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From the Front Porch

*Kathy's adventures
in cooking*

BY KATHY TANDBERG
BHG News

Editor's note: This week's column is reprinted from a previous edition.

I've been told by many that I'm a good cook. I enjoy cooking, when I cook that is. I simply cook less now that my husband and I are home alone.

My journey with cooking began as the only daughter in a house full of males -- five brothers and our Dad. So naturally I learned to cook, not that my brothers didn't also learn their ways around a kitchen.

I enjoyed hanging around the kitchen with my mother. Now if she were still here, she would tell you that yes, I learned to become

a good cook, but ...

Then she might tell you that at times I was a lazy student in the kitchen learning to cook from her. And she would be right.

Why, you might ask? Because as a young girl, while I wanted to learn to how to cook, I often had my nose stuck in a book.

"You can't boil water if you're reading a book. The pot will run over and boil dry," she often told me.

Yet, Mom was relieved that I learned many of her good habits and recipes when it came to cooking and baking. Mom was a wonderful baker as well as a cook, and she taught me what she could.

And, she was especially proud when I won a cherry pie contest with her own made-from-scratch recipe. My Dad and brothers were



Kathy Tandberg

also proud because for six weeks they got to taste all of my test pies.

The filling had to be just right, you see. Mom worked with me so that I learned how to get just the right touch to the filling so that it was still juicy, but not too runny

that it would spill over onto my picture perfect, flakey piecrust while baking.

Today, now that it's only my husband and me most times, I cook less often. Plus, my husband is also a good cook who likes to take a turn in the kitchen.

I began my cooking life using my mother's recipes, which also included some of my grandmother's. Copies of those left home with me in a recipe box so long ago.

I was 19 when I received my very first cookbook, the good old red-and-white-checked Better Homes and Garden cookbook. I would bet money that it was the first cookbook of many women of my generation and before.

It was my standard go-to cookbook when my mother wasn't

available for questions. From there, my cookbook collection began to grow with those of the occasional chef who appeared on television.

I won't go into those names, but believe me when I say that my collection grew to about three dozen cookbooks, until one day I realized I used only a handful of recipes from them and I stopped buying them.

Then one day I began to give them to my three daughters, who were starting out in their own kitchens. When they had their fill of cookbooks, I sold some or gave some away.

I still have more cookbooks now than I need, especially after I became a fan of one particular

Front Porch page 4

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This is an intersection two miles east of Plaza where Mountrail and Ward County meet. A person or emergency responder not from the area could become quite confused when counties, even the three grandfathered in as seen here with Ward, don't use the Burkle Street and Addressing System. HUNTER L. ANDES

Addressing county noncompliance

BY HUNTER L. ANDES
BHG News

A problem that the North Dakota state legislature tried to resolve nearly 30 years ago is still an issue.

In June 2018, the McLean County Independent and Mountrail County Record published a series of articles on the Burkle Street and Address System in North Dakota. In the recent weeks, the inconsistent street numbers, house numbers and lack of street signs in the area, has surfaced as being problematic and even a potential liability.

The Burkle System, crafted in the late 1980s by the late Kornard Burkle, Stark County's former 911 coordinator and emergency manager, essentially created a unified statewide grid, which is centered approximately six miles east of McLean County near McClusky. It breaks the state into four quadrants and is designed so people can find their way around the North Dakota countryside without the help of a map or GPS. The U.S. Post Office also uses this system for mail delivery.

North Dakota Century Code

(N.D.C.C.) states in subsection "D" of 57-40.6-10: "After Jan. 1, 1993, a rural plan must conform to the modified Burkle Addressing Plan." According to North Dakota's 9-1-1 website, the Burkle System is the only street system authorized for use in the state (excluding the counties of Ward, Burleigh and Grand Forks).

All other counties must use the Burkle System, but this statewide mandate isn't being followed by some. Mercer County recently addressed the 26-year-old law with which they were noncompliant. McLean County does have the Burkle System implemented but does not fully use it.

Phil Peterschick, North Dakota Department of Emergency Services GIS chief, said cleanup of address and street irregularities is coming to McLean County in 2019.

"There is a lot to be cleaned up in McLean County, especially so in the southeast corner," Peterschick said. "That corner down around Wilton is where the majority of anomalies are because of the proximity to Burleigh County."

The Wilton area is not the only

place of noncompliance, however. Street signs are few and far between throughout the county compared to that of Mountrail and Ward Counties, and the rural subdivisions, such as the ones south of Garrison, are known by county officials and area residents to be problematic.

