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**Ralph Breaks the
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Michelle Effertz

Extension news

Solve winter home moisture problems

BY CALLA EDWARDS
McLean Co. Extension Agent

Every breath you exhale flings moisture into the air. Showers, cooking and houseplants all add humidity too. "A relative humidity of 30 to 40 percent is considered optimum during the winter," Hellevang notes. Reduce humidity further and skin and nasal tissues become excessively dry, furniture can be damaged and heating efficiency is reduced. If the inside temperature is 70 degrees and the relative humidity is 35 percent, moisture condenses on single-pane windows at 30 degrees, he says. With double-pane windows, condensation will form at temperatures below zero. With three layers of glass, condensation will not form until outdoor temperatures are about 40 degrees below zero, Hellevang says. He notes that condensation will form at higher temperatures if air leakage cools the window surface.

Window condensation can be controlled by warming the window by adding another pane or covering it with plastic. "Adding plastic will normally reduce air leakage, which frequently contributes to the condensation problem," he notes. Moisture is added to air in a house from many sources. Each person contributes about 3 pints per day while breathing. Each shower, and air drying towels afterward, contributes about a pint of moisture. Houseplants also contribute moisture to the air. "In a well-sealed house, this moisture accumulates until there is enough excessive moisture to cause condensation or other problems," Hellevang says.

Some exchange of air with the outside will help maintain relative humidity in the 30 to 40 percent range, he says. The exchange may occur when doors are opened and through normal infiltration into the house. "If there is not enough air exchange, bathroom fans that exhaust moist air outdoors should be operated during a shower and for about 15 minutes after a shower," Hellevang advises. "Some outdoor air exchange is also appropriate to maintain indoor air quality." Excessive air exchange may make air in the house very dry and result in discomfort and reduced heating efficiency.

Closing drapes over a window typically causes more condensation, Hellevang notes. The drapes insulate the window, cooling the surface, but allow

room air with moisture to reach it. Furniture and other objects near a wall can have the same effect. "That's why closets with outside walls sometimes have mold growth on the wall," Hellevang explains. "There should be warm air circulating behind furniture and onto the outside wall of closets."

Dehumidifiers have limited ability to control winter house moisture problems. Dehumidifiers are designed to remove moisture from air that is very warm and at relative humidity's above 50 percent, he notes.

Is hot water better for handwashing?

BY MICHELLE EFFERTZ
4-H Youth Extension Agent

With cold and flu season upon us, nothing is more important than washing your hands. You might be wondering if hot water is better than cool water for removing germs. It seems there's no good evidence to support the conventional wisdom that hotter is better.

In fact, a recent study in the Journal of Food Protection found that water temperature has no significant effect on reducing microbes under normal washing conditions. This new study confirms previous research that cooler water works just as well. Hot water does have the advantage of cutting through the oil on your hands faster, so they may feel cleaner. But if the water is too hot, it can damage your skin, which makes it more susceptible to bacteria that are harder to remove. Hotter water also uses more energy. So not only is cooler water as effective, it is also more energy-efficient.

The study also tested the optional amount of soap to use. It found that one pump of foam soap was just as effective as four pumps. And lather time of 10-20 seconds of rubbing soapy hands together followed by a 10-second rinse, was better than five seconds of scrubbing, followed by rinsing. Lathering beyond that time offered no additional benefit, possibly because microbes that are not already washed off by then are so embedded in the skin they will not be removed—no matter how long you wash your hands. The study further confirms that antibacterial soap is not significantly better at removing bacteria than plain soap.

The most important thing is to lather up with plain soap for a long enough time to get the bacteria to sluff off in the rinse water, even if that water is cold.

Flip phones? Huh, what are they?

BY KATHY TANDBERG
BHG News

Editors note: This column is reprinted from a previous edition.

Remember when cellular phones were as big as your house phone? Those phones were a luxury item called bag phones and not many people had them because they came with a price.

In Northern states like ours, bag phones did better in towns, due to the lack of towers, but I remember several farmers and ranchers who had them, too. Although, they would sometimes have to drive to the top of a hill for good tower reception.

Back then phones were a costly luxury and not many people had them. They were primarily used in the sales and business world, but not often for personal use like you see today.

I had my first cell phone in the late 1990s. It was a limited plan but handy for long distance. But we relied on our landline for most calls.

Early cell phones were mainly



Kathy Tandberg

just for talking. Over time, features like voicemail were added, but the main purpose was talk.

You couldn't have convinced me back then that one day I would be carrying a little cell phone in my pocket or purse that could pretty much do anything my office computer could do.

In fact, I scoffed at the suggestion. I mean who would ever need to have a phone on them all the time? No way. Not me.

Today this is a cell phone world, but they've come a long way since then. We've been

through a variety of styles and improvements haven't we? From the huge bag phones, to flip phones to today's smartphones that come in a variety of sizes, some that no longer fit in a pocket.

My first cell phone was a flip phone. They were all the rage. A big selling point was that it was smaller and handier to carry than that old bag phone. It would fit in anyone's pocket.

Eventually, cell phone manufacturers began to realize that they could integrate other technologies into their phone and expand its features.

Fast forward to the first smartphone that let users access email, and use the phone as a fax machine, pager, and address book. The cell phone shifted from an object for verbal communication into a business-on-the-go necessity.

According to today's research, as of mid-2016 more than 52 percent of Americans have left landlines behind and opted to have a cell phone-only-home. Now that simply amazes me.

