

MEDICAL

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szach@restel.net

Master Plumbing License #0012

Service IIC

Owner



CALENDAR —

Wednesday, Sept. 9 Garrison City Landfill open, 1 p.m.- 5 p.m.

Thursday, Sept. 10 Community Clothing Share Exchange in Turtle Lake. 221 Main St. Sept 10 and each Thursday from 12:00 – 6:00 pm.

Bone Builders, Garrison Senior Center, 10 a.m. Alcoholics Anonymous, SACA Lodge at 11 Central Ave. NW, 8 p.m. One block west of auditorium.

Friday, Sept. 11 Yoga, First Congregational Church, Garrison, 8 a.m. Garrison City Landfill open, 1 p.m.- 5 p.m.

Saturday, Sept. 12 Outlaw Plus Traditional Enduro at McLean County Speedway.

Garrison City Landfill open, 8 a.m.- 12 p.m. and 1 p.m.- 5 p.m

Monday, Sept. 14 Riverdale City meeting at 6 p.m. Washburn School Board meeting at 8 p.m. Mercer Senior Citizens meeting 2 p.m. Miclusky City Meeting at 7 p.m at city hall. Goodrich Fire Department meeting at 7 p.m. Bone Builders, Garrison Senior Center, 10 a.m.

Tuesday, Sept. 15 McLean County Commission meeting at 8:30 a.m. at the courthouse.

McClusky Park Board meets at 7 p.m. at city hall.

Wednesday, Sept. 16 Wilton School Board meeting at 6 p.m. Wilton City Commission meeting at 7 p.m. Garrison City Landfill open, 1 p.m.- 5 p.m.

Thursday, Sept. 17 Mercer City meeting at 7 p.m. The Community Clothing Share-Exchange at 221 Main Street, Turtle Lake is open each Thursday from noon to 6 p.m.

noon to 6 p.m. Community Cupboard food pantry is holding an informational meeting at 7 p.m. at the Community Cupboard on Lincoln Ave. in Underwood. Anyone interested in becoming a volunteer or board member for the food pantry is encouraged to attend. Bone Builders, Garrison Senior Center, 10 a.m. Alcoholics Anonymous, SACA Lodge at 11 Central Ave. NW, 8 p.m. One block west of auditorium.

Friday, Sept. 18 Yoga, First Congregational Church, Garrison, 8 a.m. Garrison City Landfill open, 1 p.m.- 5 p.m.

Saturday, Sept. 19 Garrison City Landfill open, 8 a.m.- 12 p.m. and 1 p.m.- 5 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, apricots.

- Sept. 9 Baked chicken, mashed potatoes, seasoned carrots, peaches, cake with frosting.
- Sept. 10 Meat loaf, mashed potatoes with margarine, broccoli, cherries.

Sept. 11 BBQ pork on a bun, augratin green beans, creamy coleslaw, banana.



BY JULIE GARDEN-ROBINSON FOOD AND NUTRITION SPECIALIST - NDSU

'You're moving the compost pile?" I asked. I had a note of disbelief in

"Well, yeah," my husband replied matter-of-factly. End of conversation.

About 15 years ago, we moved from our first house to our current one, along with our compost pile and three

voung kids. My husband found a nice, shady spot cleverly hidden

under some evergreen trees. I think the real estate agent

was happy we moved the compost pile prior to trying to sell our original house.

Composting has been my husband's pet project. He moved from Oregon, where recycling and composting were regular habits, to North Dakota many years ago.

After 27 years of marriage, I have adapted to having a lot of bins for recycling and composting. My husband has adapted to

my love of growing flowers, vegetables and fruit trees.

Actually, our hobbies are mutually beneficial. My garden scraps feed the compost pile. The compost helps my

gardens grow really well. Composting also is good for the environment. According to a University of Washington study, food waste generates methane when it goes to landfills but not when it is composted. When you compost at home, you are doing a favor

for the environment. Some people call compost "black gold" because this rich mixture of decomposed plant

PRAIRIE FARE

Consider Composting

material provides nitrogen, copper, zinc, phosphorus and other nutrients.

