

# Xtra

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Vol. 34, No. 43

Monday, March 4, 2019

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# Gardening Tips

## Growing carrots

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

Bunkey can't grow good carrots. They either split into multiple roots, taste like cardboard or don't bother to show up at all. Last year, after another spring failure, he swallowed his pride and asked his neighbor, George the Master Gardener what he was doing wrong. George had a list of the things Bunkey needed to do to have success with carrots.

Bunkey's first problem was that he had heavy and rocky soil. Carrots prefer light, sandy soil with no rocks in it. A growing carrot that hits a rock will form legs to grow around the rock. While this doesn't affect the taste,

it makes it a real stinker to clean. George's fix for Bunkey's problem was for Bunkey to build a wide mound of light sandy soil in the garden to plant the carrots in. it would be in full sun. Next, he was to mix bone meal in the mound as phosphorus encourages root growth in the carrot. Since the seed is so small, Bunkey should invest in pelleted seed. This will help ensure more spacing between the plants and help keep them from blowing in the wind. Another important step Bunkey usually missed was keeping the freshly seeded row damp. George gave him 2 options. Either lightly mist the row each morning, or cover the row with burlap. With the latter, Bunkey will have to check under the burlap every day for signs of sprouting carrots. When the



**Bev Johnson M.G.**

first seed sprouts, he will need to remove the burlap and continue

to water daily until all the seeds sprout. This method will reduce weeds too, as they will sprout and be smothered well before the turtle slow carrots decide to show their faces. Like many gardeners, Bunkey hates to thin plants. A neat trick is to plant radishes at the same time as the carrots. As he pulls radishes, he automatically thins the carrots. This method will not work with a covering of burlap of course.

Since sandy soil is usually a bit on the lean side as to fertility, occasionally watering the crop with half strength fish or seaweed emulsion will encourage growth. Like most other vegetables, don't overdo the nitrogen. Too much of a good thing here will result in a beautiful row of ferny carrot tops with little tiny roots. Nitrogen

encourages top, leafy growth as he discovered one year when his tomato plants were 10 feet tall, looked like a shrub and had tomatoes the size of peas instead of baseballs. We leave Bunkey contemplating the seed catalog and dreaming of carrot crop he plans to harvest this summer.

## The winter blues

This long cold spell, 60 days below zero, is really difficult for everybody, but even more so for gardeners. The mad desire to get their hands in dirt can lead to problems. This is the time to start some plants, but, as in any endeavor, you must do it right or suffer the consequences. That is

**Gardening page 8**

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## District Court

### South-Central District Court cases from 11/1/18 to 11/30/18

**Divorces granted:** James Saylor and Sandi Saylor

**Driving while license/privilege is suspended or revoked:** Mason Jordan Schuh, Bismarck, unsupervised probation, violate no criminal laws, submit to fingerprints, set up payment schedule, per judgment: \$50 minimum monthly payments beg 60 days after release from Burleigh-Morton Detention, \$250 fee totals, 10 days McLean County Jail, 10 days suspended, 360 days probation. Comment: Ten days jail with all days suspended for 360 days of unsupervised probation. Per judgment: \$50 minimum monthly payment beg 60 days after release from Burleigh-Morton Detention. No criminal violations.

**Refusal to halt:** Andrew Paul Dupris, Bismarck, violate no criminal laws, \$0 fee totals, 6 days McLean County Jail, report on 11/13/2018 at 2:40 p.m., 2 days credit for time served. Comment: Six days jail with credit for two days served. Fees/fines waived.

**Refusal to submit to a chemical test:** Robert Scott Evans, Bismarck, chemical dependency evaluation, set up payment schedule, minimum \$50 per month, unsupervised probation, complete recommended treatment, \$750 fee totals, 10 days McLean County Jail, 10 days suspended, 365 days probation.

**DUI of alcohol or with AC .08 percent or >:** Bernardo Steve Garcia, Roseglen, chemical dependency evaluation, complete recommended treatment, unsupervised probation, set up payment schedule, pay all within 1 year-minimum payment \$100 per month, \$1,000 fee totals, 10 days McLean County Jail, report on 11/25/2018 at 5 p.m., 8 days suspended, 1 year probation.

**DUI - .08 percent or greater-4th or subsequent off in 15 yrs:** Timothy R Harrison, Warroad, Minn., 24/7 sobriety program, appendix a, pay fine from bond posted, 5 years supervised probation, \$2,000 fee totals, 3 years Department of Corrections and Rehabilitation, report on 11/07/2018, 2 years, 11 months, 20 days suspended, 5 years probation, 2 days credit for time served. Comment: Serve 10 days in the McLean County Jail with

credit for 2 days.

**Minor in consumption or possession-general:** Dalton Paul Hauf, Max, attend A.C.T. class, set up payment schedule, minimum \$50 per month, unsupervised probation, deferred imposition of sentence, \$250 fee totals.

**Theft of property:** Allen Todd Hicks, Great Falls, Mont., appendix a, set up payment schedule, pay 1/2 restitution (\$1612.50) within 10 days and remaining 1/2 within 1 year, submit to fingerprints, 2 years supervised probation, \$3,260 fee totals, 2 years Department of Corrections and Rehabilitation, 2 years suspended, 2 years probation.

**Reckless driving:** Shanice Howe, Bismarck, chemical dependency evaluation, complete recommended treatment, set up payment schedule, minimum \$50 per month, unsupervised probation, \$250 fee totals, 10 days McLean County Jail, 10 days suspended, 365 days probation.

**False reports to law enforcement or other security officials:** Wyatt Scott Larson, Minot, set up payment schedule, \$50 minimum monthly payment beg 12-30-2018 - to be paid in full prior to end of probation, submit to fingerprints, violate no criminal laws, unsupervised probation, \$325 fee totals, 10 days McLean County Jail, 9 days suspended, 360 days probation, 1 day credit for time served. Comment: Ten days jail with nine days suspended for 360 days of unsupervised probation. Credit one day jail. \$50 minimum monthly payment beg 12-30-2018 - to be paid in full prior to end of probation. Submit for fingerprints.

**Disorderly conduct:** Drey Randy Littlebird, New Town, set up payment schedule, \$50 minimum monthly payment beg 12-15-2018 - to be paid in full prior to end of probation, unsupervised probation, \$250 fee totals, 10 days McLean County Jail, 10 days suspended, 360 days probation. Comment: Ten days jail with all but time served suspended for 360 days of unsupervised probation. \$50 minimum monthly payment beg 12-15-2018 - to be paid in full prior to end of probation. Credit any time served.

**Delivery of a controlled substance:** Scott Parks, Center, concurrent with Oliver County Case 33-2018-CR-43, 14 months Department of Corrections and

Rehabilitation, 27 days credit for time served. Comment: The court recommends treatment at TRCU if the defendant meets that criteria.

**Possession of drug paraphernalia:** Earl Eugene Ramsey, Minot, set up payment schedule, per judgment: \$50 minimum monthly payment beg 12-01-2018, submit to fingerprints, unsupervised probation, violate no criminal laws, chemical dependency evaluation, complete recommended treatment, \$250 fee totals.