Rural subdivisions, which use street names like Pheasant Run Road or Walleye Way, do not comply with N.D.C.C.

"Yes, a lot of people have GPS on their cell-phones and everything, but not every spot in North Dakota has reliable cell-phone coverage," Jana Hennessy, Mountrail County Engineer, said in June 2018. "Being able to physically see and know where you are at during an emergency is so important, for not only locals and 911 responders, but for people not from this area."

Todd Schreiner, McLean County mapping and GIS coordinator, would not comment on McLean County's noncompliance with N.D.C.C. in the county's rural subdivisions; however, he did say the Wilton area's compliance will be addressed in 2019.

County looking to partner with GRE

Emergency management pursuing hazardous materials exercise

BY ALYSSA MEIER
Editor

McLean County's Director of Disaster Emergency Services is hoping to conduct a full-scale hazardous materials exercise in conjunction with Great River Energy.

Noelle Kroll, of the Emergency Management department, approached the McLean County Commission on Tuesday to advise them of a potential change in plans regarding a grant that had received.

"We had gotten a grant awarded to us for hazardous materials, an (Hazardous Materials Emergency Preparedness) grant," Kroll said.

Kroll said she had been planning to use the 80/20 grant to fund a "tabletop" exercise, but she is now hoping to grow that idea.

"We were contacted by private industry, they would like to partner with us on doing a full exercise," Kroll said, adding that

it was Great River Energy that had contacted her.

Kroll said she has sent a request to the state for permission to amend the grant's purpose and put it toward a full-scale exercise. She said she would also like to start the bidding process to find a company to put on the drill.

Kroll said she will bring all bids back to the county for approval, given the state OKs the exercise. Kroll said she expected to hear back within a month.

The initial grant was for \$18,000, with the county paying \$3,600 and matching funds contributing \$14,400.

Implement authorized dealer

McLean County Implement in Washburn is pleased to announce they are the new authorized dealers for Versatile tractors, tillage and sprayer equipment for this area. They are also now the dealer for the Amity Technology group which includes the Amity/Concord Precision Shank Drill, Wil-Rich tillage equipment and Wishek Disks.

"This area has a rich history with the Versatile and Concord

trade names," Owner Dean Swanson said. "As a matter of fact, one of the very first Versatile dealerships in North Dakota was established in Washburn by Ray Wicklander in 1966. Versatile's first tractor ever built was kept at their factory, and serial numbers two, three, four and five were sold out of his dealership."

McLean County Implement will be carrying parts along with servicing these products.

Sudoku Puzzle #3939-M

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

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Across

- 1 Skatepark feature
- 5 Buddy
- 9 Profundity
- 14 ___ vera
- 15 Nozzle site
- 16 "Aren't we ___?"
- 17 Out-of-focus picture
- 18 "___ your pardon"
- 19 Actress Zellweger
- 20 March Madness failure
- 23 Intense rage
- 24 Certain intersection
- 25 John ___ Passos
- 26 Close relative
- 28 Elon Musk's company
- 30 Cows and sows
- 32 Jemima, e.g.
- 33 Fingers
- 35 ABA mem.
- 36 Physical location
- 37 Eschewed tradition
- 42 Gutter holder
- 43 "___ had it"
- 44 Bit of binary code
- 45 Genesis garden
- 46 Bud holder
- 48 Begin
- 52 Knight's title
- 53 Perfect rating
- 54 Formerly
- 56 Domingo, for one
- 57 Diner food preparer
- 61 Habitual practice
- 62 Obscure
- 63 Penny ___
- 64 Penny, nickel, dime, etc.
- 65 "If only ___ known..."
- 66 In ___ of

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				63		
64							65				66		
67							68				69		

- 67 Chilean mountains
- 68 Like some dorms
- 69 Sticker fig. on a car

Down

- 1 Bugs Bunny, e.g.
- 2 Magnetism
- 3 Cursor movers
- 4 Bold and saucy
- 5 Upbraid
- 6 "Calvin & ___"
- 7 Exploitative type
- 8 Classic L.A. metal band
- 9 Some laundry loads
- 10 Fencer's blade

- 11 Hilary's outfit
- 12 Connects with
- 13 Charlemagne's realm: Abbr.