If you never have composted, you might want to consider it. About 95% of food scraps end up in the landfill. Composting is a way to reduce food waste while transforming plant materials into rich, fertile humus through the action of microorganisms.

Find a shady spot because your compost pile should remain moist and not dry out. Many experts suggest starting with a bin that is 3 by 3 by 3 feet or a 5-foot cube. You can buy a bin or make your own. You will need a shovel or pitch fork to

Think of compost as a mixture of greens, browns and water. In general, a 50:50 mixture of greens and browns is the recommended "recipe." "Greens" include items such

as apple cores, leafy greens, onion skins, corn cobs and husks, egg shells, banana peels, potato peels, weeds and coffee grounds. Most of these items are particularly high in nitrogen. "Browns" provide carbon

and include small branches, leaves, shredded paper, nut shells, coffee filters, straw, wood chips and empty cardboard tubes.

Smaller pieces will break down more quickly. Water also is essential for the microorganisms to act.

The pile should be damp, like a wrung-out sponge.

Avoid putting certain items in your compost bin. Fats, grease, oils, meat and bones may attract unwanted animals to your bin and cause odor. If you have pets, do not put their waste in the bin. Avoid adding yard trimmings treated with pesticides, diseased plants or

weeds with mature seed heads. Composting does require some tending. Experts suggest turning it monthly or more often. On average, with the right conditions, you will have compost ready in about three months.

You can keep feeding your compost bin in all seasons. Although turning the compost may become impossible in the winter, the breakdown of the plant material will continue slowly.

We have added our compost to raised gardens or put it around trees and shrubs to hold moisture. Our compost is placed in

garbage cans on wheels so we can move it easily around our yard. Try placing about 3 inches of compost on top of soil and working it 8 to 12 inches into the soil.

Did I mention I like flowers? Did Imention like flowers? Ihave many containers around our yard that show their appreciation for the natural fertilizer by blooming brightly. Most gardening experts recommend about one part compost to three parts soil for potted plants. As food preservation season

As food preservation season continues and fall yardwork begins, I will share plenty of scraps and yard waste with the compost bin.

This recipe provides a delicious side dish for dinner and peelings for a compost bin. Add a meatloaf or other protein to these roasted root vegetables and you have an oven dinner perfect for a fall evening. Roasted Root Vegetables 4 medium-sized vegetables

(potatoes, sweet potatoes, turnips, beets)

turnips, beets) 2 carrots, pared and chopped 1 medium onion, chopped 3 Tbsp. cooking oil (such as olive, canola, sunflower) Spices of choice (Italian seasoning, rosemary, pepper, etc.)

Preheat oven to 350 F. Rinse, peel and cut vegetables into chunks. Place in a bowl and add oil. Add seasoning and mix well. Spread in a single layer on a baking sheet with sides. Bake about one hour, until vegetables are tender. Makes four servings.

With two potatoes, a sweet potato and a beet, and Italian seasoning, each serving has 190 calories, 10 grams (g) fat, 3 g protein, 26 g carbohydrate, 4 g fiber and 30 milligrams sodium (without added salt).

(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 Giaradarophiacan) @igardenrobinson



leadernews@westriv.com



CLASSIFIEDS

- CLASSIFIED WORD ADS: Terms Cash, Check, Visa or Mastercard, · COST: \$8 a week for 20 words, each additional word is 25 cents. Half price for
- each additional week. Can be placed in other papers for half price. Giveaway ads are free one week only.
- CLASSIFIED DISPLAY RATE: \$9.50 per column inch.
- CONTACT INFORMATION: Phone: 462-8126 Fax: 462-8128 Email: leadernews@westriv.com • Website: bhgnews.com Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
- · DELIVERY PROBLEMS: If you're having any problems getting your Xtra when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800 658-3485 when you want to report problems.