Front Porch page 4

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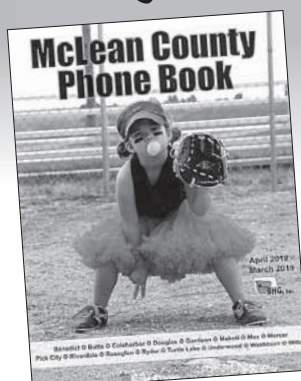
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- Printer #1: Brother HL-5370DW
- Printer #2: HP Color LaserJet CP1518ni
- Printer #3: HP LaserJet 1320tn
- Set of 4 Samsung outdoor cameras and DVR (SEB-1005R & SDE4001N)
- Linksys 24-port switch (SR2024)
- Cisco 48-port Switch (Catalyst 2948G-GE-TX)
- Nikon D3 Camera with flash, sun shield, 2 Nikor Lenses (18-200 mm & 80-200 mm), software, charger, 2 sets batteries, tripod, back pack,

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news@bhgnews.com put "Phone Book photo" on
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Tips: We don't like snow photos.
We like children. We like faces,
not shadows. We like scenery.



Deadline is March 15, 2019!

Prairie Fare

Reduce your risk of kitchen fires this holiday season

BY JULIE GARDEN-ROBINSON
Food and Nutrition Specialist
NDSU Extension

"I just found out that our wired-in smoke detectors were recalled a few years ago," my husband told me one morning.

I am sure my wide-eyed expression conveyed concern. We change the batteries regularly but we didn't know we had potentially defective smoke detectors.

"I'm replacing all of the smoke detectors," he added quickly.

"How did you find out they were recalled?" I asked. I didn't remember seeing any notice.

"I looked it up online," he responded.

When was the last time you checked your smoke detectors? According to the U.S. Fire Administration, smoke detectors have a "shelf life" of 10 or fewer years.

Fires are a risk, especially during the holiday season. If you have a Christmas tree in your home, be aware that one of every 45 home Christmas tree fires results in death, according to the U.S. Fire Administration. Fortunately, Christmas tree fires are rare.

During the holidays, people often do more cooking, and the number of fires associated with cooking food increases sharply.

How much do you know about fires? Here are some questions gleaned from information from the National Fire Protection Association and U.S. Fire Administration. Explore their educational resources for more information. The answers to the questions are at the end of the quiz.

Question 1: Cooking fires are the No. 1 cause of home fires and injuries. What is the leading source of kitchen-related home fires?

- a: Ovens
- b: Ranges or cooktops
- c: Small appliances

Question 2: If a small fire starts in a pan on your stove, what should



This fudgy treat has a fiber-rich not-so-secret ingredient: beans. (NDSU photo)

you do?

- a: Throw it in the sink
- b: Cover it with a lid
- c: Pour water on it
- d: Run through the house and throw it outside

Question 3: During which three days of the year do most home cooking fires occur?

Question 4: You might make heritage recipes such as homemade doughnuts or rosettes during the holidays. List at least three important things to do to help prevent fires when frying food of any type.

Question 5: What is the source of most home decoration fires?

- a: Outdoor Christmas lights
- b: Candles
- c: Indoor Christmas tree lights

Question 6: If you enjoy candles as part of your holiday decor, how far should they be away from anything that burns?

- a: 6 inches
- b: 12 inches
- c: 18 inches
- d: 24 inches

Here are the answers. 1. b; 2. b; 3. Thanksgiving (No. 1) followed by Christmas and Christmas Eve; 4. Stay in the kitchen with an eye on the food. Place cookers such as deep-fat fryers on a flat, heat-resistant surface. Heat oil slowly. Don't overheat oil; if the oil smokes, you are overheating it. Add food gradually to avoid splattering oil. Have a lid by the

pulled out flip phones. They all laughed as they held them up.

My husband laughed as he told me about it later, saying they were so quick on the draw that it was like watching an old western.

We've been living with cell phones only the past three months during our transition. It's been long enough for me to realize that we will be adding a landline when we make the final move because half the time my husband doesn't have his phone turned on.

I think that's still the case with more than just us. But it's been really nice having my smartphone with GPS and other uses right at my fingertips.

Baby, they've come a long way and I will admit that now I'm happy about it, especially when our grandchildren send a text that simply says, "Hi Grandma!" Or the 5-year-old calls us herself out of the blue on Facetime to say hello. Now that's worth it all!

pan to smother small fires. If you can't put out a small fire, get everyone out of the house and call 9-1-1. 5. b; 6. b.

Have fun baking and cooking during the holiday season, but exercise some precautions. Here's a fudgy treat with a fiber-rich not-so-secret ingredient. Our taste testers loved them.

PEANUT BUTTER BLACK BEAN BROWNIES

1 (15-ounce) can reduced-sodium black beans, drained and rinsed

3 eggs
3 Tbsp. canola oil
3/4 c. granulated sugar
1/2 c. unsweetened cocoa powder

1 1/2 tsp. vanilla extract
1/4 c. peanut butter
1/2 tsp. baking powder
Pinch salt

1/2 c. peanut butter chips
1/4 c. dark chocolate chunks
Crushed peanuts (optional)

Preheat oven to 350 F. Lightly coat an 8- by 8-inch baking dish with nonstick cooking spray and set aside. Put black beans in a strainer and rinse thoroughly, then place in food processor with oil and process until smooth/creamy. Add eggs, sugar, cocoa powder, vanilla extract, peanut butter, baking powder and salt; process until smooth. Add half the amount of peanut butter chips and pulse the food processor to mix in the chips. Repeat with the remaining chips, along with the chocolate chunks. Put the batter into the prepared pan and smooth the top with a spatula. Top with chopped peanuts if desired. Bake for about 35 minutes or until the edges start to pull away from the sides of the pan. You can test the center by inserting a toothpick. If the brownies are done, the toothpick will come out clean. Let brownies cool for 10 minutes, then cut into 2-inch squares.