**Unlawful possession of drug paraphernalia - use - SI, SII, SIII:** Catrina Dawnielle Sando, New Town, chemical dependency evaluation, complete recommended treatment, set up payment schedule, \$50 minimum monthly payment beg 12-01-2018 - to be paid in full prior to end of probation, submit to fingerprints, unsupervised probation, violate no criminal laws, deferred imposition of sentence, \$325 fee totals.

**Fleeing or attempting to elude a police officer:** Christian J Santos, Minot AFB, pay fine from bond posted, unsupervised probation, \$325 fee totals, 10 days McLean County Jail, report on 11/07/2018, 8 days suspended, 360 days probation. Comment: Serve 2 days.

**Driving while license privilege is suspended:** Benjamin Ross Swaim Jr, Grand Forks, unsupervised probation, pay fine from bond posted, 10 days McLean County Jail, 10 days suspended, 360 days probation.

**Possession of a controlled substance, marijuana:** Benjamin Ross Swaim Jr, Grand Forks, complete recommended treatment, chemical dependency evaluation, set up payment schedule, per month-total \$325.00 \$50, unsupervised probation, violate no criminal laws, \$325 fee totals, 5 days McLean County Jail, 5 days suspended, 1 year probation.

**Possession of drug paraphernalia:** Benjamin Ross Swaim Jr, Grand Forks, complete recommended treatment, chemical dependency evaluation, set up payment schedule, per month-total \$325.00 \$50,

unsupervised probation, violate no criminal laws, \$325 fee totals, 5 days McLean County Jail, 5 days suspended, 1 year probation.

**Poss of CS-marijuana:** Sarah Ann Wagner, Bismarck, violate no criminal laws, unsupervised probation, pay fine from bond posted, chemical dependency evaluation, complete recommended treatment, submit to fingerprints, \$250 fee totals.

**Simple assault - domestic violence:** Jacob Ray Yester, Garrison, complete anger management, complete within 90 days and show proof to the court, deferred imposition of sentence, set up payment schedule, minimum \$50 per month, unsupervised probation, \$250 fee totals.

### South-Central District Court cases from 12/1/18 to 12/31/18

**Divorces granted:** Joshua M. Goetz and Cassandra B. Goetz; Jaime Christenson and Aaron Christenson; Joshua J. Pochant and Jessica M. Pochant; Tyrel Ethan Franklund and Angela Marie Franklund; Candace N. Law and Nicholas R. Law; Antonio B Santelices and Elvira V Stevens

**Hunting on posted land:** Brandon Lee Dewitz, Garrison, deferred imposition of sentence, set up payment schedule, \$50 per month beginning 1/1/2018, unsupervised probation. Comment: No hunting, fishing or trapping for one (1) year; \$250 fee totals.

**Driving under revocation/suspension:** Israel Leyva, Woodway, Texas, pay fine

from bond posted, submit to fingerprints, unsupervised probation, \$250 fee totals, 10 days McLean County Jail, 10 days suspended, 360 days probation.

**Possession/consumption of alcohol by person under 21:** Austin Lloyd Lone Bear, Mandaree, attend A.C.T. class, pay fine from bond posted, unsupervised probation, deferred imposition of sentence, \$250 fee totals.

**Driving operating a vehicle under the influence of liquor or drugs:** Arthur Louis Mount, Mandaree, chemical dependency evaluation, complete recommended treatment, pay fine from bond posted, set up payment schedule, minimum \$50 per month, unsupervised probation, \$750 fee totals, 10 days McLean County Jail, 10 days suspended, 360 days probation.

**Driving under the influence of alcohol and/or drugs:** Katherine Zeta Yellowbird, Mandan, chemical dependency evaluation, complete recommended treatment, pay fine from bond posted, set up payment schedule, apply posted bond - remaining fees to be paid \$50 per month beginning 01/31/2019, unsupervised probation, \$750 fee totals, 10 days McLean County Jail, 7 days suspended, 360 days probation, 3 days credit for time served.

**Possession of drug paraphernalia:** Katherine Zeta Yellowbird, Mandan, chemical dependency evaluation, complete recommended treatment, pay fine

District Court page 4



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**DISTRICT COURT**  
continued from page 3

from bond posted, set up payment schedule, apply posted bond - remaining fees to be paid \$50 per month beginning 01/31/2019, unsupervised probation, \$750 fee totals, 10 days McLean County Jail, 7 days suspended, 360 days probation, 3 days credit for time served.

**Driving while license/privilege is suspended or revoked:** Katherine Zeta Yellowbird, Mandan, chemical dependency evaluation, complete recommended treatment, pay fine from bond posted, set up payment schedule, apply posted bond - remaining fees to be paid \$50 per month beginning 01/31/2019, unsupervised probation, \$750 fee totals, 10 days McLean County Jail, 7 days suspended, 360 days probation, 3 days credit for time served.

**Actual physical control of a vehicle while under the influence of intoxicating liquor:** Jeremy Lee Babb, Roseglen, chemical dependency evaluation, complete recommended treatment, unsupervised probation, set up payment schedule, minimum \$50 per month, \$1,000 fee totals, 10 days McLean County Jail, report on 12/07/2018 at 5 p.m., 8 days suspended, 360 days probation. Comment: Serve 2 days.

**Possession of a controlled substance:** Tiera Rose Banuelos, Jamestown, concurrent with, all counts concurrent, deferred imposition of sentence, unsupervised probation, violate no criminal laws, set up payment schedule, \$50 minimum monthly payment - to be paid in full prior to end of probation, chemical dependency evaluation. Comment: Fees assessed on Ct 1 only; \$360 fee totals.

**Possession of drug paraphernalia:** Tiera Rose Banuelos, Jamestown, concurrent with, all counts concurrent, deferred imposition of sentence, unsupervised probation, violate no criminal laws, set up payment schedule, \$50 minimum monthly payment - to be paid in full prior to end of probation, chemical dependency evaluation. Comment: Fees assessed on Ct 1 only; \$360 fee totals.

**Issuing check or draft without sufficient funds or credit:** Carla June Blade, Hettinger, pay fine from bond posted, submit to fingerprints, \$163.93 fee totals.

**Possession of stolen property:** Casey Jerald Bolman, Mandaree, appendix a, pay fine from bond posted, supervised probation, \$560 fee totals, 1 year Department of Corrections and Rehabilitation, 314 days suspended, 51 days credit for time served. Comment: All but

time served suspended (51 days). **Fleeing or attempting to elude a police officer:** Casey Jerald Bolman, Mandaree, concurrent with, count 1, appendix a, 30 days Department of Corrections and Rehabilitation, 51 days credit for time served, concurrent with count 1.

**False information to law enforcement:** Casey Jerald Bolman, Mandaree, concurrent with, count 1, appendix a, 30 days Department of Corrections and Rehabilitation, 51 days credit for time served, concurrent with count 1.

**Reckless driving:** Casey Jerald Bolman, Mandaree, concurrent with count 1, appendix a, 30 days Department of Corrections and Rehabilitation, 51 days credit for time served, concurrent with count 1.

