

# Xtra

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Monday, Feb. 4, 2019

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## Extension news

### Winter weather requires major shift in cattle management

**BY CALLA EDWARDS**  
McLean Co. Extension Agent

Cattle need extra feed while they get acclimated to cold temperatures.

Winter weather has replaced warm fall temperatures, so cattle producers need to change the way they care for their animals, North Dakota State University Extension Service livestock specialists say.

"Two major blizzards have made their way through the region, bringing heavy snow and raging winds," beef cattle specialist Carl Dahlen says. "Cattle are feeling the rapid transition from mild fall to extreme winter, and producers need to take steps to make the transition as comfortable as possible while remaining safe themselves."

Substantial drifting occurred in some areas, restricting cattle's access to feed and water. Producers should restore access to water and feed and move cattle to wintering areas as soon as possible, according to John Dhuyvetter, area livestock systems specialist at the North Central Research Extension Center near Minot. He also reminds producers to try to prevent cattle from being injured if they are competing for limited water space.

Snow is not a sufficient source of water if cattle are not acclimated to it and major drifting has compacted the snow. The specialists recommend spreading feed out so all cattle have access. Also, cattle will need extra feed while they are becoming acclimated to cold temperatures.

"However, if cows are being maintained on relatively poor-quality feeds or temperatures get too extreme, altering the amount of feed will not meet the increased energy requirements for the cattle," says Karl Hoppe, area livestock systems specialist at the Carrington Research Extension Center. "Feeds of higher nutrient quality (more energy dense) must be included to achieve the needed level of nutrition during cold spells."

Some feeds can be dangerous if hungry cattle are allowed full access. For example, grains and high-quality alfalfa can cause digestive disturbances or bloat if cattle consume too much.

Another strategy for dealing with the cold weather is to feed cattle at night. The heat from digestion peaks a few hours after a meal, so offering meals in the evening can help cattle cope with cold nighttime temperatures.

"Consider supplying enough feed for several days to cattle in cases when additional snowfall and drifting are forecast and could restrict cattle's access to feed for a period of time," beef quality specialist Lisa Pederson says.

In feedlot settings, cattle may back off feed for a day or several days, so producers must make sure to get them eating pre-storm rations. Limit feeding or feeding smaller amounts several times a day can avoid digestive disturbances in feedlot cattle. Another option is to reduce dietary energy for a period of time by adding more roughage, then following that with a gradual transition back to high-energy finishing rations.

"Take steps to ensure cattle are out of the wind," livestock stewardship specialist and



Calla Edwards

veterinarian Gerald Stokka says. "If natural windbreaks (trees, draws, etc.) are available, take advantage of them for choosing wintering sites. If no natural windbreaks exist, producers will need to take steps to make permanent or portable windbreaks to protect cattle from the wind. Portable panels are good options for producers maintaining cattle in relatively open country."

Bedding may not always be necessary for wintering cow herds, but in cases where cattle are wet, it is a must. Bedding helps keep cattle dry. It also can provide a reprieve for cattle that have been standing or walking for several days after storms.

The specialists also recommend producers watch their cattle closely for health conditions that arise from exposure to winter weather. Hypothermia and frostbite may be apparent immediately, but cattle can be at risk for pneumonia and other conditions for several weeks after severe events. Producers should talk with their veterinarian to establish treatment plans for any anticipated or observed illness.

If producers lose cattle to bad weather, they need to keep records of those deaths. Financial assistance may be available through the Livestock Indemnity Program (LIP) for losses directly resulting from blizzards and winter storms. To qualify for funds, producers need to provide a notice of loss to their local Farm Service Agency within 30 days of the event. The LIP is designed on a calendar year basis, so claims for December storms need to be finalized in early 2019.

Producers need to protect themselves from the weather as well.

"We all want to make sure our cattle are fed and properly bedded before the storm breaks or the temperatures plummet," Dahlen says. "Just take a few moments to make sure you are dressed appropriately before heading out the door."

The specialists also suggest that once the cattle are cared for, producers should check with friends and neighbors to see if they need extra help.

"Everyone's labor and equipment situations are different, and dramatically different effects of storms can be seen on farmsteads even a short distance away," Dhuyvetter says.

For assistance with ration formulation, feeding recommendations or other winter management concerns, contact the McLean County Extension office at 462-8541. For additional materials related to post-storm management of cattle, visit <https://www.ag.ndsu.edu/cattledocs>.

### Getting rid of clutter

**BY MICHELLE EFFERTZ**  
4-H Youth Extension Agent

January is National Get Organized Month. One of the challenges in getting organized is dealing with the volume of paper we all seem to accumulate. Filing is both a way of organizing papers and communicating the contents through labels. To file effectively, follow the five steps to "corrall" your paper clutter.

1. Look for related items and gather them together. You've done this a million times: sorted through a stack of papers and divided them into small stacks, such as Bills to Pay, Bank Statements, School Papers, To-Do Lists, Ideas You'd Like To Try, Things I Might Buy, and blank yellow pads. But you probably stopped there. Keep going through the next three steps, and you won't end up re-stacking all those papers, only to go through them again later.



Michelle Effertz

2. Dispose of unneeded or duplicate items.

Did you find duplicates, or old documents you no longer need? Toss!

Examples: Toss expired warranties. Toss magazine

articles that you kept but can't remember why. Toss information that you could easily find again, such as printouts from web sites. Toss financial statements whose information is repeated on later statements for that month, quarter, or year. But be sure to shred or destroy properly.