- 21 Give the slip
- 22 Sam's Club rival
- 27 Kind of cell
- 29 Equate
- 31 Abominates
- 32 Black ink item
- 34 Nervous excitement
- 37 Honey makers
- 38 Big name in hotels
- 39 Like tennis serves
- 40 Tennis star Ana
- 41 Indy racer Al
- 47 Salad leaf

- 49 Hunk
- 50 Water cannon target
- 51 Begin
- 53 Deuce beaters
- 55 Caught congers
- 58 Arch molding
- 59 Start again
- 60 Waveless
- 61 Actress Thurman

Sudoku Solution #3939-M

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

Solution

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

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Gardening Tips

Terrarium 101

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

Petunia saw a beautifully planted terrarium in her favorite nursery last fall and decided that she wanted one. She loves to go into antique stores just to browse. She seldom buys anything- too tight. However on her next trip, she spotted a beautiful glass bowl that would be perfect for her planned terrarium. So she purchased it. The opening on the top was big enough for her to put her hand through, making the planting much easier than the planters usually sold for those tiny gardens. She had gotten an information brochure from the nursery so she was all ready to start. There were 4 layers needed in the pot before she could plant. The first layer suggested pea sized river rock. She substituted blue colored aquarium rocks. This layer is to hold water and will look nice on the bottom of the pot. Next layer was 1/2 an inch of horticultural charcoal. It was on a shelf next to the colored rocks. This is a very important layer. It assists drainage and purifies the



Bev Johnson M.G.

water, helping to prevent fungus. It also purifies the air in the terrarium. Next is a liberal layer of sphagnum moss. This keeps the topsoil where it is supposed to be, on top of the other 2 layers. Next, 2 inches of sterilized top soil. She religiously read labels on several bags of soil, looking for one that has no fertilizer or water retaining granules in them. Some of the bags she rejected listed sand, or dirt, or fertilizer or even worse, for a terrarium, water saving

granules. The last thing her pot needed was a chemical that held water. And she definitely didn't want to fertilize miniature plants.

The brochure suggested she use moss from her yard as a base. O.K., that was cheap and would look nice-if it were summer and she could do that. With a foot of snow in the backyard, that option was out. She substituted scotch moss. The pot isn't very large so she went with just one pretty fern, 3 interesting rocks and a tiny ceramic frog she had used in a fairy garden. Since the opening was large enough for her hands to fit in it, she was able to plant her garden with a small spoon and chopsticks. A small opening requires good coordination with chopsticks or whatever small tool you can find to dig a small hole for your plant than cover up the roots. If this is your first terrarium, start with a container with a larger opening or the whole mess may end up fired across the kitchen in frustration.

Keep your container in indirect light. Too bright and you may fry your plants. The walls should have a faint fog with occasional small drops of water on the sides. Large drops,

or water dripping off the top tells you it's too wet. Leave the top off for a few days.

The fairy garden faze means there are a lot of small plants to choose from. If you use baby tears be sure to keep it away from direct sun as it will turn up its' baby toes. If you want a real show stopper, go with a tall container and plant it with moss and one small orchid.

You will need a different layering arrangement for an orchid. Put in the first 2 layers then a pocket of orchard bark surrounded by the sphagnum moss in a layer of potting soil.

Petunia had so many plants that she ended up planting 4 terrariums. Bunkey was O.K. with 3 of them but the one on his desk just had to go.

FRONT PORCH

continued from page 2

television cook, Ree Drummond, The Pioneer Woman.

The recipes in her four cookbooks are mostly simple, delicious, common sense, and easy-to-follow recipes. Not much unlike those my own mother made. In fact, many of the recipes are similar to Mom's, but with a few different ingredients and an extra flair or dash of pizzazz and spice to them.

In addition, it's how Ree presents her recipes—step-by-step, photo-by-photo, from beginning to

the end. She leaves no doubt about what to do with each ingredient -- and it's simple, easy perfection!

I have all of her cookbooks, down to the newest one that was released this past October. An added bonus came when I visited her website, which I do at least once a week, and discovered that my favorite cookbook author had a round of book signings scheduled, with one in Minneapolis. That's just eight hours away!