**Disorderly conduct:** Jamie Lee Bowden, Garrison, chemical dependency evaluation, complete recommended treatment, unsupervised probation, set up payment schedule, minimum payment of \$50 per month beginning 01/06/2019. Comment: No alcohol for 2 years; \$250 fee totals, 30 days McLean County Jail, 30 days suspended, 2 years probation.

**Preventing arrest or discharge of other duties:** Jamie Lee Bowden, Garrison, chemical dependency evaluation, complete recommended treatment, unsupervised probation, set up payment schedule, minimum payment of \$50 per month beginning 01/06/2019. Comment: No alcohol for 2 years; \$250 fee totals, 30 days McLean County Jail, 30 days suspended, 2 years probation.

**DUI of alcohol or with AC .08 percent or >:** Orville Tony Cayaditto, Salt Lake City, Utah, pay fine from bond posted, chemical dependency evaluation, set up payment schedule, \$50 minimum monthly payment - to be paid in full prior to end of probation, unsupervised probation, violate no criminal laws, \$785 fee totals, 10 days McLean County Jail, 10 days suspended, 360 days probation.

**Delivery to certain persons unlawful:** Christina Marie Clark, Mandan, deferred imposition of sentence, set up payment schedule, minimum \$50 per month, unsupervised probation, submit to fingerprints, \$250 fee totals.

**Reckless driving:** Crystal Lynn Corona, Parker, Ariz., chemical dependency evaluation, set up payment schedule, pay all within 1 year / minimum monthly payment \$50 per month, unsupervised probation, \$250 fee totals, 10 days McLean County Jail, 10 days suspended, 360 days probation.

**Duty upon striking highway fixtures or other property:**

Michael J Engle, Sauk Centre, Minn., \$582.20 fee totals.

**Driving while license/privilege is suspended or revoked:** David Alan Feickert, Berthold, set up payment schedule, minimum \$50 per month, unsupervised probation, \$250 fee totals, 20 days McLean County Jail, report on 12/08/2018 at 6 p.m., 16 days suspended, 1 year probation. Comment: Serve 4 days

**Possession of a controlled substance:** Kevin Roderic Gardner, Bismarck, appendix a, set up payment schedule, pay at the direction of parole/probation, 2 years supervised probation, \$525 fee totals, 1 year Department of Corrections and Rehabilitation, 364 days suspended, 2 years probation, 1 day credit for time served.

**Possession of drug paraphernalia:** Kevin Roderic Gardner, Bismarck, appendix a, set up payment schedule, pay at the direction of parole/probation, 2 years supervised probation, \$525 fee totals, 1 year Department of Corrections and Rehabilitation, 364 days suspended, 2 years probation, 1 day credit for time served.

**Possession of a controlled substance, marijuana:** Charles David Hall, Washburn, chemical dependency evaluation, complete recommended treatment, deferred imposition of sentence, set up payment schedule, minimum \$50 per month, unsupervised probation, \$250 fee totals.

**Issuing check or draft without sufficient funds or credit:** Ethan Richard Harvey, Bismarck, \$35.47 fee totals. Comment (Fingerprinting waived as defendant at DOCR. Restitution to be paid within 30 days of release. Court fee/fine is waived.)

**DUI of alcohol or with AC .08 percent or >:** Nicholas Peter Hatzenbihler, Minot, chemical dependency evaluation, complete recommended treatment, 24/7 sobriety program, pay fine from bond posted, set up payment schedule, bond is applied and remaining fees to be paid within 1 year/payments no less than \$50 per month, unsupervised probation, violate no criminal laws, \$1,750 fee totals, 30 days McLean County Jail, report on 12/27/2018 at 8 a.m., 20 days suspended, 1 year probation. Comment: serve 4 days and remaining 6 days to served on weekends.

**Driving while license privilege is suspended/revoked - (alcohol related):** Nicholas Peter Hatzenbihler, Minot, concurrent with, count 1, unsupervised probation, violate no criminal laws, 4 days McLean County Jail, concurrent with count 1.

**Theft of property:** Allen Todd Hicks, Great Falls, Mont., appendix a, set up payment schedule, pay 1/2 restitution (\$1612.50) within 10 days and remaining 1/2 within 1 year, submit to fingerprints, 2 years supervised probation, 2 years Department of Corrections and Rehabilitation, 2 years suspended, 2 years probation, \$2,160 fee totals.

**Contributing to the deprivation or delinquency of a minor:** Joseph J Lehnerr, Underwood, set up payment schedule, \$50 minimum monthly payment beg 01-21-2019 - to be paid in full prior to end of probation, unsupervised probation, submit to fingerprints, violate no criminal laws, \$325 fee totals, 10 days McLean County Jail, 9 days suspended, 360 days probation, 1 day credit for time served.

**Hindering law enforcement - false info or report to law enforcement:** Surran Littlesoldier, New Town, violate no criminal laws, unsupervised probation, set up payment schedule, \$50 minimum monthly payment beg 01-20-2019 - to be paid in full prior to end of probation, submit to fingerprints, \$325 fee totals, 10 days McLean County Jail, 9 days suspended, 360 days probation, 1 day credit for time served. Comment: Ten days jail with nine suspended for 360 days of unsupervised probation. Credit one day time served. Payment plan: \$50 minimum monthly payment beg 01-20-2019 - to be paid in full prior to end of probation. No criminal violations. Submit to fingerprinting.

**Unlawful possession of drug paraphernalia - use - marijuana:** Michael Wayne Meier, Jr., Underwood, chemical dependency evaluation, complete recommended treatment, set up payment schedule, pay all within 1 year, unsupervised probation, \$250 fee totals, 20 days McLean County Jail, report on 12/28/2018 at 8 a.m., 18 days suspended, 360 days probation. Comment: Serve 2 days.

**Poss of CS-marijuana:** Michael Wayne Meier, Jr., Underwood, chemical dependency evaluation, complete recommended treatment, set up payment schedule, pay all within 1 year, unsupervised probation, \$250 fee totals, 20 days McLean County Jail, report on 12/28/2018 at 8 a.m., 18 days suspended, 360 days probation. Comment: Serve 2 days.

**Failure to appear after release - bail jumping:** Samantha Lynn Meyers, Garrison, \$325 fee totals, 30 days McLean County Jail, 30 days credit for time served.

**Possession of a controlled substance, marijuana:** Seth Michael Oster, Garrison, set up payment schedule, \$50 minimum monthly payment - to be paid in full prior to end of probation, violate no criminal laws, unsupervised probation, chemical dependency evaluation, complete recommended treatment, \$285 fee totals, 30 days McLean County Jail, 30 days suspended, 360 days probation. Comment: 30 days jail with all days suspended for 360 days of unsupervised probation. Eval within 60 days - complete recommended treatment within 120 days. \$50 minimum monthly payment - to be paid in full prior to end of probation. No criminal violations.

