christmas program with potluck to follow; Christmas Eve, 5 p.m., candlelight service with holy communion. Come early for Christmas goodies and fellowship.
Sacred Heart Catholic Church, Wilton – Christmas Day Mass, 8:30 a.m.
SS Peter & Paul Ukrainian Catholic Church, Wilton – Christmas Day Confession, 9:30 a.m.; Divine Liturgy, 10 a.m.
St. Bonaventure’s Catholic Church, Underwood – Midnight Mass Christmas Day, 12 a.m.
St. Catherine’s Catholic Church, Turtle Lake – Christmas Day service, 9:30 a.m.
St. Edwin’s Catholic Church, Washburn – Christmas Eve, 4 p.m.
St. Paul Lutheran Christmas Eve service, Garrison, 4:30 p.m.
St. Paul’s Lutheran Church (ELCA), Riverdale – Christmas Eve service, 4:30 p.m.
Trinity Lutheran Church, Turtle Lake – Christmas Eve candlelight worship with communion, 5 p.m.
UCC Christmas Eve service, Garrison, 7 p.m.
United Methodist Church, Washburn – Christmas Eve, 5 p.m.
Washburn Baptist Church – Christmas Eve candlelight service, 5 p.m.

Thursday, Dec. 26
Community Clothing Share-Exchange open 10 a.m. to 6 p.m., at 221 Main St., Turtle Lake.
McClusky Merchant’s Association meeting, noon, Union Grill.
McClusky Ambulance Service District meeting, 7 p.m.
Bone Builders exercise, Garrison Senior Center, 10 a.m.
Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.

Friday, Dec. 27
Yoga, First Congregational Church, Garrison, 8 a.m.

Saturday, Dec. 28
Lord’s Pantry open 10 a.m. to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.
Eric Stebbins and Alison Schaper wedding dance celebration, 7 p.m., Riverdale High Lodge. Everyone welcome.

Monday, Dec. 30
McLean Co. Commission meeting, 8:30 a.m.
WAEDA meeting, 2:30 p.m., Washburn City Hall.

Submit an event

To announce your free public event in the Xtra Calendar, simply fill out the form below. The form must reach the Washburn office by Wednesday. Mail to the Xtra, PO Box 340, Washburn, ND 58577; email: leadernews@westriv.com; phone: 701-462-8126.

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Date: _____ Time: _____
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HELPING WORDS

continued from page 3

tenths of a milligram.

Here is what the write of Hebrews says about the coming of Jesus, that is God in skin, God made flesh to dwell among us.

Hebrew 2: 14-18 “Since the children are made of flesh and blood, it’s logical that the Savior took on flesh and blood in order to rescue them by his death. By embracing death, taking it into himself, be destroyed the Devil’s hold on death and freed all who cower through life, scared to death.

“It’s obvious, of course, that he didn’t go to all this trouble for angels. It was like us, children of Abraham. That’s why he had to enter into every detail of human life. Then, when he came before God as high priest to get rid of people’s sins, he would have already experienced it all himself – the pain, all the testing – and would be able to help where help was needed.” (The Message)

Hebrew 4: 15-16 “For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.” (NKJV)

He came because of His love for “people like us.” He entered into the sorrow, pain, testing and yes death of flesh so that He can, “help where help is needed.” Note especially the words of verse 15 as translated by Eugene Peterson, (Jesus), “freed all who cower through life, scared to death of death.”

Oh, by the way, He touched people, even the leprous people and He healed them. So, during this season of Advent, let’s ask Him to touch our lives, share His healing touch with someone else, and rejoice in His love.

WERRE WORLD

continued from page 4

-- One should never eat at a chain restaurant that exists in his or her own hometown or vicinity. Broaden your horizons, people! Try the chicken korma! Or the gnocchi -- it’s like little potato clouds.

-- It’s terrific when you can go to concerts with your best friend, and you look at each other at the same time, and say, “Oh my gosh. He is fabulous.”

-- When I was young, it was my dream to live in NYC. At this point, I think I’m content to visit it every once in awhile and take in some shows.

-- The world is a big, beautiful place, and everyone should try to get out and see more of it. My high school friend told me Italy is beautiful -- I should start saving my pennies.

I have a minute-and-a-half before I’m timed out of this computer, so I’d better sign off.

I’ll be back tomorrow, but it’s another busy weekend with the grandbaby’s first birthday party, so . . . I will be ready for a nap soon!

If I don’t see you beforehand, have a blessed, Merry Christmas!

holds the KEY to all your printing needs

BHG

- weddings•anniversary
- graduation•raffle tickets
- shower announcements
- We do Silk Screening

BHG Inc.

