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Vol. 34, No. 44

Monday, March 11, 2019

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## HOUSE ADDITION

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**BEFORE**



**AFTER**

## STORM DAMAGE

repair on pole barn - corrugated steel roof



**BEFORE**



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**Reroof project**  
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**Remodeling project**  
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**Reroof project**  
Corrugated steel



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### Decks

- Green treated
- Cedar
- Composite
- Metal railing

### Shingling

- Asphalt architectural shingles





# Real estate transfers

The real estate transfers for the month of July 2018, as registered in the McLean County Recorder's office. The McLean County Recorder is not responsible for errors and/or omissions. This information provided under the open record laws and sufficiency not guaranteed.

Farmers Union Oil Company of Velve to Leon Kolschefski, Butte; Sheila Kolschefski, Butte; Lot 1, Blk. 8, Butte (Dogden) OT.

George B. and Jeanice Officer to Terrel Officer, Minot, Lot 35, Hideaway Point Subdivision.

Ardyth Boyko to Allen L. Boyko, Yucaipa, Calif., SE4SE4-8-149-80; SW4, S2NW4, NW4NW4-9-149-80; SE4-16-149-80.

Glenn G. and Judy S. Boyko to Allen L. and Nadine R. Boyko, Yucaipa, Calif., NE4SE4-16-149-80; SE4SE4-8-149-80; NW4NW4, S2NW4, SW4-9-149-80.

Allen L. and Nadine R. Boyko to Glenn G. and Judy S. Boyko, Ruso, W2SE4, SE4SE4-16-149-80.

Ronald D. and Ann L. Gulbranson to Scott and Angela Gulbranson,

Coleharbor, Lot 25, Totten Trail Cottage Sites/Replat.

Nathaniel P. Strutz, Rebekah A. Strutz, Colin C. Strutz to Victor R. Krehlik, Riverdale, Lot 1, Blk. 4, Riverdale John Adams Addition.

Dennis E. and Wendy S. Beeter to Stacy A. and Vickie L. Sutter, Minot, Lot 4, Blk. 3, Lakeview Estates 9th Addition.

Bonnie M. Njos to David Gilkison, Beulah, Lot 2, Blk. 1, Riverdale Cottonwood Terrace No. 3.

Esther Striha Estate to Randal Striha, Butte, SW4NW4-2-148-79; (Govt Lot 4) NW4NW4-2-148-79; S2NE4-3-148-79; (Govt Lot 1) NE4NE4-3-148-79; S E 4 S E 4 - 1 0 - 1 4 9 - 7 8 ; SW4SW4-11-149-78; S2NW4, NW4NW4-14-149-78; E2NE4, S2SE4, NE4SE4-15-149-78; SW4, S2NE4, W2SE4-15-150-78; SW4-27-150-78; W2NW4, S2NE4-34-150-78; S2NW4, E2SW4-3-150-79; (Govt Lot 3) NE4NW4-3-150-79; (Govt Lot 4) NW4NW4-3-150-79; NW4, N2SW4, SE4SW4, SW4SE4-15-150-79.

City of Underwood to Travis J. and Brianna L. Brezden, Riverdale, Lots 8-9, Blk. 2, Underwood Mees South Terrace Addition.

Over 55 Club of the Max Senior Citizens to City of Max, Max, (W2) Lot 8, Blk. 6, Max OT; Lots 9-10, Blk. 6, Max OT; (E. 10') Lot 11, Blk. 6, Max OT.

Ronald J. Sigurdson Estate to Sharon J. Sigurdson, Coleharbor, NE4-29-147-83; E2NW4-20-147-83.

Adair H. Falkenstein, Adair H. Pfleger (fka), Kurt W. Falkenstein to Adair H. and Kurt W. Falkenstein, Regan, (S2) Lots 1-2, Blk. 2, Wilton OT.

Diana Rodum, Diana M. Rodum to Steven Ernest Melby, Newport, Minn., N2NE4-29-150-79.

Diane K. Vitko, Diane Vitko to Diane K. Vitko Trust Dated June 4, 2018, Ramona, Calif., W2NW4, W2SW4-15-149-81; SE4NW4, NE4SW4-21-149-81; (Row Access Easement Over W 20') NE4NW4-21-149-81; W2SW4-3-149-82; E2-9-149-82; E2NE4-10-149-82; NW4, SE4, E2SW4-11-

149-82. Jody Lynn, Jody Gullickson (fka), Jody Hauf (fka) to Troy D. Hauf, Max, (Govt Lot 3) (Less Outlot A) NE4NW4-6-149-82; (Govt Lot 4) (Less Outlot A) NW4NW4-6-149-82; (Govt Lot 5) SW4NW4-6-149-82; SE4NW4-6-149-84.

Randall L. Thompson (LE), Jackie J. Thompson (LE) to Jena J. and Joelle L. Thompson, Riverdale, Lot 1, Blk. 14, Riverdale OT; (S2) Lot 2, Blk. 14, Riverdale OT.

Harry and Julie M. Thraikill to Jacob L. Thraikill, Liam O. Thraikill, Matthew J. Thraikill, Minot, Lot 8, Severson's Resort (First Addition).

Robert Evans to Raina Fears, Underwood, Lot 4, Blk. 9, Underwood OT.

Jerrilyn R. Johnson, Wallace D. Johnson, Karen C. Voth, Robert A. Voth, Genelle L. Vollmert, Richard A. Vollmert to Michael J. and Jacquelyn P. Hennessy, Williston, (Outlot A) SW4NE4, NE4SE4-21-148-82.

Daryl E. Johnson (LE), Lorinda

M. Johnson (LE) to Shannon D. Seidler, Garrison, Lot 12, Blk. 8, Garrison Schempp's 3rd Addition.

Mozel Murray, Mozel Murray (aka) to Darren and Kelly Murray, Mercer, (S. 22' of N. 72' of E. 165') Lot 8, Mercer OT; (S. 22' of N. 72' of E. 165') Blk. 8, Mercer OT.

Seclusion at Douglas Bay Inc. to Derrick R. and Wendy M. Koelzer, Garrison, Lot 7, Blk. 3, Seclusion Addition.

Leslie J. Forland, Wendy S. Forland, Nicole Kinnischtzke, Lynn Kinnischtzke, Jody Forland to Ethan Fyelling, Turtle Lake, (Outlot B/Less Hwy Row Esmt) SE4-17-148-81.

Eugene Zaderaka (LE), Margaret Zaderaka (LE) to Eugene and Margaret Zaderaka Family Trust, Max, (Govt Lot 3) NE4NW4-1-150-83; SW4-2-150-83; (Less RR Row/9.1493 A.) E2NE4-10-150-83; NW4-8-150-82.

Eugene Zaderaka (LE), Margaret Zaderaka (LE) to Mark

Real estate page 4

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## Extension news

### Feeding cattle extra reduces hay stocks

This winter's prolonged bitter cold and significant snowfall may have resulted in cattle producers using considerably more feed than they planned.

