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pork

Assorted

Family Pack

pork

Boneless

Pork Loin

Pork Chops

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ECRWSS

Postal Patron

Deliver By Monday Vol. 37, No. 27 Monday, Nov. 8, 2021

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Bone-In **Pork Butts**

80 1- 130- 1-4 1000 11- 130- 1-4 1000 11- 130- 1-4 1000 11- 130- 1-4

In A Bag

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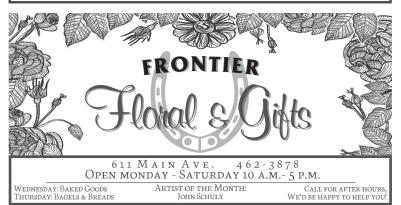
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BY DEAN MEYER

Hello, As I mentioned before,

I do use social media. I enjoy

keeping up with a lot of people

on Facebook. I can see my kin

barrel racing, or just riding

horse. I can follow the Tooke

bucking horses and I can

read rodeo stories posted by

former champion (And still a

champion to me) Larry Mahan.

I can see who is celebrating a birthday and who is sitting

on a beach in Mexico while I

am getting ready to feed cattle

when it is twenty-five below

with a brisk wind. Oh, there

But this morning a

VETERANS DAY SAUSAGE AND PANCAKE SUPPER AND TURKEY RAFFLE TURTLE LAKE LEGION HALL Thursday, November 11th, 2021 HAS BEEN CANCELED



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.

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 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.

HAT TIPS

Festus

talented that man was.

Now, I suppose a vast majority of the people don't know who Ken Curtis was. Because they just don't make good TV shows anymore. But he was Festus on "Gunsmoke." He was an old broke down cowboy with a hitch in his git-along. He rode a mule and drank beer. And he was always arguing with "Doc."

In one of my favorite scenes, Festus is going to buy a beer. And Doc is explaining to him that he should save some money and buy a lot. Festus asks, "A lot of what?" And Doc explains a "lot of land." Well Festus doesn't have enough money to buy a lot of land, so Doc says, "Just buy a little lot."

I won't go into detail, but he ends up just buying a beer.

Which reminds me of how sometimes what you say and what you mean are entirely two different things.

Like sorting cows down an alley. Sometimes it is simple. In or by. In or out. Keep or sell. Steer or heifer. Open or bred. It's kind of like plans drawn on a bar napkin. It looks good on paper but in reality it's not that good. Because often more than one will get by you. And it's "In with the brockle and by with the short tailed cow." Or, "Catch the middle cow and let the others by!" Shirley loves that one.

And as I was listening to Festus sing, I thought of one time many years ago. The semi was backed up against the loading chute and had kind of froze down. The brakes on the trailer wouldn't release and being a genius, I figured I would just have Shirley hook onto it with the pickup and give it a swift jerk to free things up. I know, I know, it wasn't a good

I backed that pickup, loaded with a couple ton of cow cake, up against that truck and hooked a towrope on. I advised my able assistant that when I gave her the signal, she was going to have to hit it "pretty hard." Now "pretty hard" and "signal" are the key words here.

I had just stepped up on the side of the truck and was opening the door and I hollered at the dog to get back. Shirley thought that was the signal and she popped the clutch and "hit it hard!" And I mean hard. Really hard. That big old towrope stretched until it was the size of a rubber band. I was, like in grade school, "ducking and covering." But thank God the rope held, the truck held, and everyone ended up safe and sound.

And to tell the truth, I have no idea what this has to do with Festus.

Later, Dean

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BHG Inc. **Viking**

Baby Shower Luncheon honoring Amanda and AdaBethel Ruth Botner

Sunday, Nov. 14 12:00 - 2:00 p.m. at St. Edwins Hall

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NOVEMBER 8-13. 2021

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GARRISON, ND

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CALENDAR

Because of the Veterans Day Holiday, all news correspondence, classifieds, advertising and area announcements must be in the Leader-News office by 8 a.m. Monday, November 8.

Monday, November 8

City of Coleharbor meeting at 7 p.m. City of Riverdale meeting at 6 p.m. Washburn School Board meeting at 7 p.m. Mercer Senior Citizens meeting 2 p.m. Turtle Lake City Commission meeting at 7:30 p.m. Washburn City Commission meeting at 6:30 p.m. Yoga, First Congregational Church, Garrison, 8 a.m.