3. Choose containers for each group of items.

Look at each stack of papers and consider what kind of container will work best. File folders are a natural, but consider other alternatives:

Three-ring binders can be stored on shelves, and contents can either be hole-punched or placed in pockets and page protectors. Box-bottom folders handle bulkier items well. Large envelopes can substitute for file folders if you don't have a filing cabinet or if the papers are various sizes and apt to fall out of a file folder.

Extension page 8

Mark Your Calendar

# PRAIRIE HILLS

## Gelbvieh

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**Lot 2**  
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# Prairie Fare

Avoid sitting too much

**BY JULIE GARDEN-ROBINSON**  
Food and Nutrition Specialist  
NDSU Extension

Unfortunately, I spend too much time sitting.

As you might guess, I was sitting at my computer while I wrote this. Most of us watch TV and read while sitting. We sit in meetings, in vehicles and on planes.

Have you ever tracked the amount of time you spend sitting? Are you sitting at a desk, table or couch as you read this? Kudos to you if you are standing.

After some long airline trips and sitting in conference rooms, I felt the aftermath of too much sitting. I could barely stand without feeling shooting pain in my lower back. I think lifting a heavy suitcase didn't help, either.

I felt like I was 150 years old after that trip.

Sitting too much has been called "the new smoking" by some health experts. People who sat too much had similar health risks as those who were smokers and/or overweight.

According to a study published in the March 2012 Archives of Internal Medicine, people who sit 11 hours a day may be 40 percent more likely to die in the next three years than those who sit a shorter amount of time. Compared with those who sat less than four hours a day, those who sat for eight to 11 hours daily faced 15 percent higher odds of dying.

The Australian researchers examined data collected from more than 222,000 people age 45



This soup is tasty comfort food for a cold evening. (NDSU photo)

and older, and they ruled out other factors, including age, gender and weight.

Today, unlike previous generations, many jobs are sedentary ones, where people are seated at desks for long hours. We certainly want comfortable, ergonomic chairs to support our backs, but we might want to make an effort to get out of our chairs regularly during the day.

Another group of researchers linked excessive sitting with increasing our risk for cancer, heart disease, diabetes, depression and anxiety.

Fortunately, we can figure out creative ways to move while getting work done. Some sit on large exercise balls at their desks, which strengthens your core muscles. Others stand while they talk on the phone, walk over to talk to someone instead of

calling the person, have walking meetings or bring their reading assignments to a treadmill.

We may be able to set our phones or wearable fitness devices to remind us to get up and move. We also can stretch at our desk.

Although we may stretch naturally like a cat in the morning, stretching may be done at any time of the day. Everyone needs a certain amount of flexibility or range of motion in the joints. Stretching can help maintain flexibility.

To stretch a muscle properly, you should try to lengthen the muscle to a point where you just feel the muscle stretching. Stretching should not hurt. The statement "no pain, no gain" has no place in a stretching program.

Remember to breathe while stretching or doing other

exercises. Holding your breath during a stretch may increase your blood pressure above safe levels.

This week, I am providing four stretching exercises and an online resource with exercises you can try while sitting or standing. I did the exercises while pondering my column topic. My muscles appreciated it.

\* Exercise 1. To stretch neck muscles: Sit straight. Turn your head to the left as far as it will go and hold six seconds. Turn your head to the right as far as it will go and hold six seconds. Repeat this sequence four times.

\* Exercise 2. To stretch neck muscles: Sit or stand straight and lower your left ear to your left shoulder. Hold six seconds, then relax and repeat on the right side. Repeat the sequence four times.

\* Exercise 3. To stretch shoulders and pectoral (chest) muscles: Clasp your hands behind your back and straighten your arms as much as possible. Move your arms away from your back, keeping your chest and head up. Hold for six seconds. Return your arms to the start position and relax for six seconds. Repeat four times.

\* Exercise 4. To stretch the back of your arms: Sit or stand straight. Grab one elbow with the opposite hand and gently pull your elbow behind your head. Hold for six seconds, then relax. Repeat twice.

Check out the NDSU Extension online guide ("Stretching Toward Better Health") with more information and photos of several stretching exercises. See <https://tinyurl.com/NDSUExtensionstretching>



Julie Garden-Robinson

to view and/or print the guide. If you are looking for a tasty "comfort food" for a cold evening, here's one that was a hit with my family. Visit <https://www.ag.ndsu.edu/food> for more information.

**CREAMY WHITE CHICKEN CHILI**

- 1 Tbsp. cooking oil (canola, sunflower, etc.)
  - 1 pound boneless skinless chicken breasts, cut into cubes
  - 1 c. chopped onion (about 1 medium)
  - 4 tsp. chopped garlic (or 1 1/2 tsp. garlic powder)
  - 2 (15-ounce) cans white beans (such as great northern or pinto beans), rinsed and drained
  - 2 c. low-sodium chicken broth
  - 2 (4-ounce) cans chopped green chili peppers, undrained
  - 1 tsp. salt
  - 1 tsp. ground cumin
  - 1 tsp. dried oregano
  - 1/2 tsp. pepper
  - 1/4 teaspoon cayenne pepper
  - 1 c. low-fat sour cream
  - 1/2 cup half and half
  - Optional toppings: shredded cheese, tortilla chips
- Prepare ingredients as indicated. Heat oil briefly, then add chicken, onion and garlic; cook until the chicken is fully cooked and the onions are translucent. Add the remaining ingredients, except sour cream and half and half. Bring to a boil, then reduce heat and gently simmer, uncovered, for 30 minutes. Add sour cream and half and half, and stir until combined. Makes six servings. Each

**1st Annual Sausage Cook-Off**  
Sponsored by *Nakota Outfitters, Ryder*  
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We appreciate your dedication to the Reich Angus program the past 20 years and value the friendships and partnerships that we have gained. Your support and trust in our genetics will always be cherished.  
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Dee is turning 80 years young in February. Send a card to help her celebrate.  
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Turtle Lake, ND  
58575



# Calendar

## 80 years young

Dee is turning 80 years young in February. Send a card to help her celebrate: 549 Sellon St., Turtle Lake, ND 58575.