ANNOUNCEMENTS

WANT TO SAVE some money? Check out the specials in this week's Xtra. If you're not receiving the Xtra, call 701-463-2201 1-E-TFN-NC 58540

SUPPORT GROUP: Alcoholics Anonymous Hotline 1-888-680-0651. AA meet-ings 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 15-TENPI 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-TENPI 58540

AUCTIONS MATT and SARAH Matheny Auction, Saturday, Oct. 10, 11 a.m. From Garrison Cenex, 18 miles West, 1 mile South, 1/2 mile East. Pickups, Skidsteer, Tractors, Combine. (see www.bhgnews.com for auction bill) SJ Auction Service

58540 19-6TNCIX FARM RELATED

HAY FOR SALE: 1st & 2nd cutting. Alfalfa also mixed hay and oat hay. Bales are not wrapped. Will load Ron Isaak 701-891-9999

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 ND. 18-TFNNCI

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

HUTTERITE CHICKENS FOR SALE. To place order call 701-989-0022, Delived to 203 Garfield Ave. Underwood on Wed. Sept. 30th at 10:00 a.m.

FOR SALE: ITHACA Model 51 12 ga. 3 in. mag-29 in. rib barrel, used very little. \$495.00, call 530-351-1328 20-2TPDIX 58540

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 news-

papers at bhg.smugmug.com. 58577

AMSOIL, EXERCISER Records 50 & 60. 463-2434. 18-2TPDIX 58540

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 18-3T NCIX 58540

NOTICES

HAVE YOU BEEN in a relationship where you were emotionally or physi-cally battered? Call McLean Family Besource Center 701-462-8643 24/7 Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. EEOC compliant. 1-E-TFN-NC

REAL ESTATE FOR RENT FOR RENT: 16 x 80 3 bedroom, 2 bath mobile home in Washburn, No pets. Call for free application and information. 701-315-0034 5-XT-TEN 58577

1 BEDROOM STUDIO studio apartments available in Garrison. Furnished, all utilities included. Monthly rates.

Call 337-5169 or 701-220-7477. 19-2TCHIX 58540

REAL ESTATE FOR SALE 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. 17-4TCHX 58540

SERVICES

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831. 58577

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

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 pep-per shakers. Call 701-220-5746 58540

WANTED: Someone to paint a barn in the Underwood area. Call 701-460-1094. 20-XT-PD 58577

19-4TPDXDSIBL

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 seek-ing. 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





coaches receiving a percentage. Contact Dr. Klemisch or Mr. Ermer at Garrison High School 463-2818 for more information. JV- 70%, JH 60%, EL 50% **URGENT**

High School Asst VB Elem GBB Other Openings:

JH GBB, Elem BBB, 1-Act, JH BBB Asst

NOW RENTING Heritage Heights Apartments 1040 Custer Dr., Washburn

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North Shore 430 5th Ave SW, Garrison, ND

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up an application.

Statewides

HELP WANTED

THE ND NEWSPAPER ASSOCIATION is accepting applications for the position of EXECUTIVE DIRECTOR. Newspaper/journalism background preferred. Responsibilities include association management, member contact and development, legislative/ lobbying, management of content sharing and advertising placement programs, personnel management, working with a board of directors. Competitive salary and benefits. Application deadline is Sept. 18, 2020. Start date: November, 2020. Send letter, resume and salary requirements to: stevea@ndna.com, or NDNA Search Committee, 1435 Interstate Loop, Bismarck, ND 58503-0567.

RESIDENT DIRECTOR. NDSCS is seeking a Resident Director to assume a leadership role in establishing a living-learning environment wherein students can grow academically, culturally and personally. Responsibilities include: personally. Responsibilities include: supervision/training of student staff, implementation of residential curriculum, serving as a conduct officer, participation in departmental administration, planning and assessment, and providing summer conference support. This is a 12-month, full-time, live-in, benefited position. Screening begins immediately. Compensation DOE plus excellent benefit package. Interested candidates must submit the online application. EQE. For the online application. EOE. For more information go to: https:// www.ndscs.edu/join-our-team

SALES AGRONOMIST: ASSIST producers with operations, sell seed, fertilizer, chemical, conduct sales calls, scout fields. Agronomy Degree and 2yrs experience prefered. Missouri Valley Ag, 30749 5th Ave NE, Sterling, ND 58572.