**Possession of a controlled substance, marijuana:** Joshua

Charles Proto, Washburn, chemical dependency evaluation, complete recommended treatment, deferred imposition of sentence, set up payment schedule, minimum \$50 per month, unsupervised probation, \$285 fee totals.

**Possession of drug paraphernalia:** Joshua Charles Proto, Washburn, chemical dependency evaluation, complete recommended treatment, deferred imposition of sentence, set up payment schedule, minimum \$50 per month, unsupervised probation, \$285 fee totals.

**Driving while license under revocation:** Matthew M Regenscheid, Bay City, Wis., pay fine from bond posted, submit to fingerprints, unsupervised probation, \$250 fee totals, 10 days McLean County Jail, report on 01/11/2019 at 8 a.m., 6 days suspended, 360 days probation, 1 day credit for time served.

**Minor in consumption or possession-general:** Dylan Kenneth Sandberg, Bismarck, deferred imposition of sentence, attend A.C.T. class, set up payment schedule, minimum \$50 per month, unsupervised probation, \$250 fee totals.

**Gross sexual imposition:** Michael August Saylor, Underwood, appendix a, concurrent with, all counts concurrent, five (5) years supervised probation, 10 years Department of Corrections and Rehabilitation, report on 12/11/2018, 6 years suspended, 5 years probation, 210 days credit for time served. Comment: Ten (10) yrs imprisonment with all but four (4) yrs suspended for five (5) yrs of supervised probation concurrent on all counts commencing immediately. Credit for 210 days time served and shall receive credit for good conduct pursuant to the statute. Appendix A. No fees assessed.

**Gross sexual imposition:** Michael August Saylor, Underwood, appendix a, concurrent with, all counts concurrent, five (5) years supervised probation, 10 years Department of Corrections and Rehabilitation, report on 12/11/2018, 6 years suspended, 5 years probation, 210 days credit for time served. Comment: Ten (10) yrs imprisonment with all but four (4) yrs suspended for five (5) yrs of supervised probation concurrent on all counts commencing immediately. Credit for 210 days time served and shall receive credit for good conduct pursuant to the statute. Appendix A. No fees assessed.

**Gross sexual imposition:** Michael August Saylor, Underwood, appendix a, concurrent with, all counts concurrent, five (5) years supervised probation, 10 years Department of Corrections and Rehabilitation, report on 12/11/2018, 6 years suspended, 5 years probation, 210 days credit for time served. Comment: Ten (10) yrs imprisonment with all but four (4) yrs suspended for five (5) yrs of supervised probation concurrent on all counts commencing immediately. Credit for 210 days time served and shall receive credit for good conduct pursuant to the statute. Appendix



Lake Audubon • Hwy 83  
337-2070

**BAR & GRILL**  
**Mondays:**  
Smoked Sandwich

**Tuesdays:**  
Indian or Regular Tacos

**Wednesdays:**  
Buy 1 Burger, Get One 1/2 Price!

**Thursdays:**  
Broasted Chicken

**Fridays:**  
Fish/Seafood

**Saturdays:**  
Steaks/Prime Rib

**Sundays:**  
Pizza & Wings

**BINGO!**  
Tuesdays at 7 p.m.  
1st Blackout: 56#s for \$1,439<sup>00</sup>  
2nd Blackout: 55#s for \$1,020<sup>00</sup>



**HAPPY HOUR**  
Monday-Friday 5-6 pm  
**\$1.00 Off All Drinks**

**The COAL BIN**

ANTIQUE  
CONSIGNMENT

BUY SELL TRADE

SHARPENING SERVICE ALSO NOW AVAILABLE  
• Mower blades • Kitchen knives • Fillet knives • Axes  
• Hunting knives • Pocket knives • Chainsaw blades  
• And more

217 LINCOLN AVE., UNDERWOOD  
OPEN MON. - SAT.  
CALL FOR HOURS OR TO MAKE AN APPOINTMENT

**JOE 602-569-7907**

**Random Roadhouse**  
107 Main St S, McClusky, ND 58463  
Phone # 701-363-2234

**Food Fun Spirits**  
**RESTAURANT & BAR**

Wed. and Thur. 5 p.m. to midnight  
Fri. and Sat. 5 p.m. to 2 a.m.

**Be sure to try our fresh homemade pizzas!**



# Calendar

## Saturday, March 2

Lego Club, Garrison Public Library, 10 a.m. to 12:30 p.m.

## Sunday, March 3

Lenore (Spitzer) Thompson is celebrating her 90th birthday. Send greetings to: 1301 Joliet Ave., Sioux Falls, SD 57110.

Turkey and roast pork spring supper, 4-7 p.m., St. Paul Lutheran Church, Garrison.

Sakakawea Area Council for the Arts (SACA) is organizing a community choir to perform a concert on Sunday, April 14 at 4 p.m. at the SACA Kota Theater in Garrison. SACA is inviting anyone who enjoys singing to participate. Rehearsals will be held in the SACA Kota Theater in Garrison on Sundays at 4 p.m. on March 3, 10, 17, 24, and 31 and April 7. Any questions you have may be directed to Lisa Haugen by call or text at 701-898-0277.

## Monday, March 4

A 14-hour firearms safety and hunting ethics education course, which is offered free of charge annually in Washburn, will begin Monday, Mar. 4 at 6:30 p.m. at the Washburn School conference room. Participants must be at least 11 years of age on the date of registration. Please enroll on the North Dakota Game and Fish website. Parents are encouraged to take the course with their children. For additional information contact Dick Brewster at 462-8468.

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

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

McClusky Job Development Authority meeting, 7 p.m. Matt Burthold from the Lewis & Clark Development Group will be attending the meeting at the McClusky City Hall, to present programs available through the Lewis & Clark Development Group.

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.

## Tuesday, March 5

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

Sheridan County Commission meeting, 12:30 p.m. and Park Board meeting, 1 p.m.

Turtle Lake Chamber of Progress meeting, noon.

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

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

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

## Wednesday, March 6

Wilton City Commission meeting, 7 p.m.

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

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

Underwood Civic Club will meet at noon at city hall.

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

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

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

Garrison-Max Ambulance District annual meeting, 7 p.m., Garrison Ambulance Barn. Open to the public.

## Thursday, March 7

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

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

Pickleball, Garrison elementary gym, 7 p.m., beginners welcome Garrison Sportsman range open, indoor range, 7 p.m.

## Friday, March 8

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

Garrison Knights of Columbus fish fry, 5 to 6:30 p.m., St. Nicholas Church, Garrison. Baked and fried walleye, baked potato, coleslaw and dinner roll.

## Saturday, March 9

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

Community food pantry, Ryder, 10 a.m. to 2 p.m. Free lunch provided.

Garrison Ducks Unlimited banquet at Garrison Auditorium. Doors open at 5:30 p.m. with meal at 7:15 p.m. and live auction at 8 p.m. Tickets available at Hunters Bar & Grill or NDducks.org or Randy at 701-658-9765.

## Sunday, March 10

The Underwood Public Library's book club is currently reading the book "I Am Malala," by Malala Yousafzai. The book is available at the library. The group will be discussing the book at 2:30 p.m.

