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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.

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The WRT members listed below have unclaimed/uncashed checks (issued on May 21, 2013) for the balance of the earnings for 2000, 25% of earnings for 2011 & 24% of the earnings for 2012, as well as checks issued to members who terminated service & had less than a \$100 balance. If you are among those listed or have information, contact Marsha at WRT's Hazen office at 748-2211 or 1-800-748-7220 or email WRT@westriv.com. (WRT is an equal opportunity employer)

Forfeiture of the checks listed below effective 6 months after publication of this notice / AUGUST 2020

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HAVE CONTACT INFO? Call WRT at 748-2211 or email WRT@westriv.com

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Business Cards


 Alyssa Meier
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 www.bhgnews.com


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CALENDAR

Saturday, Feb. 22
 COMMUNITY FOOD PANTRY, Ryder, 10 a.m.-1 p.m. Lunch provided
 COMMUNITY CUPBOARD OF UNDERWOOD, 10 a.m.-12 p.m.
 "THE ELDER" BOOK SIGNING, BHG Garrison, 2 p.m.-4 p.m.

Sunday, Feb. 23
 ROCKY ACRES 4-H BREAKFAST Fundraiser from 9 a.m. - 1 p.m. at Max Civic Center.

Monday, Feb. 24
 YOGA, First Congregational Church, Garrison, 8 a.m.
 BONE BUILDERS exercise, Garrison Senior Center, 10 a.m.
 HUNTER EDUCATION Class begins, Makoti, 3:45 p.m.-5:30 p.m., register online at Game and Fish web site.

Tuesday, Feb. 25
 HUNTER EDUCATION COURSE will start on Tuesday, March 3 at 7 p.m. at the Turtle Lake Wildlife Club.
 PICKLEBALL, elementary gym, 7 p.m., beginners welcome
 SAKAKAWA AREA FENCE STRETCHERS special meeting, Garrison Golf Course, 7 p.m.
 AMERICAN LEGION AUXILIARY meeting, St. Paul Lutheran Church, 7 p.m.

Thursday, Feb. 27
 COMMUNITY SHARE EXCHANGE each Thursday from 10 a.m. - 6 p.m. at 221 Main St. Turtle Lake.
 BONE BUILDERS EXERCISE, Garrison Senior Center, 10 a.m.
 YOUTH .22 SHOOTING, Indoor Range Garrison, 6-7 p.m.
 HANDGUN SHOOTING, Indoor Range Garrison, 7 p.m.
 PICKLEBALL, elementary gym, 7 p.m., beginners welcome

Friday, Feb. 28
 2020 CROP INSURANCE UPDATE & LUNCH will be at the Reunion Grill and Bar, McClusky at 11 a.m.
 YOGA, First Congregational Church, Garrison, 8 a.m.
 KNIGHTS OF COLUMBUS Fish Supper, St. Nicholas Church, 5 p.m.-7 p.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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PRAIRIE FARE



How do cafeteria choices influence our diet and health?

BY JULIE GARDEN-ROBINSON
 FOOD AND NUTRITION SPECIALIST - NDSU

I walked by the cafeteria line, then the salad bar and dessert areas.

I noted about six options for entrees and side dishes. A basket of fruit was at the end of the serving line.

The salad bar had about two dozen options, plus soup and the makings for a wide variety of sandwiches. I could choose from about a dozen beverages, including milk, pop and coffee.

We had plenty of meat, fish and poultry options during the week as well. Some options were gluten-free, and others were vegetarian.

In particular, the dessert area was "temptation alley," with red velvet chocolate cake, cheese cake, cookies and an ice cream machine.

No one was going to be hungry after all these options. I was thinking about how sleepy I get when I eat too much for lunch. I tried to keep that in mind as I made my choices.

I decided to choose the nonfried entree options, a banana and a salad. I had to use all the willpower I possess.

I decided to have my dessert for dinner that night. The soft-serve ice cream was my choice.

I was on a former college campus, which is now a youth conference site. The cafeteria was bustling with at least 200 adults and youth that day.

As I thought about the cafeteria-style of eating, I remembered a study published in 2019. The researchers used rats as their "model" for nutrition behavior.

Monitoring the eating habits of rodents in cages is less expensive and easier to control than free-roaming humans.

