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ECRWSS

Postal Patron

Vol. 35, No. 41 Monday, Feb. 17, 2020

The best circulation for your dollar



Sires include ...

SAV President, Casino Bomber, MGR Treasure, SAV Cutting Edge, Jindra Acclaim, SAV McCombie, Prairie Pride Next Step, Epic, and Sitz Final Product



SDR President 9038 (LOT 1) \\ 03.16.19 BW: 82 lbs \\ WW: 855 lbs. \\ 205 Wt.: 801 lbs. 365 Wt.: 1,532 lbs. \\ ADG: 4.57 BW +2.0 \\ WW +67 \\ YW +120 \\ MILK +31



SDR President 9040 (LOT 2) \\ 03.07.19 BW: 80 lbs \\ WW: 960 lbs. \\ 205 Wt.: 898 lbs. 365 Wt.: 1,562 \\ ADG: 4.15 BW +3.0 \\ WW +72 \\ YW +119 \\ MILK +30



SDR President 9040 (LOT 3) \\ 03.07.19 BW: 80 lbs \\ WW: 960 lbs. \\ 205 Wt.: 898 lbs. 365 Wt.: 1,732 lbs. \\ ADG: 5.30 BW +3.0 \\ WW +72 \\ YW +119 \\ MILK +30



SDR Bomber 9030 (LOT 11) \\ 03.11.19 BW: 72 lbs \\ WW: 970 lbs. \\ 205 Wt.: 894 lbs. 365 Wt.: 1,587 lbs. \ ADG: 4.33 BW -0.6\\ WW +78 \\ YW +127 \\ MILK +31



SDR Bomber 9051 (LOT 12) \\ 03.10.19 BW: 78 lbs \\ WW: 900 lbs. \\ 205 Wt.: 828 lbs. 365 Wt.: 1,530 lbs. \\ ADG: 4.39 BW -0.3 \\ WW +71 \\ YW +123 \\ MILK +29



SDR Acclaim 9014 (LOT 27) \\ 03.12.19 BW: 76 lbs \\ WW: 885 lbs. \\ 205 Wt.: 819 lbs. 365 Wt.: 1,745 lbs. \\ ADG: 5.79 BW +1.1 \\ WW +65 \\ YW +128 \\ MILK +34



SDR Cutting Edge 9013 (LOT 23) \\ 03.05.19 BW: 83 lbs. \\ WW: 850 lbs. \\ 205 Wt.: 773 lbs. 365 Wt.: 1,495 lbs. \\ ADG: 4.51 BW +3.5 \\ WW +62 \\ YW +144 \\ MILK +23



SDR Cutting Edge (LOT 25) \\ 03.12.19 BW: 86 lbs. \\ WW: 770 lbs. \\ 205 Wt.: 751 lbs. 365 Wt.: 1,482 \\ ADG: 4.57 BW +5.5 \\ WW +63 \\ YW +114 \\ MILK +22



SDR McCombie 905 (LOT 38) \\ 04.02.19 BW: 81 lbs. \\ WW: 860 lbs. \\ 205 Wt.: 849 lbs. 365 Wt.: 1,444 lbs. \\ ADG: 3.72 BW +3.1 \\ WW +71 \\ YW +127 \\ MILK +31

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BHGnews.com

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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,

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Ask yourself some heart-health questions

BY JULIE GARDEN-ROBINSON FOOD AND NUTRITION SPECIALIST - NDSU

At this time of the year, you probably are seeing heart-shaped boxes and bags of

candy in pink or redthemed bags beckoning you from the shelves of grocery or department stores.

You might be enticed to buy a box for yourself or your sweetie. You work hard.

You deserve a treat, right? These shiny boxes or packages are quite tempting with their wide variety of

milk, white and dark chocolate and other types of candy.

Dark chocolate in moderation is high in antioxidants, but it's not a "food group" we need.

Chocolate keeps well. Savor one small piece of chocolate a day with a cup of tea or coffee, which are high in antioxidants, too.

You might want to pick up a pair of walking shoes, a pedometer or a Fitbit to promote overall good health.

Have you thought about your actual heart lately? This group of hardworking muscles pumps about 100,000 times per day, carrying oxygen and nutrients throughout your body.

February is American Heart

Month, which is a good time to think about your health and the steps you can take to improve your health.

Ask yourself some questions. Visit our "Nourish and Exercise Your Body" website at https://www.ag.ndsu.edu/nourishyourbody for links to explore.