Makes 16 servings. Each serving has 130 calories, 6 grams (g) fat, 4 g protein, 17 g carbohydrate, 3 g fiber and 115 milligrams sodium.

Diet tips for 2019

Most of us have known someone who has been on a weight-loss diet, and perhaps the person lost a considerable amount of weight.

Maybe you are pondering weight loss as a goal in the coming weeks or months. We hear weight-loss promotions all around us, especially as we begin a new year. In fact, the weight loss industry is worth more than \$66 billion annually in the U.S.

You may have seen late-night infomercials promoting exercise gadgets or supplements that promise quick fixes. These miracle potions and devices can be tempting.

Who doesn't want to press the "easy button" on challenging issues, at least once in a while?

As we know, excess weight can increase the risk for many



You can make this dinner with nutrient-rich veggies in one pan. (NDSU photo)

diseases, including diabetes, heart disease and cancer. Carrying extra weight can promote joint issues leading to mobility problems.

Losing even 5 to 10 percent of body weight (if overweight) can reduce the risk of diabetes and other chronic diseases.

More than 20 years ago, the National Weight Control Registry was launched in the U.S. The participants continue to track their outcomes long-term, and many research papers have been written about their progress through time.

Most (98 percent) modified their food intake to lose weight, and most (94 percent) increased their physical activity. The most common physical activity was walking.

About 45 percent lost weight on their own, and the rest had help from some type of weight-loss program. In all, they had some important things in common. They ate breakfast every day (78 percent), and they exercised an hour per day (90 percent). About 62 percent watched fewer than 10 hours of TV weekly.

Instead of a "diet," consider some general tips that promote behavior changes:

- * Keep a food diary to see what you are eating and when you eat. You can rate your level of hunger during eating and snacking in your journal, too.

- * Eat a balanced breakfast that includes at least three of the five food groups.

- * Keep high-fiber, low-sugar snacks, such as fresh vegetables and fruits, on hand.

- * Consider your drink choices. Drink water instead of sweetened beverages when you are thirsty.

- * Get enough sleep. Aim for seven to eight hours of sleep per night.

- * Serve yourself smaller serving sizes or take home part of restaurant meals.

- * Avoid eating in front of the TV.

- * Get moving. To lose weight, experts recommend 300 minutes of moderate activity per week (60 minutes on five or more days of the week). Walking at a pace of 4 miles per hour can help promote weight loss.

- * Set a goal and track your progress.

See <https://www.choosemyplate.gov> for tips such as these:

- * Vary your veggies. Aim for at least 3 cups of vegetables daily.

- * Focus on whole fruits instead of fruit juices. Aim for at least 2 cups of fruit, especially whole fruit, daily.

- * Make half of your grain choices whole grains. Try whole-wheat bread and pasta, oatmeal and brown rice.

- * Switch to low-fat or fat-free dairy.

- * Vary your protein routine. Choose lean proteins of all types.

We have resources and links to help men and women maintain their health. Check out our newest



Julie Garden-Robinson

website (<https://www.ag.ndsu.edu/healthwiseformen>), which launches a statewide initiative to promote women's health. See <https://www.ag.ndsu.edu/healthwiseforguys> for information on men's health.

Here's a delicious dinner with nutrient-rich veggies to enjoy without guilt on a chilly winter night. "Sweet" paprika is the typical paprika we buy in the grocery store; hot paprika and smoked paprika have a different flavor. You can vary the flavor of this dish by using your favorite type of paprika.

PAPRIKA CHICKEN AND VEGETABLES ONE-PAN MEAL

6 chicken thighs
1/4 tsp. salt, divided
1 pound Brussels sprouts, trimmed and halved
2 sweet potatoes, peeled and cubed

2 shallots, peeled and quartered
3 1/2 tsp. garlic, minced, divided

3 Tbsp. olive oil (plus more for drizzling)

1 Tbsp. fresh lemon juice
Spice Mixture

2 Tbsp. sweet paprika, divided
1 tsp. dried cilantro, divided
1 tsp. allspice, divided

Preheat the oven to 425 degrees F. Sprinkle chicken lightly with salt on both sides. Set the chicken aside while you prepare the rest of the ingredients. Place the Brussels sprouts, potatoes and shallots on a large sheet pan. Season the vegetables lightly with salt and drizzle olive oil, then toss the vegetables to mix. In a small bowl, mix the spices. Sprinkle 1 Tbsp. of the spice mixture on top of the veggies. To the remaining spice mixture, add 2 tsp. garlic, 3 Tbsp. olive oil and 1 Tbsp. lemon juice. Stir into a paste. Brush both sides of the chicken and under the skin with this paste. Add the chicken to the pan, then sprinkle remaining minced garlic on top of the chicken and vegetables. Roast for about 35 minutes, until the chicken reaches 165 F and the vegetables are tender.

Makes six servings. Each serving has 360 calories, 21 grams (g) fat, 17 g protein, 28 g carbohydrate, 7 g fiber and 210 milligrams sodium.

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Calendar

Saturday, Dec. 29

A 100th birthday party is being held for Evelyth Wohlk beginning at 4 p.m. with social time, program and supper to follow at Ryder Community Center. Everyone welcome. No gifts requested.

Monday, Dec. 31

CCM "Jump Start Your Resolution Run" 5K, St. Paul Lutheran Church, 10 a.m., No registration required.

Tuesday, Jan. 1

First Day Hike, Fort Stevenson State Park, 5-7:30 p.m.