## 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: \_\_\_\_\_

## DISTRICT COURT

continued from page 4

A. No fees assessed.

**Minor in consumption or possession-general:** Jordan Lyn Seelye, Wilton, attend A.C.T. class, set up payment schedule, minimum \$50 per month, deferred imposition of sentence, unsupervised probation, \$250 fee totals.

**False information to law enforcement:** Joy Emily Smith, Minot, set up payment schedule, minimum \$50 per month, submit to fingerprints, unsupervised probation, \$325 fee totals, 10 days McLean County Jail, 10 days suspended, 1 year probation. Comment: All but time served suspended.

**Issuing check or draft without sufficient funds or credit:** Lisa Marie Studaker, Minot, \$111.56 fee totals, submit to fingerprints, set up payment schedule, pay all today 12/19/2018.

**DUI of alcohol or with AC .08 percent or >:** Debra C Taylor, Garrison, chemical dependency evaluation, complete recommended treatment, pay fine from bond posted, unsupervised probation, violate no criminal laws, \$750 fee totals, 10 days McLean County Jail, 10 days suspended, 360 days probation. Comment: Ten (10) days jail with all suspended for 360 days of unsupervised probation. Alcohol evaluation within 45 days and complete any recommended treatment within six months. No criminal violations.

**Possession of stolen property:** Kati Marie Thomas, New England, \$60 fee totals, 2 years Department of Corrections and Rehabilitation, 167 days credit for time served.

**Possession of a controlled substance, meth:** Kati Marie Thomas, New England, \$60 fee totals, 2 years Department of Corrections and Rehabilitation, 167 days credit for time served.

**False reports to law enforcement or other security**

**officials:** Kati Marie Thomas, New England, 360 days Department of Corrections and Rehabilitation, 167 days credit for time served, count 1 and 2 concurrent with.

**Possession of drug paraphernalia:** Kati Marie Thomas, New England, 360 days Department of Corrections and Rehabilitation, 167 days credit for time served, count 1 and 2 concurrent with.

**Possession of a controlled substance, marijuana:** Kati Marie Thomas, New England, appendix a, 2 years supervised probation, 30 days Department of Corrections and Rehabilitation, 167 days credit for time served, count 1 and 2 concurrent with.

**Disorderly conduct:** Kati Marie Thomas, New England, appendix a, 2 years supervised probation, 30 days Department of Corrections and Rehabilitation, 167 days credit for time served, count 1 and 2 concurrent with.

**Delivery to certain persons unlawful:** Tanner Paul Tosseth, Wilton, submit to fingerprints, unsupervised probation, set up payment schedule, minimum \$50 per month, \$325 fee totals, 10 days McLean County Jail, 10 days suspended, 1 year probation.

**Reckless driving:** Cornnell Nicholas Washington, Bismarck, chemical dependency evaluation, set up payment schedule, \$50 minimum monthly payment - to be paid in full prior to end of probation, unsupervised probation, violate no criminal laws, \$250 fee totals, 10 days McLean County Jail, 10 days suspended, 360 days probation.

**Possession of a controlled substance:** Linda Theresa Wygal, Mandan, chemical dependency evaluation, complete recommended treatment, appendix a, 360 days supervised probation. Comment: Supervised probation is concurrent to any supervision that she is currently on. Eval and treatment have been completed prior to court; \$60 fee totals, 360 days Department of Corrections and Rehabilitation, 167 days credit for time served.

**Possession of a controlled substance:** Linda Theresa Wygal, Mandan, chemical dependency evaluation, complete recommended treatment, appendix a, 360 days supervised probation. Comment: Supervised probation is concurrent to any supervision that she is currently on. Eval and treatment have been completed prior to court; \$60 fee totals, 360 days Department of Corrections and Rehabilitation,

347 days suspended, 2 years probation, 13 days credit for time served.

**Possession of drug paraphernalia:** Linda Theresa Wygal, Mandan, chemical dependency evaluation, complete recommended treatment, appendix a, 360 days supervised probation. Comment: Supervised probation is concurrent to any supervision that she is currently on. Eval and treatment have been completed prior to court; \$60 fee totals, 360 days Department of Corrections and Rehabilitation, 347 days suspended, 2 years probation, 13 days credit for time served.

**Theft of property:** Seth Michael Anderson, Bismarck, concurrent with Burleigh Case 08-2013-CR-841 and Morton case 30-2013-CR-396, submit to fingerprints, \$6,000 fee totals, 3 years Department of Corrections and Rehabilitation, 18 months, 40 days credit for time served, counts 1 and 2 are concurrent with. Comment: Commencing immediately.

**Unlawfully acting in the capacity of a contractor without a license:** Seth Michael Anderson, Bismarck, concurrent With, Burleigh Case 08-2013-CR-841 and Morton case 30-2013-CR-396, submit to fingerprints, \$6,000 fee totals, 360 days Department of Corrections and Rehabilitation, 18 months, 40 days credit for time served, counts 1 and 2 are concurrent with. Comment: Commencing immediately. Sentence shall run concurrently with pending sentence.

**Carrying a loaded firearm in vehicle:** Tiera Rose Banuelos, Jamestown, concurrent with, all counts concurrent, deferred imposition of sentence, unsupervised probation, violate no criminal laws, set up payment schedule, \$50 minimum monthly payment - to be paid in full prior to end of probation, chemical dependency evaluation. Comment: Fees assessed on Ct 1 only; \$360 fee totals.

58 35th Street N  
Balfour, ND

# Farm Retirement AUCTION

## WEDNESDAY, MARCH 6 | 10AM 2019

**AUCTIONEER'S NOTE:** Major equipment begins selling at 10:00 AM. Live online bidding available on major equipment. Registration, terms, & details at SteffesGroup.com.

**DIRECTIONS:** From Balfour, 2-1/2 miles west on US Hwy. 52, 3 miles south on Center Ave N, .6 miles west on 35th Street N.

	
<b>2017 Case-IH 9240</b>	<b>2015 Case-IH 620</b>
	
<b>2017 Apache AS1220</b>	<b>2012 Case-IH Magnum</b>

**LATE MODEL EQUIPMENT:**  
Tractors & Loader, Combines, Heads & Header Trailers, Grain Cart, Swather & Head, Drill, Planter, Tillage, Semis, Truck & Pickups, Hopper Bottom & Other Trailers, Sprayer, NH3 Equipment, Grain Handling Equipment, Hopper Bin & Aeration, Shop Equipment, Travel Trailer, 60'x120' Building, and More!



## SteffesGroup.com

Steffes Group, Inc. | 2000 Main Ave E, West Fargo, ND Scott Steffes ND81

### BRAD JAEGER / 701.626.7258

or Justin Ruth at Steffes Group, 701.237.9173 or 701.630.5583

TERMS: All items sold as is where is. Payment of cash or check must be made sale day before removal of items. Statements made auction day take precedence over all advertising. \$35 documentation fee applies to all titled vehicles. Titles will be mailed. Canadian buyers need a bank letter of credit to facilitate border transfer.

