



Published by BHG Inc., to serve McLean and Sheridan Counties PRSRT STD US POSTAGE PAID Permit No. 22 Garrison, ND

Postal Patron

Deliver By Monday Vol. 36, No. 20 Monday, Sept. 7, 2020

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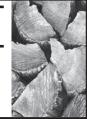
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September 5th

To our AMAZING Mom/Grandma! We Love You!!! Love, Your Family

> Birthday wishes for Darlene Goven can be sent to: 1751 9th Street NW

Saturday **SEPT. 12, 2020**

MARCUS & MARY ZANDER NOTE: No Small Items. Auction
Will Be Completed By 1:00 PM

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CALENDAR

Saturday, September 5

Happy 80th Birthday to Darlene Goven. Birthday wishes may be sent to 1751 9th Street NW, Turtle Lake,

Tuesday, September 8

The Lawrence Stephenson Post #133 of Turtle Lake will have their first meeting of the season at the Turtle Lake American Legion Hall. Social is at 5:30 p.m. with grilled steak dinner at 6:30 p.m. and meeting to follow. Revised qualifications for membership will be addressed.

The Washburn American Legion Post #12 and Auxiliary will meet. Social at 6:30 p.m and meeting at 7 p.m. No meal.

WAIA (Washburn Area Improvement Assoc.) meeting

at noon at Dakota Farms, Washburn.

Washburn City Commission meeting at 6:30 p.m. city

Wednesday, September 9

Turtle Lake Chamber of Progress meeting, noon Bev's Cafe.

Thursday, September 10

The Lords's Pantry is open from 2 to 4 p.m. at Trinity Lutheran Church, 515 Kundert St, Turtle Lake. Washburn School Board budget meeting at 7:30 p.m.

and regular meeting at 8 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:		

MEALS ON WHEELS

Sept. 7 Labor Day - No meals

Sept. 8 Cod, parslied potato, stewed tomato,

Sept. 9 Baked chicken, mashed potatoes, seasoned carrots, peaches, cake with frosting

Sept. 10 Meat loaf, mashed potatoes with margarine, broccoli, cherries.

 ${\bf Sept.} \ {\bf 11} \ {\bf BBQ} \ pork \ on \ a \ bun, augratin \ green \ beans,$ creamy coleslaw, banana.

FREE local subscription for parents of Kindergartners!

Get a one-year print or online subscription to any BHG newspaper for free when your child starts Kindergarten! Stay up on school news and make sure you don't miss the pages of photos taken at school events all year long! A \$40 value completely free! Contact us by Sept 30 to subscribe.

LEADER-NEWS

North Control of the Party

Which Foods Need to Be Washed During a Pandemic or Any Time?

PRAIRIE FARE



BY JULIE GARDEN-ROBINSON FOOD AND NUTRITION SPECIALIST - NDSU

As I meandered around a store recently, I noticed that cleaning supplies were still in short supply. I found one bottle of chlorine bleach on the shelf. According to Nielson

research, sales of disinfecting sprays were up 520%, compared with last year, and multipurpose cleaners were

When the pandemic began several months ago, some people were disinfecting their food packages. I received several questions from consumers asking me how to wash their canned goods and packages when they returned from the grocery store.

Actually, washing food packages is not a standard recommendation. The risk of catching COVID-19 from

food products, food package or bags is low. The Centers for Disease Control and Prevention specifically does not recommend using disinfectants such as bleach or ammonia on food packaged in cardboard or plastic wrap.

However, follow food safety practices every day. I have a food safety quiz for you this week. Try these questions. The answers are at the end.

True or False. Fresh fruits and vegetables should be rinsed thoroughly with plenty of cool running water but no soap before eating or preparing.

2. When selecting fresh

produce, which areas of the fruits or vegetables should you trim away because they are

likely to harbor bacteria?
3. Melons, potatoes, apples and peaches are in season. What is the first step

to do before preparing these fruits and vegetables?

4. Two-part question:
Should eggs be washed before use? Where should eggs be stored? (Be specific.)
5. Should meat such

as chicken, beef or pork be washed before cooking? Why

or why not?
6. What are the differences among cleaning, sanitizing and disinfecting?

Here are the answers

1. True. I hope that was an easy question. Do not use soap on fruits and vegetables. Soap can leave behind residues

that are not good for your

health.