One group of rats was allowed to eat all it wanted of a "rat chow" diet, which was kind of boring. The other group of rats was provided with an "all-you-can-eat" cafeteria-style diet with lots of palatable foods. The study lasted 20 weeks.

The researchers monitored the rats' food intake, weight, cholesterol, insulin levels and other blood chemical levels. At week 18, they also studied "cognition" (ability to think) by monitoring the rats' ability to get through mazes and do other tasks.

What do you think happened with the cafeteria diet?

You guessed correctly. The rats ate a lot. In fact, the cafeteria rats ate six times the energy content of the chow-fed rats.

In other words, if we ate 500 calories of boring "chow," our cafeteria-fed buddies would be having 3,000 calories of more palatable foods.

Among other findings, the cafeteria-fed rats gained a significant amount of weight, had larger abdomens, and elevated cholesterol and triglycerides, and their "good cholesterol" (HDL) declined.

Compared with the rat-chow rats, the cafeteria-fed rats showed memory declines and they were less interested in exploring novel items.

These cafeteria-fed rats probably were thinking about the treats that were going to show up for dinner. Maybe soft-serve cream was on the menu.

Thank heavens our brains are much larger than those of rats. We don't have to eat a boring diet to maintain our weight, but we do need to think about our choices. If you find yourself at a cafeteria or buffet, try these strategies:

* Have a small snack or a glass of water before you go to a buffet line or

cafeteria. Think of it like going to a holiday party and not arriving at the party ravenously hungry.

* Walk through the buffet line and pick out what you really, really want to taste. Have a small amount of your favorites and savor each bite.

* Fill your first plate

with vegetables, fruit and a moderate amount of lean protein. Choose the whole-grain breads.

* Slow down while you eat. Remember, your brain and your stomach need to communicate with each other. Your brain can take 20 minutes to know you are full.

As noted, I had decided to treat myself to soft-serve ice cream for dinner at the cafeteria. In a cruel twist of fate, the ice cream machine was broken. I was disappointed. I even lifted the handle on the machine that had a large "out of order" sign on it.

Some foods, such as fruit, are naturally sweet. A sprinkle of cinnamon enhances the natural sweetness, so in honor of my missed dessert, here's an easy one to try. This recipe is courtesy of the Iowa State University "Eat Smart. Spend Smart" program.

Hurry-up Baked Apples

2 medium-size tart apples (Granny Smith, Jonathan, Cortland, Fuji)

1 tsp. white or brown sugar

1/4 tsp. ground cinnamon

2 Tbsp. old-fashioned oatmeal (uncooked)

2 Tbsp. (total) raisins, dried cranberries, chopped walnuts or other nuts (your choice)

1 (6-ounce) container low-fat vanilla yogurt

Rinse apples and cut them in half lengthwise. Use a spoon to remove the cores and hollow out a space 1 inch or more deep. Arrange apple halves, cut sides up, in microwavable bowl or dish with sides. Cut thin slices off bottoms to keep the halves from tipping. Stir together sugar, cinnamon, oatmeal, dried fruit and nuts. Fill each apple half with this mixture. Cover the bowl with microwavable plastic wrap. Avoid having the wrap in contact with the food. Fold back one edge 1/4 inch to vent the steam. Microwave 3 to 3 1/2 minutes, or until apples can be cut easily. Remove from microwave and allow to stand a few minutes. Spoon yogurt over the top.

Makes four servings. Each serving has 120 calories, 2 grams (g) fat, 26 g carbohydrate, 3 g fiber, 2 g protein and 30 milligrams sodium.

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2020 Crop insurance update & lunch with **JANET WAGNER**

Join Janet for lunch and to talk about your crop insurance options!

When: February 28 - 11:00 am
Where: Reunion Grill and Bar
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Feb. 21 & 22..... 7:30 p.m.

NO MOVIE FEB. 28 & 29

Dolittle, PG

A physician discovers that he can talk to animals. 1 hr. 41 min.

March 6 & 7 7:30 p.m.

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1917, Sonic the Hedgehog, The Call of the Wild



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• 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.