"For some, what looked like an adequate supply of hay for the winter is becoming questionable," says John Dhuyvetter, North Dakota State University Extension's livestock systems specialist at the North Central Research Extension Center near Minot.

In harsh conditions, producers protect their livestock from the wind and provide greater amounts of feed to allow cattle to meet their increased energy needs under subzero conditions. The cold increases animals' appetites, rate of feed passage and voluntary intake of feed. A rumen that's kept full during cold weather produces heat by fermentation, and with additional digested energy, cattle can survive weather extremes and remain healthy and in good condition.

"Cows can endure a two- or three-day winter storm or extreme cold period when a reprieve of nicer weather occurs," says Karl Hoppe, NDSU Extension livestock systems specialist at the Carrington Research Extension Center. "However with this year, several weeks of extreme cold without relief have impacted cow feed requirements. Daily cow feed intakes can increase from a normal 3 to 4 percent of body weight to 4 to 6 percent of body weight.

"If the weather is extreme enough, a higher feed intake won't meet the cow's energy needs and body fat will be mobilized for energy," he adds. He notes that this need for additional feed follows two years of drought that led to a shortage of hay.

Dhuyvetter suggests that if finding the extra feed needed during the past several months has drawn down stored forage supplies, producers should try to make adjustments so the feed lasts until spring turnout to pasture. "It is likely difficult to purchase additional hay at this point, so consider stretching available forage with grain or grain byproducts," he advises.

If the forages have adequate protein, the lowest-cost option may be to feed 3 to 5 pounds of corn or other available grain daily to substitute for 6 to 8 pounds of hay, the specialists says. However,



Calla Edwards

if forages are low in quality and protein, producers should provide supplemental feed with additional protein to ensure good rumen function and fiber digestion.

Grain-processing byproducts such as distiller grains, wheat midds, canola meal and corn gluten are higher in protein and low in starch, and could be used in combination with corn or by themselves. Grain can be added easily to mixes of hay, silage and crop residues. If feeding processed or set-out hay bales, grain delivery may require the use of a hopper that's attached to a hay processor, mounted on a pickup or pulled by a utility vehicle. When feeding small amounts of grain to groups of cattle, the grain must be spread over a great enough distance to give all animals an opportunity to get their share.

"Feeding grain is best done in bunks to minimize feeding losses; however, the practicality of this is not always an option," Dhuyvetter notes. "Placing grain over the top of windrowed hay, on scraped compacted snow or as small piles verses a continuous small line will help minimize losses." High-starch grains, while good sources of digestible energy, can result in some competition in the rumen between starch and fiber digestion. To minimize these effects and digestive upsets, cattle should be introduced to grain slowly by feeding limited amounts consistently and daily. Coarsely cracking or rolling grains is preferable for greater digestibility, but the fines that cracking or rolling can create likely will increase feeding losses, Dhuyvetter says. Therefore, cracking or rolling likely isn't warranted for corn or oats.

Along with providing cattle



Michelle Effertz

a balanced ration fed at levels to provide required protein and energy, producers should consider giving their livestock vitamin and mineral supplementation. "While hay, and particularly legume hay, is a good source of calcium, ration adjustments using more grain, grain byproducts or silage likely will result in rations becoming short in total calcium or the ratio of calcium to phosphorus if an appropriate mineral with the appropriate calcium level is not provided."

Dhuyvetter says. "Additionally, animal feed efficiency, fetal development and immune function are dependent on receiving appropriate vitamin and trace mineral supplementation." When a supplement can be fed with some precision daily, including an ionophore such as rumensin has been shown to increase the digestion of forages. In addition, rumensin in the ration can help prevent coccidiosis, a scouring disease that develops when cattle are stressed.

If an adequate feed supply isn't available, producers should consider selling some stock, the specialists say. "This can be a difficult position, but most producers can find older, less productive cows or bulls in the herd to market," Dhuyvetter says. "While marketing plans may have sought to hold over additional heifers for replacement or feeders for grazing or spring markets, flexibility may be required to match feed availability to anticipated needs."

The specialists recommend that producers who are challenged with feeding issues, evaluating rations or cow condition contact their local NDSU Extension agent for assistance and further information.

### A positive attitude can add 7.5 years to your life

BY MICHELLE EFFERTZ  
4-H Youth Extension Agent

With a new year upon us, many people are thinking about ways to improve their health, become more fit and possibly extend their life. What if you had a relatively simple way to extend the length of your life? Would you be interested?

Evidence indicates we can extend our lives by embracing an approach that goes beyond the traditional strategies involving nutrition, exercise, sleep, etc. Becca Levy of the Yale School of Public Health recently uncovered a survival benefit associated with positive images of aging. In a follow-up to the Ohio Longitudinal Study on Aging, Levy found those who expressed a more positive self-perception of aging lived an average of 7.5 years longer than those holding more negative perceptions. This finding is the strongest evidence to date that negative stereotypes can be an important health hazard.

People with positive perceptions of aging also:

- Experience much higher rates of recovery from illness and injury
- Have better brain performance and improved memory
- Have a greater sense of control over their lives and a greater will to live
- Are more likely to talk to a doctor about health problems, get preventive care such as

blood pressure screenings and flu shots, and pursue health promotion programs

Even with this research knowledge, maintaining a positive perception of aging is challenging for some people due to the prevalence of ageism in our society. Ageism is prejudice or discrimination against or in favor of an age group.

Ageist views can come from many sources, including a lack of knowledge about older people, lack of close interactions with older people or a fear of becoming old, which translates into a desire to distance one's self from "being old."

Common stereotypes depict old age as a time of poor health and functioning or a regression back to childhood. Aging stereotypes can be positive or negative, with some people holding multiple views of a person or group.

Ageist stereotypes have potentially harmful consequences. For example, people subjected to negative stereotyping may adopt the negative views and act accordingly with detrimental effects to their self-image, confidence and abilities.

Examining our personal views on aging, as well as the messages we are getting around us, is important. Encourage others to join you in promoting positive perceptions of aging that can influence our physical and mental health, and even longevity.

For more information on aging well, contact the McLean County Extension Office at 701-462-8541.

## POSITION OPENING

### Sheridan County /NDSU Extension • Administrative Assistant

This position is 28 hours/week with benefit package. Wage \$10 to \$12/hour DOE. Job duties include a variety of computer, secretarial, and receptionist tasks. Applicant must have strong working knowledge of Microsoft Office software programs and ability to quickly learn 4-H Online and Pesticide Applicator database programs, as well as assist in maintaining County Extension website. Use of correct grammar, ability to adapt to changing work demands, strong organization and communication skills, ability to work with public and maintain good working relations with other employees are essential.

Qualifications: High School diploma or equivalent and one year of secretarial experience; ability to type at least 35-55 WPM.