2. Trim away damaged or bruised areas because bacteria

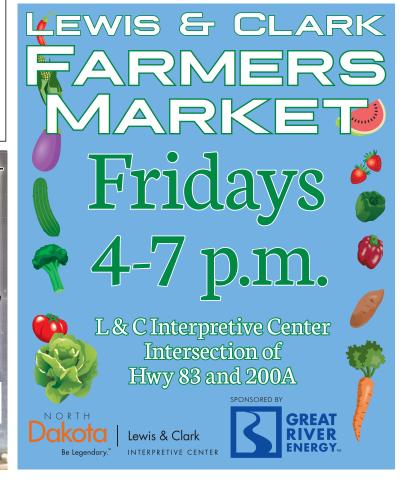
can thrive in those spots.
3. Foods with a harder surface, such as apples, melons and potatoes, can be scrubbed with a vegetable brush and rinsed thoroughly. Softer produce such as peaches and strawberries should be rinsed well under running tap water.

well under running tap water.

4. Unless eggs are visibly soiled, they do not need to be washed before use. In commercial egg processing plants, eggs are washed thoroughly and a light coating of mineral oil is applied to help protect the egg. For safety and best quality, keep eggs refrigerated in their original carton in the main area of the refrierator. Avoid placing refrigerator. Avoid placing them in the egg holders found in some refrigerator doors, where the temperature is warmer.

Washing meat is not recommended. We may think we are removing bacteria when we wash chicken, beef or pork before cooking. However, washing meat can lead to cross-contamination, spreading bacteria around our kitchens. Washing meat is not recommended for this reason.

Always wash your hands carefully after handling any raw meat. Most bacteria are found on the surface of whole pieces of meat and poultry. These "germs" will be killed by cooking the meat to the



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recommended internal temperature. Be sure to use a food thermometer to check doneness

doneness.
Note: Some people still prefer to rinse meat and poultry before cooking. Take some steps to avoid crosscontamination. If you choose to rinse meat or poultry, wash the sink, cutting boards and/ or countertop area with plenty

or countertop area with pienty of hot, soapy water, then rinse with water and sanitize.
6. Cleaning removes the visible soil or food from a surface. Sanitizing reduces the amount of bacteria (but not viruses) noted on the product's label Tomake a bacic sanitizer. label. To make a basic sanitizer. mix 1 tablespoon of unscented chlorine bleach with 1 gallon of lukewarm water (or a scant teaspoon of bleach per quart).

Disinfecting destroys or inactivates the bacteria and viruses on hard, nonporous surfaces. The "germs" are usually noted on the product label. Choose a disinfectant that is approved by the

Environmental Protection Agency, and prepare and use according to the instructions on the label.

Disinfect high-touch surfaces three times per day if someone has COVID-19 or shows symptoms, according to recommendations from the

Bottom line: Read the instructions on the cleaning

or disinfecting containers.
Using cleaners or disinfectants incorrectly can be dangerous.
How did you do on the quiz?

See https:www.ag.ndsu.edu/food and click on "food safety," or under programs, click on "field to fork" to learn more about safe food handling. Here's a recipe to practice safe food handling.

but halding.
Beef and Broccoli
1/4 c. all-purpose flour
1 (10.5-oz.) can beef broth
2 Tbsp. white sugar

2 Tbsp. soy sauce (low sodium recommended) 1 lb. boneless flank steak,

cut into pieces

1 clove garlic, minced

4 c. chopped fresh broccoli In a small bowl, combine flour, broth, sugar and soy sauce. Stir until sugar and flour are dissolved. In a large skillet or wok over high heat, cook and stir beef two to four minutes, or until browned. Stir in broth mixture, garlic and broccoli. Bring to a boil, then reduce heat. Simmer five to 10 minutes, or until sauce thickens.

Makes four servings. Each serving has 310 calories, 10 grams (g) fat, 36 g protein, 19 g carbohydrate, 2 g fiber and 510 milligrams sodium.

(Julie Garden-Robinson, (Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences. Follow her on Twitter @jgardenrobinson)





eader-News

462-8126 TO PLACE CALL AN

Larry Fidler Estate <u>Saturday, Sept.</u> 11 a.m.