## Saturday, Feb. 2

The annual emergency services banquet will be held at the Washburn Memorial Building. Social hour starts at 6 p.m. with the meal served at 7 p.m. All active, retired or honorary members and spouses of the Washburn ambulance, fire department, rescue squad or their respective board members, rural fire or ambulance board members and active duty sheriff's dept. and highway patrol personnel and spouses are invited to attend.

A 40th birthday game night honoring Jeff Higbie is from 2 to 4 p.m. at Faith Evangelical Church, Underwood. RSVP to Harmony at 701-315-1193 (call or text). No gifts please.

A pinochle tournament is at Rusted Rail in Underwood. Sign up starts at 11 a.m. with play beginning at noon. Proceeds benefiting American Legion Post 163.

Garrison 4-H & FFA Rummage Sale, SACA Lodge, 9 a.m. to 2 p.m., Free will donations, all proceeds will benefit Garrison Flickertail Farmers 4-H Club and Garrison FFA Chapter.

## Sunday, Feb. 3

Washburn Lions breakfast and community bake sale is set for 10 a.m. to 1 p.m. at the Memorial Building. Biscuits and gravy, scrambled eggs, sausage, coffee, juice and great fellowship! Bring your old eyeglasses and hearing aids for recycling.

## Monday, Feb. 4

McClusky Job Development Authority meeting, 7 p.m.

McClusky Fire Department meeting, 8 p.m.

Martin City Council meeting, 7 p.m.

WIC Nutritionist available at the Washburn office. Please call 462-3330 to schedule an appointment.

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

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

A turkey fry and membership drive is set for 6 to 7 p.m. at Turtle Lake Wildlife Club, one mile east of Turtle Lake.

## Tuesday, Feb. 5

McLean County Commission meeting, 8:30 a.m.

Sheridan County Commission and Park Board meeting, 9 a.m.

Butte Seniors Tuesday Club - Every Tuesday at 1 p.m. Get together with the crowd over 55, sing and play games.

Turtle Lake Chamber of Progress meeting, noon.

Food Bank at Sheridan County Courthouse is open from 9 a.m. to noon.

Pickleball, Garrison elementary gym, 7 p.m., beginners welcome.

McClusky JDA and Sheridan County Extension are teaming

## Tuesday, Feb. 5

up to host a fun night of creating, painting and fun from 6 to 8:30 p.m. at McClusky City Hall. Preregistration required, call 363-2242.

## Wednesday, Feb. 6

Wilton City Commission meeting, 7 p.m.

"Whatever Wednesday" Trinity Lutheran Church, Turtle Lake, each Wednesday from 2 to 4 p.m. Bring your handiwork, board games, join us at Mat Makers, or just for a cup of coffee. 448-2551

Visit Northland Health Center in Turtle Lake from 1:30 to 3:30 p.m. for a free well baby clinic for newborns and infants (age 0-12 months). No appointment is necessary and you do not need to be a patient to participate. 701-448-9225

Underwood Civic Club will meet at noon at city hall.

Garrison FFA alumni appreciation/celebration. Prime rib dinner followed by dueling pianos presented by Fun Pianos at Garrison City Auditorium. Social and appetizers, 4:30 p.m., meal, 5:30 p.m., appreciation awards, 6:30 p.m., Fun Pianos, 6:45 p.m. 701-500-1111 or 701-337-6698

The Washburn American Legion Post 12 will have their monthly meeting. Social is at 7 p.m.; meeting at 7:30 p.m.

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

Garrison FFA Ag Show, Garrison High School, 9 a.m.-3 p.m.

## Thursday, Feb. 7

The Community Cupboard of Underwood will be open from 4 to 6 p.m. at 208 Lincoln Avenue. All in need are welcome to receive clothing, food and household goods at no cost.

Sheridan Memorial Home annual meeting, 7 p.m.

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

Pickleball, elementary gym, 7 p.m., beginners welcome

Garrison Sportsman indoor range open, 7 p.m.

AA Meeting, cafeteria in lower level of Garrison Clinic, 8 p.m.

## Saturday, Feb. 9

The Community Cupboard of Underwood will be open from 9 a.m. to 1 p.m. at 208 Lincoln Avenue. All in need are welcome to receive clothing, food and household goods at no cost.

Sausage cook-off at Ryder Star Grill and Bar. To sign up call 701-898-8774 or 701-898-8459. Sponsored by Nakota Outfitters, Ryder.

## Sunday, Feb. 10

Reorganization meeting of District 4 Dem-NPL, 3 p.m., Nueta Hidatsa Sahnish Community College, 220 College Drive, New Town.

Benefit breakfast and silent auction for Dylan Hauf, 9 a.m. to 1 p.m., at Max Civic Center.

Goodrich Rural Fire Protection District rescheduled annual meeting, 4 p.m., at Goodrich Fire Hall.

## PRAIRIE FARE

continued from page 4

serving has 320 calories, 12 grams (g) fat, 26 g protein, 26 g carbohydrate, 6 g fiber and 580 milligrams sodium.

### Food recalls and outbreaks: what's the difference?

As I pushed a cart through a retail store, my husband motioned for me to join him.

