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US POSTAGE
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Permit No. 22
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Deliver By Monday

Vol. 37, No. 12
Monday, July 26, 2021

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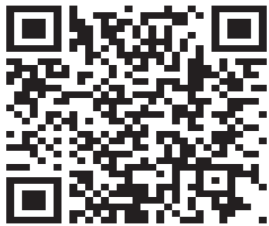
CHI St Alexius Health-Turtle Lake Hospital is interested in hearing from you about community health concerns. They are surveying South McLean and Sheridan County residents. The focus of this effort is to:

- Learn of the good things in your communities as well as concerns.
- Understand perceptions and attitudes about the health of the community.
- Hear suggestions for improvement.
- Learn more about how local health services are used by you and other residents.

We'd really appreciate you taking 15-20 minutes to complete our survey!

Surveys are being distributed and are also available online at

<http://tinyurl.com/TLCHNA21>



The results will be used by the community to set up priorities for our county, to educate officials and provides on community needs, and to help set direction of community health priorities.



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A complete listing of items and bid instructions can be downloaded from our website at www.garrisondiversion.org (Under News), or by phoning Renae at the 701-652-3194, or via email renaed@gdcd.org.

Sealed bids are due by 5:00 p.m. on August 12, 2021.

We will open bids and winner notified on August 16, 2021. No bids either delivered, or mailed will be accepted after 5:00 p.m. on August 12, 2021. The highest bidder will be bid winner. It is the sole responsibility of the bid winner to pick up their items by August 25, 2021 to avoid forfeit.

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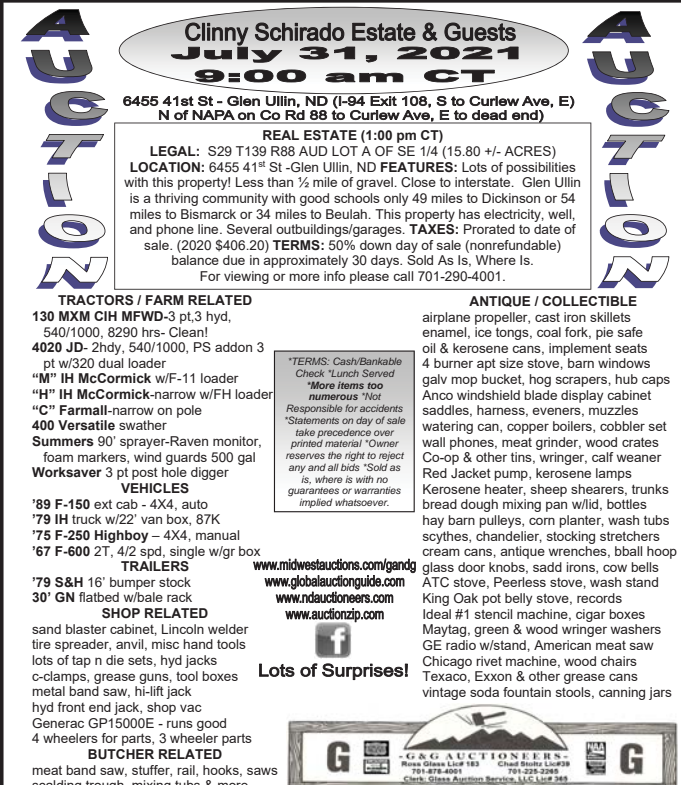
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July 31, 2021
9:00 am CT
6455 41st St - Glen Ullin, ND (I-94 Exit 108, S to Curlew Ave, E to dead end)
N of NAPA on Co Rd 88 to Curlew Ave, E to dead end)
REAL ESTATE (1:00 pm CT)
LEGAL: S29 T139 R88 AUD LOT A OF SE 1/4 (15.80 +/- ACRES)
LOCATION: 6455 41st St - Glen Ullin, ND FEATURES: Lots of possibilities with this property! Less than 1/2 mile of gravel. Close to interstate. Glen Ullin is a thriving community with good schools only 49 miles to Dickinson or 54 miles to Bismarck or 34 miles to Beulah. This property has electricity, well, and phone line. Several outbuildings/garages. TAXES: Prorated to date of sale. (2020 \$406.20) TERMS: 50% down day of sale (nonrefundable) balance due in approximately 30 days. Sold As Is, Where Is.
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BY DEAN MEYER

Hello,
Pardon the language,
but it's hell to get old. But, as they say, it beats any other option. As you get older you talk

about your ailments. What kind of hearing aids do you have? Who is your doctor? What meds are you on? Who is your druggist?

And don't answer that it's Miguel down at the corner. Take this morning for example. I'm in Cheyenne for the "Daddy of 'em all", the Cheyenne Frontier Days rodeo. And I packed my own bag! In my shaving kit, I've two tubes of stuff. One, you guessed it, is toothpaste. The other is a cortisone cream for a deal on my head that is akin to scabies in cattle. To make a long story short, my teeth will not itch today!

In fact I've had trouble all week. Baling. I've been baling. And on ninety plus degree days, if you want quality hay, you bale at night. Now to me, night is for sleeping. Or poker. Or pinochle. I've a nephew who says that "nothing good happens after dark". He's kind of right. Especially when you get a little long in the tooth.

I'm baling along at about 2 in the morning. I don't have

Pilot error

one of those fancy balers that beeps when it gets full. In fact, the baler I borrowed from a neighbor doesn't have a beeper at all.

When it gets full it just quietly wraps the bale, thinking that you have been watching and have stopped your forward progress. Then you pull a hydraulic lever and eject the bale.