When I read that I picked up the phone and called the friend who first introduced me to The Pioneer Woman.

from the FRONT PAGES

GARRISON – Lives washed away

Lake Sakakawea may be a summer destination for some, but for others, the water stands as an everlasting symbol — a symbol of life destroyed for those that lived in the Missouri River Valley prior to 1954. — *McLean County Independent*

WASHBURN – Carnival raises over \$1,000

The first ever BHG Carnival for a Cause took place at Washburn Public School recently between basketball games at the high school. The event raised more than \$1,000 for area nonprofits. — *Leader-News*

CENTRAL McLEAN – Elsa's Crew holding benefit

The students and staff of Turtle Lake-Mercer School are joining together to support one of their own, and they're hoping folks from around the area will join with them. The benefit is for Elsa Ravnaas, who received a heart transplant. — *Central McLean News-Journal*

BEULAH – Shutdown impacts in Mercer County

As debate continues between the political parties regarding the president's proposed border security wall, the federal government shutdown has an impact here in Mercer County. The hatchery is among the facilities that are shut down. — *Beulah Beacon*

HAZEN – Community blood drive on tap

Hazen will once again host a community blood drive next week to help provide blood for those in need. — *Hazen Star*

PARSHALL – Audit encourages school changes

There will be some changes coming in the way the Parshall School district keeps track of money in the coming years. As a result of the district's most recent annual audit, Interim School Superintendent Shane Sagert asked the board to approve some changes in the way school handles its finances. — *Mountrail County Record*

NEW TOWN – Eagles fly high at Science Fair

New Town Middle School students participated in the MHA Nation Science Fair on Jan. 7. The science fair was hosted and organized by the MHA Nation Tribal Education Department, which is led by Ruth Swaney. — *New Town News*

CENTER – Donkeyball is back for another run

Center FFA Advisor Nikki Fidely-Doll and her chapter members will welcome the community to Dairyland Donkeyball. — *Center Republican*

McCLUSKY – Historical society receives donation

The Sheridan County Pioneer Historical Society received a \$5,000 donation from the J. Arthue and Lillian Froehlich Charitable Trust. — *McClusky Gazette*

Garrison Area Improvement Association Annual Meeting

Monday, January 28th
SACA Lodge
6:00 pm - Social
6:30 pm - Meeting

Turn Your Talents into Treasure

- Have a hobby that you would like to take to the next step?
- Want to have your own home-based business?
- Where do you start?

Join Us For Supper

(free with your membership)

Business Meeting Report
Election of New Directors



Join GAIA
We welcome new members!

Membership dues are \$15,
2019 memberships can be paid
at the meeting or mailed to:

GAIA
PO Box 445
Garrison, ND 58540

We're beginning our search for the 2019 McLean County Phone Book Cover



Email a high resolution, in-focus photo to:
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!

Calendar

Saturday, Jan. 19

The Community Cupboard of Underwood will be open from 10 a.m. to noon at 208 Lincoln Avenue. All in need are welcome to receive food and household goods at no cost.

Sunday, Jan. 20

Financial Peace University Class will be held at the Washburn United Methodist Church at 7 p.m. for nine consecutive evenings. To register or for more information contact Pastor Kayla Buckley at 701-315-0622 or kayla.wiese@mail.northcentral.edu.

Labor of Love free community meal is from 4:30 to 6:30 p.m. at First Lutheran Church basement, Washburn. All are welcome.

Monday, Jan. 21

McClusky Municipal Court, 7 p.m.

McClusky Rural Fire Protection District annual meeting with supper at 6 p.m. and meeting to follow at city hall community room in McClusky.

Washburn Area Economic Development Association will meet at 3 p.m. at the WAEDA office, 611 Main Avenue. Open to the public to give ideas and input.

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

Garrison American Legion, Legion Auxiliary and SAL meetings, Legion Post, City Park, 7 p.m.

Tuesday, Jan. 22

Garrison Rural Fire Department annual meeting at Garrison Fire Hall. Social, 6 p.m.; supper, 7 p.m.; meeting 8 p.m.

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

Wednesday, Jan. 23

Turtle Lake-Mercer School Board meeting, 7 p.m.

Adult Health Services and Foot Care Clinic available at the Public Health office, Garrison. Please call 463-2641 to schedule an appointment.

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

The American Legion Auxiliary (ALA) of McClusky will meet at 2 p.m. at the McClusky Community Center.

Thursday, Jan. 24

McClusky Ambulance Service meeting, 7 p.m.

McClusky Merchant's Association meeting, noon, Union Grill.

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

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

Hunter Education class, Garrison High School, 6:30-9 p.m., register at gf.nd.gov.

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

A retirement open house for Dennis Hammling is set for 11:30 a.m. to 1:30 p.m. at Washburn Auto Body Shop. Stop in and congratulate Dennis on his retirement.

Four year anniversary customer appreciation day, noon to 5 p.m., Marlene's Trendz, 28 Dakota Ave., Wilton. Lunch and prizes for women, men and children.