HEKTNER STUDENT CENTER Evening Supervisor. The Evening Supervisor is responsible for Student Life operations, focusing on customer service, planning and oversight of evening activities, staffing and building security. Salary DOE plus excellent benefit package. Screening begins immediately - applications accepted until filled. Interested candidates must complete the online application. EOE. For more information go to: ndscs.edu/join-our-team

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

BUSINESS OPPORTUNITY

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OVER \$10K IN Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief, 844-981-0006.

SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Linel FREE CONSULTATION! 855-504-4680.

EDUCATION /TRAINING

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 ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 701-929-9679 (M-F 8am-6pm ET).

REAL ESTATE FOR SALE

ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701-371-8538. Kevin Pifer 701.238.5810. Free valuation.

LAND AUCTIONS LAND AUCTION 1,000 acres Romsey Co., ND. Thurs., Oct. 15 10am, Fireside Inn, Devils Lake, ND. Pikop & Hansen Trust, sellers. Call Nikolaisen Land Co., 844-872-4289. nikolaisenlandcompany.com

MISCELLANEOUS FOR SALE

MISCELLANEOUS FOR TALE 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

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)

ANNOUNCEMENTS

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-331-7577́.

BOY SCOUT COMPENSATION FUND - Anyone that was inappropriately touched by a Scout leader deserves justice and financial compensation! Victims may be eligible for a significant cash settlement. Time to file is limited. Call Now! 844-347-7225.

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.

McLean Bank Holding Company MORTGAGE LOAN OFFICER

McLean Bank Holding Company is currently seeking aMortgage Loan Officer to service the Washburn/Garrison/Turtle Lake communities and surrounding areas on behalf of Farmers Security Bank, Garrison State Bank and Trust, and Bank of Turtle Lake.

Position Overview:

- Develop new mortgage loan business through origination, underwrite and close loans, as well as maintain and service existing mortgage customers. • Build strong customer relationships and market to new customer
- prospects.Represent the banks in local communities and participate in
- marketing to obtain mortgage lending business for the banks. Develop relationships with real estate agents and work through the mortgage process with them.
 - · Provide information on a variety of mortgage, real estate and construction financing options
- Meet with applicants to obtain information for loan applications and answer questions about the process.
 Screen mortgage loan requests based on the bank's or secondary market's policies and types of mortgage loans offered.

Qualifications: Three to five years of experience in lending, processing, or customer service is preferred, but not required.

Submit resume and cover letter to: Farmers Security Bank Attn: Jamie Nelson PO Box 310

Washburn, ND 58577

McLean Bank Holding Company is an Equal Opportunity Employer of women, minorities, protected veterans, and individuals



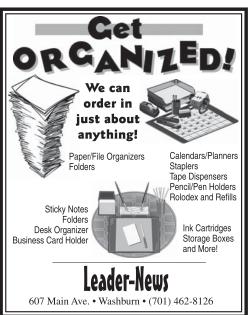
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of the main BHG site or on every home page on the site. Ads will be at the top of the page, to the right of

news stories and photos. What size ads can be

uploaded online? Any print ad can be put on the website. Each ad will have a pop-out display where they can be viewed in a larger size.

Why should you be online?

Visic Over 3,000 users visit bhqnews.com each month, with over 600 new viewers visiting the site each week. Online ads offer the opportunity to reach new customers and make an additional connection with print subscribers or those viewing the e-edition.

. . . .

All-Access Advertising rates: Individual newspaper home: \$5 BHG home page: \$7 All home pages: \$10 • •

Contact your BHG advertising representative today to take advantage!



Fast Facts about Roughly 3,500
 users and 7,000
 sessions per month

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.

Frida 4-71 L&C Interpretive Center Intersection of Hwy 83 and 200A SPONSORED BY GREAT

"Armed & Accurate since 1976" ouble See us for new & us uns and a GUNS our ammo meeds ! 1021 S. Washington St., **Bismarck** New Largest Gunsmith Hours M, W, F (701) 223-4888 **Used Gun** (Just behind Jiffy Lube) **Selection in** 10 a.m. to 5 p.m. hhgunshop.com the Area I am Clavton Not advertising is like winking at My Grandfa-

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