Sounds simple. If you are a young man or not baling at two in the morning. Oh, and I packed my own lunch. Which may or may not have contained a couple beers. We will leave that for you to decide. Which may or may not have contributed to not noticing a full bale and continuing my forward progress until I had a three hundred dollar break down.

As I explained to the parts man what had happened, he nodded knowingly. BUI! Baling under the influence.

After a 200 mile trip for repairs the next day, I am baling again. And I finished this field up! I am caught up with the cutter for the first time in two weeks! And I head for home with the baler. I am right by a neighbor's yard as I kick out the last bale.

This baler has made 300 hundred bales and not missed cutting the twine on one bale! I pull into the shop at home and walk around the baler. A taut

twine is sticking out the back. Not serious. It probably just started dragging. I tug on it. It is tight. I tug harder. It doesn't come a bit.

There are 40,000 feet in a bale of twine. I didn't use it all but if you leave my shop and follow that twine, you will end up at the last bale I made right by a neighbor's driveway! As we say in the airline industry, pilot error.

But I feel fortunate compared to another friend. When you operate new machinery, many people read the operator's manual.

Many people, not all people. This guy kind of glanced through the manual. On his new baler, it recommended putting cornstarch on this rubber roller to keep your net wrap from being grabbed and wrapping around this roller. I suppose baby powder would work as well to keep it slick and prevent a frustratingly wrapped up roller.

This friend had glanced at the operating instructions and didn't really read them. He went up to the house and got a bottle of corn syrup and poured it over that rubber roller.

That, my friend, is another prime example of "pilot error."

Happy haying friends and neighbors!
Later, Dean

The Art and Science of Watering Your Plants

DAKOTA GARDENER

By Esther McGinnis, Horticulturist
NDSU Extension

A fatal mystery exists. In the middle of a severe and lengthy drought, garden centers report that customers are returning large numbers of dead plants. Closer inspection reveals that the cause of death is drowning. How is that possible during a drought?

Facing sustained high temperatures and the lack of rainfall, gardeners may overreact by watering in excess. Walking the fine line between over- and underwatering is possible but requires good technique and a knowledge of plant science.

Gardeners will be surprised to learn that wilting leaves are a classic sign of over- and underwatering. Saturating the soil suffocates the plant because water fills the air spaces in the soil. Consequently, the plant roots are unable to extract the oxygen they need and may succumb to rot fungi. As the roots die, the plant may wilt.

In the absence of rain, plants need approximately 1 to 1.5 inches of irrigation per week. The water can be applied in one or two applications per week, preferably during early morning hours.

Sprinkling a little bit every day is not good for plants

because it encourages the development of shallow roots. Watering deeply once a week is better.

An efficient way to water is to use a soaker hose or drip irrigation system because it minimizes evaporation.

If using a sprinkler, watering can be uneven and it can be difficult to tell how much water has been applied. Tuna cans or similar containers can be used as measuring devices. Place cans at various intervals from the sprinkler and then run the water for 15 minutes. You will be able to measure how much water accumulates in each can during that time frame.

To prevent overwatering in the garden, use your finger as a cheap "moisture meter." Stick your finger 2 inches into the soil. If the top 2 inches are moist, then watering should be postponed.

Sandy soils will dry out faster than fine-textured clay soils. Red River Valley clay soils have a large water-holding capacity and are easier to overwater.

Plants in containers dry out faster than in the ground. A couple of factors contribute to the high water usage. First, tall containers drain faster because of gravity. In addition, containers are filled with a quick-draining potting soil. Container plants may need

daily watering during hot, dry weather, particularly if the plants are large.

Avoid completely drying out the potting soil because it will shrink away from the sides of the container. Make sure that containers have drainage holes in the bottom to prevent water from collecting and suffocating the roots.

Raised garden beds also dry out faster than in-ground beds due to gravity and the soil mix that is used. Daily monitoring is advised.

Mulch is very beneficial in preserving soil moisture, cooling the soil and preventing weed germination. A 3-inch layer of wood mulch is recommended around trees and in ornamental beds. In the vegetable garden, organic mulches such as straw or shredded leaves work well. If using straw, make sure that it is free of weed seeds and herbicide residue.

Armed with good watering technique, gardeners will be able to avoid the most common cause of plant mortality.

For more information about gardening, contact your local NDSU Extension agent. Find the Extension office for your county at <https://www.ag.ndsu.edu/extension/directory/counties>.



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CALENDAR

Wednesday, July 21

Washburn School Board meeting at 6:30 p.m.

Saturday, July 24

The Lord's Pantry is open from 10 to noon at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.

Sunday, July 25

Super Sunday Supper at First Lutheran Church, Washburn, 4 - 6 pm. All are welcome, free will offering.

Monday, July 26

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

Thursday, July 29

Underwood School Board meeting at 6:30 p.m.

Saturday, July 31

Blue Grass Goes Pink at Cross Ranch State Park, 7 p.m. See ad in Leader News and Central McLean for further details.

Sunday, August 1

A jam session will be held at 6 p.m. at Hazen City Hall. Free to attend for all ages. Open invitation for musicians to join in, contact Linda Eslinger at 873-5695 for information.

MEALS ON WHEELS

July 26: Chicken cordon bleu, rice pilaf, peas, tropical fruit.

July 27: German meat loaf, mashed potatoes, beets, peaches, ice cream.

July 28: BBQ chicken drumstick, rosemary potato, country trio vegetable, apricots.

July 29: Beef stew, mixed vegetables, cottage cheese, fruit, biscuit.

July 30: Turkey club sandwich, chips, marinated vegetable salad, apple slices, cookie.