* What is your smoking status? If you smoke, make "no smoking" your goal. Smoking damages your heart and blood vessels.

*Do you maintain a healthful weight? A body mass index (BMI) between 18.5 and 24.9 is the goal. For an online BMI calculator, visit the website of the National Heart, Lung and Blood Institute at https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm. Using a calculator, determine your BMI by dividing your weight in pounds by your height in inches squared (height times height). Then multiply the total by a conversion factor of 703.

* Are you physically active? Move toward the current recommendation from the Department of Health and Human Services of 150 minutes of moderate activity or 75 minutes of vigorous activity per week (or a combination of moderate and vigorous activity).

*Do you eat a healthful diet? Aim for 4 1/2 cups of fruit/vegetables per day, 3 ounces or more of whole grains per day, at least two servings of fish per week, less than 450 calories from beverages with added sugars per week and less than 1,500 milligrams of sodium per day.

* What is your blood pressure? The goal is for the upper number (systolic) to be less than 120 millimeters of mercury and the lower number (diastolic) to be less than 80.

* What is your blood cholesterol? A blood cholesterol level less than 200 milligrams per deciliter (mg/dL) is the current recommendation.

* What is your blood sugar value? The goal is for your blood sugar to be less than 100 mg/dL.

If you are looking for a "diet" that promotes good health, consider the Mediterranean diet. This heart-healthy diet has been ranked as the No. 1 best health-promoting diet the past couple of years. Another heart-health-promoting diet,

the DASH diet (short for Dietary Approaches to Stop Hypertension) is in second place.

It is similar to what is promoted on the U.S. Department of Agriculture's MyPlate. It is not necessarily a weight-loss diet, but you might find that pounds "evaporate" when you eat more healthfully and get more exercise.

The Mediterranean diet emphasizes eating colorful vegetables, fruits, whole grains, beans and other legumes.

It includes low-fat or fatfree dairy products, nuts, nontropical vegetable oils and lean animal proteins. According to the Mediterranean diet, we should limit highly sweetened foods and beverages and foods high in saturated fat.

Eating a healthful diet and aiming for at least 30 minutes of moderate physical activity on most days of the week promotes heart health as well as brain health.

Yes, what you eat affects your ability to think and process information.

Expand your culinary explorations this month. You might think of this sauce as an accompaniment for gyros (often made with seasoned lamb) in a Middle Eastern restaurant, but it can be used in many ways.

This tasty sauce can be used as a vegetable or whole-grain cracker dip. Use it to top a baked potato, in a pita wrap, and as a sauce for almost any kind of meat, including chicken, beef, pork and lamb.

Tzatziki Sauce

1 c. plain, nonfat Greek yogurt

3/4 c. cucumber, diced

1 Tbsp. lemon juice

1 garlic clove, minced

1 Tbsp. fresh dill, chopped (1 tsp. dried dill)

1/2 tsp. black pepper

Combine all ingredients and chill. Serve with vegetables, crackers or a variety of foods.

Makes six servings. Each serving has 25 calories, 0 grams (g) fat, 3 g carbohydrate, 4 g protein, 0 g fiber and 20 milligrams sodium.



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CALENDAR

Saturday, February 15

GARRISON FIREFIGHTER'S Buffalo Feed and dance, Garrison Auditorium, serving begins 4:30 p.m.

Sunday, February 16

SPAGHETTI LUNCH, Garrison Church of God, 11:45 a.m. Free will offering

PRAIRIE GOSPEL QUARTET, Garrison Church of God, 1:30 p.m.

Monday, Feb. 17

TURTLE LAKE SCHOOL Board meeting, 7 p.m. YOGA, First Congregational Church, Garrison, 8 a.m. BONE BUILDERS exercise, Garrison Senior Center, 10

MAX FOOD PANTRY, Max Senior Center, 1-3 p.m., 5-7

AMERICAN LEGION and Legion Auxiliary meeting, American Legion Building in Garrison City Park, 7:00

LADIES NIGHT SHOOTING, Indoor Range Garrison, 7 p.m.

Tuesday, Feb. 18

MCLEAN COUNTY COMMISSION meeting, 8:30 a.m. MCLEAN COUNTY INTERAGENCY meeting 1:30 p.m., Max Cafe, Max. We will hear from the Brain Injury Network and other updates from agencies within the

PICKLEBALL, elementary gym, 7 p.m., beginners we come.