1-800-658-3485

LAND AUCTION
Tuesday, January 14th, 2020 @ 6 PM CT
Offering 160 Acres in Dunn County & 320 Acres in Mercer County
Auction Location: Golden Valley Community Center

DUNN COUNTY
Legal Description: NE4 of the NW4, N2 of the NE4, & the SE4 of the NE4 of Sec. 24-145-93
Land Located: 1/4 mi. N of Werner, ND or 5 mi. W of Halliday, ND on Hwy 200 then 2 mi. N
Tillable Acres: 85.64 or 54%
Pastureland: 74.36 or 46%
Pastureland is watered by high capacity well. Was powered by solar panels. This parcel offers great access with county maintained roads (90th Ave SW & 3rd St SW). Scoria capabilities. A majority of the tillable acres score very high (check soils report)

2019 Taxes \$325.31
Productivity Index: 61
Base Acres: Wheat 43.54
Sunflower 29.34
Seller: David Erbstoesser & Arlene Helling

MERCER COUNTY
Legal Description: S2 of Sec. 35-145-89
Land Located: 2 mi. N of Golden Valley, ND on County Rd 5, then 3 mi. E on 6th St SW or 5 mi. NW of Zap, ND

Tillable Acres: 142.79 or 45%
Pastureland & Grass Runways: 177.21 or 55%
Pastureland is watered by a spring fed creek, well capabilities on farmstead

This parcel offers great access with a county maintained road on the west and a section line road on the south. Pastureland will require some fencing. Gravel capabilities. Parcel has been drilled & tested for gravel.
2018 Taxes \$1,204.27
Productivity Index: 60
Base Acres: Wheat 68.57
Corn 31.18
Canola 33.25
Sellers: Michael Jassmann & Connie Helling

WOLFF AUCTIONEERS

Visit our web site: www.wolffauctioneers.com

SHANE WOLFF LIC. NO. 2
701-983-4573
701-870-9090 (CELL)

HEAD CLERK: PAULA JO WANNER
LIC. NO. 664
701-870-1406 (CELL)

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!

BHG, Inc.
92 N Main St • Garrison, ND
701-463-2201

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

Farm Related

IN SEARCH OF pasture to rent for up to 50 head of gentle cows. Willing to fix fence, etc. I live in Baldwin and would like to keep close, but anything will do. Please call me at 701-223-6807 or text 701-391-3532.
 32-35-E-PD 58577

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

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Legacy soybean seed in bulk
LS0239N RR2X "Extend"
YIELD POWERHOUSE
 • Great offensive variety
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ND 17009GT RR1

Economically priced
 Keep your own seed back

CLEAN - TREAT - INOCULATE
BEST DISCOUNTS OF THE SEASON
BOB: 720-1808 • CHRIS: 651-792-5920

Giveaway

FOR GIVEAWAY, DARLING 8 week-old kittens, 337-5436.
 34-3TPIX 58540

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



HELP WANTED
Come Join Our Team!!

• **Laundry Aide**
 30 hrs. per week, Benefit eligible, Wage range \$12-\$16
 Apply at www.blcgarrison.com
 or call Jill Borth at (701) 463-2226
 "EQUAL OPPORTUNITY EMPLOYER"

Help Wanted

TAX DIRECTOR POSITION OPEN: The Sheridan County Commissioners will be accepting applications for the Sheridan County Tax Director position. Job Description is as stated in N.D.C.C. 11-10.1. Qualifications are to have experience in performing a variety of computer and telephone tasks, real estate background preferred, deal with the public professionally, high school diploma or equivalent, and pass a criminal background check. Up to a 35 hour week. Wages negotiable depending upon experience. Full benefit package. Starting date of hire is as soon as can be. Application forms are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463 or 701-363-2205. Applications must be returned to the Sheridan County Auditor's Office by 4 p.m. Dec. 27, 2019. Shirley A. Murray, Sheridan County Auditor
 32-33-P-X 58463

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 Sheridan County Auditor, PO Box 439, McClusky, ND 58463 or 701-363-2205. Shirley A. Murray, Sheridan County Auditor.
 32-34-E-X 58463

THE SOUTHWEST SPECIAL EDUCATION UNIT is looking for a Special Education Director for the 2019-2020 school year. The position begins on July 1, 2019, and offers a regionally competitive salary. The unit includes the schools of Mott-Regent, Elgin/New Leipzig, Carson, and Flasher. We are particularly interested in candidates who may have early childhood education, school psychologist, school social worker, or other qualifications. The position is full-time but applicants interested in part-time are also encouraged to apply. If interested, you can get more information at <http://www.gcs.k12.nd.us/employment-opportunities/> or call the president of the unit, Daniel Ludvigson, at 584-2374. Applications can be mailed to 110 West St Elgin, ND 58533.
 32-35-E-PD 58523

Help Wanted



HELP WANTED
Come Join Our Team!!