Friday, Jan. 25

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

Piecemakers Quilt Guild open sew, SACA Lodge, 10 a.m.

Garrison Chamber of Commerce Annual Banquet, City Auditorium, social at 6 p.m., dinner at 7 p.m.

Saturday, Jan. 26

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

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.

Piecemakers Quilt Guild meeting, SACA Lodge, 9 a.m.

Fort Stevenson Fat Tire Bike Race, Visitors Center, 10 a.m. registration, race at 1 p.m.

Sunday, Jan. 27

A baby shower honoring Kristin and Ryan Peterson is set for 1 to 3 p.m. at Washburn United Methodist Church. They are expecting a baby girl. All are welcome.

Goodrich Rural Fire Protection District annual meeting, 4 p.m., Goodrich Fire Hall. Lunch served following meeting.

Monday, Jan. 28

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

Hunter Education class, Garrison High School, 6:30-9 p.m., register at gf.nd.gov.

Garrison Area Improvement Association annual meeting, 6 p.m. social with meeting to follow at 6:30 p.m. at SACA Lodge.

Tuesday, Jan. 29

WIC Nutritionist available at the Garrison office. Please call 463-2641 to schedule an appointment.

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

Wednesday, Jan. 30

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

Prairie Fare

Six dogs taught me some health lessons

BY JULIE GARDEN-ROBINSON

Food and Nutrition Specialist
NDSU Extension

"Jake, do not hurt Abby," I said to one of our dachshunds.

Jake and I locked eyes. I think he winked at me. He had most of Abby's head in his mouth, like a lion with its prey.

By the way, Abby is a year-old dachshund pup we nicknamed "Miss Abby the Troublemaker."

"She was pestering me," I could almost hear Jake say.

I watched him gently immobilize the younger dog. Obviously he knew she is a dachshund and not a rabbit from our backyard.

Jake released Abby. She immediately rolled onto her back and slid under Jake's body to nip him in the belly again. Poor Jake. Being a dog with short legs is challenging sometimes.

I think I heard Jake sigh. He trotted away, found an isolated corner and burrowed into the blankets.

During the recent holidays, our three dachshunds were joined by our friend's three dachshunds while he vacationed in another state. Yes, we had six lively wiener dogs running around some areas of our house for two weeks. I felt like the mother of six toddlers who required ongoing attention.

I especially enjoyed relaxing with six dogs on our couch, with a fuzzy blanket, roaring fire in our fireplace and a movie. We were safe from the blizzard outside. Dogs emit a lot of heat. I fell asleep.

We humans are rewarded by the companionship of dogs and other pets in many ways. In the process, I learned a few lessons from our furry pack.

- Lesson 1: Go outside and play. Yes, you can find ways to get exercise, even in the winter.

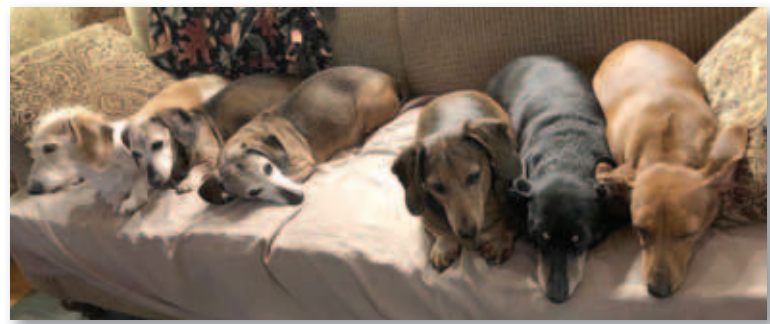
Dogs are experts in playing and they usually are very happy to run outside and chase balls, rabbits or squirrels. The six dachshunds looked like porpoises leaping through snowdrifts in our backyard.

We also had lots of playful activity going on inside our house, including dog wrestling between Abby and Chester or Jake or Louie, with Toby as the referee.

We humans can enjoy the snow by snowshoeing, cross-country skiing and skating in the winter. Snow shoveling also counts as physical activity. If the temperatures are too cold, venture to a gym or mall, or try doing indoor exercises to a DVD or online video.

Remember: We adults need 30 minutes of moderate physical activity on most days of the week, so vary your activity and find a buddy to keep you motivated.