# 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

**MAIN STREET MARKET** is a unique way to catch some customers. It is a free way to display your home based business. Space available for your displays, your business cards and samples of products. No charge for space, but we recommend only samples or promotional material in your booth. Inquire at BHG/Viking Screen Prints office, 91 N. Main St., Garrison. 42NC4TXT 58540

**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

## Farm Related



Tired of High Seed Prices?

**SAVE 50% NOW!**

Keep your own  
**RR1 Soybean Seed  
 ND 17009 GT**

(701) 720-1808  
 finkenfarmsandseeds.com



www.finkenfarmsandseeds.com  
 Douglas, ND 701.529.4421

<b>Yellow Peas</b> AC Agassiz AAC Carver CDC Amarillo CDC Saffron	<b>Oats</b> CS Camden
<b>HRSW</b> MS Camaro MS Barracuda ND VitPro LCS Breakaway LCS Rebel	<b>Soybeans</b> ND17009GT

<b>Durum</b> ND Grano	<b>Flax</b> AC Prairie Thunder
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<b>Chick Peas</b> CDC Orion	<b>Canola</b> CS2100 CS2300
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Custom conditioning and seed treating. Legacy corn and soybeans, inoculant and cover crop sales.



## Announcements

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

## Bids

**CITY OF UNDERWOOD** is accepting sealed bids on a 1992 White Chevrolet pickup. The pickup will be sold in its current condition. Bids may be mailed to PO Box 168, Underwood, ND 58576 or dropped off at the city office. Deadline March 13 by 5 p.m. For more information call 701-442-5481. 42-43-E-X 58577

## Help Wanted

**BASIN TRANSLOAD** an established operation with a 10-year history in North Dakota is looking for people who are underemployed or underpaid. We have part-time contract work for nearly full-time pay. Must be drug free. Work experience in an outdoor oilfield is a plus. Contact us at this email NewhireBT@gmail.com saying, "I'm interested and would like more info about the job," and we will send you the rest of the details. 43-E-PD 58523

## HELP WANTED



is looking for  
**BARTENDERS  
 AND COOKS**

Apply in person or  
 call 701-337-2070

Lake Audubon • Hwy 83  
 337-2070

## HELP WANTED

Farmers Union Oil Company of Turtle Lake is accepting applications for seasonal help/general laborer, CDL truck drivers and custom applicators. Must be able to work evenings and weekends. Stop in for an application.



24 Railroad Ave. E • Turtle Lake, ND  
 701-448-2355 or 701-448-2356

To place a classified ad call 701.462.8126 or fill out the form online at www.bhgnews.com

## Help Wanted

### HELP WANTED

**Underwood Park Board**

is accepting applications for

- pool water safety instructors
- lifeguards
- summer recreation coaches

Applications can be picked up at the City Office.

Deadline: March 19, 2019



### HELP WANTED

Come join our team!

- Laundry Aide

30 hrs per week, benefits eligible, wage range \$12-16

Apply at [www.blcgarrison.com](http://www.blcgarrison.com)  
 Call Jill Borth @ (701)463-2226  
 "equal opportunity employer"

### HELP WANTED



is looking for

**SALES**

**ASSOCIATES**

Full Time or Part Time

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



**Powering what's possible**

## Lead, Power Apparatus Technician/Electrician

We are hiring a Lead, Power Apparatus technician/electrician to provide for the operation, installation, testing, checkout and maintenance of substation apparatus and associated equipment on Great River Energy's system in the North Dakota service territory. This position is located at our service center in Underwood, ND.

A two-year technical degree in electrical/computer/electronics related courses is required. A minimum of four years substation apparatus experience is preferred.

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](http://www.greatriverenergy.com) under the Careers tab by March 11, 2019.

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



## Help Wanted - Equipment Operator

**McLean County** will accept applications until 4:00 P.M. on Wednesday, March 13, 2019, filling one or more positions as a full-time Equipment Operator II. The successful applicant must reside within 30 minutes travel time of either the Garrison or Washburn Highway Shop. Duties include performing semi-skilled work and operating motorized equipment in road construction and maintenance/repair projects under supervision along with performing highway maintenance work ranging from manual labor to operating tractors and mowers on highway right of ways. Candidates should be able to operate medium and light equipment including single and tandem axle dump truck; single and tandem axle trucks with snow removal equipment for purpose of snow removal; motor graders with v-plow and wing for snow removal purposes on as needed basis; semi type truck with belly and side dump trailer; front end loader; backhoe; broom/sweeper; excavator; dozer and loader as needed; and power mowing equipment in a variety of road construction, snow removal, maintenance and repair projects.

Preference will be given to applicants with two years' experience in the operating a tractor/trailer truck and front-end loader/backhoe on road construction and maintenance projects; one year of experience in making pavement repairs using hot and cold mix and road oils; and two years' experience servicing and maintaining vehicles and heavy equipment. A class A North Dakota Driver's License with tanker and air brake endorsement is required on the first day of work. A high school diploma is required.

Starting salary range for the position is \$3,203.97 - \$3,559.92 per month; full salary range for the position is \$3,203.97 - \$4,805.91 per month. A full benefit package is offered including fully paid health insurance (either family or single plan), fully 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 for the position, all applications must be submitted to the McLean County Auditor's office.

**Help Wanted**

**HELP WANTED AT**



**Turtle Lake Hospital**

*Part-time Cook*

Contact Margie at  
701-448-2331.

*This institution is an equal opportunity provider and employer.*

**HELP WANTED  
Produce Merchandiser  
& Frozen Foods  
Merchandiser**

Attention to detail is a must, have to be able to work independently. Salary DOE, Benefits, 401K. Apply in person at:

**KRAUSE'S Market**



339 4th Ave • Garrison ND 58540

Apply online at [krauessupervalu.com](http://krauessupervalu.com)

Apply today for a rewarding career

**HELP WANTED**

**Max Public School is hiring BUS DRIVERS**

**- \$1000 Sign-on Bonus! -**  
(for full-time route drivers only)

- Position is for routes and activities
- Full time routes will pay \$14,000 per school year
- Substitute route pays \$40 per route
- Activities driving pays \$16.50 per hour from the time you leave Max until return.

For more information, please call:  
Pat Windish at 701-679-2685

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

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



MEC is an Equal Opportunity employer.