From Garrison 6 miles East on Hwy 37, continue East on #8 to the 16 mile corner, turn right - (South) 1 mile, left on #8 for 3 miles (to Lake Nettie sign), left (North) 1 mile



Pots and pans Dresser Couch hide a bed Exercise bike [Exerpeutic] Wicker rocker Wicker rocker
Coffee table
Leather recliner
Outdoors table and chairs Writing desk Samsung flat screen TV 42" Bar stool Oklahoma Joe's smoke grill

ble plastic table ic roto zip ukee 8" metal saw [new] a 7 1/4 electric saw



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11 1/21 flat bottom boat allum.
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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 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, 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.

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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

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. AA meetings in Center, Sundays at 5pm. CT at St. Paul Lutheran Church 794-3381; in Garrison, Thursdays at 8 pm at SACA Lodge, 11 Central Ave NW (1 block west of auditorium); in Washburn Sundays at 7 pm. First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 pm at Sacred Heart Church (734-6533). Open meeting Butte, call 626-7402 or write Box 244, Butte, ND 58723; in McClusky at Grace Lutheran Church, 402 4th St. W, Sundays at 8 pm. Positive Changes NA, Fridays at 7 pm, Washburn United Methodist Church 701-460-0663

58540

DELIVERY PROBLEMS? If you're having any problems getting your XTRA - when and where you want it, we want to know. Call 1-800-229-5028 to report problems. 52-TFNPI 58540

AUCTIONS

LARRY FIEDLER ESTATE AUCTION, Saturday, Sept. 12, 2020 at 11 a.m. 1579 22nd Ave NW, Turtle Lake, ND (from Garrison: 6 miles East on Hwy 37. continue East on #8 to the 16 mile corner, turn right (south) 1 mile, left on #8 for 3 miles (to Lake Nettie sign), then left (north) 1 mile. Household, tools, boats, misc. SJ Auction Service, Spencer Flath 337-5410. (see www.bhgnews.com for auction bill)

MATT and SARAH Matheny Auction, Saturday, Oct. 10, 11 a.m. From Garrison Cenex, 18 miles West, 1 mile South, ½ mile East. Pickups, Skidsteer, Tractors, Combine. (see www.bhgnews.com tors, Combine. (See W. M. Combine for auction bill) SJ Auction Service 58540

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RON HUMMEL MOVING SALE, 6 miles east of Garrison on Highway 37. Antiques, household items, tools and much more! Saturday, Sept. 5, 10 a.m.-6 p.m., Sunday Sept. 6, 10 a.m. -6 p.m.

MULTI-PARTY Rummage Sale © Steifel's: 255 2nd Street NW, Garrison. Sept. 4th 5-7 p.m., Sept. 5th & 6th 10 a.m.-5p.m. Something for everyone, will post pictures on Garrison Buy and Sell when set up. 18-2TPDIX

GIVEAWAY

23"x35" WHITE SHEETS of tracing paper. Good for packing sheets when moving, kids drawing sheets, wrapping glassware, gift wrapping, etc. Pick them up at the McLean County Independent office at 91 North Main Street, Garrison,

18-TENNCI

HELP WANTED

NOW HIRING! BHG Inc. is looking for a 24-32 hour a week reliable employee to fill out its bindery/mailing/press staff. Work requires standing to sort, insert package and bundle. Ability to lift 25-30 pounds helpful. Day hours, usually Tuesday, Wednesday, Thursday. Apply in person at 91 N. Main Street, Garrison

LIVESTOCK

TURTLE LAKE WEIGH STATION will have the following dates scheduled to ship cows and bulls. Monday, September 21. Have them there by 11 a.m. Call Darin at 701.315.0144.

MISC. FOR SALE

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

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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. EEOC

REAL ESTATE FOR RENT

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1 BEDROOM STUDIO studio apartments available in Garrison. Furnis all utilities included. Monthly rates. Call 337-5169 or 701-220-7477.

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1974 HOME located at 345 7th St. NE, Garrison, ND. 3 bedroom/1 bath main floor, 1 bath, 2 nonconforming bedrooms in the basement. All new windows, roof replaced in 2008. Heated garage, Jacuzzi tub in the main bathroom. Main floor laundry. Most walls in basement are carsided wood walls. Message me for more pics or if you would like to look at it! Will not rent or do contract for deed \$150,000. (701) 214-2950.