ADULT BOOK CLUB, Garrison Public Library, 7 p.m.

Wednesday, Feb. 19

WILTON CITY COMMISSION meeting, 7 p.m.

Thursday, Feb. 20

FIRST PRESBYTERIAN CHURCH clothes closet open from 3-5 p.m. at 401 Dakota Avenue, Wilton

WILTON FOOD PANTRY open 4-6 p.m. at 42 Dakota Ave.

MERCER CITY MEETING, 7 p.m.

BONE BUILDERS EXERCISE, Garrison Senior Center,

YOUTH .22 SHOOTING, Indoor Range Garrison, 6-7

HANDGUN SHOOTING, Indoor Range Garrison, 7 p.m. PICKLEBALL, elementary gym, 7 p.m., beginners we come

Friday, February 21

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

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

Event:		
Date:	Time:	
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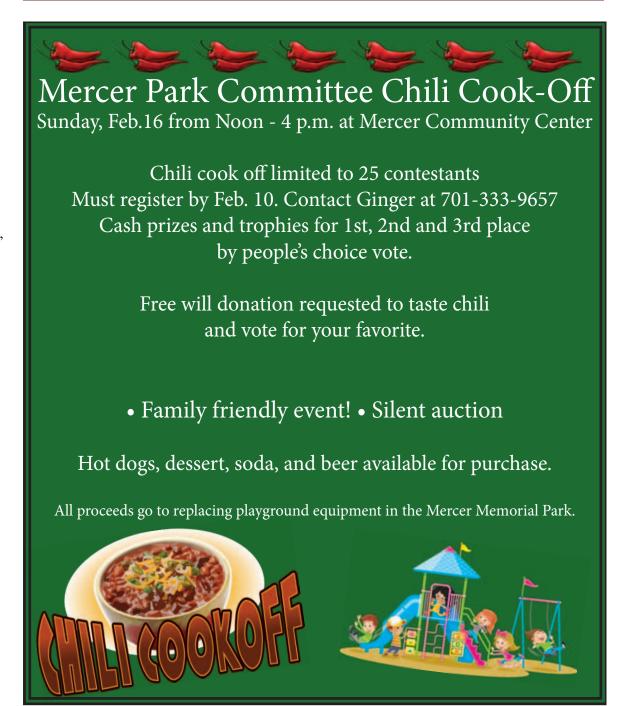
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Little Women, PG

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.

NO MOVIE FEB. 28 & 29 Jumanji: The Next

Level, PG-13

The gang is back but the game has changed. As they return to rescue one of their own, the players will have to brave parts unkown from arid deserts to snowy mountains, to escape the world's most dangerous game. 2 hrs. 3 min.

Feb. 21 & 22..... 7:30 p.m.

Coming Soon: Dolittle, 1917, Sonic the Hedgehog, The Call of the Wild

OUR OUTDOORS



Handfuls of Summer

BY NICK SIMONSON DAKOTA EDGE OUTDOORS

Even with the rather kind spell that mother nature has afforded us over the last few weeks with no blizzards, light winds and even some melting temperatures scattered in here and there, winter can still feel a little long.

Spending afternoons huddled over an ice hole can wear on a die-hard openwater

angler in the middle of the off season and any chance to stretch the legs and the casting arm is one I'll take advantage of. With the temperatures creeping above freezing and light winds out of the south, I sped up the old county blacktop to a water that knows no ice and is kept warm all year round by the discharge from a nearby powerplant's cooling system, hoping to connect with some fish before the wind shifted back to the north and things cooled off.

I lost my race with the sun as it slid behind the hazy cloud layer creeping in from the west while I pulled into the parking area just off the edge of the inflowing water which kept the lake at a balmy fifty-five degrees or so all winter long. In the ripples of the outflow a Nitro bass boat held its position as the two anglers in it flipped paddletail worms after the lake's famed largemouth bass which grew to epic proportions due to the extended growing season the warm waters provided. When I inquired as to how the bite was, I received the shouldhave-been-expected response that things had just slowed

down in the last 20 minutes panfish stood out against the the wind rose some more. after the sun had become shrouded. The angler on the small fishing pier suggested the same for the crappies he had been catching. As I readied my two fly rods with favorite streamers and carefully stepped my way down the snow covered embankment and onto the rip-rap, I watched the steam plume from the stack on the powerplant at the far side of the water shift from the south to the east and felt the slightest chill blow across my hands and a ripple work its way across the reservoir. My time would be limited, especially with how quickly my fingers go numb when they get cold.