- Lesson 2: Relax and get your needed rest. Dogs are happy to nap, but we humans sometimes are too stressed to get the sleep we need. Being around animals



Pets can teach us some health lessons. (NDSU photo)



These pull-apart garlic bubble loaves are a tasty treat. (NDSU photo)

can lower your blood pressure.

According to the Centers for Disease Control and Prevention, adults need seven to nine hours of sleep per day. To get the sleep you need, be sure your bedroom is quiet, dark and relaxing, and the temperature is right for you - not too warm or too cold.

Stay on a schedule and avoid computer or phone screens before sleep. Do something relaxing, such as reading or listening to music before going to bed. Be aware of your body's reaction to caffeine and alcohol because both can affect sleep.

- Lesson 3: Watch your food intake, especially treats. I actually taught the dogs this lesson as

I became a "dietitian for dachshunds." When the guest pets arrived, I asked our friend if I could trim their portions. Their dachshund bellies were getting closer to the floor than was good for their backs and overall health. Two of the older dogs were moving slowly.

We trimmed their food portions to about two-thirds of the original and gave them small carrots as treats. Our dogs learned to be happy with a pat on the head or having their ears scratched instead of a dog biscuit.

Trimming food intake and increasing activity worked for the dogs, just as it does for humans. Without prompting from me, their owner immediately noticed Lilly's and Toby's new-found waistlines and increased energy.

If you have (or have had) pets, you probably can think of many more lessons you have learned. Dogs are loyal creatures with unique personalities. They can help maintain your heart health, help with weight management, reduce stress and help prevent depression. Having children grow up around pets can boost their immune system and help prevent allergies.

Here's one of the recipes we tried during our holiday break. The dogs didn't share in any of it. Dogs need to stay with a diet designed for dogs. Along with garlic, dogs should not eat onions, raisins, chocolate and several other foods. Check with your veterinarian for more information about their care and feeding.

Visit <https://www.ag.ndsu.edu/food> to check out our nutrition, food safety and health information. Sign up for free newsletters, and register for our free "Field to Fork" gardening webinars launching in February.

PULL-APART GARLIC BUBBLE LOAVES

2 packages (1/4 ounce each) active dry yeast (3 1/2 tsp.)
1/4 c. warm water (110 degrees)
2 c. warm milk (110 degrees)
2 Tbsp. sugar
1 Tbsp. butter, melted
2 tsp. salt
6 1/4 to 6 1/2 cups all-purpose flour (add gradually)
1/2 cup butter, melted
1 Tbsp. dried parsley flakes
2 tsp. garlic powder
To add fiber, substitute 2 to 3 cups of whole-wheat flour for all-purpose flour.

In a large mixing bowl, dissolve yeast in warm water. Add the milk, sugar, 1 tablespoon butter, salt and 2 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough. Place dough on a floured surface and knead until smooth and elastic, about five minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about one hour. Punch dough down. Turn onto a lightly floured surface; divide the dough into four pieces. Divide each portion into 12 pieces to make 48 dough balls. In a shallow bowl, combine 1/2 cup melted butter, parsley and garlic powder. Shape each piece of dough into a ball; dip into butter mixture. Place in two greased 9-by-5-by-3-inch loaf pans. Cover and let rise until doubled, about 30 minutes. Preheat oven to 375 degrees. Bake for 35 to 40 minutes, until golden brown. Cool for 10 minutes. Remove from pans to wire racks. Serve warm.

Makes 24 servings (two small "buns" per serving). A serving has 170 calories, 4.5 grams (g) fat, 4 g protein, 27 g carbohydrate, 1 g fiber and 240 milligrams sodium.



Julie Garden-Robinson

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:** \$9.50 per column inch.
 • **CONTACT INFORMATION:** Phone: 462-8126 • Fax: 462-8128
 Email: leadernews@westriv.com • Website: bhgnews.com
 Mailing address: The Xtra, PO Box 340, Washburn, ND 58577
 • **DELIVERY PROBLEMS:** If you're having any problems getting your Xtra - when and if - we want to know. Call our Garrison office at 701-463-2201 or 1-800-658-3485 when you want to report problems.

Announcements

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

SUPPORT 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

RICHARD AND SHARON PHILBRICK will be accepting written bids for cash rent on 290.7 acres of tillable land. Owners reserve the right to reject any and all bids. Please send written bids by Feb. 1, 2019 to: Richard and Sharon Philbrick, 1567 1st Street SW, Turtle Lake, ND 58575, or email glen.philbrick@gmail.com.
 36-38-E-PD 58577

www.finkenfarmsandseeds.com
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Farm Related

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 35-40-P-PD 58540

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HELP WANTED
 Come join our team!