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OUR OUTDOORS

On Edge



BY NICK SIMONSON
DAKOTA EDGE OUTDOORS

The haze of a hundred wildfires dimmed the light of the mid-July sun overhead on the afternoon fishing trip as I drifted along the breaks of a favorite rocky lake. The orb's all day orange glow made me uncomfortable as the effects of yet another heat wave crashing on the west drifted slowly across the plains, like the foam at the edge of a breaker trying to extend its reach up the beach.

I looked to overcome the uneasiness in the places I usually encountered the smallmouth bass on the clear water body and found only empty boulder fields and rocky points to start. Even with the dimmed sunlight, only the young bronzebacks hung in the shallows where just a few weeks ago spawning sites buzzed with spring activity ahead of the sweltering summer.

While the gray curtain overhead provided some cover, conditions were still bright enough to see 15 feet down into the water, watching the brown points of rocks and boulders give way to green, weedy edges and the occasional cluster of stones below. After that, the water was a deep blue which obscured the bottom and I estimated that was where the bigger smallmouth bass were hiding, if not from the light of day, then at least from the prying eyes of anglers like me.

Resetting my four-inch tube on its 2/0 worm hook, I backed

the boat out from shore and cast in to where green met brown and let the lure fall down the break, counting down as I held my rod tip in a manner that eclipsed the orange circle reflected on the calm surface.

Far more secretive than their green brethren in and around the shallow lily pad fields, reed beds and clumps of weeds, the bigger smallmouth bass that I had encountered on the lake historically did not hang around up top long after the spring spawning efforts.

As clear as the water was, they likely could make early morning and nighttime forays into the shallows for crayfish, plentiful young-of-the-year panfish and other food items in the low light conditions and those would be the ideal times to target them. However, the best time to fish is anytime you can, and it was evident as to where the smallies were not, and a change in location was necessary to make the most of my midday hours afloat.

Hopping the tube down the edge of breakline like some confused crayfish, out of its element and doing its best imitation of Clark Griswold looking for the main road back to the interstate in National Lampoon's Vacation, I felt the grip of weeds slip away and the slow scrape of gravel and stone replace it.

My mind too slipped away from the concern of the smoky haze and humidity I was breathing in, as the offering felt like it was in prime, unseeable smallmouth territory at the base of the rocky break, and a hard tap on the line confirmed it. I reeled up a turn of slack and leaned back on the rod and the bite below barely gave way as a fish thundered out into the open water alongside the boat.

I knew it was a good one as I cranked the drag to the left

and the spinning reel paid its respect and considerable drag to the bass below.

Gaining a few feet, the fish came into view out of the blue darkness of the depths below and the ultraclear waters magnified its size. It has been a while since my heart jumped into my throat while fishing, but just on the edge of visibility, the bass looked to be two feet long, inspiring a rush of adrenaline.

As I brought it up, it was still a respectable smallie with muscled shoulders, a thick midsection and an attitude to match as it plowed under the aluminum hull and bent my spinning rod in a full arch, before I horsed it back and after a few close-quarters jumps, dragged it into the waiting rubber basket of the landing net.

The hook popped out of the corner of the large smallie's mouth, and I marveled that it had even stayed put during the battle. The bronzeback taped at 17.5 inches, and was thick from head to tail, a solid find after adjusting my efforts on the hazy day. After a quick photo I turned it back and cast it to the same spot where I missed a fish and then picked up a 15 incher.

As I moved along the stretch of islands on the lake beneath the odd red-orange light of the smoky afternoon, I repeated the process in other likely spots, managing a handful more in the mid-teens coming from the edge of where the deep blue met the sloping rocks, with the occasional cast into any nearby reeds and pads to pull a largemouth out for variety's sake.

Under the muted summer light, I finished out the chain of rocky spots with more than 20 bass, happy to have found them and to have brightened my day ... in our outdoors.

Bill Hamann, Stockman

DAKOTA DATEBOOK

Dakota Datebook written by Merry Helm

July 27, 2021 — William "Bill" Hamann was a mover and shaker in the western North Dakota cattle industry. He was born near Richardton in March 1904 and began working with livestock in the late 1920s. Along with his associates, he established the Western Livestock Company in Dickinson; that was in 1948 — it grew to become the largest cattle auction in North Dakota.

Hamann was often a person young ranchers would turn to if bankers wouldn't help them

get started. With solid advice and strong loyalty to ideals, Hamann would put cattle out on ranches on shares. A Medora rancher name Adolph Burkhardt said that by the time he got his place going, "We didn't have much money for livestock so Bill furnished us with 300 Hereford cows on shares. We'd sell in the fall and split the check. Bill was real good to us."

Hamann liked to tell a story about a bachelor living down near the South Dakota border. When the man asked Hamann to come and look at his hogs, Bill complied. Expecting to

see hog pens, he was surprised when the guy asked him to get up and drive a horse and wagon filled with corn. The fellow got up on a saddled horse and told Hamann to follow him. After a mile or so, the farmer started calling his hogs — they were loose on the range!

"Hogs come out of every draw," Hamann said. "Old ones, young ones, good ones, crippled ones!"

With his wagonload of corn as his flute, Bill became a sort of Pied Piper leading more than a thousand hogs to a nearby stockyard. And, Bill bought every one of those pigs,

although he had no idea what to do with them. He ended up loading them into stock cars and sending them east. Then, he called a Minnesota feeder to tell him he should expect a rather large shipment of hogs.

"What am I going to do with them?" the buyer asked.

Bill said, "I don't know. That's why you got 'em." It turned out the buyer was happy with the shipment and wanted more just like them. Bill told him, "I don't think there's any more like that in the world!"