Despite the shift in the breezes, I whipped the green floating line out over the spillway and let it tighten in the current as the fly tumbled along with the ripples and boils in the water. A few casts later. I set the hook on a feisty bluegill after having missed its first take and it ran against the current, flashing golden scales and swirled and broke the surface with a splash. The deep olivegreen top, the orange sides and purple trim of the stout

snow-covered rocks and made it feel like for a moment I was holding summer in my hands. With a flip the fish was gone and the rising wind blew the warm water droplets on my hand into chilly pinpricks as I exhaled through my clenched fist and wiped my reddening fingers on my sweatshirt.

Behind the spot where the bluegill had been lurking, I felt a pop on a drift about a dozen casts later and set the hook with what my chilled hands could muster and the rod bent with a deeper dig of something a little bigger. As it too made its way into the outflow, I saw the dark sides of a black crappie that turned with the flow and then up to its side, coming to hand along the rocky shore. With the shimmer of the emerald-and-ebony scales, I was taken back to those humid days in August on my favorite panfish lake (which likely won't open for business for at least 2 months) and the schools of specks that sat under the boat taking jigs and making bobbers disappear.

With a splash the crappie swam off and I knew my time was growing short as I tucked my hands in the pocket of my sweatshirt and clasped the handwarmer packages until I could sense my fingertips as the end of the fluorescent green line waved in the water and the reel remained tucked under my right armpit. Gaining some feeling, I lifted the line, cast out again and watched a wind gust carry it to the left and I stripped it in to reset, only to pick up another bluegill on the hurried retrieve. Before my hands locked up one final time, I'd land two more sunnies and let them go with the final fish doing my knuckles in as they clasped tight around the handle of my flyrod.

It took about five minutes with my hands held up to the air vents in the truck before the white tips of my fingers would turn crimson and then a near normal peach color. Able to grip the steering wheel, I broke the rods down and stashed them under the back seat before heading home happy to have had the chance to cast the long rod in the warm water environs and shake hands with some old summer friends...in our outdoors.

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Sires: Capitalist, Rainfall, Arsenal. For catalogs or questions, call Jesse 701-880-0882. Wolff Auctioneers

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Feb 23 - 1:00 pm MT - All Season Storage - Dickinson- G &G AUCTIÓNEERS www. midwestauctions.com/gandg 701-878-4001

April 18 - 10:00 am CT - Rodney Kinnischtzke & Guests - Glen Ullin-Tractors, Farm/Ranch Related, Shop- G & G AUCTIONEERS

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•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

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.

TURTLE LAKE WEIGH STATION annual meeting will be February 21 at 7 p.m. at Bev's Cafe. 58577

IF YOU WOULD LIKE to be included in the 2020 McLean County phone book and do not have a land line, please call us with your cell phone number. You don't want to miss some important calls from friends and acqaintances. We do not sell our list. Please call or email your local newspaper.

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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.

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 \$16.00-\$21.50 per hr. - negotiable upon experience. Up to a 45 hour week. 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 PH# 701-363-2205. Applications must be returned to the Sheridan County Auditor's Office by 4:00 p.m. February 28, 2020. Shirley A. Murray, Sheridan County Auditor.

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SECURITY OFFICERS 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!

HELP WANTED



OF GARRISON Night Time & **Weekend Cashiers**



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

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

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 Feb. 24. Have them there by 11 a.m. Call Darin, 701-315-0144. 43-TFN-E-X

HORSE BUYER at Stockman's East Barn, Dickinson, Tues. March 3 and Rugby Livestock Wed. March 4. Buying all horses good, bad, ugly or pretty! Top dollar paid on the spot! Liscensed and bonded buyer. 612.839.9568 41-43-P-E

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.

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

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

Cook

The Spillway Coffeehouse in Riverdale is looking for a full time cook. Pay is DOE. For inquiries please

call or email 701-460-6669 spillwaycoffee@gmail.com



BENEDICTINE LIVING CENTER OF GARRISON Benedictine Health Sustain

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"

Misc. for Sale

FOR SALE: Two 560 gal gas & fuel tanks. 5, 20 ft. sections of HiQual continuous corral panels. Call 448.2498, Waldo Westrum. Turtle Lake, ND. 58577 40-41-PD-X

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

ORDER PRINTS, custom mugs, puzzles and more of pictures from all BHG newspapers at bhg. smugmug.com. 58577

Services

I HAUL away broken vehicles and scrap metals for FREE! Ca\$h for \$ome. 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. 2 BEDRÖOM HOME with attached garage or 2 bedroom mobile home, call or text for application and more info. 701.315.0034.