- Homemaker - Casual
- Cook - Casual

Apply at www.blcgarrison.com
 Call Marie Porter @ (701)463-2226
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Help Wanted

HELP WANTED



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 AND COOKS**

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Elevator Worker
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 Full-time hourly position
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Please mail resume to:
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 15 Dakota Ave.
 PO Box 188
 Wilton, ND 58579-0188
 or email to:
welevco@bektel.com
 Any questions please call:
 701-734-6780

Salary based on experience

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 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
 or call 701-463-6700 for more information



MEC is an Equal Opportunity employer.



Plant Systems Engineer

We are hiring a Plant Systems Engineer with an **emphasis in electrical engineering** at Coal Creek Station located in Underwood, ND. Provide engineering and project management support to maintain and continually improve all North Dakota generation facilities. Responsible for investigating and evaluating equipment failures, practices, procedures and system changes to achieve optimum performance.

Experience with distributed control and SCADA systems, electrical distribution, design protection and coordination desired. Bachelor's degree in Electrical Engineering.

If you're ready to work in an environment that's rewarding, challenging and exciting **apply at www.greatriverenergy.com under the Careers tab by January 28, 2019.**

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



Help Wanted

HELP WANTED AT



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.



At Basin Electric, our employees are the heart of our organization. Together with our subsidiary Dakota Gasification Company, we employ more than 1,800 people across multiple Midwestern states. In addition to competitive salaries, we offer an incredible benefits package.

Please check our website for the closing dates of these job openings.

Basin Electric Power Cooperative

• Service Dispatcher (PT) (2 Positions) - Bismarck, ND

For job details, go to jobs.basinelectric.com

Questions? Call 701-557-5603

Dakota Gasification Company

• E&I Field Technician I-V (Instrumentation Discipline) - Beulah, ND

For job details, go to jobs.dakotagas.com

Questions? Call 701-557-5603

Equal Employment Opportunity Employer of Minorities, Females, Protected Veterans, and Individuals with Disabilities.



HELP WANTED



is looking for

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 ASSOCIATES**

Full Time or Part Time

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 200 5th Ave SE, Garrison

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

HELP WANTED

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

Full Time Positions

- RN / LPN
- Licensed Social Worker

Part Time Positions

- RN / LPN
- Cook - 3 Days/Wk
- Dietary Helper
- Housekeeping / Laundry 4 Days/Wk

For more information call
 701-463-6503

Pick up application in Administration or online at
CHISTAlexiusHealth.org



Garrison Hospital

This institution is an equal opportunity provider and employer

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

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.

Misc. for Sale

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

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
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.

Real Estate for Sale**McLean County Farmland For Sale On Bids!**

S2NW¼ & Lots 7 & 8 of Section 3 147N 086W McLean County ND 120.35 acres of cropland/34.53 acres non cropland

Current Owner: Barbara Vasicek, Julie Anderson & Joseph Buckley

Terms of Sale: Cash or buyer arranged financing, \$5,000 earnest money deposit upon notice of acceptance of bid, closing and balance to occur on or before March 1, 2019.

Minerals: Seller reserves any or all mineral rights the seller may now own of record.

Bids: Written, sealed bids will be accepted until 4:30 PM January 31, 2019 delivered to West Inkster Realty 152 N Main, Garrison ND. The top 3 bidders will have the right to orally raise their bids in person at 11 AM on February 5th at the office of West Inkster Realty.

Sellers Obligations: The seller will provide updated abstract or title insurance, warranty deed and 50% of the settlement fee, buyer to assume 2019 taxes. The seller reserves the right to reject any or all bids and to modify the oral bidding requirements.

Information: Bid packets with aerial map, soil map along with bid forms may be obtained from Mike Matteson, Broker Owner West Inkster Realty 152 N Main, Garrison ND 58540 or by email at gsbair@rtc.coop

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Contact us for all your Real Estate and Insurance needs!

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

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

Vehicles

2008 CHEVY SILVERADO 4.2 single cab 67K miles Arizona truck. Leer shell, eight new tires on rims, excellent condition, \$11,500. Call for pictures, 701-315-0270. 36-37-E-X 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
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.

CITY OF CARRINGTON is hiring

Statewides

full-time Police Chief. Salary DOE. For information visit www.carringtonnd.com or call 701-652-2911. Equal Opportunity Employer.