Bill and his wife, Viola, raised 10 children over the years. He never retired, but he

was seriously slowed down by a stroke when he was 74; he died six months later — on this date in 1979.

"Dakota Datebook" is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org, subscribe to the "Dakota Datebook" podcast, or buy the Dakota Datebook book at shopprairiepublic.org.

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Science or Magic?

PRAIRIE DOC

Examples of accelerating scientific progress abound in human history. Mendel's experiments with plants demonstrated inheritance in the mid-1800s. Over the next 100 years, researchers across the world built upon each other's discoveries, until Watson, Crick, and Franklin finally identified the structure of DNA. The human genome project was launched nearly 40 years later, and within 15 years, the entire human genome had been mapped.

Da Vinci famously conceptualized human flight during the Renaissance, but it took 400 years of research and experimentation before the Wright brothers flew at Kitty Hawk. Only 54 years later, the Russians launched Sputnik 1, and 12 years after that, Armstrong and Aldrin walked on the moon.

In 1846, ether was used for surgery for the first time. Surgeons could operate on patients without inflicting excruciating pain from the knife. Advances in the understanding of antiseptics taught surgeons to wash their hands and their instruments, and survival rates after surgery steadily rose. The first appendectomy happened in 1880. The first kidney transplant was in 1953. Today, surgeons can repair heart valves without opening the chest, and address spina bifida while an infant is still in the womb. Death as a result of surgery is uncommon in all but the direst of circumstances.

Hundreds of years ago, the Chinese blew pulverized smallpox scabs into the noses of susceptible individuals, and eventually variolation, the deliberate, controlled exposure of an individual to smallpox was practiced throughout the world. Smallpox contracted naturally carried a death rate of about 30 percent. Variolation improved

the odds significantly: only one to two percent of people died. In 1796, Jenner started inoculating children with cow pox, thus conferring immunity to smallpox, and the modern vaccine era began.

Since the late 1800s, vaccines against many once terrible diseases have been developed. As technology has advanced, it has been easier to identify the organism that causes a disease. It took almost 15 years to determine that polio was caused by a virus rather than bacteria, and another 40 years to learn that there were in fact three different strains of the polio virus. It took only two years to identify HIV.

Science accelerates, and science rises to new challenges. Basic science advancements are translated into new or improved technologies faster than ever before. Researchers across the world can collaborate, replicate, build upon, or as importantly refute, each other's findings.

We have tools today that even Da Vinci could not have imagined, and they enable us to do things that would have seemed like magic to previous generations. Science fiction author Arthur C. Clark once wrote, "any sufficiently advanced technology is indistinguishable from magic." Thankfully, understanding how these technologies developed helps us appreciate the difference.

Debra Johnston, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. For free and easy access to the entire Prairie Doc® library, visit www.prairiedoc.org and follow Prairie Doc® on Facebook, featuring On Call with the Prairie Doc® a medical Q&A show streamed most Thursdays at 7 p.m. central.

Try These 5 Summer Food Safety Questions

PRAIRIE FARE

By Julie Garden-Robinson, Food and Nutrition Specialist NDSU Extension

Think back to high school for a moment.

Most of us took some kind of science course, maybe biology. Perhaps you took some science courses beyond high school. Maybe you majored in a science field.

In early days, do you remember learning about bacteria, yeasts, molds and viruses?

I don't remember the emphasis on germs when I was young. Kids are becoming well-versed in microbiology these days.

Preventing the growth of bacteria, molds and other organisms is among the reasons we have refrigerators and freezers in our homes.

Without cold storage, the invisible intruders that can be present in our foods would make the foods inedible and potentially dangerous. Refrigerator storage slows the growth, and freezer storage stops it until thawing.

We cook our food to make it more palatable and also to inactivate bacteria. Food companies heat-process cans or jars of food so it is safe.

The warmth of summertime may beckon us outside to grill and/or dine. Foodborne illness cases tend to increase as we move food preparation outside.

Let's try a few quiz questions to see what you know about microorganisms and ways to control them. The answers to these questions are based on recommendations from the U.S. Department of Agriculture and the Food and Drug Administration.

Questions 1: You tasted grilled lamb with rosemary at a restaurant and have decided to prepare lamb at home. To what internal temperature should ground lamb be cooked as measured by a food thermometer? How about lamb steaks?

- A. 160; 145
- B. 50; 130
- C. 170; 125

Question 2: The outdoor temperature has soared to 95 F. You are setting out a picnic buffet under a shady tree. How long are the egg salad sandwiches safe without being on ice in a cooler?

- A. 30 minutes
- B. One hour
- C. Two hours

Question 3: This potentially fatal form of foodborne illness has symptoms that may include

double vision, drooping eyelids, difficulty breathing and swallowing problems. What foodborne illness has these symptoms, and what is the most likely food source of the bacteria?

- A. E. coli gastroenteritis; ground beef
- B. Salmonellosis; chicken
- C. Botulism; home-canned vegetables

Question 4: You are staying at a cabin and decide to take a drink from a stream that looks clear. Less than a day later, you experience projectile vomiting, explosive diarrhea, headache, fever and chills. (In other words, you don't want this to happen to you.) What organism is the most likely cause?

- A. Norovirus
- B. Salmonella
- C. Trichinella

Question 5: Unfortunately, the ice in your cooler has melted and left a puddle of lukewarm water. Your macaroni and ham salad is floating in a plastic container in the water. You eat it anyway because you are hungry after hiking. About two hours later you experience intense stomach cramps, vomiting and diarrhea. Which type of bacteria is the likely culprit?