36-4-TPDLNX 58540

NOW RENTING

Heritage Heights Apartments 1040 Custer Dr., Washburn

New management, remodeled rooms, lower rates or 2 bdrm. apts. All utilities paid including cable. 701-527-4739 or Manager 701-220-8145

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 CITY OF FESSENDEN is seeking Police Chief. The ideal candidate will have supervisory experience and be POST BOARD Certified. Salary: DOE (+) benefits. Interested persons may submit a resume to Fessenden City Hall, PO BOX 42, Fessenden, ND 58438. Please have resume to City Hall by March 1, 2020. The City of Fessenden is an equal opportunity employer.

CITY AUDITOR- FULL-time position with benefits. Mail resume and cover letter to City of Washburn, PO Box 467, Washburn, ND 58577.

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.

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.

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.

833-2884. U call, I Haul. 44-TFNALL

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

34-9-E-PD

58577

Statewides

ANYONE CAN RUN STATEWIDE with HELP WANTED ads in all newspapers of N.D. with the NorthSCAN program! \$160 /25 words / all ND papers. NDNA, 701-223-6397.

FINANCIAL SERVICES

ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 844-295-4174.

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 /TRAININGTRAIN 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.

FARMLAND FOR SALE

FARMLAND FOR SALE. 320 Acres in Pierce County, Reno Valley Township. Legal Description: SW1/4 (10-155-72), SE ½ (9-155-72). 247.65 Acres farmland last year, Balance grassland and water areas. Excellent Hunting, Working Well on property, abundance of Hay Land. No structures, No leases, No liens or assessments. Oil and Mineral Rights Included. Bids to be Whole Price, not by acre. Payment: 10% down earnest money payable upon acceptance of bid. Balance due 45 days after sale. Bids will be accepted for 60 days. Seller reserves the right to reject any and all bids. Submit bids to: Richard A. Razook - srfndapots@gmail. com For more information – (951)

BUSINESSES FOR SALE

FOR SALE - WALHALLA Mountaineer, weekly newspaper, located in historic 1898 building, Main Street Walhalla, 2 person operation. Est. 1896. Phone 1-701-549-2580, 1-701-549-2304 or 305-0207. Immediate possession.

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

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

AUTOS FOR SALE

LOW MILEAGE, SALVAGED TITLE VEHICLES. AWD SUV's 2012-2020 for sale in Hague, ND. Call Todd 701-321-1276. Repaired in Arizona, great condition and road ready.

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-

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.

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 the 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.

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12 reasons to Advertise frequently

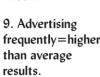
12. People forget!





11. Frequent advertising helps maintain higher revenue levels in the off season.

10. You can devote more time to each customer if your store traffic is spread out evenly throughout the week.





8. Advertising is your smallest business expense, yet without it, your business could fail.

7. You should count the day as a loss if • Your store doesn't of Your shelves



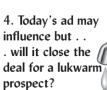
 Your sales staff doesn't show up

Your ad didn't



6. Today's paper is easier to find than yesterday's.

5. Frequent advertising helps you beat your competition.





3. Fequency offers you the most affordable rates.

2. Frequent advertising reaches your customers regardless of reading habits.



and the #1 reason to advertise: People have new wants and needs every day.

For your advertising needs call your local BHG news office.



CHOCOLATE CHIP DIP

Ingredients

8 oz cream cheese, softened 1/2 c butter, softened 3/4 c confectioners' sugar 2 tbsp brown sugar 1 tsp vanilla extract 1 c mini semisweet chocolate chips Graham cracker sticks

Directions

In a small bowl, beat cream cheese and butter until light and fluffy. Add the sugars and vanilla; beat until smooth. Stir in chocolate chips. Serve with Graham cracker sticks.