Complete list of job qualifications/duties and applications can be obtained by visiting either the NDSU/Sheridan County Extension office or the Sheridan County Auditor's Office. Both are located at the Sheridan County Courthouse, McClusky.

To apply: send completed job application, resume, cover letter, and list three references to NDSU Extension Service – Sheridan County, Attention: Nicole Wardner, 215 East 2nd Street, PO Box 439, McClusky, ND 58463 or to the Auditor's Office at the same address.

**Deadline to apply is 12:00 p.m., March 27, 2019.**

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**REAL ESTATE**

continued from page 2

Zaderaka, Minot; Dean Zaderaka, Minot; S2NE4, SE4, E2SW4-1-150-83; (Govt Lot 1) NE4NE4-1-150-83; (Govt Lot 2) NW4NE4-1-150-83; NE4-11-150-83; (Portion N. of RR) N2NE4, NE4NW4-12-150-83; (Govt Lot 3) NE4NW4-6-150-82; (Govt Lot 4) NW4NW4-6-150-82; (Govt Lot 5) SW4NW4-6-150-82; (Govt Lot 6) NW4SW4-6-150-82; (Govt Lot 7) SW4SW4-6-150-82; SE4SW4-6-150-82.

Jeffrey Walcker, Jeffrey N. Walcker, Lori Walcker, Lori D. Walcker to Blake and Cassandra Walcker, Bismarck, (Outlot A) SE4SE4-21-145-79.

Kirt W. Emery, Delite S. Emery, De Lite S. Emery to Kevin D. Emery, Tyler A. Emery, Katharina E. Emery, Bodfish, Calif., Lot 26, Blk. 2, Severson's Resort.

Kenneth E. Birst (LE) to Scarlett Rowene Chear, Sioux Falls, S.D.; Aaron Grayson Birst, Bismarck; (Govt Lot 3) NE4NW4-3-146-79; (Govt Lot 4)

NW4NW4-3-146-79; S2NW4-3-146-79; (Govt Lot 1) NE4NE4-4-146-79; NW4NE4-4-146-79; (Govt Lot 2) NW4NE4-4-146-79; (Govt Lot 3) NE4NW4-4-146-79; (Govt Lot 4) NW4NW4-4-146-79; S2NW4, S2NE4-4-146-79; (Less RR Row and Frac) SW4-3-146-79.

Lloyd G. Schafer Revocable Trust to Rodney Schafer Trust, Saint Charles, Mo., (E2) NW4NW4NW4-12-145-83; SW4-34-146-83.

Gene Boyko to Roger Boyko, Ruso, NW4SE4-19-149-80.

Timothy J. and Peggy Beach to Ryan and Cynthia Schwandt, Burlington, Lots 2-3, Northview Estates 7th Addition.

Karen Goehring (By AIF), Danny Doehring (AIF), Stanley D. Goehring (By Guardian), Danny R. Goehring (Guardian) to Jeremy Ray Goehring, Underwood, Lot 2, Blk. 14, Underwood OT.

Nolan Baldwin to Susan and Derrick Gross, Underwood, (N2) Lot 6, Blk. 2, Underwood Bochart Addition.

Terry W. and Marlene J. Martin to Benjamin and Carla Dirk, Bismarck, Lot 5, Blk. 6, Riverdale OT.

James and Sandra Peterson to James and Amber Vogle, Washburn, Lots 8-10, 14-15, Blk. 8, Washburn Sundown Park Fourth Addition.

Curtiss W. Van Hoorn, Stephanie Van Hoorn, Craig M. Van Hoorn, Merridith Van Hoorn, Keith Van Hoorn to Kent and Breeanne Van Hoorn, Washburn, (Frac/.26 Acres) SE4-15-144-82; (Govt Lot 1) (Outlot C) NW4SW4-14-144-82.

H.D. Knudsen, H. David Knudsen, Ione Knudsen, Ione L. Knudsen, I.L. Knudsen to Ron and Korie Huettl, Minot, (Govt Lot 2) (Outlots C & D/+ Access Esmt) NW4SE4-35-150-80.

H.D. Knudsen, H. David Knudsen, Ione Knudsen, Ione L. Knudsen, I.L. Knudsen to Jerry L. and Wendy L. Eggert, Bismarck, (Govt Lot 2) (Outlots E&F/+Access Esmt) NW4SE4-35-150-80.

Ethan J. Schwalk, Chasely Schwalk to Rick and Lynn Schwalk, Turtle Lake, Lots 4-5, Blk. 3, Turtle Lake Ramsey's Addition.

Hal Severance (LE), Jenna M. Severance to Clint Severance, Colin Severance, Casey Severance, Garrison, N2SW4, SW4SW4-27-150-86.

Ethan Vaagene, Ethan S. Vaagene to Melissa Rothe, Washburn, Lots 1-3, Blk. 7, Washburn Riverview Addition.

United States of American, Bureau of Land Management, Bureau of Indian Affairs to Lavern Lindstrom, Reno, Nev., SE4-3-148-88.

United States of America, Bureau of Land Management, Bureau of Indian Affairs to Lavern Lindstrom, Reno, Nev., NW4NW4-15-147-88.

Scott Michael Harr to Jerome and Linda Huelsman, Turtle Lake, (Frac/100' x 90') Lot 5, Turtle Lake Arvidson.

Kenneth Schumaier to Kenneth Schumaier Revocable Trust Dated July 25, 2018, Indio, Calif., S2SW4, NE4SW4-12-149-85; W2, W2SE4-13-149-82; SE4, S2NE4,

NE4NE4-14-149-82; W2NW4-24-149-82.

Robert E. and Jill M. Randel to Randal K. and Carrie L. Essler, Garrison, Lot 18, Blk. 6, Garrison Bicentennial Addition; Lot 5R, Blk. 6, Garrison Bicentennial Rearrangement.

Priscilla A. Hanson Estate to Curtis Hanson, Turtle Lake, E2SW4, W2SE4-8-147-80; E2NE4-10-147-80; N2, NW4NW4SW4, NE4NW4SW4, NW4NE4SW4, NE4NE4SW4-17-147-80; NE4-9-146-81.

James and Marilyn Ireland to Scott Stockdill, Bismarck, Lot 13, Lakeview Estates 10th Addition (Replat).

Northview Estates Inc., McLean County to Michael N. and Sharon N. Nelson, Thomas J. Link, (Triangular Tract/120' x 90' x 150') Blk. 3, Washburn Northview Addition.

Karri Kerzmann, D. Schneider, Dustin Schneider to Kevin Bohrer, Garrison, Lots 3-4, Blk. 4, Garrison Pankratz 2nd Addition.

Craig S. Aberle to Katherine Aberle, Benedict, Lots 1-2, Blk. 11, Benedict OT.