- A. Salmonella
- B. Staphylococcus
- C. E. coli

Here are the answers, plus a little more information.

Question 1: Cook ground lamb to 160 and lamb steaks/chops to 145 with a three-minute rest. This is the same recommendation as we have for ground beef. Use a food thermometer to check internal temperatures.

When temperatures are above 90 F, leave perishable food outside of temperature control for no more than one hour. Even better, keep your food in a cooler stocked with plenty of ice. Keep the cover on your cooler and place it in the shade. When traveling, keep the cooler in the passenger compartment of the vehicle.

Question 2: Botulism is most often linked with improperly processed home-canned food and it can be fatal or leave lasting health effects. Preserve food safely. All low-acid food (vegetables, meats and most mixtures of food) should be pressure canned for safety. Acidic foods such as jams, jellies and fruits can be canned in a boiling water-bath canner. See <https://www.ag.ndsu.edu/food> for research-tested food preservation information.

Norovirus can be transmitted by water and food, and from person to person. We often hear about norovirus outbreaks associated with cruise ships. Be sure to drink safe ("potable") water and to wash your hands and prepare food with safe water.

Staphylococcus is the most likely cause. It grows well in creamy, protein-rich foods that have been handled by unwashed hands or in foods that have been temperature-abused. The toxin produced can cause symptoms in one to six hours. The symptoms among older adults, infants and immune compromised people can be severe.

Here's the good news: No one has to experience these symptoms if proper food handling, preservation and storage procedures are followed. Search online for "NDSU Extension Fight BAC! Fight Foodborne Bacteria" (FN582) for more details about the four steps to food safety: clean, separate, cook and chill.

Here's a recipe that makes use of some of summer's bounty, the super-nutritious green veggies spinach and kale, along with carrots and bell peppers. Be sure to rinse leafy greens thoroughly under running water. This recipe also features yogurt, a food with "good bacteria" that will help keep your gut healthy.

Spinach and Kale Dip
16 oz. fat-free plain Greek yogurt
3 Tbsp. light mayonnaise
3 cloves garlic, minced
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/2 tsp. dill
1 c. kale, finely chopped
1 c. spinach, finely chopped
1/3 c. bell pepper, minced
1/3 c. carrot, minced
Salt and pepper to taste

Add yogurt, mayonnaise and seasonings to a bowl and mix. Add chopped vegetables and stir to combine. Chill for two hours to allow the flavors to meld. Serve with crackers or chips.

Makes 14 servings. Each 1/4-cup serving has 35 calories, 1 gram (g) fat, 4 g protein, 3 g carbohydrate, 0 g fiber and 40 milligrams sodium.

(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)



JULY 26TH - JULY 31ST

All Christmas Fabric - 25% Off

DAILY SPECIALS

July 26 - Dreaming Of A White Christmas

All White Fabrics - 25% OFF

July 27 - The Weather Outside Is Frightful

All Flannel & Cuddle - 20% OFF

July 28 - Decorating The Christmas Tree

Batiks - 25% OFF

July 29 - Here We Come A Caroling

Books & Patterns - 30% OFF

July 30 - The Grinch That Stole Christmas

End of Bolt - 30% OFF

July 31 - Sugar Plums & Gum Drops

All Grunge Fabric - 25% OFF

Daily Drawings

with Grand Prize from all Entries - 10 yds Christmas Fabric



This That 'N More

Main Street • Garrison • 463-2671

Make this a birthday they'll never forget!

Surprise them with an ad in the Leader-News. Call 462-8126.

Pictures can be included at no additional cost!

Ads Now Available to Order Online

Anniversary, Birthday, Classified
www.bhgnews.com

THE CLASSIFIEDS

- **DEADLINE:** 9 a.m. Thursday.
- **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 meetings in Center, Sundays at 5 pm. CT, St. Paul Lutheran Church (794-3381); in Garrison, Thursday at 8 pm at SACA Lodge, 11 Central Ave NW, 1 block West of the City 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). In McClusky at Grace Lutheran Church, 402 4th St. W, Sundays at 8 pm. Positive Changes NA, Fridays at 7 pm, United Methodist, Washburn (701-460-0663).
46-TFNPI 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

Marvin Schumaier Estate Auction, Sunday, July 25, 2021, 12:01 p.m., Sale will be held at Myers' Meats Parking Lot, Garrison, ND (1 mile West of Cenex on Highway 37) Short Sale, Be On Time. SJ Auction Service, Spencer Flath 337-5410 or 898-1381, Spencer Seidler 337-6107
10-TFNNCXI 58540

FARM RELATED

TRAILER FOR RENT: Hopper bottom flatbed with hay racks, goosenecks with or without racks. Call for prices. Call Jason, 701-870-0415.

CUSTOM SPRAYING with 4930 John Deere sprayers 121', auto steering, swath control, 15" spacing, \$5 an acre. Will supply chemicals or use your chemicals. Will travel. Call Jason, 701-870-0415.

CUSTOM FEEDLOT cleaning and spreading. Truck mounted spreaders, vertical beaters w/GPS and scale. \$40 per load, plus mileage. Will travel. Call Jason, 701-870-0415.

TRUCKING: Hay hauling, grain hauling, fertilizer hauling, and equipment hauling. Several trucks available. Call Jason, 701-870-0415.

BULK FUEL sale and delivery. Premium Clear #2 fuel, \$2.95/gallon; Premium Dyed #2 fuel, \$2.50/gallon; Unleaded Gas, \$2.70/gallon. Call for current pricing. Call Jason, 701-870-0415.