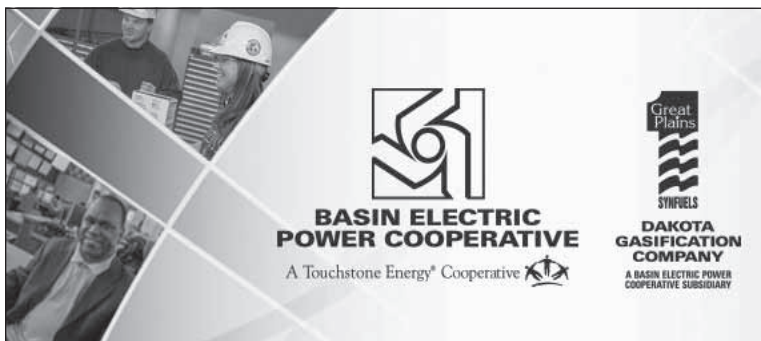
**Help Wanted - Shop Mechanic**

McLean County will accept applications until 4:00 P.M. on Wednesday, March 20, 2019, filling one position as a full-time Shop Mechanic. The successful applicant must reside within 30 minutes travel time of either the Garrison or Washburn Highway Shop. The position is responsible for managing a central service equipment maintenance shop that services and maintains all Highway Department equipment. Successful candidate must be able to operate highway equipment, as needed. Starting salary range for the position is \$3,610.89 - \$4,012.08 per month; full salary range for the position is \$3,610.89 - \$5,416.34 per month. A full benefit package is offered including employer paid health insurance (family or single), employer 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 for the position, all applications must be submitted to the McLean County Auditor's office.

**Help Wanted**



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**

- Real Time Trader I - Bismarck, ND
- Student Intern - Financial Services (Accounts Payable) - Bismarck, ND
- Facilities Technician I (Housekeeping) - Bismarck, ND
- Commodity Risk Analyst II (Credit Risk) - Bismarck - ND
- Journeyman System Protection Technician (TSM) (DOT) - Williston, ND
- Survey Technician I or II (DOT FMCSA) - Bismarck, ND

For job details, go to [jobs.basinelectric.com](http://jobs.basinelectric.com)

Questions? Call 701-557-5603

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



**Help Wanted**

**JOB ANNOUNCEMENT:** Fort Stevenson State Park is accepting applications for the 2019 season. Applications will be accepted until March 10, 2019 for open positions which include park ranger, park attendant, maintenance worker, park concession, and park interpreter/historian. All applications for open ND Parks and Recreation positions must be made via the State of North Dakota's Job Seekers website. A link to the site can be found at [parkrec.nd.gov](http://parkrec.nd.gov). For more information, call the park office at 701-337-5576. 40-C5TGRXT 58540

**Livestock**

**TURTLE LAKE WEIGH STATION** will be shipping cows and bulls out March 25. Have them there by 11 a.m. Call Darin, 701-315-0144. 43-TFN-E-X 58577

**YOUNG COWS FOR SALE:** At Stockmans West in Dickinson, ND, March 5, 2019. Complete dispersion of all 2 (bred heifers), 3, and 4 year olds. Mostly Angus, few BWF. Approx. 90 head. All

**Livestock**

home raised. Many from our AI breeding program. Two year olds were synchronized AI bred. Bred to purebred Angus bulls selected for easy calving. Due to calve Apr. 1, 2019. Stockmens Lvstk 800-568-2490. Clayton Zacher 701-584-2916. 42-43-E-PD 58523

**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. 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

**REMINDER**

**Xtra Deadline 9 a.m. Thursday**

**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

75' x 140' LOT, 134 1st St. N.E. - Garrison. \$27,000 or best offer. Call Rick at 701-661-0314 or 701-463-2218. 43-2TCHGX 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 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

**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](mailto:leadernews@westriv.com). 1-E-TFN-NC 58577

**Statewides**

**HELP WANTED SUCCESSFUL PRACTICE** SEEKS Associate Dentist because of increase in patient volume. Potential earnings \$300K plus. Includes benefits. Future ownership opportunity. Email [drb@friendlymilesfargo.com](mailto:drb@friendlymilesfargo.com)

**RN/LPN : STRASBURG CARE CENTER** has full time, part time, or PRN positions available for RN and LPN's. Health, retirement, & life insurance benefits. Wage varies with experience. Call 701-336-2651 or [www.strasburgcarecenter.org](http://www.strasburgcarecenter.org) for application.

**NORTHWEST AREA SCHOOLS EDUCATIONAL COOPERATIVE** in Isabel, South Dakota, is seeking an Early Childhood Special Education Instructor. Must have, or be able to obtain South Dakota licensure. NWAS offers competitive salary, benefits, transportation and SD Retirement. Position is open until filled. Contact Quinn Lenk, Director, at 605-466-2206, or email [quinn.lenk@k12.sd.us](mailto:quinn.lenk@k12.sd.us)

**FULL TIME MEAT Department Manager.** Full Benefit Package and 401k. Please apply @ [leeverfoods.com](http://leeverfoods.com) under Careers or send Resume to Leever Foods P.O. Box 418 Cavalier N. Dak 58220. You may also call 701-265-4011 for more information.

**Statewides**

MCLEAN COUNTY IS hiring one full-time Equipment Operator II. For more information regarding this position visit <http://www.mcleancountynd.gov/employment/>

MCLEAN COUNTY IS hiring one full-time Shop Mechanic. For more information regarding this position visit <http://www.mcleancountynd.gov/employment/>

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.

**REAL ESTATE FOR SALE**  
SUNNY ARIZONA LIVING! Lakefront Home for sale \$294,900 2BR/2BA/Den/1744 sq. ft. <https://www.lakehouse.com/page-567550.html> for further details. Move in Ready. Call Monica (775) 813-4402.

**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](mailto:sharip@ndna).

*How do late-night snacks and beverages affect sleep?*

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

I glanced at my alarm clock one morning.

I was expecting the alarm would be going off any minute. I usually get up at 6 a.m.

The clock said 7:24 a.m. I blinked hard and looked again. The time hadn't changed. We had overslept.

I jumped out of bed and knocked on my school-age daughter's door. She was still in bed and mumbled something about being tired. She was due at school in about 10 minutes. I let her know she needed to be ready to leave in five minutes, and then I went looking for my husband.

My husband usually gets up at 5 a.m., feeds our dogs and shovels the sidewalk when necessary. He never oversleeps. Now I was a little worried. Had he fallen into a pile of snow?

Fortunately, I found him sound asleep on the couch, all wrapped in a fuzzy blanket.

"It's 7:25!" I announced.

"Is it Friday?" he asked groggily. We were at the end of an exceptionally busy week. Despite oversleeping, somehow we got to where we needed to be on time.

Does eating and drinking before bed affect your sleep, or were we just exhausted? I had enjoyed a snack with some chamomile tea. I know that having a small cup of chamomile tea relaxes me, but oversleeping was not what I wanted

**Prairie Fare**



**This tasty** Mexican fiesta chicken soup makes an ideal evening meal. (NDSU photo)

to do. Researchers have shown the merits of drinking chamomile tea. According to some studies, chamomile tea may promote better sleep quality, with fewer episodes of awakening.

Chamomile contains a natural antioxidant called apigenin that may help initiate sleep. In fact, a study with nursing home residents showed that consuming some chamomile extract improved their sleep.

However, you also probably do not want to drink a lot of fluid before bed for other reasons.

Food and beverages can affect your sleep, but the research on the timing of eating sometimes is conflicting.

Researchers have reported that eating the majority of calories late in the evening can influence our weight and health. People who sleep less than seven to nine hours at night tend to weigh more.