*The real estate transfers for the month of August 2018, as registered in the McLean County Recorder's office. The McLean County Recorder is not responsible for errors and/or omissions. This information provided under the open record laws and sufficiency not guaranteed.*

Craig Schlafman, Laura A. Schlafman, Troy Schlafman, Megan Schlafman to Marcus and Mary C. Fisher, Bowman, (100' x 150') Blk. 7, Mercer Olesen's Addition; (100' x 150') Lot 7, Mercer Olesen's Addition.

Mark and Diane Ness to Ethan Vaagene, Washburn, Lots 3-4, Blk. 24, Underwood OT.

Paul N. Reuter to William T. and Peggy L. Nissen, Minot, (Govt Lot 6) (Portion) E2NW4-35-148-85.

Thelma Narum Estate to Randy L. Narum, Douglas, NE4-30-150-84.

Thelma Narum Estate to Sheryl Sue Eisenbeis, Bismarck, E2SW4-19-150-84; (Govt Lot 3) NW4SW4-19-150-84; (Govt Lot 4) SW4SW4-19-150-84.

Thelma Narum Estate to Terry L. Narum, Zephyr Hills, Fla., NW4, W2NE4, N2SW4-22-150-84.

Parity Corporation to Michael C. Homan, Turtle Lake, (N. 75') Lot 6, Turtle Lake Arvidson's 1st Addition.

Dale I. Kuball, Carol A. Kuball (by AIF), Justin Kuball (successor/sub AIF) (by ref) to Dale I. Kuball, Washburn, Lot 11, Eagle Heights II Subdivision.

Janet A. Carvell Living Trust Dated October 28, 2002 to Caleb Strecker, Washburn, (N of Painted Woods Creek & N of Painted Ridge Sub/Less Outlots A & PT Outlot J) N2-33-144-81; (Outlot K) NW4-33-144-81.

Leonard and Colleen Schmidt to Ronald J. and Keri L. Jochim, Coleharbor, Lot 5, Northview Estates 2nd Addition.

Kurt and Marcia Vonbokern to Gerald N. Cooper Jr., Minot, Lot 8, Blk. 1, D & D Iglehart Addition.

Marlyn and Kristie Seidler to Petrus and Aundrea Van Rooyen, Underwood, (Govt Lot 4) (Outlot A) NW4NW4-3-145-81.

Fahlgren Trust Dated May 8, 1992, Dorothy Fahlgren Trust Agreement (by virtue) to Lee and Sheila Monson, Cooperstown, (Outlot A/+ 33' Wide Esmt) NW4-8-143-81.

David Hoffer (LE), Paulette Hoffer (LE) to Richard L. Hoffer, Bismarck, (Less Auditors Lot A) NE4, NE4SE4-8-147-80.

Thomas J. Link, Michael N. Nelson, Sharon N. Nelson to Northview Mobile Home and RV Park LLC, Bismarck, Blk. 2, Washburn Northview Addition; (Tract/120' x 90' x 150') Blk. 3, Washburn Northview Addition.

Robert Dietrich to Misty Dietrich, Robin Shelby, Velva, Lot 1, Appelt Subdivision.

Kurt M. and Jamie L. Ziebarth to Tyler E. and Kohl J. Miller, Turtle Lake, (Frac/50' x 177.8') Lots 13-14, Turtle Lake Arvidson.

Luverne and Lavonne Gullickson to Chase Kohler, Benedict, SW4-20-150-81.

Ronald and Betty Ann Schatz to Jason J. Meidinger, Mercer, (E2) Lot F, Mercer Olesen's Addition; (E2) Blk. F, Mercer Olesen's Addition.

David L. and Tammy L. Peyer to Adam L. Peyer, Hazel J. Pedere Peyer, Hazel J. Pedere Peyer, Washburn, Lot 7, Blk. 3, Washburn Sundown Park First Addition.

Paul B. and Susan M. Schulz to Paul B. Schulz and Susan M. Schulz Family Trust Dated August 7, 2018, (Govt Lot 1) (NW4NW4-18-144-81; (Govt Lot 2) SW4NW4-18-144-81; (Govt Lot 3) NW4SW4-18-144-81; (Govt Lot 4) SW4SW4-18-144-81; NE4, E2NW4, E2SW4, E2SE4-18-144-81; N2NW4-23-145-81; (Less Outlot A) NE4-12-144-82.

Connie Gardiner, Connie Gardiner, Michael Todd Gardiner, Michael T. Gardiner to Madonna and Roger Eide, Tolley, Blk. 4, Garrison Walsh Addition.

Alan and Cathy Eide to Madonna and Roger Eide, Tolley, Blk. 4, Garrison Walsh Addition.

Madonna and Roger Eide to Brenda and Carlton Mahlum, Minot, Blk. 4, Garrison Walsh Addition.

Paul B. and Susan M. Schulz to Daniel and Lindsay Hoff, Washburn, NE4-33-145-82.

Pamela C. Lill to Lucas J. and Amanda M. Presser, Mercer, (Frac/75' x 201.3') Lot 3, Mercer Olesen's Addition; (Frac/75' x 201.3') Blk. 3, Mercer Olesen's Addition.

Real estate page 5



**KOTA THEATRE**

Main St., Garrison  
Adults - \$7 Under 13 - \$5  
Where popcorn is still only 50¢

**The Upside, PG-13**

A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.

March 8-9..... 7:30 pm

**Glass, PG-13**

Security guard David Dunn uses his supernatural abilities to track Kevin Wendell Crumb, a disturbed man who has twenty-four personalities.

March 15-16..... 7:30 pm

**Upcoming:**

How to Train Your Dragon:  
The Hidden World,  
Alita: Battle Angel  
Captain Marvel

**Great Access! Great Investment!**

240 +/- Acres  
230.64 +/- Acres crop land  
LEGAL: S16 T137N R89 NE4; N2 SE4  
SOIL PRODUCTIVITY AVE: 66.6  
PROPERTY LOCATION:  
10 mi S of Glen Ullin on Hwy 49  
2 mi W on 51<sup>st</sup> St SW  
1/4 mi N on 69<sup>th</sup> Ave SW  
OR  
21 mi N of Elgin on Hwy 49  
2 mi W on 51<sup>st</sup> St SW  
1/4 mi N on 69<sup>th</sup> Ave SW  
REAL ESTATE TAXES:  
2018 was \$1,205.45  
Prorated to sale date  
Owner: Francis & Shirley Tibor

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www.globalauctionguide.com  
www.ndauctioneers.com  
www.auctionzip.com

**Great Location!**

Rodney Kinnischtze & Guests Farm & Ranch Equipment AUCTION April 13, 2019 - Glen Ullin, ND

**March 22, 2019** **ABSOLUTE REAL ESTATE AUCTION** **1:00 PM CT**

**240 +/- Acres Grant County, ND**

**Auction Location: Blue Room (201 Main St S) - Glen Ullin, ND**

**TERMS:** Successful bidder will deposit 10% irrevocable earnest money Auction Day with balance due in certified funds at closing. Have financial arrangements secured before bidding. Statements on day of sale take precedence over printed material. Mineral rights reserved. Possession: Given upon closing-Title transferred by up to date abstract and warranty deed. For inspection of property call Ross Glass 701-878-4001/701-290-4001

**Glass Auctioneers** **Victor Getz**

**COLD, HARD FACT:**  
There are families in our county who are hungry and they are being turned away by our food pantries because there isn't enough food.