Wednesday, Jan. 2

Adult Health Services and Foot Care Clinic available at the senior center in Douglas. Please call 463-2641 to schedule an appointment.

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

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

Underwood Civic Club will meet at noon at the city hall.

Visit Northland Health Centers in Turtle Lake, 416 Kundert St., 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

Washburn Area Dollars for Scholars will meet at 6:30 p.m. at Washburn Public Library. The public is invited and encouraged to attend. Parents are especially encouraged to attend.

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

Wilton City Commission meeting is set for 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

Thursday, Jan. 3

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

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

BHG's Carnival For A Cause is taking place in between all Washburn/Wilton-Wing double header games starting at 4 p.m. at Washburn Public School Olde Gym. All proceeds to be donated to the McLean Family Resource Center and Wilton Food Pantry.

Food Bank at Sheridan County Courthouse is open from 1 to 4 p.m.

Friday, Jan. 4

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

If you have been in Wagon Wheel in the last 39 years, chances are you have been helped by Cyndie Perkerewicz. Please help us celebrate Cyndie's 39 years of helping make Wagon Wheel a success. We would love you to stop in and wish her well and share some great memories with her from 10 a.m. to noon.

Saturday, Jan. 5

Texas Hold'em Tournament at Hebron Community Center. Registration is set for 11 a.m. Pre-register by calling 701-974-3980.

Monday, Jan. 7

McClusky Job Development Authority meeting, 7 p.m., city hall.

McClusky Fire Department meeting, 8 p.m.

Goodrich City Council meeting, 5 p.m.

Martin City Council meeting, 7 p.m.

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

The Christian Women's Club of Harvey and surrounding area will be having a "What Is Your Favorite Soup?" luncheon from noon to 1:30 p.m. at Assembly of God Fellowship Hall, Harvey. For reservations, call 324-4728 or 324-4553.

Tuesday, Jan. 8

Sheridan County Commission and Park Board meeting, 12:30 p.m.

Goodrich School Board meeting, 6 p.m.

McClusky School Board meeting, 8 p.m.

The Washburn Civic Club will meet at noon at Dakota Farms.

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

Lawrence Stephenson Post 133 of the American Legion to meet at 6:30 p.m. for supper, meeting to follow.

Turtle Lake Chamber of Progress meeting, noon.

Underwood School special board meeting, 7:15 p.m.

Wednesday, Jan. 9

Adult Health Services and Foot Care Clinic, Butte. Please call 363-2506 to schedule an appointment.

Washburn Study Club soup and sandwich luncheon, 11:30 a.m. to 1 p.m.

Kids Club will meet after school in the school lunchroom in Underwood.

Thursday, Jan. 10

Sheridan County Senior Citizen potluck.

The Share-Exchange (clothing giveaway) will be open from 1 to 5 p.m., at 221 Main St., Turtle Lake.

Washburn School Board meeting, 7:30 p.m.

Gardening Tips

A new (to us) nasty

BY BEV JOHNSON M.G.

University of Minnesota
Extension Master Gardener

Most gardeners are aware of the threats some plants have to our native plants. Think of the European buckthorn for instance. It was imported for its nice shape and thickness, perfect for hedges. Unfortunately, like many other plants from other parts of the world, it thrived here. Even worse, birds loved the berries and planted them, already fertilized everywhere. Now our woodlots have buckthorn as the main understory shrub, pushing out the natives. In 2012, a new problem plant began to show up in Wabasha, Washington and Dakota counties in the road ditches, yards, river bluffs, grasslands, forest edges and prairie edges, Grecian foxglove.

Grecian foxglove was apparently introduced as a new garden flower. Like our regular foxglove, it is a biennial. The first year rosette looks like our native plantain weed. The second year the flower it looks like any other foxglove, about 2 to 5 feet tall with cream to yellow flowers with a white tongue. Flowers are bee pollinated and the seeds are produced in oval pods. This plant produces only by seed and it is a prolific producer of them. It spreads by wind, water, vehicles, people and animals. It is a particular threat to oak savannas and prairie plant communities. Its threat to humans is the cardiac glycosides, like digitalis and dioxin, it contains. When commercially prepared these chemicals are life saving heart medicines. Our garden foxgloves have the same chemicals in them but are not known to be invasive.

There are three ways to eradicate this plant; hand pulling, mowing and herbicides. The last two have some problems. Mowing just stunts the plant. It can sneakily lay down and still flower. Herbicides can and do drift and kill or injure other plants and need to be spot sprayed. Hand pulling is best, but by far the most dangerous. You must prevent any part of the plant from touching your bare skin. Prolonged contact can affect your heart as the cardiac chemicals are in all parts of the plant. If the plant hasn't gone to seed, you can leave it where you pulled it. If it has seeds, do your best not to speed them. Bag and burn and stand downwind from the smoke as it may carry the chemicals.



Bev Johnson M.G.

Burning the whole area hasn't been effective.

If your estate needs a bit of gold to live it up, you are in luck. Fire Chief arborvitae is a small evergreen that is hardy to zone 3, that's us. It is a real chameleon. It starts out a sage green with red tips. The tips mellow to tones of orange, peach and yellow during the growing season and a bright orange to red all winter. He's a neat, round fellow that needs very little pruning to stay a nice tight shape. Better yet, he has no bad habits. He's not a fast grower or a slow one, has no insect or disease problems and doesn't winter burn. He wants full sun, at least 6 hours of direct sunlight. What a contrast he would make in mid winter, against his bigger brother, a green arborvitae. Add a few red twigged dogwood shrubs in a damp spot and your yard would look like Christmas all winter long. Just saying.