He was looking at something and grinning.

When I reached the kitchen towel display, I laughed. I perused the funny sayings printed on the towels.

He pointed at a towel that said, "Many have eaten here. Few have died."

I think he would have bought the towel for me. However, I am not sure that would send the right message about our cooking to our guests. They probably suddenly would feel too full to eat anything.

That towel certainly would have been a good conversation starter, though.

In the last couple of years, foodborne illness outbreaks have made the news repeatedly. By definition, an "outbreak" means that at least two people have come down with the same foodborne illness from the same contaminated food or drink.

We also have heard about food recalls in the media. Recalls are different from outbreaks. A food recall is voluntary and initiated by a food manufacturer or distributor for products that could cause illness.

Food recalls remove foods from the marketplace because they may be unsafe or they have been misbranded. For example, a manufacturer might suspect that the food wasn't heated sufficiently in a canning operation. The canned food with specific code numbers is recalled because of a potential risk for botulism toxin.

If a food becomes contaminated with a potential allergen such as peanuts, that also could prompt a recall. Allergens can cause life-threatening reactions among those with the specific allergy.

If metal shavings or plastic become part of food during the manufacture of the food, that could prompt a food recall. Metal shavings and plastic are considered physical hazards that could cause injury, including cuts or choking.

The Food and Drug Administration and the U.S. Department of Agriculture are the federal agencies responsible for ensuring food safety. The FDA regulates a variety of foods from



This creamy soup is comforting on a cold winter night. (NDSU photo)

cereal to cut fruit, and the USDA regulates most meat and poultry. Sometimes, the distinction between who regulates what can be confusing.

In 2018, many foods were implicated in foodborne illness outbreaks the FDA investigated. As I examined the long list, Salmonella frequently was cited as the bacterial cause of outbreaks. It was linked to cake mix, shell eggs, pasta salad, cereal, pre-cut melons, dried coconut and sprouts.

In 2018, E. coli was linked to leafy greens, including romaine lettuce.

When food has been implicated in an illness outbreak, grocery stores pull the products from shelves. Often they don't know the source, so all brands of the food are pulled from shelves.

Consumers are warned through TV announcements, newspapers, websites and social media to discard the food or return it to the grocery store for a refund. When the product is "cleared" as safe, then grocery stores stock the items.

When I was buying the ingredients for this week's recipe, my husband asked me if eating spinach was safe.

"Let's test it out on you," I replied with a grin.

I can tease him because we've been married for 25 years. Perhaps I should have bought that dish towel with the funny saying.

I knew that leafy greens were "in the clear." I also would be cooking the spinach in the soup recipe I was adapting.

Visit <https://www.ag.ndsu.edu/food> to learn more about nutrition, food safety and health

(or Google NDSU Extension food and nutrition to find us). Sign up for our free e-newsletters to learn more, and don't forget to register for our "Field to Fork" webinars (online seminars) to learn how to grow fruits and vegetables next summer.

In the meantime, have a comforting bowl of creamy soup this winter. My family gave it two thumbs up. I added more pepper to give it a kick of flavor.

### TASTE OF ITALY SOUP

12 ounces Italian sausage links

5 slices bacon

2 c. chopped onion

1 Tbsp. garlic

3 (15-ounce) cans reduced-sodium chicken broth

4 c. potatoes, peeled, quartered and sliced

1/2 tsp. salt (optional, to taste)

1/4 tsp. black pepper (or more to taste)

1/8 tsp. cayenne pepper (or more to taste)

1 1/2 c. half and half

4 c. raw spinach

Cut the Italian sausage "on the bias" (at a slant) and dice the

bacon. Fry the sausage and bacon in a large pot, then drain excess fat. Add onions and garlic; saute about five minutes. Add chicken broth, potatoes, salt, pepper and cayenne pepper. Heat until potatoes are tender (about 10 minutes). Stir in the half and half and spinach. Simmer briefly until spinach is tender and soup is heated through.

Makes eight servings. Without added salt, each serving has 240 calories, 11 grams (g) fat, 15 g protein, 22 g carbohydrate, 3 g fiber and 710 milligrams sodium.

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# Ag Producers Informational Meeting

**Monday, Feb. 18 - 10:30 a.m.**  
Lewis & Clark Interpretive Center, Washburn

**Lunch Served**

**2019 Crop Insurance Updates:**  
with Curt Christofferson of NAU

- 2018 Farm Bill update
- Supplement coverage option
- NAU Field Insights

For more information, contact Joe at 460-0054 or Brad at 460-1114

SCI is an equal opportunity provider

## Submit an event

To announce your public event in the Xtra's Calendar of Events, simply fill out the form below. The form must reach the Washburn office by Wednesday morning. Mail to the Xtra, PO Box 340, Washburn, ND 58577; email: [leadernews@westriv.com](mailto:leadernews@westriv.com); phone: 701.462.8126.