SOFT & CHEWY CHOCO-LATE CHIP COOKIE BARS

Ingredients

2 and 1/4 cups (280g) all-purpose flour (spoon & leveled)

1 teaspoon baking soda

1 and 1/2 teaspoons cornstarch

1/2 teaspoon salt

3/4 cup (170g) unsalted butter, melted and slightly cooled

1 cup (200g) packed light brown sugar

1/4 cup (50g) granulated sugar

1 large egg plus 1 large egg yolk, at room temperature

2 teaspoons pure vanilla extract

1 cup (180g) semi-sweet chocolate chips

optional: sprinkle of sea salt

Directions

Preheat the oven to 350°F (177°C). Line the bottom and sides of a 9-inch square baking pan with aluminum foil or parchment, leaving an overhang on all sides to easily lift the bars out of the pan when cool. Set aside.

Whisk the flour, baking soda, cornstarch, and salt together in a large bowl. Set aside.

In a medium bowl, whisk the melted butter, brown sugar, and granulated sugar together until no brown sugar lumps remain. Whisk in the egg, then the egg yolk. Finally, whisk in the vanilla extract. The mixture will be thick. Pour the wet ingredients into the dry ingredients and mix together until combined. The dough will be very soft, yet thick. Fold in the chocolate chips. The chips may not stick to the dough because of the melted butter, but do your best to combine them.

Transfer dough to the prepared baking pan and press/smooth into an even layer. Sprinkle the top with sea salt if desired. Also, I like to press a few more chocolate chips on top of the dough before baking (I do this just for looks!). Bake for 32-35 minutes or until lightly browned on the sides. Use a toothpick to test for doneness; if it comes out clean from the center of the pan, the bars are done.

Allow the bars to cool in the pan set on a wire rack for at least an hour. Once relatively cool, lift the foil out of the pan using the overhang on the sides and cut into squares. Store in an airtight container at room temperature for up to a week.

8 | 02.17.20 | Xtra

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GM Program Vehicles

2019 Buick Enclave Essence AWD SUV white, leather	19,000 miles	\$36,995
2019 GMC Acadia SLT AWD SUV silver, leather	'	
2019 Chevy Impala Premier 4dr sedan dk gray, leather	•	
2019 Chevy Impala LT 4 dr sedan V6 black	•	-
2019 Chevy Equinox LT AWD silver, cov pkg		
2018 Chevy Malibu LT 4dr sedan black, sunroof		
2018 Chevy Tahoe LT 4wd SUV white, sunroof, DVD		

Used Trade-Ins

OSCUITUUC IIIS		
2018 Chevy Colorado Z71 4wd Crew Cab black	11,000 miles	\$27,995
2018 Chevy Traverse LT AWD SUV silver	47,900 miles	\$25,995
2018 Chevy Malibu LT Sedan gray	68,000 miles	\$19,995
2017 Chevy Colorado LT Ext Cab 2wd Cab blue	25,000 miles	\$16,995
2016 Buick Enclave Premium AWD SUV rosewood, leather	55,000 miles	\$27,495
2016 Chevy Silverado 1500 Crew Cab dk brown	72,000 miles	\$29,995
2016 Chevy Silverado 1500 Crew LTZ silver	78,000 miles	\$29,995
2016 Chevy Silverado 2500 Crew Diesel LTZ maroon	97,000 miles	\$42,995
2016 Ford Edge Titanium AWD blue		
2015 Chevy Silverado 1500 Crew LT Blue LT	83,000 miles	\$25,995
2015 Chevy Equinox LTZ AWD SUV dk blue	96,000 miles	\$15,995
2015 Chevy Trax LT AWD SUV black		
2015 Chevy Traverse LTZ AWD SUV Loaded silver		
2014 Chevy Traverse 2LT AWD gray	125,000 miles	\$14,995
2013 Ford F150 Crew 4wd blue	75,000 miles	\$21,995
2013 Honda CRV EXL AWD silver	46,000 miles	\$15,995
2012 Chevy Traverse LT AWD SUV white	143,000 miles	\$7,995
2012 Toyota Corolla sedan maroon	94,000 miles	\$7,995
2012 Chrysler Town and Country Van tan	125,000 miles	\$5,995
2012 GMC Acadia AWD SUV gray	124,000 miles	\$10,995
2011 Chevy Tahoe LT 4dr SUV loaded, maroon		
2011 Chevy Traverse LT FWD SUV tan	117,000 miles	\$7,995
2006 GMC Uplander Van silver	130,000 miles	\$4,495
2005 Chevy Venture Van blue	78,000 miles	\$3,99 5
		12/27