Christmas left-overs

You have heard this information before, but it bears repeating. When you are ready to get that shedding tree out of the house, don't just throw it to the curb. It still has a very important job to do. To help keep the clean up slightly less messy, drape the bottom of the tree in an old sheet. Then get out your clippers and dismember the tree. Start at the top and save the branches as you cut them off on another sheet. The naked stem can be cut into 1 foot hunks for solitary bee houses to be hung in the spring. This is a great job for those boys who have to be in because it's too cold to go out during the Christmas break. The branches are an excellent mulch laid against the foundation if you have tulips and daffs there or on the flower gardens as, up to now,

we have no snow cover to keep the soil frozen. If the soil freezes and thaws, it can push your plants out of the soil killing the roots. Mulch helps to keep this from happening.

Now about the wreaths and ropes of real greens. Take off anything artificial and chuck them on the garden too. In the spring, all the needles and leaves will have fallen off leaving only the foundations to either repurpose, or put in the trash. The stuff that falls off is great for the garden. Needles leave small holes in the soil as they rot leaving spots for air and water to penetrate more easily.

Now about that poinsettia. You did take it out of that fancy pot cover didn't you? If not, do it now. The cover is waterproof so if you overwater it the water stays in the cover rotting the roots. Stick a saucer under it to catch the water. When it overflows you gave it too much. If you must have the cover, cut the bottom out of it at least. When the red leaves fall off, compost it! It will never flower again and will only get taller with more and more naked legs. Yes you can keep it on a sunny place and put it out in the spring but it will still not flower again. It could be a filler in a pot if you are really desperate to keep the ugly thing.

If you got a pot of spring flowers, and you have a space in your flowerbed for them, and who doesn't have a tiny space for miniature daffodils, crocus and iris, you can save the bulbs. After all the blooms are gone, keep watering the pot until all the leaves have died then let it dry out. Put the pot in a cool spot. Next fall, dump the pot out, separate the bulbs and plant them in the garden. The daffs will usually come back as will hyacinths and some crocus. The iris are pretty iffy.

Most other potted flowers you may get during the holidays can be kept for a long time. Keep them out of a draft and in bright sun. As the flowers fade, deadhead them. If the foliage is nice and green, there is hope. Give the plant a light fertilizing and keep it well watered. In the spring, if it looks reasonably healthy, re-pot it and put it out in a shady spot for the summer. It may or may not re-bloom but at least, you have given it a fighting chance. This is just general advice. Each plant has its own special care. Look it up on extension.umn.edu/yard-and-garden. If you have a sick plant, add #solve.

Now you know that even Christmas can be recycled.

Traffic

The following are the proceedings of South Central District court for the month of November 2018. Prepared from McLean County Clerk of Court office records.

Hunt before/after legal hours (in excess of 30 minutes): Bailey James Dean Bauer, Garrison; Alexander Reid Ermer, Garrison; Casyn Lee Kolden, Garrison;

Loaded firearm in motor vehicle while hunting: Chad Michael Bergan, Mandan;

Exceeded possession limit on ducks - 1 over: Kayla J Berry, Eagan, Minn.; Wayne J, Berry, Jr. Brainerd, Minn.; Jeremy Lee Olson, Alexander;

Unplugged shotgun hunting migratory birds: Malcolm Joseph Blackaby, Washburn;

Licenses to be carried on person - shown officers on demand: Seth Allan Gravesen, Berthold; Carter D Brown, Miamisburg, Ohio;

Steel shot violation: Kevin Eugene Janz, Ryder;

Use motor vehicle off established road or trail: Larry

D Smith, Whitewater, Colo.;

Dennis Alan Wallace, Minot;

Permitting unauthorized minor to drive: John Colin Bearstail, Lincoln;

Violation of registration provisions-driver: Christopher Ray Eng, Underwood; Gabrielle Rose Hummel, Garrison;

Driving without liability insurance-driver: Lebray Roberts Heart, New Town; Sarah Rebekah Flyingby, Mandan; Keoke Kalakaua Myers, Underwood; Ashlee Pearl Ann

Shattun, Minot;

Failure to wear seatbelt:

Marvel John Heart, New Town;

Disregarding a stop sign:

Garrett John Pfeiffer, Washburn; Benjamin Ross Swaim Jr, Grand Forks;

Failure to maintain control-reportable accident: Adam John Vaughn, Mercer;

Driving without liability insurance-driver-2nd or subsequent violation in 3 yrs:

Traffic page 7



Saturday, January 5, 2019 @ 10:00 AM CT, Ralph Renner Collectible Gun Auction AND Guest Steve Gowin. Online Bidding Powered thru Proxibid 150 plus guns, more information coming soon....Baymont Inn & Suites, Mandan, ND. www.wolffauctioneers.com

Saturday, January 25, 2019 @ 1:00 PM CT, Heine/Preisinger/Gomke - Hebron Community Center - 160 acres Absolute Real Estate. G&G Auctioneers 701-878-4001 www.midwestauctions.com/gandg

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; 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 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 this newspaper and we'll make sure you do. 701-463-2201 or 1-800-658-3485.
 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, 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

ND17009GT Soybean seed for sale. Registered and certified. Glyphosate tolerant. You can keep your beans as seed for your farm. Call Tyler 701-426-4028
 30-35-E-PD 58540



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AAC Carver	Soybeans
CDC Amarillo	ND17009GT
CDC Saffron	Flax
HRSW	AC Prairie Thunder
MS Camaro	Canola
MS Barracuda	CS2100
ND VitPro	CS2300
LCS Breakaway	ROUNDUP READY SPRING CANOLA
Durum	Chick Peas
ND Grano	CDC Orion