• **RN/LPN**

• **CNA**

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

HELP WANTED



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.

HELP WANTED



is looking for
Cooks, Servers & Bartenders

Apply in person or call
 701-337-2070

Lake Audubon • Hwy 83
 337-2070



GENERAL SECURITY SERVICES CORPORATION™

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!

Start a new adventure in 2020

Join our team!

Flexible hours, advancement opportunities, GREAT benefits!
 McLean County will accept applications until **4:00 P.M. on Friday, January 3, 2020**, filling **one (1) or more positions** as full-time **Jailer/E-911 Dispatchers**. Starting salary is \$37,295.59 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>. Resume's 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
SALES

ASSOCIATES

Full Time or Part Time

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



HELP WANTED

Come Join Our Team!!

• **Accounts Payable Coordinator & Foundation Development**

Full-time/ 32 hrs per wk
Benefit Eligible

Apply at www.blcgarrison.com
 or call Jill Borth at (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

- **BOYS BASKETBALL - SPRING Elem. Head & Assistant**
- **TRACK COACH - SPRING Two Assistant Coaches**

Please stop by Garrison High School for an application. Applicant must included a resume and three references.
Contact Nick Klemish at 463-2818 for more information.

Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Dec. 30, Jan. 13 and Jan. 27. Have them there by 11 a.m. Call Darin, 701-315-0144.
 43-TFN-E-X 58577

Real Estate for Rent

Turtle Lake Manor in Turtle Lake

1 & 2 Bedroom Apartments Available at Rent Based on 30% of Adjusted Income, On Site Laundry, Community Room
 For More Information Call:
(701)873-2170

Visit us at metroplains.com

This institute is an equal opportunity provider and employer. TTY #711

leadernews@westriv.com

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 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

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

Work Wanted

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

LOOKING FOR farrier work. Horse trimming wanted. Call Sam Reiser at 701-315-0826. 31-34-E-NC 58577

Statewides

HELP WANTED
ELEMENTARY PRINCIPAL opening at May-Port CG School (August 2020). Send cover letter, resume, principal credentials to Superintendent Bradner: 900 Main St W, Mayville, ND 58257; 701-788-2281; Michael.bradner@may-portcg.com. Deadline January 31.

ACCOUNTS RECEIVABLE ASSOCIATE. Lake Region State College – Devils Lake, ND. This is a 12-month position with full benefits, including paid family health insurance. Duties include collecting and maintaining accounts receivable for LRSC accounts, working with collaborative student accounts and billing for both student and third-party accounts. This is a frontline position with daily cashier duties. Must be responsible, proficient in word processing and spreadsheet software, knowledge of standard office machines, and strong customer service skills. Minimum qualifications are an Associate Degree or equivalent knowledge and experience. Go to lrsc.edu for more information.

FARMERS UNION OIL in Portland is looking for a full-time truck driver in the propane department. CDL required, hazmat and CETP training

Statewides

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.

TOOLS & SUPPLIES
FOR SALE: BASSWOOD carving wood. 4” thick x 5-9” wide. Professionally processed. 218-329-5034

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
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.



Libby’s pumpkin pie

1 (9 inch) unbaked deep dish pie crust
3/4 cup white sugar
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
2 eggs
1 (15 ounce) can LIBBY’S® 100% Pure Pumpkin
1 (12 fluid ounce) can evaporated milk
Preheat oven to 425 degrees F. Combine sugar, salt, cin-
namon, ginger and cloves in small bowl. Beat eggs lightly in
large bowl. Stir in pumpkin and sugar-spice mixture. Grad-
ually stir in evaporated milk. Pour into pie shell. Bake for
15 minutes. Reduce temperature to 350 degrees F.; bake for
40 to 50 minutes or until knife inserted near center comes
out clean. Cool on wire rack for 2 hours. Serve immediately
or refrigerate.

Rhubarb pie

1 cup sugar
3 tablespoons all-purpose flour
1/2 teaspoon ground cinnamon
2 eggs, lightly beaten
4 cups chopped fresh rhubarb or frozen rhubarb
Pastry for double-crust pie (9 inches)
1 tablespoon butter
In a large bowl, combine the sugar, flour and cinnamon.
Add eggs; whisk until smooth. Gently stir in rhubarb. Line
a 9-in. pie plate with bottom pastry; add filling. Dot with
butter. Roll out remaining pastry to fit top of pie; place over
filling. Trim, seal and flute edges. Cut slits in top. Bake at
400° for 45-50 minutes or until crust is golden brown and fill-
ing is bubbly. Cool on a wire rack. Store in the refrigerator.
Notes: If using frozen rhubarb, measure rhubarb while
still frozen, then thaw completely. Drain in a colander, but
do not press liquid out. Depending on taste may have to add
more sugar.