You might have heard that you never should eat past your dinner meal; however, more recent

evidence shows that having a small bedtime snack might be good for us. A recent study with men examined the effect of having 150 calories in a protein-rich snack before bed. The snack helped with muscle building, metabolism and satiety, at least among men who had exercised.

For example, a small bowl of whole-grain cereal with milk will be enough to stave off hunger with its blend of protein and carbohydrate.

Remember these sleep hygiene tips to get the rest your body needs. Try to go to bed and get up at the same time every day. Keep your bedroom quiet and relaxing, and not too warm or too cold. Avoid interacting with electronic devices, including phones, and try to get physical activity during the day.

Finally, avoid large meals, caffeine and alcohol before bed. Visit <https://www.ag.ndsu.edu/nourishyourbody> and click on "sleep" to learn more.

I slept well after having this

tasty soup recipe for dinner at 6 p.m. I served it with "Golden Cornbread," a recipe available in the bread section of our recipe database at <https://www.ag.ndsu.edu/food>.

I enjoyed a cup of chamomile tea with a couple of crackers and cheese before bed. I also adjusted the volume on my alarm clock.

**MEXICAN FIESTA CHICKEN SOUP**

- 2 Tbsp. canola or sunflower oil (or favorite oil)
- 2 pounds chicken breast, cut into bite-sized pieces
- 1 c. onion, chopped
- 1 Tbsp. garlic, minced
- 3 (15-ounce) cans low-sodium chicken broth
- 2 (10-ounce) cans diced tomatoes with cilantro and lime
- 1 (14.5-ounce) can black beans, drained and rinsed
- 1 (14.5-ounce) can kidney beans, drained and rinsed
- 1 (4-ounce) can green chili peppers
- Salt and pepper (to taste)
- 1 c. Monterey jack cheese, shredded
- Optional: tortilla chips (broken into pieces)
- Optional: sliced avocado
- If diced tomatoes with cilantro and lime are not available, substitute fire-roasted diced tomatoes and add the juice of one lime and 1/2 cup chopped cilantro.
- In a large pot, heat the oil and add chicken breast. Cook until the chicken is no longer pink. Add onion and garlic and continue to saute until chicken is fully cooked. Add the chicken broth, tomatoes, green chilies and beans and, simmer for 25 minutes. Taste and adjust seasonings as desired. Ladle into bowls and top with cheese, tortilla chips and sliced avocado, if desired.

**GARDENING**

continued from page 2

a flat of dead or dying seedlings. Start with scrupulously sterile flats or pots. If the container has ever had soil in it, it must be decontaminated. Soak it in a solution of 1 part bleach to 10 parts water for a minimum of 30 minutes. Use only freshly purchased seed starting mix. The bag you got last spring has been open and may no longer be sterile. Chuck that old bag of mix into the part of the garden that has heavy soil.

Next step is to read the back of the seed packet. It will tell you how many days before planting out you need to start the seeds. Some seeds may need some additional treatment. Thick

coated seeds like sweet peas and lupin, for instance may need to be soaked overnight or even have a nick cut in the seed. Nicking a seed can be very difficult as the darn seed tends to roll away, or squirt out of your fingers as you attempt to scratch a hole in it. Try a nail file or a small wood file to do the job. Other seeds need to be chilled before they will sprout. Some seeds need total dark to germinate. Or they are so small you just sprinkle them on top of the soil. All this information should be on the seed packet.

Water is as important as the soil or container. Never use softened water. It's toxic to most plants. If you have chlorinated water, let it sit a day or two. The warm room temperature will help dissipate the chemical. Melted clean snow is an excellent choice. Just be sure it doesn't have snow-melt or street salt in it.

Not everything should be started this early. Yes, you can start tomatoes now and have a 2 foot tall, skinny plant to put out, but waiting until the second week in March, that is 6 weeks to planting time, will give you a shorter plant that will have less transplant shock and start growing sooner than its lanky cousin.

You can start peppers now.

They need to be ready to bloom shortly after planting if you are to get any crop. Keep them pinched off and stocky and when they get in the garden they will be ready to start blooming. Many flowers, like snapdragons need a long time indoors so they bloom in July, not August. They will keep blooming till a very heavy frost. Coleus can be started now. The first sprouts all look green. They need to get some size before you can determine what colors they actually will be. Celery should be started early too. The trick with it is that it is actually a swamp plant so it needs more water than most seedlings.

Wait until the first week in April to start the vines. Melons and cucumbers started to the 4 leaf stage will take off running in May when the soil is warm enough for them. They will be several weeks ahead of directly sown seeds. Those weeks may mean the difference between having a ripe melon or having to compost them after the first freeze.

It looks now, as though it will be a very short summer again. Be that gardener who plans ahead. We love to gift our neighbor with a ripe cantaloupe when his are just starting to set flowers. Gloating isn't nice but it sure is fun.

**Prairie Pleasures Gift Shop**  
**Winter Blues Swap & Shop**  
**Friday, March 8**  
**10 a.m. to 5 p.m.**  
**Bingo Night at American Legion**  
Mini-Mall Main St., Butte, 58723  
All Day Free Coffee, Cookies and Visiting  
**Swap your Winter Blues for Someone Else's**  
2 p.m. SWAP "Something old, something new, something gifty, something BLUE." Bring 1-3 items to put on the "SWAP" table and receive tickets to shop. Bring in before Swap time.  
**Shop Hours**  
Thurs - Fri 10 a.m. to 5 p.m.  
**More Info**  
701-626-7160

**AUCTION**

**Live Bidding Opens: Mon. Mar. 11th, 2019 5:00 PM:** Sale Ends: Wed. Mar. 13th, 2019 Coteau Properties Company Online Auction, Conducted By: AuctionTime/Wolff Auctioneers Please go [www.AuctionTime.com](http://www.AuctionTime.com) for more information & registration Auction Customer Support: (800) 334-7443 Click here for more information. Wolff Auctioneers

**March 22, 2019 - 1:00 pm CT - Glen Ullin Blue Room 201 Main St S - Glen Ullin -** Tlbor 240 acre Grant Co ND Absolute Real Estate - G & G AUCTIONEERS 701-878-4001 <http://www.midwestauctions.com/gandg>

**March 23 -10:00 am Kinnischtzke & Guest Consignors AUCTION -** Glen Ullin. G & G AUCTIONEERS 701-878-4001 <http://www.midwestauctions.com/gandg>

**Saturday, June 15th, 2019:** Jerry and Edna Assel antique auction 6 miles west of Mandan ND. Wolff Auctioneers

**June 2019:** Gordon Isaak Sr. estate equipment and tool auction. West of Pick City ND. Wolff Auctioneers

**Tuesday, Sept. 24th, 2019** Dunn County Land Auction. Offering 516 Acres and Farmstead  
Legal Description: S 1/2, & NW 1/4 of the NW 1/4 & S 1/2 of the NW 1/4 & S 1/2 of the NE 1/4 of Sec. 26-143-91. Property Located: (From Dodge, ND) 7 mi. S on 81st Av. SW, 1 mi. E on 15th St. SW & 1 mi. S on 80th Av. SW. Seller: Larry Zarr. Wolff Auctioneers

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