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PRAIRIE FARE —



How Often Do You Eat Fish or Shellfish?

BY JULIE GARDEN-ROBINSON FOOD AND NUTRITION SPECIALIST

Have you ever had "food regrets"?

I'm not referring to eating way too much food at Thanksgiving or other holidays.

While I was in Gulfport, Miss., I had the opportunity to try a food that I have pretty much avoided since childhood.

Do you know what foods the Gulf Coast is noted for? Oysters and shrimp are the stars of the Gulf Coast.

I ate my share of shrimp in Mississippi, but I did not eat oysters. Some of my colleagues from around the U.S. ate oysters at every turn. They were "oohing" and "ahhing" about how great they were.

I sat unimpressed eating

shrimp in all its forms.

I remember the "oyster soup" from my childhood, which consisted of a can or two of oysters, milk, butter, salt and pepper. We ate what was provided for us for dinner, so I held my breath and ate those

As Ire call, they were green is hgray and odd looking. The milk and butter broth wasn't too bad, and I liked the little round crackers. I'd float the crackers on the soup and attempt to sneak oysters into my family members' bowls through some distraction techniques. I think my parents saw me.

Unfortunately, the last night 1/8 tsp. per salmon fillet) I had shrimp in Mississippi, it tasted like a rubbery mass encased in cardboard that had been in the freezer far too long.

That was disappointing. Now I regret omitting oysters. I might actually like them after all these years, especially when they were made in restaurants

specializing in oysters. Do you meet t h e recommendations for fish/ shellfish? According to the 2015 to 2020 Dietary Guidelines for Americans, we should eat at least 8 ounces of fish/shellfish per week. Shellfish, by the way, includes shrimp, crabs, oysters, lobster, clams, scallops, mussels and cravfish.

A serving is 4 ounces, about the size of the palm of an average-sized adult's palm.

A drained can of tuna, for example, has about 4 ounces of tuna. A salmon steak has about 4 to 6 ounces.

Fish/shellfish sources provide protein, omega-3 fats, vitamin D, vitamin B-12, iron, selenium, zinc and iodine. Omega-3 fat can improve nervous system development in infants and children.

According to the Food and Drug Administration, oysters and shrimp are on the "best choice" list in terms of mercury levels. Catfish, cod, haddock, herring, lobster, perch, salmon, sardines, tilapia and several other types also are on the "best choice" list. King mackerel, marlin, orange roughy, shark, swordfish, tile fish and bigeye tuna are on the "choices to avoid" list.

For children, a serving is 1 ounce at age 2, and it increases to 4 ounces at age 11.

Women who are pregnant should choose lower-mercury types of fish and shellfish and consult their state's Department of Natural Resources to learn about mercury levels in locally caught fish.

Eating a variety of foods from every food group is a hallmark of good nutrition. If you decide to add a couple of servings of fish to your weekly menu, consider these tips:

* Keep it lean and flavorful. Try grilling, broiling and baking fish. These methods do not add extra fat. Breading and frying fish adds calories and fat.

Cook shrimp, lobster and scallops until they are opaque (milky white). Cook

fish to 145 F until it flakes with a fork.

* Get creative with seafood. Try salmon patties, a shrimp stir-fry or grilled fish tacos.

Shop smart. Adding a meal or two with fish/shellfish doesn't have to break your food budget. Try canned tuna and shop the sales.

I haven't made "friends" with oysters just yet, but you can find recipes at the Mississippi Seafood website: https:// msseafood.com/cook.

Here's a recipe our student interns tried with success.