Event: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Contact: \_\_\_\_\_



# 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

**TURTLE LAKE WEIGH STATION** is having its annual meeting at 7 p.m. Feb. 15, at Bev's Cafe in Turtle Lake. 39-40-E-X 58577

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

**SUPPORT GROUPS:** Alcoholics Anonymous Hotline, 888-680-0651. AA meetings in Center on Sundays at 5 p.m. CT at St. Paul's Lutheran Church (794-3381); in Garrison, Garrison Memorial Hospital Cafeteria, Thursday at 8 p.m.; in Washburn on Sundays at 7 p.m. at First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6533. Open meeting, Butte, Call 626-7402 or write Box 244, Butte, ND 58723; in McClusky, Grace Lutheran Church,

## Farm Related



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## Announcements

402 4th St. W, Sundays at 8 p.m. Positive Changes NA, Fridays at 7 p.m., Washburn United Methodist Church. 1-E-TFN-NC 58540

## Farm Related

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## Help Wanted

**AMERICAN BANK CENTER** has a position opening for a full-time financial service representative in our McClusky ND office. The successful candidate will be responsible for processing customer transactions accurately, while presenting a positive, professional image of American Bank Center. Hours are 7:45 a.m. to 4:15 p.m. Monday through Friday. Prior customer service, computer and bank experience is preferred. Please complete the application at [weareamerican.bank](http://weareamerican.bank) and submit online. American is an Equal Opportunity Employer. 39-40-E-X 58577

## HELP WANTED



is looking for  
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Stop in for an application  
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## Diesel Technician - Garrison, ND

Do you want to work with a company who invests in their employees and empowers them to develop themselves and their careers? We are looking for the right candidate to partner with employees who want opportunities to grow and learn, experience the challenges and be a part of a successful team at one of the industries' largest privately-owned dealerships in Northern America. Here at Plains Ag LLC / Northern Plains Equipment our mission is to serve the agriculture customer and community by partnering to meet their needs through a top-notch company.

We are a certified Case IH dealer in Garrison, ND and are looking for individuals to perform quality maintenance and repairs on all types of agricultural equipment. This position will be part of our team of people responsible for maintenance, repair, and reconditioning of farm equipment using electric diagnostic tools, electronic parts catalogs, service manuals and other sources of information and materials.

Candidates should possess good people skills, good communication skills, time management and organizational skills. Qualified applicants will also need a positive and progressive attitude, be quality and customer service oriented. Candidate must possess a valid drivers license and insurability and have physical mobility as it is required for the position as well as pass pre-employment drug testing. Position offers guaranteed hourly wage and full benefit package; wage based on experience.

We offer competitive wages, 401k retirement plan, health insurance, dental insurance, vision insurance, short-term and long-term disability insurance, life insurance, tool allowance, paid vacation, personal leave days, eight paid holidays, and job training. We also have education reimbursement (ask for details, certain restrictions apply).

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Email your resume to  
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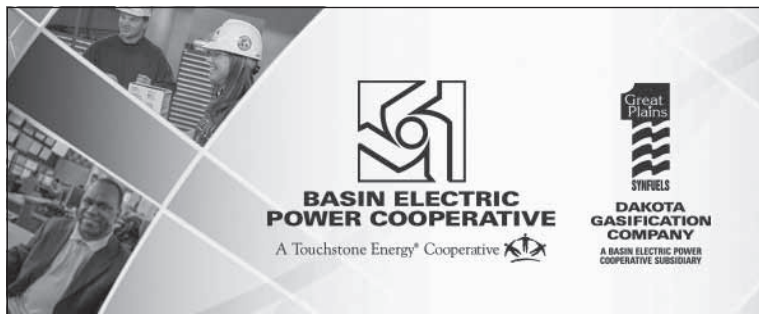
McLean Electric Cooperative Garrison, ND is accepting applications until March 1, 2019 for a full-time **Apprentice or Journeyman Lineman** at our Garrison office. Go to [mcleanelectric.com](http://mcleanelectric.com) for a complete listing of duties and responsibilities.

Send resume to: **McLean Electric Cooperative, PO Box 399 Garrison, ND 58540 Attn: Keith Thelen**  
 Or email to [keithpt@mcleanelectric.com](mailto:keithpt@mcleanelectric.com)  
 or call 701-463-6700 for more information



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### HELP WANTED



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## McLEAN COUNTY IMPLEMENT

121 Case St. Washburn, ND  
 a Versatile and Amity/Concord Drill dealer with a NAPA Auto Care/Service Truck Center dealership is looking for a service/parts manager. If you are interested call **Dean Swanson at 701-315-0037.**

## Livestock

**TURTLE LAKE WEIGH STATION** will be shipping cows and bulls out Feb. 11. Have them there by 11 a.m. Call Darin, 701-315-0144. 43-TFN-E-X 58577

## Misc. for Sale

**BUTCHER HOGS** for sale call 701-880-0405. 39-41-E-PD 58540

**FIREWOOD:** mixed hardwoods, cut – cured – split. You haul or we'll deliver and stack. 448-2504, 448-2883, 833-2883 19CTFNALL 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 QUALITY REPRINTS** of pictures from area newspapers at your local newspaper office. Pictures of area events and people published in area newspapers. Affordable prices. Speedy delivery. 1-E-TFN-NC 58577

## Notices

**HAVE YOU BEEN** in a relationship where you were emotionally or physically battered? Call McLean Family Resource Center, 701-462-8643 24/7, Washburn. The office hours are 9 a.m. to 5 p.m., Monday through Friday. 1-E-TFN-NC 58577

## Real Estate for Rent

**2 BEDROOM** apartment for rent. Includes stove and fridge, 1 stall of an unattached garage, washer/dryer hook ups, call Ervin Flath 463-7482 for info. 39-P3TGRXT 58540

**FOR RENT:** 1 bedroom furnished apartment, or 2 bedroom refurbished basement apartment with 1 stall garage, no pets, no smoking, in Washburn. Contact Morris at 462-3204 or 315-0399. 31-TFN-E-X 58577

## NOW RENTING

**Heritage Heights Apartments**  
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 New management, remodeled rooms, lower rates. 1 or 2 bdrm. apts. All utilities paid including cable. 701-527-4739 or Manager 701-220-8145



**Help Wanted**



West River Telecom (WRT), a growing telecommunications Cooperative in Hazen, North Dakota, is seeking a **Financial Manager**. This key position reports to the CEO/GM and is responsible and accountable for managing, planning, directing, and maintaining all accounting and financial functions, principles, practices, and procedures of the company.