CUSTOM HAYING with four John Deere 4895 16' and 18' mower conditioners, \$15/acre and two 569 John Deere balers with net wrapping, \$8/bale. Two 25 wheel rakes, can rake up to three rows together, \$3/acre. Bale bunching, \$2/bale. Will put up hay on shares. Will splice baler belts, all makes and models. Net wrapping for sale starting at \$175/roll. Good quality, competitive prices. Will also deliver. Will travel in and out of state. Call Jason, 701-870-0415.

CUSTOM LARGE SQUARE BALING: 4x4x8 bales, \$11/bale. Will travel to North Dakota, South Dakota and Montana. Call Jason, 701-870-0415.

HELP WANTED

HELP WANTED Java Rose Flowers & Happy Hours is hiring. We are looking for a creative detail oriented individual to add to our team. Some floral experience preferred but not required. Must be 21+ and have a valid drivers license. This is a 2-3 day per week position. Please call 462-8600 with questions or stop in to fill out an application or to drop off a resume.
10-11-P-CH 58577

Help Wanted: Industrial Lubricant is hiring a janitor to clean the shop on week-ends. \$250 month. Email dhausauer@inclube.com if interested

WANTED: Diesel mechanic, valid current license is a must. Contact Sandy at McLean County Implement. 701-462-3366.
12-13-P-XT-CH 58577

LIVESTOCK

TURTLE LAKE WEIGH STATION. We have the following ship dates scheduled to ship cows and bulls, Monday July 26th & Aug. 23rd As always, have them there by 11 a.m. Call Darin @ 701-315-0144 with any questions.
43-TFN-E-X 58577

HORSE BUYER at Stockmans Livestock, west barn, Dickinson Thursday, August 12 and Rugby Livestock, Friday, August 13 from 8 a.m to 4 p.m. Buying all horses good, bad, ugly or pretty! Top dollar paid on the spot! Licensed and bonded buyer. Special interest in riding horses. 612-839-9568
12-14-P-XT-PD 58577

MISC. FOR SALE

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

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

MISC. WANTED

WANTED OLD STUFF: Tractor advertising signs, gas, oil, pop signs. Car motorcycle license plates, old gas pumps, oil cans, clocks, thermometers, crocks, S&P. Anvils, Arrowheads, Animal traps, ND pottery. Call 701-220-5746
WK7PD11TGRINCX 58540

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 compliant.
1-E-TFN-NC 58577

REAL ESTATE FOR RENT

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

SERVICES

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

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

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

Benedictine

LIVING COMMUNITY | GARRISON

HELP WANTED

Come Join Our Team!!
Culinary Aide
Full-Time
(35 hrs per week)

CNA
Full-Time, Days

Apply at www.blcgarrison.com



Scan to be connected to job link
Call Jill Borth at (701)463-2226
"EQUAL OPPORTUNITY EMPLOYER"

Benedictine

THE MEADOWS

Resident Assistant /CNA

Full time with great benefits. Starting wage \$15.00+, DOE

If you enjoy working with people we have a great team. If you are not certified we will help you get certified!

Apply online at www.blcgarrison.com

Call Jenni Bakken for more information.
(701)463-2226
"EQUAL OPPORTUNITY EMPLOYER"

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

HELP WANTED

HELP WANTED



is looking for
COOKS, SERVERS, DISHWASHERS & CLEANING STAFF

Call 701-337-2070 or apply in person.

Lake Audubon • Hwy 83

HELP WANTED



Hospital Nurse (LPN/RN), Nurse Aid, Clinical Services Assistant, Part/Full-time Radiology Tech/CT Capability, willing to be on call

Experience preferred but not required. Contact Brenda 701-448-2331 ext 207.

This institution is an equal opportunity provider and employer.

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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 (BILL@GSSC.net) for more information.
EOE/AA/Disability/Veterans/M/F Employer
Immediate full-time & part-time openings!

HELP WANTED



Great Starting Wage
Part Time Positions Available

Stop in at North Shore Inn & Suites or Jimmy's Pizza to pick up an application.

HELP WANTED

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

- RN • LPN • CNA
- Nurse Aide
- Cook
- Dietary Aide
- Housekeeping

For more information call 701-463-6503.

Apply online at CHIStAlexiusHealth.org/careers



HELP WANTED

HOUSEKEEPER & FRONT DESK CLERK for the North Shore Inn & Suites Motel. Apply within at the

North Shore Inn & Suites
430 5th Ave SW, Garrison, ND

HELP WANTED

- Elementary Principal
- Elementary Teachers
- Speech Pathologist Teacher
- Bus Driver - w/CDL
- Science Teacher
- High School Science Teacher
- Middle School Football Coach & High School Football Coach

Contact: Wayne Fox, Superintendent 743-4350 ext. 2205



White Shield School

HELP WANTED

Garrison Public Schools is accepting applications for **Custodian & Paraprofessional**

position at the Elementary School. For more information call 701-463-2818 or visit www.garrison.k12.nd.us for an application.

OFFICIALS NEEDED

for elementary Girls BB this fall. No certification required. \$20/hour for elem games. Contact Dr. Klemisch or Mr. Ermer at Garrison High School 463-2818 for more information.

WASHBURN SCHOOL DISTRICT - EMPLOYMENT OPPORTUNITY

The Washburn School District is seeking applicants for the following positions:

- JUNIOR HIGH VOLLEYBALL COACH
- ASSISTANT TRACK COACH
- JH BOYS BASKETBALL COACH

Requirements for first aid training, concussion management, and coaches' education apply. Application forms may be picked up in the main office or printed from the Washburn School District website at <https://sites.google.com/site/washburnk12/>. Contact Brad Rinas, Superintendent, at 701-462-3221 with questions. The Washburn Public School District is an equal opportunity employer and subject to veterans' preference laws.