SERVICES

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.

MISC. WANTED

WANTED OLD STUFF: ND license plates, advertising signs, old style gas pumps, old oil cans, thermometer clocks with advertising, arrowheads, crocks, animal traps, ND pottery, salt and pepper shakers. Call 701-220-5746

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 newspa per. Mail your ad to Leader-News, P.O. Box 340, Washburn, ND 58577 or email leadernews@westriv.com

HELP WANTED



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HELP WANTED

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Other Openings: JH GBB, Elem BBB, 1-Act. JH BBB Asst

HELP WANTED part-time meat department employee

Looking for a self-motivated individual that is willing to train into the position. Duties include prepping and stocking meat cooler, sausage making and unloading warehouse freight. Hours vary (20-30/week) flexible position with

possibility of full-time. Contact Farrah for more information at 701-448-2280 or stop in the store at 208 Main Street.

Main Street Market

HELP WANTED

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Washburn & Center, ND

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HELP WANTED: PROPERTY APPRAISER

Start a new adventure -- join our team! Advancement opportunities, competitive pay, and great benefits! McLean County will accept applications until 4:00 P.M. CST on Wednesday, September 9, 2020, filling one position as a full-time Property Appraiser within the McLean County Tax Equalization Department. Duties include primarily the performance of routine technical appraisals of commercial, residential, and agricultural property to determine value for tax assessment purposes

Salary range for the position is \$41,752.71 - \$48,312.53 per year, dependent on experience. 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 and complete job description 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. Preference will be given to applicants with experience in property appraisal.

To be considered, all applications and related items must be submitted to the McLean County Auditor's Office.



Weber Electric is seeking an Administrative Assistant to work from home Responsibilities include processing job and employee paperwork; working with accounts payable and receivable; processing quotations and material orders.

Applicants must have

- Ability to read and follow instructions
 Extensive experience with Microsoft Office and Quick Books
 Excellent interpersonal, oral and written communication skills
- Have excellent time management skills
- A positive disposition and ability to communicate with others
- Associates or Bachelor's degree in Business managem
 Must be able to pass a drug test and background check nent or accounting preferred but not required

Wage is DOE. Please submit your resume by email webelec@westriv.com or in person at 305 9th St, Washburn, ND.

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- Speech Pathologist
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Contact: Wayne Fox Superintendent 743-4350 ext. 2205



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Work requires standing to sort, insert, package and bundle. Ability to lift 25-30 pounds helpful. Day hours, usually Tuesday, Wednesday, Thursday.

Apply in person at 91 N. Main Street, Garrison

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The Leader-News has an immediate opening for a front desk office associate. Duties include helping customers, answering phones, placing orders, general billing, proofreading and other office duties. Flexible position for anyone detail oriented, minimum of 20 hours per week with a full-time opportunity for the right candidate. To learn more, contact Alyssa at news@bhgnews.com or call 701-462-8126 office at 607 Main Avenue, Washburn, ND 58577

Xtra | 09.07.20 | 7 leadernews@westriv.com



JOB OPENING!

McLean County **Farm Service Agency**

McLean County USDA Farm Service Agency is hiring a full-time permanent Program Technician in Garrison, ND.

SALARY RANGE: \$27,800 to \$56,222 per year

BENEFITS: Paid Vacation, Paid Sick Leave, 10 Paid Holidays, Federal Retirement plan, savings and investment plan, a wide array of health, dental, vision and life insurance plans, flexible spending accounts and long-term care insurance.

POSITION: This position is responsible for carrying out office activities and functions pertaining to one or more of the program areas administered in McLean County. On-the-job training will be provided to assist with acquiring skills needed to be a successful employee.

For more information and TO APPLY go to: www.usajobs.gov

Application period closes Wednesday, September 9, 2020.

Questions? Contact Garrison FSA Office (701) 463-2267 USDA is an equal opportunity provider, employer and lender.

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Farmers Union Oil Company of Turtle Lake is looking for part-time cashier to include customer service, unloading freight, Will include Saturdays. Wages based on experience. Contact Don 701-448-2355.