Fresh Herbed Salmon Packets

- 4 (5-oz.) salmon fillets
- 4 tsp. olive oil
- 2 garlic cloves 4 tsp. dried basil
- 40 cherry tomatoes
- 1 medium red onion, cut into 8 wedges
- 4 Tbsp. lemon juice (juice of about one lemon)

Salt and pepper to taste (about

Preheat oven to 400 F. Make four square pieces of foil and place a salmon filet in the middle of each one. Drizzle 1 tsp. of olive oil over the salmon filet. Add a pinch of salt and pepper. Mince garlic cloves and divide evenly among each filet. Sprinkle each fillet with 1 tsp. of dried basil. Add 10 cherry tomatoes and two onion wedges per foil. Add 1 Tbsp. fresh squeezed lemon juice over each salmon fillet. Wrap the foil so the salmon is completely covered and bake for 15 minutes, until the internal temperature is 145 F according to a food thermometer measurement. The salmon should flake with a fork. If the salmon fillets are thick, they may need an extra

few minutes in the oven. Makes four servings. Each serving has 290 calories, 15 grams (g) fat, 30 g protein, 12 g carbohydrate, 3 g fiber and 360 milligrams sodium.

Lakeview residents petition for project

EDITOR

Representatives of the Lakeview Estates Improvement Association will start distributing a petition for a special assessment district in hopes of having a mile and a half of local roadway repaired by local landowners.

The petition will require 60 percent of landowners in order to validate the request for a special assessment district, which would perform a repair and overlay project in Lakeview Estates south of Garrison.

Hjalmer Carlson, Melissa and Dick Messerly and Bruce Klabunde spoke to McLean County Commissioners at the Jan. 21 commission meeting to propose the district and get information on requirements.

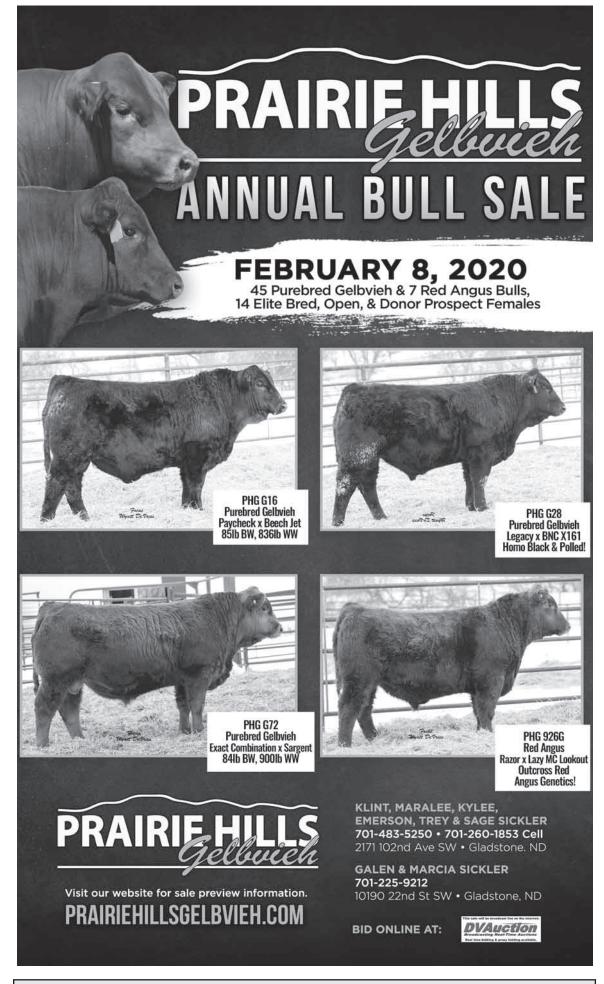
The project was initially bid at \$275,000, which the group

said would mean each of the 65 properties would be responsible for \$231 a year for 20 years.

The group had previously approached the commission in 2019 to ask for the county to pay for repairs, but were denied.

"We either do it or the road is going to go," Carlson said.

Commissioners told the group to come back when the petition had received the required number of signatures.



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CALENDAR

Saturday, February 1
THE ANNUAL EMERGENCY SERVICES Banquet will be held at the Washburn Memorial Hall. Social hour starts at 6 p.m. with the meal served at 7 p.m. All active, retired or honorary members and spouses of the Washburn Ambulance, Fire Department, Rescue Squad or their respective board members, rural Fire and Ambulance board members and active duty Sheriff's Department and Highway Patrol personnel and spouses are invited to attend.