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



To get Someone's attention call The Leader-News 462.8126

Newspaper Editor Wanted

BHG Inc is looking for a skilled and determined individual ready to take on local news for the Central McLean News-Journal. This is a challenging and rewarding position for someone looking to play a big role in an award-winning publication. Paper content ranges from personal features, meeting coverage, local events, sports and more, with something new to cover each week. Duties include covering events, writing content, taking photos, general editing, customer contact and overseeing design of the final paper each week. This local paper has maintained a steady circulation and a loyal readership and is looking for an editor to continue that legacy. Benefits include health insurance, paid mileage for travel, free admission to events and more. Vision and dental are also available. Interested? Contact us at news@bhgnews.com

We Are Hiring!

We Want YOU on Our Team.

Customer Service/Office Assistant Position

We're looking for someone with excellent customer service skills who is a quick learner. Experience with making bank deposits, ordering, stocking, and computers is helpful. We'll train the right person. Good work environment, great co-workers. Competative wages, health benefits, paid vacation.

Hours: 8:30-5:30 Monday-Friday

BHG, Inc.

Apply in Person at BHG Inc.
91 N. Main Street Garrison

STATEWIDES

HELP WANTED
NURSES- PSYCH & BEHAVIORAL R.N.s needed in Jamestown. Full benefits. Call Worldwide Staffing at 866-633-3700.
ACADEMIC COUNSELOR. NDCS has a FT, 12-month, benefited position open in Wahpeton. Responsible for providing academic support and guidance for (current/prospective) students and faculty. Salary DOE plus full benefit package. Screening begins immediately, applications accepted until filled. Interested candidates must complete the online application. EOE. For more information go to: www.ndscs.edu/join-our-team
MAY-PORT CG SCHOOL is hiring: Full-time English Teacher/Librarian, kindergarten aide, part-time business office assistant, and custodian. Apply to Supt, Michael Bradner: 900 Main St W, Mayville, ND; 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.com
LOOKING FOR THE most complete listing of ND Media? ND Media Guide. Only \$25! Call 701-223-6397, ND Newspaper Association.

SERVICES FOR HIRE
SHELTERBELT SOLUTIONS. CRYSTAL ND. serving all of ND. Shelterbelt/farmstead windbreak removal. No sticks to pick. No dirt in pile. Vince 701-270-8717. Jay 701-367-1424. Shelterbelt solutions.com
LONG DISTANCE MOVING: White-Glove Service from America's Top Movers. Fully insured and bonded. Let us take the stress out of your out of state move. FREE QUOTES! Call: 833-983-0965
BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 877-482-4836.

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 833-946-2482.

FINANCIAL SERVICES
SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line! FREE CONSULTATION! 855-399-8165.

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)
ATTENTION ACTIVE DUTY & MILITARY VETERANS! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, call 701-929-9679. (M-F 7am-5pm CT).

BUSINESS OPPORTUNITY
GREAT SMALL BUSINESS opportunity - Leo's Potato Dumplings LLC for Sale. Some equipment and supplies, business can be moved. Call 701-593-6315 or email leosdumplings@gmail.com

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.

FARM EQUIPMENT
GOT LAND? Our Hunters will Pay Top \$\$\$ To hunt your land. Call for a FREE info packet & Quote. 1-866-309-1507. www.BaseCampLeasing.com

MISCELLANEOUS FOR SALE
YOU CAN PLACE a 25-word classified ad—like this one—in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for

details.
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
SAVE UP TO 80% on your medication! Eliquis, Xarelto, Viagra, Cialis and more. Licensed and Certified. Lowest Price Guaranteed. Call 855-399-6168 and get free shipping on your first order (Open M-F).
YOU MAY QUALIFY for disability benefits if you have are under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 888-306-5936.
ATTENTION OXYGEN THERAPY USERS! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 855-821-2831.

ANNOUNCEMENTS
ATTENTION: If you or a loved one worked around ROUNDUP WEED KILLER (glyphosate) for at least two years and have been diagnosed with lymphoma, you may be entitled to compensation. To see if you qualify, call now: 701-425-0904.
NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-331-7577.
wanted to buy FREON WANTED: We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-291-9169 or visit RefrigerantFinders.com

MISCELLANEOUS
HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.

WRT

West River Telecom (WRT), a growing telecommunications cooperative, has a position opening for a full-time Customer Sales & Service Representative at our NEW Hazen office. A complete job description for the position can be found at www.westriv.com

Customer Sales & Service Representative (Full-time)
Job Responsibilities: Individual serves as the primary point of contact for assisting customers with any inquiries, service difficulties or service requests by phone calls, emails, or walk-ins.
Qualifications: Associate degree, preferably in marketing, sales or business-related field, or equivalent work experience.

WRT offers an excellent wage and benefits package including: medical/dental/vision, life/dependent insurance, 401K, a retirement plan, student tuition reimbursement, PTO, sick leave, flex spending, and free phone/internet

Application Deadline: Noon on August 4, 2021.

Complete application online and submit with resume via www.westriv.com. Call 701-748-4277 with any questions.

WRT is an Equal Opportunity Employer

Benedictine LIVING COMMUNITY | GARRISON **HELP WANTED**

FT: Spiritual Enhancement/Life Enrichment Position

The Life Enrichment Team at Benedictine Living Community - Garrison is looking for an outgoing Mission driven individual that is interested in the holistic care needs of our Elders.