Tuesday, November 9

Washburn Life meeting at noon at Captain's Cabin. Lawrence Stephenson Post 133 of the American Legion with meeting at 6:30 p.m. in Turtle Lake. No supper will be

The Washburn American Legion Victor B. Wallin Post #12 and Auxiliary will be meeting Tuesday, at the Memorial Building. In recognition of the upcoming Veterans Day, the Auxiliary is hosting a potluck supper with social at 5:30 pm and supper at 6:00 pm. Meetings to follow at approximately 7:00 pm.

Bone Builders, Garrison Senior Center, 10 a.m.

Wednesday, November 10

Turtle Lake Chamber of Progress meeting at noon. Yoga, First Congregational Church, Garrison, 8 a.m.

Thursday, November 11

The Lord's Pantry is open from 2 to 4 p.m. at Trinity

Lutheran Church, 515 Kunert St. Turtle Lake. Community Open-Door Kitchen at the Turtle Lake Senior Center on Main Street, 4:30 p.m. to 7 p.m. Open to everyone, no questions asked! Bring the family. Sponsored by local community volunteers.

Mercer City meeting at 7 p.m.

American Legion Post 49 Veterans Day program, Garrison City Auditorium, 11 a.m.

American Legion Post 270 Veterans Day program, Butte Legion Hall, 6-7 p.m.

Alcoholics Anonymous, Garrison Hospital cafeteria (enter through ER), 8 p.m.

Friday, November 12

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

Saturday, November 13

Community Cupboard of Underwood Thrift store will be open to the public from 10 a.m. to1 p.m. at 208 Lincoln Avenue to shop winter clothing and household items. Freewill donations accepted to support the food pantry. Thank you for your support!

Retirement party open house for Sgt. Gordon Malaterre. 2-6 p.m. at Totten Trail.

Sunday, November 14

Doughboy Fundraiser, Concordia Lutheran Church, Benedict, 10 a.m. to 2 p.m.

The Community Clothing Share Exchange will be open each Thursday from noon to 6 p.m. at 221 Main St. Turtle Lake.

There is a food pantry located outside the Mercer Baptist Church open 24 hours a day. Access to anyone.

Library Hours: Washburn Public Library - Monday-Thursday 10 a.m. to 6 p.m.: Saturday 10 a.m. to 1 p.m. Underwood Public Library - Monday and Friday, 10 a.m. to 2 p.m.; Tuesday and Thursday, 3 p.m. to 7 p.m. Closed

Turtle Lake Public Library - Monday and Thursday, 10 a.m. to 5 p.m.; Tuesday, 10 a.m. to 6 p.m.

MEALS ON WHEELS

Nov. 8: Cabbage roll, mashed potatoes, peas, tropical mixed fruit.

Nov. 9: Tater tot casserole, mixed vegetable, cucumber salad, fruit cocktail.

Nov. 10: BBQ ribs, baked beans German potato salad, pears, brownie.

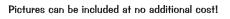
Nov. 11: Beef tips in gravy over egg noodles, Capri vegetable, side salad with dressing, apricots.

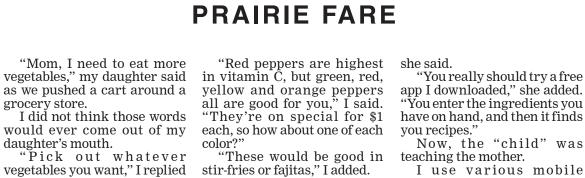
Nov. 12: Chef salad with dressing, tropical fruit, cook's choice dessert.

Make this a birthday they'll never forget!



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





Save Money, Avoid Food Waste by Using Food You Have on Hand

happily. I was footing the grocery bill

for my young adult. She had reminded me that I often took her older brother on grocery shopping missions during his early months of living on his

As we walked, she quizzed me about the attributes of various foods, even though I was "off duty" as a nutrition

specialist.
"I have some meat in my fridge to use soon. I'd like some peppers. Which are the healthiest peppers?" she asked.

Next, she picked up a red cabbage.

I began to wonder if my real daughter had been abducted by space aliens. Who was this person, anyway?

She picked up a larger cabbage after reading the price. In small print, the 99cent price was per pound.
"You might want to get the

smaller cabbage, unless you have lots of plans for cabbage," I said.

"I'm figuring out what to do with the food I have on hand. I don't want to throw it away,'

app I downloaded," she added. "You enter the ingredients you have on hand, and then it finds

I use various mobile applications, or "apps," on my smart phone, but I had never used an app to inform me what to cook. I just look at what I have and invent a recipe.

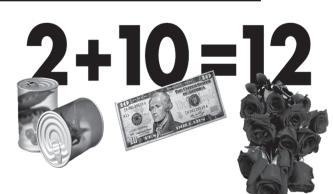
If you have an iPhone, Android or iPad, you might want to explore some of the many free food apps. However, remember that many online recipes are accompanied with advertisements to entice you to buy specific brands of ingredients.