Please help us Fill the Shelves in March. Please encourage your students and parishioners in announcements to collect canned goods and non-perishables in March for the McLean County food pantries.

These are the current drop off locations. Please help us give a little to our neighbors and get back so much more.

**UNDERWOOD:** Community Cupboard (by appt.), Underwood City Hall, Cottingham Insurance, Underwood Warehouse Grocery.  
**TURTLE LAKE:** The Lord's Pantry (by appt.), Bank of Turtle Lake, Turtle Lake's Trinity Lutheran Church, Main Street Market.  
**WASHBURN:** McLean County Resource Center (by appt.), Leader-News Washburn, Krause's Market.  
**WILTON:** Wilton Public School, Wilton Food Pantry (hours, days)  
**GARRISON:** BHG/Viking Screen Prints, Krause's Market.  
**MAX:** Our Saviors Lord's Food Pantry (by appt.)

**Fill the Shelves**  
McLean County  
**Independent**

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**BHG, Inc.**  
92 N Main St • Garrison, ND  
701-463-2201

**Totten Trail** 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 \$1,459<sup>00</sup>  
2nd Blackout: 55#s for \$1,040<sup>00</sup>

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

**Cheers!**



# Calendar

## 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.

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

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

## 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.

SACA Community Choir rehearsal, SACA Theater, 4 p.m.

## Monday, March 11

Turtle Lake City Commission meeting, 7:30 p.m.

Mercer senior citizens meeting, 2 p.m.

McClusky City meeting, 7 p.m.

McClusky School Board meeting, 8 p.m.

Goodrich Fire Department meeting, 7 p.m.

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

The Washburn City Commission will meet at 6:30 p.m. at the city hall.

The public is encouraged to attend.

Bring your projects, sewing machine and lunch to the Chat and Sew sewing group from 10 a.m. to whenever at First Lutheran Church, Washburn. Will provide help with troublesome projects, and show and tell projects are welcome to inspire the group! 462-3306

The Christian Women's Club of Harvey and surrounding area will be having a "What's On Your Bucket List?" guest night with supper at 7 p.m. at Assembly of God Fellowship Hall, Harvey. For reservations call 324-4728 or 324-4553.

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

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

The Washburn American Legion Auxiliary will be hosting the 100th American Legion birthday party potluck supper. Social will begin at 5:30 p.m. with supper at 6:15 p.m. It will be held in the downstairs dining room at the Washburn Memorial Building. Entertainment will be provided. All American Legion/Auxiliary members and a guest are welcome.

## Tuesday, March 12

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

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

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

Goodrich School Board meeting.

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

Garrison Lamplighters Sr. Citizen Business meeting, Garrison Sr. Center, 2 p.m.

Plaza Fire Protection District Meeting, Backroads Bar, 5 p.m.

Adult Coloring Club, Garrison Public Library, 6:45-9 p.m.

District 14 Dem-NPL reorganization meeting, 7 p.m., HAV-IT Industries, 409 Brewster St. W, Harvey.

## Wednesday, March 13

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

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

Tiny Turtles Daycare annual meeting, 5 p.m., Turtle Lake City Hall Board Room.

Washburn Study Club hosting pie and coffee social from 2 to 4 p.m. at the Washburn Library with proceeds going towards the library.

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

The Washburn Study Club is hosting a pie and coffee fundraiser from 2 to 4 p.m. at the Washburn Library.

Lenten meals will be served at First Lutheran Church, Washburn, from 5:30 to 6:45 p.m., Wednesdays. See ad in this week's Leader-News for dates and full details.

## Thursday, March 14

Sheridan County Senior Citizens potluck at the center.

Cleary Building Corp. customer appreciation day, 8 a.m. to 6 p.m., refreshments served.

The Lord's Pantry is open from 2 to 4 p.m. at Trinity Lutheran Church, 515 Kundert St., Turtle Lake.

The community clothing Share-Exchange will be open from 1 to 5 p.m. at 221 Main St., Turtle Lake. All sizes of clothing from infants to adults are available at no cost.

Planning Team Financial Advisors open house is set for 9 a.m. to 4 p.m. at their new location, 121 North Main Street. Coffee and cookies will be served.

## Friday, March 15

Cleary Building Corp. customer appreciation day, 8 a.m. to 6 p.m., refreshments served.

## Saturday, March 16

Cleary Building Corp. customer appreciation day, 8 a.m. to 5 p.m., refreshments served.

Washburn Lions Club carnival, 3 to 6 p.m., Washburn Memorial Building.

## Sunday, March 17

Washburn community meal, 4:30 to 6:30 p.m., First Lutheran Church basement, Washburn. Everyone welcome. Call 471-6422 for ride or meal delivery.

## REAL ESTATE

continued from page 4

Bonnie R. Staiger to Keith R. and Andrea M. Haider, Bismarck, Lot 30, Blk. 1, Bonnie Subdivision.

Jacob Cain, Justin Cain, Mayrinda Cain, Elizabeth Durnin, Elizabeth Quiroga Ramirez (fka) to Jacob Cain, Sioux Falls, S.D., (Lot A) SE4NW4-27-148-86.

Judith L. Hepper Trust Under Agreement Date August 31, 2007 to Kenneth N. Hepper, Battle Lake, Minn., S2SW4-17-146-83; W2NE4-22-146-83.

John M. and Darla O'Keefe to Snake Creek Asylum LLC, Bismarck, Lot 74, Snake Creek Cottage Site Area.

Michael J. O'Keefe to Snake Creek Asylum LLC, Bismarck, Lot 74, Snake Creek Cottage Site Area.

Matthew T. O'Keefe to Snake Creek Asylum LLC, Bismarck, Lot 74, Snake Creek Cottage Site Area.

Diane and Donald Kihn to Diane Kihn Revocable Trust Dated August 15, 1996, Ellsworth, Kan., N2SW4, SW4NW4, SW4SW4-26-150-82; SE4-21-150-82; S2SE4-23-150-82; N2NE4-26-150-82; S2NE4, N2SE4-23-150-82; NE4NW4-24-150-82.

Dale J. Zarr to Steven E. Zarr, Minot; Jeremy D. Zarr, Minot, Lot 3, Lakeview Estates 10th Addition (Replat).