The Spiritual Enhancement/Life Enrichment position, is a dual position responsible for the Spiritual wellbeing of our Elders as well as the daily Life enrichment. This position involves planning, directing, and managing the basic needs of Spiritual Enhancement for our Elders. Works as part of Life Enrichment and maintains a close alliance with activity directors, for coordinating functions to work as a team. Meets daily to coordinate functions of the day, to assure quality of life for our Neighbors. This position reports to the Life Enrichment Director.

Past clinical pastoral skills in a healthcare setting are highly desired.

If you have interest in the position please fill out an application on Bicgarrison.com
Call Scott Foss at 701-463-2226.

Scan to be connected to job link

"EQUAL OPPORTUNITY EMPLOYER"

Golden Years Birthday or Anniversary?

New Baby?

ENGAGEMENT?

Wedding?

Call 462-8126 or e-mail leadernews@westriv.com to get your special day into the paper!

Why get just a part when you can get it all?

You wouldn't want half a chocolate chip cookie, would you? It just wouldn't be right.

When you get your news from other sources, it's only part of the whole picture. We know you want it all in one convenient place and we've committed ourselves to serving as your complete guide to local news, sports and more.

Feature idea?

Call 701.462.8126 or email leadernews@westriv.com with any news tips

Make your ads go further with All-Access Advertising

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 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?

Over 3,000 users visit bhgnews.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.

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.

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!



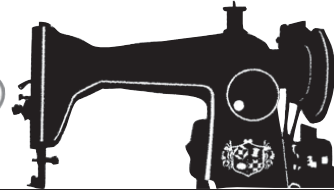
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Garrison Rural Water District

Garrison Rural Water District would like to know if anyone is interested in getting rural water within our service area.

If you have any questions please contact our office at 701-337-5682 by July 23, 2021.

Thank You,
 Garrison Rural Water District
 Board of Directors

McLean County Farmers Union Annual Picnic

will be held
Sunday, July 25th
 6:30 p.m.

at the Lamplighters Senior Citizen Center in Garrison

All food & paper products will be furnished by the County organization.

Public Notice For County Park Logo Contest

The Sheridan County Park Board is requesting the public to enter into a Logo Contest for placing a Logo on the new Sheridan County Park Sign. All ages of entries will be accepted and do not need to be a resident of the County. Logo must be printed or colored on an 8 1/2 x 11 inch paper and sent or delivered to the Sheridan County Auditor's Office, PO Box 439, McClusky, ND 58463 by no later than August 3, 2021, to be considered/judged at the August County Park Board meeting. The Logo entry that is chosen by the Sheridan County Park Board will receive a free weekend of camping at the Hoffer Lake Recreation area.

Sheridan County Park Board:
 Michael Axt – Chairman
 Troy Stein
 Sandra Felchle
 Shannon Dieterle
 Rod Schilling

Call Don Winter
 for all your advertising needs.
 462-8126



McLean County Highway Department will begin mowing county roads and unorganized township roads August 16, 2021.

Persons who plan to mow county or unorganized township ditches for hay should have this done prior to August 16, 2021.

NOTICE TO LANDOWNERS

Notice: that due to the drought, the Sheridan County Commission is waiving the County weed mowing requirement that has been usually done by August 1.

Sheridan County Commission
 Sandra Felchle, Chairperson
 Shannon Dieterle
 Rod Schilling

BHG

holds the KEY to all your printing needs

- Wedding • Anniversary
- Graduation • Shower
- Announcements
- Silk Screening

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KOTA THEATRE

Main St., Garrison
 Adults - \$7 Under 13 - \$5
 Where popcorn is still only 50¢
 Movies start @ 7:30 pm

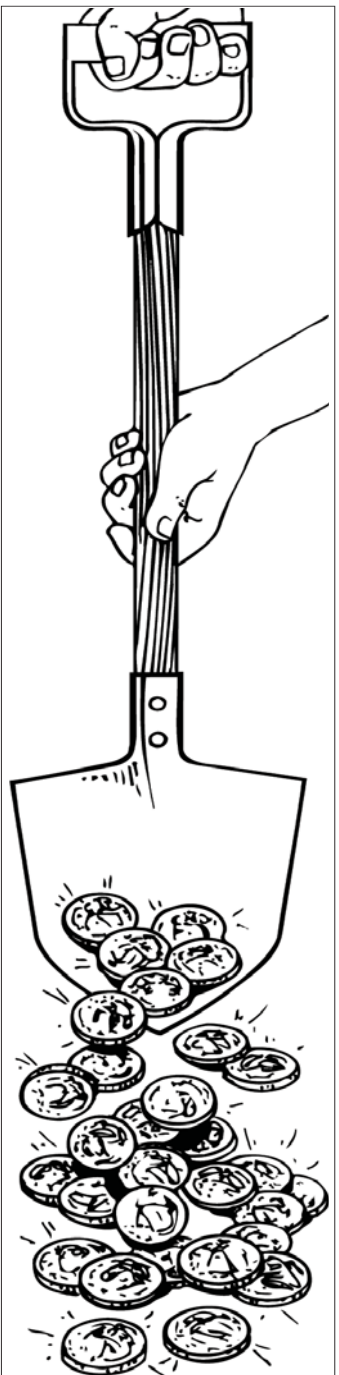
TENTATIVE SCHEDULE:

July 23
Grease, PG-13

July 24
The Goonies, PG

August 13 & 14
Cruela, PG-13

August 27 & 28
F9 - The Fast Saga, PG-13



Dig up Buried Treasure in the Classifieds

Advertise in your local newspaper today!

701.462.8126