PRAIRIE FARE page 5

23RD ANNUAL CARING ROSE WEEK

NOVEMBER 8-13, 2021

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PRAIRIE FARE page 4

If you click on an ad, you may leave a digital footprint. The ads may follow you to social media. You may not realize why you feel the need for the

advertised product.
As examples, "SuperCook" (my daughter's favorite) allows you to upload your existing ingredients. "AllRecipes Dinner Spinner" provides inspiration for meals with its 50,000 recipes, while

"Epicurious" allows you to explore 35,000 recipes. Further, MyPlate has a free app to help you plan a healthier diet.

Be sure to read the small print before you download apps. The apps may track your contact information and other ways to identify you.

The sheer volume of online recipe options can be overwhelming. Like most people, I only make one main dish at a time. Not all recipes are healthful and some require cheflike skills or at least, a lot of

experience in the kitchen. Actually, I kind of like "old school" printed cookbooks.

Hungry for new recipes? I have an opportunity for you. Please enter the drawing for a free 2022 calendar. Go to https://forms.gle/ CGBg79caYa8GzwpJ8 and fill out this online form to enter.

If the link doesn't work, email me at julie.garden-robinson@ ndsu.edu with a column idea and your full address.

Instead of a recipe, here's a creative exercise in using what you have on hand, which could include peppers and cabbage that my daughter took home. It is one of the many publications in a series of publications at NDSU Extension. See www. ag.ndsu.edu/food and click on "Pinchin' Pennies in the Kitchen" to learn how to use what you have.

7 Steps to Creating a Stir-fry Choose a protein. For example, choose 1 pound of chicken, beef or pork cut in small, bite-sized pieces, OR one package of firm tofu cut into half-inch cubes. For uniform cooking, cut the protein into similar-sized pieces.

Marinate the protein in one of the following:

3 to 4 tablespoons soy sauce or teriyaki sauce, reducedsodium

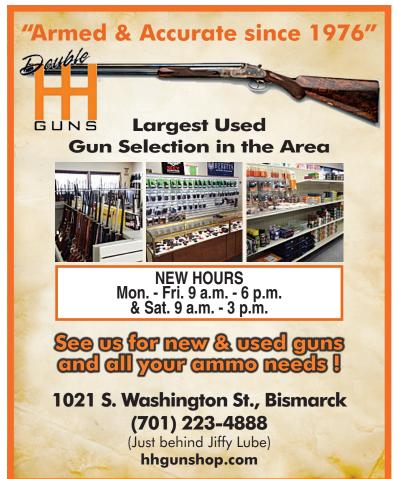
3 to 4 tablespoons chicken

3 to 4 tablespoons apple juice Prepare produce.

1 onion, cut into wedges 1 to 2 cloves garlic, minced

2 cups fresh vegetables, such as shredded carrots, shredded cabbage, sliced mushrooms,

PRAIRIE FARE page 7



Sakakawea Country

THIS COULD

BE YOUR

PHOTO!

2020 FREE GUIDE

to North Dakota's Lake Sakakawea Region

Show off your

BHG is looking for the cover photo for the 2022 Sakakawea Country magazine -- and it just might be yours!

best catch!

Priority will be given to photos featuring walleye fishing on Lake Sakakawea.

Send a high resolution photo of your catch to news@bhgnews.com for consideration!





23RD ANNUAL CARING ROSE WEEK

NOVEMBER 8-13, 2021

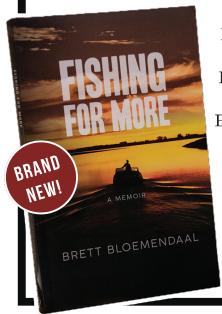
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Full Time

SALES ASSOCIATES

- **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

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

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

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27-3TCHIX 58540

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HORSE BUYER at Stockmans Livestock, west barn, Dickinson Friday, November 12 and Rugby Livestock, Thursday, November 11 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

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

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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 compliant 1-E-TFN-NC

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Washburn & Center, ND

Qualified applicants must be professional, punctual, engaged persons with an excellent work ethic. Employment contingent on passing a criminal background check. Please call (218-726-1606) or email Bill (BillL@GSSC.net) for more information. EOE/AA/Disability/Veterans/M/F Employer Immediate full-time & part-time openings!



LIVING COMMUNITY | GARRISON

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Call Jill Borth at (701)463-2226 EQUAL OPPORTUNITY EMPLOYER

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Turtle Lake

Hospital

LPN, Nurse Aide,

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Experience preferred but not

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701-448-2331 ext 207.