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Apply at www.blcgarrison.com

Statewides

HELP WANTED

SHERIFF POSITION IN Benson County. Send applications to County Auditor, Box 206, Minnewaukan, ND 58351 (telephone: 701-473-5340). Application deadline Aug. 28, 2020,

THE CITY OF HILLSBORO is accepting applications for a full-time City Auditor. For details and application information, see www.hillsboro-nd. com/iobs.html. Applications must be received by 4 p.m. on Aug. 14.

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PLOTS tops 800,000 acres for 2020

BY NICK SIMONSON DAKOTA EDGE OUTDOORS

The North Dakota Game & Fish Department's (NDG&F) Private Land Open to Sportsmen (PLOTS) program has regained an important benchmark in its efforts to open access to high-quality habitat for hunters each fall, as this year, according to Keving Kading, NDG&F Private Lands Section Leader, the program has topped 800,000 acres for the first time in many seasons. Kading also stresses that the quality of those acres enrolled in PLOTS is also up, and many of the additions in 2020 sport brand new plantings of grass and other cover which increases carrying capacity for game species and watchable wildlife in the state.

"We did have an increase -almost 10,000 acres from the fall of 2019 - so it was a nice little jump," states Kading, "we're taking a strategic approach in how we're enrolling lands, we're trying to enroll higherquality tracts so the acres that are in that increase are going to be some good acres," he continued, adding that approximately 4,200 of those added acres were new grass plantings which have added to the state's overall wildlife habitat and will likely remain

there for 10 years or longer.

Reaching a high of approximately 1.1 million acres in the early 2000s at the peak of the federal Conservation Reserve Program (CRP), North Dakota's PLOTS program has provided important access to private lands through operators enrolling their acres with the state. The decrease in CRP acres enrolled on the landscape since 2007 also decreased the number of quality acres available for enrollment in the PLOTS program, and the number of contracts for the state program dropped in correlation. As CRP contracts bottom out and an expansion of the setaside program ramps back up, with increases planned through 2023, the opportunity for more PLOTS acres grows. In exchange for allowing public access, landowners receive a stipend through PLOTS contracts with the NDG&F. The agency then surveys and installs signage on those parcels which are accepted into the program, marking the boundaries with the yellow triangles that have become

familiar to sportsmen over the last two decades.

While the NDG&F tries to target areas of 80 acres or more during the enrollment periods in the winter, spring and summer of each year, PLOTS tracts can vary in size from down around 30 acres, on up into the thousands for those stretches located in the western part of the state. As part of a large PLOTS addition

in western North Dakota in the most recent enrollment period, the department worked with non-government organizations on cost sharing efforts for the project. In doing so, a tract of more than 3,000 acres was added to the PLOTS system in western North Dakota for 2020, which also helps to connect other spaces open to public hunting in the area. 'There's some large tracts

in the badlands that people are going to notice this year, in Billings County there was a nice addition that's going to tie in some other public lands; those are always nice when we can connect some of those existing public lands through the private lands network," Kading announced, "we do partner with a lot of "we do partner with a lot of different groups, and that one was partially sponsored by the Rocky Mountain Elk Foundation," he added, stressing the connection with sportsman and conservation groups is important in facilitating the enrollment and support of new PLOTS lands. The 2020 PLOTS guide is

available online and a number of digital resources are there for hunters exploring North Dakota's public lands and those in the program. Sportsmen are encouraged to know the are encouraged to know the regulations pertaining to the use of the state's varied public lands and are reminded that while PLOTS acres are open to the public, they remain privately-owned and should be respected as such. More details and the various downloads and the various downloads for today's field technology including smartphones and GPS units can be found at: https://gf.nd.gov/plots/guide. The annual printed guide will be released shortly and available at license vendors, sporting goods stores, and other locations throughout



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1992 Diamond 6.8' x 18' Gooseneck Trailer - good Shop Built Flat bed Trailer, 6' x 12

Shop Bult Flat bed Trailer, 6'x 12 Small Ubity Trailer Hay Wagen, 102'x 18' Haying Equipment & Hay, Livestock Handlin Massey Ferguson sickle mower, 3pt, 9ft bar 2019 Hay: 64 AH Class 1st cutting Bales - 2019 Hay: 29 2nd Cutting Bales

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COUNTRY COUSINS (MUSIC)

KIDDIE PEDAL TRACTOR PULI 1:30 P.M.

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