LEGO CLUB, Garrison Public Library, 10 a.m. - 12:30 p.m.

Monday, February 3
WIC NUTRITIONIST will be available at the Washburn office
Please call 462-3330 to schedule an appointment. WASHBURN SCHOOL BOARD meeting 7:30 p.m. CITY OF COLEHARBOR monthly meeting at 7 p.m. DISTRICT 8 REPUBLICANS Lincoln Day Dinner and Legal Convention at 6 p.m. at Lewis and Clark Interpretive Center,

YOGA, First Congregational Church, Garrison, 8 a.m. BONE BUILDERS exercise, Garrison Senior Center, 10 a.m.

Tuesday, February 4

BUTTE SENIORS TUESDAY CLUB every Tuesday at 1 p.m. Get together with the crowd over 55, sing and play games. MCLEAN COUNTY COMMISSION meeting, 8:30 a.m. PICKLEBALL, Garrison elementary Gym, 7 p.m., beginners

Wednesday, February 5
WILTON CITY COMMISSION meeting 7 p.m. WHATEVER WEDNESDAY Trinity Lutheran Church, Turtle Lake, each Wednesday from 2-4 p.m. 448-2551.

UNDERWOOD CIVIC CLUB meeting, noon, city hall. FREE WELL BABY CLINIC, 1:30 - 3:30 p.m. Northland Health Center, 416 Kundert St., Turtle Lake. 701-448-9225

Thurday, February 6

HANDGUN SHOOTING, indoor range Garrison, 7 p.m. PICKLEBALL, elementary gym, 7 p.m., beginners welcome. BONE BUILDERS exercise, Garrison Senior Center, 10 a.m. MCLEAN COUNTY FAIR Association meeting, Underwood City Hall, 7:30 p.m.

Friday, February 8

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

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.

Event:		
Date:	Time:	
Location:		
Contact:		



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DBC goin' country

BY SUZANNE WERRE

Editor

The Northern Expressions Arts Council is goin' country for this year's scholarship fundraiser.

Set for Sunday, April 19, at the Underwood School, this year's theme for the scholarship fundraiser, this year's exact title isn't determined yet, but the show will feature country music through the years, featuring music from the past century.

Expect songs from early country singers like Marty Robbins and Hank Williams to be intermingled with songs from Patsy Cline, the Statler Brothers, Alabama, George Strait and the Dixie Chicks, as well as contemporary artists Lady Antebellum, Miranda Lambert and Jason Aldean.

Those are just a few examples of the possibilities which will feature the local chorus as well as solos, duets and small-group numbers.

The goal of the scholarship fundraiser, in its fifth year, is to raise scholarship for the Underwood High School students.

Volunteer hours, GPAs, and an essay, all go into determining the scholarship dollar amounts the applicants receive. The applicants are also required to help at the show, serving the chicken Alfredo supper and desserts to the guests.

Commonly known as DBC $\,$ for the original theme Death By Chocolate, the scholarship fundraiser is the NEAC's version of Dollars For Scholars, with a goal of giving a scholarship to everyone who applies – with a little effort needing to come from the students, freshmen through seniors.

There are some changes afoot with the DBC event, mainly

concerning the "C" - which has typically meant chocolate. After four years of a chocolate treats buffet, the NEAC is contemplating doing away with the "all chocolate" theme of the buffet, offering either a variety of desserts or cheesecakes to those attending.

The addition of the chicken Alfredo meal last year was definitely a hit with those attending, agreed the NEAC members, and they're hoping this year's country music theme will be appealing to a wide range of locals.

A majority of the funds raised from scholarship has been through the generous donations of businesses and groups that sponsor the event. The group also holds a silent auction with items donated from local businesses and individuals, which also goes toward the scholarship fund.