BUILDING SERVICE TECHNICIAN. NDSCS has FT, 12 month benefited position with custodial / maintenance duties in Wahpeton. Hours Mon/Fri: 2 pm to 10:30 pm. 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 more information go to: www.ndscs.edu/hr/ EOE

CITY OF MADDOCK seeking full-time Public Works employee. Self-motivated candidate, experience working with public. \$19/hr, vacation, holidays, Single health ins., retirement, sick leave. Contact Maddock City Hall for application 701-438-2252.

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

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REAL ESTATE FOR SALE
SPIRIT WATER INN Resort Real Estate Liquidation. Minnewaukan, ND. Includes 2 houses, 28 rental units, RV lots, and old school. Visit www.uglemlaw.com for details.

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.

BULLS FOR SALE
150 RED ANGUS & Charolais bulls for sale. Yearlings & 2-Yr-Olds. Wintering & Delivery available. MooseCreekRedAngus.com for more information. Call Darren 306-577-8970

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.

AUCTION

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

Country Kitchen Recipes**Honey-Garlic Slow Cooker Chicken Thighs****Ingredients**

4 skinless, boneless chicken thighs
1/2 cup soy sauce
1/2 cup ketchup
1/3 cup honey
3 cloves garlic, minced
1 teaspoon dried basil

Directions

- 1 • Lay chicken thighs into the bottom of a 4-quart slow cooker.
- 2 • Whisk soy sauce, ketchup, honey, garlic, and basil together in a bowl; pour over the chicken.
- 3 • Cook on Low for 6 hours.

Creamy Au Gratin Potatoes**Ingredients**

4 russet potatoes, sliced into 1/4 inch slices
1 onion, sliced into rings
salt and pepper to taste
3 tablespoons butter
3 tablespoons all-purpose flour
1/2 teaspoon salt
2 cups milk
1 1/2 cups shredded Cheddar cheese

**Directions**

- 1 • Preheat oven to 400 degrees. Butter a 1 quart casserole dish.
- 2 • Layer 1/2 of the potatoes into bottom of the prepared casserole dish. Top with the onion slices, and add the remaining potatoes. Season with salt and pepper to taste.
- 3 • In a medium-size saucepan, melt butter over medium heat. Mix in the flour and salt, and stir constantly with a whisk for one minute. Stir in milk. Cook until mixture has thickened. Stir in cheese all at once, and continue stirring until melted, about 30 to 60 seconds. Pour cheese over the potatoes, and cover the dish with aluminum foil.
- 4 • Bake 1 1/2 hours.

Eclair Cake**Ingredients**

2 (3.5 ounce) packages instant vanilla pudding mix
1 (8 ounce) container frozen whipped topping, thawed
3 cups milk
1 (16 ounce) package graham cracker squares
1 (16 ounce) package prepared chocolate frosting

Directions

- 1 • In a medium bowl, thoroughly blend the pudding mix, whipped topping, and milk.
- 2 • Arrange a single layer of graham cracker squares in the bottom of a 13x9 inch baking pan. Evenly spread half of the pudding mixture over the crackers. Top with another layer of crackers and the remaining pudding mixture. Top with a final layer of graham crackers.
- 3 • Spread the frosting over the whole cake up to the edges of the pan. Cover, and chill at least 4 hours before serving.



20th Annual

REICH ANGUS

Bull Sale

*Saturday,
February 16, 2019*

1 p.m. CST

At the Ranch • Zap, ND

*4.5 miles south and 0.5 miles east of Zap, N.D.,
on County Road 13*

Selling: **65 Angus Bulls
20+ Reg. Angus Bred Heifers
25 Fancy F1 Replacement Heifers**

*Free Wintering & Delivery
Good Selection of Heifer Bulls
Volume Discount
100% Satisfaction Guarantee*



Connealy Capitalist 028



Connealy Reflection



Bruin Torque



CCA Emblazon 702



Ellingson Statistics 2168

*Featuring Additional
Progeny by:*

Fairview Rito 7075 3084



Mardee Reich
(701) 873-4173 • (701) 880-0422

Adron Doerr • (701) 880-0630
1605 63rd Ave SW • Zap, ND 58560

www.reichangus.com

This will be our final bull sale ...

After much thought and soul searching, we have decided this will be our last bull sale. We will remain in the purebred Angus business, but will find alternative marketing options for our bulls and females.

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.

Please join us on Saturday, Feb. 16, for our 20th Annual – and final – Bull Sale.

Mardee, Kaydee and Will Reich