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 acquaintances. We do not sell our list. Please call or email your local newspaper.
 40-4-P-X-NC 58577

Farm Related

SEED FOR SALE

Yellow Peas

Agassiz Carver
 Inca Saffron

Chickpeas

Orion

HRSW

Barracuda Rebel
 Camaro Breakaway

ND VitPro Cannon

Durum

ND Grano

Oats

CS Camden

Soybeans

Legacy LS-0239N RR2X

Yield Powerhouse

ND17009GT

Keep your own seed

Custom conditioning,
 treating, inoculating

NEW - double inoculate with
 liquid and peat SAVE BIG



701-529-4421 Bob

651-792-5920 Chris

finkenfarmsandseeds.com

Reminder

Classified Deadline
 Thursday • 10 a.m.

Farm Related

SEED FOR SALE: Trucker Oats

Contact
 Weston Berg
 Hazen
 870-0956

ND17009GT SOYBEAN SEED

Glyphosate tolerant RR1 technology

You can keep your
 harvested beans as
 seed for future crops!

Discounts for purchases
 of 500 units or more.

Call (701)426-4028



Makoti, ND

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.
 38-43-P-E 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.
 41-42-P-E 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

Help Wanted

GSSC 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!



• Resident Assistant

Great Full-time Opportunity! "The Meadows" Assisted Living is looking for an independent individual who enjoys working with seniors. If you are not a cna we will get you certified! We have an excellent starting wage, health benefits, and matching 401-k. Benedictine is a Catholic-sponsored long term care organization, in Garrison, North Dakota located very close to Lake Sakakawea with excellent recreational opportunities year-round.

Call Scott Foss 701-463-2226

"EQUAL OPPORTUNITY EMPLOYER"

HELP WANTED

Housing Manager Position

Great opportunity! Full time Housing Manager at "The Meadows" Assisted Living. We have 18 apartments that serve 18-24 seniors. Are you a Leader & enjoy working with seniors and managing the daily needs of the Community. We have an excellent starting wage, health benefits, and matching 401-k. Benedictine Living Center of Garrison is a Catholic-sponsored long term care organization, in Garrison, North Dakota located very close to Lake Sakakawea with excellent recreational opportunities year-round.

Call Scott Foss (701) 463-2226 or send resume

BLCG - 609 4th Ave NE - Garrison 58540.

Check us out on Facebook - www.blcgarrison.com



BENEDICTINE LIVING CENTER
 OF GARRISON
 Benedictine Health System

Core Values: Hospitality,
 Stewardship, Respect, Justice

HELP WANTED

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

Full-time/Part-time

- CNA
- Nurse Aide

For more information call
 701-463-6513.

Apply online at
 CHISTAlexiusHealth.org



The institution is an equal opportunity provider and employer

HELP WANTED

CENEX
 OF GARRISON
**Night Time &
 Weekend Cashiers**



**All Shifts
 Available**

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

Giveaway

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

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 include a resume and three references.

Contact Nick Klemish at 463-2818 for more information.

Work Wanted

THIS NEWSPAPER offers free job wanted ads to anyone seeking employment at a local or area business. List your job skills or the type of work you are seeking. A free ad of up to 25 words may run up to a month in this newspaper. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com.
 1-E-TFN-NC 58577

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

Come Join Our Team!!

- RN/LPN

- CNA

Apply at www.blcgarrison.com

or call Jody Lawson

at (701) 463-2226

"EQUAL OPPORTUNITY EMPLOYER"

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 58577

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! Licensed and bonded buyer. 612.839.9568
 41-43-P-E 58577

Misc. for Sale

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

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

FOR SALE: log cabin package, \$475. Logs only, no labor. 218.766.8176.
 42-P-E-NC 58577

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.
 34-9-E-PD 58577

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.
 46-TFN-P-X-PD 58540

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-TFN-P-X-PD 58579

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

Call 462-8126

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. 2 BEDROOM 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.
1 or 2 bdrm. apts. All utilities paid including cable.
701-527-4739 or Manager 701-220-8145

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.

THE HARVEY POLICE Department has an opening for an Officer. ND Post certified. Excellent benefit package. Resume to: 120 West 8th St., Harvey ND 58341.

COUNSELOR/ADVISOR. LAKE Region State College – Devils Lake, ND. This is a 12-month position with full benefits, including paid family health insurance. Duties included student counseling, academic advising, assisting with retention and recruitment activities, and coordinating the international student program. Minimum of a Master's degree in counseling, school psychology, or related degree is required. Licensed Professional Clinical Counselor or person with qualified credentials is preferred to supervise counseling interns. Minimum skill requirements include excellent communication and interpersonal skills, capacity to build rapport with students, faculty and staff, and the ability to work collaboratively with diverse groups. Go to lrsc.edu for more information.