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Cook

We are looking for a person

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offer very competitive wages,

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at blcgarrison.com or contact

Jill Borth with any questions

701-463-2226.

LIVING COMMUNITY | GARRISON

Garrison Hospital

Full Time or Part Time Stop in for an application 200 5th Ave SE, Garrison

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

HELP WANTED

RN - Acute/ER \$5,000.00

Employment Incentive For more information call **701-463-6503**

Apply online at www.commonspirit.careers

CHI St. Alexius Health

Garrison Hospital The institution is an equal opportunity provider and employer

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THE CITY OF WASHBURN, ND is accepting applications for a full time. Public Works Employee/Water Plant Operator. A complete job description can be obtained by contacting the City of Washburn Auditor's Office by calling 701-462-8558; or emailing washaud@westriv.com. Resumes with a cover letter must be received at the

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Fruit for Thought

DAKOTA GARDENER

This summer I picked sour cherries at a fellow gardener's home. I had not picked sour cherries before and this year was a bumper crop. I wanted two ice cream pails and left with five! The cherries were a bit sour for my taste buds, but once those tart fruits were pitted and turned into jam, they were a culinary delight.

CHI St. Alexius Health

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Garrison Hospital

Sour cherries add beauty and color to the landscape with flowers in the spring and interesting bark and fruits in the summer and fall. The breeding of Dwarf Sour rries began in the late 1940s by Les Kerr at the University of Saskatchewan.

Sour cherries are selffruitful and do not need another variety nearby to produce fruit. They need direct sunlight for at least half the day, but more sunlight is always better.

For more information call

701-463-6503.

Apply online at

www.commonspirit.careers

It is recommended to plant the shrubs a few inches deeper than they were in the original container. The extra buds at the soil surface serve as a safety net incase something happens to the upper part of the plant. Deer and rabbit damage is an example. Older stems or trunks also can be victim to winter kill, which is irreversible damage due to winter conditions.

Sour cherries prefer well-

drained soils and will need irrigation the first few years of their establishment. After that, plants are able to withstand drier conditions. Be sure to keep competing grass and weeds away from the shrubs when they are young. Mulch $can\,be\,used\,to\,help\,reduce\,weed$ competition and help conserve soil moisture.

These shrubs don't need fertilizer, but if you choose to add fertilizer, do so in the early spring as growth is emerging.

Sour cherries can grow six feet tall or more, so be sure to read the plant information carefully. The shrubs need Passion, Juliet and Cupid. their space for suckers to form

multiple stems or trunks. Shrubs will produce cherries once they are 4 or 5 years old.

Do not harvest the cherries when they first turn red. The cherries need time to mature and develop a sweeter flavor. Instead, wait to harvest the cherries when they have reached a deep rich color. Mature cherries will not fall from the branches. Depending on growing conditions and cultivars, shrubs can yield 25 to 30 pounds or more of fruit.

Recommended cultivars for eating are Carmine Jewel, Carmine Jewel and Valentine are great for processing while Juliet is best for fresh eating.

For more information on sour cherries, visit the University of Saskatchewan Fruit Program website at https://research-groups.usask. ca/fruit/Fruit%20crops/sourcherries.php

Needless to say, these beautiful and flavorful tart treats made my planting list for the upcoming year. Now, I just need to find the space.

Happy gardening!

PRAIRIE FARE page 5

sliced celery, sliced peppers, broccoli, zucchini or yellow squash, or substitute frozen stir-fry vegetables

Make a sauce and a glaze. Sauce: 1/4 cup chicken broth, 1/4 cup soy sauce, 1 to 2 teaspoons sugar, 2 to 4 teaspoons vinegar

Glaze: 2 teaspoons cornstarch plus 2 tablespoons water or chicken broth

Cook the protein.

Turn skillet on high, add 1 tablespoon oil and half of the protein. Stir-fry until fully cooked, about two to three minutes. Transfer to bowl and

cover. Stir-fry the remaining

Cook the vegetables.

Add 2 tablespoons oil. Stirfry onion until tender, add garlic and then remaining vegetables. Cook the vegetables to the desired tenderness.

Combine the ingredients. Return the meat to the pan with the veggies. Add sauce and stir gently until everything is coated evenly.

Stir in "glaze" and stir-fry until the sauce in the pan is glossy and thickened.

Serve immediately over rice or noodles.

(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)



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> **MORE INFORMATION CONTACT:** Ann Oberg, MSRWD Manager msrwater@westriv.com, 701-448-2686



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