County mulls metes and bounds land policy

BY ALYSSA MEIER

BHG NEWS

Debate was heated during last week's McLean County Commission meeting, as local representatives considered options for a policy that would help record parcels that use identifying markers for measurement.

County recorder Heidi Anderson told city commissioners the office sometimes runs into problems with metes and bounds descriptions of land being deeded, conveyed or transfered. Anderson explained that metes and bounds descriptions are used for any parcels that aren't strictly rectangular or measurable by standard angles and measurements.

reference points such as creeks, trees or buildings to identify the area of concern.

Anderson explained that these metes and bounds descriptions can be problematic as geographic elements can shift and be unreliable.

We have all these 10-foot strips because this person thought they owned it and the other thought they owned it and no one actually owns it," County Auditor Beth Knutson

Anderson proposed a metes and bounds policy stating that any sales and trades of metes and bounds properties would require the land to be platted or replatted in order to get accurate records.

Washburn attorney David

These parcels may use Lindell said requiring land to be replatted for every transfer or sale was concerning to him, as it could unnecessarily add expenses for taxpayers.

"I don't understand why we have to add another level of bureaucracy," Lindell said.

State's Attorney Ladd Erickson suggested that the wording of the policy be that a replatt is "presumed to be required" on all irregular parcels, so that the county could decide when it was necessary and avoid replatting parcels that were suitably mapped already.

County Commissioners said they would like to see a written version of the policy presented at the Feb. 4 meeting and that the matter would be discussed further at that time.



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Feb 9 - 1:00 pm MT - TW Services Dickinson-Semis, Forklift, Trailers, Motorhomes, Vehicles, Shop Related- G & G AUCTIONEERS

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Feb. 7 & 8.........7:30 p.m.

<u>Little Women, PG</u>

Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women each determined to live life on their own terms. 2 hrs. 15 min.

Feb. 14 & 15..... 7:30 p.m.

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Announcements

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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.

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15-TFNNCIX

Help Wanted

THE BOARD OF SHERIDAN COUNTY Commissioners will be accepting applications for a part time Park Manager at the Hoffer Lake Recreation Area. Pay range \$12.00 - \$15.00 per hr. Applications and a list of duties are available at the office of the Sheridan County Auditor, PO Box 439, McClusky, ND 58463. Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. March 2, 2020. Applicant must pass a background check. Applications will be reviewed at the March 3rd County Park Board Meeting. Shirley A. Murray, Sheridan County Auditor.

LOOKING FOR A LITTLE extra income? BHG Inc. is looking for part-time employees to fill out our mailing staff. Work requires standing to sort, insert, package and bundle. Ability to lift 20-40 lbs. helpful. Day and evening hours. Good work environment. Apply in person at 91 N. Main Street, Garrison. 38-TFN-P-E-NC

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- · Effective Leader who is willing to promote our values of Hospitality, Stewardship, Respect, & Justice.
- Valid Drivers License.
- · Salary will coordinate with the wage scale and/or qualifications of the person selected.

EDUCATION and EXPERIENCE:

- College degree or graduation from a trade school preferred.
- Five or more years experience in maintenance or building traces field, with at least two years in a supervisory position, preferably in a bargaining unit environment.

Submit resume to:

Scott Foss 609 4th Ave NE, Garrison ND 58540 or Scott.foss@bhshealth.org

Website: BLCGarrison.com

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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

Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Feb. 10 and Feb. 24. Have them there by 11 a.m. Call Darin, 701-315-0144. 43-TFN-E-X

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

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

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg. smugmug.com. 35-P-TFN-NC

To place a classified ad call 462.8126 or fill out the form online at bhgnews.com

HELP WANTED

CHI St. Alexius 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.

HELP WANTED



OF GARRISON Night Time &

Weekend Cashiers



All Shifts Available

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

NOW HIRING

Looking for a little extra income?