Candidates with a Bachelor's degree or an Associate degree in Accounting or related field plus five to seven years accounting experience with at least three years in a supervisory capacity are encouraged to apply. CPA designation and experience in the Telecom industry are preferred. A complete job description position can be found at [www.westriv.com](http://www.westriv.com)

WRT offers an excellent wage and benefits package.

**Application Deadline: February 18, 2019.**

**Complete application online and submit with resume via [www.westriv.com](http://www.westriv.com) Questions can be directed to Michelle @ 701-748-4277.**

WRT is an Equal Opportunity Employer

**Statewides**

salary DOE plus excellent benefit package. Interested candidates must complete the online application. EOE

MAY-PORT CG HIGH SCHOOL has TEACHER openings starting August 2019: HS English, HS Science, Agricultural Ed; ND Teaching License required. Apply to Supt, Michael Bradner: 900 Main St W, Mayville, ND; 701-788-2281; Michael.bradner@may-portcg.com.

INDUSTRIAL SYSTEMS ANALYST/ INSTRUMENTATION: NDSCS has FT, 12 month benefited position with industrial systems analyst/ instrumentation duties in Wahpeton. Includes full benefits: Health/Life, Retirement, EAP, Leave, Tuition Waiver, Dependent Tuition Discount, etc. Screening begins immediately-applications accepted until filled. Interested candidates must complete the online application. For qualification and more information go to: [www.ndscs.edu/hr/](http://www.ndscs.edu/hr/) EOE

POSITION AVAILABLE FOR WAWSA operator in Watford City Area. Operates and maintains WAWSP infrastructure including structures, water pipelines, fill stations, equipment and grounds. Please visit our website for a complete job description and application. [www.wawsp.com](http://www.wawsp.com)

RAW (COOPERSTOWN, ND). Full-time traveling Commercial Applicators for railroad vegetation control, 60-80 hours/week, competitive wage and benefits, plus meal allowance, paid lodging. 888.700.0292 | [www.rawapplicators.com](http://www.rawapplicators.com) | [info@rawapplicators.com](mailto:info@rawapplicators.com)

CLASS A OTR DRIVER WANTED. Reefer/drive in. Home weekly. Starting .44 to .48/mile, DOE. Benefits: Health Insurance, Sign-On Bonus, Paid Vacation. Bill (701) 527-7215.

FARMERS UNION OIL in Portland is looking for a full-time truck driver in the propane department. CDL required, hazmat and CETP training preferred. Full single benefits, paid vacation and 401k. Pick-up application at Portland station or call 701-788-3760.

2019 ND MEDIA GUIDE: Names, addresses, phone numbers, e-mails of all ND newspapers, radio/TV stations, specialty publications. Only \$25. ND Newspaper Association, 701-223-6397.

PROFESSIONAL SERVICES FARM FINANCIAL DIFFICULTIES. Call Tom Nikolaisen, Jr. Specializing in farm & ag business solutions that can avoid bankruptcy. My staff includes Ag Attorneys, Land Brokers, Ag CPA. Over 25 years of experience. Call now 701-968-4307 or [tom@nikolaisenlaw.com](mailto:tom@nikolaisenlaw.com)

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MISCELLANEOUS FOR SALE CAPTIVATING! SCORIA ROADS shows hardship mirrored in ND's prairies and how lives and landscapes change with oil booms. We also learn about hope, resiliency. [www.normaknapp.com](http://www.normaknapp.com)

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ANNOUNCEMENTS WE HAVE NOTHING to fear of the future except we forget how God has led us in the past. Free Great Controversy Book. Call (888) 341-9007.

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 or you can email [sharip@ndna.com](mailto:sharip@ndna.com).

**Country Kitchen Recipes**



**Best Fried Walleye**

**Ingredients**

- 4 walleye fillets
- 2 eggs, beaten
- 1/2 cup all-purpose flour
- 1/2 teaspoon garlic powder
- 1 pinch salt (optional)
- 1/2 teaspoon ground black pepper
- 2 cups crushed saltine crackers
- vegetable oil for frying
- 1 lemon, cut into wedges



**Directions**

- 1 • Check the fillets to ensure all bones and skin have been removed. Cut the fillets into manageable pieces.
- 2 • Place the beaten eggs a bowl and set aside. Combine the flour, garlic powder, salt, and pepper in another bowl. Pour the cracker crumbs into a third bowl.
- 3 • Heat the oil in a deep-fryer or large cast-iron skillet over medium-high heat to 375 degrees.
- 4 • Dip the fillets into the flour mixture, then the eggs, and then the cracker crumbs and set fillets aside on a plate. Test the oil: it will crackle and pop when a cracker crumb is dropped into it. Carefully lower 2 fillets into the hot oil. Cook until browned, about 3 minutes per side, using tongs to turn the fillets. Transfer to a paper towel-lined plate and repeat with remaining fillets. Serve with fresh lemon wedges.

**Oven Roasted Red Potatoes**

**Ingredients**

- 1 (1 ounce) envelope dry onion soup mix
- 2 pounds red potatoes, halved
- 1/3 cup olive oil

**Directions**

- 1 • Preheat oven to 450 degrees.
- 2 • In a large plastic bag, combine the soup mix, red potatoes and olive oil. Close bag, and shake until potatoes are fully covered.
- 3 • Pour potatoes into a medium baking dish; bake 40 minutes, stirring occasionally.