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Help Wanted

HELP WANTED



BAR & GRILL
 is looking for
BARTENDERS AND COOKS

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83
 337-2070

HELP WANTED

Head Start in Hazen is hiring Support Service person. Duties include shopping, bus route, help in classroom, and cleaning vehicles, classroom and playground. 25 hours per week during the school year. Enjoy summers off!
Apply at <https://hitcareers.org> or call for info 701-663-9507. Pay \$11.59/hour.
 Apply no later than January 6, 2019

HELP WANTED - CHAPLAIN

McLean County will accept applications until 4:00 P.M. on Wednesday, January 9, 2019, filling one (1) position as a **part-time Chaplain in the Sheriff's Department** with a pay rate of \$15.35/hour. For further information on the position or to obtain a McLean County job application form, interested individuals may contact the McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577 or call (701) 462-8541. Only official McLean County application forms will be accepted. An application form can be accessed from the county's website: <http://www.mcleancountynd.gov/employment>. Resumes may be included with the application but will not be accepted in place of an approved application form. To be considered, all applications and related items must be submitted to the McLean County Auditor.



Great River Energy (GRE) has the following Job Openings:

- **Associate Chemist** to collect and analyze process samples at Coal Creek Station in Underwood, ND. Will safely operate the chemical injection, water treatment, and demineralizer systems for maximum efficiency and output. Bachelors degree in Chemistry or a science field. Application deadline is January 7, 2019.
- **Building Utility Maintenance Technician** at Coal Creek Station in Underwood, ND. Will perform general building repair, building maintenance and general housekeeping to maintain equipment, facilities and grounds. Complete project work such as painting, sandblasting, tile work, staging materials and equipment for scheduled maintenance and clean up. High school diploma, GED or equivalent. A minimum of two years of experience in a generating plant or heavy industrial facility required. Application deadline is January 3, 2019.

~ Qualified candidates will find we have a lot to offer: Comprehensive benefits package, wellness programs, continuing education, generous retirement plan, a team based collaborative culture and more! Please **apply at www.greatriverenergy.com** under the Careers tab before the application deadline.

GRE is an EEO/AA/Minority/Female/Disabled/Vets Employer.



Help Wanted

HELP WANTED AT

CHI St. Alexius Health - Turtle Lake
 Imagine better health.™

Turtle Lake Hospital

• **Full-time Nurse Aide**

Experience preferred but not required. Contact Jessie Martin, Director of Nursing at 701-448-2331 ext. 206 or jmmartin@primecare.org.

This institution is an equal opportunity provider and employer.

Livestock

TURTLE LAKE WEIGH STATION will be shipping cows and bulls out Jan. 14 and Jan. 28. Have them there by 11 a.m. Call Darin, 701-315-0144.
 43-TFN-E-X 58577

Misc. for Sale

ASSORTED STEEL GATES for corral. Wood/coal stove with brick liner, good for shop. 1988 Mercury, good shape. Small homemade calf chute with head gate. Waldo Westrum, Turtle Lake, ND 701-448-2498 - cell 701-220-5819.
 33-P2TX 58540

FIREWOOD: mixed hardwoods, cut - cured - split. You haul or we'll deliver and stack. 448-2504, 448-2883, 833-2883
 19CTFNALL 58540

Help Wanted

Help Wanted

HELP WANTED



is looking for

SALES ASSOCIATES

Full Time or Part Time

Stop in for an application
 200 5th Ave SE, Garrison

WANTED

McLean County Jailer/E-911 Dispatcher

McLean County will accept applications until 4:00 P.M. on Wednesday, January 9, 2019, filling one (1) or more positions as full-time Jailer/E-911 Dispatchers.

Flexible Hours! Starting salary is \$36,279 annually; the full salary range for the position is \$36,279 - \$54,420 annually.

A full benefit package is offered including paid health insurance (family and single), paid retirement, annual leave and sick leave.

For further information on the position or to obtain a McLean County job application form, interested individuals may contact the **McLean County Auditor's Office, PO Box 1108, Washburn, ND 58577** or call (701) 462-8541.

Only official McLean County application forms will be accepted. An application form can be accessed from the county's website: <http://www.mcleancountynd.gov/employment>. Resumes may be included with the application but will not be accepted in place of an approved application form. To be considered, all applications and related items must be submitted to the McLean County Auditor.

Misc. for Sale

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. 1-E-TFN-NC 58577

Mobile Homes for Sale

14 X 70 MOBILE HOME for sale in Minot. New appliances, recent updates, very nice. Call 720-5746 or 337-5746.
 32-P3XT 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., M- F.
 1-E-TFN-NC 58577

Real Estate for Rent

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

1, 2 and 3 BEDROOM apartments for rent in Beulah, Hazen and Washburn starting at \$500/mo. Call Kelly at Orange Property Management. 701-861-6095.
 34-TFN-E-X 58523

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

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

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

Services

DAVE BAUCH PLUMBING & Heating. Water Heaters, Sump Pumps, Furnaces, Faucets & Asst. Plumbing & Heating Repairs, and New Construction. 337-5440 or 337-6066
31-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.
9-34-E-PD 58577

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

Statewides

HELP WANTED
MAYVILLE STATE UNIVERSITY is seeking applicants for various positions including Accounts Receivable Specialist, Academic Advisor, and Admissions Coordinator. For more information, please visit mayvillestate.edu/employment.

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 | info@rawapplicators.com

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.

2018 ND MEDIA GUIDE: Names, addresses, phone numbers, e-mails of all ND newspapers, radio/TV

Statewides

stations, specialty publications. Only \$25. ND Newspaper Association, 701-223-6397.