BHG Inc. is looking for part-time employees to fill out our mailing staff. Work requires standing to sort, insert, package and bundle. Ability to lift 20-40 lbs. helpful. Day and evening hours. Good work environment. Apply in person at



Real Estate for Rent

2 BEDROOM HOME with attached garage or 2 bedroom mobile home, call or text for application and more info. 701.315.0034.

2 BEDROOM APARTMENTS. Low income. All utilities included and cable, Washburn 701.471.3233. 38-39-P-X

FOR RENT: \$400 p/month plus utilities. Two Bedroom/1 Bath home with attached single garage and large back yard. Located at 211 3rd Street West in McClusky, ND. If interested, call 701-641-7785. 38-3TPDLNX

SPACIOUS 2 BEDROOM, attached 1 stall garage, washer/dryer hookups, quiet area. For viewing call 701-832-0223. 36-CHTENIX

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

The sky is the limit of what you can sell or buy in the classifieds.

Call 462-8126 CHILL STORY

Xtra | 02.03.20 | **7**

Real Estate for Rent

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.

PET BOARDING, daycare, home visits. Located rural Wilton. \$20/dog for overnight stay. Country Pets on Facebook. Text/Call June at 701.301.2516.

35-40-P-X-PD 58579

WE CLEAN and install all types of flooring including carpets, upholstery, walls, air ducts. Let us clean your boat, camper, under appliances. We have dump trailer for debris removal. Low rates, cash/check/credit. Prairie Carpet Services, (701) 833.2884 or 448.2883.

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.

Statewides

HELP WANTED

THE NORTH DAKOTA NEWSPAPER ASSOCIATION is accepting applications for the position of EXECUTIVE DIRECTOR. Candidates must embrace challenges, progress, teamwork and change. Newspaper/ journalism background preferred. Responsibilities include overall association management, member contact and development, legislative/ lobbying work, management of newspaper content sharing and advertising placement programs, of 5, and working with a board of directors/member committee structure. Competitive salary and benefits package. Application deadline is Jan. 31, 2020. Anticipated start date is May, 2020. Send letter, resume and salary requirements to: NDNA Search Committee, 1435 Interstate Loop, Bismarck, ND 58503-0567, or newsmonitor@ wahpetondailynews.com.

TUTTLE FARMERS ELEVATOR is seeking applications for General Manager. Contact Tuttle Farmers Elevator: mail resume to Tuttle Farmers Elevator, PO Box 119, Tuttle, ND 58488.

FIRST DISTRICT HEALTH UNIT in Minot is hiring a Director of Environmental Health to manage public health environmental programs and staff. Bachelor's degree and experience required. Senior management position, competitive salary, fully paid family health insurance, State retirement and more! Details at www.fdhu.org.

Statewides

SUPERINTENDENT OPENING: Carrington School District #49. Contact: Kimary Edland, Business Manager. Phone (701) 652-3136. Email: Kimary.edland@k12.nd.us Application: Contact Kimary for application package. Deadline: March 2, 2020. Position Begins: July 1, 2020.

MAY-PORT CG SCHOOL is hiring: full-time Kindergarten Teacher, early childhood credentials required. Apply to MPCG School, Attn: Michael Bradner, 900 Main Street West, Mayville, ND 58257; 701-788-2281 x225, Michael.bradner@may-portcg.com.

MID-DAY COOK - Lake Region State College, Devils Lake Fulltime 10 or 12 month contract, full benefits. Hours are 11:00am – 7:00pm Monday-Friday, rotating weekends. Salary depending on experience. For more information see our website at Irsc.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).

HOUSING NEW 55+ COMMUNITY - The Meadowlands in Mandan! Open Houses Wednesday, Saturday & Sunday 1-4pm, scenic & quiet, near heathcare & retail. 701-712-1353 or visit www.meadowlandspark.com

LAND WANTED

LAND WANTED. BUYING crop land, pasture and CRP land, will lease back. Confidential 612-220-1042. Leave detailed message.