ADMINISTRATIVE AND TECHNICAL ASSISTANT. NDCSCS has an opening for an Administrative & Technical Assistant at NDCSCS Wahpeton. This is a full time, benefited position. Duties include customer support services, coordinate web enhanced and online course setup and IVN schedule, maintain web, etc. Screening begins immediately- applications accepted until filled. Compensation DOE. Interested candidates must submit the on-line application. For more information go to: www.ndscs.edu/careers EOE

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 lrsc.edu.

EMMONS COUNTY IS accepting applications for a full-time Road Superintendent. Full job description and application are available on www.emmonsnd.com or at the Auditor's office at the Emmons County Courthouse. 701-254-4807. Apply by March 2, 2020 to the

Statewides

Emmons County Auditor, PO Box 129, Linton, ND 58552.

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.

RAILROAD VEGETATION CONTROL. Commercial applicator training provided. Traveling position. Competitive wage and benefits, meal allowance, paid lodging. 60-80 hours/week. RAW (Cooperstown, ND). 888.700.0292 | www.rawapplicators.com | info@rawapplicators.com

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 /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).

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.

F/S: CITY CENTER MOTEL. Devils Lake, ND. 24 units, attached apartment. In busy tourism area.

Selling due to health. 701-662-4918. Serious inquiries only! PRICE REDUCED!

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 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 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.

Country Kitchen Recipes



CHEESY HAM AND HASH BROWN CASSEROLE

Ingredients

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

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish. In a large bowl, mix hash browns, ham, cream of potato soup, sour cream, and Cheddar cheese. Spread evenly into prepared dish. Sprinkle with Parmesan cheese. Watch Now
Bake 1 hour in the preheated oven, or until bubbly and lightly brown. Serve immediately.

EASY SAUSAGE GRAVY AND BISCUITS

Ingredients

- 1 (16 ounce) can refrigerated jumbo buttermilk biscuits
- 1 (9.6 ounce) package Jimmy Dean® Original Hearty Pork Sausage Crumbles
- 1/4 cup flour
- 2 1/2 cups milk
- Salt and ground black pepper to taste

Directions

Bake biscuits according to package directions. Meanwhile, cook sausage in large skillet over medium heat 5-6 minutes or until thoroughly heated, stirring frequently. Stir in flour. Gradually add milk; cook until mixture comes to a boil and thickens, stirring constantly. Reduce heat to medium-low; simmer 2 minutes, stirring constantly. Season to taste with salt and pepper.
Split biscuits in half. Place 2 halves on each of 8 plates; top with about 1/3 cup gravy.

HAVE A RECIPE YOU WANT TO SHARE?

E-mail leadernews@westriv.com or give us a call at 701.462.8126 with your ingredient list and directions, and we'll include it in a future recipe column! We would love to share local, homestyle recipes from our readers.



Wake up next to the
Perfect Companion
Find a new friend in the pet
section of the classifieds

Don't be Late!
The Xtra has strict deadlines.
We need the following items sent to us by the following deadline time. . .

10 a.m. Thursday
Advertisements, calendar of events and classified ads

ROBERTS

Saturday, February 29, 2020

1:00 p.m. at the NEW Bismarck Livestock Auction

**NEW DATE
& LOCATION**

Angus

ANNUAL BULL SALE

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



SDR Next Step 9027 (LOT 46) \ \ 03.14.19
BW: 78 lbs. \ \ WW: 820 lbs. \ \ 205 Wt.: 831 lbs.
365 Wt.: 1,572 lbs. \ \ ADG: 4.63
BW -2.4 \ \ WW +70 \ \ YW +120 \ \ MILK +25



SDR President 9016 (LOT 4) \ \ 03.08.19
BW: 84 lbs. \ \ WW: 875 lbs. \ \ 205 Wt.: 839 lbs.
365 Wt.: 1,532 lbs. \ \ ADG: 4.33
BW +4.0 \ \ WW +80 \ \ YW +135 \ \ MILK +25



SDR Treasure 9001 (LOT 21) \ \ 03.18.19
BW: 74 lbs \ \ WW: 820 lbs. \ \ 205 Wt.: 840 lbs.
365 Wt.: 1,568 lbs. \ \ ADG: 4.88
BW +1.4 \ \ WW +70 \ \ YW +135