Thomas P. Hanson to Dwight A. and Renee A. Odenbach, Glendive, Mont., Lot 31, Hideaway Point Subdivision.

Dwight A. and Renee A. Odenbach to Roderick J. Cook, Minot, Lot 31, Hideaway Point Subdivision.

Wayne Petersen, Julie Petersen, Remo Cerruti, Adelle Cerruti, Francis J. Martin, Margie Martin, Gerald Serhienko, Connie Serhienko to Drew B. Petersen, Washburn, SE4-23-145-81.

Wayne Petersen, Julie Petersen, Remo Cerruti, Adelle Cerruti, Francis J. Martin, Margie Martin, Gerald Serhienko, Connie Serhienko to Mark T. Petersen, Washburn, NE4-22-145-81.

Wesley D. Sherven to Trent Sherven, Ryder, SW4-1-150-87.

Kaylene Patterson, Kaylene Guderjahn (fka), Harlan Patterson to Kyle and Katie Dworshak, Washburn, Lot 10, Blk. 1, Washburn Missouri View Addition.

Bradley J. Hanson, Tracy L. Hanson, Dwight Hanson to Harlan and Kaylene Patterson, Washburn, Lots 13-15, Blk. 19, Washburn Riverview Addition.

Brent R. Zavalney, Debra Zavalney, Bruce W. Zavalney, Teri Zavalney, Boyd L. Zavalney, Lori Zavalney to Fern A. Zavalney, C/O Brent Zavalney, Munich, (S2) SW4SW4NW4, SE 4 S W 4 N W 4 - 1 0 - 1 5 0 - 7 8 ; ( W 2 S 2 ) S W 4 S E 4 N W 4 , SE4SE4NW4-10-150-78.

Neil and Clarice Miller to Billy and Heather Pfaff, Washburn, Lot 2, Blk. 1, Amry 3rd Subdivision.

Bruce and Theresa Hollon to Mathew and Shelly Reichert, Bismarck, Lot 5, Northview Estates 4th Addition.

Richard and Brenda Borders to Robert Rohrbach, Minot, (N2) Lot 2, Blk. 5, Max OT; Lot 3, Blk. 5, Max OT.

Jeffrey L. and Deborah A. Presser to McLean Sheridan Rural Water District, Turtle Lake, (Outlot E) SW4-29-147-80.

Kim D. and Pamela R. Link to Derek and Lynnette Laning, Washburn, Lots 6-8, Blk. 3, Washburn Pioneer Hill Addition.

Charles F. and Le Ann J. Aleya to Brian M. and Diana C. Bertrand, Garrison, (N. 87.73') Lot 5, Blk. 5, Garrison Eastern Acres Addition.

John E. and Dolores Haugen to Jerold D. and Marilyn M. Haugen, Butte, (Govt Lot 1) NE4NE4-4-149-78; (Govt Lot 2) NW4NE4-4-149-78; (Govt Lot 3) NE4NW4-4-149-78; SE4, S2NE4, SE4NW4-4-149-78; W2NE4, NE4NW4, NW4SE4-14-149-78.

Dellora D. Schmidt to Aaron and Megan Grames, Max, Lot 19, Max Whiting Addition.

Paul James and Constance M. Blomberg to Timothy Robert and Lori Lynn Marie Brossart, Parker, Colo., Lot 7, Northview Estates 2nd Addition.

David D. Flemmer Estate to David D. Flemmer By-Pass Trust, Meadow Vista, Calif., SE4NW4-6-145-80; (Govt Lot 5) SW4NW4-6-145-80; (Govt Lot 6) NW4SW4-6-145-80; (Govt Lot 7) SW4SW4-6-145-80; (Govt Lot 1) NW4NW4-30-146-80; (Govt Lot 2) SW4NW4-30-146-80; (Govt Lot 3) NW4SW4-30-146-80; (Govt Lot 4) SW4SW4-30-146-80; SE4-E2NW4, E2SW4-30-146-80; NE4, SW4, W2SE4, NW4NE4SE4, SW4NE4SE4, NW4SE4SE4,

Real estate page 8

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- Chiropractic For All Ages
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# 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

## Random Roadhouse

107 Main St S, McClusky, ND 58463

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Food Fun Spirits

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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!





# 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 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

## Announcements

Cafeteria, Thursday at 8 p.m.; in Washburn on Sundays at 7 p.m. at First Lutheran Church (701-460-1373 or 701-202-6701); in Wilton, Mondays at 7 p.m., Sacred Heart Church, 734-6533. Open meeting, Butte, Call 626-7402 or write Box 244, Butte, ND 58723; in McClusky, Grace Lutheran Church, 402 4th St. W, Sundays at 8 p.m. Positive Changes NA, Fridays at 7 p.m., Washburn United Methodist Church. 1-E-TFN-NC 58540

## Farm Related

**ND17009GT SOYBEAN SEED.** Registered and Certified available. Glyphosate tolerant RR1 technology. You can keep your harvested beans as seed for future crops! Discounts for purchases of 500 Units or more. Call (701) 426-4028. 44-P6ALL 58540

## Help Wanted

**NORTH COUNTRY VET** Clinic in Turtle Lake is now hiring. North Country Vet Clinic is looking for a friendly, hardworking veterinary technician or vet assistant. Animal experience is a plus. Computer or business experience preferred, but not required. Weekends off and competitive pay! Please call Dr. Andrea Schlafmann at 701-527-6189 for more information! 44-P4ILNCMCCMX 58540

**MEAT CUTTER**, full-time, reliable with attention to detail, able to lift 75 plus pounds, accountable to store and meat manager, fast paced and growing store. Apply in person at Krause's, Washburn. 44-45-E-X 58577

**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. For more information, call the park office at 701-337-5576. 40-C5TGRXT 58540

## 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**

## HEAD COOK

Underwood School District is seeking applicants to serve as the Head Cook for Underwood School for the remainder of the 18-19 School Year. Pay will depend on experience. If interested, please email letter of interest and resume to Brandt Dick, [brandt.dick@underwoodschool.org](mailto:brandt.dick@underwoodschool.org), or call Superintendent Dick at (701) 442-3201.

## Help Wanted

### 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 [krausessupervalu.com](http://krausessupervalu.com)  
 Apply today for a rewarding career

### HELP WANTED

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

- RN/Clinical Informacist
- Laundry Aide
- Cook

For more information call 701-463-6503

Pick up application in Administration or online at [CHStAlexiusHealth.org](http://CHStAlexiusHealth.org)

CHI St. Alexius Health

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The institution is an equal opportunity provider and employer

### HELP WANTED



is looking for  
**BARTENDERS  
 AND COOKS**

Apply in person or call 701-337-2070

Lake Audubon • Hwy 83  
 337-2070

## 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 - 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.

## Farm Related



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 Douglas, ND 701.529.4421

<b>Yellow Peas</b>	<b>Oats</b>
AC Agassiz	CS Camden
AAC Carver	
CDC Amarillo	<b>Soybeans</b>
CDC Saffron	ND17009GT

<b>HRSW</b>	<b>Flax</b>
MS Camaro	AC Prairie Thunder
MS Barracuda	
ND VitPro	
LCS Breakaway	
LCS Rebel	

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ND Grano	CS2100
	CS2300

<b>Chick Peas</b>	
CDC Orion	

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**Help Wanted**



**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.



**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

**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

**Services**

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**Statewides**

to obtain South Dakota licensure. NWSA 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

WANTED: Cafe manager in Binford, ND. Clean, updated facility. Cooking and management skills required. Wages depend upon experience. Contact Ken (701)789-7044.