**Country Apple Dessert**

**Ingredients**

- 2 medium apples - unpeeled, cored, and cut into chunks
- 1 (8 ounce) can pineapple chunks, undrained
- 1/2 cup seedless grapes
- 1/2 cup orange juice
- 1 tablespoon butter, cubed
- 1/2 teaspoon cinnamon

**Directions**

- 1 • Preheat oven to 350 degrees.
- 2 • Place apples, pineapple chunks with juice, grapes, and orange juice in a medium baking dish. Sprinkle with cinnamon, dot with butter pieces, and cover.
- 3 • Bake in the preheated oven for 25 minutes, or until apples are tender. Serve hot.



**Real Estate for Sale**

FOR SALE BY United Quality Cooperative: Two (2) Commercial Buildings on Main Street in New Town, ND. United Quality's old energy office and old Ag Hardware. Call 701-500-4900. 25-PTFN GRNTPRXT 58540

ALL REAL ESTATE advertising in this newspaper is subject to the Fair Housing Act that makes it illegal to advertise "any preference limitations of discrimination based on race, color, religion, sex, handicap, familial status or national origin or any intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians; pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

**Services**

DAVE BAUCH PLUMBING & Heating, Water Heaters, Sump Pumps, Furnaces, Faucets & Asst. Plumbing & Heating Repairs, and New Construction. 337-5440 or 337-6066. 36-P4TXT 58540

WE HAUL BROKEN vehicles/boats/scrap for free! Cash for some. 701-833-2884 19 CTFNALL 58540

JUST A NOTION! is taking in clothing alterations and repair; knit/crochet repair. Call for free consultation! Charlene Binsfeld, Washburn, 701-220-5831. 35-8-E-PD 58577

**Services**

WE CLEAN and install all types of flooring including carpets, upholstery, walls, air ducts. Let us clean your boat, camper, under appliances. We have a dump trailer for debris removal. Low rates, cash/check/credit. Prairie Carpet Services, (701) 833-2884 or 448-2883. 46-PTFNALL 58540

**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. Email your ad to [leadernews@westriv.com](mailto:leadernews@westriv.com). 1-E-TFN-NC 58577

**Statewides**

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

CITY OF CARRINGTON is hiring full-time Public Works Director. Salary DOE. For information visit [www.carringtonnd.com](http://www.carringtonnd.com) or call 701-652-2911. Equal Opportunity Employer.

STUDENT SUCCESS SPECIALIST: This is a FT, 12 month, benefited position in Wahpeton. Position serves as a resource for special/high-risk students, tracking/following up with students, provides support for other activities as needed. Requires a bachelor degree in education, psychology or related field. For full list of qualifications/ information go to: [www.ndscs.edu/careers](http://www.ndscs.edu/careers) Screening begins immediately-applications open until filled. Starting

**AUCTION**

**Saturday, February 16th, 2019 @ 1:00 PM CST: Reich Angus 20th Final Bull Sale.** Sale will be held at the ranch 4 1/2 miles south, 1/2 mile east of Zap, ND on County Road 13 <http://www.reichangus.com>. **Wolff Auctioneers Live Bidding Opens: Mon. Mar. 11th, 2019 5:00 PM: Sale Ends: Wed. Mar. 13th, 2019 Coteau Properties Company Online Auction, Conducted By: AuctionTime/Wolff Auctioneers** Please go [www.AuctionTime.com](http://www.AuctionTime.com) for more information & registration Auction Customer Support: (800) 334-7443 Click here for more information. **Wolff Auctioneers June 2019: Jerry and Edna Assel antique auction 6 miles west of Mandan ND. Wolff Auctioneers June 2019: Gordon Isaak Sr. estate equipment and tool auction. West of Pick City ND. Wolff Auctioneers**



# Gardening Tips

## Saving plants

**BY BEV JOHNSON M.G.**  
University of Minnesota Extension  
Master Gardener

*"Took a trip.... down the basement stairs-backwards. Then I took a trip to Lake Region Hospital for five days. Now I am at the spa at Pioneer Short Stay. Until I'm back, please enjoy some older articles." - Bev the Gardener*

Petunia redecorated her house several years ago with the help of a professional decorator. The decorator suggested that she add some large house plants to her living room and smaller ones in the kitchen for "accents." Now Petunia had never wanted or had houseplants before so, of course, she promptly killed off the more delicate and more expensive ones. The tough ones that are left are looking pretty bad, very crowded and many with browning tips to their leaves, and dead centers. Bunkey finally had had enough. "Either you let me redo those plants or I'll throw them out." She wanted the look of plants, so she finally said O.K. (She is quite house proud and brown thumbed). Bunkey started from scratch. Most of the plants had just been dropped, still in their greenhouse pots into a fancy one. His first step was to dump the plant out onto a thick layer of newspaper. Now he could see that some of the roots had rotted from too much water so those were carefully removed. The dead stems and dead centers were next. Then he washed off the whole plant, roots and all to remove dust and dead material. He repotted them in a proper sized pot in fresh soil, then put them back in the fancy cache pots. The whole room took on a fresh look. From



Bev Johnson M.G.

now on, Bunkey will be in charge of house plants.

If your house plants have browning tips, blame the water. After a while, minerals in the water build up in the soil causing the problem. Check the rim of the pot. If you see a line of white crusty stuff on it, you have an overabundance of minerals in the soil. You can either put your plant in the sink, or tub if it's a big one and run water through the soil 3 or 4 times to flush out the minerals, or just repot them in fresh soil. To prevent this problem, use rain or melted snow to water your plant. Never use softened water as it has salts in it and a salted plant is on its way to the compost pile. It is also a good idea to give your plants a good bath occasionally. They get dusty and then can't absorb oxygen and outgas carbon dioxide as efficiently as they should. Never shine large leaves with professional "shiner" or use milk to get them to shine. Those materials just clog up the pores that they need to "breathe".