BUSINESSES FOR SALE

FOR SALE – WALHALLA Mountaineer, weekly newspaper, located in historic 189 building, Main Street Walhalla, 2 person operation. Est. 1896. Phone 1-701-549-2580, 1-701-549-2304 or 305-0207. Immediate possession.

FOR SALE: LOCAL SHARPENING SHOP – complete business w/equipment, approx. 26 machines, clipper blades, shears, carbide blades, chainsaws, drill bits, everything goes complete. Will train. 701-663-7490.

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 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.

Not advertising is like winking at someone in the dark... only you know what you're doing.



TO GET SOMEONE'S ATTENTION CALL
THE LEADER-NEWS
462-8126



Wake up next to the Perfect Companion

Find a new friend in the pet section of the classifieds

What is one inch tall

And Will Move

your vehicle?



Advertise in the Classifieds today!

Phone 701.462.8126 • www.bhgnews.com



Check out this week's classifieds for some HOT DEALS!

Call 701.462.8126 to place an ad.



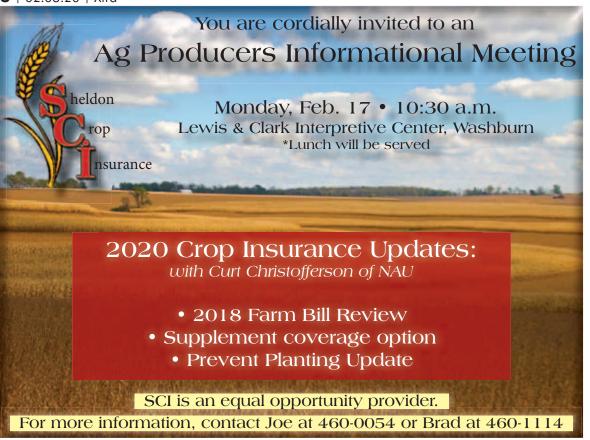
We need the following items sent to us by the following deadline time. . .

Thursdays at 10 a.m.

Advertisements, calendar of events and classified ads

Catch the Great Bargains in the Classifieds!

phone 462-8126 • fax 462-8128 • email leadernews@westriv.com



Celebrate Valentine's Day with Java Rose Floral

GET 10% OFF ALL ORDERS OF \$45+ WHEN YOU ORDER BY February 10th.

Get 10¢ off per gallon (UP TO 15) OF GAS AT 83 Express with **EVERY PURCHASE** PICK UP ORDER of \$50+

PROM SEASON IS RIGHT AROUND THE CORNER! WATCH FOR DATES AND TIMES FOR ORDERING YOUR TUXES AND FLOWERS!

ADD SOMETHING FROM OUR HUGE SELECTION OF BALLOONS, WINE, CANDY AND STUFFED ANIMALS TO ANY ORDER.

In a hurry? Check OUT OUR COOLER, STOCKED FULL OF GRAB AND GO ARRANGEMENTS AND BOUQUETS!

PLACE YOUR ORDERS EARLY!

Delivering February 13th & 14th

Business Hours: M-F 10 A.M. - 5 P.M. 701-462-8600



Sweet Somethings starting at \$45 includes a large mixed bouquet with your choice of wine and a small box of chocolates.



Sweetheart Bouquets

starting at \$25

 School specials • Grab and Go bundles Come and see our huge variety of gifts, candy and off sale wines.

choose from.

Call or stop by early for best selections!

· Mixed bouquets to fit any budget

Balloon bouquets

Delivery charges vary School specials must be placed by 1 p.m.



Business hours for Valentines Week: Monday - Friday 10 a.m. - 6 p.m.







SHARPENING SERVICE ALSO NOW AVAILABLE

• Mower blades • Kitchen knives • Fillet knives • Axes

• Hunting knives • Pocket knives • Chainsaw blades

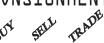
• And more

OPEN MON. - SAT.

JOE 602-569-7907







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