Peppermint brownies

1-1/3 cups all-purpose flour
1 cup baking cocoa
1 teaspoon salt
1 teaspoon baking powder
3/4 cup canola oil
2 cups sugar
2 teaspoons vanilla extract
4 large eggs, room temperature
2/3 cup crushed peppermint candies
GLAZE:
1 cup (6 ounces) semisweet chocolate chips
1 tablespoon shortening
2 tablespoons crushed peppermint candies
Preheat oven to 350°. Line a 13x9-in. baking pan with foil;
grease foil.
In a bowl, whisk together first 4 ingredients. In a large
bowl, beat oil and sugar until blended. Beat in vanilla and
1 egg at a time, beating well after each addition. Gradually
add flour mixture; stir in peppermint candies. Spread into
prepared pan.
Bake until a toothpick inserted in center comes out clean,
35-40 minutes. Cool in pan on a wire rack.
In a microwave, melt chocolate chips and shortening; stir
until smooth. Spread over brownies; sprinkle with candies.

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 fill-
ing.
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 top-
ping. Refrigerate, covered, 4 hours. Sprinkle with remain-
ing candies just before serving.

GARDENING TIPS

Those darn flies!

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

Petunia noticed some small flies flitting around the bathroom last week. She hates bugs in any form and doesn’t especially enjoy sharing the shower with them. She screamed for Bunkey. “Get in here and get rid of these bugs.” His first thought was that they were fruit flies, but they didn’t have the red eyes fruit flies have and under enlargement, he discovered that the flies had hunchbacks and dark eyes. When he told Petunia that odd fact, her reply was “I don’t care if they came from Notre Dame, just get rid of them.”

This fly is called a Phorid fly also called, a hump backed fly, a coffin fly (more about that later) and a scuttle fly. They are about 1/8th of an inch long, and tan to dark brown. The wings have 2 strong veins at the top of the wings and 3 to 4 radiating from them. They also would rather walk than fly. Their walk is a rapid jerky one. You will find them jiggling along on the counters up the walls and other surfaces. Fruit flies fly.

Like fruit flies, these flies are found in many types of moist, decaying organic material. They love drains, especially bathroom sinks and showers, food leftovers in the trash, rotting food, garbage disposals not used much, dirty mops, old dishrags, potting soil, the stinky stuff in the bottom of pet cages and broken sewer pipes. Now the reason they are sometimes called coffin flies. They have been known to infest mausoleums and feed on human corpses. YUCK!!

Phorid flies can potentially be a mechanical vector for disease organisms because they



Bev Johnson M.G.

visit rotting foods and generally unclean areas. While there is an ick factor to this they are generally not considered to be a medical problem. At any rate, they are not a welcome visitor in Bunkey’s house and he is determined to get rid of them.

His first thought was, ‘Get the Flit’ or spray them with bug killer. In the house? Not a good idea. Bunkey and Petunia would have to breathe the stuff too. What he did was become a detective. He had to find and eliminate the moist organic matter the larvae develop in. This entails cleaning drains, dumping all the trash and garbage cans and cleaning them with a bleach solution, chucking the old wet mop, putting the potting soil in the

garage, and calling a plumber to be sure the sewer pipes weren’t cracked. They don’t have cage pets so cleaning cages wasn’t on the list. It took a week to finally get this infestation under control. After this they will be more aware of what lands in the garbage and getting it out of the house quickly, not letting the dishrag get stinky and keeping the drains clean.

Did you check your real Christmas tree for bugs when you brought it into the house? Spider mites, bark beetles and assorted fungus can hop a ride on your tree. Keep it away from your house plants so they don’t get infested by the spider mites. Check the stem for bark beetles and pick them off and if you see any other creepy crawlers just vacuum them off.

There is no good remedy to keep the cat from doing what cats are programmed to do, rapidly ascending the tree because, in their minds, you brought it in for a play yard for them. The only solution is to decorate with unbreakable ornaments until the cat is at least 20 years old and too feeble to climb.

What is one inch tall
And Will Move
your vehicle?



Advertise in the
Classifieds today!

701-462-8126
www.bhgnews.com

AUCTION
January 14th, 2020 @ 6 PM CT Offering
160 Acres in Dunn County & 320 Acres in
Mercer County. www.wolffauctioneers.com.
Feb 20, 2020- 1 pm CT - 1200+/- acre
Absolute Mercer County Land Auction -
Hebron Community Center- Hebron, ND

Happy Birthday Jesus!

Isaiah 9:6

For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.



Merry Christmas
from the Xtra and BHG staff