IMMEDIATE OPENING! SEMI-RETIRED couple or individual to manage 30 room renovated motel in Jamestown, ND. Includes housing, plus salary. 352-427-8484.

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

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

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 DO NOT SELL YOUR LAND OR OTHER AGRICULTURAL ASSETS! Call me first! You may have other options. I specialize in debt restructuring, lender negotiations, reorganizations of grain, livestock & commercial agribusinesses. Call Tom Nikolaisen, Jr. 701-968-4307, tom@nikolaisenlaw.com, www.nikolaisenlaw.com

ND FARMLAND 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.

ANTIQUES/FLEA MARKETS HUGE ANTIQUES FLEA MARKET, Saturday, March 16, from 9 am to 4 pm inside the Grand Cities Mall, 1726 S. Washington St., Grand Forks. More information: Plain and Fancy Antique Mall, 701 775-0714.

ANNOUNCEMENTS ATTENTION: U.S. Military Veterans who serviced between 2003 and 2005. Have you been diagnosed with partial or total hearing loss or tinnitus? You may be entitled to compensation. Contact: Attorney Charles H. Johnson, 1-800-535-5727.

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.

McLean County Implement Washburn, ND is accepting applications for the following positions:  
**Parts Specialist, Service Technician**

Send resume to: **McLean County Implement**  
Box 250, Washburn, ND 58577  
or email to: [sswanson8889@gmail.com](mailto:sswanson8889@gmail.com)  
or call 701-315-0037 for more information.

McLean County Implement is an Equal Opportunity Employer

**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

**Notices**

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

**Real Estate for Rent**

**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

**Quinco Apartments**

333 6th Ave NE, Garrison, ND  
Quinco Apartments is a USDA Subsidized project. Priority is given to low and very low income Multi-tenant applicants. \*Accessible interviewing will be made available.  
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**(1) One Bedroom Unit OPENING MAY 1ST**  
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152 N. Main • 463-2099  
Quinco is an equal opportunity provider and employer.  
TDD 1-800-366-6888

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

**Statewides**

HELP WANTED TECHNOLOGY DEPLOYMENT SPECIALIST. NDSOS has a FT, 12 month position in Wahpeton. Will provide effective, professional technical and desktop support and services. Benefits include: Health/Life, Retirement, EAP, Leave, Tuition Waiver/Dependent Tuition Discount, etc. Screening begins immediately - applications accepted until filled. Interested candidates must complete online application. For job description, qualifications and application go to: [www.ndscs.edu/career](http://www.ndscs.edu/career) EOE

ENGLISH INSTRUCTOR. LAKE Region State College - Devils Lake. This position is primarily on-campus with the possibility of some online instruction. Minimum of a Master's degree in English or Communication is required. Must be willing to become faculty qualified (earn 18 graduate credits) in the second content area. Go to [lrscc.edu](http://lrscc.edu) for more information.

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

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.

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  - Journeyman System Protection Technician (TSM) (DOT) - Williston, ND
  - Survey Technician I or II (DOT FMCSA) - Bismarck, ND
  - Administrative Assistant / Receptionist - Bismarck, ND

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

*Does freezing weather increase calories we burn?*

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

When I arrived at work, the temperature was 57 F.

At this temperature, the students on campus have packed away their winter coats, scarves, hats, mittens and boots. They are wearing shorts and flip-flops.

Unfortunately, 57 degrees was the temperature in my office.

The outdoor temperature was at least 60 degrees colder, so my office was balmy, compared with sitting outside on a snowbank.

After a call to maintenance, I sat down to begin my work. I tried not to focus on being cold as I sat and shivered.

I had an old lab coat in my office, so I put that on. The thin cotton lab coat didn't help, so I put on my "Level 3 North Dakota winter coat."

My brown, calf-length, plush-fur-lined coat has a big hood. I probably looked like a mother grizzly bear sitting at a personal computer.

Unfortunately, my fingers were not functioning well with typing that morning. The outer office was warmer and the temperature rose to about 65 by the end of the day, as long as I kept my office door open.

I felt unusually hungry by the time my workday ended. In fact, during this long, cold winter, I have heard many people talk about

wanting to eat everything in sight. Are we really burning more calories due to the outdoor cold? That depends.

According to research conducted in the Netherlands by Wouter van Marken Lichtenbelt and colleagues, our environmental conditions can affect our metabolism. His group identified "brown fat" that is activated by exposure to cold.

Who likes to shiver? People complain when the indoor temperature is too cold.

Brown fat (or brown adipose tissue) generates heat in response to low environmental temperatures, according to rat and human studies. Even mild cold (64 F) exposure caused people to burn more calories, according to their research.

In other words, I might have been sitting at my desk losing weight. Unfortunately, I think I ate enough to compensate for the difference.

However, even nonshivering levels of cold can increase our metabolic rate to 30 percent higher than our basal metabolic rate. Our basal metabolic rate is the amount of energy we expend at rest.

Of course, to burn more calories, we also can be more physically active.

If you are standing in your window looking out at the snowbanks in a 70-degree home, you are not burning extra calories.

Let's consider the amount of calories burned by an average 155-pound person, according to information provided by Harvard University. If you weigh more than

155 pounds, you burn more calories doing the same activity. If you weigh less than that, you would burn fewer calories.

Let's say our example 155-pound person straps on some snowshoes and tromps through the snow for 30 minutes. That person will burn, on average, about 300 calories in a half-hour. Cross-country skiing will burn a similar number of calories per half-hour.

You could lose weight or maintain your weight with these outdoor endeavors. Burning an extra 3,500 calories through time can add up to a 1-pound weight loss, at least in theory. However, if you compensate for the activity with extra calories from food or beverages, you will be fortunate to maintain your weight.

Perhaps your outdoor activities are more utilitarian than recreational. With our snowfall, many people have spent a lot of time doing snow removal. Shoveling snow for 30 minutes will burn 223 calories.

Using a snow blower for about 30 minutes will burn about 110 calories for a 155-pound person. I don't think many people will set aside their snow blowers and pick up a shovel to burn more calories, though.

Sitting in my chair at a computer burns about 65 calories per half-hour. Watching TV burns 28 calories per half-hour, which is only slightly more than the 23 calories per 30 minutes burned while sleeping.