BIDS

THE GARRISON FIRE Department is seeking bids for a new pumper. Bid specs can be requested by emailing gfdfire@restel.com; calling 701-897-1635 (Bruce) or 701-337-6439 (Paul).

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.

MISCELLANEOUS FOR SALE EVERY NORTH DAKOTA newspaper. That's where your 25-word classified ad will appear for only \$160. Contact this newspaper for details.

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

Sudoku Puzzle #3921-M

1			2			3	4	5
		3	6	4			2	
	7				5			8
	5				2			1
	3						9	
9			8				7	
4			1				5	
	1			6	4	2		
8	2	6			9			4

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Medium

TRAFFIC

continued from page 5

Brandon Todd Ahmann, Minot; Jacob Ray Yester, Garrison;

Driving without liability insurance-owner: Benjamin Wayne Duben, Coleharbor;

Care required: Kyle Anthony Flaten, Minot; William Drake Frese, Minot;

Driving without a license: Sarah Rebekah Flyingby, Mandan; Cean Daniel Thomas, McCullough, Garrison; Keoke Kalakaua Myers, Underwood; Robin Emiliano Tista Reyes, Minot; Claude Johathan Trusty, New Town;

Failure to display plates or tabs-driver: Michelle Drake Hayes, Garrison;

Failed to display current registration, plates, tabs: Robert Lee Hudson, Bismarck; Cean Daniel Thomas, McCullough, Garrison; Nathan Scott Schumacher, Bismarck;

Open container-passenger: Dawn Marie Jimenez, Fargo;

Use a shotgun capable of holding more than 3 shells while hunting waterfowl: Levi Adam Knudson, Minot;

Overtaking school bus: Brandi Lee McArthur, Garrison;

Failure to display number plates: Dakota Edward Schenfisch, Garrison;

Drove without operator's license: Melda Marie Silk, Bismarck;

Transporting game for another: Tiera Rose Syverson, Jamestown;



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"The Wipers"

Across

- 1 Coal unit
- 5 Snatches (up)
- 10 Short cut
- 14 Son of Isaac
- 15 Celtic Bird
- 16 Apple leftover
- 17 Starting point
- 18 Broadcasting
- 19 ___ d'amore
- 20 Wholesale children's clothing site
- 23 Raiding grp.
- 24 Down and out
- 25 1964 Presley flick
- 31 Hanukkah pancake
- 32 Seesaw
- 33 Letters after R
- 36 Pulitzer writer James
- 37 Parts
- 38 Bakers' wares
- 39 Mafia boss
- 40 Beau
- 41 Abandons at the altar
- 42 Bail jumper's pursuer
- 44 In the company of
- 46 Blond shade
- 47 Ice skating Olympian of '84
- 52 Stalk
- 53 Trail
- 54 Laddie's love
- 57 Director Premiering
- 58 Fit to be tied
- 59 Shed
- 60 Overbrim
- 61 A chorus line
- 62 Alluringly attractive

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
		20		21					22			
			23					24				
25	26	27			28	29	30					
31				32					33	34	35	
36				37					38			
39				40					41			
			42					43				
	44	45						46				
47					48	49	50			51		
52					53				54		55	56
57					58				59			
60					61				62			

Down

- 1 Journey part
- 2 Bring to bear
- 3 Neighbor of Earth
- 4 Simulated shot, as in basketball
- 5 Latin hymn
- 6 Captain, e.g.
- 7 Asian sea name
- 8 French cheese
- 9 Hospital supplies
- 10 Monkey Trial defendant
- 11 Passing play?
- 12 O. Henry specialty
- 13 Cheat, in a way
- 21 Au fait
- 22 Getting warm
- 25 ___ the Impaler (Dracula prototype)
- 26 "Otello" baritone
- 27 Dodge Ram engine
- 28 Pass out
- 29 Hotel employee
- 30 Each's parnter
- 33 Delta deposit
- 34 French head
- 35 "Back in the ___"
- 37 Does without creature comforts
- 38 Tiny openings
- 40 Habit
- 41 Solomonlike
- 42 Keister
- 43 Horse restraint
- 44 Intense
- 45 ___ Carlo
- 47 Kaput
- 48 Plot part
- 49 Aim
- 50 Captivated by
- 51 Partner of rank and serial number
- 55 Half a dozen
- 56 Place for a pig

Sudoku Solution #3921-M

1	6	9	2	8	7	3	4	5
5	8	3	6	4	1	9	2	7
2	7	4	3	9	5	1	6	8
6	5	8	9	7	2	4	3	1
7	3	1	4	5	6	8	9	2
9	4	2	8	1	3	5	7	6
4	9	7	1	2	8	6	5	3
3	1	5	7	6	4	2	8	9
8	2	6	5	3	9	7	1	4

Solution

L	U	M	P		G	R	A	B	S		S	N	I	P	
E	S	A	U		L	A	R	R	Y		C	O	R	E	
G	E	R	M		O	N	A	I	R		O	B	O	E	
			S	P	A	R	K	L	E	I	N	P	I	N	K
				F	B	I			N	E	E	D	Y		
V	I	V	A	L	A	S	V	E	G	A	S				
L	A	T	K	E	W	A	V	E	R		S	T	U		
A	G	E	E		R	O	L	E	S		P	I	E	S	
D	O	N		W	O	O	E	R		J	I	L	T	S	
			B	O	U	N	T	H	U	N	T	E	R		
			A	M	O	N	G		A	S	H				
S	C	O	T	T	H	A	M	I	L	T	O	N			
H	U	N	T		S	C	E	N	T		L	A	S	S	
O	T	T	O		I	R	A	T	E		E	M	I	T	
T	E	E	M		T	E	N	O	R		S	E	X	Y	

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THE BOTTOM OF THE BARREL

County feeling impact of plummeting oil prices

BY ALYSSA MEIER
BHG News

Even though McLean County sits on the very edge of Bakken country, not breaking the top ten for North Dakota's oil producing counties, it is feeling the brunt of oil prices that continue to drop.