The first week in February is the ideal time to start snapdragons, celery, and peppers. That is if you want peppers before the end of the summer. George likes to have his peppers blooming when they go in

the garden. That way he gets them much earlier than the later started ones. Start your tomatoes and other plants that need 6 to 8 weeks before they go into the garden in mid March. In Ottertail County, the average last killing frost is the 15th of May. With climate change, that could be as early as the middle of April. Who knows! Sterilize any containers to prevent damp off and only use seed starting mix not potting soil. Yes there is a difference. Seed starter is sterile and has no fertilizer in it. Potting mix may or may not be sterile and often has fertilizer. Seedlings only need food after they have 2 sets of true leaves. Buy the proper stuff and save yourself some cash and the heartache of seeing your babies tip over from damp off and die.

## In your garden

Bunkey is planning to plant some fruit trees this spring but is concerned because he has heard that many fruit trees bear only every other year. To find out if this is just an old wives tale, Bunkey went to have coffee and a talk with his neighbor, George, who seems to know everything about anything that grows.

Here is what Bunkey learned:

1. All fruit trees need full sun, that is sun during business hours, 8 to 5. Often what happens is that another tree has grown taller shading your tree during the most important times of the day.
2. Your tree didn't get pollinated. Apple trees, for one, require a different variety of apple to set fruit. To complicate matters, the two trees need to bloom at the same time. They do not need to be side by side. A bee will fly one-fourth mile from tree to tree so if your neighbor has a crabapple that blooms at the same time as your Honeycrisp, you should get apples.
3. The tree has "wet feet". It is in heavy clay soil in a hollow that has

poor drainage.

4. The tree is too young. Some trees take as long as seven year before bearing.

5. They need pruning. If the branches are so thick that many of them don't get the full complement of sun, you need to prune. Do not take any more than one-fourth of the branches in any one year.

6. The tree is not zone hardy. It blooms too soon or our Siberian winter temperatures have killed the flower buds. This is why peaches and apricots are so hard to get them to bear in Minnesota. Anything lower than -20 degrees will kill their flower buds. Fruit trees set buds for next year's crop in late summer. This is also why you need to thin the fruit in July. An apple tree has only five spots to set its fruit. If all those spots are filled with this year's apples, it has no place to set buds for next year's crop.

Be very picky when you plant a

fruit tree as it will be there for many years. Plan ahead. Pear trees, for instance, are fairly easy to grow and can live for a long time. And, we have all seen apple trees on old farmsteads that are ancient. A major pruning can often bring these antiques back to bearing. The only problem will be that you have no idea what variety it is.

Forget about planting sweet cherries. They just can't take our winters. However, pie cherries, the kind that one bite will make you pucker for twenty minutes, do well. North Star cherry grows about ten feet tall and is very ornamental. Meteor and Mesabi are usually winter hardy here. If you are looking for a pear, Summercrisp, a University of Minnesota introduction is a good one. Ure and Patten Parker are also hardy cultivars.

Get your pruners sharpened up for next month. To do well fruit trees need to know who's boss.

## EXTENSION

continued from page 3

For voluminous stacks, you don't need to organize further, try a box. If you do need to further organize a big stack, think about an accordion file or a notebook with dividers.

4. Choose a home for each container.

Store frequently-used papers in convenient locations. Files that are organized by related topics are easier to use than alphabetized systems. You'll also locate files easier if you line up all the tabs on hanging file folders in a straight line, rather than alternating from left to right. As you have new papers that need to be filed, label them with the name of the file where they belong. Also do this when you remove a paper from a file. It makes filing a snap, whether you do it yourself, or have someone else help you.

5. Reduce the amount of paper you receive.

Become fanatical about stopping as much paper as possible before it comes into your house. Possibilities include:

- Opting to receive electronic statements and notices.
- Reducing the number of financial statements by using only one or two credit cards and consolidating multiple financial accounts (such as IRAs, brokerage accounts, etc.) to a single financial institution or manager if you can do that without sacrificing investment choices or service.
- Asking your credit card company to stop sending you checks to use against the account.
- Asking anyone who asks for your mailing address how it will be used.

Consider consolidating investments, bank accounts, credit cards, or other services to reduce the number of statements you receive. Or elect to receive the statements via the Internet.

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**Mary Poppins Returns - PG**  
Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives. - Disney  
Feb. 1-2 ..... 7:30 pm

**Glass - PG-13**  
Security guard David Dunn uses his supernatural abilities to track Kevin Wendell Crumb a disturbed man who has twenty-four personalities.  
Feb. 8-9 ..... 7:30 pm

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# Buying Horses

Saturday, Feb. 9<sup>th</sup>  
9 a.m. - 4 p.m.

## Turtle Lake Weigh Station

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# McLean County Phone Book Cover

Email a high resolution, in-focus photo to:  
[news@bhgnews.com](mailto:news@bhgnews.com) put "Phone Book photo" on the subject line or mailed to Phone Book Contest,  
PO Box 309, Garrison, ND 58540

**Winner: \$100 Gift certificate to Viking Screen Prints**

*Tips: We don't like snow photos. We like children. We like faces, not shadows. We like scenery.*

**Deadline is March 15, 2019!**

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Contact the Leader-News by Feb. 8 to place your custom ad.