As we wind down the winter months and enter March, which is National Nutrition Month, brighten your plate with colorful fruits and vegetables as we wait for the outdoors to become green again. Try to get some exercise, and stay hydrated with plenty of water.

Here's comfort food at its finest. You may want to put on your pajamas, robe and bunny slippers when you eat this. We enjoyed it as an evening meal with cinnamon toast and orange slices. I knew it was a hit when my husband and kids went back for seconds.

## SUSAGE, POTATOES AND CHEESE BREAKFAST BAKE

16 ounces hash browns, fresh or frozen (defrosted)  
Salt (optional)

12 ounces breakfast sausage links, cut into chunks (or chopped ham)

1/2 c. onion, chopped

1/2 c. red bell pepper, chopped  
2 c. colby-jack or cheddar cheese (low-fat or fat-free), shredded

6 eggs  
1/2 cup milk, fat-free or low-fat  
1/2 tsp. black pepper

Preheat oven to 350 F. Thaw hash browns in a microwave oven if needed. Cut links into small pieces, then brown sausage in a frying pan. Add onion and pepper to the pan and saute until softened. Set aside. Spray a 9- by 9-inch casserole dish. Spread half of the hash browns in the pan. If desired, sprinkle potatoes lightly with salt. Top the potatoes with half of the sausage, onion and pepper mixture. Repeat layers. Sprinkle the top with remaining cheese. Whisk together eggs, milk and seasonings. Pour egg mixture over the layers and swirl gently to penetrate layers. Bake for 30 to 35 minutes or until eggs are set.

## REAL ESTATE

continued from page 5

SW4SE4SE4-31-146-80; (Less Outlot A) NW4-31-146-80.

Petrus and Aundrea Van Rooyen of Hofland Homes, LLC, Menoken, (Got Lot 4) (Outlot A) NW4NW4-3-145-81.

Arlene F. Lalka Revokable Living Trust to Arlette Nelson, West Linn, Ore., NW4SW4NE4, NE4SW4NE4, NW4SE4NE4, NE4SE4NE4-25-150-79.

Richard and Brenda Borders to Robert Rohbrach, Minot, Lots 7-8, Blk. 5, Max OT.

Fred E. Adams to Bernadette Adams, Bismarck, Lot 69, Snake Creek Cottage Site Area.

Wayne N. Thompson Estate to Jeremy Thompson, Max, (Govt Lot 3) NE4NW4-1-149-83; (Govt Lot 4) NW4NW4-1-149-83; S2NW4-1-149-83.

Ronald V. Bloom (LE) to Terry Bloom, Garrison; Roxann Bloom, Ryder; W2-16-149-86; NE4SE4-17-149-86; N2, SW4-21-149-86.

Jerome and Coreen Caufield to Russell and Dawn Pegors, Coleharbor, Lot 16, Totten Trail Cottage Sites/Replat.

Sylvia Peterson to Larry and Debra Gebur, Lincoln, Ill., Lots 5-6, Blk. 2, Garrison Baker's Addition.

Sandra R. Geiszler Living Trust Dated January 23, 2013, Hanson Family Trust Dated June 21, 2000 to Charles D. and Barbara L. Davison, Turtle Lake, (Outlot A) NE4-15-148-80.

Dean and Franceilia Tangedal to Adam Matthew Johnson, Bismarck, (E. 3' of N. 91') Lot 3, Blk. 17, Riverdale OT; (E. 3' of S. 5') Lot 4, Blk. 17, Riverdale OT; Lot 8, Blk. 17, Riverdale OT.

Robert J. and Linda J. Chilson to Robert J. Chilson Living Trust Dated August 7, 2018, Velva, Lot 25, Otto's Westside Resort.

Dale A. Zimmerman (LE), Marla M. Zimmerman (LE) to Matthew D. Zimmerman, Washburn, (Lot A) NW4-28-144-81.

James Peter II and Ramjuan Moritz to Gary W. and Kathrin A. Volochenko, Mercer, (Frac/43.7' x 223.5' x 236.9') Blk. B, Mercer's Olesen's Addition; (Frac/43.7' x 223.5' x 236.9') Lot B, Mercer Olesen's Addition.

Jeffrey C. and Su Anne Drawz

to Brian Longie, Tioga, Lot 25, Hideaway Point Subdivision.

Roy J. and Barbara Drawz to Brian Longie, Tioga, Lot 25, Hideaway Point Subdivision.

Joyce Jensen, Joyce Carin Rodgers Johnson (fka) to Donna F. Simmons Trust Dated August 3, 2007, Parker, Colo.; Lowell L. and Karen S. Rothmann, Washburn; N2SE4, NE4SW4, SW4SE4-26-145-80; E2NW4, W2NE4-35-145-80.

Turtle Lake Mercer Public School District No. 72, Malcom School District #38 (fka) to Larry and Tammy Evenson, Coleharbor, (Frac/1 A.) SW4-23-148-82.

McLean County Sheriff, Jerald Stephenson (by ref), Amy Stephenson (by ref) to Lakeview Loan Servicing, Virginia Beach, Va., (E. 305.6' of N2) Lot 17, Underwood West Underwood.

Jeffrey and Bethany Schuetzle to Cory Wrolstad, Bismarck, Lot 7, Whitetail Run Estates.

Arthur W. Schreiner Jr. (LE) to Kelly Schreiner, Rochester, Minn.; Kimberly Shreiner, Glendale, Ariz.; Lot 5, Totten Trail Cottage Site (1st Add).

Dennis Wahl (LE) to Jacqueline Kay Holz Leingang, Riverdale, Lot 3, Blk. 23, Riverdale OT.

Farmers Security Bank to Nathan P. and Andrea J. Grubb, Mandan, (W2) Lots 13-16, Blk. 9, Turtle Lake OT; Lots 3-4, Blk. 4, Washburn Veeders Addition; (S 80') Lot 5, Blk. 4, Washburn Veeders Addition; Lot 10, Blk. 5, Underwood OT.

DHTM Holdings, LLC to Reservation Telephone Cooperative, Parshall, Lots 1,6, Garrison Hummel Subdivision.

Wayne and Cynthia Dalen to Michael D. and Kim R. Humphreys, Minot, Lot 13, Deep Water Creek Cabin Site Area.

Michael Allen Hoffman to Ryan M. and Kristie Hoff, Velva, Lot 2, Blk. 3, Lakeview Estates 9th Addition.

Nancy C. Otteman to Nancy Otteman North Dakota Farm & Mineral Trust U/A/D August 27, 2018, Fort Collins, Colo, NE4-24-149-88.

Bonnie R. Staiger to James Robert Collins Jr., Jim Collins Jr. (aka), Roben Collins, Bismarck, Lot 31, Blk. 1, Bonnie Subdivision.



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