County Auditor Les Korgel told McLean County Commissioners this month that WTI crude oil had dropped below \$50 a barrel, hitting the \$45 mark late last week. North Dakota light sweet oil was also falling from \$59 a barrel in September to around \$23 early this week.

With a seventh of the county's annual revenue coming from oil and gas production, Korgel said

the figures were something to watch. Korgel said the 2019 budget anticipated \$720,000 in oil and gas revenue. If prices didn't rebound, that number could be closer to \$300,000.

"Instead of getting \$60,000 a month in oil and gas revenue, we will get, if production values stay the same, about \$20,000 to \$25,000," Korgel said. "That's a big hit."

Korgel said the trade war between China and the U.S. is factoring into the sinking oil prices, which are also being hurt by an imbalance in supply and demand.

"Both Texas and North Dakota are hitting all-time highs

on production," Korgel said. In October, North Dakota produced 1.39 million barrels of oil a day and 79 million MCF of gas per day. A preliminary report provided by Korgel also showed the number of producing wells in the state at 15,344, another record.

Korgel said the boost in production is dragging oil and gas revenue steadily lower, causing concern for the county's upcoming budget year. He said prices could bounce back, or sales tax revenue and coal severance tax could offset the loss, but that the county will have to consider having a plan B, in case that doesn't happen.

"The way oil is going, we would have to consider doing a

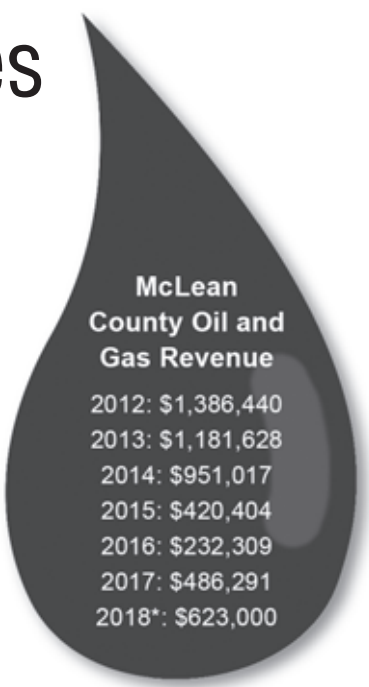
mandatory cut in expenditures for most departments," Korgel said, estimating it would take a 5 percent cut to make up the oil revenue shortfall.

Korgel said non-priority purchases, like computer and equipment upgrades and new vehicles, would likely be put off until revenue came back up.

Korgel said it is too early to tell what will happen with oil prices, but that the county will be watching carefully.

"It's something we have to keep an eye on," Korgel said.

Korgel told commissioners that they should expect some cuts to the budget, if figures didn't rebound.



Butte man arrested for fleeing, false report

BY ALYSSA MEIER
BHG News

A 19-year-old Butte man is facing charges in multiple counties after leading officers on a high-speed chase, then abandoning the vehicle and reporting it stolen to authorities.

Layne Kostenko is being charged with reckless endangerment, fleeing a police officer and providing a false report to law enforcement following an incident last week. According to a case report from the McLean County Sheriff's Department, an officer observed a black truck speeding on Highway 41 just before midnight on Dec. 19.

According to the report, the truck was clocked at 90 miles per hour in a 65 mile per hour zone.

The officer reportedly activated the patrol vehicle's emergency lights, but the truck did not pull over and continued toward Butte at speeds near 90 miles per hour. The officer eventually lost sight of the truck on a gravel road, but not before identifying a portion of the vehicle's license plate.

The vehicle, a 2006 black Chevrolet Silverado, was reported as stolen in Sheridan the next day. After being contacted and interviewed by McLean County authorities, Kostenko admitted to fleeing in the truck on Dec. 19 after fishing and drinking at Lake Audubon. Kostenko said he loaded his four wheeler into the back of the truck and left the truck in Sheridan County before reporting the vehicle, an ice auger

and generator stolen.

Kostenko said he told several friends about the incident via Snapchat.

Kostenko is facing charges in McLean County for reckless endangerment, fleeing a police officer and providing a false

report to law enforcement. He faces a separate charge for filing a false report in Sheridan County in connection with the incident.

Meier joins BHG management

Alyssa Meier of Washburn will be associate publisher for BHG Inc. beginning Jan. 1. She will work with Jill Denning Gackle and Mike Gackle to move the newspapers forward.

Meier, editor of the Leader-News of Washburn for the past four years, will continue her duties in Washburn but work in the Garrison office at least two days a week and work with the

other BHG offices as needed.

"Alyssa has proven herself as a team player who gets the big picture," Denning Gackle said.

BHG Inc. is the parent company of newspapers in Garrison, Beulah, Hazen, Center, Turtle Lake, Underwood, Washburn, New Town, Parshall and McClusky.

"Alyssa and other younger staffers are grasping how to

enhance our online presence and digital offerings," said Denning Gackle. "Print newspapers in community newspapers continue to be strong, integrated parts of our region. We want to continue to move forward with our digital services."

BHG's 20-year-old website went through a recent upgrade to a more mobile friendly version and now all print subscribers receive a free online subscription, too.

Meier said, "The last four years as editor have been such an incredible experience, and I am so excited for the opportunity to play a bit of a bigger part, work with more members of the staff and help BHG become better than ever. The future is bright."

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